

QUARTERLY NEWSLETTER

Boquete Hospice and Health



JAN-MAR
2026
Newsletter

VOL. 004

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Happy summer, everyone! Well... at least according to the calendar. Boquete's weather seems to like keeping us guessing. The wind still whistles through town, and we even had more rain than usual this year, just when I thought I could park and walk several blocks without a jacket or umbrella. Boquete always keeps us on our toes! With changing weather and ongoing road repairs around town, the chances of slips, bumps, and minor injuries can increase.

Your Hospice is here to help. We have equipment and resources available, so you don't have to rush out and purchase crutches, canes, or wheelchairs. Simply call us to request a short-term loan.

And speaking of help, we received a very generous donation of diapers and Ensure this month. This blessing came to us from the Jorge Espino Fundación in Panama City. We are deeply grateful for their support of the services we provide to our community. We gladly accept donations of supplies and cash during our business hours, Monday through Friday from 9:00 a.m. to 1:00 p.m.

It has been a busy start to the new year, beginning with our first 2026 Be Prepared presentation in February and the planning of our first CPR class of the year this month.

Did you know we hold a General Meeting each quarter that is open to the community? Everyone is invited to attend, share ideas and comments, and stay afterward for a potluck lunch where we enjoy good food and the opportunity to connect with one another!

Please keep an eye on our social media pages for announcements and upcoming dates.

Best wishes,

Kat McKay
President

Meet

The board members

KAT MCKAY, PRESIDENT



KEVIN TAYLOR, VICE-PRESIDENT



RACHEL BOOTH, TREASURER



SHARON BENZIL, SECRETARY



**GEOVANA CABALLERO,
COMMUNITY MEMBER**



Director's Corner

As we step into 2026, I want to take a moment to thank each of you for being part of our hospice and community health family. A new year always brings chances to make fresh starts — in our lives, our goals, and our service to one another.

Many people don't realize that giving to a nonprofit like ours can also help with their tax planning. Boquete Hospice and Health Foundation is a registered 501(c)(3) organization, which means your donations may be tax-deductible if you file in the U.S. For some, it's a smart way to plan around yearly taxes. But the real reward goes far beyond the numbers — it's knowing your gift brings comfort, care, and kindness to those who need it most.

We are also beginning this year with a renewed focus on volunteerism. Our volunteers are the heart of what we do. They offer rides, make home visits, organize events, and lend helping hands wherever there's a need. Whether you can give an hour a week or a few hours a month, your time makes a difference. It's about connection — about neighbors caring for neighbors. If you've been thinking about getting involved, now is the perfect moment to step in. We'll provide the training and support to help you feel confident and capable.

Finally, I want to share a very special thank-you. Our organization simply wouldn't exist without the generosity of our donors. This year, we are especially grateful to Maria Vincent, whose incredible donation made it possible for us to maintain our facility and part-time staff.

We are equally thankful for our faithful monthly donors, whose steady support allows us to continue serving our community all year long. Together, they provide the foundation that keeps our services strong and dependable for those who rely on us most.

As we move through 2026, let's keep building this community together — one act of care, one hour of service, one donation at a time. Thank you all for keeping the spirit of compassion alive in Boquete.

Warm regards,

Jeanie Miller
Director
Boquete Hospice and Health Foundation



Volunteer Spotlight

by: Jeff Flynn



"I am always proud to be an ambassador, in my small way, for this organization and hope for a continued stream of like-minded volunteers to ensure the continuation of it's important work in perpetuity."

My name is Jeff Flynn. I've been a part-time then full-time resident of Boquete for the last 15 years. Once becoming a full-time resident, and purchasing a pick-up truck, I was encouraged by a friend to volunteer for the BHH bed delivery team about 6 years ago.

This was not just an easy way to plug into a dynamic and impactful program servicing the local community, but provided a means of connecting with a phenomenal group of volunteers. Just as important, is the opportunity to engage, in a very supportive and heartfelt way with individuals and families in our community.

When I started, the majority of the clientele we served were expats but over time, we are now serving more of the local Panameño residents. The appreciation expressed by these families, often going through an emotionally painful time, is always overwhelming.

WAZE and Google maps have made the job a lot easier over time and I have had the chance to exploring areas of the community I would have never known existed. I am always proud to be an ambassador, in my small way, for this organization and hope for a continued stream of like-minded volunteers to ensure the continuation of it's important work in perpetuity.

FOLLOW US ON SOCIAL MEDIA



**Boquete Hospice &
Health**

boquete.hospicehealth



boquete.hospicehealth



boquete.hospicehealth



www.boquetehospicehealth.org

COMMUNITY TESTIMONIAL

BY: YANIBETH QUIROZ

Hello, my name is Yanibeth Quiroz and I want to share with you our positive experience with Boquete Hospice and Health.

