

Boquete Health & Hospice
Boquete Salud & Cuidado Paliativo

Helping Hands • Caring Hearts



Contents – June/July Newsletter, 2023

- Our Mission Statement
- Calendar of Events
- President's Letter
- July General Meeting – Joint Presentations by **Chris Young** on "Pharmacy Services in Boquete" and **Rodny Moreno** on "24/7/365 Emergency Helpline Service Anywhere in Panamá"
- July CPR Training
- June Blood Drive Phenomenal Success
- And the Winner for Trivia Night is...BHH!
- Help Us Help the Community
- What Makes a Great Volunteer
- Recap of **Mark Heyer's** June Presentation on AI
- Volunteer and Help Us Serve the Community
- Make a Difference with Your Phone and Join the BHH Phone Follow-up Team
- The Magic of Music
- Chris's Corner
- Educational Videos
- Medical Equipment
- The Tree of Life Donor Recognition
- Make a Donation

- Council Business
- 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.

Calendar of Events

July 5 – Council Meeting, 10am (Big Daddy's and via Zoom)

July 12 – General Meeting, 10am (Animales Event Center, Alto Boquete) – Dual Presentation: **Chris Young** on "Pharmacy Services in Boquete" and **Rodny Moreno** on "24/7/365 Emergency Helpline Service Anywhere in Panamá"

July 12 – CPR Training, 11:30am (Animales Event Center, Alto Boquete), class limited to 16 people, advance registration required

August 2 – Council Meeting, 10am (Big Daddy's and via Zoom)

August 9 – General Meeting, 10am (Animales Event Center, Alto Boquete) – **Dra. Shannon Tuer** and **Rick Hayes** present "Health Care America (HCA): Helping the U.S. Veteran Community in Panamá"

PLEASE NOTE: General meetings will now be held in-person for

***the rest of the year at the Animales Event Center in Alto Boquete.
Council meetings will be held at Big Daddy's and via Zoom.***

President's Letter

Another month has passed since I became president and things are looking up for BHH due to the hard work of our volunteers. We have added new equipment and the equipment team has been busy lending out medical equipment items and restocking returned equipment.

Thanks to **Brandy Minori** and the generous supporters of Trivia Night at Tap Out for their \$290 contribution, which we used towards two new much-needed wheelchairs.

We have restarted home visits while maintaining precautions to prevent the spread of infectious diseases to our patients. Covid and influenza are still around and we don't want to spread it to any of our clients or volunteers.

Our Blood Drive was a tremendous success and set a new record for the country with 118 participants and 102 pints of blood donated. That gives us access to many units of blood for those living in our community.

We have a new outreach initiative. We presented our organization to all of the local representantes at the Mayor's office to educate them about the services provided by BHH. We are following up with visits to each representante at their offices to provide more detail about what we do. Our reception has been very welcoming. The next step is to

meet with local physicians to explain what BHH can do for their patients.

Our last three BHH general meetings were extremely well attended. We hope to continue with topics of high interest to the community.

I am grateful to all our volunteers who have helped make these changes in BHH and my transition into the presidency successful.

I think this might be a good time to share my philosophy and approach to hospice care. To me, the primary goal of hospice is to make the final days, weeks, or months of an individual's life as comfortable as possible. This means being aware of possible physical symptoms, mental health and emotional health issues, and family needs.

In regard to physical issues, we monitor for pain and its potential to become an issue in the future. We can put measures in place to address it quickly and avoid waits of hours or days to get the proper medication or treatment to relieve the pain. We take the same approach for constipation or breathing difficulty.

We evaluate the environment for possible hazards that may impact the patient or family. Do they need a hospital bed? Do they need an air mattress on the bed? What about a walker, wheelchair, or bedside commode?

Then there are the psychological and emotional factors that impact someone in hospice care. How is the patient dealing with their eventual death? Are they anxious? Resigned? Calm? Depressed?

How are their friends and family dealing with it. Sad? Anxious? Confused? Overwhelmed? Are they grieving before and after the patient's death?

