

Boquete Hospice and Health



September, 2025

Newsletter

VOL. 002

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PRESIDENT'S NOTE

Greetings my fellow Boqueteños!

August was an incredibly busy month for us at BHH. We loaned more equipment than I can ever remember. We work very hard to make sure every request receives our utmost attention .

We do copious amounts of research so that we can provide accurate references to our community. And we also really know how to have a good time. We held another Sunday afternoon Bingo with the Luz de Esperanza de Boquete group in late August. We filled the Animales building to capacity and overflowing .

It is a fun event that helps both our organizations raise funds. We have many ways of raising funds but we still need your help. A small monthly donation would help us accomplish so much. Please consider becoming a regular donor.

And save some fun for our October Beers for a Cause event! See you there!

Kat McKay, President
Boquete Health and Hospice

Director's Corner

Dear Friends and Neighbors of Boquete,

We are pleased to share some recent updates about the ongoing outreach work of Boquete Hospice and Health (BHH) in our community. August was a record month for us in terms of lending vital equipment to those in need. During this time, we loaned out 58 pieces of equipment and received 15 returned items, demonstrating the active participation and trust of our community.

Monetary donations totaled \$410 this past month, along with two generous donated items. These contributions help us continue to support both the expatriate and Panamanian members of our community. In fact, of the 43 equipment transactions recorded in August, 22 were for expats and 21 for Panamanian residents. We strive to provide useful resources and equipment to anyone who reaches out to us.

One important way you can support our mission is by making a donation specifically designated for our fund to purchase nutritional supplements, diapers, wipes, and non-perishable food items. These essential goods are distributed to individuals and families participating in our assistance programs. In addition, your support helps cover our ongoing overhead costs, including rent and a part-time paid staff member who helps keep our operations running smoothly.

Another upcoming way to support our foundation's mission is by attending our fundraiser on October 19th at

Riverside Inn, where we will be hosting an Oktoberfest-themed Wine, Beer, and German-inspired tasting menu from 3–5 p.m. As the date approaches, we will share more details about this special event. Even if attending is not possible for you, the purchase of tickets still provides support for our mission and directly benefits the community we serve.

Additionally, we currently have a client recently diagnosed with a serious condition who requires blood transfusions every 10 days. If you are eligible to donate blood or know someone who is, please encourage them to contact us at 507-6781-9250. Your help in this area could be life-saving.

At Boquete Hospice and Health, helping our community is at the heart of everything we do. Your support—whether through donations, attending events, lending a hand, or spreading the word—truly makes a difference for all who call Boquete home.

Thank you for being part of this caring community.

Warm regards,

Jeanie Miller
Executive Director
Boquete Hospice and Health (BHH)



Volunteer Spotlight

From Shy to Shinning

by: **Lorraine Handler**



”
There is a deep self-satisfaction that comes from being part of a group dedicated to making a difference.

I have always been a shy person, quietly admiring those who stepped forward to take on leadership roles — even the small ones. For much of my life, I was content to remain in the background, watching others make things happen.

Joining Boquete Hospice as a volunteer was a big step for me. It meant moving from the shadows into a place where I could contribute, learn, and connect. What I discovered was far more than I expected.

There is a deep self-satisfaction that comes from being part of a group dedicated to making a difference. Our work supports the community in meaningful ways, and each task, no matter how small, feels purposeful.

Volunteering has also brought something just as valuable — friendships. Working side by side with people who share a common goal builds bonds that make life richer and more fulfilling.

If you have ever thought about volunteering but hesitated, I encourage you to take that step. You may discover, as I did, that the rewards are far greater than you imagined. You will grow, you will connect, and you will help create a stronger community. Take that step. Volunteer.

FOLLOW US ON SOCIAL MEDIA



**Boquete Hospice &
Health**

[boquete.hospicehealth](https://www.facebook.com/boquete.hospicehealth)



[boquete.hospicehealth](https://www.instagram.com/boquete.hospicehealth)



[boquete.hospicehealth](https://www.tiktok.com/boquete.hospicehealth)



www.boquethospicehealth.org

COMMUNITY TESTIMONIAL

BY: WILLIAM CASTILLO

My family faced one of the most difficult chapters of our lives when my sister, after more than a year and a half of battling cancer, entered palliative care. It was a season of deep physical, emotional, and spiritual exhaustion—each day making it more evident that we needed help to care for her at home with dignity and love.

That was the moment Boquete Hospice Health Foundation stepped in, and I can say with absolute certainty that their presence changed everything. With remarkable generosity and a warmth beyond words. They provided for us not only equipment, but also understanding and companionship in the midst of pain.

Thanks to them, we had access to a hospital bed, an oxygen concentrator, a walker, a wheelchair, and even a raised toilet seat; items that might seem simple, yet in our circumstances were absolutely necessary.

I truly don't know how we would have managed without their support. What touched us most was the way they made us feel we were not alone, that caring hands were ready to lift us up when we needed it most.

