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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. To create a culture of respect and appreciation within our organization and a rewarding experience for our volunteers.*

**Volunteer**

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## Calendar of Events

- **August 7** - Council Meeting
- **August 14** – General Meeting, 10am (Animales Event Center, Alto Boquete) –
- **August 21** – Being Prepared Workshop
- **September 7** - Wine Tasting, Larry Whites house in Los Molinos

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## President's Letter

**Dear friends of Boquete Health & Hospice,**

June has been a very productive month for BHH. We continue to take on new hospice patients, supporting them and their families. Several of these patients have passed on and their families have been very appreciative of the support they received.

We continue to work with Esperanza regarding their cancer clients whenever our help is requested and have maintained contact with the Social Security Palliative Care system.

We have accomplished setting up a 501c3 non-profit status in Colorado and the final phase is to open up a Boquete Hospice account there where we can receive donations that will be transferred down here.

Lastly, for the first time in the history of BHH, we have acquired a “Home”. The new location will not only allow us to have a true office, but will be able to store all of your equipment in one location, making it much more convenient for our volunteers to access and distribute medical equipment. Look for announcements of our Open House.

A big thank you to all the volunteers who make this such a wonderful organization. I frequently hear compliments in the community regarding what a wonderful resource we are to those in need of our services.

Rod Gottula MD

President

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**We're  
On The  
Move!**



Boquete Health and Hospice (BHH) is embarking on an exciting new chapter as we move into our new location in downtown Boquete. After years of relying on storage lockers at Alto Dorado for our medical equipment, we are thrilled to announce our relocation to a dedicated space situated on the corner across from the library.

This move represents a significant milestone for our organization, marking the beginning of a new era for BHH. The transition from storage lockers to a permanent home will allow us to better serve our community and expand our capabilities.

Once we have completed the move and settled into our new space, we plan to host an "Open House" event. This will provide an opportunity to visit our new facility and see firsthand how this change will enhance our operations.

The new location in downtown Boquete offers several advantages:

1. Increased accessibility for those seeking our services
2. Improved organization and management of our medical equipment
3. Enhanced visibility within the community
4. Greater potential for collaboration with other local organization

We are grateful for the support of the Boquete community that has made this move possible and look forward to continuing our mission of providing compassionate care and support to those in need.

Stay tuned for further announcements regarding the upcoming "Open House". We look forward to welcoming you to our new home and share this exciting development with all of you.

**Golden Years Retirement Home**

*by Penny Barret*

On Tuesday, July 2, 4 Boquete residents paid a visit to the Golden Years retirement home under construction in Cuesta de Piedra, outside of Volcan. We feel that our small group has a certain amount of expertise since it included Dr. Rod Gottula, president of Hospice, Susan Peterson, president of the Boquete Handicap Foundation, Linda Sherman, owner of a home health care business in the U.S. and me, Penny Barrett who knew where the facility was located.

We were met by 78 year old Sonia Perez, a firecracker of a woman, who gave us the grand tour and narrated the history of her efforts to build this large facility.

Right now Sonia is waiting for final approval of a bank loan from one of the government banks. Once that is solidified it will be only two or three weeks before she can start accepting residents.

The vision is certainly impressive. There is a grand entrance hallway and a large central area. There are rooms for a library, arts and crafts, and an exercise room with jacuzzi. There is also a good sized conference room which the residents can use for private parties. The large dining room opens up to an entire wall of windows which will eventually look out over a garden and fountain. Both the kitchen and the laundry facility will be professionally equipped.

Two wings extend from the main foyer. Wing A is almost ready for occupancy. Wing B has the added benefit of parking for residents with cars. There are 28 one bedroom units and 4 two bedroom units. Both types of units are spacious, contain a basic kitchen, living room, walk-in closet, and bathroom with a shower. Additionally, each unit will have a "help" button. Each apartment can be identified by a hand-painted Panama bird outside the door. The facility will be staffed by Certified Nurses Assistants empowered to dispense medicines.

The cost for the facility seems to be quite reasonable. One person in a one-bedroom is \$1500, two people are \$1900. One person in a two-bedroom is \$2000 and two people would be \$2400. This includes

activities, 3 meals a day, laundry services, cleaning services, control and distribution of medicines, transportation to doctor appointments and to the supermarket, and, of course, all utilities including internet in the common area.

