

QUARTERLY NEWSLETTER

Boquete Hospice and Health



APR-JUN
2026
Newsletter

VOL. 005



PRESIDENT'S NOTE



Happy rainy season to everyone!

As the days become a bit more rainy, and I do more things inside such as clean out old records and notes, I realize how much we've grown over the last couple of years! This makes me very proud of our leadership and volunteers for dedicating time and effort to advance our goals. Below is a small example of our progress since the end of 2023.

- We are renting a centric place to conduct meetings, hold trainings and house our equipment, which has provided better control of our inventory.
- Many previous positions have been streamlined into a single part-time role, improving efficiency and coordination.
- Our highly motivated Fundraising Team, led by Rachel Booth, is now actively and consistently raising the funds needed to support our programs and services.
- A Donor Relations position was created to strengthen donor engagement. Sandra Wolf has assumed this role, focusing on nurturing relationships with long-time supporters and cultivating new donor opportunities.
- Through engaging videos and community interviews, our full-time Social Media Team keeps the community informed about all of our activities and community interactions with BHH.
- We have established an important partnership with Boqueteños Luz de Esperanza, this has brought Expat and Panamanian communities together. Their support has been invaluable in assisting with companionship visits.
- Community education remains a key focus, with monthly classes on hospice-related topics, as well as ongoing CPR training and Be Prepared seminars.
- We have joined the Boquete Community Group, designed to help strengthen the non-profits in our community.

We still have many future goals and big dreams to accomplish. This is where your monthly support makes all the difference. Please consider donating to help us improve our Hospice and Health Foundation.

Best wishes,

Kat McKay

President, Boquete Hospice and Health Foundation

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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,

Every day, I am reminded that our community is the reason Boquete Hospice and Health exists. Our mission is simple but powerful: to support people with health and wellness needs by providing information, equipment, and volunteer services, and to walk alongside those facing life limiting illness so they may experience death with dignity wherever possible.

At the heart of BHH is neighbor-to-neighbor care. Our volunteers help provide and maintain medical equipment, including hospital beds and oxygen concentrators, through our lending program for those who meet our loan parameters. We also offer resources on community services and practical information, helping people and caregivers navigate difficult times with greater clarity and support.

Education is another important part of our mission. Through CPR training, "Be Prepared" workshops, and other programs, BHH helps equip the community with knowledge that supports health, safety, preparedness, and informed decision-making. These conversations can be challenging, but they also help people prepare with greater peace of mind.

Our work is strengthened by partnership. BHH collaborates with groups such as Boqueteños Luz de Esperanza to extend companionship, support, and outreach to more people in the community. Together, these efforts help build a stronger culture of care in Boquete for both Panamanian and expat residents.

None of this is possible without the dedication of volunteers and the generosity of donors. Financial support helps sustain the equipment lending program, education efforts, and community outreach that are central to the BHH mission.

To learn more, volunteer, or support this work, please contact Boquete Hospice and Health Foundation.



+507-6781-9250

boquetehospicehealth@gmail.com

boquetehospicehealth.org

With gratitude,

Jeanie Miller

Director, Boquete Hospice and Health Foundation



Volunteer Spotlight

by: Julie Schwindt



"Whatever time I do have has been so enriched by volunteering.

If it doesn't extend my years, it certainly has brought fulfillment to my years"

-Julie

Hi. My name is Julie and I'm originally from Canada. At this time, I can only spend six months of the year in the Boquete area, so I want to make the most of my time by contributing to this community in some meaningful way.

I was first introduced to Boquete Hospice and Health when I attended one of their "Be Prepared Seminars". It was so well done, I knew right away I'd like to help this great organization, so I looked into volunteering opportunities with them.

There are several areas I've helped in, but my favorite is visiting folks who are, through various limitations, unable to be out in the community on a regular basis. My intention is to be a blessing, but I always go away feeling more blessed than I've been a blessing, my heart overflowing with gratitude and joy!

Many years ago, I read an article stating that volunteering could extend your life by up to 10 years. Whatever time I do have has been so enriched by volunteering. If it doesn't extend my years, it certainly has brought fulfillment to my years.