When my sister finally found rest, we returned everything that had been loaned to us.



"...They provided for us not only equipment, but also understanding and companionship in the midst of pain...."

We also felt moved to donate some of the items we had once needed ourselves, with the hope that they might bring comfort and support to other families walking through their own moments of fragility.

Today, as a family, we will be forever grateful to Boquete Hospice Health Foundation, to their volunteers, and to all those who make their mission possible through donations and time. They not only helped us care for my sister in her final days, but also reminded us of the true value of solidarity and love within a community.

You can make a difference

DONATE TODAY



PLAYING IS CARING

ON SUNDAY, AUGUST 24TH, 2025, WE CAME TOGETHER ONCE AGAIN FOR OUR SECOND EDITION OF BINGO WITH PURPOSE

And what a night it was! Building on the success of our first event, this gathering exceeded all expectations. The energy was brighter, the laughter louder, and the sense of community stronger than ever.

So many friends—both Panamanians and expats—joined us that the venue quickly filled to capacity. We had to bring in extra tables and chairs just to fit everyone in! It was a beautiful reminder of how much this community values coming together for a cause that matters.

More than just a game, this event showed the true power of unity. When Panamanians and expats join hands, we create something extraordinary—a force for positive change in our community. Each smile, each laugh, and each number called out carried the deeper purpose of making a real difference for those in need.

From the bottom of our hearts, thank you to everyone who participated, supported, and shared this special evening with us. Your presence and



generosity are what make “Bingo with Purpose” more than just an event—it is a movement of compassion, solidarity, and joy.

We warmly invite you to join us again at our next Bingo with Purpose and to continue supporting our future fundraisers. Together, we can keep building a community where care, connection, and kindness thrive. Because when we come together—Panamanians and expats side by side—we can truly change lives.





BOQUETEÑOS

Luz de esperanza

The mission of Boqueteños Luz de Esperanza Association is to help cancer patients with low or limited financial resources in the District of Boquete.

We are a group of forty members, comprising volunteers, cancer patients, and their relatives, who are dedicated to supporting those affected by this debilitating and costly disease.

Assistance is provided at any stage of the illness according to the patient's needs and the resources available. Among the support we can offer are: financial aid for transportation to appointments at the Oncology Institute, lodging and medications, diapers, and nutritional support (Ensure).

To carry out this mission, we receive support from volunteers, public institutions, businesses, the Boquete Hospice and Health Foundation, and others who collaborate in the economic, educational, spiritual, and emotional strengthening activities we develop.

For a patient to receive this benefit, they must have a confirmed diagnosis and be referred through the Socioeconomic Evaluation Committee during a home visit.

For any information about patients who may need our help, please contact us at 6666-8807, 6420-6601, or 6647-6368.



boquetenos_luz_de_esperanza

BHH IN NUMBERS



During the months of July-September, 2025, we provided **health support** to 14 members of our community (diapers/nutritional support)

14

We helped **spread the word** on behalf of 9 members of our community in need of blood transfusions

9



40 93

We provided **information** about local medical providers/caregivers 40 times

And 93 pieces of **equipment** went out to the community

LOAN PARAMETERS

AREA OF COVERAGE

This is a community service for the residents of Boquete and Potrerillos

BEDS

- Reserved for terminal patients (with a life expectancy of 6 months or less).
- You will need a note from the attending physician specifying:
 - That the patient is under palliative care for a terminal condition
 - Current diagnosis
 - Medical history
 - Doctor's phone number

OXYGEN CONCENTRATORS

- Reserved for terminal patients (with a life expectancy of 6 months or less).
- You will need a note from the attending physician specifying:
 - That the patient is under palliative care for a terminal condition
 - Current diagnosis
 - Medical history
 - Doctor's phone number
- Oxygen prescription

MOBILITY EQUIPMENT

- Short-term need (3months or less) unless hospice
- No paperwork required

SELF CARE EQUIPMENT

- Short-term need (3months or less) unless hospice
- No paperwork required

Snapshots from **CORKS** *for a cause*



On the afternoon of July 12th, Boquete Hospice and Health Foundation hosted *Corks for a Cause – Italian Edition* at Tomate Loco in Bajo Boquete. The event brought together the warmth of our community and the flavors of Italy, creating a memorable afternoon in support of a meaningful mission. Guests enjoyed a delightful selection of Italian wines paired with savory appetizers, all while sharing laughter, conversation, and solidarity.

The gathering wasn't only about good food and wine; it was about uniting for a purpose. Every ticket purchased and every toast raised supported BHHF's programs that provide medical equipment loans, emotional support, and community education—all at no cost to those in need. With friends, neighbors, Panamanians, and expats side by side, the event truly reflected Boquete's generous spirit and commitment to caring for one another.

