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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

- **December 6** – Council Meeting, 10am (Big Daddy's and via Zoom)
- **December 13** – Volunteer Appreciation Lunch (no general meeting will be held) – details will be sent to volunteers via email
- **January 3** – Council Meeting, 10am (Big Daddy's and via Zoom)
- **January 10** – Annual Meeting/Council Election, 10am (Animales Event Center, Alto Boquete, and via Zoom)
- **January 10** – CPR Workshop, 11:30am following General Meeting (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.

Make a
donation
from the
heart.

Please give generously
and help us serve the
Boquete Community!



Boquete Health & Hospice

Boquete Salud & Cuidado Paliativo

Helping Hands • Caring Hearts

A Heartfelt Message from Our President

Dear Friends of Boquete Health & Hospice,

I hope this letter finds you well. As you know, it is the steadfast support and commitment of our volunteers and donors over the past 17 years that has allowed Boquete Health & Hospice to make a profound difference to scores of individuals in our community. We have brought comfort and dignity to people facing many different health challenges, including patients with life-limiting illnesses. We are truly grateful for your ongoing dedication and generosity.

During this holiday season, I urge you to consider making a gift to Boquete Health & Hospice. Your donation will help us continue to provide essential services and programs to the community. We remain dedicated to our mission of providing exceptional end-of-life care, including multifaceted support to patients and their families, and educating the wider community about health-related matters. We are also always working to expand our services and reach. For this we require the financial backing of compassionate and regular donors.

BHH is supported entirely by donations from members of the community we serve. We receive no subsidies or funding from any government, foundation, or corporate sources.

So it is literally only with the help of loyal donors that we can sustain our services and programs. As the year draws to a close and we set our goals for 2024, we ask you to consider making a gift to BHH today. Please know that every donation, no matter what size, goes directly towards our work and helps us achieve our goals.

There are many ways to donate, as detailed below, and if you are not able to do so at this time, we ask that you pass this appeal on to family, friends, and colleagues who may be in a position to contribute:

If you would like to discuss this further, make a tax-deductible 501(c)(3) donation, or explore other ways to contribute such as setting up a legacy gift via estate planning, please contact me directly on WhatsApp at +507 6644 6351 or at rodgottula@gmail.com.

Thank you once again for your continued commitment to Boquete Health & Hospice. Together we will keep making a meaningful difference by providing relevant and timely health education, and by offering the care, compassion, and support our patients need during their most vulnerable moments.

With heartfelt appreciation,
Rod Gottula, MD
President, Boquete Health & Hospice

Ways to Contribute to Boquete Health & Hospice

- Make a donation via our website with your Visa or MasterCard.
- Make a direct deposit or send 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, at a BHH workshop or event, at our blood pressure table in the Tuesday Market (located in the old theater at Tap Out), or when picking up or returning equipment at one of our storage facilities.
- Call Dr. Rod to learn how to make a tax-deductible 501(c)(3) donation or explore other ways to contribute such as setting up a legacy gift via estate planning. Contact him on WhatsApp at +507 6644 6351 or at rodgottula@gmail.com.

[Please Donate Now](#)



**BHH Volunteers,
Be Sure to RSVP
for the Volunteer
Appreciation
Luncheon!**

If you haven't already, please RSVP no later than Tuesday, December 5. The link is in the invitation that was sent to you. The lunch is being held Wednesday, December 13, in lieu of the general meeting. If you are a BHH volunteer and didn't receive an invitation, please contact [Kat McKay](#).

Our volunteers are the heart of BHH and we thank you for all you do!



**IMPORTANT
ELECTION NOTICE TO
THE MEMBERSHIP OF
BOQUETE HEALTH &
HOSPICE**

Dates for the Election of Officers for BHH

The annual election of Officers and the appointment of the Past President and Patient Care Coordinators will take place January 10, 2024 at the BHH Annual Meeting at the Animales Event Center in Alto Boquete at 10am and via Zoom.

