

Boquete Health & Hospice
Boquete Salud & Cuidado Paliativo

Helping Hands • Caring Hearts



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Our Mission Statement

Our mission is to inform and promote community health. To support people with health and wellness needs by providing information, equipment, and volunteer services. To provide palliative (hospice) care for the terminally ill in order that they may experience death with dignity and limited pain.

Calendar of Events

- **January 3** – Council Meeting, 10am (Big Daddy's and via Zoom)
- **January 10** – Annual Meeting/Confirmation of Officers/Volunteer Discussion with **Dr. Rod Gottula** and **Dave Nichols** – "We Want Your Feedback! Help Shape the Future of BHH!"
- **January 10** – CPR Workshop, 11:30am following General Meeting (Animales Event Center, Alto Boquete) – preregistration required
- **February 5-6** – New Volunteer Orientation (Animales Event Center, Alto Boquete) – preapproval required
- **February 7** – Council Meeting, 10am (Big Daddy's and via Zoom)
- **February 14** – General Meeting, 10am (Animales Event Center, Alto Boquete) – **Celeste Mendelsohn** presents "Yoga for the Rest of Us"

- **February 14** – CPR Workshop, 11:30am following General Meeting (Animales Event Center, Alto Boquete) – preregistration required
- **February 27** – Being Prepared for End of Life in Boquete Workshop, 10am (Animales Event Center, Alto Boquete) – preregistration required

PLEASE NOTE: Unless otherwise specified, general meetings are held in person at the Animales Event Center in Alto Boquete and Council meetings are held at Big Daddy's and via Zoom.

President's Letter

Dear Friends of Boquete Health & Hospice,

Happy New Year to everyone. As the new year begins, I am very thankful for all the hard work and dedication exhibited by our volunteers over this past year. Through your help, we have been able to restart our hospice work and begin seeing patients in their homes and providing end-of-life comfort care.

We have made progress this last year in becoming better organized and doing more outreach to the Panamanian community. This coming year's emphasis will be placed on team-building and trying to ensure that all volunteers have a rewarding experience in their roles with

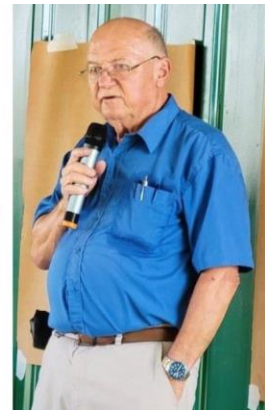
BHH.

Thank you for all that you have done and please contact me if you are interested in learning more about the many leadership positions that we are in need of filling. ¡Feliz año nuevo!

With heartfelt appreciation,

Rod Gottula, MD

**Join Us
for the January
Annual
Meeting and
Help Shape the
Future of BHH!**



You are cordially invited to our annual general meeting on Wednesday, January 10 at 10am at the Animales Event Center in Alto Boquete. It will be different from our usual meetings in that the Council will vote to confirm the new slate of officers and **Dr. Rod Gottula** and **Dave Nichols** will be soliciting suggestions from the public as to where we should focus our energies.

Are you passionate about delivering hospice and palliative care in Panama? Do you have ideas for how BHH can improve our services and reach more people in need? This will be a great opportunity to share your thoughts.

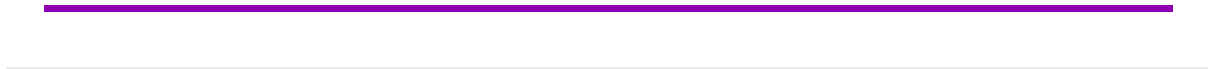
We'll be putting our current services under the microscope and discussing how we can make them more organized and efficient. Our Community Outreach group has been making a big push to get the word out to the Panamanian community about our services—how can we improve those efforts? There also appears to be a new emphasis in Chiriquí to improve the province's palliative care system. How can we collaborate with others to maximize the services available to the local community?

We'll also take a broader look to the future as we develop our three-year plan. What services do we want to keep providing? Are there any we wish to discontinue? Do we want to develop any NEW programs?

