

QUARTERLY

NEWSLETTER

Boquete Hospice and Health



December , 2025
Newsletter

VOL. 003

VOL.003 TABLE OF CONTENTS

PRESIDENT'S NOTE



President's Note	02
Director's Corner	04
Volunteer Spotlight	05
Community Testimonial	07
A Fest to Remember	08
Boqueteños Luz de Esperanza	10
BHH in Numbers	11
Loan Parameters	12
Health Update	14
Local Directory	15
Upcoming events	16

Holiday greetings everyone!

As 2025 winds down, we are proud to look back on our accomplishments and look forward to another rewarding year at BHH. This year, we have engaged a half-time office manager, Jasiel Ordonez, who has proven to run the BHH office more efficiently than ever before.

Our director Jeanie Miller has worked tirelessly to bring our organization into full compliance with Panama laws and streamline the functioning of the volunteer groups. We are utilizing a social media company to get our message on to all sources of social media to as many young, and aged, Panamanians and ExPats as possible.

We have partnered with a very active local organization, Boqueteños Luz de Esperanza, whose volunteers work alongside us to provide visits and support to community members at the end of life. Education has also been a big part of our mission this year. BHH has provided community education to ExPats and Panamanians in the form of CPR classes, Be prepared seminars, and Hospice training in grief, bedside etiquette, and end-of-life experience.

In 2026, our goal will be to increase our volunteer groups to be able to reach more of our community than ever before. We encourage everyone to support BHH by promoting our mission of service, volunteering in some capacity and with donations.

May your holidays be joyous, and safe . Best wishes From all of us at BHH.

From the heart,

Kat McKay
President, Boquete Hospice and Health

Meet

The board members

KAT MCKAY, PRESIDENT



KEVIN TAYLOR, VICE-PRESIDENT



RACHEL BOOTH, TREASURER



SHARON BENZIL, SECRETARY



**GEOVANA CABALLERO,
COMMUNITY MEMBER**



Director's Corner

Dear Friends of Boquete Hospice and Health,

As 2025 ends, we want to thank our dedicated Volunteers. This year, our efforts to reorganize and improve have made a real difference. We've streamlined our work, built strong community ties, and increased our fundraising. Thanks to these changes, we can help more ExPat and Local Panamanian families. Our cooperation we started this year with Boqueteños Luz de Esperanza has allowed real and impactful change.

Our Volunteers are the heart of everything we do. Their compassion and commitment make all our achievements possible. We also rely on generous donations from supporters like you. Your kindness allows us to provide vital services, such as medical equipment loans, caregiver support, and community programs.

Please consider supporting us through estate planning, monthly donations, or a gift to our US 501(c)(3) organization for tax benefits. Donations can also be made easily through our website. Your support helps us continue our mission—to serve with compassion and dignity.

With gratitude,

Jeanie Miller
Director, Boquete Hospice and Health



Volunteer Spotlight

by: Fred Williams



"I realized the immense help this gives the community and saw the satisfaction of helping others, either through a difficult time to recover, or to make the final stages of life more comfortable."

My name is Fred Williams, and I have only been volunteering for a few months. I currently work with the Bed and Respiratory teams.

I have had experience in volunteering before moving to Panama. When I got here, I was involved with another group, but it just seems like I wanted to do more. A couple of friends suggested Boquete Hospice and Health, and it was something I considered valuable, but I had no experience with medical equipment and health issues. Deciding to take the plunge, I cautiously volunteered. From my first experience, I realized the immense help this gives the community and saw the satisfaction of helping others, either through a difficult time to recover, or to make the final stages of life more comfortable.

I recently made a delivery to a patient that was a former volunteer. It was especially moving when the wife of the patient was thanking us so much, and I could remind her of all the comfort she gave, and that it was just karma returning the favor they gave so many when they were able. I can only hope Boquete Hospice and Health will be there if and when my need for such care arises.

To anyone that wants to volunteer with an organization dedicated to the health and comfort of the community, both Panamanian and Expat, I would suggest getting involved with this group. No prior experience is required, you can be taught what you need to know. It isn't that difficult to help the needs of the community, and there is a huge satisfaction in giving it.