COMMUNITY WORKSHOPS

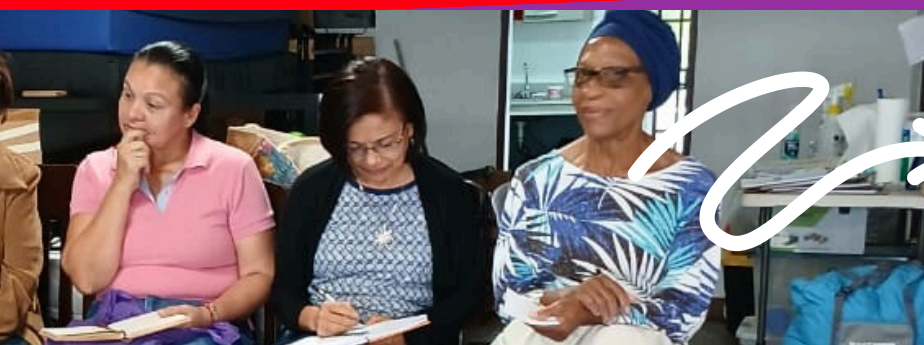
Education is one of the three main pillars of Boquete Hospice and Health Foundation, and we take it to heart. We believe knowledge is power, which is why every workshop and educational session is carefully designed and offered free of charge to our Boquete community.



"Be Prepared," a workshop on navigating the legal aspects of end-of-life in Boquete, is offered four times a year.



CPR and Heimlich Maneuver classes are offered four times a year



We offer monthly **Emotional Support Volunteer** workshops, each with a different focus, to empower volunteers as community educators and equip them to be compassionate, empathetic companions.

HEALTH UPDATE

by Dr. Shannon Tuer, Medical Director

DEAR COMMUNITY MEMBERS,

We are quickly coming upon the end of the year which includes the celebration of fiestas patrias , Christmas and New Year.

But did you know In Panama, the month of October serves as both Breast and Prostate Cancer Awareness Month, known internationally as "Pink October" for breast cancer, with a "Blue Ribbon" for prostate cancer sometimes used in conjunction to signify both causes.

Throughout the month, various organizations and the government participate in awareness campaigns, walks, and other events to highlight the importance of early detection and prevention for both types of cancer.

Make sure to do your mammograms or prostate exams to commemorate cancer prevention in October!

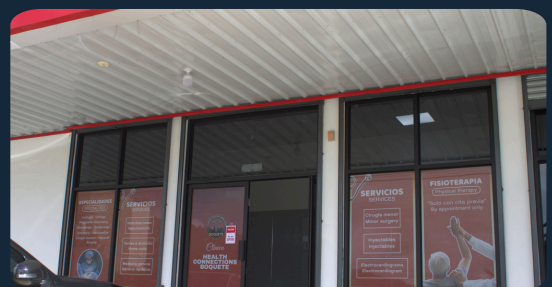


**DUE FOR YOUR NEXT
CHECK-UP? SCHEDULE YOUR
APPOINTMENT AT HEALTH
CONNECTIONS**

 **6507-4299**

 **Dra. Shannon**

 **healthconnectionsboquete**



your Local directory

more accessible than ever

Click
here

Visit here



WE ARE EXCITED TO ANNOUNCE...

that our new website now includes a Local Health Directory button for quick and easy access. This feature was added to ensure that community members can find important health resources, services, and contacts in one convenient place. By placing the directory just a click away, we hope to make vital information more accessible to everyone and support our mission of connecting the community with the support and assistance they need.

Scan here



<https://boquetehospicehealth.org/listings/>

Businesses that care



THANK YOU!



A special thanks to Puente del Mundo magazine for their article about Boquete Hospice and Health Foundation. You can find it by visiting www.puentedelmundo.com or clicking on the cover.



UPCOMING EVENTS

Boquete Hospice
and Health Foundation



CPR

Wed. October 8th, 2025

10:00 AM

ANIMALES BUILDING

General Meeting & Potluck

Wed. October 8th, 2025

11:00 AM

ANIMALES BUILDING

Oktoberfest

Sun. October 19th, 2025

3-5 PM

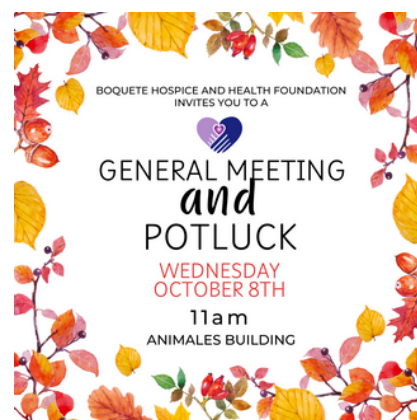
Riverside Inn,
Bajo Boquete

Be Prepared

Wed. November, 19th

9-11am

ANIMALES BUILDING



To get in touch with us:



+507 6781-9250



boquetehospicehealth@gmail.com



Office hours:

Monday-Friday 9:00 am-1:00pm

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