What about the caretakers? Do they need someone to relieve them from their 24/7 chores and give them a rest? Do they need education regarding how best to address symptoms or what to anticipate as the hospice patient progresses? Do they need help with meals?

These are all factors we consider when dealing with a hospice patient, their family, and caretakers. Our goal is to anticipate potential issues and have plans in place to deal with them before they become significant.

As a volunteer organization, BHH may not be able to address all issues, but we can help identify them and suggest resources for families and caretakers. Our goal is to make that final transition as comfortable as we can for those who come under our care. We all deserve to leave this world in comfort.

I have never had a patient or family regret their call to hospice. It is more typical for them to say, "I wish we had not waited."

Give us a call if you have questions, or if you feel you or a loved one could use an assessment.

Best Regards,
Roderic Gottula, MD



July General Meeting
Joint Presentation:
"Pharmacy Services in
Boquete" and
"24/7/365 Emergency
Helpline Service
Anywhere in Panamá"



Presented by
Chris Young and
Rodny Moreno

Join us Wednesday, July 12,
from 10-11am at the
Animales Event Center in
Alto Boquete.

No preregistration is required
and the event is free, though
donations are gratefully
accepted.

BHH has been drawing capacity crowds with its interesting lineup of guest speakers, and this month we've got a super two-for-one bill planned! Come hear two local entrepreneurs whose businesses can support your health care needs. The meeting will be held Wednesday,

July 12 from 10-11 am at the Animales Event Center in Alto Boquete.

We will spend the first half hour with a man who wears many hats, **Chris Young**. Chris is the owner and marketing manager of The Farmacia in Alto Boquete. This new bilingual pharmacy offers free delivery and quantity discounts. Having trouble finding certain medications in Panamá? The Farmacia will order those for you. Chris will be detailing the complicated process of getting permission to open the pharmacy, as well as the rules they must abide by, including those regarding opioids. Yes, we have many pharmacies in Boquete, but this one has some key differences you will want to know about.

The second half hour we'll spend with **Rodny Moreno**. Five years ago, the fully bilingual Rodny founded RodnyDirect, a well-known helpline service for expats that assists 24/7/365 with all kinds of emergency issues (health-related and otherwise). Rodny will first introduce himself and his unique life story. He'll then discuss what motivated the need for an expat helpline service in Panamá, how it evolved into a website-based subscription service, and how the service actually works. Rodny will then take questions from the audience.

Preregistration is not required and this event is free, though donations to support our work are gratefully accepted. Come join us to learn more about these businesses that could serve a crucial need for you one day.



June Blood Drive Phenomenal Success! Sets New Panamá Record of 102 Pints Collected

We are thrilled to share the exciting news that our recent Blood Drive on June 17 achieved a remarkable milestone. We set a new record in Panamá for the most pints of blood ever collected at a single event—102 pints! This accomplishment has brought immense joy to the organizers at Boquete Health and Hospice and the Blood Bank of Hospital Regional Rafael Hernández.

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 306 patients will benefit from these life-saving donations. And one of them might be you or someone you know. We extend our heartfelt thanks to everyone involved in making this achievement possible.

First and foremost, we express our deepest gratitude to the blood

donors. Of the 118 individuals who attended the Blood Drive, our largest turnout ever, 102 were able to donate. Only 16 were unable to donate, typically due to low hemoglobin levels from various causes. Demographically, the donors were 66% women and 34% men. They were 58% expatriates and 42% 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.



BHH expresses our sincere gratitude to Chiriqui's healthcare community for their invaluable contributions toward our most successful blood drive ever. These highly trained professionals offer their expert services free during our blood drives.

In representing both public and private entities, they are the definition of cooperating for the common good. Pictured working this last blood drive are (left to right): Kevin Salinas (Hospital Chiriqui), Lic. Zaida Zapata (Director of the Blood Bank, Hospital Regional Dr. Rafael Hernández), Ana Maria Rodríguez (Hospital Regional), Maribel Guevara (Hospital Regional), Luz Elena Pitti (Hospital Mae Lewis), and Ricardo Esquivel (Hospital Chiriqui). Gracias, estimados profesionales!

