



MED TO ONE

Providing medicine to impoverished patients with long-term medical conditions in developing nations
.....to enable them to live up to their potential.



Olaga's aunt giving flowers to Tauni Crefeld in Ayacucho



Emilio Limaco Velarde



Irma, near Huaraz

Want to be a MED TO ONE Sponsor?

Make a difference in a patient's life.

Sign up online at:
www.med2one.org
Call 973-626-9928

Or write:
PO Box 26
Bloomingdale NJ 07403

After visiting Peru in January, and seeing over a hundred of our patients, I am still awed at the impact **MED TO ONE** has on each of their lives. **MED TO ONE** does what no other organization does — helping individual patients with chronic conditions get the medicine they need. Once they get the medicine, their lives can be literally transformed. We saw that time and again. Our patients are so grateful for our help, and I am grateful for all of your support that has enabled us to help them. To watch videos from our trip, search “Med2One” on YouTube. — Tauni Crefeld

MED TO ONE: Peru Trip Report

Recently I spent 11 days in Peru, visiting 5 of our six locations, and visiting around 40 patients in their homes. We also visited the Albergue de Chilpinilla — the homeless shelter where we provide medicine for around 100 patients. Jon Crefeld, **MED TO ONE**'s Creative Director, was in charge of filming the journey, and posting the videos of the trip to enable our sponsors and supporters to experience the trip with us.

The videos show vignettes of a few of our patients — showing their homes and their lives. If you have not had a chance to see the videos, they are posted on YouTube (search for med2one). There are a few things that the videos don't convey, that I wanted to highlight:

Gratitude. The gratitude of our patients was almost overwhelming. They were so happy that someone cared enough to provide them the medicine that had been unattainable for years, that someone cared enough to pay for an MRI exam, without which they had been unable to get a prescription. And that now, they were able to get a job or go to school, or do housework while the rest of the family went to the fields to work, without fear of convulsions. This was especially true in the regions of Quinoa (near Ayacucho) and Carhuaz (Huaraz region) where the remoteness adds to the difficulties of the patients, requiring trips to Lima or elsewhere to see specialists and take medical tests. In both of those regions, the “country” patients we visited often gave something to us to show their gratitude. Generally it was something from their land, like a flower, a bag of corn kernels, or a “tuna” which is a prickly pear — the fruit of the paddle cactus, which covers the hillsides in the area around Ayacucho. In Huaraz, we were invited to lunch

in one of the patient's homes, where we were treated to “cuy” — a specialty of the Andean people — literally fried Guinea Pig. A vegetarian for almost 20 years, I was allowed to pass. Jon gave it a try: it's kind of like rabbit.

It's all about the patients. The patients are why we do what we do. And we saw time and again, on the faces of our patients, that **MED TO ONE** is making a difference in their lives. Below are a few of their stories:

Irma beamed with happiness that her seizures had been controlled, that she no longer had to worry about being alone in the house when her husband went out to work in the fields. She offered us a bag of corn they'd grown in the family fields.

Eder is an utterly different person than he was when I first met him two years ago. He is healthy, strong, working, and has become a role model for the neighborhood kids. His goal is “to help others as **MED TO ONE** has helped him.”

Emilio, age 91, Diabetic, who was the loveliest gentleman with a broad smile and an easy laugh. He said he had to live at least until September so he could dance at his birthday celebration. His wife, who is blind, sang us a song in Quechua.

Marco Antonio has epilepsy and schizophrenia. Two years ago he was suicidal, now with **MED TO ONE**'s help he is well enough to work in his uncle's glass-making factory and happily serves at a local church.