The units are not for sale; they are rental only. The resident will also have to bring their own furniture although the kitchen appliances are included. It is important to note that one could classify Golden Years as a retirement home or assisted living home, but not as a nursing home. Folks who are bedridden or need a lot of care can't be accepted. However, Sonia, a woman of vision, is planning to build a future nursing home on the same site.

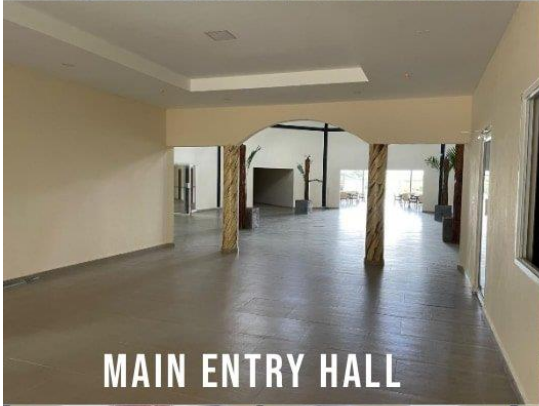
Anyone interested in more information can contact Sonia Perez at 6476-2299 or [sperez1217@yahoo.com](mailto:sperez1217@yahoo.com)



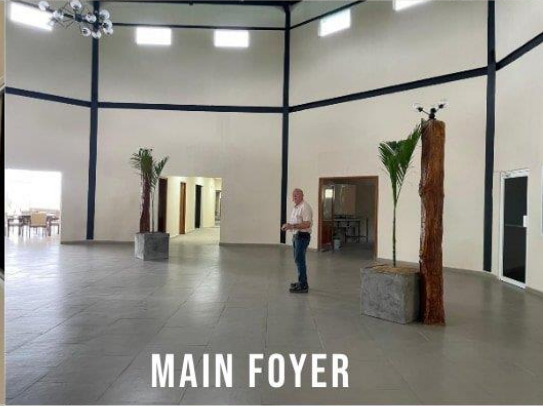
OUTSIDE FINISED



MAIN ENTRANCE



MAIN ENTRY HALL



MAIN FOYER



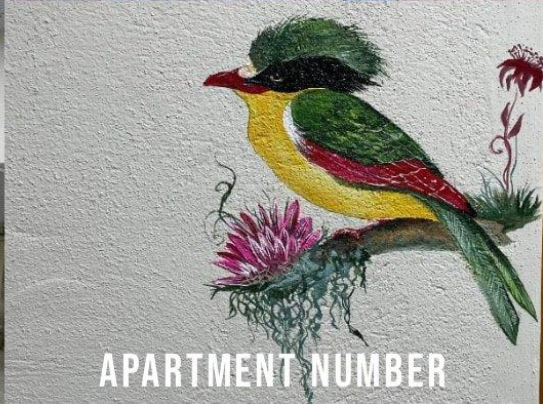
LINDA SONIA DR. ROD PENNY



COMMUNITY DINING



COMMERCIAL KITCHEN



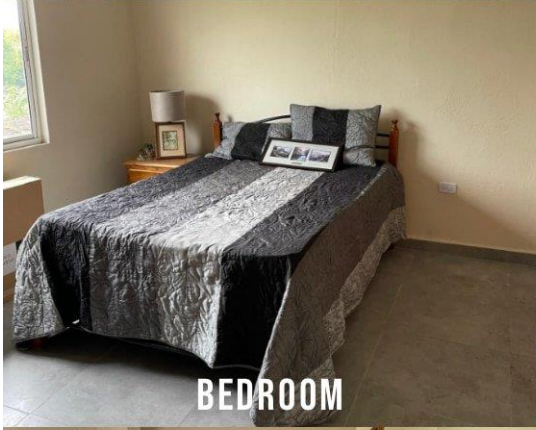
APARTMENT NUMBER



LIVING AREA



KITCHEN



BEDROOM



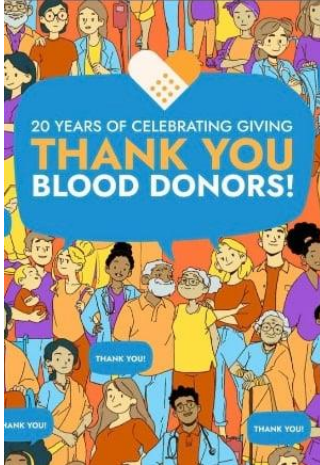
WALK IN CLOSETS



PLENTY OF CLOSET SPACE







## **Thanks to our Blood Donors who positively affected the lives of hundreds of patients!**

BHH welcomed the participation of the Boquete UNACHI extension in making the blood drive a university social project. 23 students joined the team to work at the blood drive and to promote the value of donating blood to their fellow students and the community.

