

BHH NEWSLETTER – MAY 2021



Table of Contents

- **Dr Gottula on Medical Cannabis**
- **Boquete Health & Hospice Blood Program**
- **World Blood Donor Day**
- **Music's Impact on Sleep Disorders**
- **Handicap Parking Permits**
- **¡Un enorme agradecimiento!**
- **Boquete Home Care**
- **Next General Meeting**
- **Tree of Life Update**
- **BHH Policies**

Boquete Health & Hospice
Boquete Salud & Cuidado Paliativo

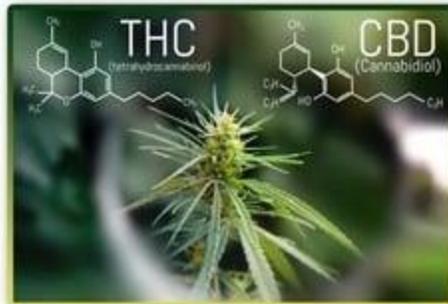
Helping Hands • Caring Hearts



General Meeting

Medical Cannabis

Dr. Rod Gottula



Why all the Buzz about THC & CBD?

Dr. Gottula became involved in Medical Cannabis in 2018. It was this exposure that led him to believe that there is tremendous potential for the treatment of many ailments through the proper use of Medical Cannabis. It is his goal to provide education to Health Care Providers and the public about the potential benefits in using Medical Cannabis to treat specific conditions.

Dr. Gottula is a Family Medicine physician with over 40 years of practice experience. 12 years were as a hospice physician and 2 1/2 as a cannabis physician in Colorado.

Dr. Rod Gottula at the General Meeting June 9th
1 pm via Zoom Only

[General Meeting Zoom](#)

Boquete Health & Hospice Blood Program

It is amazing. You can be aware of things, but until they touch your life it

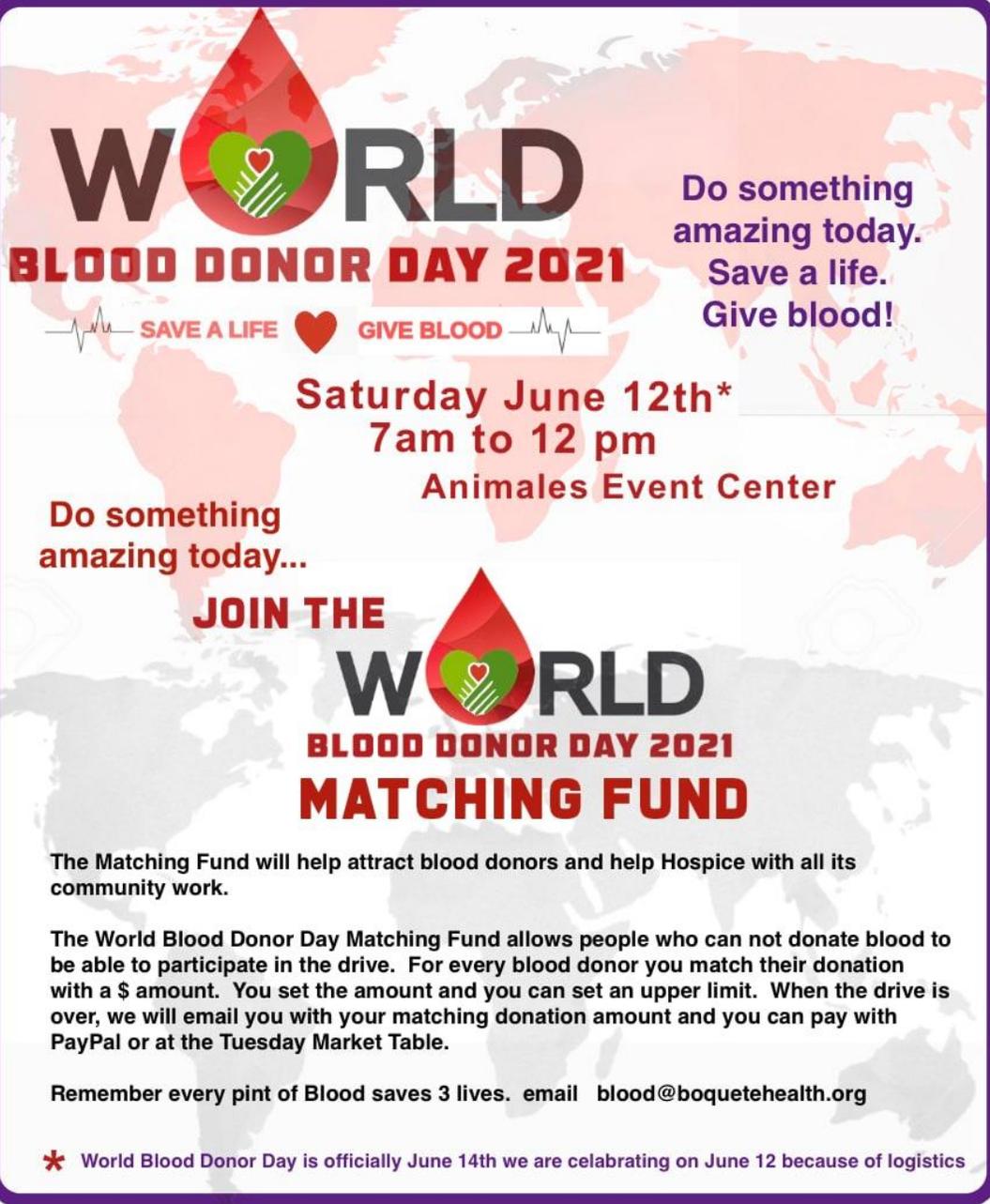
is an academic exercise. I have been aware of the Boquete Health and Hospice Blood Program and have even donated, but until early May had never had a need to use it.

