

QUARTERLY NEWSLETTER

Boquete Hospice and Health



JUL-SEP
2026
Newsletter

VOL. 006



PRESIDENT'S NOTE



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Happy Spring, or Happy Fall, depending on which side of the equator you call home!

These days, it can be hard to know what to expect next. But then again, that's life. One minute we are healthy and happy, and the next, we could find ourselves being rushed to the hospital.

Have you ever stopped to think about how that scenario would play out? Do you have a plan in place? Have you discussed your wishes for your care and end of life with your loved ones?

At Boquete Hospice and Health, we try to think through these situations so we can help our community navigate them with a little more preparation and confidence. As I think about my own group of friends, I know that for some of us, the time is approaching when we may need to make some difficult decisions. Do we stay in Boquete, or do we eventually return to our native countries? These are not decisions that can be made in a moment of urgency. We need to think ahead.

And just as we think about our own futures, BHH is thinking about its future, too. We want to be here in Boquete for many years to come, continuing to support our community as its needs grow and change.

As I review our monthly reports, I am happy to see that we are helping more people in our community than ever before. That growth is something to celebrate, but it also means we need to plan ahead so that we can continue meeting those needs.

And that planning must include more support from our community.

Your donations are always welcome, whether you bring a cash donation, contribute much-needed adult incontinence aid supplies and wipes, or arrange a regular monthly transfer from your bank account. Planned, recurring donations are especially helpful because they give us a more reliable foundation as we plan for the future.

So, as you think about your own health, your own plans, and the future of those you care about, I ask you to also think about the future of Boquete Hospice and Health. We need your generosity, not only today, but in the years ahead.

My sincerest thanks,

Kat McKay

President, Boquete Hospice and Health Foundation

Meet

The board members

KAT MCKAY, PRESIDENT



KEVIN TAYLOR, VICE-PRESIDENT



RACHEL BOOTH, TREASURER



SHARON BENZIL, SECRETARY



**GEOVANA CABALLERO,
COMMUNITY MEMBER**



Director's Corner

Be Prepared: A Simple Step That Can Make a Difference

Living outside our country of origin brings adventure, connection, and the opportunity to build a meaningful life in a new community. It also means that, in an emergency, the people closest to us may not know whom to call, where to find important documents, or how to reach family members far away.

This past year has reminded us how important it is for every member of our community to have this information readily available. Emergencies can happen without warning, and when they do, friends, neighbors, landlords, medical providers, or other helpers may need quick access to essential details. Having this information prepared in advance can reduce confusion and help ensure that the right people are contacted when it matters most.

A completed emergency-information worksheet is a simple but valuable safeguard. It can include key contacts, medical and insurance details, medications or critical health information, pet-care instructions, and contact information for trusted friends, neighbors, landlords, or relatives abroad. Keep it in an accessible place, and make sure at least one or two trusted people know where to find it.

This is not about expecting the worst. It is about giving ourselves—and those who may need to help us—clear information during a stressful moment. Whether you live alone, rent a home, have pets, or simply want to make things easier for friends and family, a few minutes spent preparing can provide real peace of mind.

We are grateful to the Be Prepared team for creating this important resource and to Mark and Martine Heyer for updating and adapting it for the Alto Crimen group.

We encourage everyone in our community to take a few moments to complete the worksheet, review it regularly, and share its location with someone they trust.