A special acknowledgment goes to our corporate sponsors who generously supported the event: **Melissa Chong** from Mini Super Alto Dorado, **Jamie Clem** of JeJay Videos, and **Chris Young** from Big Daddy's and The Farmacia. We are especially grateful to Chris Young for organizing a group of ten donors from Big Daddy's. Your contributions and commitment to the cause are truly commendable.

BHH would also like to express our appreciation to the many other local businesses that supported this very successful Blood Drive. These businesses did everything from sending a group of donors to the event, to making matching financial donations or making in-kind donations of materials, to advertising the event in their establishments, and more. In no particular order, we say thank you to: Organica, Casa Solution, Hacienda La Esmeralda, Felipe Motta, Municipio de Boquete, Finca Dos Jefes, Hastor Computer, Repuestos Y Accesorios, Elimar, Almacenistas, La Reina, Value Motors, and Iwanna Panamá Coffee.

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

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.

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. Caesar and Susie also attended the Blood Drive, personally thanking donors and staff at the event.

We extend our gratitude to singer and multi-instrumentalist **Scott McConachie**, not only for his musical talent, but for his blood donation as well. His involvement in both aspects of the event is highly appreciated.

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, Penny Barrett, Margie Brooke, Linda and Doug Avery, Cheryl Crabbe, Lynne Johnson, Karen Schwartz, Susan and Price Peterson, Larry Bunyard, Sandra Ullstrup, Ginny Woolley, Karen and Barbara Rubenstein, John and Babbie Earle, Kat McKay, Daniel and Soriana Forbes, Ada Yip, Sheila and Carl Strunk, Charles Mix, Bill Hinrichsen, Ester Wai Yin Leung, Jacqui Davis, Craig Gatrell and John Ferguson, Sheila Hume, Janice and Don Norris, Dave and Erin Ross, Jill Dillon and Gregory Klos, Barbara and Ross Michelsen, Ron McBride and Kim Hart-McBride, Kay Wade, Martin Radebaugh, Barb Severs, Marsha and John Dugat, Willeke Pena, Sharon Williams, Rod Gottula, Roy William Parsons, Jeremy Drzal, Consuela and George Reeder, Carol Santana, Jane Hampton, and two**

anonymous donors—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 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, resident expats, many business leaders, the municipal government, farmers, teachers, musicians, and everyday mothers and fathers.

Scroll through the photos to see some of the donors and volunteers who contributed to making this the largest and most successful Blood Drive ever in Panamá! We should be 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!





July CPR Training

The BHH CPR team is holding another class on July 12. This free class will be held at the Animales Event Center in Alto Boquete and will start at 11:30am following our July general meeting. It will last about an hour. In this class, taught by talented trainers **Bob Honyak** and **Kelly Hawkins Honyak**, participants will observe, learn, and practice their new skills on medical manikins.



Bob Honyak demonstrates chest compressions while Kelly Hawkins Honyak explains the process.

Hands-on CPR chest compressions (no mouth-to-mouth) and the Heimlich maneuver for airway obstruction will be covered. This is a non-certified course. Preregistration is **required** and class size is limited to 16, so please register by clicking the button below. Although this event is free, donations to support our work are gratefully accepted.

[Click Here to Join CPR Class](#)