Since our reliable expat donors age, travel, and take meds, the blood bank needs young Panamanian blood.

We are thrilled to announce that we collected 109 pints at the blood drive and an additional 5 pints donated in David for a new record total of 114 pints. Of those who donated, there were 54 NEW DONORS! Most of the new donors were students, faculty and staff from UNACHI.

At the next blood drive there will be a new group of students that will use the blood drive as their social volunteer credit work. The Blood Drive Team sees this as the beginning of a beneficial relationship for educating the students, their friends, their family, and the staff, about the benefits of our blood donor program to them and to the community.

Women Donors – 73      Men Donors – 41  
Panamanian Donors – 85      Expat Donors – 29

Our goal of getting more Panamanian donors was realized and will continue to be our goal for future blood drives.

**Thanks goes to our blood drive team, the blood bank staff from the Hospitals, the donors of food and beverages, the database and**

promotional help from BHH, and the Matching Fund donors who support our program.

An most important of all – Thanks to our Blood Donors who positively affected the lives of hundreds of patients!



MARK YOUR CALENDAR

S	M	T	W	T	F	S
						7
1	2	3	4	5	6	
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**Wine Tasting**

**SATURDAY**

**SEPTEMBER 7TH 2-5PM**

Boquete Health & Hospice Hosts Affordable Wine Tasting Fundraiser

Boquete, Panama - The Boquete Health & Hospice Foundation is hosting an exciting wine tasting event on September 7, 2024 from 2PM to 5PM. The fundraiser will be held at the stunning home of Larry White and John Hinson in Los Molinos, and will feature a selection of affordable wines priced under \$6 and \$10 per bottle.

While the popular "two buck chuck" wines from Trader Joe's in the US are not available in Panama, the event organizers have scoured local retailers to find the best value wines they could source. Their goal is to recreate the spirit of the affordable, yet decent quality "table wines" that have made the Charles Shaw brand so successful in the States.

"We're doing our best to find the most affordable, quality wines for our guests to enjoy," said the event coordinator. "Our focus is on providing an incredible wine tasting experience that celebrates the opening of our new community center, while also raising vital funds to support Boquete Health & Hospice's important work."

Tickets for the wine tasting are priced at \$25 per person, with a total of 100 tickets currently available. Attendees will have the opportunity to sample a variety of red, white, and rosé wines, all carefully selected to offer excellent value. The stunning venue at the home of Larry White and John Hinson will add to the festive atmosphere, as guests explore the museum-quality art and furnishings.

Proceeds from the event will go towards supporting the Boquete Health & Hospice Foundation's vital programs, including caregiver relief, home healthcare training, emotional and final arrangements support, and assistance with meals, transportation, and medical referrals. The organization also operates a blood donor program and equipment loan service to serve the local community.

"We're thrilled to be hosting this unique wine tasting event to celebrate the opening of our new community center and raise funds to continue

our important work," said the Boquete Health & Hospice president. "We encourage everyone in the Boquete area to join us for an afternoon of great wine, wonderful company, and the chance to support a worthy cause."

Tickets for the Boquete Health & Hospice Wine Tasting Fundraiser can be purchased starting August 1 at Mailboxes, Etc., the Tuesday/Thursday Market, and through online registration.

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**Update**                      **Medical Director's**  
   **Dra. Shannon Tuer**



## **Rainy Season Brings Allergies**

Rainy season is here and with it comes allergies, especially for those allergic to mold. As soon as it rains there is a release of mold spores. In order to combat those allergies it is recommended to clean floors and walls once a week with a diluted solution of bleach. Try not to dry clothes outdoors, or if you do dry them outdoors make sure you put them in the dryer to kill any allergens. This is especially important with any bedding.

