



Church family,

It is such a joy to be brothers and sisters in Christ, doing life together, and pressing on to finish the race that God set before us. On the other side of death, in Christ, lies “fullness of joy and pleasures forevermore” [Hebrews 12:1; Psalm 16:11]!

As we move closer to that prize with each passing day, emergency preparedness and “finishing well” become all the more important [Philippians 3:14; 2 Timothy 4:7].

As such, we encourage all of our church members to have good, Christ-honoring, thoughtful plans in place for what to do in the event of a health emergency, and for end-of-life care. This exhortation takes an even greater priority in a foreign country, where few of us have actual relatives nearby. Many of us may feel like such a situation is far off, but our times are in the Lord’s hands, and He exhorts preparedness [Psalm 31:15; Proverbs 22:3].

Knowing the demand and burden that such foreseen and unforeseen situations can have on lay church members and leaders alike, we are requesting that plans be put into place, and that the church leadership be notified of its completion. This is all a part of loving one another well, and honoring our Lord Jesus Christ as responsible disciples of His.

In this packet you will find ample information that our leadership team has compiled to help you better think through the various options that are available to you. If you have any questions, please connect with one of our leaders, who would be happy to discuss these things further with you.

We love you, we care for you, and we appreciate your attentive care to these important considerations.

Your fellow servants,

BBF Leadership

# Emergency Preparedness Notebook

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# First Steps

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## What to Include in Your Notebook

### 1. Copies of Identification Documents

Provide clear, legible copies of all applicable identification documents, including:

- **Passport** — The biographical data page containing your photograph, personal information, and passport number
- **Driver's License(s)** — Your valid Panamanian driver's license, as well as the driver's license issued by your passport country (if applicable)
- **Panamanian Residency Card** — Your current, valid Cédula or residency identification card issued by the National Immigration Service of Panama
- Contact information for people in Panama and in your passport country, including the Bubby Connection forms.

### 2. Durable Power of Attorney — Healthcare & Living Will

This is one of the most critically important legal documents you will need. A **Durable Power of Attorney for Healthcare**, combined with a **Living Will**, ensures that your end-of-life wishes are clearly documented and legally enforceable in Panama.

**What it is:** This document is prepared by a licensed local attorney and serves two essential purposes — it formally records your personal healthcare and end-of-life directives, and it legally designates a trusted individual (your medical representative or healthcare advocate, sometimes referred to as your "buddy") to make medical decisions on your behalf should you become unable to do so yourself.

#### Key Requirements:

- Must be drafted in **Spanish**
- Must be **signed** by you in the presence of the appropriate parties
- Must be **notarized** by a Panamanian notary public

**Distribution of Copies:** Once executed, **each of your treating physicians should receive an original notarized copy** for their records. Do not rely on a single copy — ensure your healthcare advocate, primary care physician, any specialists, and your preferred hospital or clinic all have one on file.

*Do not delay this document. In a medical emergency, the absence of a Durable Power of Attorney can leave critical decisions in the hands of the courts rather than the people you trust.*

### 3. Information Required for the Physician Certificate of Death

The **Physician Certificate of Death** is an official legal document that must be completed by a licensed physician and is required to initiate the post-death administrative process in Panama. To avoid delays during an already difficult time, it is strongly recommended that you gather and organize the following information **in advance** and keep it readily accessible.

Having this information prepared ahead of time ensures that the attending physician, your healthcare advocate, or your designated representative can complete the form accurately and without unnecessary delays.

*Refer to the form included in this guide for the complete list of required fields. Ensure that all information is accurate, current, and stored in a location known to your healthcare advocate and next of kin.*

#### **4. Medical History & Current Medications -**

*(A standardized medical form is included in this guide)*

Maintain a current, complete record of your medical conditions and all medications you are presently taking, including dosages and prescribing physicians. This information is critical for emergency responders, treating physicians, and your healthcare advocate. Update this form whenever there is a change in your health status or prescriptions.

#### **5. Pre-Signed Bill of Sale for Your Automobile**

A pre-signed bill of sale for your vehicle — prepared by your attorney — allows for the direct transfer of title to your spouse or other designated individual upon your death. This simple but important step helps your loved ones avoid the delays, costs, and complications of probate proceedings over a vehicle.

#### **6. Legal Documents for Property Owned in Panama**

If you own real estate or other significant property in Panama, it is essential that you have proper legal documentation in place governing how that property will be transferred or disbursed upon your death. Consult with a licensed Panamanian attorney to ensure these arrangements are current, legally sound, and clearly communicated to your heirs and representatives.

#### **7. Preparing Assets for Your Heirs**

For comprehensive guidance on preparing your assets, estate planning in Panama, and ensuring a smooth transition for those you leave behind, visit: <https://shorturl.at/iDJ3Z>

#### **Optional Additions to Your Notebook**

*This notebook is for YOUR peace of mind — and for the people who love you. Add whatever helps you feel prepared and helps others care for you well.*

#### **Your Voice & Final Wishes**

- **End-of-life letter** — anything you want someone to know if you are in a life-critical situation or become incapacitated
- **Letters to loved ones** — personal messages to friends and family, to be opened at your discretion or after your passing
- **Your own obituary** — written in your words, reflecting your life as you lived it
- **"Special Issues" addendum to your Living Will** — a deeply personal supplement describing your comfort and end-of-life preferences in detail (e.g., *I want soft music playing; I want to die at home; I don't want to be left in the dark; I want cream on my hands and feet; I want the window open*)

## People & Contacts

- **Emergency and important contacts** — people to notify immediately in a crisis
- **Contact information for Rodny Direct**
- **Your photo** — a current one, for identification and remembrance
- **Pet care information** — names and descriptions of your pets, any special needs or medications, veterinarian, pet sitter, and backup caregivers, along with feeding and care instructions

## Legal & Military Documents

- **Last Will and Testament** from your passport country — or clear instructions on where to locate the original
- **Trust documents or beneficiary designations**, if applicable
- **If former military:** Certificate of Release or Discharge from Active Duty (DD-214) and any related veterans' benefits documentation

## Financial & Practical Information

- **Monthly bills** — a complete list including the creditor, amount, due date, and how each is paid (auto-pay, online, check, etc.)
- **Bank accounts, investment accounts, and insurance policies** — institution names, account types, and how to access or contact them
- **Subscriptions and recurring payments** — streaming services, memberships, utilities, and any accounts that should be cancelled
- **Passwords** — a hard copy stored securely with this notebook, or clear written instructions for accessing your password manager or digital vault

## Memories & Personal Belongings

- **Remembrances from your current home** — items you want preserved, donated, or passed to specific people, with any meaningful stories attached
- **Sentimental items** — jewelry, photographs, heirlooms, or collections, and your wishes for each

## Whatever Matters to YOU

- There is no wrong answer here. If it would give you peace of mind, or help someone who cares for you — **include it.**

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*The goal is simple: that the people in your life, and the professionals who may serve you, have everything they need to honor your wishes and care for you the way you deserve.*

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## Suggested Information to Share with Your Buddy

Your designated buddy or healthcare advocate should be someone you trust completely — a person who can act quickly and knowledgeably on your behalf in an emergency or upon your death. Review and update this information at least once a year, and whenever something significant changes.

### Financial & Physical Assets

1. **Emergency cash on hand** — Location of your extra cash (recommend keeping \$2,000 accessible at home, in a secure but known location).
2. **Important Notebook** — Where it is kept and how to access it.
3. **Emergency door key** — Location of a spare key to your home, and any security codes or gate access information.
4. **Bank accounts** — Who is authorized to sign on your accounts here and/or abroad, and who may access your safe deposit box. *Important: A Panamanian bank account not accessed within one year may be turned over to the government.*
5. **Vehicle and property ownership** — Whether you own your car or home in Panama, including where the titles or deeds are stored.
6. **Foundation or corporation** — Whether you have a Panamanian foundation or corporation the name of it, and your local attorney's contact information for it.
7. **Valuables and keepsakes** — A written list of jewelry, sentimental items, or important possessions in your home, along with your wishes for who should receive them.