Our neighbor called me early on Sunday saying her husband was having chest pains. We got him down to the MINSA clinic. Just 20 minutes later he was on his way to a hospital in David. I am so impressed with the care that the MINSA doctor gave him – she even went in the ambulance with him to David.

We got to the hospital, and after lots of tests, and many hours, it was determined that he needed surgery and that blood was required. The wife called me asking what to do. I WhatsApp-ed our Blood Team (6590-2000) and explained the situation. The BHH Blood Coordinator called the wife, for the details, then she called the Blood Coordinator at Hospital Regional. (all this at 8:00 p.m. on a Sunday evening). Within 30 minutes the Hospital Regional Coordinator was speaking with the surgeon, and all was arranged.

Without the blood program, our wonderful Blood Team, and the generous people who donate blood or money via our matching blood program, this would have been a much different story. Friends and family would have been begged to drive to David, fill out paperwork, get tested, donate, fill out more paperwork and drive home (sometimes this takes eight hours to accomplish). The surgery would have been delayed, and the outcome for the patient may not have been as positive.

No one ever expects emergencies to happen to them, but they do. Our next blood drive is in June. Please consider donating (you must be under 65 years of age) or helping with a matching gift. You, your family, neighbors or friends may be the next person to call for blood. We want to be there for you.



WORLD
BLOOD DONOR DAY 2021

Do something amazing today.
Save a life.
Give blood!

SAVE A LIFE GIVE BLOOD

Saturday June 12th*
7am to 12 pm
Animales Event Center

Do something amazing today...

JOIN THE WORLD
BLOOD DONOR DAY 2021
MATCHING FUND

The Matching Fund will help attract blood donors and help Hospice with all its community work.

The World Blood Donor Day Matching Fund allows people who can not donate blood to be able to participate in the drive. For every blood donor you match their donation with a \$ amount. You set the amount and you can set an upper limit. When the drive is over, we will email you with your matching donation amount and you can pay with PayPal or at the Tuesday Market Table.

