



Northern Iowa Therapy's Central America Outreach Mission Program to Guatemala 2018

Nov 25-30 Exact dates will be finalized at a later time but will be very near these dates
www.SanLucasMission.org

To fulfill our mission of providing comprehensive, compassionate and innovative care and to celebrate our 25th year in business, Northern Iowa Therapy invites our employees to participate in our new mission outreach program to Guatemala.

Each year NIT will select 3 employees to attend a one week volunteer outreach program in Guatemala. This program is coordinated through New Ulm Catholic Mission in New Ulm, MN, who works with long term volunteers who serve at the mission in various aspects. This Mission has a women's center, school, coffee processing plant, housing projects, reforestation program, a mission clinic and a rural healthcare program. Groups ranging from 2-25 volunteers in each group from all over the world are coordinated in these various areas.

The health problems in San Lucas directly reflect the poverty of the community. Among other health concerns, trauma, particularly work-related and motor vehicle injuries contribute to health problems in this area of the world. Children with chronic disorders, such as cerebral palsy, birth defects, and developmental delay have emerged as a surprisingly prevalent and serious health need. During the week in Guatemala, employees will work with Community Health Coordinators and see patients at the clinic, the school, at their home or other location. Equipment is limited and home patients may be seen on their dining room table and they may/may not have any other furniture or may not have a pillow to use.

This program is open to all employees including OT, OTA, PT, PTA, ST, administration and office staff. Travel teams will be selected based on a variety of things including but not limited to seniority, the particular focus/need for the mission, an attempt to have a broad representation of disciplines (not 3 from physical therapy). We will always have at least 1 therapist (OT, PT or ST) in each travel team. A portion of our trip may also be with therapy students.

Interested employees will complete an application (attached).

If selected, NIT will cover the cost of:

- Flight to and from Guatemala (flights typically run between \$800-\$1000)
- Transportation in Guatemala
- Meals in Guatemala
- Lodging in Guatemala

Employees stay at a Guatemalan hotel (considered a nice hotel in Guatemala, but in the US is considered a run-down hotel) and are fed 3 meals/day prepared and served at the mission.

Employees will need to take their own spending money (\$200 recommended) in the event you would like to go out to nice restaurant, have a beverage at a local place, or purchase souvenirs.

Northern Iowa Therapy's

Central America Outreach Mission Program to Guatemala 2018 FAQ

Q: How do you choose who gets to go? A: When the applications are received, the applicants will be reviewed based on the criteria for the trip.

Q: If we partner with a therapy educational program, how many licensed therapists are needed? If taking students, we need 1 licensed person for every 4 students and then break up into groups of 5.

Q: What is transportation like in San Lucas? Transportation in San Lucas can be difficult. A patient asked to come at 9 may arrive at 10. Patients don't have a vehicle. They may show up the next day. If significant rain, you may have mud slides and roads closed. The culture there is not orientated to a clock.

Q: Will we be seeing children at an orphanage? There are no orphanages in this area, however, you will be seeing children and adults.

Q: What immunizations are required? Review with your Dr. for their recommendations as well as the CDC website. The mission recommends tetanus and hepatitis shots. Malaria Medications are not required but you can take a prescription if you would like.

Q: How do others describe this experience? Universally, the mission sees a transition of thought of volunteers who go. Volunteers go to the mission wanting to change their patient's lives. Instead they come back themselves being changed.

Q: What materials should I bring? Sometimes therapy teams will take splinting materials and thera-band. Teams generally do not see a lot of ortho patients or elderly. This may be because of short life expectancy. Volunteers may see younger ortho patients such as people hit by car on very narrow lanes and roads.

Q: What is a typical caseload? Caseload while in Guatemala can range from 4-20 patients per day.

Q: Am I paid while there? This is a volunteer program. You may use paid leave.

Q: Do I need a passport? Yes. This process takes 6-8 weeks. You can receive faster expedited processing for an additional fee. If you do not have a passport, this process should be started asap. In addition, your passport must have 6 months of validity remaining on your passport after the date of entry.

Q: What if I have to back out of the trip? If you must back out, you will be required to reimburse NIT for any expenses incurred on your behalf, specifically flight costs. If you resign within 6 months of the trip, you will need to reimburse NIT for flight and room/transportation/meals.

Q: Where do I learn more? Northern Iowa Therapy has a power point presentation packet with more details that we can share with you. Please call the office to request this power point.

Q: Why is Northern Iowa Therapy doing this? There are many reasons. Jean and Dan have two sons whose country of birth is Guatemala. In the adoption process, they traveled there and fell in love with the customs and culture and saw a need. As NIT continues to grow, and in alignment with our mission, we see a responsibility to foster a culture of making a difference in our patients' lives both regionally and globally and invite you to join us.

