



## **Contents – April Newsletter, 2022**

- Our Mission Statement
- Letter from the President
- Calendar of Events
- Volunteer Spotlight
- Annual Gallery Art Show and Auction
- BHH's New Database
- Transitions in BHH
- Volunteer for Art Gala and Auction!
- Being Prepared Workshop Creates Peace of Mind
- Activity Recap
- What Have You Done Lately?
- The Magic of Music
- Chris's Corner
- Education Videos
- Medical Equipment
- Tree of Life
- Donations Exceeded Expenses in March
- BHH Policies
- Make a Donation
- Contact Us

## **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.*

## **Letter from the President**

Dear Friends,

One of the frustrations our patient care volunteers are experiencing is the inability, due to the restrictions imposed by the Covid virus, to perform home visits. They have a desire to be of compassionate service that is currently being limited. With one of our main functions as an organization being curtailed, it might appear that Boquete Health and Hospice is dead in the water, as they say. But the opposite is true. Our other teams are all very busy. Over the years, BHH has taken on many other community service functions from creating a blood bank to providing respirators, beds, and other needed equipment to make the lives of patients and their families easier.

Our organization is filled with compassionate volunteers. While many of these volunteers are not directly involved in home visits, they serve other functions vital to the community, and are able to manifest their compassion through their work in other important areas. All our volunteers help patients and families live fuller, more comfortable lives.

They are the living example of our mission statement and make that goal a reality: supporting people with health and wellness needs by providing information, equipment, and volunteer services.

On that note, the Being Prepared for End of Life in Boquete Workshop was presented on April 20. Our thanks to Char Lintz, Sandra Cripe, and Dave Nichols for the workshop. The newly revised manual was a team effort that also involved Christine Kunert, Joanie Feuerstein, Chris McCall, and for the Spanish translation from Carmen Restrepo, Luis Botero, and Bill Hinrichsen.

On May 13, 14 and 15 we will hold our annual Art Show and Auction at the Animales Event Center (Ruby McKenzie Clinic) in Alto Boquete. The creative team leaders for this unique event are Chris McCall and Lorraine Handler. See the notices below for more information.

The beat goes on.

John Earle,  
President

## **Calendar of Events**

- May 4 – General Meeting (via Zoom)
- May 13, 14 and 15 – Art Show and Auction
- June 11 – Blood Drive
- July 18, 20 and 22 – Volunteering Training



**A little BHH humor:** John Wiseman tests a bamboo prototype for new beds. It's amazing what our folks can do with a few sticks and some twine!

## **New Volunteers on Equipment Team Make Big Impact**

John Wiseman designed and then built us a rack to make our hospital bed storage efficient. John's rack has the bed head and footboards below, and the side rails and cross bars above. It is easy to use and makes efficient use of space in the storage room, which is very limited.

Peter Murphy has a 3D printer. We gave Peter a couple of broken white knobs from our side rails. Using these as a pattern, he produced new white knobs that work perfectly. Quite a high-tech solution for Boquete!

Don Norris has agreed to help repair equipment that is broken—including putting these white knobs on the back of the bed rail. Each time team lead Sally Zigmond meets Don at the locker to show him our UNSOLVABLE problems, he solves them so quickly that she says she has to laugh.

It is wonderful to have these three talented people helping us out and

saving money so we can use our donations as efficiently as possible.

## **Respiratory Team Benefits from Engineer's Efforts**

Kudos to Roderick Averil! Prior to the Covid pandemic, when we had an oxygen concentrator out of service, we were able to source reconditioned oxygen concentrators from the US relatively inexpensively. We also had a person in Bocas that donated space in their regular shipping container from the US and delivered the concentrators to Boquete. Since Covid, those reconditioned concentrators are not to be found. Luckily, Roderick Averil offered to take a look at the concentrators that were out of service and see what he could do.

