

Boquete Health & Hospice
Boquete Salud & Cuidado Paliativo

Helping Hands • Caring Hearts



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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

- **February 1** – Council Meeting (via Zoom only)
 - **February 8** – General Meeting and "Using Modern Social Media to Grow BHH," presented by **Deb Hornstra** (via Zoom and in-person at the Animales Event Center, Alto Boquete)
 - **March 1** – Council Meeting (via Zoom only)
 - **March 8** – General Meeting (via Zoom and in-person at the Animales Event Center, Alto Boquete)
 - **June 17** – Blood Drive (Animales Event Center, Alto Boquete)
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Leadership Letter

Happy New Year, everyone!

The Boquete Health and Hospice organization is planning an exciting 2023. We are happy to announce that we resumed in-person Being Prepared workshops and New Volunteer training this month. So many people were interested in the workshop that we expanded to three sessions and eight new volunteers attended training. We will continue to expand volunteer teams throughout the year. We are cautiously

getting our Hospice team back out to do home visits.

We are planning a Basic First Aid class and a CPR class in the coming months, and looking forward to fundraising events later in the year that will be fun-filled with food, music, and games.

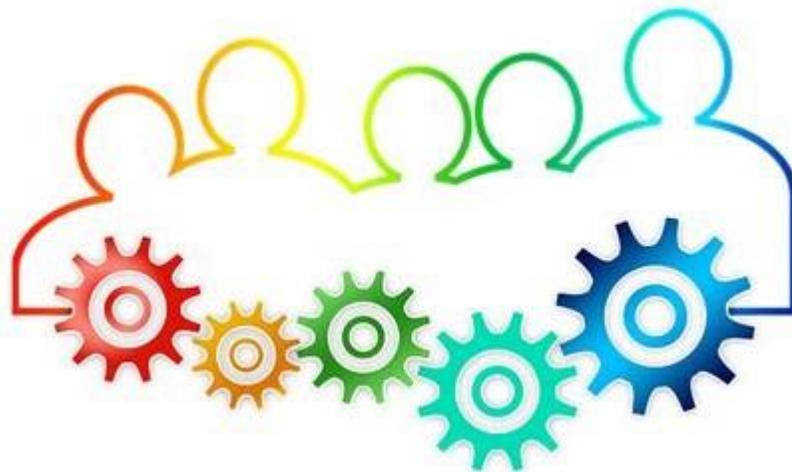
A master computer designer is working on perfecting our operations database and we are planning for much growth in our community outreach programs, headed by **Lesley Hughes**, VP, Community Relations. Lesley is also working with our marketing and social media teams to increase awareness and educate the community on the services and quality education that BHH offers.

We invite everyone to join us as a volunteer to strengthen our lives and our community.

Best Wishes,

Kat McKay

Vice President, Operations



2023 Officers and Initiatives

On January 11, 2023, the membership of Boquete Hospice and Health Foundation met (in-person and via Zoom) and elected the following people to the governing council:

- President – **Open**
- Vice President, Community Relations – **Lesley Hughes**
- Vice President, Operations – **Kat McKay**
- Secretary – **Keith Daniels**
- Treasurer – **Bill Hinrichsen**
- Past President – **John Earle**

Also, three Patient Care Coordinators were appointed:

- **Bev Tyler**
- **Craig Gatrel**
- **Denise Daniels**

The budget for 2023, which has been approved by the Council, was presented:

- Income of \$21,100
- Expenses of \$26,872

The initiatives for 2023 were also presented. The general thrust for the year will be on a gradual resumption of our pre-pandemic activities: in-home visits, in-person meetings, and more community workshops and education, while continuing those activities Boquete Health and Hospice has done all along.

We also hope to fill the remaining volunteer positions soon. If you are

interested, please contact [Lesley Hughes](#) to discuss your background and interests:

- President
- Hospice and Home Health Care Team Leader
- IT Team Leader
- Communications Team Leader
- Newsletter Coordinator
- Volunteer Coordinator
- Fundraising Events Catering Coordinator



Being Prepared team from left to right: Kat McKay, Kelly Honyak, Sandra Cripe, and Dave Nichols.

Being Prepared Workshop Delivered to "Sold Out" Crowd

So many people wanted to attend Being Prepared for End of Life In Boquete Workshop this month, that three sessions were scheduled with 52 people signing up! The workshops were delivered by **Kelly Honyak** and **Dave Nichols**, who did an outstanding job.

The participants are 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.

Thanks to everyone who assisted in making the workshops a success, including **Sandra Cripe**, **Kat McCay**, **Lesley Hughes**, **Cat Vann**, and **Herta Bernbach**. And a big thank you to the Retire in Panamá team, who asked us to participate in their Q&A show and marketed the workshop and the manual to their followers, which drew a lot of attention to the workshop.

We received \$670 in donations through the Being Prepared program including two generous donations of \$500 and \$100 to the general fund.

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 will be available in the future through a minimal donation of \$5 on the BHH website. Once that's possible, we'll announce it in this newsletter.



