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## **BHH Announcements – September 2023**

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### **Calendar of Events**

- **September 6** – Council Meeting, 10am (Big Daddy's and via Zoom)
- **September 13** – General Meeting, 10am (Animales Event Center, Alto Boquete) – **Dr. Sunny Roe** Presents "Caring for Caregivers: What to Do When Overwhelm Takes Over"
- **October 4** – Council Meeting, 10am (Big Daddy's and via Zoom)
- **October 11** – General Meeting, 10am (Animales Event Center, Alto Boquete) – **Chris McCall** Presents "What to Do When the Lights Go Out: Don't be Left in the Dark" (this will cover the surprising number of medical concerns to consider as well)
- **October 11** – CPR Training, noon (Animales Event Center, Alto Boquete) – wait list only
- **October 21** – Blood Drive, 7am-noon (Animales Event Center, Alto Boquete) – Preregistration is recommended
- **Late October** – New Volunteer Orientation (Animales Event Center, Alto Boquete) – Preregistration is required

***PLEASE NOTE:*** General meetings are held in person for the rest of the year at the Animales Event Center in Alto Boquete. Council meetings are held at Big Daddy's and via Zoom.

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## **BHH Newsletter Now Published Every Other Month, Alternating with Announcements**

We are excited to announce that our newsletter will now be published every other month and will alternate with brief announcements, starting with announcements this issue. We are moving more of our content to social media, which will enable us to publish as things happen. This will also allow us to more easily translate important news into Spanish for our Panamanian readers.

You can find us on [Facebook](#) and [Instagram](#), and we continue to make inroads on [YouTube](#). Sign up for future newsletters and announcements [here](#).

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# Caring for Caregivers: "What to Do When Overwhelm Takes Over"

*Dr. Sunny Roe*

**Sept 13th - 10am**

**Animales  
Event Center**



Whether you are with the infirm or the elderly, a new mother with an active toddler, or the owner of a pet (or two, or three!), caregiving can feel like a full time job. Join Dr. Sunny Roe for this free one hour presentation to re-consider your care-giving role as joyful and purposeful rather than tedious and burdensome.

After 40 years in holistic healthcare, being a single mother to two sons, helping her grandmother through chemotherapy treatment, and supporting her aging mother through the painful symptoms of lumbar stenosis from afar, Dr. Sunny has "been there, done that" and survived to tell the tale! She will share actionable strategies to help relieve your stress as well as provide support referrals from her 13 years in Boquete.

## *You will learn:*

- ✓ How to achieve Instant Calm in 20 seconds when the demands of a task seem unrelenting.
- ✓ What to do to avoid "Cupcake Moments" from becoming part of your daily existence.
- ✓ The importance of the Three A's and why you should practice them every day.
- ✓ To support your own health and vitality with natural methods you can do easily & effortlessly.
- ✓ Ways to acknowledge inevitable outcomes and provide love and patience to those in need



**Dr. Sunny Roe**

**Time will be provided for an "Ask Me Anything" session.**

**A list of Take Home Presentation Tips from the lecture will be available.**



**Boquete Health & Hospice**

**Boquete Salud & Cuidado Paliativo**

**Helping Hands • Caring Hearts**

All information provided is for educational purposes only. It is not intended to diagnose or treat disease. Consult your personal physician for medical advice.

## **Dr. Sunny Roe Presents "Caring for Caregivers: What to Do When Overwhelm Takes Over" September General Meeting**

Join us Wednesday, September 13, from 10-11am at the Animales Event Center in Alto Boquete for **Dr. Sunny's** presentation at our September general meeting. She'll share best practices on caring for yourself so you can truly be available to care for others. Preregistration is not required and this event is free, though donations to support our work are gratefully accepted.

Dr. Sunny spent 40 years in holistic healthcare and has been a caregiver for her children, her mother, and her grandmother. She will share actionable strategies to help relieve the stress of caregiving and provide referrals for further support based on her 13 years in Boquete.