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.boquetehospicehealth.org

COMMUNITY TESTIMONIAL

BY: SARAH ZINK

Denial. Pride. Embarrassment. Fear.

These are only some of the emotions that can keep people from reaching out to Boquete Hospice and Health. Sadly, they are also the very emotions that can prevent individuals and their families from receiving the support they genuinely need.

At-home family caregivers can benefit enormously from the services BHH offers. In our case, Dr. Shannon recommended BHH in August for my husband, whose health was declining. Our goal was simple and heartfelt: to keep his care at home focused on comfort and dignity, with the hope that he might recover some of his former strength.

Jeanie at BHH helped me understand something I had never realized. The primary purpose of BHH's equipment loan program is to support the caregiver, working alongside medical providers. I had always assumed hospice services centered only on the patient. Learning otherwise made a world of difference.

BHH loaned us essential equipment that ensured my husband's care remained grounded in comfort and dignity. Their delivery and pick-up volunteers were kind, compassionate, and efficient. I cannot convey strongly enough how invaluable these resources were to us.

We received a hospital bed, blanket lifter, air mattress, a two-way monitor so I could hear him from another room, and other items that made daily care easier.



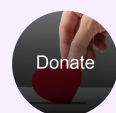
"Their delivery and pick-up volunteers were kind, compassionate, and efficient..."

Additional equipment included an O2 concentrator, walker, and memory foam seat cushion, among other supports.

Beyond equipment, BHH provided respite care by staying with my husband so I could run errands without worry. At no time did I feel needy, inconvenient, or as if I were asking too much. Their presence felt supportive, steady, and genuinely caring.

If your medical provider recommends BHH, whether for a temporary setback or a long-term or terminal condition, do not hesitate. Reaching out may make all the difference for both your loved one and for you as the caregiver. You will be grateful for the comfort, dignity, and support they provide.

BHH is holding a donation drive with all contributions dedicated specifically to our 2026 Oxygen Concentrator Fund. In loving memory of Larry Zink, his wife, Sarah Zink will match all donations made in December 2025 up to \$750. Each gift directly supports the purchase and maintenance of oxygen concentrators to loan to families in need. To participate, please visit the donation section of our website.



boquetehospicehealth.org



You can make a difference

DONATE TODAY



A FEST TO REMEMBER



We would like to extend our heartfelt gratitude to everyone who joined us in support during Oktoberfest this year.

We appreciate the Riverside Inn for hosting the event and for their collaboration in making it possible. A big shout out to our event sponsors as well.

Participating in local events like this allows us to remain connected to the Boquete community and to continue our work. Thank you!

Wrapping the year with joy, love, and gratitude

Boquete Hospice and Health Foundation, along with Boqueteños Luz de Esperanza, would like to thank everyone who supported our gift wrapping station at this year's Christmas Villa.

We also thank the Chamber of Commerce for organizing such a wonderful community event and for the opportunity to participate.

We are proud to be part of activities that strengthen camaraderie in our community.





BOQUETEÑOS

Luz de esperanza

The Boqueteños Luz de Esperanza Association has been operating for eight years, during which time it has provided assistance to economically vulnerable cancer patients in the District of Boquete.

Among the activities and support we offer are:

- Outreach and assessment visits to diagnosed and referred patients.
- Home visits to patients and their families to provide companionship, moral support, solidarity, orientation, and necessary guidance.
- Educational talks for patients, family members, and volunteers, per identified needs.
- Financial assistance for transportation, medications, medical consultations, and any other therapy that contributes to the patient's recovery.
- Social gatherings with activities for entertainment, enjoyment, and relaxation for all group members, contributing to mental health.

It is important to keep in mind that patients sometimes only want to be listened to; therefore, as an organized group, we provide that space so they can express how they feel.

