DESKAN INSTITUTE & TRAINING, INC.

RESTORING HOPE THROUGH COMPASSION
JANUARY - JUNE 2019 NEWSLETTER



DID YOU MISS US?

Welcome back! We missed you and want to let you know what we have been up to! This newsletter is about our accomplishments in 2019 .

OUR NEW LOCATION

Melbournes, FL. 32940

OUR NEW PHONE NUMBERS

321-775-3458
404-234-2702

THE DESKAN VISION

Deskan Restoring Hope Through Compassion, Inc is a non-profit humanitarian and cultural organization in the Palm Shores Community of Melbourne Florida. Our organization has been committed to providing services, support, cultural awareness and information. We take pride in educating and sharing our organization mission by partnering with other organizations.

Our focuses include helping the homeless, veterans, female veterans and their children, women of domestic violence and their children, young adults in unsheltered and sheltered hotels and motels, and low-income individuals. We are constantly striving to provide programs and services for the enrichment of the whole family

Now, more than ever, it is important for us to come together as communities to celebrate humanity, compassion and understanding, and to excise the power we all have to make a difference. We know you can reach out to many others, but we are asking you to help us help others.

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FEEDING THE HOMELESS

Old First Reformed Church is a diverse, open, and supportive church community. Old First has partnered with a local non-profit organization and local area churches to operate a respite shelter for the winter and two months each summer. The respite shelter provides a dozen men who are participants of CAMBA job training programs with a safe place to sleep and a hot meal. CAMBA is a Brooklyn social service agency that provides a wide array of social services to 35,000 low-income individuals and families each year. This includes programs helping people with chronic homelessness, HIV/AIDS, language barriers, domestic violence, and unemployment.



DESKAN FEEDING PROGRAM AT OLD FIRST REFORM CHURCH IN PARK SLOPES BROOKLYN: PREPARED HOT MEAL FOR 20 MALES FOR SIX WEEKS.

Back to School Supplies



DESKAN GAVE BACK TO SCHOOL SUPPLIES TO 40 SCHOOL CHILDREN IN GUYANA, SOUTH AMERICA

Homeless boys of any race, creed or color are accepted off the streets at the Joshua Orphanage for Boys. Providing shelter, food, clothing, education, religious values and an abundance of love helps them become productive and respected citizens of Guyana. They come with many emotional issues, due to abandonment, malnutrition, physical abuse and drug use by their parents. With Deskan Restoring Hope Through Compassion, Inc children in the boy's shelter, receive cooked meals, clothing and shoes, school books and supplies, transportation, eye care and dental care. Boys age 11 and older were encouraged to seeking learning a trade, small stipends were given for those that were ready to participate. Every effort is made to keep the boys well fed and clothed, as well as provide love, because a child deprived of love is an adult scarred for life.

MILITARY VETERANS

Women are the fastest growing community of military veterans. As veterans, they are subject to the same challenges as their male counterparts: PTSD, MST, high divorce rate, health issues and even homelessness. But women have challenges that men don't have, often including childcare, sexual abuse and gender discrimination. Here in Florida we host the second-largest population of women veterans in the country,. Therefore, it is on us to set the standard for providing care and resources to the women who have and continue to serve.

Deskan is focused on ensuring women who have served on active duty, National Guard or Reserves and their children, transition into the civilian community with the tools they need to become self-sufficient. We operate a resource center to provide supportive and career services to women veterans and advocate for and promote community awareness of their challenges and accomplishments at the local, state and national level ensuring each has a voice. Deskan Restoring Hope Through Compassion will continue to be the voice of women veterans and help them excel beyond their own expectations.

HOMELESS VETERANS

This is success story of one of the many homeless females veterans. Shortly after separating from the military, U.S. Army Veteran Antheia Evelyn moved to New York City with her husband and three children to pursue a bachelor's degree in health care management. Although Mrs. Evelyn's education was paid, the associated housing allowance was delayed. The couple struggled to find affordable housing for their family, and for a time lived in cramped quarters with their parents. Lacking a steady income and experiencing an unstable housing situation. Social and educational challenges arose – and her children's–grades suffered. The family faced homelessness and several heath challenges. Recourses were available, social services were also available, but transportation and finances were extremely challenging. Partnership were quickly formed and the family were able to find housing and a tutor for her children. The husband was able to find work in East New York. Today the family is back on track and shared their thanks.

VETERAN
STAND DOWN
AGAINST HOMELESSNESS

WOMEN'S HISTORY MONTH

Women's History Month is an annual declared month that highlights the contributions of women to events in history and contemporary society. It is celebrated during March in the United States, the United Kingdom, and Australia, corresponding with International Women's Day on March 8, and during October in Canada. The purpose of Women's History Month is to increase consciousness and knowledge of women's history: to take one month of the year to remember the contributions of notable and ordinary women, in hopes that the day will soon come when it's impossible to teach or learn history without remembering. In February 2019 Deskan Restoring Hope Through Compassion, Inc partnered with several local non-profits, professional organizations, colleges and universities, and local military forces to provide medical, social, and church services to celebrate pioneering women and their victories. Ms. Winsam Isma Harley-Chin, age 91. Who lives Palm Bay FL, Fort Lauderdale FL, was awarded for her services to the community.



