

## Saturday, April 2-Sunday, April 10, 2016

### **SCHEDULE:**

Saturday	April 2	fly to Mexico City, bus to Puebla
Sunday	April 3	bus to villages of Ixtepec and Tatocac
Monday	April 4	work day in village
Tuesday	April 5	work day in village
Wednesday	April 6	work day in village
Thursday	April 7	work day in village
Friday	April 8	bus to Puebla
Saturday	April 9	free day in Puebla
Sunday	April 10	fly home

### **OUR TEAM:**

Dr. Paul Brown and Rev. Ramon Torres will be leading the VIM team. Medical personnel are needed (especially physicians, dentists, surgeon, pharmacists, and nurses) as well as Spanish-speakers and general helpers.

### **COSTS AND DEADLINES:**

Cost to be determined, this is just a **save the date announcement**.

Make checks payable to **"Washington Pike United Methodist Church—Mexico Fund"**

Mail money and forms to Angela at the address below.

Meals and sightseeing in Puebla (April 9) will be at your own expense.

Fees for team bags will be reimbursed by the team.

Personal bags will be at each team member's expense.

***Please let us know if you are interested – call, write, or email Anna at the address below. To those who respond, we will send regular updated information.***

Rev. Rev. Ramon D. (Lisa) Torres, III Wesley Memorial UMC 3405 Peerless Rd NW Cleveland, TN 37312-3431 Office (423) 472-9578 Cell (423) 619-4707 Fax (423) 790-0425 <a href="mailto:rdtorres3@icloud.com">rdtorres3@icloud.com</a>	Dr. Paul Brown Johnson City Internal Medicine 301 Med Tech Parkway Johnson City, TN 37604 Office Phone: 423-794-5500	<b><i>To Register:</i></b> Anna Kapoor 114 Blue Bird Ct Johnson City, TN 37601 Cell Phone: 423-534-1280 <a href="mailto:annarn@charter.net">annarn@charter.net</a>	<b><i>To make payment:</i></b> Angela (Dennis) Bowker 7121 Fieldstone Farms Lane Knoxville TN 37921 Cell 865-216-7950 Dennis/cell 865-216-7940 <a href="mailto:angela_bowker@yahoo.com">angela_bowker@yahoo.com</a>
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***Team packing party! It is very important for everyone to attend! Date to be announced!***

### **PASSPORT REQUIREMENT**

All travelers to Mexico must have a passport and proof of citizenship to reenter the US. There are no exceptions. New or Renewal \$110; apply at a US Post office.

### **INSURANCE INCLUDED**

Insurance covers emergency medical treatment and medical evacuation. It covers trip interruption and partially covers cancellation (for good reason such as illness).

### **WHAT TO BRING**

In addition to your clothing, daily medication, and toiletries, you will need your sleeping bag, passport, flashlight, towel, and a roll of toilet paper. Physicians and nurses may need hand instruments, rubber gloves, medicines, BP cuff, and stethoscope. You may also wish to bring a pillow, earplugs, snacks, and a Swiss army knife.

### **DAILY DEVOTIONS**

Daily devotions are an important part of our team meetings. Our group is organized through the United Methodist Church, but we welcome all who share this mission of love and service.

### **MEDICAL SPANISH**

Our Medical Spanish pages are available on request. Let us know if you want to receive them. It is especially good for those who know some Spanish already, but would like to brush up on medical vocabulary. We will, of course, provide translators to assist you.

### **THE VILLAGES:**

Tatoxcac and Ixtepec are above 6,000 feet in altitude in the Sierra Madre of the State of Puebla. Most of the people are descended from the Aztecs. Many still speak the ancient languages of Nahuatl and Totonaca.

**WEATHER AND CLOTHING:** Tatoxcac and Ixtepec are about 6,000 feet in altitude in the Sierra Madre. April weather in the mountains of Mexico is like April here—anywhere from 30 to 65 degrees. (Warm by day and cool at night). Take jeans, sneakers, sweater, rain gear, and jacket. Wear scrubs or lab coat when “on duty.” Shorts are seldom worn in Mexico and should be conservative. Women do wear slacks in Mexico, but tank tops and bare midriffs are not appropriate. Our clothing should project an image of “camping” in the villages, “casual” in Puebla.

**WANT MORE INFORMATION?** See Broadway UMC (Maryville) web page at <http://www.broadwayumc.net/MexicoMedicalVIM.htm>.