Your input is invaluable to us, so please come and share your ideas. If you cannot attend in person or via Zoom, feel free to send your thoughts directly to our president at rodgottula@gmail.com. If received in time, they will be included in the meeting discussion.

Together, we can chart a future for BHH that benefits everyone in our

community. Thanks to all of you for your dedication to BHH, and we hope to see you at the January meeting!





Book Now for January or February CPR Training

Learn to save a life and help a family member, friend, or neighbor in an emergency by attending BHH CPR training. This is a popular class, so sign up early!

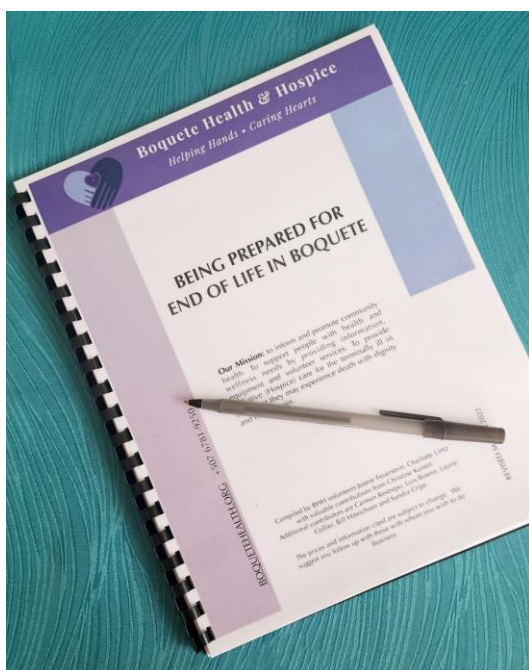
This free class will be held January 10 and February 14 at the Animales Event Center in Alto Boquete and will start at 11:30am following our general meetings. The classes last about an hour. During the training, our amazing instructors teach participants hands-on CPR chest compressions (no mouth-to-mouth) and the Heimlich maneuver for airway obstruction.

This is a non-certified course. Preregistration is required and class size is limited to 16 for each class, so please register for either training by emailing CPR@boquetehealth.org or clicking the appropriate button below. Please note that these are two separate classes teaching the

same material. Although this event is free, donations to support our work are gratefully accepted.

[Sign Up Now – Jan. 10 Training](#)

[Sign Up Now – Feb. 14 Training](#)



Register Now for Popular Being Prepared Workshop

You're invited to join BHH for the first Being Prepared for End of Life in Boquete workshop of 2024 on February 27 at 10am at the Animales Event Center in Alto Boquete. Preregistration is required and a workshop manual is necessary.

BHH offers this workshop to lend you a helping hand as you put your affairs in order. Dealing with end-of-life decisions is much, much different than doing so in your home country. This 90-minute workshop is packed with information you need to know and addresses

legal, financial, and emotional considerations when facing the end of life in Boquete or dealing with emergencies.

Take the fear out of an unexpected health crisis and learn how to be prepared for accidents, illness, and end of life. This workshop offers guidance to navigate paperwork that will put you in legal compliance with Panama laws, help you think about the difficult questions on your end-of-life care, get your affairs in order, and provide peace of mind and reduce stress for yourself and your loved ones.

The great team of volunteers presenting this workshop possesses years of experience in the healthcare and legal fields, and has personal experiences to share with you. This workshop is an eye-opening experience that you will not want to miss.

This workshop continues to be popular and space is limited, so sign up today. To register, complete the form via the link below or send an email to prepared@boquetehealth.org. A Being Prepared for End of Life in Boquete manual is necessary for the class. The manual is available in English or Spanish for a \$10 donation at the BHH table at the Tuesday Market at Tap Out, or at Mail Boxes Etc. in downtown Boquete. Although this event is free, donations to support our work are gratefully accepted.

BHH walks with you through sickness and health, as well as the end-of-life journey.

Sign Up Now!