3RD ANNUAL CME CONFERENCE: CLINICAL UPDATES ON HEALTHCARE DELIVERY





MEDICAL MISSION MAY TO JUNE 2019

The goal of this mission was to build the capacity of leaders and their organizations undertaking sustainable programs that address cutting-edge-issues and to provide the space for networking and building of strategic partnerships that will broaden the impact of responses to all social issues. We wanted to demonstrate the organization's commitment to excellence in medical education for their physicians and other health care professionals.

From May 26th, 2019 to June 16th, 2019 the Deskan Restoring Hope Through Compassion, Inc along with various professionals, including doctors, nurses, teachers, and healthcare professionals, arrived in Guyana, South America to give support, provide outreach medical services, and community outreach intervention. While in Guyana, we recruited a few more volunteers to help support our mission's efforts. To carry out our mission's activities and purpose, we traveled extensively by all means of transportation to both desolate and revolutionized communities; as well as poverty stricken and well-to-do ones. Prior to starting our mission day, all in attendance was greeted with heartfelt melody, praise, worship, hospitality and support from the various youth groups, missionaries, and pastors of respective churches in Guyana. They all came together as one to provide a union of fellowship, and friendship between the mission volunteers and those in attendance.









THE AWARDEES OF THE DESKAN RESTORING HOPE THROUGH COMPASSION EDUCATIONAL "DESKAN/EMMUEL" SCHORLARSHIP AWARD FOR 2019: PLAISCANCE

GUYANA RESTORING HOPE THROUGH COMPASSION COORDINATOR: MS. LEONIA SKYTE: AWARDED THE SERVICE AWARD FOR HER DEDICATION AND COMMITMENT TO THE PEOPLE OF GUYANA 2019.



THE ASSISTANT OUTREACH COORDINATOR HANDING OVER SCHOLARSHIP FUNDS VOLUNTEER FROM TEAM GUYANA 2019



COMMUNITY SERVICE AWARD: PRESENTED TO BUSINESS IN GUYANA.MR. WESLEY BENJAMIN 2019. BUXTON VILLAGE, GUYANA. SA.



THE AWARDEES OF THE DESKAN RESTORING HOPE THROUGH COMPASSION EDUCATIONAL "DESKAN/EMMUEL" SCHORLARSHIP AWARD FOR 2019: PLAISCANCE







MEDICAL OUTREACH: PLAISANCE MARKET

Since 2016, Deskan Restoring Hope Trough Compassion, Inc has help medical outreach at this Sunday only market place. Over 200 residents of the Plaisance, Industry and Malniane area benefited from free medical care when Deskan Restoring Hope Through Compassion, Inc, as the leading NGO collaborated with other NGO's from the USA, Canada, Africa and local Guyana NGO conducted an outreach. The clinic which was held in collaboration with the Ministry of Health saw patients who were suffering from conditions including diabetes, hypertension, renal failure, eye diseases and stroke."It was very comforting to see many old and young people coming out to benefit from this free outreach clinic. The team which had seen over 200 patients was again greeted with an overwhelming crowd of people who sought the need to capitalize on the free medical and eye care services.

The busy community is located a mere 10 minutes' drive from the city and is sandwiched between Better Hope and Goedverwagting. Plaisance was bought by 65 ex-slaves who pooled their monies and purchased the land for $39,000 form their French masters. Plaisance is French and it means 'pleasure or delight' and the name was given to the village in the early 1800s by the then French owners who grew cotton. The patients were screened and treated with a high percentage receiving free reading glasses based on their eye care needs. Glaucoma, keratoconus and cataracts were among the popular cases observed, then referred to their doctors or the Hospital for follow-up care. Medical Students from several of the offshore medical schools along with the University of Guyana , expressed similar sentiments. They said despite the outreach medical clinic venture was a tedious one, it paid off in the end with hundreds benefiting from receiving medical screenings, free over the counter medication, vitamins, free vision check with reading glasses "improved vision'. "At the end, watching kids faces light up, light up just because we give them glasses made it all worth the heat and discomfort." One high school student, said she now feels empowered, noting the mission was an eye opener with new knowledge gained. She said despite lacking certain equipment, optometrists should strive to deliver the best service to patients. "It's all about making a difference in the lives of people. That is why we came.!! A total of 149 Reading glasses, 105 Frames and 33 Sun Glasses were distributed.



