

Merry
Christmas
Happy
Hannukah
Feliz Navidad
Krismasi Njema
Chúc mừng Giáng
Sinh
圣诞快乐
& Happy New Year

WALK

OPERATION WALK

OPERATION WALK LOS ANGELES

ELECTRONIC NEWSLETTER:

DECEMBER 2020

RAFFLE WINNERS

WILLIAMS-SONOMA "KITCHEN GOODIE" BASKET:
SALLY M. DOLL

GOLF CLUB PACKAGE:
MICHAEL DAVIS

BAFFERT'S DAY AT THE DERBY:
DR. JOHN CALLAGHAN

RAINY DAY BASKET:
BOB DORR

SPA DAY BASKET:
CATHY FEVES

GASPAR JEWELERS INC. NECKLACE:
CAMI WARD



**Congratulations to all winners & a big THANK YOU
to all who participated**



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The Joint Journal is **electronic only**. If you wish to receive the next issues via email, please send your email address to Alejandra Castillo at: alejandra@operationwalk.org

The newsletter can also be viewed on our website: operationwalk.org/newsletter

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#THANKYOU WEDNESDAY

Giving Tuesday was the perfect way to start December in 2020. After months of social distancing, travel restrictions, and not being able to gather it felt good to be able to come together and work towards a common goal.

This year our donors came through in a big way. Together we were able to raise over \$15,000 in just a short time period. We are always humbled by your support and willingness to help us continue towards our goal of restoring mobility and relieving joint diseases here at home and around the world.

With the possibility of a vaccine on the horizon our patients hold out hope that we will be able to travel and provide them with the life-changing surgeries they so desperately need. We join them in this hope and look forward to the opportunities that 2021 will bring.

Thank you to our loyal supporters for your generosity and showing what the true spirit of giving can look like. In gratitude we send you love and best wishes throughout this holiday season and into the New Year.

REMEMBERING GAYLE GARNER ROSKI, AN ANGEL TO US

On Wednesday, October 21st, 2020, Los Angeles-based artist and philanthropist Gayle Garner Roski passed away peacefully in her art studio at her Toluca Lake home, surrounded by family and her vibrant watercolor paintings that brought joy to so many people. She was 79 and suffering from amyotrophic lateral sclerosis (ALS).

The loving wife of real estate developer Edward P. Roski Jr. and the mother of three, Gayle was born in Los Angeles on September 11, 1941, to Russell Dwight and Mary Lewis Tucker Garner.



Gayle was a friend and contributor to Operation Walk. She volunteered on a mission to Guatemala and not only worked alongside our team, but spent hours painting and capturing the patients and the essence of our work. She used the paintings to illustrate the book *The Crooked Man*, based on the story of Rogelio, a patient who had both knees replaced on our mission. Gayle also designed our official Operation Walk Angels pin, a token of appreciation to all who join the Operation Walk Angels program, and was one of the founding Angels back in 2017.

She will be dearly missed by our team and the people we serve.



Gayle Garner Roski and Dr. Paul Gilbert pose with *The Crooked Man* book



Gayle Garner Roski and Rogelio post-surgery

OUR HONDURAN FRIENDS & THE IMPACT OF HURRICANE ETA

This November, Hurricane Eta left destruction throughout Central America with an especially devastating impact on the San Pedro Sula region in Honduras.

Dozens of communities were completely cut off by washed out roads, homes, and bridges. Tens of thousands took to the rooftops as they hoped for rescue. As the flooding persisted, countless remained missing, with grim days of rising death tolls that further burdened the more than 400,000 who had been displaced and whose homes were destroyed.

A week later, there were still thousands on rooftops in remote areas waiting for rescue. All gyms, schools, and other facilities were converted to shelters. The Honduras government was slow to organize efforts, meaning it was mostly the people and businesses of Honduras offering aid and caring for those who lost everything.

The Red Cross announced that 1.7 million people in Honduras were directly affected and evacuated to 170 shelters. Clean water and sanitation were urgently needed.

Dr. Luis Boquin, at the Instituto de Ortopedia Honduras, spearheaded a call to action in partnership with Rotary Ursula. Operation Walk Los Angeles contributed a monetary donation to our Honduran colleague's request for humanitarian aid. We are fortunate to be in a position to be able to help our friends in Honduras who were affected by this terrible natural disaster.

Funds were used to purchase food, water, hygienic products, clothing, medication, and PPE (personal protective equipment) for San Pedro Sula shelters.