**And the
Winner for
Trivia Night
is...BHH!
Proceeds Fund
Two New
Wheelchairs**

**Dr. Rod Gottula, Natalie
Kelly, and Brandy Minori.**

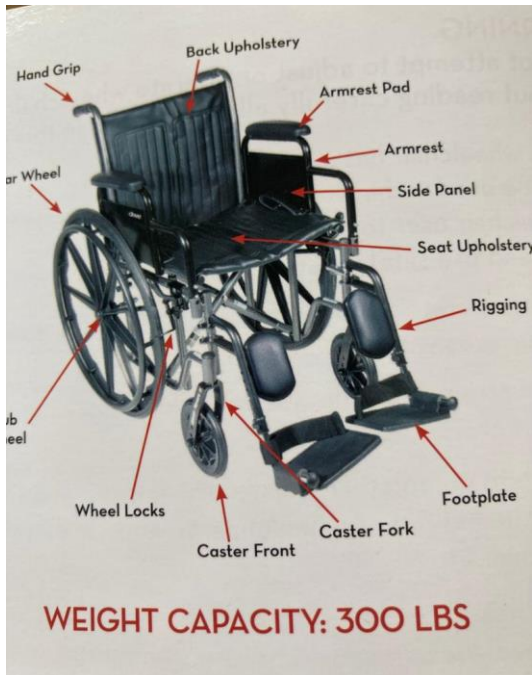
We were delighted to be selected as the charitable recipient for Tuesday Night Trivia Time at Tap Out on June 13. All the proceeds from the evening—a whopping \$290, the second highest amount ever donated at Trivia Night—went towards the purchase of two much-needed wheelchairs. BHH will now be in the lineup for consideration

when future Trivia Night beneficiaries are selected, so we look forward to possible donations in the future.

Brandy Minori, the MC of Trivia Night and self-described trivia nerd, has been hosting since September 2021, just two months after she and her husband moved here following successful tech careers in the United States. Both believe in the "pay-it-forward philosophy," and her goal was to spend her time in Panamá giving back to the community. She immediately sought out charity work and says the universe presented her with an opportunity to host trivia, which was an amazing combination of something she really enjoyed that could raise money for the community. It was the perfect niche for her here in Boquete, and a possibility she couldn't have imagined before arriving.

At first Trivia Night was under the umbrella of ACCB, but since October 2022, it's been Brandy's own event with rotating charity recipients. Although a lot of work is involved, nothing makes her feel better than the gratitude and achievements of the charities Trivia Night supports, and the enjoyment of the players.

We're honored to have been chosen as a Trivia Night charity, and encourage everyone to participate. If you'd like to have fun and donate to a good cause, Trivia Night is held every other Tuesday night at Tap Out and is advertised in various Boquete Facebooks groups. The doors open at 4pm, and play begins at 5pm. The suggested donation is \$5 each, but many players contribute additional funds to support the charities they love.



Help Us Help the Community

At BHH we strive to help the community as much as possible while at the same time trying to respect the time of our all-volunteer teams.

If you recommend that someone contact BHH for assistance, please share the following information with them to help the process run a bit more smoothly:

- Give them the main number, +507 6781-9250, so they can speak to a Patient Care Coordinator (PCC) who will assist them.
- Tell them if the phone is busy or if the PCC is unable to answer the call, to please send a WhatsApp text message to the main number, +507 6781-9250. A PCC will respond to their message.
- WhatsApp text messages work extremely well and are constantly monitored during our hours of operation.
- Voicemail messages and WhatsApp text messages are responded to during our hours of operation. If a call or message is sent outside of these hours, the PCC will contact them the next day during our hours of operation.
- Remind them that volunteers do not staff the locker at Alto Dorado. If they want to pick up equipment or return equipment they must contact the PCC to schedule a time when a volunteer can meet them at the locker.
- Hours of operation for all volunteers are Monday-Friday from 8am-5pm and Saturday-Sunday from 9am-1pm.

Occasionally a person may be frustrated because the PCC does not immediately respond to a call or text. If the call or text is during our hours of operation it usually means the PCC is working with another person. If they send a WhatsApp text message the PCC will be sure to contact them.

Thank you for helping us help the community!



What Makes a Great Volunteer

BHH is looking for people who want a rewarding volunteer experience where they can make a difference in our community—people who are passionate, team players, patient and resilient, creative, energetic and enthusiastic, positive, willing to help and learn, compassionate, and organized, and who show respect and appreciation for others in a diverse community. We seek people who take responsibility seriously, yet are able to have fun as a volunteer, and work well with other volunteers and the community members we serve.

Passion – Volunteers who are passionate about our cause have gotten our organization where it is today. We're looking for volunteers who can help us keep up the momentum and share our values, goals, and mission. People who are passionate about our cause will want to share it with everyone they know, encouraging others to get involved and motivating them.