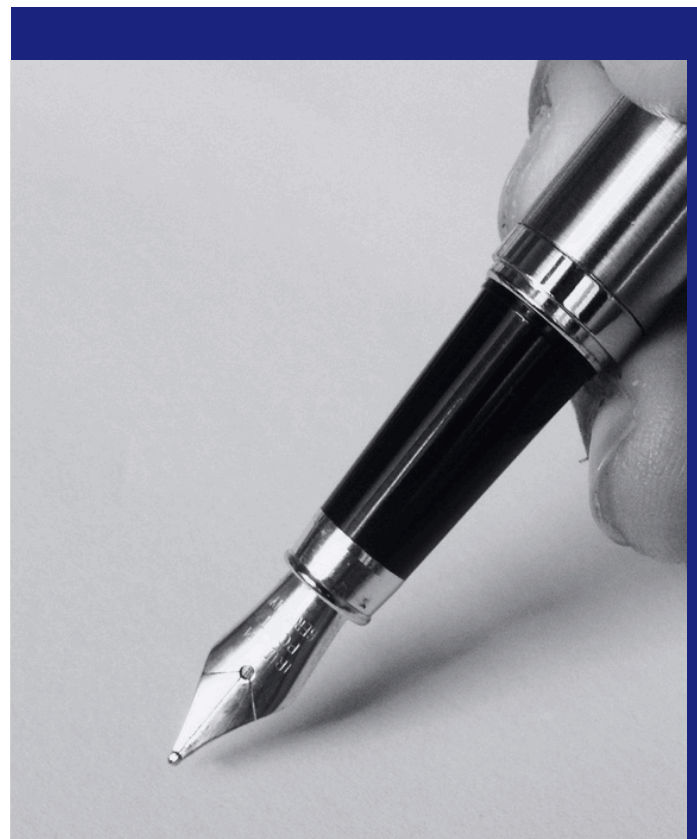
Jeanie Miller
Director, Boquete Hospice & Health



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Emergency Information Worksheet

download at altocrimen.com

Personal Information

Household Members

*Name, phone, cedula/passport number, any critical medical conditions
Attach copies of cedula/passports to this document*

Relatives abroad

Relationship, phones, emails

Pet information

Names, pet sitter info ,instructions

Medical and insurance

Doctor information

Name, phone, location

Medical power of attorney

Who has it? Where is it located?

Medical insurance and agent

Emergency Information Worksheet

download at altocrimen.com

Buddy

Name, phone

Neighbors and friends

Name, phones

Emergency numbers

Local lawyer(s), insurance agents, call center numbers (for accidents)

Name, phone

Rodny Direct(24/7, membership required, can sign up on first call)

<https://rodnydirect.com/>

6573-0141

Boquete Hospice and Health (business hours - Mon-Fri 9am-1pm, calls returned next business day)

+507-6781-9250, <https://www.boquetehospicehealth.org>

Police (for crimes only and car accidents - Spanish required) +507-720-1222

Boquete.app - more emergency service listings

<https://boquete.app/emergency-services/>

Volunteer Spotlight

by: Marcia Bowman



"...the CPR is something I can easily slip into, classes are held quarterly, and they have excellent mannequins. The mannequins even advise you whether you are doing the compressions correctly or not. I am not ready to present, but happy to assist individuals to acquire this skill. "

-Marcia

I am Marcia Bowman.

The first few months in Panama, 9 years ago, I was involved with doing the logistics of being here.

Shortly after that, I began volunteering with an Individual who has since moved away, helping with CPR classes. After she left, I let it drop for a while.

Some time after the Covid lockdowns, I got a notice about Boquete Hospice and Health offering CPR classes! I immediately volunteered, and have been at every class but one since then.

I have several other volunteer positions, doing Basura Busters (picking up garbage around town every Sunday morning), and being quite active with politics for the U.S. I also have been involved in a couple of plays in the last few years. I am, additionally, currently doing three hours of U. S. Voter Registration every week at the Thursday market, and additional times at Mike's in town.

But the CPR is something I can easily slip into, classes are held quarterly, and they have excellent mannequins. The mannequins even advise you whether you are doing the compressions correctly or not. I am not ready to present, but happy to assist individuals to acquire this skill.

And, hopefully, we will be taking our CPR classes on the road next year! We have had several inquiries, and hope to be able to accommodate these individuals and organizations in other communities. I am glad to be able to include this in my volunteer opportunities.