Contacts (Spanish):

6666-8807
6420-6601
6647-6368



boquetenos_luz_de_esperanza

BHH IN NUMBERS

During the months of October-December, 2025, we provided **health support** to 19 members of our community (**diapers/nutritional support**)

19

We helped **spread the word** on behalf of 6 members of our community in need of **blood transfusions**

6



15

We provided **information** about local medical providers/caregivers **15** times

71

And **71 pieces of equipment** went out to the community



BHH LOAN PARAMETERS

AREA OF COVERAGE

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

BEDS

- Reserved for terminally ill 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 as a terminally ill patient.
 - Current diagnosis
 - Medical history
 - Doctor's phone number

OXYGEN CONCENTRATORS

- Reserved for terminally ill 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 as a terminally ill patient.
 - Current diagnosis
 - Medical history
 - Doctor's phone number
- Oxygen prescription

MOBILITY EQUIPMENT

- Short-term need (3months or less) unless hospice

SELF CARE EQUIPMENT

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



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boquetehospicehealth@gmail.com

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 three times a year.



CPR and Heimlich Maneuver classes are offered three 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,

Flu season is officially underway here in Panama, and now is the perfect time to think about protecting yourself and your loved ones.

The flu virus can spread quickly, especially in crowded places or during gatherings, so getting your flu shot is one of the best ways to stay healthy this season. Fortunately, flu vaccines are available at all MINSA clinics across the country, making it easy and convenient to get vaccinated.

Remember, the flu shot not only reduces your risk of getting sick but also helps protect those around you, especially people who are more vulnerable like older adults and young children.

The holiday season is a wonderful time filled with family, friends, and celebrations. However, it can also bring added stress and make mental health challenges more difficult to manage

Dra. Angela Medina, our trusted bilingual psychiatrist based in David, Panama, encourages everyone to stay connected with loved ones, practice regular self-care, and reach out for professional support if feelings of anxiety or loneliness arise.



You can contact Dra. Medina via WhatsApp at 6844-6587 for support.

At Boquete Hospice and Health, we want you to have a safe, healthy, and joyful holiday season. Don't forget your flu shot—and take care of your mind and body every step of the way.

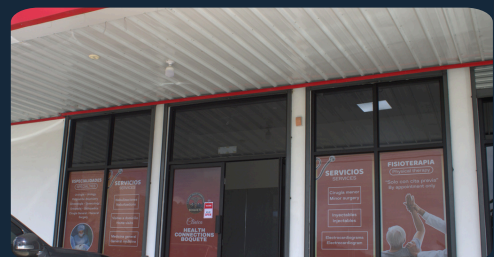
Dra. Shannon Tuer
Medical Director
Boquete Hospice and Health

**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

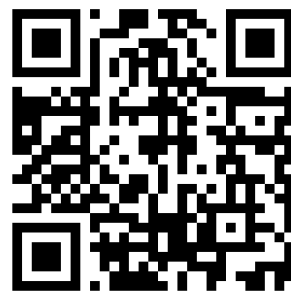
Visit here



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/>

UPCOMING EVENTS

Boquete Hospice
and Health Foundation



Be Prepared

Wed. February 11th 2026
ANIMALES BUILDING
9:00am - 11 am

February Fundraiser 2026

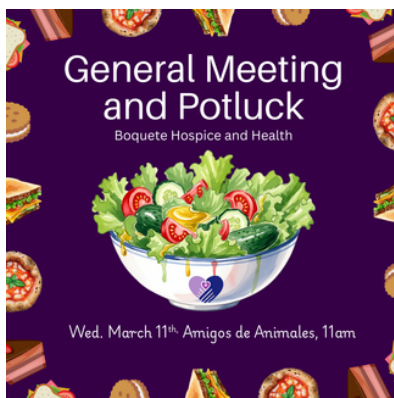
More details to come...

CPR

Wed. March 11th 2026
ANIMALES BUILDING
10 am

General Meeting & Potluck

Wed. March 11th 2026
ANIMALES BUILDING
11 am



To get in touch with us:



+507 6781-9250



boquetehospicehealth@gmail.com



Office hours:

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

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.



Oktoberfest Sponsors



THANK YOU!



THANK YOU FOR BEING A PART OF OUR
MISSION IN 2025. HAPPY HOLIDAYS! SEE YOU
NEXT YEAR!



SINCERELY,
THE BHH FAMILY



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