

The Rewards of Giving

Thanks to our dedicated team of physicians and staff who volunteer their time and expertise, M.O.S.T. operates with minimal overhead expenses. Your gift to M.O.S.T. impacts direct patient care to disadvantaged children and adults, which in turn has a profound impact on their health and well-being.

“It’s teamwork that allows us to change nearly 100 lives in just a day and a half,” says M.O.S.T. volunteer Harry O’Halloran, MD.

The rewards of giving are even greater when you make a charitable gift annuity to support M.O.S.T. You will receive annual payments, for life. You can fund a gift annuity with cash, securities or real estate. In return, Scripps Health pays you a lifetime income. The annuity rate is determined by your age. The older you are, the higher your rate.

In addition to supporting the mission of M.O.S.T. and receiving a lifetime income, you earn an immediate charitable income tax deduction. If you donate appreciated property, you may also receive capital gains tax benefits.

For more information about how a charitable gift annuity can benefit you, please call 858-678-7120.



Positive Support

M.O.S.T. is grateful to the Carmelite Sisters, a cloistered community in San Diego, for their prayerful support of our team. As we begin our trips, they pray for our safe and timely travels and healthy outcomes for our patients.

The Mission of M.O.S.T.

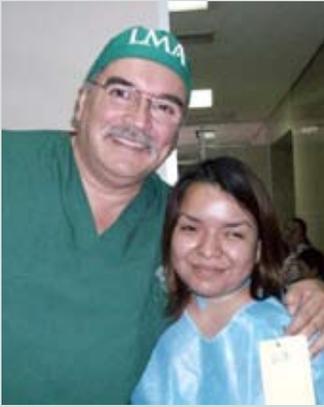
During the past two decades, hundreds of M.O.S.T. volunteers have worked endless hours, providing life-changing medical care to nearly 9,000 children and adults. The far-reaching impact of our program would not be possible without your philanthropic support. Thanks to your generosity, M.O.S.T. is able to carry out our mission to:

- bring hope, comfort and the opportunity for a better life to children and adults through corrective surgery;
- share medical knowledge and expertise with colleagues in a host country; and
- provide an opportunity for team volunteers to experience the spiritual rewards of service.

Whether it is \$250 to support one child’s surgery, \$10,000 to sponsor a two-day mission, or \$100,000 to sponsor a week-long mission, gifts of all sizes help provide care that offers our patients a brighter future.

To learn how you can support our medical missions, please call 619-686-3836 or visit www.scripps.org/mercymost.

Message from the President, George Ochoa



For a child living with a cleft lip or palate, crossed eyes or another condition that makes him or her painfully different from other children, the possibility of living a normal life seems like a miracle. But, delivering miracles is exactly what M.O.S.T. does every year; providing an opportunity for hundreds of children and adults to benefit from life-changing surgeries.

However, it's only through your help that M.O.S.T. is able to offer a brighter future to so many children and adults. These surgeries change the lives of entire families, giving brothers, sisters, mothers and fathers an opportunity to hold their heads up high. Since its inception 22 years ago, M.O.S.T. has provided care to more than 9,000 children, teens and adults, despite rising travel and equipment costs. The need for these surgeries is great, but the desire of our donors and volunteers to make a difference is even greater.

In order to reach out to even more individuals and families in need, we recently began a special Making Miracles Happen campaign. Our goal is to raise \$250,000, and to date, we have received nearly \$70,000 in charitable contributions. Just as M.O.S.T. volunteers work together to provide life-changing surgeries, we rely on our generous supporters to come together to help us reach our goal. Every gift matters – whether it's \$20, \$200 or \$2,000.

For those in desperate need, M.O.S.T. has provided miracles. I'm proud of the difference we are making in the lives of so many, and am thankful every day for the donors and volunteers who make our work possible. Your generous support ensures that we are able to continue to provide vital care to those who need it most.

To learn how you can support M.O.S.T. medical missions, please call 619-686-3836 or visit www.scripps.org/mercymost.

Scripps Mercy Hospital 

Making miracles happen.

Mercy Outreach Surgical Team
Mercy Hospital Foundation
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Mercy Outreach Surgical Team

Making miracles happen. Spring 2010

ENRICHING LIVES AND COMMUNITIES



For the past 11 years, Dr. Bucko has joined M.O.S.T. on a week-long trip in Mexico to provide surgical care to patients in need.