Network: **MED TO ONE** expanded to support Huaraz and Ayacucho in 2009, and Ica in 2008. Those expansions were done without adding staff, but instead relying on Lima's coordinator Raquel to travel to each of the locations. Ica is 5 hours from Lima, and Ayacucho and Huaraz are both about 8 hours away. Because of the

(Continued on page 2)

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www.med2one.org

Peru Trip Report —Continued



Eder in Lima



Cactus "tuna" fruit



Mt. Huascarán



"Cuy" for lunch

distances, Raquel only travels every two months, and relies on the contacts in each of the locations in the intervening time. In Ica, Marleny is in charge of the local clinic and provides medicine on off-months, and calls Raquel if she needs anything. In Ayacucho, the nurses from the local clinic provide the medicine to the patients, and do regular follow up. In Carhuaz, Roger serves as an assistant to **MED TO ONE**, visiting patients and identifying additional needs through his contacts. The local contacts are especially critical because the majority of the patients in Ayacucho and Huaraz speak Quechua. And no, Quechua is not at all related to Spanish. It's the language of the Incas, pre-dating the conquest. *Allinlanchu* is the typical greeting.

Miracles. After visiting our patients in the remote area at the base of Mt. Huascarán, we stopped to visit a National Park in Yunguay, the site of a massive earthquake and avalanche that destroyed the town in 1970 in a Pompeii-like burial. At the entrance of the park, a beggar approached us, asking for money to pay for his epilepsy medication. He didn't know who we were. We hadn't planned to stop at the National Park. Only a small miracle could have led us to find each other. We took his information and will work to get him included in **MED TO ONE**.

Magnitude. The magnitude of the area **MED TO ONE** is operating in is enormous. We had eleven days in Peru, and it wasn't enough time. We focused on the new satellite locations, and had little

time in Lima. To get to the different regions, we took 6 overnight busses—ranging from 7 to 15 hours each. Each area was entirely different. Ica is surrounded by sand dunes like in the Sahara. It is in the Sechura Desert which is home to the highest sand dune in the world—Cerro Blanco, 3860 feet from its base. Ayacucho is in the mountains, but they are parched, covered by cactus and spiny agave. Huaraz is also mountains, but green, lush, and lorded over by the white-capped peak of Huascarán, the highest in Peru. Arequipa is friendly, clean and compact, compared to the sprawling, dusty, brown Lima. And each region's people had their own character. In Ayacucho and Huaraz the majority of the patients speak Quechua, and raise various crops. In Lima and Arequipa, the majority of our patients scrape by through more urban occupations like construction or sales.

While I am amazed by the amount of area **MED TO ONE** supports, I was equally amazed by how much we don't cover. Even in the Huaraz region, **MED TO ONE** focuses on the town of Carhuaz and its surroundings, but there are numerous other towns in the area where our support hasn't reached, and there are most likely dozens or hundreds of patients in need of **MED TO ONE**. **MED TO ONE** aims to expand its reach in each of the zones we support, in our continual effort to provide medicine to patients with chronic conditions who have no other way of getting their medicine.

If you would like to sponsor any of **MED TO ONE**'s unsponsored patients, go to www.med2one.org, write: info@med2one.org, or call: 973-626-9928.

What is MED TO ONE ?

MED TO ONE is a unique organization meeting the long-term needs of impoverished patients for the long term now. **MED TO ONE** focuses on patients in Latin America suffering from epilepsy, diabetes, hypertension, Parkinson's, etc.

Why is MED TO ONE so important?

In the countries where **MED TO ONE** serves, the socialized medical systems are terribly underfunded; medicine is generally not covered. Short term missions help fill the gap but do not meet the long-term needs of chronic sufferers.

Some patients—especially those with epilepsy—find themselves in a vicious circle where they cannot work or go to school because of their conditions, and they cannot work to pay for the medicine they need to live a normal life.

MED TO ONE can break this cycle and enable a patient to live up to their potential.

ONLY MED TO ONE meets the long-term needs of individual patients now.

MED TO ONE operates in Lima and Arequipa, Peru, Santa Cruz Bolivia, and plans to expand to Honduras soon.

Get Involved

- **ONE TO ONE Sponsorship.** Consider giving a patient with a chronic condition a chance at a normal life.
- Contribute a **one-time donation**.
- **Help spread the word** about **MED TO ONE**; forward or share the newsletter; request a video or brochures, or let us know a venue (small group, business, or organization) that we could present to. Contact us at info@med2one.org.
- **Donate your time.** There are numerous ways to help.
- Add **MED TO ONE** to your corporate "**donor match**" or giving campaign programs.

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MED TO ONE is a non-profit under section 501 (c) (3) of the Internal Revenue Code.