Remember every pint of Blood saves 3 lives. email blood@boquetehealth.org

* World Blood Donor Day is officially June 14th we are celebrating on June 12 because of logistics

[Sign Up to Donate Blood English Form](#)

[Sign Up to Join Matching Fund](#)

[Sign Up to Donate Blood Spanish Form](#)

Music's Impact on Sleep Disorders"

from the "Magic of Music" Team

Sleep, that deep peaceful, rejuvenating sleep we all want and need, often eludes many of us. Sleep disturbances are highly common in our society, with increased prevalence in aging. In the United States approximately 50–70 million American adults report sleep difficulties. Sleep loss has been linked to a range of physical and mental health issues, with short-term effects evident after a single night of poor sleep. Short-term memory may be impaired and those affected report lower levels of happiness and more feelings of depression. If short term sleep loss is not remedied there is the risk that it may become chronic, a situation associated with serious health and well-being challenges. Science tells us, of course, that music can be beneficial in achieving better health and well-being. In the “Magic of Music” Team’s latest article, they review what the research tells us about why music can improve the quality of sleep. Based on this research, we offer some suggestions and recommendations on how you can begin to improve the quality of your sleep using music, including new playlists from the Magic of Music team. So, take a look and try it out for yourself! zzzzz....

[Read the Full Article](#)

Handicap Parking Permits

The Permit is prepared in PC, takes about 30 days.

An original “prescription” signed by Dr Diaz or another specialist in Internal Medicine is needed. It will include what device e.g. wheelchair the person needs.

Copy of Cedula, Drivers License.

Copy of the Cedula of the “responsible person”.

2 photos the size of the Carnet.

Copy of the Registration form of the vehicle.

1. The Government office responsible for issuing parking permits is SENADIS (Sec. National for Discapacitados)
2. LOCATION OF OFFICE: Go to the Cervantes Park in the centre of David. Take the street on the west side of the park heading south. Romero is on the corner. Go one block (to the back of Romero) and turn right. The Senadis office is 1 ½ blocks ahead on the right. I was told that it is on Calle Quinta. I didn't see a sign, but there is a store on the left before you get to the Senadis office that says Quinta. That was how I found the office.
3. There were 2 forms to be completed. I filled out one form; he filled out the other.
4. He said they would call when the card was ready in about a month.

5. The Permit is a plasticized Card with the bearer's FOTO. It can be transferred from car to car. This gives you 2 hours of parking in the Blue spaces. Try to get one for as long as possible.

Hang it on the rear view mirror.

There is no charge for this service.

SENADIS David 777-5608. I called several times and got no answer. I was about to give up, thinking it was a wrong number, when got someone who told me the permit was ready for us to pick it up.

¡Un enorme agradecimiento!

A huge thank you to our Translator Team this month! Behind the scenes, we have a tremendous team of volunteers who quietly assist with translation to ensure everything in our organization runs smoothly. Their work is quite vital to our organization. Many times they are contacted at the last minute to assist with calls from clients and families who do not speak English. Prior to the COVID lockdown, if needed they assisted the Administrator Team with client home visits, follow-ups and equipment demonstrations for Spanish speaking clients and families. Since home visits are not possible at this time, Translator Team members are actively assisting with a number of essential document translations that include updating policies, forms, resources lists, website content, marketing and training materials. They assist our Blood Team with blood drives and donations. Translator Team members also continue to serve as outreach

members for new medical facilities. Recently, members of the team visited a new clinic to explain our services to the Spanish speaking staff. We want to thank Luis, Carmen, Claudia, Char, Marjorie, Susan, Tamera, Sally, Zaida and Noemi.

¡Gracias por todo lo que hacen!

VILLA ESPERANZA, S. A.

ATENCIÓN



BOQUETE HOME & CARE

Hogar y cuidado al Adulto Mayor
Assisted Living and Elder Care Services

- Cuidado y atención personalizada las 24 horas del día
- Alimentación prescrita por nutricionista calificado (3 comidas y 3 meriendas diarias)
- Habitaciones compartidas o privadas
- Respaldo y atención de medico general
- Administración de medicamentos ordenados por el medico y suplidos por el familiar
- Personal altamente capacitado

- Personalized care and attention 24 hours a day
- Food prescribed by a qualified nutritionist (3 meals and 3 snacks daily)
- Shared or private rooms
- Medical attention
- Administration of medications ordered by the doctor and supplied by the family member
- Highly trained staff

CONTÁCTENOS AL

☎ 6678-1278 ○ 6505-3077

📍 Alto Boquete, entrada frente al Rest.
Granito de Oro, casa N°3, lado izquierdo

Reapertura junio 2021



English
Spoken



Villa Esperanza SA

Letter From Boquete Home Care

Services:

We offer lodging, food (breakfast, lunch and dinner, plus 3 daily snacks) personalized attention and care 24 hours a day.