Roderick has been a great help to BHH in troubleshooting concentrator problems, diagnostics, and repairs. Previously, we were sending the concentrators to Panama City for these services, but that company required that once they determined the problem, we had to order the parts and have them shipped to them in Panama City. When repaired, they would ship back to us. Roderick is able to take care of all these steps in one place and the donation of his time and skills are a great gift to our organization.

Since childhood, Roderick has shown a strong interest in how things worked; he would tinker with any mechanical or electric gadget he could get his curious hands on. A civil engineer of formation, with a master's degree in solar energy, he traveled the world working as an engineer for several US tech companies. His pre-retirement years were mostly spent in the fields of programming and communications.



## Annual Gallery Art Show and Auction

Boquetenians will have a chance to see and bid (silently and online) on some truly incredible works of art by local and Cuban artists in a varied and unique show that includes paintings, jewelry, and pottery. Gallery prices for some of the paintings exceed \$400. Starting bids are just \$10.

The Annual Art Show and Auction will be held at the Animales Event Center (Ruby McKenzie Clinic) in Alto Boquete. The Gala Opening Night party is Friday, May 13 from 3-8pm, with additional viewing of the art on Saturday, May 14 from 10am-6pm and Sunday, May 15 from 10am-3pm.

The doors open to the Gala Party on Friday on 3pm and the festivities

will continue through the evening. There will be free appetizers provided by Nairn and a cash bar featuring fine wines, beer and quality spirits as well as soft drinks. Easy listening background music will set the mood for viewing this gallery of fabulous artwork.

## **Your Gala Party Attire ~ Colorful ~ Not Formal!**

Art is about color, so please wear your most colorful clothes!

Please join us for this fantastic event and support the Boquete Health and Hospice community. It's truly an evening that you do not want to miss!!!



## **BHH's New Database**

Beginning last fall, Chris McCall worked with the various stakeholders who would be using the database to determine requirements for user input, recordkeeping, equipment tracking, and reporting. Once complete, Chris began researching a database platform that would work for the organization and all the volunteers who would be using it.

It needed to work with both Macs and PCs, as well as on different web browsers. It needed to be cloud-based for access and storage. It needed minimal user training and be easy to use. And equally important, it needed to be affordable to BHH. Most available database

platforms did not meet our unique requirements or were so expensive that BHH could not afford them. After diligent research, Chris found and settled on a platform called Bubble.

Chris began developing our customized database in Bubble from scratch at the first of this year. Currently the patient care coordinators (PCCs) are actively using the database to create patient records and visit notes (similar to patient notes you would see in a hospital) for all patients. They check equipment out and back in using the database. The equipment team maintains equipment inventory in the database, tracking overdue equipment and recording maintenance. The volunteer coordinator now has all of the volunteers stored in the database to track contact info, backgrounds, team assignments, training, and language abilities. For current users the database has created a lot of flexibility, reduced the workload, and consolidated a majority of BHH's information requirements into one easy-to-use system.

The database is still a work in progress. In the upcoming months, more modules and features such as reporting and tracking finances will be identified and added. The Bubble platform is very customizable and will work for BHH for many years as the organization continues to grow and change. A tremendous thank you to Chris for sharing his knowledge and talents in helping BHH with its technology needs, which allows us to better serve our patients and caregivers.

Over the past two years, the need for Boquete Health and Hospice's services and equipment has more than doubled. As a point of reference, we currently have 76 active patients (hospice, health



support and/or equipment only) and over 95 pieces of equipment loaned. With this increased volume came the need for a centralized database that could house patient data and records, equipment data including loan information, volunteer information, BHH's accounting information, and much more. Chris McCall has been instrumental in making the database possible.

### **Want to Learn to Program Bubble Databases?**

If you enjoy computers and are computer literate, here is an opportunity to learn database programming. Chris has had 20 years of experience in database programming. He owned a software company and wrote software for 350 women's healthcare clinics in the States. He is looking for someone who will be ready to take over and manage the hospice software when he really retires. The software has a market place that could provide a good income and already other hospice centers are interested. If you would like to learn more about this opportunity, contact Chris at [chris@boquetehealth.org](mailto:chris@boquetehealth.org).