I am very grateful to the Boquete Hospice and Health Foundation, because thanks to them, my mother had a hospital bed available and also received support with diapers. Both of these forms of assistance were crucial for her comfort at the end of her life, and for our peace of mind as a family.

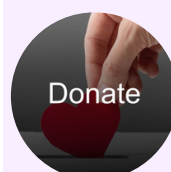
Unfortunately, my mother is no longer here to thank BHH for everything they did for her. However, the support she received from this foundation while she was alive made her final days more bearable.

I encourage the entire Boquete community to support the foundation's fundraising activities throughout the year. This helps the foundation continue programs such as loaning medical equipment and operating the diaper closet, which are vital for those most in need.

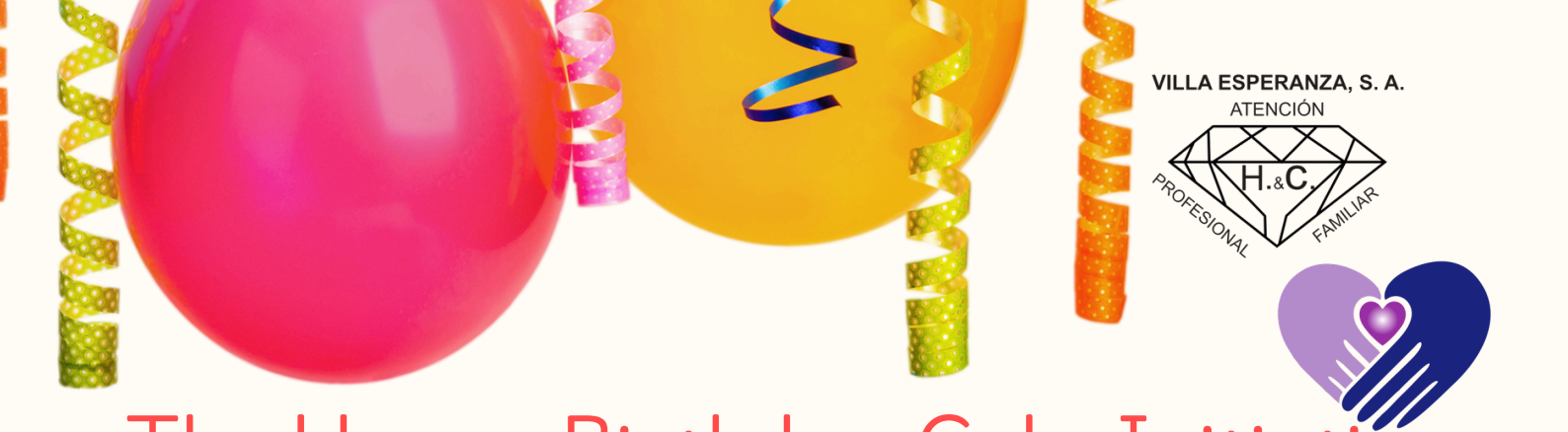


"...my mother had a hospital bed available and also received support with diapers. Both of these forms of assistance were crucial for her comfort at the end of her life, and for our peace of mind as a family."

Boquete Hospice and Health currently offers a short-term (3 months or less) medical equipment loan program and a palliative/hospice medical equipment loan program for end-of-life patients. In addition, we have an adult diaper closet, a companionship program, and community education programs (Be Prepared, CPR, and monthly companionship training). To learn more about how you can support us, please visit our website.



boquetehospicehealth.org



The Happy Birthday Cake Initiative



On March 24th, Boquete Hospice and Health Foundation proudly launched the *Happy Birthday Cake Initiative*, a heartwarming new program in collaboration with Villa Esperanza, the two nursing homes in Alto Boquete.

Members of our companionship team visited both homes to celebrate residents with birthdays from January through March, sharing smiles, songs, and sweet moments, including a very special celebration for a remarkable 101-year-old lady!

We are deeply grateful to Villa Esperanza for working alongside us to bring this beautiful initiative to life. Together, we continue to create meaningful community moments of joy and connection, this time especially for our seniors.

This program will take place quarterly, and we would love for you to be part of it. If you're interested in joining these visits or supporting this initiative through donations, please reach out to us at 6781-9250.

You can make a difference

DONATE TODAY



BINGO with purpose



Thank you, Boquete!

A heartfelt thank you to the incredible Boquete community for all the support given to the 3rd edition of Bingo with Purpose on March 15th.

This special bilingual fundraiser, held alongside Boqueteños Luz de Esperanza, continues to remind us of the power of coming together, not only to support local cancer patients and companionship visits, but to build meaningful connections.