We have daily occupational therapies and the support of a general practitioner.

Medicine administration. Ordered by the doctor and supplied by the family member.

Costs:

We offer shared or individual rooms. Depending on the room to choose and the patient's condition, the cost of the monthly payment may vary.

Requirements:

Medical reference

Medicines instructions or schedule

ID copy of the patient and the responsible or family member.

We have 4 different locations:

1. Home & Care Altos del Golf, Panama City
2. Home & Care Coco Del Mar, Panama City
3. Home & Care San Miguel Arcangel, David
4. Boquete Home & Care, Alto Boquete

I'm at your services

Liz Cianca

Manager

After our interesting conversation last general meeting with Liz on having Covid, and Kelly having long-haul covid, we thought you may like to see the list of symptoms. The link to the full AARP article is below.

Common Long COVID Symptoms

- Tiredness or fatigue
- Difficulty thinking or concentrating (sometimes referred to as “brain fog”)
- Headache
- Loss of smell or taste
- Dizziness on standing
- Fast-beating or pounding heart
- Chest pain
- Difficulty breathing or shortness of breath
- Cough
- Joint or muscle pain
- Depression or anxiety
- Fever
- Symptoms that get worse after physical or mental activities

Source: CDC

[Full AARP Article on Long-haul Covid](#)