### Legal & Professional Contacts

8. **Last Will and Testament** — Whether you have a will in the US, Panama, or your home country, and where the original is stored.
9. **Attorney contact information** — Local Panamanian attorney and any attorney abroad, including firm name, phone, and email.
10. **Financial planner, accountant, and tax advisor** — Contact details for professionals in your passport country, particularly anyone who handles your ongoing financial or tax obligations.
11. **Landlord contact information** — Name, phone number, and any lease details your buddy would need to manage your housing situation.

### Personal & End-of-Life Wishes

12. **Disposition of remains** — Your wishes regarding burial or cremation, and if cremation, what should be done with your ashes (returned to your home country, scattered in a meaningful location, etc.).
13. **Family communication** — Instructions for notifying and communicating with family in your passport country, including who to contact first and how.
14. **Passwords** — Who knows your passwords, where a master list is securely stored (consider a password manager), and how to access your email and important online accounts.
15. **Your pet** — Who will care for your pet, any veterinary contact information, dietary needs, medications, and whether you have financial provisions in place for their care.

## Digital & Ongoing Obligations

16. **Recurring subscriptions and bills** — A list of automatic payments, streaming services, insurance premiums, or memberships that will need to be canceled or managed.
17. **Digital accounts and social media** — Instructions for what to do with your email, social media profiles, and any online accounts (close them, memorialize them, or transfer access).
18. **Important documents location** — Where to find your passport, residency card (cédula/pensionado card), birth certificate, Social Security card, insurance policies, and medical records.
19. **Health insurance and Medicare** — Your policy numbers, provider contacts, and whether you have coverage in Panama and/or your home country.
20. **Outstanding loans or debts** — Any personal loans, credit obligations, or money owed to or by you.

## Medical Information

21. **Medical conditions and medications** — A current list of diagnoses, prescriptions (including dosages), allergies, and your primary care physician's contact information both in Panama and abroad.
22. **Healthcare proxy or power of attorney** — Whether you have a legal document designating someone to make medical decisions on your behalf, and where it is stored.
23. **Advance directive or living will** — Your wishes regarding life-sustaining treatment, resuscitation, and end-of-life care.
24. **Blood type and critical medical history** — Information a first responder or emergency physician would need quickly.

*Add anything else that matters to you. The goal is to make sure the people who care about you can help you — and honor you — without having to guess.*

**Reminder:** Store a copy of this completed document somewhere your buddy can access it independently — not only on your own devices or in your home.

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## Who, How, and What to Do: Legal Planning in Panama

### Durable Power of Attorney for Health Care

Start by finding an attorney experienced in preparing a **Durable Power of Attorney (POA) for Health Care** — a critical document that only takes effect if you become unable to make your own medical decisions. This ensures someone you trust can advocate for your wishes when you cannot speak for yourself.

Your attorney will draft your instructions into a legally binding document. To be recognized under Panamanian law, it must be written in Spanish. Once drafted, the document must be notarized — there are three notaries available in David to assist with this.

## Five Wishes & Additional Directives

Alongside your POA, you'll want to complete your **Five Wishes** (see below), which allow you to specify in detail what you want — and don't want — if you become incapacitated. This can include preferences such as no IV fluids, no tube feeding, playing specific music, or other personal comfort measures.

Your attorney will translate and incorporate these wishes into the language required by Panamanian law, producing a bilingual document in both **Spanish and English**. This document must also be notarized.

## Protecting Your Assets for Your Heirs

If you own property in Panama, you will additionally need a **Last Will and Testament** that designates who will receive and manage the distribution of your assets. Like the documents above, this must be prepared by your attorney in both Spanish and English, and then notarized.

For more guidance on preparing your assets for your heirs, visit: <https://shorturl.at/iDJ3Z>

*Taking these steps now ensures your medical, personal, and financial wishes are legally protected — and removes an enormous burden from your loved ones during an already difficult time*

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## The Five Wishes

The Five Wishes is an advance directive document for end-of-life care which includes:

- The Person I Want to Make Care Decisions for Me When I Can't
- The Kind of Medical Treatment I Want or Don't Want
- How Comfortable I Want to Be
- How I Want People to Treat Me
- What I Want My Loved Ones to Know

Visit the Five Wishes website at <https://fivewishes.org/> for additional details, and scroll down to "Sample Five Wishes" to help you talk with your family and buddy and to guide choices to be included in your Panamanian living will.

## Food for Thought — Key Reminders for End-of-Life Planning in Panama

**Planning ahead is one of the most important gifts you can give yourself and your loved ones. The following reminders are essential for anyone living in Panama, whether single or married.**

**1. Spanish Language & Translation** Spanish-speaking assistance is essential when visiting funeral homes, hospitals, or government offices. If you are not fluent in Spanish, ensure you have access to a reliable translator for all critical conversations and document reviews. Do not rely on informal translation for legal or medical matters.

**2. Establish a Relationship with a Local Doctor** This is perhaps the single most important step you can take. We strongly recommend finding a local doctor who knows your medical history, understands your end-of-life care wishes, and holds a copy of your legally valid Panamanian Durable Power of Attorney for Health Care — in Spanish. In Panama, doctors are legally mandated to preserve life, which means without proper Panamanian legal documents in place, your personal wishes may not be honored. This applies equally to married couples and single individuals.

**3. Death at Home — Know the Process** Speak with your local doctor in advance about what to do if a death occurs at home. When someone passes, your doctor must come to the residence and complete a Physician Certificate of Death — a required document before any funeral home can remove the body. Your doctor can also help coordinate with a funeral home. Be prepared by keeping emergency contact numbers easily accessible, having cash on hand, and gathering in advance all personal information that will be needed to complete the certificate.

**4. Do Not Call the Police First** If a death occurs at home, do not call the police before contacting your doctor. Doing so will automatically trigger a formal investigation and mandatory autopsy, making an already difficult situation far more complicated and time-consuming. Having an established relationship with a local doctor and a clear plan in place is the best way to avoid this.

**5. Working with a Funeral Home** Funeral homes in Panama will not remove a body from a private residence without a Physician Certificate of Death in hand. Payment is typically required in cash, though some funeral homes accept credit cards — confirm this in advance. Research local funeral home requirements before a death occurs, and strongly consider arranging a pre-payment plan to ease the burden on those left behind.

**6. Official Death Certificate** The Physician Certificate of Death and the official Death Certificate are two separate documents. Funeral homes require the official Death Certificate before they can proceed with cremation. These certificates cost \$3 each and are issued by the Boquete Tribunal Electoral. Plan to obtain between 5 and 10 copies, as they will be needed for a variety of legal and administrative purposes.

**7. Ask About Additional Fees** Funeral and burial procedures in Panama differ significantly from those in your home country. Always ask for a full, itemized breakdown of costs and inquire about any additional fees before agreeing to services. Regarding embalming: the process used in Panama is notably different from North American or European standards and is generally not recommended.

**8. Pre-Paid Plans from Outside Panama** Pre-paid funeral arrangements made in the United States or other countries are not transferable to Panama. There are no reciprocal agreements in place. If you have a pre-paid plan from your home country, be aware that it will not apply here, and you will need to make separate arrangements locally.