Q: Are there other requirements? Additional details are available on a travel trip power point we can send to you.

Q: May others join us? Yes, however, they are responsible for flight and all costs. They may be involved with non-health care tasks such as planting, weeding baby coffee bean plants, planting trees at reforestation, assisting with a building project the mission is working on, etc.

Contact Dan Britt with questions: DBritt@NITherapy.com

Cell: 319 231-9446



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Employee Application Due Fri Aug 31st, 2018

Program is open to all employees including OT, OTA, PT, PTA, ST, administration and office staff.

Name: _____ Position: _____

Do you have a passport? Y N Will your passport have at least 6 months of time before expiration at time of travel? Y N
In your own words, please explain why you want to go on this trip?

Signature: _____

Date: _____

Return to Dan Britt with copy of driver's license

DBritt@NITherapy.com

Friends of San Lucas Mission
4679 Cambridge Drive
Eagan, MN 55122

Hold Harmless, Waiver of Liability and Emergency Medical Care Authorization

The 'Friends of San Lucas' & 'San Lucas Mission' have developed this covenant agreement in order to responsibly attend to the health safety of our participants and to assure that you've properly been informed of the security and safety issues pertinent to the mission trip/immersion trip you plan to take.

The 'Friends of San Lucas' & 'San Lucas Mission' will make all efforts within our control to assure as safe and healthy mission trip/ immersion experience. Yet, we will enter areas of poverty in foreign settings as a fundamental element of our trips and in doing so, we undertake certain risks.

I, _____, _____ will be participating in the San Lucas Mission trip to from _____, to _____ (dates) with _____ (Group Name) .

1. I've verified that I have health insurance in effect for the duration of the trip and if I do not, I have notified trip organizers of this fact.

2. I'm aware that there are inherent risks in travel and work in volunteer settings, that living and working conditions in the trip location differ considerably from my home environment and that such conditions are not within the control of the 'Friends of San Lucas' or the 'San Lucas Mission'. Housing will be simple, appropriate to the nature of our trip as a mission trip. Trip organizers will have ready access to reputable health care facilities available in the area of your trip destination, but these health care facilities may not be as accessible or of the standard available in a typical United States setting. I understand that the local organizations hosting us may not have in place detailed policies and procedures to address such matters as accommodation of disabilities, or complaints of discrimination or harassment.

3. I am aware of and have assessed these risks as part of my decision to join in the trip. I acknowledge that there may be additional factors that may not have been brought to my attention. I have concluded that the risks are acceptable and are outweighed by my desire to voluntarily participate.

4. With the above in mind, I understand and agree that as I am not an employee or member of the 'San Lucas Mission' or the 'Friends of San Lucas', they do not accept any responsibility or liability for my participation in any activity related to this trip, including but not limited to attending social activities and riding on the Mission's transportation. Accordingly, I hereby irrevocably and unconditionally release and forever discharge the 'Friends of San Lucas' and the 'San Lucas Mission', and each of its directors, officers, employees and agents including predecessors, successors and assigns from any and all actions, causes of action, suits, debts, claims, complaints, liabilities and demands of any nature, in law or equity, that I ever had, now have, or hereafter may have, or that my

heirs, executors, beneficiaries, administrators, assigns, and trustees hereafter may have, by reason of any claims relating to my participation in any activity involving the 'Friends of San Lucas' and the 'San Lucas Mission' during the period of my trip.

5. I hereby state that I am in good health and have or will pack all medications necessary to treat any allergic or chronic conditions, and I am able to administer such medications without assistance. If my trip destination requires immunizations, I've consulted with my physician and have received the necessary ones. If at any time during the trip, I need emergency medical care and am not able to give consent because of my physical or mental condition, I authorize emergency medical care decisions to be made on my behalf, and I specifically release 'The Friends of San Lucas' and the 'San Lucas Mission' in making those emergency medical care decisions, from any and all liability associated with said decisions, even if injury or death is the result of the 'Friends of San Lucas and San Lucas Mission's' alleged negligence.

6. In full consideration of the signing of this waiver, the 'Friends of San Lucas' and the 'San Lucas Mission' permit me to participate in the indicated trip.

7. I have carefully read all the terms of this covenant and sign it voluntarily, and accept all obligations contained in this covenant in exchange for the mutual promises outlined here.

THIS IS A LEGALLY BINDING DOCUMENT

Signature

Date

Printed Name

Signature of Parent or Guardian (Signature of Parent or Guardian is required if participant is under 18 years of age)

Witness

Date

Emergency contact information (Name)

(Address)

Phone