Proposed Slate of Officers

President: **Dr. Rod Gottula**

Vice President – Operations: **Kat McKay**

Vice President – Community Engagement: **Open**

Treasurer: **Bill Hinrichsen**

Secretary: **Lorraine Handler**

Past President

John Earle

Patient Care Coordinators

Bev Tyler


Denise Daniels

Liz Baze

Bill and Cheryl Crabbe (co-PCCs, non-voting)

Nominations for the five officer positions will open November 28, 2023 and will close December 28, 2023. Nominations must be emailed to VP Kat McKay at katnukesu@gmail.com by December 28 for inclusion in the slate. Nominations from the floor will also be accepted at the Annual Meeting, which will be held in-person at the Animales Event Center in Alto Boquete on January 10, 2024 at 10am and via Zoom.



Before you make a nomination, please speak with the person you are nominating to make sure they are willing. To be eligible for nomination, the nominee must be a member in good standing for at least one year and have a good understanding of BHH operations.



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

January 10th 11:30

CPR TRAINING



Animales Building in Alto Boquete, following our January General Meeting. It will start at 11:30 and 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.

Book Now for January 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 at the Animales Event Center in Alto Boquete and will start at 11:30am following our general meeting. It will 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, so please register for the January 10 workshop by emailing CPR@boquetehealth.org or clicking the button below. Although this event is free, donations to support our work are gratefully accepted.

[Sign Up Now](#)

**October
Blood Drive
Second Best
Ever with 69
Pints
Collected!**



The impact of this achievement is immeasurable, as each pint of blood can be used in three different ways. This means that a total of 207 patients will benefit from these life-saving donations. And one of them might be you or someone you know. This accomplishment has brought immense joy to the organizers at Boquete Health & Hospice and the Blood Bank of Hospital Regional Rafael Hernández.

We extend our heartfelt thanks to everyone involved in making this blood drive a success.

First and foremost, we express our deepest gratitude to the blood donors. Demographically, the donors were 70% women and 30% men.

They were 64% expatriates and 36% Panamanians. Their selfless act of donating blood humbles us all and will make a significant difference in the lives of those in need.

We also extend our appreciation to the dedicated staff members from the Blood Bank at Hospital Regional Rafael Hernández, as well as the technicians from Hospital Chiriqui and Hospital Mae Lewis. Your expertise and support played a vital role in ensuring the success of the Blood Drive.

A special acknowledgment goes to our corporate sponsors who generously supported the event: **Melissa Chong** from Mini Super Aldo Dorado, **Jamie Clem** of JeJay Videos, **Chris Young** from Big Daddy's, and Amigos de Animales.

We would also like to recognize the invaluable efforts of our BHH volunteers who prepared for the event and worked tirelessly throughout the blood drive. **Carmen Restrepo, Janice Norris, Laurie Collier, Bill Hinrichsen, Mary Nieves, Cat Vann, Ginny Woolley, Sofia Valdez, and Kat McKay**—you all have made a significant impact through your dedication and support.

We greatly appreciate the sincere contributions of **Caesar Sherrard** and **Susie Brymer**, who shared their personal stories of needing blood unexpectedly, and how BHH was able to help. Thanks also goes to Caesar's wife Antonieta for bringing treats for the volunteers and staff.

We extend our gratitude to singer and multi-instrumentalist **Scott McConachie** and his band mate **Denzl Keenan** for their musical talent and performance at the event. Their music was highly appreciated by donors, staff, and volunteers alike.

We would also like to acknowledge the contributions of **Chris**

McCall and **Deb Hornstra**, BHH's dedicated creative promoters, for their hard work in raising awareness and publicizing the Blood Drive and the Matching Fund. Their strategic efforts had a measurable impact upon our success. And muchas gracias to **Michael Polacek** and **Wes Macomber** for creating a new set of videos in English and Spanish to use in our blood drive campaigns.