## **Transitions in BHH**

### **Hospice Team Leaders and Members Needed**

We have a special opportunity for the right person. There is little in life as rewarding as supporting a person and their family in the process of dying. BHH is looking for people with a background in a medical field, ideally with experience in hospice care, to join our team. We need people with sufficient background to coordinate a team of volunteers to work together to meet the needs that are presented. The

person must be vaccinated against Covid and be willing to participate in our three-day training.

If interested, please complete a new volunteer application on our website at [boquetehealth.org](https://boquetehealth.org) and someone will contact you.

### **Volunteer for the Newsletter Team!**

If you enjoy writing articles, proofing copy, or creating graphics and flyers, BHH could use your help on the newsletter team. We take a "many hands" approach to keep things light and fun.

Any related experience is ideal. If you're interested in volunteering with a group of talented people to help advance the presence and efforts of BHH in our community, please email Natalie Kelly at [newsletter@boquetehealth.org](mailto:newsletter@boquetehealth.org) to set up a time to chat.

## **Volunteer for the Art Gala and Auction**

### **WE NEED YOUR HELP!**

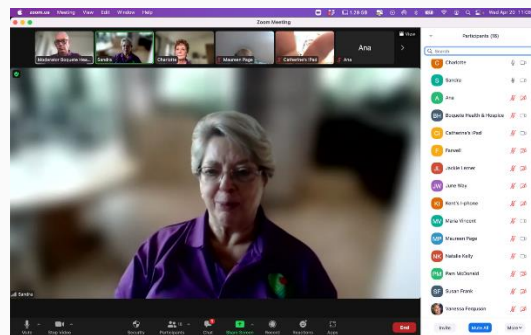
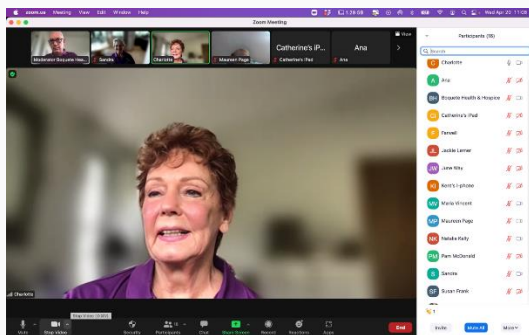
**Volunteers are needed for our Art Gala and Auction May 13-15. We hope all BHH members will volunteer.** Be part of the party and help make this event the best ever! We need volunteers across the entire event, including set-up on May 12. The Gala party starts at 3pm on Friday, May 13, and will run to 8pm or later. The Gala will not be formal, and instead we ask our volunteers and guests to wear their most colorful clothes; art is about color!

There are quite a few ways you can help. Let us know what you'd like to do:

- Set-up for the event (Thursday)
- Take-down for the event (Sunday)
- Greet guests at the door (Friday through Sunday)
- Serve hors d'oeuvres (Friday)
- Help tend bar (Friday)
- Assist in checking bids (Friday)
- 1-2 general volunteers (Saturday from 10am-6pm and Sunday from 10am-3pm)

Sign up to help using the button below and let us know how you'd like to help or send an email to [chris@boquetehealth.org](mailto:chris@boquetehealth.org).

**Sign Up for Lots of Fun**



Char Lintz (left) and Sandra Cripe via Zoom during the Being Prepared Workshop.

## **Being Prepared Workshop Creates Peace of Mind**

Fifteen people attended the Being Prepared for End of Life In Boquete Workshop via Zoom on April 20. They're now much better prepared to control the legacy of what they leave behind to friends and family and comply with Panamanian law while doing so. The workshop was delivered by Char Lintz, a retired nurse and geriatric nurse practitioner who has lived in Boquete for over 8 years. Sandra Cripe and Dave Nichols assisted to ensure a smooth Zoom experience for participants.