Quilt Raffle! Own a Sarah Zink Original

We're selling raffle tickets for this full-sized and cozy quilt, artfully made and generously donated to BHH by master quilter **Sarah Zink** of Zinky's Quilts. The craftsmanship, beauty, and creativity of Sarah's quilts brighten any room. Photos do not do justice to the beauty of this

quilt.

The drawing will be held at the February 14 general meeting. You need not be present to win. All proceeds from the raffle will go to support BHH's operating expenses.

Raffle tickets can be purchased for \$5 each or 3 for \$10. You can view the quilt and buy raffle tickets at our table at the Tuesday Market at Tap Out or at our January and February general meetings.

Many thanks to Sarah for her continuing support of BHH with her charming quilted creations! Please come out and buy a chance or three for a good cause!



BHH Volunteers Enjoy Appreciation Lunch

Our volunteers had a great time at the December Volunteer Appreciation Lunch celebrating another year of serving our community by working with BHH! A group of about fifty volunteers and friends gathered in La Sala at Los Molinos for a buffet Italian lunch, great views, and the chance to catch up with other BHH members in a social setting.

There were door prizes, brief speeches, and fabulous food and drink—

and the opportunity to be together in a beautiful place during the holidays. Come join us in 2024! Make some new friends while helping your community. We all cherish the friends we have made through BHH.

A huge thanks to the team that made this such a special occasion:

- The staff at Los Molinos for the delicious food and beautiful decorations.
- Event planners **Denise Daniels**, **Kat McKay**, **Natalie Kelly**, and **Dr. Rod Gottula**, with special thanks to **Lorraine Handler** and **Chris McCall** for going above and beyond.
- **Erin Ross** for making the gorgeous gift baskets for the door prizes.
- **Fran Hogan Creative** and **Deb Hornstra** for their excellent photography.

And a heartfelt thank you to all our volunteers for the time, talent, and donations they generously give to support BHH all through the year.



Hospice Services are Back and We Need Volunteers!

Great News! In the past few months BHH has resumed hospice care and visiting patients in their homes, and we're ready to expand. We will resume providing rides to medical appointments, providing relief to caregivers for short periods of time, running errands that don't involve going into the home, and providing meals for those who really need them.

We would love to have new volunteers join us in our efforts to serve our community. A background in a medical field is not necessary, just the willingness to help. For more details, give us a call at 6781-9250 or email boquetehospice@gmail.com.

THE GREATER BOQUETE VOLUNTEER EXPO

Tuesday, January 30, 2024
at the BCP Tuesday Market at the Fair Grounds

Amigos de Boquete
Chiriquí, Panamá

Rotary
Rotary Club de Boquete
Chiriquí, Rep. de Panamá

Amigos de Animales
Boquete, Panamá

DOG CAMP

AΦA
ALPHA PHI ALPHA

INCLUSIÓN BOQUETE

Earth, Pi and the Sky
Standing in today, reaching for tomorrow

RESCATE DE ALIMENTOS

Rotary
Sunset Club of Boquete

COMING TOGETHER

COME MEET FELLOW VOLUNTEERS & GET TO KNOW ALL THE COMMUNITY OUTREACH PROGRAMS CURRENTLY ACTIVE IN CHIRIQUI ALL IN ONE PLACE AT ONE TIME.

Together, Stronger
We Invite All Locals, Ex-Pats, Residents, Visitors, Tourists & Capitalinos To Join Us For The 1st Annual BOQUETE VOLUNTEER-PALOOZA