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*Taking the time to prepare now means your wishes will be respected, your loved ones will be supported, and an already difficult moment will be handled with as much grace and ease as possible.*

# Resources in Chiriquí

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## Medical Services

### 1. Boquete Alfa Clinic

Detail	Information
Contact	boquetemedical@gmail.com consultorios-med-alfa@hotmail.com
Location	Alto Boquete — coming from Bajo Boquete, after the Alto Dorado Grocery Store, take the second street on the right just before the Public High School. Turn right again at the first street. White building with a chocolate roof; plenty of parking.
Hours	Mon–Fri 9am–6pm, Sat 9am–2pm. No Sundays or holidays.
Notes	Recommended to join their plan or establish a relationship. <a href="#">Dra. Digna Diaz</a> , <a href="#">Dra. Sue King Loo</a> , and receptionist Gabriella speak English. Home visits available.
Phone	720-2434

### 2. Centro De Salud Boquete (MINSA)

Detail	Information
Location	Next to Romero
Hours	Mon–Fri 7am–3pm; Weekends and Holidays 7am–3pm
Notes	General Medicine. Antivenoms may be available.
Phone	728-0402

### 3. Policlínica De Boquete (Caja del Seguro Social)

Detail	Information
Ambulance	Dial 107 — 24-hour call center. Cost not available.
Location	Across from Bomberos (fire department) in town
Hours	Mon–Fri 7am–3pm (Lab opens at 6am). Weekends/holidays 3pm–11pm.
Notes	11pm–7am every night including holidays for emergencies in Room G ONLY. General medicine, some specialties, laboratory, and x-rays available. Antivenoms may be available.
Phone	Call 107 (24 hrs); 728-0419, 728-0420, 728-0421

#### 4. Clinica Especializada Boquete, S.A. (Dr. Chen's Clinic)

Detail	Information
Contact	clinicaespecializadaboquetesa@gmail.com
Location	On the same street as Romero's, across from Melo hardware store
Hours	Dr. Yosimar Gomez: Mon–Sat 8am–4pm, no appointment needed. Dra. Shannon Tuer: Mon–Sat 4pm–6pm (call for appointment due to limited schedule). Dr. Ricardo Chen: By appointment only.
Notes	Bilingual physicians. Emergency patients can show up weekdays (ring the bell). After hours or Sundays, call first.
Phone	720-2080

#### 5. Clinica Jhave-Rafah Dios — Dra. Liliana Boya

Detail	Information
Location	Side street across from Mike's Global Grill parking lot. About half a mile down the road from IVAN hardware, on right side toward David, before the seminary.
Hours	Mon–Fri after 3pm. Closed Sundays and holidays.
Ambulance Rate	24-hour service with paramedics from Boquete to David: \$350. Local Boquete rates vary.
Phone	507-6728-3098, 507-6948-5933

#### 6. Centro Medico Mae Lewis - Boquete

Detail	Information
Location	Plaza Los Senderos behind Naturgy.
Hours	Mon–Sun 7:00am to 11 pm.
Ambulance Rate	Mon–Sun 7:00am to 11 pm. from Boquete to David at location.
Phone	720-2049 What's App# 6550-3420

#### 7. Todos Salud (David) - (507)730-4290 - [Website Link](#)

#### 8. Rodney Direct – 6573-0141 - [Website Link:](#)

Emergency service similar to AAA in the U.S.

## Ambulance Services and Hospitals

Contact	Telephone	Cost	Comments
Ambulancia Municipio de Boquete	6419-8402		11pm–7am, Driven by Gabriel Castillo
Bomberos/Fire Department	728-3702	No Cost	24 hours — emergencies only. Your doctor or Rodny Direct may need to make this call. Bomberos also help remove snakes.
Dolega Ambulance	911	No Cost	Parked at the fire department in Dolega. Call 911.
Dra. Lilliana Boya	6728-3098, 6133-7476	\$350 to David; local charges vary	24 hours, with paramedics
Policlinica	728-1914, 728-1356		24 hours
Centro Médico Mae Lewis	775-4616		Private hospital on Interamericana Highway, across from the KIA car dealership in David.
Mae Lewis - Boquete	720-2049 What's App# 6550-3420		Plaza Los Senderos behind Naturgy. Mon–Sun 7:00am to 11 pm. at location.
Hospital Chiriqui	774-0128		Private hospital on 3a Oeste in David.
Hospital Regional Rafael Hernández (Social Security Hospital)	775-2162		Public hospital for adults on the Interamericana Highway, opposite side before the PriceSmart turn-off. For obstetrics and children: 775-4222.

## Funeral Homes and Crematoriums

Visit each funeral home in advance to understand their processes, fees, and payment requirements. Always ask about additional fees and do not make assumptions about Panamanian funeral procedures.

### 1. Acacia Cremation Service — Grupo Memorial Corporation

Detail	Information
Location	San Pablo Viejo, Main David PTY — approx. 4.5 km past PriceSmart on the same side toward the Frontera. Look for Parque Las Acacias arch on your left.
Contact	Email: <a href="mailto:info@grupomemorial.com.pa">info@grupomemorial.com.pa</a> Web: <a href="http://www.grupomemorial.com.pa">www.grupomemorial.com.pa</a> Google: @PlasaDav
Services	Funeral and cremation services with viewing options and burial/crypt provisions; embalming; transportation; coffin; paperwork; repatriation documentation.
Basic Cremation Fee (Cash)	\$1,070 — includes body pickup, 24-hr morgue deposit, cremation (15-min viewing), and temporary urn.
Pre-Paid (Pre-Need) Fee	\$1,284 — 24 monthly payments. Inquire about credit card option.
Cremation Hours	Mon–Fri 8am–2pm, Sat 9am–11am, Sundays Closed
Notes	Extra charges for holidays and after normal working hours. Brochures and sample contracts available on request.

### 2. Asociación Funeraria Del Retiro

Detail	Information
Founded	1960 — well-known, long-established funeral service in David, Chiriquí. Personally recommended by a Boquete doctor and BHH volunteer.
Location	Ave 3 y Calle E Sur, David (sign reads FUNERARIA DEL RETIRO)
Contact	Sr. Daniel (manager) available 24 hours, limited English but can arrange for an English speaker. <a href="mailto:funerariadelretiro@hotmail.com">funerariadelretiro@hotmail.com</a> / <a href="mailto:funerariadelretiro@gmail.com">funerariadelretiro@gmail.com</a>
Cremation Fee	\$1,600 — includes jubilado discount and 7% sales tax; includes transport from Boquete, to and from crematory in Penonome, and standard urn. Hearse transport (no cremation): \$250.
Payment	Pre-payment monthly plan available. Cash preferred; some credit card options.
Notes	Registration at Tribunal Electoral must be made by a third party. Repatriation services available (case-by-case pricing).

### 3. Empresa Funeraria Auxiliadora Cristo Rey S.A.

Detail	Information
Location	Funerary in David. Call Mr. Cristian Montenegro (general administrator, no English) as the focal point.
Services	Transport from Boquete to crematory; cremation in Panama City; classic funeral with coffin; acrylic urn; Certificate of Death and registration at Tribunal Electoral.
Cremation Fee	\$1,284 — includes jubilado discount and sales tax. Surcharge: \$150 nights/holidays/weekends; \$250+ for remote locations.
Payment	Cash, online transfer, check, possibly credit card.
Repatriation Documents	\$150–\$250 depending on destination requirements.

### 4. Hermandad Funeraria De Boquete

Detail	Information
Location	Boquete — going up main road toward Los Naranjos. Contact: Ileana Ordonez.
Services	Cremation (through Acacia's Cremation Services); supply of coffins; local transport (burial in Boquete). Note: No after-death documentation or repatriation of remains.
Fees	Transport to David: \$171.20; Boquete service: \$80.25; Cremation: \$1,000; Coffins: \$278–\$700+ (height/weight required for sizing).
Notes	No refrigeration or embalming available. Family/friends preferred to wash and prepare the body ahead of time.