Respect and appreciation – Respect for each other, the people we serve, the community, and the diverse culture of Panamá is critical to achieving our mission. A humble, open heart, as well as an open mind, and the willingness to set aside any differences to achieve goals,

means that we can be proud of our efforts on behalf of BHH and of its vital role within the community. Creating a culture of appreciation that honors the contributions of our volunteers, donors, and friends in the community, as well as creating a rewarding experience for our volunteers, is at the heart and soul of achieving our mission at BHH.

Team players – Volunteers who collaborate and communicate well with others, who are comfortable working with people from all different walks of life, and who are flexible and adaptable—that's the teamwork that makes the dream work. Being flexible, adaptable, and willing to learn new things helps everyone work well together. Working on teams is rewarding and a great way to create and nurture friendships, some that may last a lifetime!

Patience and resilience – Patience is an aspect of being a good volunteer. We all have different time commitments and juggle many activities, and often people are traveling, so not everything moves as quickly as expected. Your willingness to be patient and stick it out is greatly appreciated.

Creativity – Volunteers who are open-minded and creative bring a fun and exciting spirit to BHH. Injecting a dose of creativity and innovation into whatever role you play will put a smile on everyone's face and enable us to do things more effectively.

Energy and enthusiasm – Energetic and enthusiastic volunteers make things happen and have fun doing it. One of the surprising benefits of volunteering is the massive upside it has on physical and mental health.

Positive attitude – Sometimes volunteers have the opportunity to learn new skills and face new challenges. Depending on your role, you may be volunteering with vulnerable members of the community who are facing adversity, so it's important to stay positive and remain focused on the task at hand. A positive volunteer personality has a wonderful impact on your team and the community.

Willingness to help and learn – A willingness to help out, regardless of the task, helps everything go so much easier. Pitching in, replying to emails promptly, and keeping other team members informed is greatly appreciated and ensures BHH operates smoothly. And a willingness to learn new things and try new approaches means our organization will continue to grow and flourish.

Compassion – At its core, volunteering is a selfless gesture. By giving your time, skills, or resources to someone in need, you make a difference in the lives of others. Compassionate and empathetic volunteers who are able to work with a diverse group of people are a true asset to their teams and the organization.

Organized – Volunteers who are organized and on time save everyone a lot of headaches and hassle. Being proactive and a good problem-solver and having effective time management skills are important to our success.

We look forward to working with you and to achieving amazing things together!

**Recap of June's
General Meeting
Presentation
by Mark Heyer
"AI Unveiled:
Illuminating the Path
Ahead"**



***"It's the job of technology to
work for people, not the job of
people to work for
technology" ~Mark Heyer***

A full house gathered to hear **Mark Heyer's** June presentation on artificial intelligence (AI). Based on his recent work with a leading AI company, he gave us a wide-ranging but easy-to-understand overview of artificial intelligence, how it spread so fast, how it works, what it means to us, and what the future might bring.

Some of the main points he covered were:

- How ChatGPT grew from zero to 1 million users in one week and 100 million in just over two months.
 - How conversational AIs such as ChatGPT work via associations and context rather than fixed programming.
 - How AI will change and improve our concept of medical care.
-

- What AI will mean to the future of our children and grandchildren.
- How AI can be used for personalized learning such as learning a foreign language.
- How to carry on a conversation with ChatGPT and get results.
- A quick look at how AI art creation works.

In addition, Mark spoke briefly about the introduction of the Apple Vision Pro as the world's first 3D spatial computer. He also mentioned some developments in biology that may revolutionize our ideas of disease, organ replacement, and longevity.

For the benefit of anyone who is interested in learning more about AI, Mark posted an FAQ on AI with links to sites where you can begin to get experience with this new technology. Click the button below for more information.

[Heyer Scope](#)



Volunteer and Help Us Serve the Community!

Boquete Health & Hospice continues to grow and provide more

services to the Boquete community. Volunteering is a rewarding experience and volunteers can feel proud of their efforts and the impact BHH has on the health and wellbeing of our community.

Please consider joining us as a volunteer on one of our teams. Volunteers can contribute as much or as little time as they wish. We need volunteers in many capacities, and while the ability to speak Spanish is helpful, it is not necessary! If you have expertise in a specific area, let us know. It's likely we can use it!