Bajareque Brands
Boquete, Chiriquí Panamá

Promoviendo Lo Mejor De Chiriquí

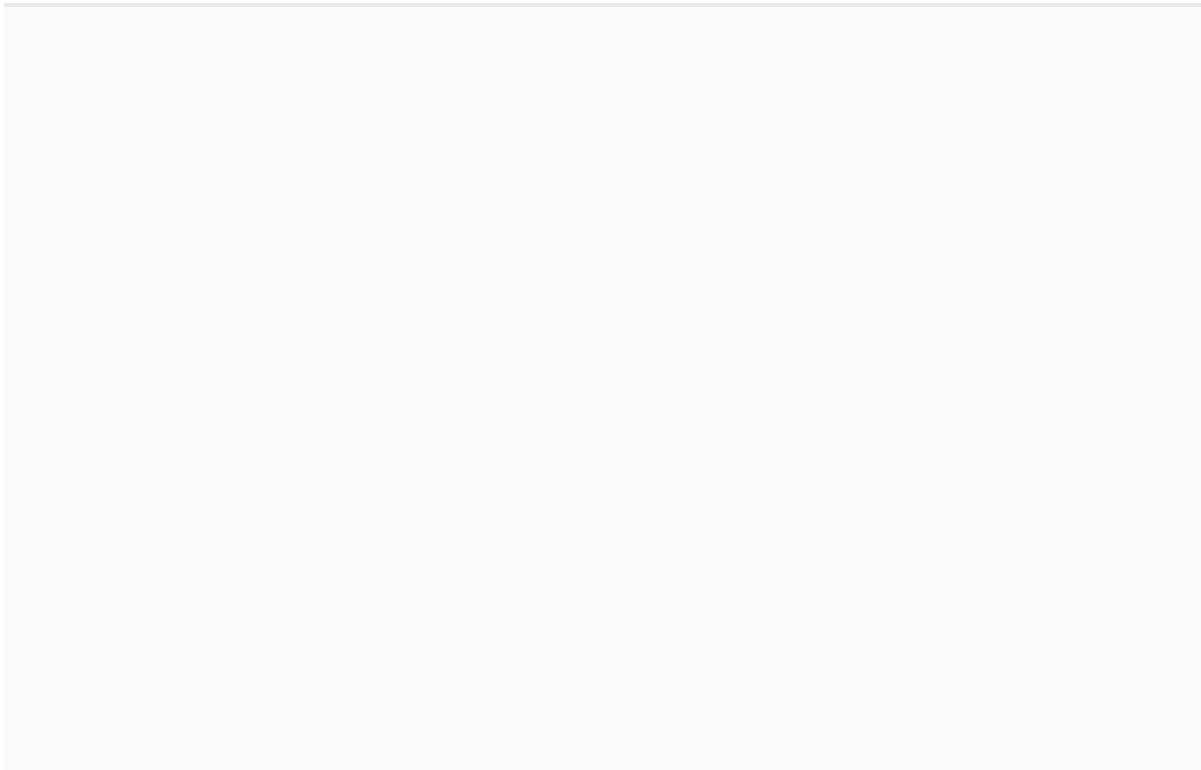
Escanea Para Más Info

Come See Us at the Greater Boquete Volunteer Expo

BHH is looking for volunteers, and we're not the only ones! There are a lot of hardworking community organizations in Boquete and most of them are always looking for volunteers.

You might be thinking—wouldn't it be great if there were ONE PLACE where a person could learn about MANY Boquete nonprofits? There IS! Tuesday, January 30 at the BCP Tuesday Market in the Arco Iris room at the fairgrounds, meet with representatives of most of the major charitable organizations in the area to see what they're all about.


Find one that inspires you and commit to lending a hand in 2024. All these organizations are doing good work and all need more people involved so we can carry out our missions and expand our services. Thank you for considering it and hope to see you a month from today on January 30!




The Magic of Music


The #1 Mindfulness App for Sleep, Relaxation, Focus, & More!
Recommended by Harvard University's Stress & Development Lab*

FREE MUSIC! [*https://sdlab.fas.harvard.edu/mindfulness-apps](https://sdlab.fas.harvard.edu/mindfulness-apps)

Insight Timer 

Magic of Music Team
Boquete Health & Hospice





Art Blevins
BOQUETE DISTRICT, CHIRIQUÍ PROVINCE, PANAMA
348 followers [Follow](#)

About
Art Blevins is a musician, a music professional, and a certified mindfulness and spiritual life coach. He is co-leader of the Magic of Music Team at Boquete Health & Hospice

From the Magic of Music Team's Art Blevins...

MORE THAN 7 HOURS!
FREE wellness related music tracks!