FOLLOW US ON SOCIAL MEDIA



**Boquete Hospice &
Health**

boquete.hospicehealth



boquete.hospicehealth

boquete.hospicehealth



www.boquethospicehealth.org

COMMUNITY TESTIMONIAL

BY: ROBERT COOK

I have requested assistance from BHH on two occasions.

The first time was when a neighbor of mine told me her 89 year old mother in palliative care was having difficulty swallowing her food and having reflux, I requested an adjustable hospital bed from BHH to help her. They loaned the bed and brought it to her home the next day! This kind act by BHH improved the elderly lady's quality of life significantly.

The second time was when I was scheduled for surgery in Panama City at the end of May, and the hospital required me to get two people to donate blood before the surgery. Since I live in Boquete and have no contacts in the city, it put me in a bit of a panic.

However, BHH put me in contact with Angela (a true angel) who found two donors and sent me the documents to give to the hospital. Angela is also the director of Boqueteños Luz de Esperanza, a foundation that provides assistance to Boquete cancer patients. If you would like to help, you can donate to them directly or attend their next bilingual Bingo they will do with BHH in August!

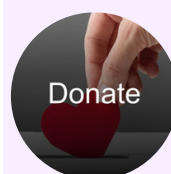
I'm telling you my story so you can see the kind of things Boquete Hospice and Health is doing for people behind the scenes in Boquete every day. So, when you see their fundraising activities throughout the year, please support them, so they can continue helping others as they helped me.



"I'm telling you my story so you can see the kind of things Boquete Hospice and Health is doing for people behind the scenes in Boquete every day"

-Robert

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



The Happy Birthday Cake Initiative is our newest community outreach program. Once every trimester, volunteers from our Happy Birthday group visit the residents of both Villa Esperanza Homes in Alto Boquete to share cake, sing Happy Birthday, and bring joy to those celebrating their special day.

We are deeply grateful to our dedicated volunteers, who carry out this program with kindness, enthusiasm, and a genuine love for our community. We also extend our sincere thanks to Villa Esperanza for welcoming us and partnering with us to make these meaningful visits possible.

We would like to invite musically talented members of our community to join Boquete Hospice and Health as volunteers and share their gifts through the Happy Birthday Cake Initiative, helping make these celebrations even more memorable for our friends at Villa Esperanza.

If you would like to volunteer or support this program with a donation, please contact us. Together, we can continue bringing smiles, music, and companionship to our neighbors.



6781-9250



Boquete
Hospice and Health
— Foundation —



**Your support
makes what
we do possible**



Savings Account
Banco General
04-48-96-075844-7



Our Operating Costs Include:



Staff



Rent



Phone/Wifi



Utilities

Our monthly operating budget is
\$3,000.00



For online
donations
Scan the
QR code



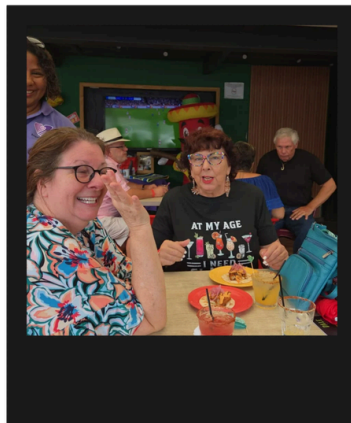
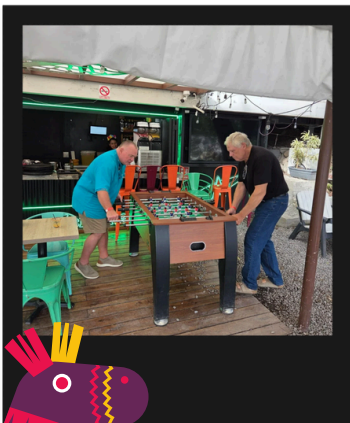
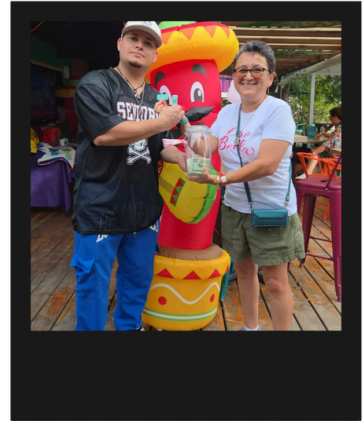
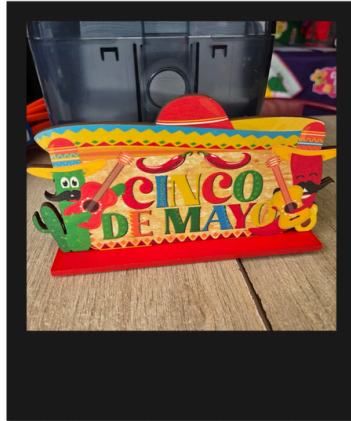
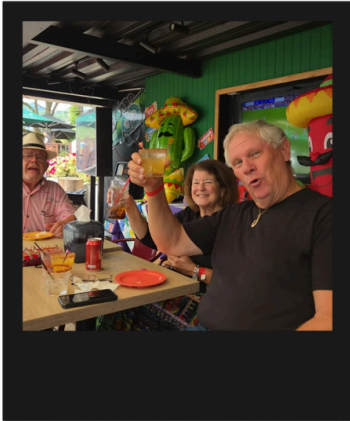
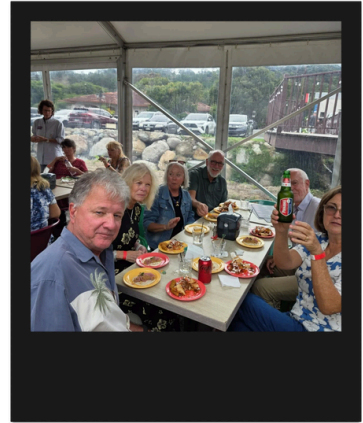
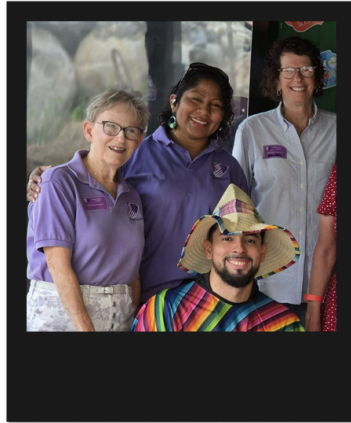
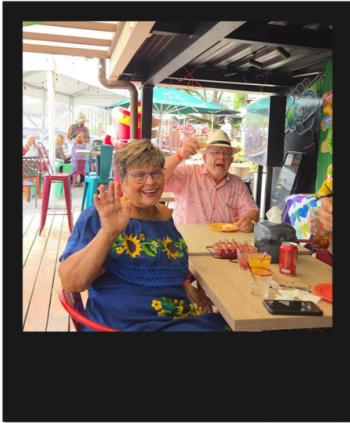
WhatsApp
6781-9250

♥ Donate easily, give from your heart.

boquetehospicehealth.org

Margaritas

Corks for a cause
in pictures





Margaritas

~~Corks~~ for a cause

SPONSORS



THANK YOU!





BOQUETEÑOS

Luz de esperanza

The Boqueteños Luz de Esperanza Association (ABLE) celebrated its ninth anniversary in May. Throughout these years, we have provided support to many residents of Boquete who are living with cancer.

In addition to the assistance mentioned before, our group offers companionship and emotional support to patients, their families, and caregivers, giving them the opportunity to express themselves freely and share their feelings. During our visits, it is heartwarming to see the trust they place in us.

They often tell us how much better they feel because, sometimes, what they need most is someone to listen. We are committed to being there for them whenever they need us.

For ABLE, working alongside Boquete Hospice and Health has been especially valuable. Once a month, they provide us with training sessions on a variety of topics that help us better support patients with encouragement and compassion, helping them feel stronger and maintain hope throughout the long journey that this illness often entails.

Since our beginnings, patients have always been our priority. Every day, we work with dedication, care, and compassion to offer our support and stand in solidarity with them.

