

Donations Most Needed

For Our Communities in the Dominican Republic

I. School Supplies:

- Backpacks (that can endure rain, mud, and hard knocks)
- Notebooks (composition or spiral)
- Pens & pencils
- Rulers
- Erasers
- Pencil sharpeners
- Construction paper
- Scissors
- Glue sticks
- Paints (water color and acrylic)
- Colored pencils and chalks
- Solar flashlights & lamps (for home safety & study when electrical system is out; you can potentially prevent a home fire with this donation)
- Books: for children, adolescents, and college age: either bilingual, or monolingual in Spanish (not English); including The Good Stranger's Sancocho Surprise (John's book, supports EAB when bought thru EAB site)

II. Water bottles: quart or liter size is best, though smaller is OK

III. Clothing, especially for cold and rainy weather:

- Rain jackets
- Rain pants
- Boots, cleats, or sturdy sneakers
- Sweaters
- Hats, scarves, gloves
- You may wonder: isn't this the tropics? Yes, but in the mountains, it gets in the 40s during winter, and homes are neither heated nor insulated.

IV. Sports equipment for these sports:

- Baseball (balls, gloves, bats)
- Soccer (if balls, please deflate and send pump & needle)
- Basketball (if balls, please deflate and send pump & needle)

- Volleyball (balls)
- Frisbees
- Items in new or good condition only
- No used or discarded sports jerseys

V. Medicines & Other Health Needs:

Please read the note from Dr Sherman, and see the list which follows it.

Dear Participants and Families of EAB Immersion Program:

As many of you know, EAB supports community health workers in two Dominican communities with little access to other forms of health care. As part of that support, we provide medical supplies for clinics located in those communities.

We are constantly evaluating and refining how we can best support these clinics and the dedicated workers who run them. For many years, we have purchased specific and essential medicines and medical supplies requested by the community leaders. This enables us to establish quality control, consistency in the inventory of medications, and better outcomes for patients.

In the past, we have accepted a wide variety of donations of medications and supplies from the families of our student participants, and these donations have been extremely helpful. However, now that we are restructuring our health program to be more comprehensive and culturally appropriate, we would like to only supply medications and supplies familiar to our community health workers. This will help avoid confusion when trying to determine the use of medications with different trade names and doses than the stock items we provide.

Therefore, we ask you not to donate any medications or medical supplies that are not on the list below. If you wish, you can also support the patients in these communities by donating any funds you would normally spend on such supplies to our “Healthcare Support Fund”. (Gifts can be made online via EAB’s website, or by check, noting in either case “Healthcare Support Fund”). These donations will be earmarked solely for the purchase of the medicines and medical supplies most needed by our communities.

Thank you for your understanding in this situation. As always, we appreciate your support and welcome any questions or suggestions as we continue to develop our healthcare program.

Sincerely,

Joe Sherman, MD
EAB Board Member
Health Director

Medicines & Supplies Needed:

These must be new, unopened, and not expire before December 2023.

Vitamin C

Vitamin E

Vitamin A

Vitamin B Complex

Multivitamins for children, and for adults

Cough Drops

Omega 3 Fish Oil

Thermometers (oral digital)

Hand Sanitizer

Antacids: Tums, Rolaids, or generic tablets (or generic antiacids)

Cold Packs

Eye drops (artificial tears, and allergy relief)

Ibuprofen:

- 200 mg tablets (for age 12+)
- children's liquid and/or tablets

Acetaminophen:

- 500 mg tablets (for age 12+)
- 160 mg/5ml children's liquid and/or tablets

Anti-allergy:

- Diphenhydramine 25mg Tabs
- Loratadine 10mg Tabs

Triple Antibiotic Cream/Ointment

1% Hydrocortisone Cream/Ointment

Clotrimazole Anti-fungal Cream/Ointment

Donaciones Más Necesarias

Por Nuestras Comunidades en República Dominicana

I. Útiles escolares:

- Mochilas (que aguanten la lluvia, el lodo y los golpes)
- Cuadernos (composición o espiral)
- Plumas y lápices
- Reglas
- Borradores
- Sacapuntas
- Papel de construcción
- Tijeras
- Pegamento de barra
- Pinturas (acuarelas y acrílicas)
- Lápices de colores y tizas
- Linternas y lámparas solares (para seguridad en el hogar y estudio cuando el sistema eléctrico está afuera; potencialmente puede prevenir un incendio en el hogar con esta donación)
- Libros: para niños, adolescentes y universitarios: ya sea bilingüe o monolingüe en español (no inglés); incluyendo El sancocho sorpresa del buen desconocido (el libro de John, se soporta al EAB cuando se compra a través del sitio de EAB)

II. **Botellas de agua:** el tamaño de cuarto o litro es mejor, aunque más pequeño está bien

III. **Ropa,** especialmente para clima frío y lluvioso:

- Chamarras para lluvia
- Pantalones para lluvia
- Botas, zapatos de fútbol o zapatillas resistentes
- Suéteres
- Gorros, bufandas, guantes
- Usted puede preguntarse: ¿no es esto el trópico? Sí, pero en la montaña se baja a los 40 grados durante el invierno, y las casas no tienen calefacción ni aislamiento.

IV. **Material deportivo** para estos deportes:

- Béisbol (pelotas, guantes, bates)
- Fútbol (si son balones, desinfle y envíe la bomba y la aguja)
- Baloncesto (si son pelotas, desinfle y envíe la bomba y la aguja)
- Voleibol (pelotas)
- discos voladores (Frisbees)
- Solo artículos nuevos o en buenas condiciones
- No se permiten camisetas deportivas usadas o desechadas.

Medicamentos y Suministros Necesarios:

Estos deben ser nuevos, sin abrir y que no se vencerán antes de diciembre de 2023.

Vitamina C

Vitamina E

Vitamina A

Complejo de Vitamina B

Multivitaminas para niños y para adultos

Pastillas para la tos

Aceite de Pescado Omega 3

Termómetros (orales digitales)

Alcohol en gel para las manos

Antiácidos: Tums, Roloids o tabletas genéricas (o antiácidos genéricos)

Compresas frías

Gotas para los ojos (lágrimas artificiales y alivio de alergias)

Ibuprofeno:

- Tabletas de 200 mg (para mayores de 12 años)
- Líquido y/o tabletas infantiles

Paracetamol:

- Tabletas de 500 mg (para mayores de 12 años)
- 160 mg/5 ml líquido y/o tabletas para niños

Antialérgico:

- Pastillas de difenhidramina de 25 mg
- Pastillas de 10 mg de loratadina

Crema/ungüento triple antibiótico

Crema/ungüento de hidrocortisona al 1 %

Crema/ungüento antimicótico de clotrimazol