

**VOSH-MN**

5200 Douglas Drive

Crystal, MN 55429

[www.voshminnesota.org](http://www.voshminnesota.org)



# NEWSLETTER

Volunteer Optometric Services to Humanity - Minnesota Chapter Summer 2011

## New Website!

VOSH MN has a NEW look! : [www.VOSHMinnesota.org](http://www.VOSHMinnesota.org)

We have updated our website so please go and check it out! You can find stories and pictures from past mission trips, information on upcoming missions, various forms that can be printed out, and information on donating your time to help VOSH-MN and thousands in need!

## Volunteer!!



Volunteering is good for your mind and body! Research has shown a significant connection between volunteering and good health. People who volunteer have lower rates of depression, less incidence of heart disease, and fewer symptoms from chronic pain. **Help yourself by helping others!**

Join us at VOSH work sessions are held every first and third Tuesdays of the month, 6:30-8:30pm at Crystal Vision Clinic: 5200 Douglas Drive, Crystal MN 55429.

**Need another box to collect glasses?**

**Contact Kirk at [holeintheday@hotmail.com](mailto:holeintheday@hotmail.com)**



## Upcoming Missions

### Trinidad & Tobago

**Nov. 29th- Dec. 6th**

*Exact dates to be determined*

This will be a wonderful trip to a very nice warm climate during our winter season, it is not too far away, and they are great people to work with! We will be working with the Trinidad and Tobago Opticians Registration Council (TTORC) and the Lions Club.

The TTORC is a regulatory body that will have to meet and approve the doctor's applications about a day or two ahead of the official clinic days. This will mean that the doctor's will have to travel a few days earlier than the rest of the group.

We will be working for 3 days and will see about 500 patients per day. They will already be prescreened! Meals will be provided onsite through the Lions Club. There will then be time for some R&R for a few days after.

We are currently looking into airline prices through both United and American Airlines, a rough estimate right now is \$750/ticket.

**WE WOULD LOVE MORE VOLUNTEERS, especially optometric doctors!**

**Contact for more information:**

Kirk Thomas, VOSH-MN V.P./Treasurer  
[holeintheday@hotmail.com](mailto:holeintheday@hotmail.com)

### Marangu, Tanzania

**October 2013**

A wonderful mission working with the Lutheran Hospital in Marangu, on the slopes of beautiful Mount Kilimanjaro! This will be a 3-4 day clinic followed by a photo safari in the Serengeti! Please contact Dr. Jim Hess for more information [imnod@aol.com](mailto:imnod@aol.com)

### Port Antonio, Jamaica

**February 16-23, 2013**

Interested in seeing the beautiful country of Jamaica? Dr. Larry Morrison has been traveling to Port Antonio for years putting on a VOSH clinic with some wonderful R&R after.

If you are interested, please contact Larry at: [lmorrison52@msn.com](mailto:lmorrison52@msn.com)

## Previous Missions

### Cusco, Peru

**July 18th- July 27, 2012**

The mission began with a flight to Lima, Peru where our group spent the night in order to wait for our next flight the following day to Cusco.

We arrived and settled in to either our hotel or hostel. Coca tea was given to us in order to help fight off altitude sickness.

It was quite good and is made from cocaine leaves. We spent an entire day setting up our work location in the municipal building as well as sorting and organizing glasses that the students and optometrists brought with them in to our inventory.

We served 1,800 people in four days! That was about 425 patients a day for twelve hour days.

We had a great team and the people of Cusco expect us to come back next year if possible.

The weather was very cold with four shirts needed at once to keep warm. The glasses needed the most were those with high cylinder prescriptions.

My most fond memory from the trip: I put glasses onto a young girl with crossed eyes and I saw her eyes pull forward! It made my day, my trip!

Bob Boeding  
 VOSH-MN President

Cusco, Peru



Cusco, Peru



### **LORI KIRSCHENMANN**

A big thank you goes out to VOSH-MN Secretary, Lori Kirschenmann O.D., for all of her hard work in revamping and organizing a new website! Thank you for your countless hours dedicated to VOSH Lori!