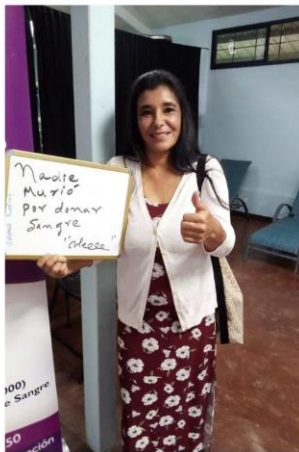
Moreover, we express our heartfelt thanks to the matching fund donors who generously contributed to our cause. **Laurie and Kelly Collier, Natalie and Mike Kelly, Price and Susan Peterson, Daniel and Soriana Forbes, Lawrence Bunyard, Linda and Doug Avery, Penny Barrett, Sally Zigmund and Peter Sterling, Caesar and Antonieta Sherrard, Kat McKay, Trish and Brian Christofferson, Brandy Gregory, Karen Schwartz, Paul and Welthy Myers, Steve and Cheri White, Bill Hinrichsen, David Mullis, William Hurley, John and Babbie Earle, Kim and Robin Ward, Esther Leung, Ada Yip, Diana Pynnonen, Carol Kennedy, Rod Gottula, Jane Hampton, William Clendaniel, Jr., Kenneth Clark, Marne Coggan, Debbie Friedenberg**, and one anonymous donor—your support has made a significant impact on the lives of the families we serve through our Blood Donor Program.

It was very heartwarming to once again see the greater Boquete community participating together in this vital event that speaks to the humanity of all. Volunteers and donors represented a wide spectrum of the district: local Boqueteños, donors from Volcan, resident expats, many business leaders, the municipal government, farmers, teachers, musicians, and everyday mothers and fathers.

We are proud that our small, diverse district can come together for the wellbeing of our one human family.

Thanks to all of you on behalf of the families served by our Blood Donor Program. Gracias, Boquete!







Raffle Tickets for this Gorgeous Quilt Selling Soon!

With the gift-giving holidays around the corner, we're announcing we'll soon be 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. Quilts of this quality retail for hundreds of dollars.

The drawing will be held at the February 14, 2024 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 the December Volunteer Appreciation Lunch, January annual meeting/election, and the February general meeting. Once gas is more freely available, you will also be able to view the quilt and buy raffle tickets at our table at the Tuesday Market at Tap Out (watch our Facebook and Insta pages for details on the dates).

Many thanks to Sarah for her continuing support of BHH with her charming quilted creations! And we KNOW you all want this quilt. So please come out and buy a chance or three for a good cause!

Our Holiday Wishes for You

**It is a time to be grateful,
a time to remember, &
a time to embrace those who
enrich our lives and care
for the community.**

**We are thankful for many things,
but most of all, dear volunteers &
donors, we are thankful for you!**

**Wishing you a peaceful
holiday season &
a wonderful New Year!**

**Your friends at
Boquete Health & Hospice**

Our Sincere Thanks for Anonymous Gift

Recently, BHH was blessed with a generous donation that will greatly assist with programs in 2024. A million thanks to this anonymous donor who made the donation through 501(c)(3).

At this time of the year charities such as Boquete Health & Hospice are working on their plans for the coming year and preparing budgets. This is a time when many people are working with financial advisors to assess the tax situation. Many people can make a donation through 501(c)(3) that will directly reduce their tax obligation. This is a win-win for the donor and recipient.

For anyone planning to contribute to our 501(c)(3) organization or explore other ways to contribute such as setting up a legacy gift via estate planning, please contact BHH President **Rod Gottula** directly at +507 6644-6351 or at rodgottula@gmail.com. Please click the button below to learn about other ways to give.

[Ways to Donate](#)

The Magic of Music

“You, light up my life....”
How do you choose your music?

*Do you choose music to **DISTRACT** you from your surroundings?
Or do you choose music that will **ENHANCE** your experience?*

Magic of Music Team
Boquete Health & Hospice

Being intentional with your music selections can elevate your life’s experiences! Try it and see for yourself!

The right selection of music certainly can light up one's life! This effect is especially profound in patients with Alzheimer's and Dementia, as seen in the documentary "[Alive Inside](#)." But the positive effects of selecting the right music can be noticed in anyone, regardless of the status of their health. This is why the Magic of Music team offers equipment and services to all BHH patients and caregivers.

The Magic of Music Team has mp3 players and mini-speakers available to lend patients. We also have a vast catalogue of music that contains over half a million songs! We can build custom-tailored playlists which can help patients and their caregivers who contact Boquete Health & Hospice for assistance. If you are a caregiver or a patient of BHH, we can connect YOU with the music that lights YOU up!

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!

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