### Funeral Homes / Crematoriums / Cemeteries

Funeral Home	Contact
Acacia Cremation Service (Mrs. Morella/Carmen Medina)	6622-7345 (English spoken) 6550-4444, 6677-1736 (Spanish only)
Asociación Funeraria Del Retiro	Office: 775-4615 Sr. Daniel (manager, 24 hrs): 6696-0314 / 6349-5384
Cementerio Municipal de Boquete (Manager: Erick Rodriguez)	6868-2120 or Funeraria El Remanso: 6833-7083
Empresa Funeraria Auxiliadora Cristo Rey S.A.	6905-8526 (Cristian Montenegro — Gen. Admin.) 6645-1111 (Luis Rodríguez — English spoken) 6618-5968 (Orlando Rodríguez) 6618-0605 (Emily Cárdenas)
Hermandad Funeraria De Boquete	6873-8876 (Office) 6662-7950 (Mrs. Itza Ordoñez — owner, no English)
Cementerio de Caldera	Cesar Gutierrez: 6699-2966 (ask for David Samudio if English needed)

## Embassies

Embassy	Contact Information
U.S. Embassy in Panama	507-317-5000 <a href="#">Link: US Embassy</a> Passport Renewal: <a href="#">Link: Renew passports</a>
Boquete Community USA Embassy Liaison Volunteers	Denese Rodgers: 6456-8539 George Chin: 6284-7764
American Citizen Services (ACS)	<a href="#">Link: American Citizen Services</a> — Re: Passports, Notary, Family Concerns, Citizenship, Crime, Death, Arrest, Abduction, Voting
STEP (Smart Traveler Enrollment Program)	<a href="#">Link: STEP</a> — U.S. Dept. of State program for U.S. citizens traveling abroad
Boquete Community USA Embassy Liaison Volunteers	<a href="mailto:CLVBoquete@gmail.com">CLVBoquete@gmail.com</a> Denese Rodgers: 507-6456-8539 George Chin: 507-6284-7764
Embassy of Canada to Panama	<a href="#">Link: Embassy of Canada</a>   507-294-2500
British Embassy in Panama City	<a href="#">Link: British Embassy</a> 507-297-6550
Important	
Social Security Administration	Notify them of the death by phone or computer. Phone: 1-800-772-1213

# Telephone Directory

Emergency Contact	Number / Details
Bomberos / Fire Department	728-3702
Police	728-1914, 728-1356
Rodny Direct (if enrolled) 6446-8850	Number: _____ PIN: _____
Ambulancia Municipio de Boquete	6419-8402 (11pm–7am)
Bomberos/Fire Dept.	No Cost — 24 hrs (emergencies only)
Dolega Ambulance	Call 911 — No Cost
Dra. Lilliana Boya Ambulance	\$350 to David — 24 hrs, with paramedics
Policlinica	Call 107 — 24 hrs
Boquete Doctor Name	
Buddy #1 Name	
Buddy #2 Name	
Friend/Relative Abroad	
Clinic	Number
Clinica Especializada Boquete, S.A.	720-2080
Clinica Jhave-Rafah	507-6728-3098, 507-6948-5933
Mae Lewis - Boquete	720-2049 What's App# 6550-3420
Policlinica	Call 107 (24 hrs); 728-0419, 728-0420, 728-0421
Todos Salud (David)	730-4290, 730-4834
Doctor	Number
Dr. Ricardo Chen	720-2080
Dr. Josimar Gomez	720-2080
Dra. Digna Diaz	720-2434
Dra. Lilliana Boya	6728-3098 or 730-9404
Dra. Shannon Tuer	6507-4299
Dra. Sue King Loo	720-2434
Hospital	Number
Centro Médico Mae Lewis	775-4616
Hospital Chiriqui	774-0128
Hospital Regional Rafael Hernández (Social Security Hospital)	775-2162 (Obstetrics & children: 775-4222)

## Services Offered by Boquete Health and Hospice

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Medical Equipment Loan	Community Education
Hospital Bed Wheelchair Oxygen Concentrator Crutches Canes And much more	Being Prepared Seminars Healthy Living Series – Presentations CPR Training – English and Spanish
Health or Respite Support	Listening Equipment (earbuds, player, CDs, or USB drive)
Home Care Training Errands Meals Sit with Patient Care Givers Support Group	Blood Drives in Boquete Need Blood: 6590-2000 Give Blood
Hospice Care	Magic of Music Program
Respite Support Comfort Care Emotional Support Final Arrangements Support	Loans for Personalized Music Patient visits for music preferences and equipment checks

**WhatsApp (+507) 6781-9250**

## In-Home Caregivers Services

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Boquete Health and Hospice [Link: Home caregivers](#)

**Medical Coordination + Home-Visit Network (Start Here)**

**Centro Médico Mae Lewis Boquete**

**This is one of your most important leverage points locally because:**

- **They routinely coordinate:**
- **In-home nurses**
- **Physical therapists**
- **Post-hospital recovery plans**
- **Medication titration monitoring**
- **Can arrange:**
- **Visiting RN (daily / weekly)**
- **PT at home**
- **Wound care**
- **Blood pressure monitoring**
- **Neurological observation after discharge**
- **Often maintain a referral list of:**
- **Private duty caregivers**
- **Certified aides (baño, feeding, transfers)**

**☎ +507 720-2049**

**Ask specifically: “Do you coordinate atención domiciliaria for post-hospital neurological patients?”**

**In-Home Physician + Nurse Access**  
**INTERNATIONAL MEDICAL SERVICES**

**Expat-facing clinic that commonly assists with:**

- **Nurse home visits**
- **Medication administration**
- **Vital checks**
- **IV meds if needed**
- **Transitional discharge monitoring**
- **Coordination with specialists in David**

**☎ +507 6647-0173**

**They are often used when:**

- **A spouse needs assistance.**
- **medication schedules**
- **BP monitoring**
- **behavioral swings from frontal-lobe dysregulation**
- **mobility safety**

**Assisted Living / Caregiver Pool (For Private Aides)**

**Boquete Home & Care**

**Facilities like this typically:**

- **Maintain a roster of caregivers who moonlight for:**
- **8-hour shifts**
- **overnight monitoring**
- **bathing assistance**
- **meal prep**
- **medication reminders**
- **fall-risk supervision**

**This is often how families in Boquete get: “Cuidadora 24 horas en casa”**

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# Medical Terms and Procedures

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Your living will is for when you have a terminal illness and there is NO CURE, or an accident occurs and the physicians decide there is NO HOPE for RECOVERY. It is not executed for a normal illness such as pneumonia.

As of 2018, 25–30% of US healthcare dollars go to the 6% of people who die every year. The terminally ill are often hospitalized but are many times not candidates for hospital care. Medicare does not cover health care if you live outside the US.

## Key Medical Considerations

### CPR (Cardiopulmonary Resuscitation)

CPR is painful afterward. The provider has to push down with at least 20 pounds of pressure. Your ribs are sore, and it hurts to breathe with each breath. Every year you get older, your bones get more brittle and easier to break. Almost anyone after age 70 who has CPR will have broken ribs. With broken ribs, you don't want to take deep breaths, which increases the risk of pneumonia.

### Intubation

Intubation DOES save lives, but you need to decide if you want to spend the rest of your life connected to a ventilator. Your family or surrogate needs to know. Intubation means putting a plastic tube down your throat and having a machine breathe for you. You cannot talk with that tube. If you feel you need to take another breath, you can't — until the machine gives you one. Intubation does save lives, but do you want to live that way?

### Permanent and Severe Brain Damage

This normally means you are in a coma and are NOT expected to recover. Do you want to stay in a facility, possibly on a ventilator, unable to speak or make any of your wants known, unable to scratch an itch, fed through a tube, never taste water or food?

### Chemotherapy

Chemotherapy is a personal, individual decision. There ARE some cancers curable with chemotherapy. Ask your doctor for the statistics and numbers. Always ask for the cure rates. How much is it worth to you to live feeling sicker for the time you have left? Or would you prefer to feel good for a shorter time?

### Tube Feedings

Tube feedings and fluids given through a tube can prolong life except in the cases of severe dementia and Alzheimer's. People close to death usually are not hungry and may be more comfortable if dehydrated. Hydration may cause or prolong suffering. The primary goal of end-of-life care is comfort for the patient and family.