Everyone can benefit from this presentation. If you are not currently in a caregiving role, you might find yourself in one someday. Dr. Sunny will offer practical tips to equip you for that experience. These tips will also help you remain poised and prepared to handle the daily stress of life!

No one is immune from feelings of concern when a loved one is going through challenging times. When caregivers are less stressed about these situations, those they care for can live their lives in a less stressed fashion, as well.

The ultimate caregiver situation is caring for one's self. It's why you are instructed to "put your own mask on before assisting others" during the safety briefing as an airplane takes off.

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Every Blood Donor is a

**HERO**

Donate here in Boquete  
It's EASY and QUICK!

Animales Event Center  
across from Ivan's  
Market

**October 21st  
7 am – 12 pm**

Can't donate blood?  
**Join the Matching Fund !**



**Boquete Health & Hospice**

Boquete Salud & Cuidado Paliativo

Helping Hands • Caring Hearts

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## ACT NOW AND BE A HERO!

If you're interested in participating in the Blood Drive and/or contributing to the Matching Fund, please click the links below to sign up. For more information, contact [blood@boquetehealth.org](mailto:blood@boquetehealth.org) or send a WhatsApp text to the BHH blood line at 6590-2000.

[Sign Up for the Blood Drive – English](#)

[Sign Up for the Blood Drive – Spanish](#)

[Sign Up for the Matching Fund](#)



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## **October 21 Blood Drive BHH Celebrates these BLOOD DONOR HEROES! Why They Donated Blood at Our Last 8 Blood Drives**

Mark the date! Our next Blood Drive will be held on Saturday, October 21 from 7am to noon at the Animales Event Center in Alto Boquete. We will be trying to beat the record we set in June, when we collected 102 pints of blood, an all-time high for any blood drive in Panama! Preregistration is recommended. Click the link above. THANK YOU for giving the gift of life.

As we lead up to the event, we're featuring individuals who have donated blood multiple times. In this issue, we'll share the stories of **Giovanelli Cianca** and **Debbie Wilson**.



***"I feel a great satisfaction every time I sign up for the blood drives and I'm very passionate when I talk about the importance of educating and encouraging people to donate..."***

***~Giovanelli Cianca***

Hi everyone! My name's **Giovanelli Cianca**, I'm 32 years old and I've been a blood donor since 2018. My interest in donating blood and the significance of doing it voluntarily in order to help others started back in 2009 when an aunt was hospitalized, I couldn't donate to her because I was underage but I promised to myself that if I ever donated it would be voluntarily.

Then in 2018 a colleague at my former job told me a client had their daughter with leukemia at the Jose Domingo de Obaldia hospital and they were looking for people that could donate blood for her treatment. I realized it was the perfect time to fulfill my promise so I volunteered. Sadly the girl passed away, but in her honor I signed up for the first blood drive with Boquete Health and Hospice and the rest is history!

Counting my first donation at the Obaldia hospital and up to the last drive back in June, I've donated 8 times. I feel a great satisfaction every time I sign up for the blood drives and I'm very passionate when I talk about the importance of educating and encouraging people to donate, I know some won't do it because of fear and/or misinformation, but I'm always glad to clarify and talk from my own experiences.



***"I have been donating blood since I was in 18. Having type AB+ blood, the blood bank was always mentioning how rare my type was (~3% of population) and how much they needed it."***

***~Debbie Wilson***

"My church and employers often held on-site drives so it was very convenient. I am grateful for BHH's efforts for a blood bank here in Panamá and willing to help when I can. I can't do much but I can donate blood!"





Watch this video about the upcoming Blood Drive on October 21 – Spanish version.



## 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.

[Please Donate](#)

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## 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

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](#).

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### 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.*

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### 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)**

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



**Newsletter team: Natalie Kelly – Editor, Meg Wilson – Newsletter Coordinator, 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](#).**

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

**Our mailing address is:**  
[info@boquetehealth.org](mailto:info@boquetehealth.org)