FOLLOW US ON SOCIAL MEDIA



**Boquete Hospice &
Health**

boquete.hospicehealth



boquete.hospicehealth

boquete.hospicehealth



www.boquethospicehealth.org

COMMUNITY TESTIMONIAL

BY: PENNY BARRETT AND JUDY SACO



Judy and Penny have an accident

Penny's Story: So, it all began with Judy and me walking in the Library Park Wednesday morning with our lazy hikers group. We should be called the "Lazy Eaters" because the highlight of the walk is going to breakfast afterwards.

We are a group of about 6 women and our token male and leader Michael Schwartz. After breakfast I was driving Judy back to her car in the park parking lot when she carelessly and unthinkingly walked behind my car. So I backed up my tiny, 300 lb, mini car and tapped Judy gently.

She fell and the park employee gently put her into the back seat of the car and we went to the local Mae Lewis emergency room. I, of course, felt awful and did a lot of penance by bringing her food and ferrying the Boquete Hospice equipment back and forth.

Speaking of Boquete Hospice, they were wonderful. They loaned us everything – shower chair, walker, knee scooter, wheel chair, orthopedic boot, etc. What would we have done without them?

**"What a wonderful asset to
our community."**

-Judy

Judy's Story: I was innocently returning to my car after a great breakfast with my Wednesday walking group. And wham!, this giant 2 ton car backed right into me, knocked me to the ground, and ran over my foot.

I was in a great deal of pain and shock. After 4 hours in the Mae Lewis local clinic, where they cleaned and stitched the cuts and did multiple x-rays, I was seen by the orthopedic surgeon, Dr. Avid Julio.

He told me I had multiple fractures in my big toe and I needed surgery. Of course both feet were terribly bruised and swollen.

It was a real nightmare but I was stoic about it, mainly because my friends Susan Peterson and Penny stayed with me through the whole ordeal.

Dr. Julio had never heard about Boquete Hospice so I gave him the number and later brought him a brochure. Hospice loaned me everything I needed. Penny and my neighbor Cat Vann toted lots of equipment back and forth. I am now on my way to recovery and my cats have taken over the wheelchair so it's time to return the equipment to Hospice.

I am also a Hospice volunteer so I, more than anyone, appreciates what great work they do. What a wonderful asset to our community.

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.

Donate

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boquetehospicehealth.org



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



BINGO WITH PURPOSE

A wonderful afternoon of community and solidarity

On August 2, 2026, Bingo with Purpose brought our community together at Amigos de los Animales for an afternoon filled with laughter, delicious food, exciting prizes, and most importantly, solidarity.

The incredible support from both expats and Panamanians was overwhelming—in the best possible way. So many people came to support Boquete Hospice and Health Foundation, and Boqueteños Luz de Esperanza that the venue quickly filled up, and we had to scramble to bring in additional tables and chairs to accommodate everyone.

It was a wonderful reminder of what can happen when our community comes together in a shared spirit of generosity. We are deeply grateful to everyone who attended, donated prizes, helped organize the event, volunteered, or simply came out to spend a joyful afternoon with us.

The funds raised will help both organizations continue their respective missions as they work together to support the people and families in our community.

Thanks to your incredible response, we are already making arrangements for a larger, more central venue so our friends in the community can continue enjoying this wonderful and meaningful Bingo for many years to come!



NEXT AND LAST OF 2026

BINGO WITH PURPOSE

5TH EDITION



October 25,
2026



Arco Iris
Building at the
Boquete Feria

*See you
there!*



Doors open
at noon



Bingo begins
at 1:00 p.m.



Get your tickets
in advance
☎ 6781-9250

♥ We're looking forward to seeing you! ♥



BOQUETEÑOS

Luz de esperanza

The Boqueteños Luz de Esperanza Association continues its work to support cancer patients in the Boquete District who have limited or low financial resources.

For our group, it is deeply rewarding to contribute in even a small way to those who need it most while facing this illness.

In addition to the assistance we provide (transportation expenses, adult incontinence aid supplies, Ensure, nutritional drinks, and financial aid for labs), we have encountered cases where all a patient asks for is companionship. Someone who will listen and give them a safe space to express how they are feeling.

That is why, during every visit we make, we give the patient the opportunity to talk about their experiences or whatever is on their mind.