Being Prepared Workshop team from left to right: Cat Vann, Kat McKay, Kelly Honyak, Dave Nichols, Lesley Hughes, and Herta Bernbach.

New Volunteer Class Starts the Year with Enthusiasm

Eight enthusiastic students participated in the January New Volunteer Training class. During the three information-packed days of class, students not only learned about the services that Boquete Health and Hospice provides, but also participated in hands-on training in the use of crutches, walkers, wheelchairs, and other mobility equipment.

Each team from BHH was represented by speaker(s) who discussed in detail how they provide valuable services to the local community. From music programs to translation services, the Being Prepared workshop, the newsletter, and social media, students were able to ask questions of our BHH experts.

It is often thought that a medical background is required to become a

member or volunteer with BHH. That is not true. Our volunteers are from various professional backgrounds and contribute to BHH in many different capacities.

We welcome our new volunteers and look forward to working with them to serve our community.



The class began with an introduction to our Patient Care Coordinators Bev Tyler, Craig Gatrel, and Denise Daniels.



John Ferguson demonstrated how to set up and use an oxygen concentrator.



Dr. Rod Gottula addressed the class about death/grief and the signs of dying.



Sandra Cripe provided an overview of the Being Prepared workshop.



Art Blevins introduced the BHH music program to the class.



We'll have another New volunteer class later this year. Watch this space for more info.



Walkers Benefit Handicap Foundation

We donated two of our walkers to the Handicap Foundation (Fundación Pro Integración) at the end of December. **Sally Zigmund** delivered the walkers to **Migdalia Rios** and **Loesje Sherwood** (pictured left), who run the retail store of the foundation.



Thank You to the Retire In Panamá Team!

Over the past few months **Rod Larrivee** and **Oscar Peña** have been instrumental in helping promote BHH.

On November 7, 2022, BHH was invited to speak during a Retire In Panamá's webinar regarding BHH's services, healthcare, and hospice care in Boquete.

The response was overwhelming and following the workshop, Rod and Oscar continued to help BHH by promoting our Being Prepared for End of Life in Boquete workshop and manual. As a result of their help, BHH had a record number of sales for the manual and the first workshop immediately sold out. Two additional workshops were added to accommodate the demand.

BHH also received a wonderful surprise from Retire In Panamá in December. Retire In Panamá hosted its first holiday bash and proceeds from the raffle were donated to BHH! These funds are greatly appreciated and will be used towards the purchase and repair of the medical equipment that BHH loans to patients.

Partnering with Retire In Panamá is a unique and very rewarding experience which benefits both organizations. BHH looks forward to a continued friendship with Oscar, Rod, and everyone at Retire In Panamá!

More information about Retire In Panamá and its services can be found on their [website](#).

Updated BHH Brochure Now Available

BHH has produced a new paper trifold brochure updated with the latest information people need at a glance. In English and Spanish, the brochure is available at the Tuesday Marketing at our table and upon request.

Please email info@boquetehealth.org to reserve your copy or copies. If you are a member of any groups, consider ordering a supply to make available during your meetings or events. The brochure is especially important for anyone who does not use the internet.

<p>Our Mission Statement</p> <p>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.</p>  <p>Nuestra Declaración de Misión</p> <p><i>Nuestra misión es informar y promover la salud comunitaria. Apoyar a las personas con necesidades de salud y bienestar brindándoles información, equipos y servicios de voluntariado. Brindar cuidados paliativos (hospicio) a los enfermos terminales para que puedan experimentar la muerte con dignidad y dolor limitado.</i></p>	 <p>Boquete Health & Hospice Boquete Salud & Cuidado Paliativo Whispering Hands • Caring Hearts</p> <p>Boquete, Panama Call/WhatsApp: +507 6781 9250 Monday-Friday, 8-5 Saturday-Sunday, 9-1 Email: info@boquetehealth.org Website: boquetehealth.org</p> <p>Blood Donor Program Programa de Donaciones de Sangre Text: WhatsApp +507 6590 2000</p>  <p>All patient information shared with any Boquete Health and Hospice volunteer is kept in the strictest confidence. A patient care coordinator will answer your call in a timely manner, but be advised that we are not a 24/7 emergency service.</p> <p><i>Toda la información del paciente compartida con cualquier voluntario de Boquete Health and Hospice se mantiene en la más estricta confidencialidad. Un coordinador de atención al paciente responderá su llamada de manera oportuna, pero tenga en cuenta que no somos un servicio de emergencia 24/7.</i></p>	 <p>BOQUETE HEALTH & HOSPICE</p> <p><i>BOQUETE SALUD & CUIDADO PALIATIVO</i></p>  <p>Volunteers Serving the Community Voluntarios al Servicio de la Comunidad</p> <p>+507 6781 9250 Email: info@boquetehealth.org Website: boquetehealth.org Facebook: facebook.com/ boqueteheartshandsandhelp Instagram: instagram.com/ boquete_health_hospice</p>
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WHAT WE DO