## Medical Terms Glossary

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Term	Definition
Cardio-Respiratory Support	Using mechanical ventilation, multiple intravenous medications, and intensive monitoring to help stabilize one or multiple body systems to prevent or postpone death.
CPR (Cardiopulmonary Resuscitation)	An emergency procedure that combines chest compressions often with artificial ventilation to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest.
Chemotherapy	The administration of one or more cytotoxic drugs (toxic to cells) to destroy or inhibit the growth and division of malignant cells in the treatment of cancer.
Hospice Care	Care that focuses on the quality of life for people and their caregivers experiencing an advanced, life-limiting illness. Provides compassionate care for people in the last phases of incurable disease so that they may live as fully and comfortably as possible.
Hydration	A process of making your body absorb water or other liquid.
ICU (Intensive Care Unit)	A special department of a hospital or health care facility that provides intensive treatment.
Intubation	The process of inserting a tube, called an endotracheal tube (ET), through the mouth and then into the airway. Done so that the patient can be placed on a ventilator to assist with breathing during anesthesia, sedation, or severe illness.
Palliative Care	An interdisciplinary medical caregiving approach aimed at optimizing quality of life and mitigating suffering among people with serious, complex illness.
Permanent and Severe Brain Damage	An injury that causes the destruction or deterioration of brain cells. In cases of severe brain injuries, the likelihood of areas with permanent disability is great.
Tube Feedings	A procedure used for placing food, fluids, and drugs directly into the stomach or small intestine through a tube inserted through the nose or abdomen. Also called enteral feeding or enteral nutrition.

## Healthcare & Living Will Questions

Procedure	Description	Yes	No
Pacemaker	Device that substitutes for the normal heartbeat		
Dialysis	Removes excess water, solutes, and toxins from the blood when kidneys no longer function normally		
Respirator/Ventilator	Breathing machine attached to a tube inserted into the lungs through the nose and mouth		
Cardiopulmonary Resuscitation (CPR)	Intervention given by a person, machine, or drugs when the heart and/or lungs stop working		
Feeding Tube	Tube placed into the stomach or bowel to give fluid and/or nutrition		
Intravenous (IV)	Tubes for comfort care medications		
Antibiotics	Substance for treating pneumonia or other infections		
Cancer Therapy / Radiation	Radiation treatment		
Chemotherapy	Drug treatment using powerful chemicals to kill fast-growing cells, most often used to treat cancer		
Transfusions	Blood or blood products given in the vein		
Diagnostic Procedures and Tests	Tests and procedures to monitor failing conditions		
Operations			
Tylenol/Aspirin	If used to lower a fever, may prolong the dying process		
Uniform Gift Act	Donation of body parts, if usable		
Autopsy	Thorough examination of a corpse by dissection to determine cause, mode, and manner of death or to evaluate a disease or injury		
Other Considerations			

## Forms & Information on the Day of Death

---

### Physician Certificate of Death

Field	Your Information
1. Full Name (First, Middle, Last)	
2. Sex	
3. Cédula or Passport Number	
4. Nationality	
5. Social Security Number	
6. Occupation	
7. Date of Birth (Day / Month / Year)	
8. Age As of Last Birthday	
9. Conjugal Status	<input type="checkbox"/> Married <input type="checkbox"/> Widowed <input type="checkbox"/> Single <input type="checkbox"/> Couple
10. Name of Parents (Mother's maiden name / Father's name)	
11. Place of Residence (District / Town / Neighborhood)	

## Physician Certificate of Death

Field	Your Information
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8. Age As of Last Birthday	
9. Conjugal Status	<input type="checkbox"/> Married <input type="checkbox"/> Widowed <input type="checkbox"/> Single <input type="checkbox"/> Couple
10. Name of Parents (Mother's maiden name / Father's name)	
11. Place of Residence (District / Town / Neighborhood)	

## What to Do on the Day of Death

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1. Call at least two friends. You will need the help and support.

Name	Phone

2. Call the deceased's physician to come and pronounce the death and to complete the Physician Certificate of Death for the Tribunal.

Physician	Phone

3. Complete the information needed for the physician certificate of death form (in this document) before the physician's arrival. This speeds the process.
4. The physician will complete the Physician Certificate of Death for the Tribunal. Have about \$500 cash ready to pay the physician.
5. If necessary, clean the body and then place the deceased on their back, if possible (friends can help here). There is no need to dress the deceased.
6. Call the chosen funeral home to come and get the deceased. You may need a bilingual person, and the funeral home will need directions. Your physician can help.

Funeral Home	Phone

7. When the drivers from the funeral home arrive, they can give you further information about viewing, burial, and retrieving the remains. The drivers will need to see a copy of the Physician Certificate of Death. They will tell you how to send a copy via WhatsApp, email, or otherwise.
8. Contact friends and family. See Contact Form in Notebook and Buddy Instructions.

### Going to the Electoral Tribunal for the Death Certificate - *Do this the next business day.*

1. Call the physician to see if they will go with you to the Electoral Tribunal. This is not necessary but helpful.
2. The Electoral Tribunal is located in Boquete, on Av. Belisario Portras — one street east of Highway 41, behind the Sugar and Spice restaurant.
3. Call two friends who have Cédula (not Tourist/Pensionado Visas) to go with you. One of you should speak Spanish.

Friend Name	Phone

4. Take with you: the deceased's passport, E-Cédula or Visa, and the Physician Certificate of Death (signed on the day of death). It may be helpful to have the Notebook of the deceased.
5. Obtain enough copies of the Death Certificate (“Certificado de Defunción.”) for notification purposes — a minimum of 5, up to 10 copies.

## Going to the Funeral Home

1. Carry all your personal ID including passport and Cédula, as well as that of the deceased.
2. The funeral home will need a copy of the Physician Certificate of Death signed by the physician. You can WhatsApp a photo, email it, or take them a copy.
3. Take a copy of the death certificate (Civil Registry of Death) and a copy of the Physician Certificate of Death, as well as the two forms given to you by the Electoral Tribunal: Civil Registry of Death (Dirección Nacional del Registro Civil) and Burial Permit (Permiso de Entierro).
4. Ask a friend (hopefully bilingual) to go with you. The staff of the funeral home may not speak English.
5. For safety, consider allowing a friend to drive. You may be distracted and have difficulty concentrating.

## Whom to Notify of a Death

6. Relatives and Friends — Call them first, as you need the support.
7. Social Security Administration — Notify them of the death by phone or computer. Phone: 1-800-772-1213, 7am–7pm Monday–Friday. Talk to them about survivor benefits.
8. Insurance Company — Notify the insurance company, if applicable, and any employee pension plans.
9. Bank — Notify the bank. They will probably need a copy of the will and the death certificate.
10. Other Financial Institutions — Notify other financial institutions for stocks or other investments and other sources of income.
11. For a US citizen, once the official Panamanian “Certificado de Defunción” is obtained, the Executor should immediately forward that death certificate to the US Embassy here in Panama. The Embassy will provide the Executor with a “Consular Report of Death of an American Abroad”. Copies of that report are provided to the next-of-kin or legal representative and may be used in US courts in settling estate matters. Embassy — For US citizens, contact an American Duty Officer 24 hours a day, 7 days a week by calling 507-317-5000.

Link: [CONS: Death of a U.S. Citizen - U.S. Embassy in Panama](#)

### **The funeral home you are working with must provide the following documents:**

- **Apostilled Death Certificate:** Includes the cause of death and is issued by the Panamanian Civil Registry Office.
- **Apostilled Clinical Death Certificate:** Authenticated by the Ministry of Health.
- **Apostilled International Transit Permit:** Issued by the Ministry of Health.

These documents must be authenticated by their issuing offices and apostilled by the Ministry of Foreign Relations. The funeral home is responsible for obtaining the required authentications and apostilles.