- **Equipment and Respiratory teams** – Dispense and receive equipment at our storage lockers in Alto Dorado and train patients and caregivers in its use.
 - **Hospice and Family Care team** – Works with patient care coordinators to provide care, information, and services to hospice patients to make a difficult time easier.
 - **Home Comfort teams (Meals and Music)** – The Meals team provides meals to those unable to cook for themselves or leave the home. The Magic of Music team provides MP3 players with customized music to patients and their caregivers.
 - **Ambassador team** – Greets guests at BHH functions and staffs our tables to answer questions about our organization.
 - **Admin/Coordination/Project Management team** – Organizes our efforts and helps BHH perform more effectively.
 - **Being Prepared team** – Presents workshops on Being Prepared 3-4 times a year, which cover why being prepared to deal with emergencies and end-of-life situations is vital to your wellbeing.
-

- **Blood Donor team** – Acts as a contact point for those who need blood or want to donate, and organizes blood drives twice a year.
 - **Communications teams** – Produce our monthly newsletter, maintain our social media and website presence, and organize events, fundraisers, and promotion.
 - **Community Outreach team** – Interfaces with the community to create a communication conduit to educate various groups about BHH and its services.
 - **CPR team** – Provides hands-on training in CPR chest compressions (no mouth-to-mouth) and the Heimlich maneuver for airway obstruction.
 - **Education and Training team** – Develops and delivers training for new volunteers and community education and coordinates speakers for monthly meetings.
 - **Technology team** – Provides IT support for our website, database, communications, and teams.
 - **Translation team** – Provides translation (written or spoken) assistance to our clients and volunteers as needed.
 - **Volunteer Coordinator team** – Matches volunteers with teams and ensures they have a rewarding experience.
-
-



Or Take On a Brand New Role!

**Make a Difference with Your
Phone and Join the
BHH Phone Follow-up Team**

*Are you looking for a meaningful way to
contribute to your community without
leaving the comfort of your home?*

Join our Phone Follow-up team, where you can utilize your phone skills to provide essential support to hospice patients and their families. This volunteer position is not a medical role and doesn't require any travel or medical training.

As hospice patients approach the end of life, they and their families frequently need more services, such as education, equipment, medication adjustments, etc. As a Phone Follow-up team volunteer, you will contact patients or their families to find out how things are going and make sure their needs are being met. If additional needs are identified, you will notify the patient care coordinators, who would then contact the appropriate team members to follow up.

Additionally, you may be asked to do some follow-up calls to patients who have equipment loaned out, to see if they still need it or if it can be returned.

Join the BHH Phone Follow-up team and make a lasting impact in the lives of those facing the end of life. Your phone calls can bring comfort, support, and reassurance during a challenging time. Whether you're fluent in English or Spanish, we welcome your participation, and our Translation team is always ready to assist. Together, let's make a difference, one phone call at a time. Join our team today and be a lifeline for those in need.

How to Apply for a Volunteer Role

Complete and submit a membership application, which can be found [here](#). We will contact you within a few days to discuss your interests and how we can work together.

The Magic of Music



When a big pharma company admits pills aren't the only solution...

Music...

- Improves mood
- Reduces stress and anxiety
- Improves memory
- Improves exercise
- Eases pain
- Provides comfort
- Improves cognition

Source: "Health Benefits of Music" (2019)
Pfizer Pharmaceuticals Medical Team



The members of the Magic of Music team spend countless hours digging into the scientific research surrounding the use of music for health and wellness purposes. Our sources of information include some of the most well-known and respected medical institutions, including Harvard Medical School, Mayo Clinic, Johns Hopkins, National Institute of Health, and many other trusted sources.

This month's music meme (above) is based on information published by Pfizer, which is noteworthy since the pharmaceutical company's own medical team, who authored the report, is validating that music can be effective treatment for the conditions listed. It is for these purposes that the Magic of Music team has small personal music players and a music-lending library containing over half a million songs. With these resources the team can build custom-tailored playlists that can help patients and their caretakers who contact Boquete Health and Hospice for assistance.