Also, flu and colds are still going around as well as gastroenteritis, protect yourself by using good hygiene, eating right and getting enough sleep. If you are able to, make sure you are up to date on your vaccines

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## **Update on Boquete Health and Hospice Scholarship Recipients**

In February 2024, BHH met with several university students who are pursuing degrees in a medical field. Two scholarships of \$500 were to be awarded. One was given to Deisy Escarreola who is currently in her third year of nursing school and the other was given to Roberto Gaitan who is

studying medicine and is in his fourth year. In addition to maintaining good grades, the recipients are required to complete 16 hours volunteer work per semester with BHH. Deisy is attending school at UACHI in David. She spent time in late February and early March working with Valerie Harmon, the BHH Hospice and Home Care Team Leader, visiting hospice patients, translating, getting a more detailed medical history and assisting with care. Within six weeks she had completed her hourly requirement for the first semester in 2024. Roberto is attending the University of Panama School of Medicine in Panama City. He is currently doing a medical rotation at the Regional Hospital in David and will be returning to Panama City in early July. Roberto has completed eight volunteer hours working with Valerie Harmon visiting hospice patients and worked to secure donors and matching gifts for the June blood drive for which he earned four more volunteer hours.

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Save the date!



## Being Prepared Workshop

Wednesday, August 21st

9-11 am

Amigos de Animales Event Center

Alto Boquete

[Register for Being Prepared](#)



## Volunteer Opportunities

**Donor Relations-** This position would require identifying and cultivating our current donors as well as working to attract new donors. This would include working with the events and fundraising teams to develop appreciation events and develop new donor appeal campaigns. This is a

new position in BHH but very critical to our success. Position requires working closely with the Council to reach the organization's goals. Hours to be expected 5-10 hours a month. Previous experience in donor relations would be ideal.

**Education and Training team-** Members should help identify educational needs for our volunteers and the community and help develop these educational programs. Volunteers should be able to conduct training, create slide presentations, and coordinate speakers for our monthly meetings. Hours expected 6 per month.

**Ambassador Team lead-** Ambassadors are the face of BHH. They help with meeting logistics, set up and tear down, greeting participants and manning the Tuesday and Thursday market tables. Team leader would be responsible for making sure each event was staffed and all necessary equipment was delivered to the event, and returned afterward. Expected hours- 8 per month.

**Equipment Team Lead-** Volunteer would be responsible for helping dispense equipment to clients, educating new volunteers on procedures, maintaining accurate records of equipment and making valuable contributions of ideas for improvement of our process. Expected hours- 8 hours per month

**Respiratory Team-** Team members help dispense the Oxygen Concentrators to clients, Volunteers meet clients at the storage locker at their convenience , keep equipment cleaned and ready to go and educate clients and their families about the equipment. Report any repairs or irregularities to the team lead. No medical experience is necessary. Training is provided. Hours expected- 6 hours per month.

**Administrative Project Manager-** Organizes our team efforts and helps BHH perform more efficiently. Works closely with the Council and President to help organize meetings and process information for the Council to consider. Hours expected- 10 hours per month.

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**Mary Ellen Jampole &**

**Mary Ellen Watts**

**present**

# **Tangling for the Zen of It**



Discover the calming power of the Zentangle Method in this hands-on workshop led by two experienced artists. **Mary Ellen Jampole**, a certified Zentangle teacher (CZT) with a decade of experience, joins forces with **Mary Ellen Watts**, a renowned Boquete artist, to guide participants through this therapeutic art form. The Zentangle Method, known for its meditative qualities, involves creating beautiful images through structured patterns. This workshop offers:

- Introduction to Zentangle basics
- Hands-on practice with various patterns
- Exploration of the method's stress-reducing benefits
- Insights from Jampole's extensive teaching experience
- Watts' unique perspective on integrating Zentangle with other art techniques

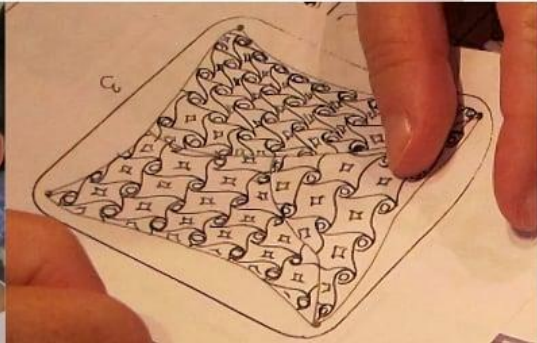
Whether you're a beginner or an experienced artist, this workshop promises a relaxing and enriching experience. Join us to unlock your creativity and find your inner Zen through the art of tangling.

This is a general meeting open to ALL

**Please help us by registering for this workshop so we can get the correct amount of supplies.** It is free however donations are gladly accepted.