If you weren't able to attend, you can still purchase the Being Prepared Manual at Mail Boxes Etc. or at the BHH table at the Tuesday Market for a donation of \$10. The hard copy is available in English or Spanish. A PDF version is available through a minimal donation of \$5 on the BHH website at [boquetehealth.org/donate](https://boquetehealth.org/donate).

## **Activity Recap**

### **April 13 General Meeting**

The April meeting was by Zoom only. Highlights of the meeting include:

- The Being Prepared Workshop was delivered via Zoom on April 20.
- The next blood drive will be held June 11. If you can't donate blood (you must be under 65 years old to do so), please consider donating your time, talents, or funds to support this vital program.

- Michael Polacek, DNP, RN, PMH-BC, presented Stress, Toxic Stress, and Trauma, Part 3.



### **Review of Dr. Shannon's Recap on Latest MINSA Guidelines**

- New Covid cases in Panama are between 200-300 per day.
  - 87% of population have had 1 Covid vaccine, 75% have had a second vaccine, and 50% have had a booster.
- 
- There is no need to wear masks outside when you can distance. Face shields are not required for buses in Chiriquí. MINSA has started going back into houses with proper protection protocols and vaccinations (two shots and a booster for Pfizer or Moderna or two for J&J).
  - Each volunteer must make their own decision whether to go into a patient's home.
  - The virus can stay active on plastics for up to three days. We should follow our current sanitary procedures and we will test an ammonia solution as a replacement for the bleach solution we are currently using.

## What Have You Done Lately?

We'd like to hear what our dedicated and talented members are doing on behalf of BHH to make a difference in our community. Where possible, we will showcase your activities and photos in the newsletter and social media.



Send details to Natalie Kelly, newsletter editor, and Dave Nichols, social media meister, at [newsletter@boquetehealth.org](mailto:newsletter@boquetehealth.org). If you'd rather share your details in a phone call, let us know along with your number, and one of us will give you a call.

***As always, we respect client confidentiality, so please don't include client details or photos unless you have written permission that you forward to us.***

## The Magic of Music

## Listening to Music - found to be more effective than prescription drugs at reducing anxiety\*

### Prescription Drugs



#### Common Side Effects:

- Drowsiness or fatigue.
- Dizziness.
- Dysarthria (slurred or slow speech)
- Headache.
- Memory impairment.
- Depression.

(actual known side effects of anti-anxiety medication Xanax)

### Listening to Music



#### Common Side Effects:



\* from "Music as Medicine" - American Psychological Association (2013)

Patients who are dealing with medical issues who contact Boquete Health and Hospice for assistance may well be dealing with a certain amount of stress and anxiety related to their health situation. The magic of music team has small personal music players and a vast music lending library that can help patients relax and reduce their level of stress and anxiety. Please check out this article on our website: [Music for Relaxation and Stress-Relief.](#)

**Contact us at WhatsApp +507-6781-9250 to borrow a music player.**

Los pacientes que están lidiando con problemas médicos que se ponen en contacto con Boquete Health & Hospice para obtener ayuda, bien pueden estar lidiando con una cierta cantidad de estrés y ansiedad relacionados con su situación de salud. El equipo Magic of Music tiene pequeños reproductores de música personales y una

amplia biblioteca de préstamos de música que puede ayudar a los pacientes a relajarse y reducir su nivel de estrés y ansiedad.

**Ponte en contacto con nosotros en WhatsApp +507-6781-9250 para pedir prestado un reproductor de música.**



## **Meditation: A Simple, Fast Way to Reduce Stress**

Meditation can wipe away the day's stress, bringing with it inner peace. See how you can easily learn to practice meditation whenever you need it most.

If stress has you anxious, tense and worried, consider trying meditation. Spending even a few minutes in meditation can restore your calm and inner peace.

[Read the Article](#)

## **Education Videos**

Education videos are up and running! They provide excellent info for caregivers and the general public in Spanish and English. Topics



cover using equipment including crutches, wheelchairs, and walkers, as well as moving patients safely for patient and caregiver and general patient care. There are also informative videos on Alzheimer's and other types of dementia. To find these, go to the BHH website and choose your topic at [boquetehealth.org/education](https://boquetehealth.org/education).