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 at WhatsApp at +507 6781-9250 for assistance or to borrow a music player.



This month we address a subject rarely talked about:

Pooping—How to Treat Constipation

Most people will experience difficulty having a bowel movement (pooping) at some point in their life—this is known as constipation. It is common in children and adults, but it's more common in people over 60 years old. Constipation can happen because of your diet, lifestyle, underlying conditions, or for no reason at all. There are several treatment options for constipation, but most people can manage their symptoms with a few simple lifestyle changes.

[Read the Full Article on Pooping](#)

Educational Videos

BHH is happy to offer educational videos on our website. They provide excellent info for caregivers and the general public and are offered in Spanish and English. Topics cover the use of equipment, including crutches, wheelchairs, and walkers, how to move patients safely for the patient and caregiver, and general patient care. There are also informative videos on Alzheimer's and other types of dementia. To learn more, visit our website using the button below and go to Patient

Caregiver Videos, Español Paciente Videos, or Dementia and Alzheimers in the dropdown menu under the Education tab.

[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.



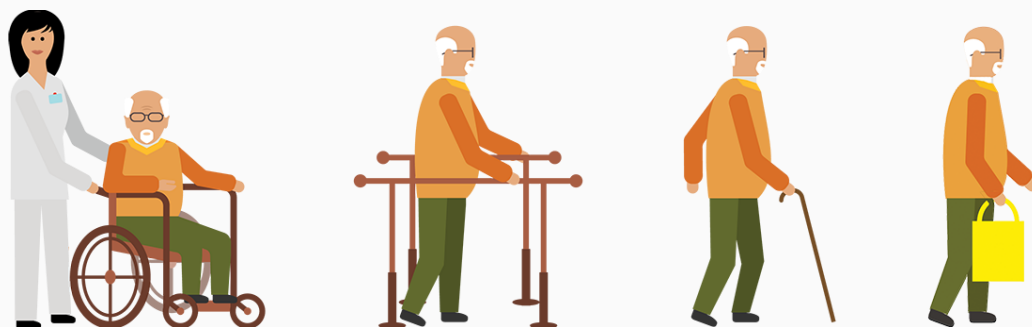
Please note that our equipment team members only go to the locker for scheduled equipment checkouts and returns. **No equipment team member is staffed at the locker, and the locker is only open during specific times.** Therefore, it is important to contact the PCCs first. When you are ready to return equipment, the process is the same. Simply call the PCCs at +507 6781-9250.

If you are using a piece of equipment for the first time, be sure to visit our website using the button below and go to Patient Caregiver Videos or Español Paciente Videos in the dropdown menu under the Education tab to learn more about using equipment and caring for patients in the home.

[Videos](#)

Please Return Loaned Equipment When You're Through!

If you have equipment from BHH and are no longer using it, please call the main number at +507 6781-9250 and arrange to return it soon so it will be available to others in need.





Tree of Life

Boquete Health and 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:

- ▶ **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.
- ▶ **Make a wire transfer or a direct deposit of cash or check to Boquete Hospice and Health Foundation, Global Bank, Checking Account #16-101-23071-6.**

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

NOTE: We are working to get accounts set up so we can accept credit card donations. Until then, follow the directions above to make a donation, and check our website for updates.

[Donate](#)

Council Business



To bring topics to the attention of the Council for discussion, please send an email to [Lorraine Handler](#), who will add it to the next monthly agenda. The Council will consider, discuss, and vote (if needed) on the topic and inform the membership as appropriate.

Voting members of the Council are:

President – **Dr. Rod Gottula**

Vice President, Community Outreach –
Natalie Kelly

Vice President, Operations – **Kat McKay**

Secretary – **Lorraine Handler**

Treasurer – **Bill Hinrichsen**

Patient Care Coordinator – **Bev Tyler**

Patient Care Coordinator – **Craig Gatrel**

Patient Care Coordinator – **Denise Daniels**

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 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

Website: boquetehealth.org

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



Newsletter team: Natalie Kelly—Editor, Carol Jones—Proofreader, Deb Hornstra—Features/Writer, and Fran Hogan Creative—Image Editor. 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!