But do not forget that the Executor or Heir is still charged with sending a copy of the death certificate to the country of origin’s Embassy/Consulate here in Panama. (USA uses form DS-2060). Link: [DS-2060](#)



## Medical Information

Field	Your Information
Name	
Birthdate	
Cédula or Passport Number	
Phone	
Email	
Blood type	
Doctor Name and Location (if not local)	
Doctor Phone	
Hospital Preference	
Insurance Company Name and Phone	
Location of Being Prepared Notebook or Last Wishes	

### Medical History:

Allergic Reactions	Reaction
• Medication	
• Food	
• Insects	

## Medical Information Sheet

Surgeries	Date	Outcome

Prescription Medications	Dosage	Reason for Taking

Over the Counter Medications & Vitamins	Dosage	Reason for Taking

# Medical Information Sheet

Field	Your Information
Name	
Birthdate	
Cédula or Passport Number	
Phone	
Email	
Blood Type	
Doctor Name and Location (if not local)	
Doctor Phone	
Hospital Preference	
Insurance Company Name and Phone	
Location of Being Prepared Notebook or Last Wishes	

**Medical History:**

Allergic Reactions	Reaction
• Medication	
• Food	
• Insects	

## Medical Information Sheet

Surgeries	Date	Outcome

Prescription Medications	Dosage	Reason for Taking

Over the Counter Medications & Vitamins	Dosage	Reason for Taking

# EMERGENCY CONTACT & INFORMATION

## MY LOCAL BUDDY CONTACTS

Name	Relationship
Phone	Email:
Address	

Name	Relationship
Phone	Email:
Address	

Name	Relationship
Phone	Email:
Address	

Name	Relationship
Phone	Email:
Address	

## MY CONTACTS ABROAD

Name	Relationship
Phone	Email
Address	

Name	Relationship
Phone	Email
Address	

Name	Relationship
Phone	Email
Address	

Name	Relationship
Phone	Email
Address	

### CAR INSURANCE

Agent:	Phone:	Email:
Carrier:	Policy ID:	
Car Make:	Car Model:	Year:

### CAR INSURANCE

Agent:	Phone:	Email:
Carrier:	Policy ID:	
Car Make:	Car Model:	Year:

### HOMEOWNER'S INSURANCE

Agent:	Phone:	Email:
Carrier:	Policy ID:	

### RENTAL HOUSE INSURANCE

Agent:	Phone:	Email:
Carrier:	Policy ID:	

### ATTORNEYS

Name of Attorney	Phone	Email

Name of Attorney Country of Origin	Phone	Email

### DURABLE POWER OF ATTORNEY

Name	Phone	Email

## **Index:**

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**Identification Documents**

**Financial Information Forms**

**Insurance Car Policy**

**Insurance Home Policy**

**Health Insurance Policy**

**Car Title**

**Legal Documents for Property Owned in Panama**

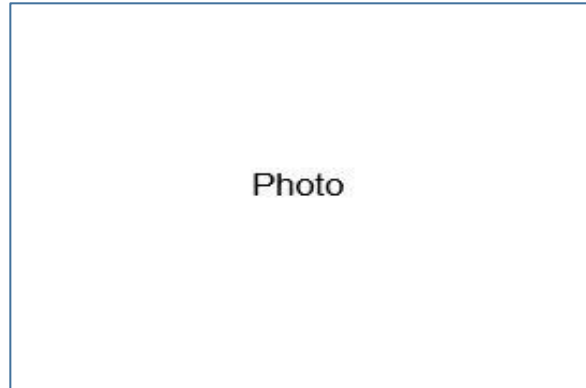
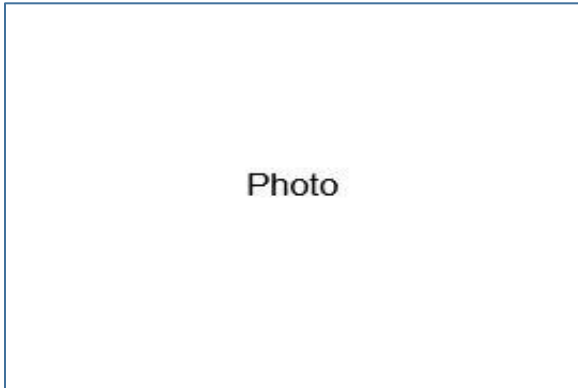
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**Passwords & Information**

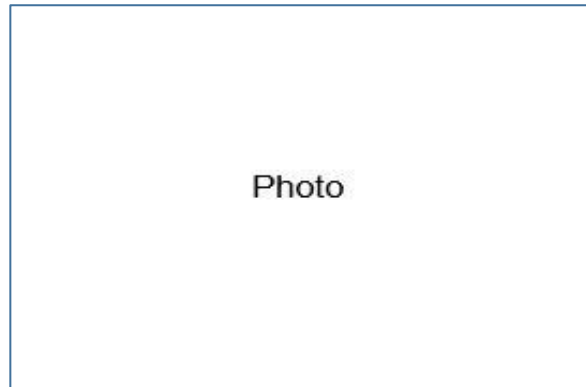
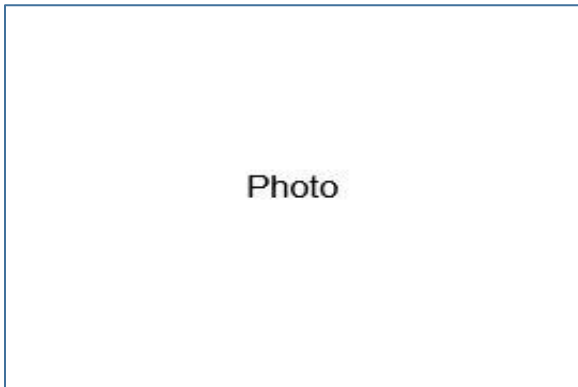
## Identification Documents

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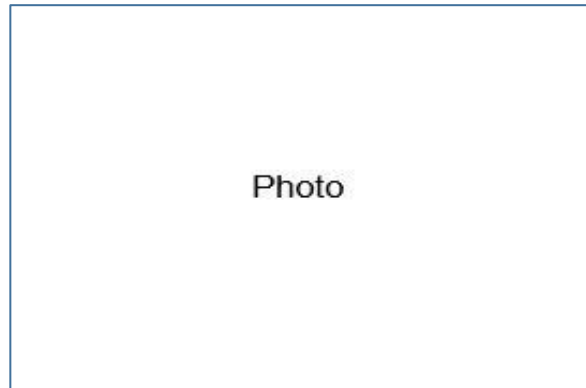
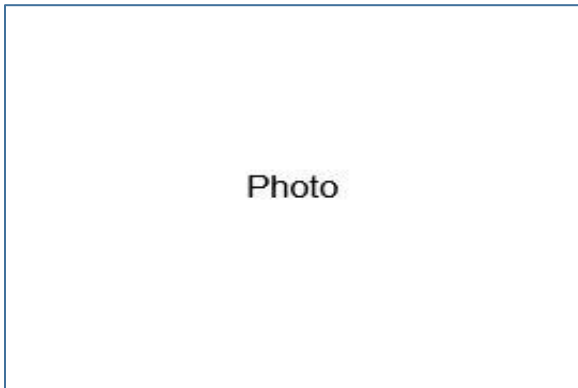
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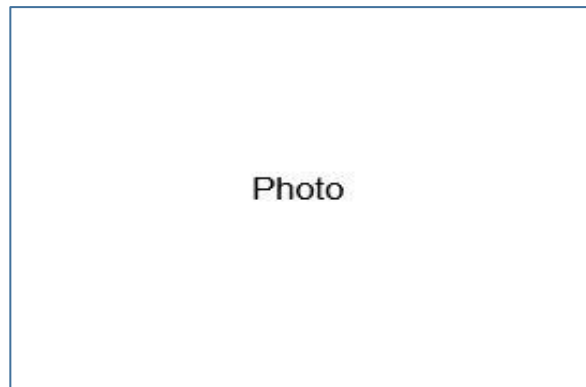
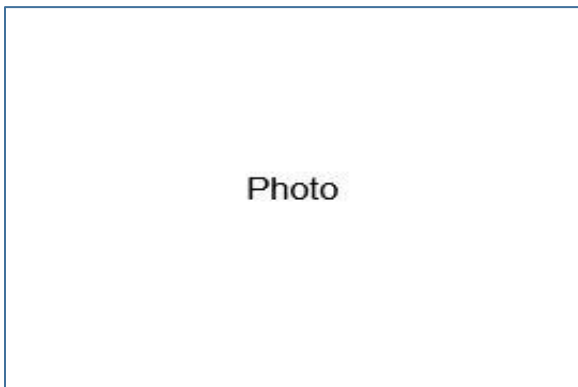
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### Panama Driver License