The Next General Meeting

Wednesday, June 9th – 1pm

ZOOM ONLY

Join Zoom Meeting

<https://us02web.zoom.us/j/83479158890>

Meeting ID: 834 7915 8890

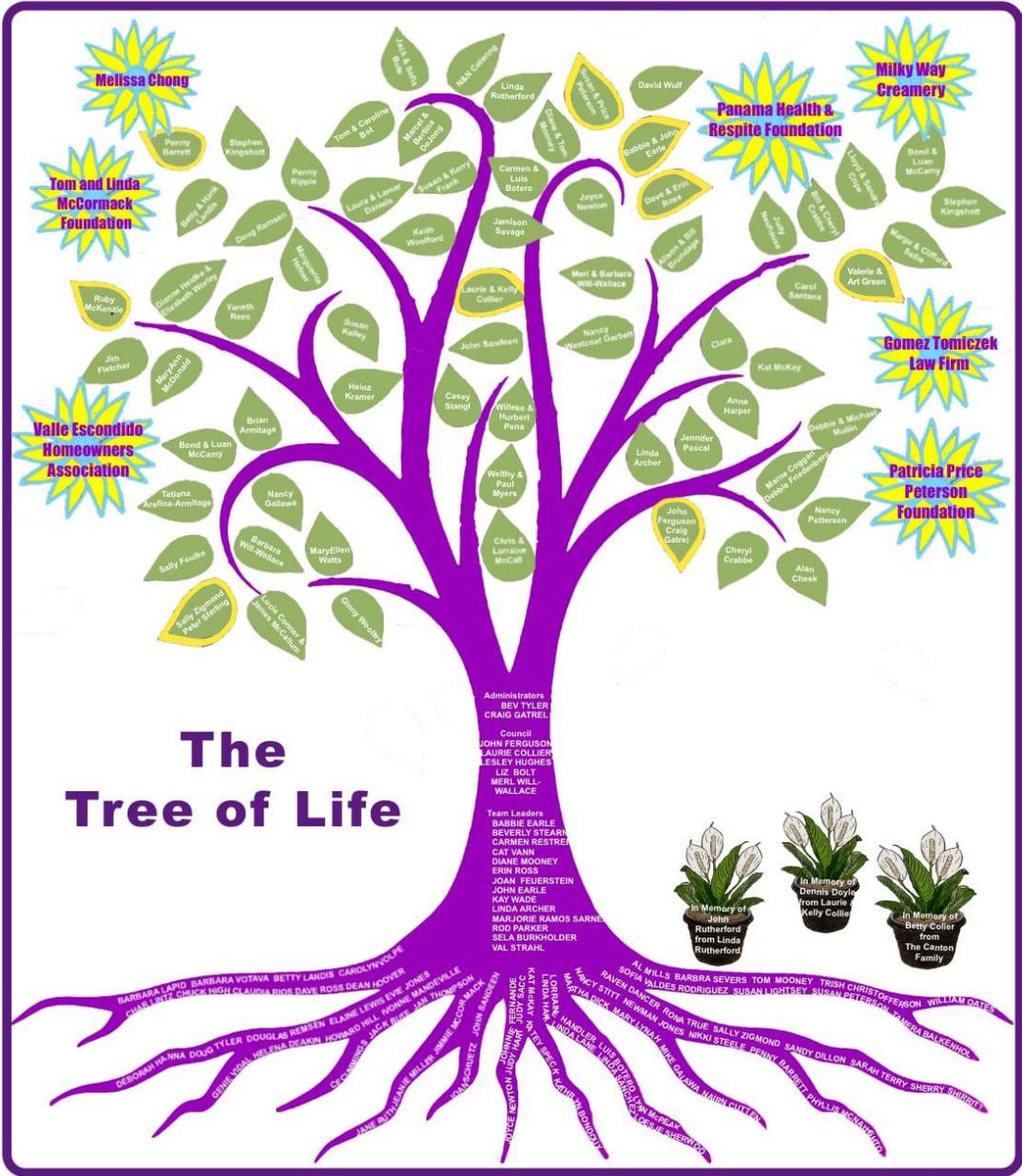
About the Tree of Life

The tree was created to honor our donors and volunteers. The roots are volunteers, the trunk is the council, the leaves are people who have donated \$100 or more. The two color leaves are people who have donated for two years. The flowers are business sponsors who donate \$100 or more every year. The Lilies are new. They are memorials to people who have passed. Family or friends have donated \$200 or more to honor them.

Add your leaf or flower or Lily. Click the button to make our tree grow.

Thank you.

[Donate](#)



[Click Here to Enlarge Tree](#)

Many Thanks to Our New Donors

Jamison Savage

**Linda Rutherford
Laurie & Kelly Collie**



Over the past year there have been questions about WHY Boquete Health and Hospice was doing things in a certain way. The policies of the organization have now been posted on our website. There is a link at the bottom of the home page or you can go to the “More” page to read them or download a PDF version. The policies will be updated as needed.

[View BHH Policies](#)

Our Mission

Our mission is to provide palliative care for the terminally ill in order that they may experience death with dignity and limited pain; to inform and promote community health; and, to support people with health and wellness needs by providing information, equipment and volunteer services.

To Make a Donation

BHHF functions with donations provided by the community. If you are interested in supporting the work we do, please make a donation.

To make a financial contribution by check or cash contact Merl Will-Wallace, our treasurer, at dharma49@icloud.com to arrange a time and place to pick up your donation.

You can also [click here](#) to make an online Paypal donation.

For more information visit our website: <http://www.boquetehealth.org>

We also have a Facebook page: <https://www.facebook.com/boqueteheartshandsandhelp/?ref=bookmarks> Please Like our page and share the contents with your family and friends.

Confidentiality

All patient information shared with any Boquete Health and Hospice volunteer is kept in the strictest confidence.

To Contact Us

Hospice/Health: [\(507\) 6781-9250](tel:(507)6781-9250)

8am to 5pm Monday to Friday, 9am to 1pm Saturday and Sunday Please!

Blood Donor Program:

WhatsApp (507)-6590-2000 or call (507)-6781-9250 8am to 5pm Monday to Friday, 9am to 1pm Saturday and Sunday, Please.

Email: info@boquetehealth.org

Freely send this to anyone, use any part.

Our mailing address is:

info@boquetehealth.org

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

Thank you