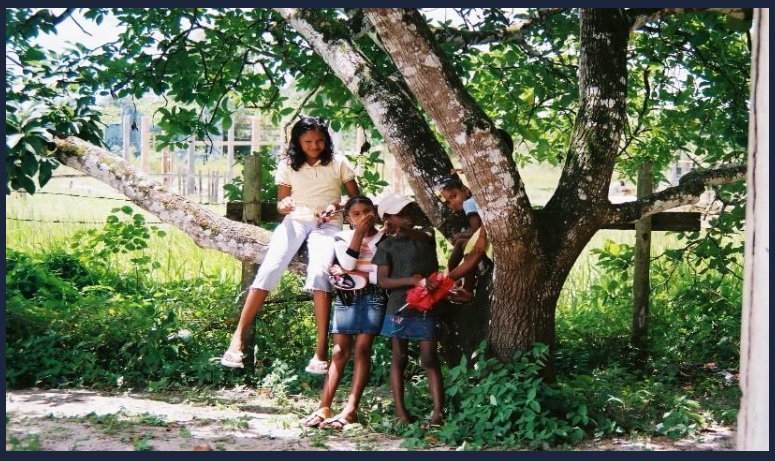


WHY DO WE DO WHAT DO?

After the team received its assignments, clinic started. High blood pressure and Diabetic testing were done, Educational Seminar was done and literature on different diseases were shared and over-the-counter medicines were dispensed, as well as referrals to the local hospital recommended. Many communities in Guyana suffer from inadequate healthcare and poor educational facilities. The rural poor have access to land for crops and for building small homes, but they have a difficult time moving around and making use of government services. The urban poor face different problems, with families often living in crowded, unsanitary conditions.

MISSION ACCOMPLISHED

Our goals and objectives for 2019 proved beneficial. Deskan Restoring Hope Through Compassion, Inc will continue to assist the Ministry of Health to strengthen a decentralized primary healthcare program that faces serious economic, material, and human resources shortages. We will continue to promote health education, healthcare, medical awareness, medical conferences, and seminars that provide CME and CEU to doctors, nurses, health educators and counselors. We will take with us all of the mentories of the children and adults who came to us for help and to listen to us.







LETS TALK SEMINAR: PREVENTION IS KEY
JUNE 16. 2019

HEALTH CONCERNS OF GUYANA: LEADING CAUSES OF DEATH

Suicide in Guyana is interconnected to poor coping skills associated with a cycle of violence that includes murder-suicide, interpersonal violence, corporal punishment, and child sexual abuse. The World Health Organization (WHO) announced recently that Guyana is ranked as having the highest suicide rate in the world. Posted by Centre for Social Justice and Development Inc.

WOMEN'S HEALTH: HORMONE BALANCE AND STRESS

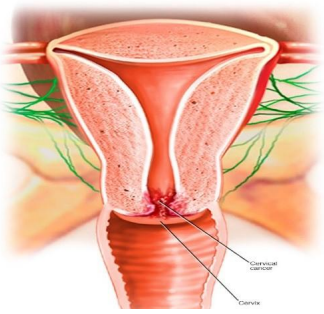
A woman should see her doctor if stress is disrupting her daily life or affecting her ability to manage relationships. Feeling depressed, afraid, anxious or worried or losing interest in activities she used to enjoy may also signal high-level stress. Persistent, unexplained symptoms or difficulty sleeping should also prompt a visit to the doctor.

BRIEF SUMMATION OF STRESS

Stress is part of daily life, but skyrocketing stress can take a toll on physical and mental health. Based on results of a survey published in 2010, the American Psychological Association notes that 28 percent of women reported feeling they are under "a great deal" of stress, and nearly half of women surveyed stated their stress had increased over the past 5 years. Anxiety, anger, irritability and increased hostility toward loved ones or casual contacts commonly occur. Some women respond by eating more and gaining weight. Heartburn, diarrhea and constipation may also occur more frequently when a woman is under stress. A woman should see her doctor if stress is disrupting her daily life or affecting her ability to manage relationships.

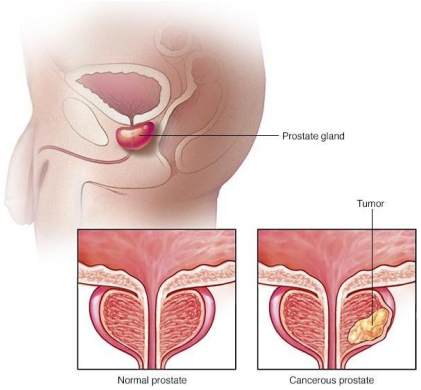
QUICK REVIEW OF CERVICAL CANCER

Cervical cancer is a type of cancer that occurs in the cells of the cervix — the lower part of the uterus that connects to the vagina. Various strains of the human papillomavirus (HPV), a sexually transmitted infection, play a role in causing most cervical cancer. When exposed to HPV, the body's immune system typically prevents the virus from doing harm. In a small percentage of people, however, the virus survives for years, contributing to the process that causes some cervical cells to become cancer cells. You can reduce your risk of developing cervical cancer by having screening tests and receiving a vaccine that protects against HPV infection.



