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Dr. Sandy Lee: light-hearted moments in Haiti

March 15th, 2010, 3:52 pm · Post a Comment · posted by Theresa Walker, Editor



Dr. Sandy Lee, a pediatrician at Coastal Kids pediatric group in Orange County, just returned from a humanitarian mission to Haiti. While there, she shared her experiences, as a doctor and as a mom away from her own young children, with us in The Mom Blog. In David Letterman style, she reflects on some of the lighter moments during her stay that she thought moms especially would appreciate:

Top 10 Non-Medical things that I will miss about my Haiti trip:

- 10. Speaking french ("bonjour!" "bon soir"), as French and Creole are the official languages of Haiti
9. Being escorted by security guards wherever we went (See photo above — you can't help but feel safe
8. Sharing a room with my two female roommates. It was fun having roommates again, having "girl talks" before falling asleep
7. Not having to go grocery shopping all week
6. Not having to cook all week
5. Not having to clear the dishes after a meal
4. Not having to wash the dishes after a meal
3. Having a hot breakfast and dinner prepared by the house staff (We discreetly ate power bars, trail mix, etc. for lunch while working during the day.)
2. Having clean sheets and a clean towel folded neatly on my bed (made up for me) every day
1. The beautiful smiles of the Haitian people

(Note: As the only mom on the team, I was the only one who truly appreciated Nos. 2-7.)

Top 10 Things that I will NOT miss about my Haiti trip:

- 10. The lack of fresh foods/vegetables
9. Riding in a "tap tap" (the Haitian version of a taxi — quite colorful in appearance, but not comfortable, especially driving over bumpy, rocky "roads." The seats are wooden slabs.)
8. Sleeping on a bunk bed
7. Learning about bed bugs!
6. Having DEET on 24 hours a day
5. Using primitive latrines during the day (Tried to avoid it as much as possible!)
4. Taking anti-malarial pills daily (And having the occasional vivid dreams that come with it!)
3. Having a bad hair day, EVERY day! (Due to limited electricity/power, I could not bring a hair dryer or flat iron.)
2. Sleeping under a mosquito net (See photo — though it reminds my daughter of those "princess" draped beds, it is certainly NOT that glamorous, or comfortable.)
1. Taking cold "dribble" Navy-style showers (You turn on cold water that comes out in a dribble, wet yourself, turn off water, lather up, turn on water to rinse quickly.)



Tomorrow in The Mom Blog, we'll have a final post from Sandy.

Previous posts about Dr. Lee's trip to Haiti:

- She goes to Haiti with more than medical skills
• First night away on trip to Haiti
• Hope and hardship in Haiti
• Life at a makeshift Haitian clinic

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