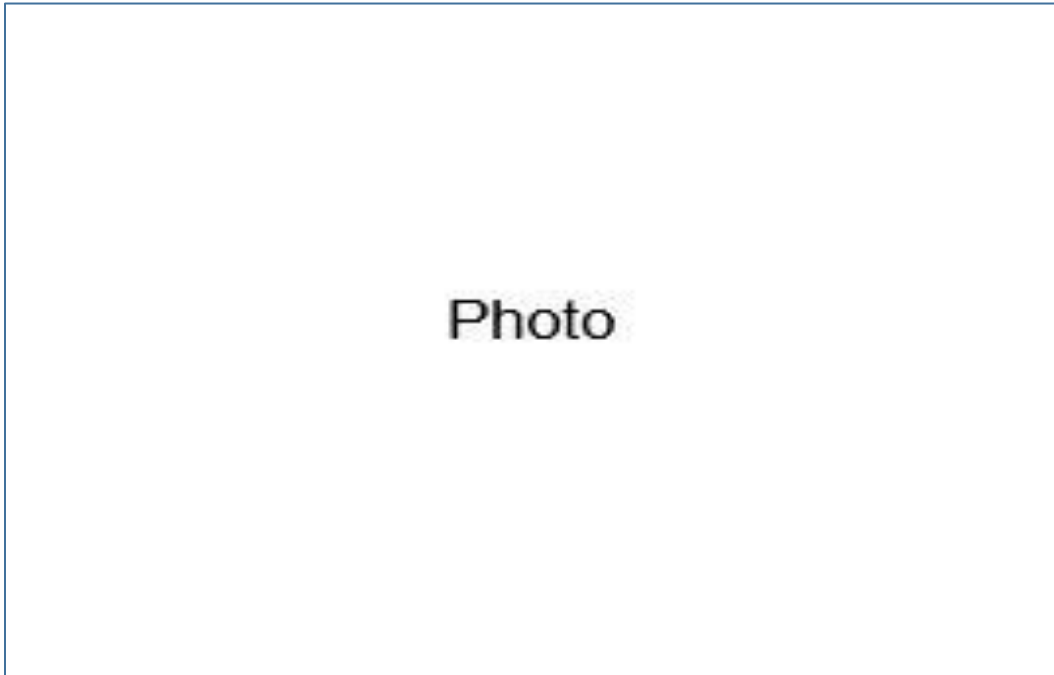


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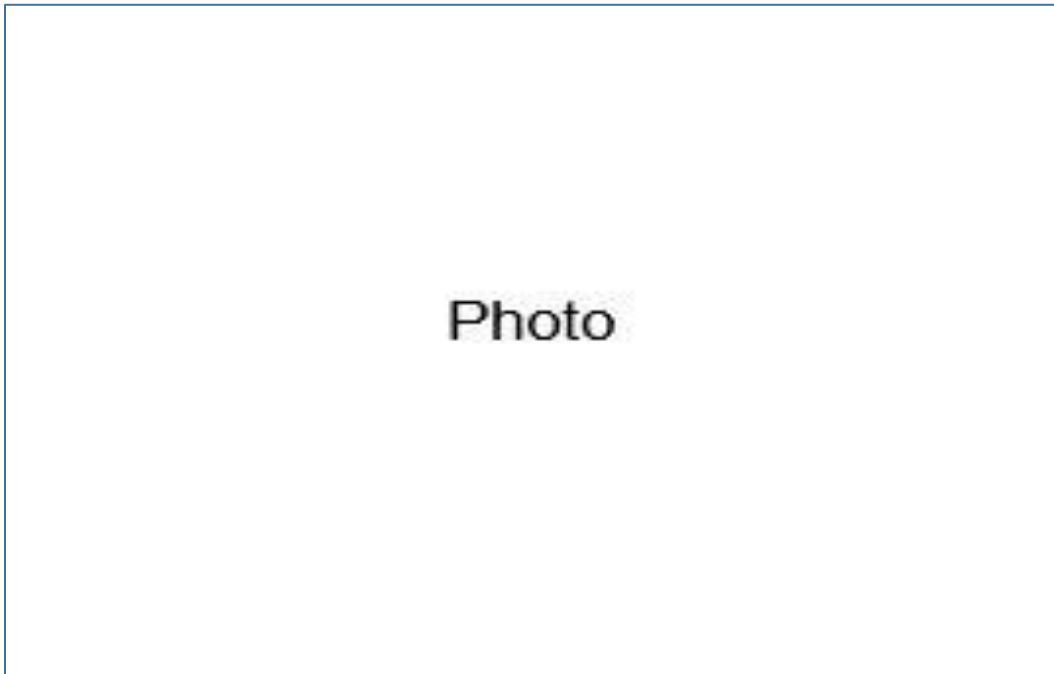


## Identification Documents

### Passport

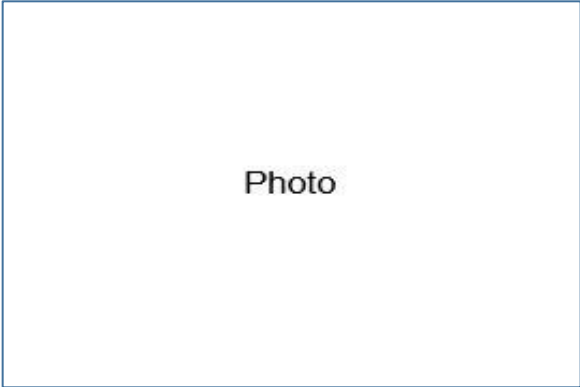
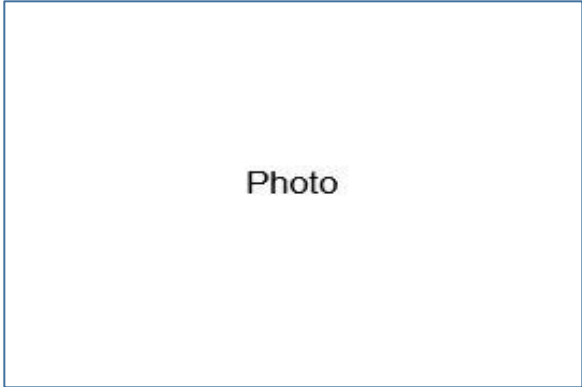