It's truly inspiring to see Panamanians and Expats united as one strong, caring community that knows how to enjoy a great time while looking out for one another.

And of course, the food was absolutely marvelous!

Thank you for making this event so memorable.





BOQUETEÑOS

Luz de esperanza

The Boqueteños Luz de Esperanza Association continues its mission of helping patients in our district who have been diagnosed with cancer.

Our group's funds are based on self-managed activities: we hold three yard sales per year, which have been well received by district residents since the beginning, as well as raffles. Currently, we are working with Boquete Hospice and Health and have scheduled three bingo events. We have received strong community support, and the proceeds are divided equally between both foundations.

Our mission begins with identifying patients. We verify their diagnosis and contact family members to ask if they are open to a visit. If they agree, the visit is scheduled, and the Socioeconomic Evaluation Committee carries out its assessment. At that point, we determine what type of assistance we can provide based on each patient's needs.

The main types of support we offer, depending on availability, are: financial assistance for transportation to medical appointments at the National Oncology Institute (ION), lodging, medications related to the illness, diapers, and nutritional support (Ensure). In addition to this assistance, patients always receive words of encouragement, motivation, and, above all, solidarity from our group.

For any inquiries or donations, please contact 6666-8807 or 6420-6601.

Upcoming Garage Sale Fundraiser, April 18th, at the Park Gazebo by the Mayor's office, 8am-4pm.



[boquetenos_luz_de_esperanza](https://www.instagram.com/boquetenos_luz_de_esperanza)

BHH

IN NUMBERS

During the months of January- March 2026, we provided **health support** to **18** members of our community (**diapers/nutritional support**)

18

We helped **spread the word** on behalf of **4** members of our community in need of **blood transfusions**

4



14

We provided **information** about local medical providers/caregivers **14** times

101

And **101** 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



+507 6781-9250
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.

EMPOWERING COMMUNITIES



On March 26th, Boquete Hospice and Health Foundation held its first ever *Be Prepared Workshop* in Volcán, bringing together community members for an open and informative conversation about planning for the end of life in Panama.

We extend our sincere thanks to the Volcán Library for the invitation, for graciously hosting us, and for working alongside us to make this happen.

Through this effort, the Foundation continues to work hard to empower communities with the knowledge, tools, and resources needed to face this stage with clarity, dignity, and confidence, ensuring that no one has to navigate it alone.



HEALTH UPDATE

by Dr. Shannon Tuer, Medical Director



DEAR COMMUNITY MEMBERS,

When you move to Panama, there's a lot to enjoy: new friends, warm weather, and a relaxed way of life. But one very important step that many people forget is finding a primary care doctor right away, even if you feel perfectly healthy.

Having a doctor who knows you before you ever have a medical problem helps you stay on track with preventive care, manage any small issues early, and build a trusting relationship. It's also a good idea to start discussing your health wishes and preferences well before an emergency or serious illness occurs.

These early conversations make sure that your doctor and loved ones understand what matters most to you, and that your choices can guide your care when it counts.

Another helpful step is joining the "Be Prepared" workshop offered in our community. This workshop helps you get your legal and medical wishes written down and valid under Panamanian law.

You'll learn how to complete important documents—like a living will or power of attorney—so that your healthcare decisions are clearly understood and respected. Attending gives you peace of mind and helps your family know exactly what you want if you can't speak for yourself.

Finally, if you ever face a serious or long-term health condition, please consider palliative care as part of your plan. Many people think palliative care is only for end-of-life situations, but that's not true. It focuses on comfort, quality of life, and emotional support at any stage of illness.

Local palliative care options can help you manage symptoms, reduce stress, and support both you and your family. By taking these simple steps—finding a primary care doctor early, attending a "Be Prepared" workshop, and learning about palliative care—you'll be ready for whatever life brings.

Planning gives you more control, more peace of mind, and a healthier future here in Panama.

Dra. Shannon Tuer
Medical Director
Boquete Hospice and Health

 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



Margaritas for a Cause

Tuesday, May 5th 2026
More information to come

Be Prepared

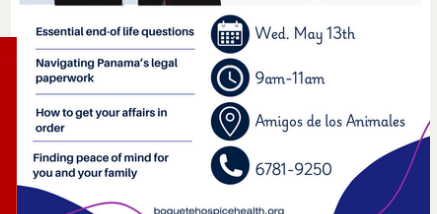
Wed. May 13th-2026
ANIMALES BUILDING
9:00am - 11 am

CPR

Wed. June 10th 2026
ANIMALES BUILDING
10am

General Meeting & Potluck

Wed. June 10th 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

Community Allies



THANK YOU!



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