



October 2024 Newsletter

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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](#)

Calendar of Events

- **November 6** - Council Meeting - BHH Office
 - **November 13** - General Meeting - Jessica Bell "Discover the Power of Physiotherapy"
 - **November 13** - CPR Workshop
 - **November 16** - Heroes Blood Drive
 - **November 20** - Being Prepared Workshop
 - **December 4** - Council Meeting
-

Boquete Health and Hospice Announces a new hotline

Areas of expertise include depression, anxiety, PTSD and suicidal ideation. All calls confidential and callers may remain anonymous. Vets are welcome.

Manned by a trained professional who will listen to your issues in a caring, respectful, manner.

6428 6595

9am to 5pm daily

Jessica Bell

Discover the Power of Physiotherapy



November 13th 10am - 11am

Animales Event Center

Are you struggling with injuries or chronic pain?

Do you want to learn about the latest therapies that can help you avoid surgery?

Join us for an informative talk by Physiotherapist Jessica Bell, a native Boqueteña with 10 years of experience practicing in Boquete.

Meet Jessica Bell - Jessica and Belkys Atencio are co-owner of Physio Boquete, located in Plaza Los Establos. Jessica holds a Bachelor's degree from the University of the Americas in David and has dedicated her career to helping patients achieve optimal health and wellness.

What to Expect - In this talk, Jessica will discuss the latest therapies used to treat a variety of injuries, from Achilles tendons to sciatica. You'll learn how physical therapy can be a game-changer in managing pain and avoiding surgery.

What you will learn

- Cutting-edge therapies for various injuries
- Treatments for Achilles tendon issues and sciatica
- How physiotherapy can be an alternative to surgery
- Personalized approaches to pain management

Don't Miss Out - Join us on November 13th at 10am at the Amigos de Animales building to meet Jessica and learn about the benefits of physical therapy. This is a unique opportunity to connect with a warm and accomplished therapist who is passionate about helping her community. Jessica Bell and Belkys Atencio are dedicated to providing personalized care and helping patients achieve optimal health and wellness.

Take the first step towards a pain-free life. Join us for this informative session and discover physiotherapy.

Heroes Blood Drive

Boquete Health and Hospice is hosting another blood drive on Saturday, November 16, at the Animales Event Center in Alto

Boquete (across from Super Centro Ivan). Every unit of blood donated can potentially save three lives.


The donation process is quick and painless, and it typically takes about 30 minutes.

To schedule your blood donation, please click the link below.

Also, please review the criteria for donating blood below.

If you are not eligible to donate, please see the Matching Fund below.

We look forward to seeing you on November 16th.



Donate Blood - Be a Hero

Donate in Boquete
It's EASY and QUICK!

November 16
7 am – 12 pm
Animales Event Center
across from Ivans Market

Can't donate blood ?
You too can be a Hero
Join the Matching Fund !

 **Boquete Health & Hospice**
Boquete Salud & Cuidado Paliativo
Helping Hands • Caring Hearts

Be a hero give blood

Common Potential Issues that could disqualify a person from donating blood on November 16, 2024.

1. If allergic to penicillin
2. Under 120 pounds
3. An active infection in the last 10 days, including dental, or a bad cold in the last 7 days.
4. If during the last 5 days you have taken aspirin, antiplatelet drugs, or non-steroidal anti-inflammatory drugs (e.g., Advil).
5. A history of the following diseases will disqualify you: TB, malaria, sexually transmitted diseases, HIV/AIDS, hepatitis of any kind, Chagas Disease, Yellow Fever, sickle cell anemia and diabetes. ***CMV and mononucleosis are acceptable, if not recent.
6. You must have normal blood pressure, and not be taking medication for hypertension.
7. No tattoos in the last 6 months.
8. If pregnant or given birth in the last year.
9. If you have traveled outside of Panama in the last 6 months .
10. If you have been vaccinated in the last 48 hours for flu, tetanus, or diphtheria.
11. If you have diabetes or another chronic disease.
12. Risky behaviors for hepatitis and HIV – ask for further explanation if needed.
13. If you have or have been treated for cancer in the last 5 years.
14. If over 65/66 – although if healthy it is possible to donate.
15. If you have had surgery in the last 6 months. If you were transfused, wait a year.