It brings us great joy when they feel comfortable enough to open up and trust us, because we are also an organization that provides emotional and spiritual support.



boquetenos_luz_de_esperanza

BHH

IN NUMBERS

During the months of July-September 2026, we provided health support to 28 members of our community (diapers/nutritional support)

28

We helped spread the word on behalf of 3 members of our community in need of blood transfusions

03



26

We provided information about local medical providers/caregivers 26 times

84

And 84 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

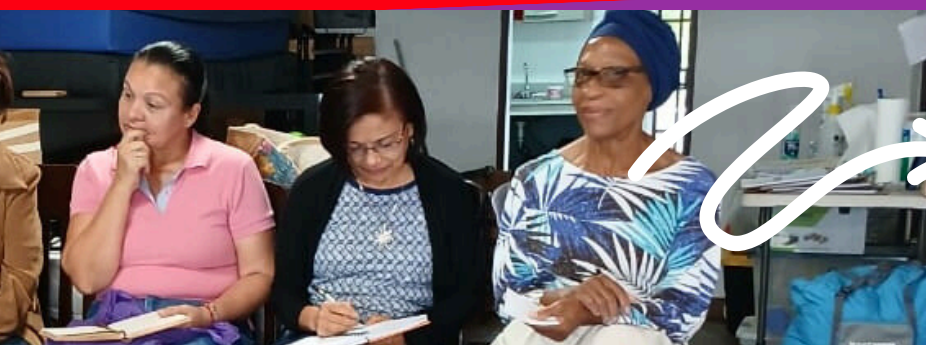
Education is one of the three main pillars of Boquete Hospice and Health Foundation, and we take it to heart. We believe knowledge is power, which is why every workshop and educational session is carefully designed and offered free of charge to our Boquete community.



“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

Protect yourself from gastroenteritis while the municipality works on roads & potable water pipes in Boquete

When the municipality is doing road work or repairing potable water lines, pipes can be disturbed and water quality may change temporarily, which can increase the risk of gastroenteritis.

Stay safe with these 4 habits:

- 1. Water safety** - Only drink bottled, filtered, or boiled water until the municipality confirms the supply is safe again. Avoid using water from hoses, hydrants, or taps during main breaks/flushing.
- 2. Hand hygiene** - Wash hands with soap and clean water before eating, drinking, or touching your face. Carry alcohol gel for when you're out and about.
- 3. Food & home care** - Keep food and dishes covered. If there's construction dust or runoff near your home, wipe down surfaces and wash fruits/veggies with safe water.
- 4. Stay alert for notices** - Follow municipality updates about boil-water advisories or service interruptions.

If you get diarrhea, vomiting, fever, or signs of dehydration: rest, rehydrate with oral rehydration salts or clean fluids, and see the health center if symptoms last >2 days or you have blood/fever.

A few extra precautions during the work keeps your family healthy.



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

Sunday, October 25th, 2026 at Arco Iris room, Boquete Fair. 1pm, doors open at noon

Be Prepared

Wednesday, November 11th 2026. Amigos de los Animales, Alto Boquete. 9am-11am



BINGO with purpose 5th edition

\$ 3.50 per ticket

Valid for all 20 rounds including the special 0.25 ones!

Pre-sale tickets available now!

Early Supporter Appreciation: Get your tickets in advance and enjoy **DOUBLE** raffle tickets for our prize drawings

Boquete Hospice and Health & Boqueteños Luz de Esperanza cordially invite you

Oct. 25th, 2026
Arco Iris Building
Boquete Fair
1pm, doors open at noon

6781-9250
6420-6601

20 games
20 juegos

ZERO stops between rounds

Bingo / Food / Prizes Community



Boquete Hospice and Health invites you to

Be Prepared

Register today



- Navigating Panama's legal paperwork
- How to get your affairs in order
- Essential end-of-life questions
- Finding peace of mind for you and your family

Wed. November 11th, 2026
9am-11am
Amigos de los Animales

+507 6781-9250

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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