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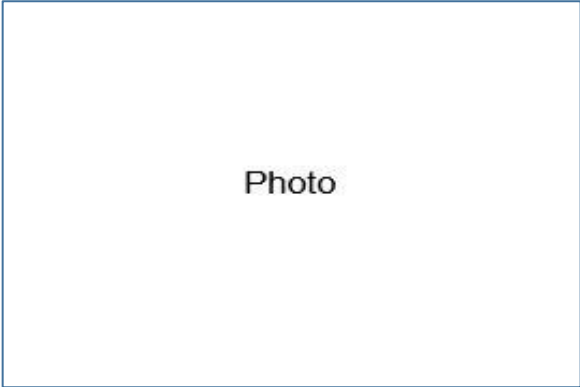
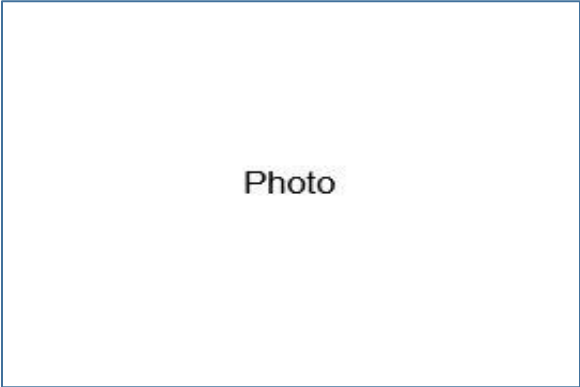


**Identification Documents**

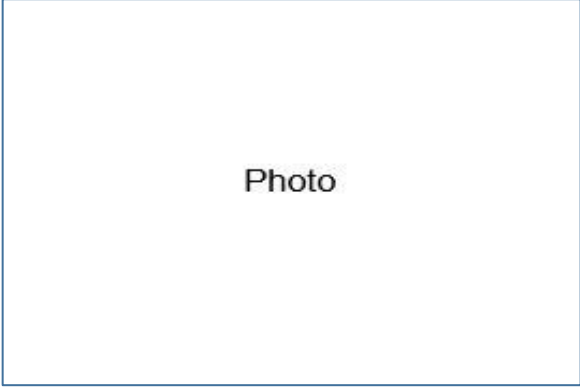
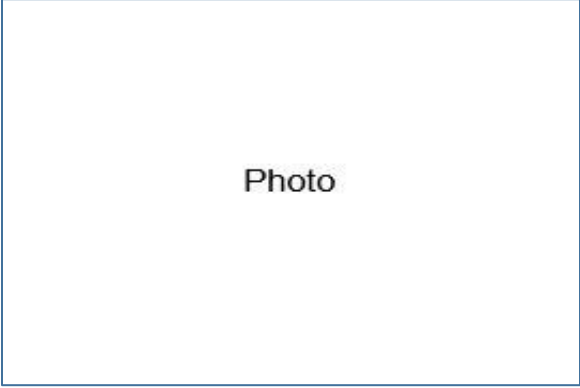
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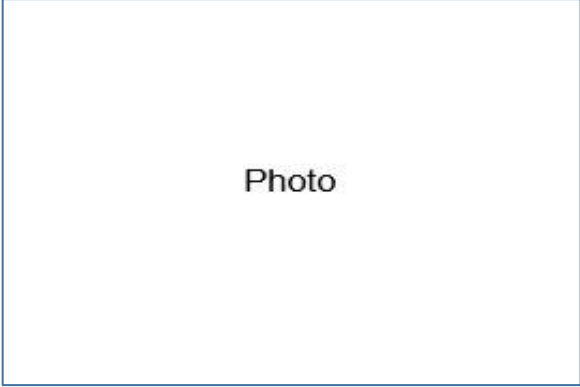
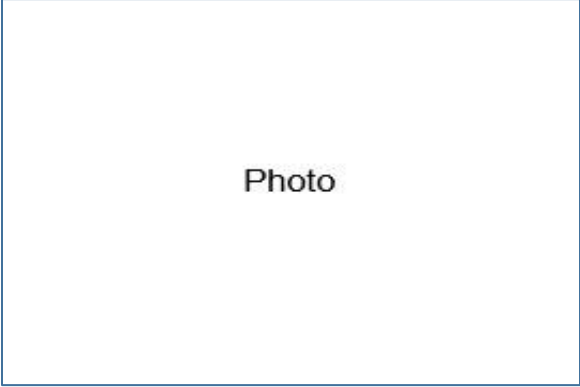
**Visa- Pensionado**



**Panama Driver License**

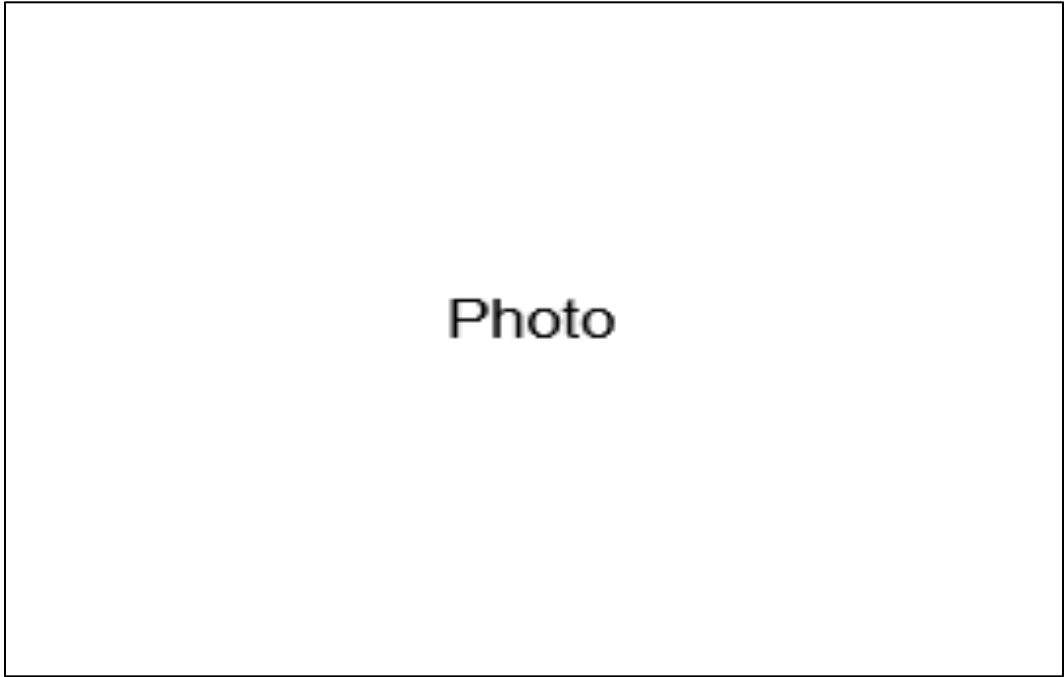


**Driver License**



**Identification Documents**

**Passport**



# Financial Information Forms

## Bank & Investment Accounts

Name	Owner Name	Account Number
Phone #	Login Address	Password

Name	Owner Name	Account Number
Phone #	Login Address	Password

Name	Owner Name	Account Number
Phone #	Login Address	Password

Name	Owner Name	Account Number
Phone #	Login Address	Password

Name	Owner Name	Account Number
Phone #	Login Address	Password

Dealing with bank accounts - Beneficiary to your personal account(s) by giving the bank the following information: The Name(s), phone number, Passport number, Address, Email and Birth date of your Beneficiary and the percentage of your account they will inherit. An in person visit is required. *Important: A Panamanian bank account not accessed within one year may be turned over to the government.*

## Credit Cards

Bank Name	Name on Card	Card Number	Pin
Phone #	Login Address	Password	

Bank Name	Name on Card	Card Number	Pin
Phone #	Login Address	Password	

Bank Name	Name on Card	Card Number	Pin
Phone #	Login Address	Password	

Bank Name	Name on Card	Card Number	Pin
Phone #	Login Address	Password	

Bank Name	Name on Card	Card Number	Pin
Phone #	Login Address	Password	



## Additional Questions & Info

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- Is my Foundation a “Private Interest Foundation”?
- Dealing with bank accounts - Beneficiary to your personal account(s) by giving the bank the following information: The Name(s), phone number, Passport number, Address, Email and Birth date of your Beneficiary and the percentage of your account they will inherit. An in person visit is required.
- Also include the physical location of Passports and your Foundation and Corporations documents