



# Himalayan Dental Relief Project

Progress Report #6

March 1, 2008

## 2008 News

The Himalayan Dental Relief Project enters 2008 eager to work with new and returning volunteers and reach even more children with first time dental care.

Among new developments – HDRP appears in National Geographic's 100 Best World Vacations to Enrich Your Life, to be released in May 2008. We are honored by the inclusion.

We know that service trips give more to volunteers than they ever imagined. Since 2001, HDRP and our partner, **Global Humanitarian Expeditions**, have hosted 128 dentists, 40 hygienists and over 300 non-medical volunteers. Participants are part of our extended family. They are dedicated to the children they meet on projects and many return often to work with us.

In 2008, we honor four dentists who have participated in four projects each – working in most project locations. Don Lippincott, Claudia Von Hendricks, Jeff Berndt, and Doug Lin exemplify the deep commitment of volunteers to provide care in a global setting. See more about them and other wonderful volunteers in this issue.

Our patients are also joining us in delivering care. At Shree Mangal Boarding School in Nepal, school seniors set up a program where student monitors nightly supervise lines of students brushing, two minute timers in hand. At this same school, Health Club students, sponsored by Dee Krogsted RDH, and Joanne Ditmer, visit a new school each month and teach toothbrushing class by class.

This is HDRP's vision – to provide an umbrella under which volunteers can pursue their dreams of helping others. This includes the 113

volunteers who joined clinics in 2007. It includes our wonderful Dental Co-director Tom Grams DDS, lead dentist on all India and Nepal camps; Amy Simper who donates scholarships for girls to study dental hygiene in Nepal; Katy Shaw who produces superb graphic designs and fundraising parties; and Steve, our circus performer, who delights rooms of waiting children with juggling and spectacular feats on his unicycle.

Our purpose is to reach as many as possible and to maintain the commitment to each child on a long-term basis. We accomplished this in 2007, nearly doubling our reach to 7,665 children and treating them with \$1.4 million in donated dental care.

This is our work and we revel in the strength of each healthy child. **Come join us in 2008!**

## Dental Care for Kids 2001-2007

Children served:	26,498
Donated care:	\$4.7 million

Volunteers:	
Dentists/hygienists	168
Nonmedical volunteers	207

## Volunteer Now!

HDRP and GHE seek volunteers for dental camps which include up to five dentists, two hygienists, and six to eight non-medical volunteers. Non-medical volunteers are instrumental to clinic success, managing lines of patients, record keeping, instruments and charting.

## Dental Clinic Locations

**Kathmandu, NEPAL** – Clinics are held at our host school, Shree Mangal, within minutes of the Boudha stupa, a UNESCO World Heritage site. Clinics serve children from charity schools, and remote mountain areas. An optional trek on the Everest trail follows the clinic.

**Central VIETNAM** – In partnership with East Meets West Foundation, volunteers work alongside Vietnamese counterparts in outreach clinics for village schools. An optional tour of this stunning country follows each clinic.

**Leh, Ladakh, INDIA** – Set at 11,000 feet in the Himalayas, Leh offers an adventure setting for dental clinics. Clinics serve children from a fascinating mix of Buddhist, Hindu, and Muslim cultures. An optional trek or a visit to the Taj Mahal follows each clinic.

**San Martin Jilotepeque, GUATEMALA** – Volunteers work for five days at clinics set in the

picturesque Mayan highlands. Clinics provide first time dental care for children in village schools. A two-day visit to historic Antigua follows the clinic.

## Trip Dates

Detailed itineraries are available at [www.himalayandental.com](http://www.himalayandental.com).

### Spring/Summer 2008

April 22 – May 12	Nepal
May 2 – 22	Nepal
May 15 – 31	India/Ladakh
July 25 – August 3	Guatemala

### Fall 2008

September 20 – October 5	India/Ladakh
October 15 – November 4	Nepal
October 25 – November 14	Nepal
November 20 – December 6	Vietnam

### Spring/Summer 2009

January 23 – February 3	Guatemala
February 13 – 22	Guatemala
April 23 – May 14	Nepal
May 4 – 24	Nepal
May 15 – 31	Nepal
July 3 – 12	Guatemala

**Independent dental volunteers** are welcome each fall at our Nepal location. If you are interested in a longer stay, contact [himalayandental@earthlink.net](mailto:himalayandental@earthlink.net).

Every dollar donated delivers \$18.60 in dental care for a needy child.



*"My two teenage daughters broadened their horizons by bringing care to children from a developing country—it is a deeply satisfying experience for all of us."  
Four time volunteer Doug Lin DDS of Ohio, this time in Nepal.*



*"Education is the key to long-term change - I am so happy that education has been emphasized here."  
First time volunteer Blake Rosacker, Case Western Reserve dental student, in Guatemala.*



*"These children are remarkable for their tolerance and their gratitude. I feel my life has been enriched by helping these people."*  
 Four time volunteer Don Lippincott DDS of Washington, this time in India.



*"White sand beaches look alike in every country. Working with the people here makes this a unique experience in a new culture. The true reward is doing something to alleviate the pain in the world."*  
 First time volunteer Linda Hixon DDS of New Mexico in Nepal with local student volunteer Vidyal Sakya.

## Grateful thanks to our dedicated volunteers

### Our Mission

The Himalayan Dental Relief Project brings free dental care to impoverished children in Nepal, India, Vietnam and Guatemala. Dentists, hygienists and non-medical volunteers work in dental clinics that serve children in schools, orphanages and remote villages. Work is closely aligned with local partner organizations.

Oral health is emphasized through school assemblies and tooth brushing instruction. HDRP returns to each site every two years to deliver continuous care.



*"Before, I thought I was the rich one, the giver—the one who grew up traveling with privilege, with perspective. I've learned that I have a lot to learn."*  
 Four time volunteer Jeff Berndt DDS of Washington, working and learning in Nepal.



*"I never imagined how much fun I could have while doing such good work."*  
 College student Paige Maher of California, volunteering in Vietnam.



*"It has been a remarkable immersion in a beautiful place and culture. I'm already looking forward to going back."*  
 Four time volunteer Claudia Von Hendricks DDS of Arizona, this time in Guatemala..



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World Dental Relief

## Donate Today

Every \$100 you give provides dental care to 10 children. Please join us in reaching more children!

HDRP is a 501(c)3 tax-deductible charitable organization.

## Contact Us

**Website:** [www.himalayandental.com](http://www.himalayandental.com)

### Donations or inquiries:

Contact Laurie Mathews or Katy Shaw at [www.himalayandental@earthlink.net](mailto:www.himalayandental@earthlink.net).

Please note our **new address:**  
2230 Glencoe Street, Denver, CO 80207  
Phone 303.393.7284

**To volunteer:** Contact Kim Troggio at [kim@humanitariantours.com](mailto:kim@humanitariantours.com)  
303.858.8857 or 800.543.1171



*In case you thought it was all work.....  
Volunteers on trek following a clinic in Nepal*

### HIMALAYAN DENTAL RELIEF PROJECT BOARD OF DIRECTORS

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