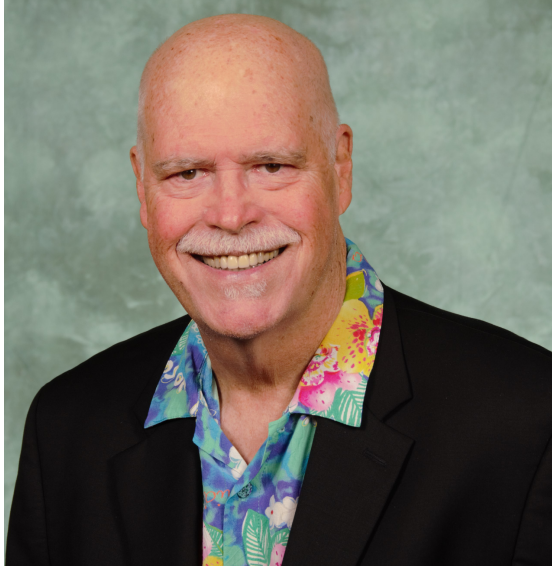


Hurricane Eta 's aftermath in Honduras, November 2020



Family seeks shelter, November 2020

MEET OUR BOARD: RICHARD "DICKEY" JONES, M.D.



Dr. Richard "Dickey" Jones was a football letterman for the Florida Gators and was Phi Beta Kappa. He graduated with Alpha Omega Alpha distinction from the University of Florida College of Medicine. Following residency at Parkland and UT Southwestern Dallas Texas, Dr. Jones did a fellowship in joint reconstruction at Robert Jones and Agnes Hunt Orthopaedic Hospital in Oswestry, England and acted as Chief of Orthopedic Surgery for the U.S. Army at Ft. Leavenworth, Kansas. He served as Chief of Orthopaedic Surgery at the Dallas V. A. Hospital for 35 years.

He was Chief of Joint Restoration at Orthopedic Specialists, and continues as Professor of Orthopaedic Surgery at UT Southwestern Medical Center. He has published extensively on joint reconstructive issues. He also holds a number of patents for total knee revision systems and, notably, for the first off-the-shelf orthotics designed to replace plaster casts.

He and his wife Susan strongly support the missions of Operation Walk. Dr. Jones, in fact, serves on the Boards of the Los Angeles and Utah chapters. Dr. Jones has been dedicated to Orthopaedic education his entire career. He shares his "Life Lessons" with us below:

LIFE LESSONS

1. Have fun
2. Learn and teach
3. Help people
4. Avoid behavior that creates turmoil
5. There is no fault this time, do it right next time
6. Speak only positives, eg, "Please remember"
7. Repetition is the key to learning
8. There are no coincidences
9. Give the bureaucracy the illusion of compliance
10. Encourage equanimity
11. Pain is a part of life; suffering is optional
12. The best things in life aren't things
13. Remember, it takes rain to enable us to see rainbows
14. Speak softly and wear a loud Hawaiian shirt

15. What the mind conceives, and the heart believes, we all can achieve
16. Practice the 4 G's by being:

Giving of yourself,
 Generous with your praise,
 Gracious in your thanks, and
 Gentle with your feedback



Dr. Dickey Jones volunteering in Vietnam with Operation Walk, 2011

MESSAGES OF GRATITUDE

When we traveled to Havana, Cuba, in November of 2019, we had no idea that a whole year would go by without us being able to travel and perform life-changing operations. In the month of giving thanks, patients Teresita and Pavel messaged us to let us know how they are doing post-surgery:

"We do not forget you, we follow on Facebook everything you do and we share it with pride. You are always present in our thoughts with a very important place in our hearts. You just celebrated Thanksgiving, which gives us one more opportunity to thank you for what you do for humanity.

I am already at one year after my operation and I am very happy. A big hug for you and the dedicated team of doctors, nurses, physiologists, and all the staff.

*Hugs and kisses,
 Teresita Fernandez"*

"Dear Friends of Operation Walk,

It is a pleasure to write this. I hope all of you are safe. It has been a terrible year in many places. As you know, I underwent a hip surgery in November of 2019. It has been almost a year. From day one, I have felt fine. I can walk very well. I can tie my shoes. I can drive. I do exercises every day. In short, I am living a normal life and I am really happy. I will be



Teresita with her daughters



Pavel post-surgery

grateful for the rest of my life. You are fantastic people who deserve every help you need to keep doing what you do. Please, keep helping people.

Before saying goodbye, I would like to thank Dr. Richard and his great team. My family really appreciates what you did for me. Good luck.

Sincerely,
Pavel Machado"

2020 ANGELS

Operation Walk is immensely grateful to all Operation Walk Angels who have renewed their membership for 2020. We are always grateful for their yearly support:

DR. MAXINE ANDERSON

*JILL BAFFERT

BEA BENNETT

WINNIFRED CROWLEY

MARION DARLING

SALLY DOLL

*MARILYN DORR

*SUSAN FLANAGAN

LISA FUJIMOTO-YAMAGUCHI

PATRICIA HENG

STACY KELSO

*DEBBIE LANNI

MARGOT MILIAS

DIERDRE MOFFAT

THERESA MURPHY

*DIANE SAUNDERS

DR. ANEESAH SMITH

MARLA SMITH

NANCY E. TAMNY

*JERI WARD

CAMI WARD

KATHY WATSON

ANITA YAGJIAN

*FOUNDING ANGELS

We encourage you to consider becoming an Angel in 2021. We will be holding a luncheon for members in the Spring of 2021. We hope to see you there!

To donate, please visit:

www.operationwalk.org/become-an-angel/



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