If you can not donate Join the Matching Fund

Donate Blood



Every Donor is a Hero

**Be a
Hero**

Be a Hero Join the Matching Fund!

Boquete Health and Hospice is sponsoring a Heroes Blood Drive at Animales Event Center from 7am - 12pm, on Saturday November 16, 2024.

The Blood Drive Matching Fund allows people who can not donate blood to be able to participate in the drive. For every blood donor you match their donation with a \$ amount. You set the amount and you can set an upper limit. When the drive is over, we will email you with your matching donation amount and you can pay at the Tuesday Market Table or ACH transfer to our bank . You also can pick up your Blood Drive Matching Donor Card which if you need blood in the future will give you priority.

The Matching Fund will help attract blood donors and help Hospice with all its community work.

Remember every pint of Blood saves 3 lives.

Join the Matching Fund
Be a Hero



Join the Heroes Matching Fund

Pink & Blue Ribbons

Dra. Shannon Tuer

During the month of October, Panama recognizes both Breast Cancer and Prostate Cancer awareness. One of the goals of Breast Cancer Awareness Month is to promote awareness of the condition. It's also intended to fund breast cancer research and stress the importance of early testing and detection. We use the pink ribbon to help create this awareness and encourage women not only do their breast cancer screenings, but also encourage their family and friends to do them. These screenings should be done yearly beginning at the age of 40, or earlier if there are risk factors.

The incidence of breast cancer has risen during the past 10 years, but the mortality rate is declining. We also try to increase the awareness of breast cancer in males during this time. The risk of Prostate cancer increases with age, and screening should begin around the age of 40. It consists of a simple blood test called PSA, and if it produces a suspicious result a MRI can help detect lesions on the prostate gland. We use a blue ribbon to recognize prostate cancer awareness month.

✿ Exciting News! Dra. Shannon Tuer, BHH medical director, has officially moved her medical practice into the esteemed Clinica Especializad across from the Melo store in Boquete. For those who don't know her, she is a local Doctor dedicated to providing compassionate, high-quality care to the community in Boquete. Her office hours are 10am - 6pm, Monday to Friday.



In October We Remember



Myra Elswick

THOSE WHO
FOUGHT
AND WON

THOSE WHO
ARE STILL
FIGHTING

THOSE WHO
FOUGHT
TIL THE END

THOSE WHO
ARE YET
TO FIGHT



Boquete Health & Hospice

Boquete Salud & Cuidado Paliativo

Helping Hands • Caring Hearts

Nov 13th 11:30

CPR TRAINING



Animales Building in Alto Boquete, following our Nov 13 General Meeting.

It will start at 11:30 & last approximately one hour. The skills covered will be chest compressions and the Heimlich maneuver.

This is a non-certified course. The class size is limited to 16, so please register by emailing your name, email address, and WhatsApp number to CPR@boquetehealth.org or click link below.

[Sign Up for CPR Workshop](#)



Boquete Health & Hospice

Helping Hands • Caring Hearts



BEING PREPARED IN BOQUETE

Take the FEAR out of an unexpected health crisis!
Join this valuable discussion

Wednesday November 20th
9:00 am to 11:00 am
Animales Event Center

**Now is the time to Be Prepared for Accidents,
Illness and End of Life in Boquete.**

The workshop will offer guidance to:

- Navigate the paperwork that will put you in legal compliance with Panama laws.
- Think about the difficult questions on your end-of-life care.
- Get your affairs in order.
- Provide peace of mind for yourself and your loved ones.