For more information, please contact us:
6666-8807 or 6420-6601.



boquetenos_luz_de_esperanza

BHH IN NUMBERS

During the months of April-June 2026, we provided **health support** to 38 members of our community (**diapers/nutritional support**)

38

We helped **spread the word** on behalf of 7 members of our community in need of **blood transfusions**

7



27

We provided **information** about local medical providers/caregivers **27** times

106

And 106 **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 palliative/ hospice 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 / hospice care
 - Current diagnosis
 - Medical history
 - Doctor's phone number

OXYGEN CONCENTRATORS

- Reserved palliative/ hospice 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 palliative / hospice patient.
 - Current diagnosis
 - Medical history
 - Doctor's phone number
- Oxygen prescription

MOBILITY EQUIPMENT

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

SELF CARE EQUIPMENT

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



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COMMUNITY WORKSHOPS

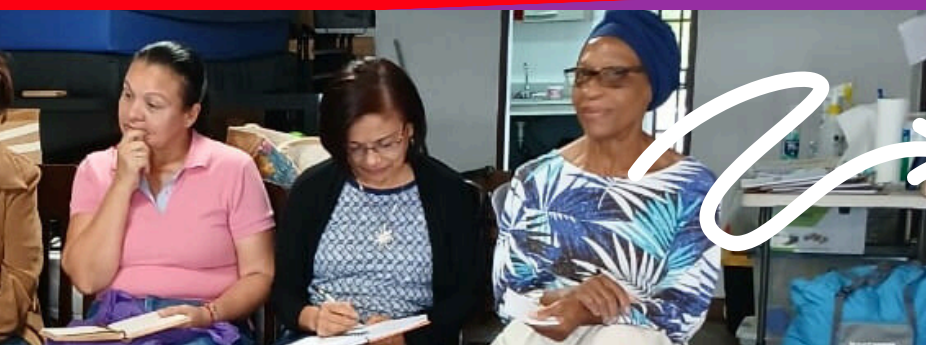
Education is one of the three main pillars of Boquete Hospice and Health Foundation, and we take it to heart. We believe knowledge is power, which is why every workshop and educational session is carefully designed and offered free of charge to our Boquete community.



“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 Companionship 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



STAYING UP TO DATE ON VACCINATIONS AS WE AGE

As a physician, one of the most common misconceptions I encounter is the belief that vaccinations are primarily for children. While childhood immunizations are critically important, staying current on recommended vaccines becomes even more important as we get older.

Our immune systems naturally change with age, making older adults more vulnerable to infections and increasing the risk of serious complications.

Chronic conditions such as diabetes, heart disease, lung disease, and kidney disease can further weaken the body's ability to fight illness. Vaccinations remain one of the safest and most effective ways to protect health, maintain independence, and reduce the likelihood of hospitalization.

Vaccines help the immune system recognize and respond to harmful viruses and bacteria before they can cause significant illness. In many cases, vaccination can mean the difference between a mild illness managed at home and a serious infection requiring medical care. Vaccination also helps protect family members and the broader community by reducing the spread of infectious diseases.

Several vaccines are especially important for older adults. The annual influenza vaccine helps reduce the risk of severe flu-related illness and complications such as pneumonia.

Staying up to date with COVID-19 vaccinations and boosters remains important because older adults face a greater risk of severe disease.

Pneumococcal vaccines help protect against pneumonia and other serious bacterial infections, while the shingles vaccine significantly reduces the risk of shingles and the long-lasting nerve pain it can cause. Tetanus boosters are also recommended periodically to maintain protection.

Many patients ask whether vaccines are necessary if they feel healthy. The answer is yes. Vaccination is a preventive measure designed to reduce risk before illness occurs.

I encourage older adults to review their vaccination history with their healthcare provider and ensure they are up to date. Staying current on recommended vaccines is a simple but powerful step toward healthy aging and preserving quality of life.

 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



Bingo with Purpose

Sun. August 2nd 2025
ANIMALES BUILDING
1pm- Doors open at noon

Be Prepared

Wed. August 12th 2026
ANIMALES BUILDING
9 - 11 am

CPR

Wed. September. 9th 2026
ANIMALES BUILDING
10am

General Meeting & Potluck

Wed. September 9th 2026
ANIMALES BUILDING
11 am



To get in touch with us:



+507 6781-9250



boquethospicehealth@gmail.com



Office hours:

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

Community Allies



THANK YOU!



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