HOW? Download the Insight Timer App and follow Art Blevins

This month the Magic of Music team has the spotlight on "music wellness": focusing on the health benefits of music that can contribute to our overall feeling of wellbeing. Just like diet and exercise, we don't have to wait until something goes wrong with our mind and/or body to establish healthy habits. And this is what "music wellness" is all about. The Magic of Music team has several [articles](#) on the Boquete Health & Hospice website regarding various aspects of music's ability to support health and wellness, with topics such as music for relaxation and stress relief, music to aid sleep, meditative and mantra practices, as well as the benefits of moving to the music!

However, we do more than simply provide educational information on the topic! The Magic of Music team's **Art Blevins** actually creates and distributes music designed for wellness purposes. And you can find many of these tracks on the #1 mindfulness app: Insight Timer. Click [here](#) to visit Art's Insight Timer page, where you will find more than 30 free music-based tracks and over 7 hours of selections for various wellness purposes!

To find out more about the Magic of Music team at BHH, visit our [web pages](#) and join the conversation with the [Magic of Music Community Group](#) on Facebook. Contact BHH via WhatsApp at +507 6781-9250 for assistance or to borrow a music player.



Tree of Life

Boquete Health & Hospice gratefully recognizes the names of our extremely dedicated and very generous donors on our [website](#). Their kindness keeps our Tree of Life growing and strong. A huge thank you to all of our contributors!

To Make a Donation

BHH is an all-volunteer operation supported by donations from the community. If you are interested in supporting the work we do, there are several ways to donate:

- ❖ Make a donation via our website with Visa and MasterCard, using their credit or debit cards, or by clicking the button below.
- ❖ Make a direct deposit or an electronic transfer to our bank account:
Bank name: Banco General
Account name: Boquete Hospice and Health Foundation
Account number: 04-48-96-075844-7
Account type: Savings
- ❖ Donate checks or cash directly (*all checks must be made payable to Boquete Hospice and Health Foundation*):
 - At one of our monthly Council or general meetings, at one of our blood drives, or at a BHH workshop or event.
 - At our blood pressure table in the Tuesday Market, located in the old theater at Tap Out.
 - When picking up or returning equipment at one of our storage facilities.

We greatly appreciate all donations and use them in a variety of ways to help our community.

[Donate Now](#)

Council Business



To bring a topic to the attention of the Council for consideration, please discuss it with your Team Leader, who will ask the Council Secretary to add it to the next monthly Council agenda.

Voting members of the Council are:

President – Dr. Rod Gottula

VP, Community Engagement – Natalie Kelly

VP, Operations – Kat McKay

Secretary – Lorraine Handler

Treasurer – Bill Hinrichsen

Patient Care Coordinator – Bev Tyler

Patient Care Coordinator – Denise Daniels

Patient Care Coordinator – Liz Baze

Past President – John Earle



MEETING MINUTES

Council minutes are now on the BHH website at [BHH minutes](#). All future minutes will also be posted there.



The policies of the organization are posted on our website and are updated as needed at [BHH policies](#).

We Respect Patient Confidentiality

All patient information shared with any Boquete Health and Hospice volunteer is kept in the strictest confidence. *When names are used in testimonials or other marketing materials, we have obtained permission from those mentioned.*

Contact Us

Monday - Friday: 9am - 3pm

Saturday: 9am - 1pm

Sunday: Closed

Hospice/Health: +507 6781-9250

Blood Donor Program: WhatsApp +507 6590-2000 or call +507 6781-9250

Email: info@boquetehealth.org

Website: boquetehealth.org

Check us out and like us at: [Facebook](#), [Instagram](#), and [YouTube](#)!



Newsletter team: Natalie Kelly – Editor and Carol Jones – Proofreader. Thanks to everyone who contributed their time and talent to this issue!

Subscribe [here](#) to receive our monthly newsletter and send submissions to [BHH newsletter](#).

Freely send this to anyone or use any part.

Our mailing address is:

info@boquetehealth.org

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

Thank you!