You will need: .

A Being Prepared for End of Life in Boquete Manual:

Hard copy available in English and Spanish for a \$10.00 donation at the BHH table at the Tuesday & Thursday Markets, Mail Box etc. or at the door.

Sign-up by clicking below or replying to: prepared@boquetehealth.org

Expect the Unexpected – Be Prepared!

Boquete Health and Hospice operates on donations and is an all-volunteer organization.

Sign Up for Being Prepared

Decadent Chocolate

Thank you, Lyn Bishop, for your captivating presentation on crafting healthy artisanal chocolate. Your journey from Silicon Valley to Panama, where you purchased a 16-hectare farm and became a cacao farmer, is truly inspiring.

From Dream to Reality - Lyn's chocolate-making journey began in 2011. Inspired by a dream about the "Cacao Spirit," she regenerated pastureland and cultivated cacao. Her vision extended beyond chocolate production, aiming to positively impact the community through education and employment.

World-Class Cacao Production - Panama's volcanic soil, tropical climate, and distinctive geography create an ideal environment for cacao cultivation. The farm cultivates various cacao varieties, including Criollo, Forastero, and Trinitario, with meticulous attention to detail ensuring superior cacao beans. Sustainable farming practices emphasize organic methods.

Health Benefits of Dark Chocolate - Lyn explained the numerous health benefits of high-quality dark chocolate, including its rich flavanols, antioxidants, and polyphenols.

- Benefits for blood pressure, cardiovascular health, and Type II diabetes.
- May support stem cell regeneration and reduce inflammation.
- Contains endorphins and serotonin precursors, providing sensory pleasure.
- Contributes to mood regulation and well-being.

The chocolate-making process involves nine steps: planting, harvesting, fermentation, drying, roasting, cracking, grinding, conching, and molding.

Participants tasted Quetzal Cacao's artisanal chocolate varieties: 70% dark, 80% dark, and 90% dark. These pure, organic chocolates showcase the simplicity and quality of Quetzal Cacao's approach.

Quetzal's Chocolate Club engages chocolate enthusiasts and shares Lyn Bishop's passion for cacao and chocolate. Her talk educated about chocolate production, sustainable farming, community development, and creating high-quality, healthful chocolate.



Editor Retires

November will mark my final issue as the editor of this newsletter.



In early 2013, I attended Hospice training and began my journey with my first hospice patient on June 11 of that year. Over the years, my involvement with hospice has grown. In 2018, I started working with hospice, primarily creating notices, newsletters, and blood drive advertising. This work eventually led me to take over the website. In early 2019, I developed the blood drive matching fund, and on November 27, 2021, I created hospice software using Bubble. The software went live on January 16, 2022

I have been volunteering with hospice for 11 years, and I have been an active volunteer for six years.

As I aspire to pursue other interests and gain more free time, I am announcing my retirement from hospice activities, except for the software.

Working with hospice has been an enriching experience. I have learned a great deal, and while there have been challenging moments, the rewards have always been worth it. Contributing to the community keeps me feeling young and engaged.

I hope someone who shares my passion for learning and community service will volunteer with hospice. I am eager to share my knowledge and teach someone how to create newsletters and graphics.

Thank you for the opportunity to serve with hospice.

Chris McCall



How Much Water You Should Drink Every Day

There are general recommendations for how much water you should be drinking. But a lot of factors influence your daily hydration needs.

See what they are.....

[Read the Article](#)



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!

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 Market Table or Thursday Market table, or when picking up or returning equipment at our office across from the Library.

Thank you for your support!

**Donate
Now**

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

Past President – John Earle



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](tel:+50767819250)

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

Email: info@boquetehealth.org

Website: boquetehealth.org

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



Newsletter team: Chris McCall – Editor, Lorraine Handler - Support, 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](#).

Boquete Health and Hospice

Across from the Library
nfo@boquetehealth.org
Panama



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