In April, a group of 45 Mercy Outreach Surgical Team (M.O.S.T.) volunteers traveled to Huejutla, Hidalgo, Mexico, and performed 198 surgeries to correct congenital deformities, including cleft lips and palates, benign tumors, burn scars, extra or fused fingers and toes and crossed eyes.

Long-time volunteer, donor, and board certified plastic surgeon Dennis Bucko, MD, and his wife, Sally, who served as photographer, were among the volunteers who braved the 16-hour journey to Huejutla.

"I keep volunteering because it feels good to be able to change someone's life in just an hour with a simple surgery," says Dr. Bucko. "You enhance the lives of the children and their families, but you also impact the way they interact in the community."

Dr. Bucko recalls a teenage boy on a previous trip who had a cleft lip, but had not pursued surgery. Living in isolation on the outskirts of town, the boy had placed black electrical tape over his lip to hide his deformity. Ideally, the team hopes to reach children while they are still young, just 2 or 3 months old, before they suffer the pain of their abnormality. In some cases, however, those who seek surgery are well into adulthood.

"During a screening on another trip, I remember a woman in her early 80s who came to us with a cleft lip," says Dr. Bucko. "We asked her 'Why now?' She told us, 'I'm old and am probably going to die soon, and when I get to heaven I want God to love me.' There was a translator, a scheduler and a nurse with me and we all looked at each other with tears in our eyes – it was very emotional. I'll never forget that."

In addition to volunteering his surgical expertise, Dr. Bucko is dedicated to raising awareness and financial support for the M.O.S.T. program. He has donated a portion of his surgical fees at his cosmetic surgical center to the program, and has also generated support through his local Rotary Club, La Jolla Golden Triangle. M.O.S.T. works closely with Rotarians in Mexico, so sharing his experiences with his local chapter and facilitating a cross-border relationship with Mexican Rotarians has been rewarding for Dr. Bucko.

"On M.O.S.T. trips, I see people who are in desperate need of reconstructive surgery, and our being there is the only way they'll get it – that keeps me going back," he says.

Dr. and Mrs. Bucko continue to support M.O.S.T. financially because they can see firsthand how donations directly benefit those in need, and how much their support means to children and families.

"Being able to help is a pretty powerful feeling. The response we get – tears of joy and smiles – it's incredibly rewarding," says Dr. Bucko.



M.O.S.T. volunteer Betsy Manchester comforts a child following surgery to correct the little girl's cleft lip.

Upcoming M.O.S.T. Trips

September 10 - 11, 2010, *Tijuana*

October 24 - 30, 2010, *Location to be determined*

Providing Compassion and Care

Nancy Richardson knew from a young age that she wanted to become a nurse. Born in Guatemala, Nancy witnessed the pain and struggles of the underserved and knew she wanted to make a difference.

She began her career with Scripps Mercy Hospital as a secretary before she became an emergency room nurse, a role she's enjoyed for the last six years. Nancy volunteered at a Tijuana, Mexico, orphanage and was always looking for additional ways to give back. After spotting a M.O.S.T. flier on a bulletin board at Scripps Mercy Hospital Chula Vista last year, she called immediately to find out how she could help.

"The timing was perfect," Nancy says. "They were about to leave on a mission to Zamora, Mexico, and they desperately needed a bilingual post-anesthesia care unit nurse to help translate. The group was incredibly welcoming and I felt so fortunate to be able to go along."

Since that first trip last year, Nancy has accompanied the team on two Tijuana missions, including the most recent February 2010 trip where M.O.S.T. performed 46 surgeries in just two days. From correcting cleft lips and palates to performing ear



During the February 2010 mission in Tijuana, Mexico, M.O.S.T. performed 46 corrective surgeries in just two days.

reconstructions, their efforts made a significant impact. Nancy values her role with M.O.S.T. because she can see how her work is changing people's lives.

"As soon as the bus pulls up in front of the hospital in Tijuana, the children and families know who we are and they're so happy to see us," says Nancy. "Many are repeat patients, so you recognize people you've met on a previous trip, and it's so nice to know that you have friends in another part of the world who you're helping."