LET'S TALK ABOUT PROSTATE CANCER

Prostate cancer is cancer that occurs in the prostate — a small walnut-shaped gland in men that produces the seminal fluid that nourishes and transports sperm. Prostate cancer is one of the most common types of cancer in men. Usually prostate cancer grows slowly and is initially confined to the prostate gland, where it may not cause serious harm. However, while some types of prostate cancer grow slowly and may need minimal or even no treatment, other types are aggressive and can spread quickly. Prostate cancer that's detected early — when it's still confined to the prostate gland — has a better chance of successful treatment.



SYMPTOMS

Prostate cancer may cause no signs or symptoms in its early stages. Prostate cancer that's more advanced may cause signs and symptoms such as:

- Trouble urinating
- Decreased force in the stream of urine.
- Blood in semen
- Discomfort in the pelvic area.
- Bone pain
- Erectile dysfunction

You should visit the doctor should you find any of these symptoms. Make an appointment with your doctor if you have any signs or symptoms that worry you. Debate continues regarding the risks and benefits of prostate cancer screening, and medical organizations differ on their recommendations. Discuss prostate cancer screening with your doctor. Together, you can decide what's best for you.

HEADACHE AND WOMEN

Many factors contribute to headaches for both men and women, including family history and age. Women, however, often notice a relationship between headaches and hormonal changes. The hormones estrogen and progesterone play key roles in regulating the menstrual cycle and pregnancy and may also affect headache-related chemicals in the brain. Having steady estrogen levels may improve headaches, while experiencing estrogen levels that dip or change can make headaches worse. Though fluctuating hormone levels can influence headache patterns, you're not completely at the mercy of your hormones. Your doctor can help you treat — or prevent — hormone-related headaches.

DURING MENSTRUATION

The drop in estrogen just before your period may contribute to headaches. Many women with migraines report headaches before or during menstruation. Your menstrual-related migraines may be treated in several ways. Proven treatments for migraines are often effective for treating menstrual migraines. They include:

- **Ice**. Hold a cold cloth or an ice pack to the painful area on your head or neck. Wrap the ice pack in a towel to protect your skin.
- **Relaxation exercises.** Try relaxation exercises to lower stress.
- **Over-the-counter pain relievers.** Your doctor may recommend that you take nonsteroidal anti-inflammatory drugs (NSAIDs), such as naproxen sodium (Aleve) or ibuprofen (Advil, Motrin IB, others). These medications may relieve your pain soon after your headache begins. Your doctor may prescribe other medications that block pain signals in your brain.

PREVENTATIVE TREATMENT

- If you have several debilitating headaches a month, your doctor may recommend preventive treatment with NSAIDs or triptans.
- If your menstrual cycle is regular, it may be most effective to take preventive headache medication starting a few days before your period and continuing through up to two weeks after the start of your period.
- If you have migraines throughout your menstrual cycle or you have irregular periods, your doctor may recommend that you take preventive medications every day.
- Daily medications may include beta blockers, anticonvulsants, calcium channel blockers, antidepressants or magnesium. Your doctor might also consider monthly injections of a calcitonin gene-related peptide (CGRP) monoclonal antibody to help prevent your headaches, especially if other medications aren't effective. Doctors will likely review any other medical conditions you may have to determine which medications may be most appropriate for you.
- Making lifestyle changes, such as reducing stress, not skipping meals and exercising regularly, also may help reduce the frequency, length and severity of migraines

MIGRAINE TRIGGERS

- Hormonal changes in women. Fluctuations in estrogen, such as before or during menstrual periods, pregnancy, and menopause, seem to trigger headaches in many women.
- Drinks. Stress.
- Sensory stimuli.Sleep changes.
- Physical factors.Weather changes. Medications. Foods. Or Food additives.

DONATE & VOLUNTEER



WHY DONATE?

DESKAN welcomes your partnership in our global mission. Together we really can make a difference in people's lives. We invite you to extend your hand by giving your time and talent to a much needed cause - helping the needy.

Since 2005 Deskan has provided the following:
1. The Food Pantry
2. Medical Mission & Missionary Work
3. The Clothes Closet
4. Back to School Program & The Community Holiday Giving
5. Helping the Homeless

WHY VOLUNTEER?

Utilize your skills within our organization through program planning, mentoring, food packing, clothes sorting and distribution, client intake and administration.

You may also submit your specific volunteer requests: 'To whom much is given much is required.' We invite you to extend your hand by giving your time and talent to a much needed cause: "helping the needy."

JOIN US TODAY AT WWW.DESKANRHTC.NET