

FCSLA FRATERNAL OUTREACH IS ON THE MOVE IN 2010

**From the desk of Deborah Brindza, M.D., National Medical Examiner and
Sue Ann M. Seich, Fraternal & Youth Director**

VOLUNTEERING CAN BE GOOD FOR YOUR HEALTH

When was the last time you volunteered? The results of volunteering can be very healthy for you and whoever benefits from your actions. One way is to use your profession or talents to help others.

Every year in May in the Cleveland area, our FCSLA Medical Examiner, Dr. Deborah Brindza along with many other pediatricians and others from the medical profession volunteer for MEDWORKS. There were also a number of volunteers who helped with the transporting and paperwork. It was held May 1st & 2nd this year. Over 1600 patients of all ages received medical or dental attention at no cost or barrier to care.

How did the event work?

- 1) The patients are first evaluated by a triage nurses who sends those seriously ill persons directly to the hospital.
- 2) Volunteers then take patients to see a doctor for an examination.
- 3) If needed the patient goes to a lab and x-ray before a final diagnosis from the doctor.
- 4) If a prescription is needed they visit a small pharmacy that has been set up, which has donated medication available.
- 5) When a prescription is not available every effort is made to find it at a lower cost.
- 6) Before a patient leaves, he/she and their family works with a social worker who helps with the transition method to continue their health care needs.
- 7) Major hospitals in the Cleveland area are available to help provide resources for the future needs and follow-up for chronic illness continuation of care.

Many of the patients were the recently unemployed. They do not know how to navigate the difficult system of public health care or Medicaid. Dentists were in high demand because of the high deductible of many dental insurance plans.

Dr. Brindza found it an amazing experience. She never considered how many dedicated doctors, nurses, social workers and lay volunteers it takes to carryout such an event. She was very honored to be selected to provide care to the many children that were in need.

SHARE YOUR VOLUNTEER EFFORTS – send us a **brief description of what you did to volunteer, how it made you feel and will you do it again.** Mail your submission to Sue Ann M. Seich, FCSLA Fraternal & Youth Director 24950 Chagrin Blvd., Beachwood, OH 44122 or email sueann@fcsla.org, by June 30th, 2010.