Videos

## **Need Medical Equipment?**

If you or someone you know has a need to borrow or return equipment, please contact our patient care coordinators (PCCs) at 6781-9250. All requests related to equipment must go through the PCCs. The PCCs will work with you or the caregiver to determine the appropriate equipment, availability, and loan period. Once the equipment need is identified, the PCCs coordinate with the equipment team to ensure the correct equipment is sanitized and ready to be checked out (picked up) at our locker located at Alto Dorado. A member of the equipment team will contact you or the caregiver directly to make arrangements to meet at our locker.



Please note that our equipment team members only go to the locker for scheduled equipment checkouts and returns. **No equipment team member is staffed at the locker and the locker is only open during specific times.** Therefore, it is important to contact the PCCs first. When you are ready to return equipment, the process is the same. Simply call the PCCs at 6781-9250.

If you are using a piece of equipment for the first time, be sure to visit our website and go to patient/caregiver videos under the education tab to learn more. Here you will find videos and information on using equipment and caring for patients in the home.

[Videos](#)

**About the Tree of Life**

The tree was created to honor our donors and volunteers. The roots are volunteers, the trunk is the council, and the leaves are people who have donated \$100 or more. The two-color leaves are people who have donated for two years. The flowers are sponsors who donate \$1,000 or more. The lilies are memorials to people who have passed where family or friends have donated \$200 or more to honor them.

Add your leaf, flower, or lily by clicking the button to make our tree grow. Thank you!

[Donate](#)

Alicia McGuigan

Apologies to Gary Bubb for  
misspelling his name last month

## **Donations Exceeded Expenses Last Month**

March was wonderful! For the first time in 2022, donations exceeded expenses. However, year-to-date expenses are still more than donations, by the amount of \$1,358.60.

In March six people donated more than \$100, and we have had one donation of \$1,000. It is great to have such generous people in our community.

### **If you wish to donate, there are several ways:**

- Making a PayPal or credit/debit card donation via our website at [boquetehealth.org](https://boquetehealth.org). Follow the prompts there or click the button below.
- Making a donation by direct transfer to our Global Bank account in a direct deposit to:

Boquete Hospice and Health Foundation

Global Bank Checking Account #16-101-23071-6

- Making a cash donation at our Tuesday Market table at TapOut (by the left rear door).
- Making a cash donation when picking up equipment or returning equipment.

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

[Donate Now Please](#)



The policies of the organization are posted on our website and are updated as needed at [boquetehealth.org/bhh-policies](http://boquetehealth.org/bhh-policies).

[Read](#)

## To Make a Donation

BHH functions with donations provided by the community. If you are interested in supporting the work we do, please make a donation. To make a financial contribution:

- To contribute checks or cash, please contact Lesley Hughes, treasurer, at [treasurer@boquetehealth.org](mailto:treasurer@boquetehealth.org).
- [Click here](#) to make a Paypal donation.
- Send direct deposits to Boquete Hospice and Health Foundation, Global Bank Checking Account #16-101-23071-6

## Contact Us

Monday to Friday, 8am to 5pm

Saturday and Sunday, 9am to 1pm

**Hospice/Health:** (507) 6781-9250

**Blood Donor Program:** WhatsApp (+507) 6590-2000 or call (507)

6781-9250

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

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

**Facebook:** [facebook.com/boqueteheartshandsandhelp](https://facebook.com/boqueteheartshandsandhelp)

**Instagram:** [instagram.com/boquete\\_health\\_hospice/](https://instagram.com/boquete_health_hospice/)

***All patient information shared with any Boquete Health and Hospice volunteer is kept in the strictest confidence.***

*Freely send this to anyone or use any part.*

**Our mailing address is:**

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

Want to change how you receive these emails?

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

Thank you!