Blood Donor Program

- Need blood?
- Donate blood?
- Text WhatsApp +507 6590 2000 or check the website

Equipment Lending

- Wheelchairs & walkers
- Crutches & canes
- Oxygen concentrators
- Other medical devices

The Magic of Music

- Music players on loan
- Playlists & information



Respite Care

- Run errands & deliver meals
- Sit with the patient

Hospice

- Emotional support & comfort
- Understanding & preparation

Community Care

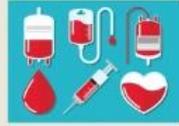
- Being Prepared workshops
- CPR training



QUE HACEMOS

Programa de Donantes de Sangre

- ¿Necesitas sangre?
- ¿Donar sangre?
- Text WhatsApp +507 6590 2000 o consulte el sitio web



Préstamo de Equipos

- Sillas de ruedas y andadoras
- Muletas y bastones
- Concentradores de oxígeno
- Otros dispositivos médicos

La Magia de la Música

- Préstamo de reproductores de música
- Listas de reproducción e información

Cuidado de Relevó

- Hacer recados y entregar comidas
- Sentarse con el paciente

Hospicio

- Apoyo emocional y comodidad
- Comprensión y preparación

Atención Comunitaria

- Conferencias de Estando Preparados
- Entrenamiento en RCP



BOQUETE HEALTH & HOSPICE Volunteers Serving the Community

Consider joining us as a volunteer on one of our teams, or simply donating money, and helping this important community resource! For more information, call:

+507 6781 9250



Tree of Life

BOQUETE SALUD & CUIDADO PALIATIVO Voluntarios al Servicio de la Comunidad

¡Considere unirse a nosotros como voluntario en uno de nuestros equipos, o simplemente donar dinero y ayudar a este importante recurso comunitario! Para mas informacion llame:

+507 6781 9250



The Magic of Music

Share the Music & Rise Above the Noise!

Music can be utilized to enhance the connections with people in your life! Can you rise above the noise of your world simply by sharing music with another?

“We would both plug in one side of the headphones that came with it and relax while listening to music together. When Hubert received blood transfusions, it was so nice to block the surrounding noises of a hospital and be in our own world with music.”



Willeke & Hubert

How often do you intentionally listen to music with another person? Music can be cathartic when we listen together, as is evident when we attend concerts, symphonies, or any of the innumerable venues around the world where people gather to enjoy music together. But how often do we participate in sharing music together on a smaller scale, as **Willeke Pena** describes in her quote above? We can intentionally listen to music together as a tool to rise above the chaos and noise of our daily lives, and the Magic of Music Team invites you to try it out for yourself to see how beneficial it can be! Grab the arm of someone you are close to, and together check out the Magic of Music Team's collection of music playlists that can be utilized for various health and wellness purposes. You can find those playlists at this link: [Music Playlists](#).

The team can build custom-tailored playlists that can help patients and their caregivers who contact Boquete Health and Hospice for assistance. We also have music players and mini speakers available to lend. You can find out more on the [BHH website](#), or join the conversation with the [Magic of Music Community Group](#) on Facebook. Contact BHH at WhatsApp at +507-6781-9250 for assistance.



Happiness Comes from Many Things—Expressing Gratitude Makes Us More Joyful

We derive happiness from a myriad of things, from baking and spending time in nature to passing time with our families, but according to a new survey, expressing gratitude each and every day might make us more joyful overall.

The study, conducted by OnePoll and commissioned by Motivosity, examined how 2,000 Americans felt about their lives. Nearly 65% of survey respondents who said that they were "very happy" on a regular basis also said that they practiced sharing their gratitude consistently.

[Read the Article](#)

Education Videos

BHH is happy to offer education videos on our website. 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 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 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



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!

IMPORTANT MESSAGE

For the time being, PayPal is unavailable for donations, including donations for the Being Prepared manual. BHH is currently working to get a new PayPal account set up. Until then, follow the directions below to make a donation and check our website for updates on PayPal.

To Make a Donation

BHH functions with donations provided by the community. If you are interested in supporting the work we do, there are two ways to donate until our PayPal issue is resolved:

- ▶ Donate directly at our blood pressure table in the Tuesday Market (Tap Out) in the old theater where **Barbara Lapid** will accept your donation OR when picking up or returning equipment at one of our storage facilities. All checks must be made payable to Boquete Hospice and Health Foundation.
- ▶ 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 appreciate all donations and use them in a variety of ways to help our community.

Donate

Council Business



To bring topics to the attention of the Council for discussion, please send an email to [Keith Daniels](#), who will add it to the next monthly agenda. PLEASE do not send a general email, which tends to create

confusion. 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 – **Open**

Vice President, Community

Relations – **Lesley Hughes**

Vice President, Operations – **Kat McKay**

Secretary – **Keith Daniels**

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, **Deb Hornstra**—Features/Writer, and **Fran Hogan Creative**—Image Editor. Thanks to everyone who submitted articles and photos for this issue! 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!