[Register for Zentangle it's free](#)







## **In Appreciation!**

### **From Kidney Stone to Kidney Gone: Mike Schwartz's Hilarious Hospital Adventure**

We were thrilled to have had Mike Schwartz as our special guest speaker. He shared his true and somewhat amusing story of how a routine hospital visit for a kidney stone turned into a 10-day stay that ended with the loss of a kidney.

Mike's account was both eye-opening and entertaining. His ability to find humor in such a challenging experience was truly inspiring. His storytelling not only kept us engaged but also highlighted the resilience and positivity needed to navigate life's unexpected twists and turns.

We deeply appreciated Mike's openness and the valuable insights he provided, showing us all how to face adversity with a smile.

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## **In Appreciation!**

### **Chris McCall Hydroponic Gardening for Beginners**



A special thank you to Chris McCall for this month's presentation, "Hydroponic Gardening for Beginners by a Beginner." The event drew a full house, demonstrating the strong interest in this topic.

Among Chris's many talents, he is an experienced gardener. Using his professionally prepared slideshow, he showed and described how various types of hydroponic systems work, ranging from fun hobby kits that are simple to set up and maintain, to large commercial operations. He pointed out the advantages and disadvantages of each method.

We learned how to set up a system of our own, including the necessary parts and their approximate costs. Many of these items were available for show and tell. Topics covered included:

- The various mediums for your seeds
- Preparing your nutrient fluid
- Fertilizers and additives
- Maintaining your system to grow healthy plants

Chris has generously made his outstanding slide presentation available at the link below. The link includes a 45-page book and a YouTube video of the presentation.

[Download Slides, Book and Video](#)



## Did You Know...

.....BHH has over 250 pieces of equipment that can be easily loaned to you in case of a short recovery or post surgery? Why should you or your family have to search for or purchase a wheelchair, walker or shower chair when we have you covered.

Did you know our inventory includes the following:

- 13 Boots
- 15 Bedside Commodes
- 30 Canes
- 24 pairs of crutches
- 12 MP-3 players
- 30 Oxygen concentrators
- 21 Shower chairs
- 8 Toilet Seat risers
- 37 Wheelchairs
- 50 Walkers
- 12 Hospital beds

The checkout process is very simple. Call our main number [507-6781-9250](tel:507-6781-9250) and speak to our Patient Care Coordinator. Our hours of operation are:

- M-F 9 a.m.-3 p.m.
- Sat 9 [a.m.](#) to 12 p.m.
- Sunday closed.
- Call [507-6781-9250](tel:507-6781-9250)

**Please give generously to help us continue this service.**

[Donate Now](#)

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## 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!*

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## Support BHH with a Donation

BHH is supported 100% by donations. We greatly appreciate all contributions and use them in a variety of ways to help our community. There are several ways to donate:

- Make a donation via our [website](#) with Visa and MasterCard, 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 a monthly Council or general meeting, blood drive, BHH workshop or event, at our Tuesday and Thursday Market tables, or when picking up or returning equipment at our new location - downtown on the corner across from the library..

*Thank you for your support!*

[Donate Now](#)

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## Council Business



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

### Council Members

President – Dr. Rod Gottula

VP, Community Engagement – Jeanie Miller

VP, Operations – Kat McKay

Secretary – Lorraine Handler

Treasurer – Bill Hinrichsen

Patient Care Coordinator – Bev Tyler

Patient Care Coordinator – Liz Baze

Patient Care Coordinator – Bill & Cheryl Crabbe

Patient Care Coordinator - Kevin Dobson

Past President – John Earle



### MEETING MINUTES

Council meets the first Wednesday of the month. Council minutes are now on the BHH website at [BHH](#)



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

[minutes](#). All future minutes will also be posted there.

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### 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.*

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### Contact Us

Monday - Friday: 9am - 3pm

Saturday: 9am - 1pm

Sunday: Closed

Hospice/Health: [+507 6781-9250](tel:+50767819250)

Blood Donor Program: WhatsApp  
[+507 6590-2000](tel:+50765902000) or call [+507 6781-9250](tel:+50767819250)

Email: [info@boquetehealth.org](mailto:info@boquetehealth.org)

Website: [boquetehealth.org](http://boquetehealth.org)

Check us out and like us at: Facebook, Instagram, and YouTube!

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### Newsletter team:

Editor - Chris McCall, Support - Lorraine Handler, Proofreader - Bev Tyler. 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](#).

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**Boquete Health and Hospice**

Across from the Library on the corner.

[info@boquetehealth.org](mailto:info@boquetehealth.org)

Panama