As a translator, children and their families share their stories with Nancy, revealing the devastating impact the deformities have on their lives. Many of the children don't leave the house to play and spend most of their time hiding indoors to avoid the ridicule and cruelty of other children. Hearing their stories gives Nancy an opportunity to form a special friendship with these brave young patients.

"On this last trip, I saw a 19-year-old boy who I had met on a previous trip," says Nancy. "We had performed ear surgery on him and the procedure required a great deal of home care. I remember giving very complicated instructions to him and his elderly uncle, and I was worried about whether he understood what he would need to do. When I saw him in February, I was so pleased to learn that he had followed the instructions well and was ready for a new surgery. It was so nice to see him and talk to him as a friend."

In the fast-paced environment of the U.S. emergency room, nurses often don't have an opportunity to see the difference their care can make in a patient's life, but that's not the case on a M.O.S.T. mission.

"We're able to see firsthand the difference we can make in these people's lives – especially in the older children and adults who cry and get so emotional because we're able to take away the thing that has caused them so much pain and suffering," says Nancy. "This is the most rewarding part of my role, being able to help those who would otherwise not have a chance."



Nancy Richardson, an emergency room nurse at Scripps Mercy Hospital Chula Vista, is a M.O.S.T. volunteer and enjoys making a difference in the lives of our patients.

Our Supporters

M.O.S.T. wishes to thank the following individuals and organizations for their generosity. *If errors or omissions exist, please call Valerie Carbone at 619-686-3568. All gifts between September 15, 2009, and March 31, 2010.*

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Supporting Hope

In 2003, pharmacist Eddie Avedikian was introduced to M.O.S.T. while working at Scripps Mercy Hospital. A pharmacist colleague and long-time volunteer for M.O.S.T. encouraged Eddie to accompany the team as a volunteer. From that first trip, Eddie knew that supporting M.O.S.T. was something he wanted to do. Since then, he has volunteered on more than 15 trips, has served on the board and continues to support the team financially as a M.O.S.T. donor.

Pharmacists play an important role on M.O.S.T. missions, ensuring proper medications are available, working with staff to provide the supplies they need during surgeries, and preparing post-surgery pain and infection-control medications.

“What’s interesting is that we don’t realize how lucky we are in the U.S. to have so many different medication options – different formulations, strengths and even things like bubble-gum flavoring,” notes Eddie. “They don’t have those luxuries in Mexico, so we have to work with what’s available.”

While on a trip a few years ago, Eddie remembers assisting on a surgery in which a very young child began to have difficulties toward the end of the procedure. The surgeons, anesthesiologist, nurses and other team members quietly discussed their options for transferring the child to a larger hospital to help improve lung functioning.

“Everyone in the room was working so well together to try to come up with the best solution,” recalls Eddie. “After about 30 minutes, the child started to improve. I’ll never forget the camaraderie among the team members as we went from planning for a worst-case situation to being able to see that child smile in recovery.”



Funded entirely through philanthropy, M.O.S.T. provides surgical care to those who might not otherwise receive it.



As a volunteer and donor, Eddie Avedikian supports M.O.S.T. and the life-changing care provided by our team.

Although Eddie now lives in Los Angeles with his wife and 7-month-old son, M.O.S.T. continues to be an important part of his life. He recently joined the team on a two-day trip to Tijuana, Mexico.

“I spent 48 hours away from my new son with full support and understanding of my wife, because she knows how important M.O.S.T. is to me. The organization has helped me quite a bit with my own personal development and spirit, so it’s important to me to continue to give back.”

“It isn’t about one donor or one doctor, it’s about all the people who donate time and money to change the lives of those in desperate need,” says Eddie Avedikian, M.O.S.T. volunteer and supporter.

Having a healthy new son has made Eddie appreciate the team’s mission even more, understanding on a deeper level what these surgeries can mean to both children and parents. He encourages anyone who is interested in supporting M.O.S.T. to learn more about the organization’s mission by visiting the website, www.scripps.org/mercymost, reading the newsletters or even talking to a current board member to learn about the important work of the team.

Eddie believes that M.O.S.T. is able to make a difference because of its generous volunteers and supporters.

“I continue to be involved because I want M.O.S.T. to be around a long time. I hope that one day my own son will contribute to the organization.”