



## Jose Castro Pamintuan

October 6, 1936 - June 28, 2021

Dr. Jose Castro Pamintuan of Lewes, Delaware, a well respected cardiologist, passed away on Monday June 28, 2021. He spent the month of June at home in the loving company of his wife of 53 years, Dr. Elvira Lacdao Pamintuan, and his five children Maria Anita, Maria Alyssa, Maria Aimee, Jose Delfin, and Cristina Marie. Dr. Pamintuan was 84.

Dr. Pamintuan was born in Calulut, San Fernando, Pampanga, son of Delfin Pamintuan, a school teacher and farmer, and Maria Castro Pamintuan, a homemaker and farmer. As a top student at San Fernando High School he earned a seat at the University of the Philippines College of Medicine. In college he joined Phi Kappa Mu and sang tenor in The Four Aces, an a capella group. He received his Doctor of Medicine degree in 1961.

In 1962 he traveled to the United States to further his training both at Church Home and Hospital, then affiliated with Johns Hopkins Hospital, in Baltimore and at Bronx Lebanon Hospital in New York City. Afterwards he completed a postdoctoral fellowship in cardiology at the University of Pennsylvania, where he met his wife, Elvira Lacdao, then a resident in Obstetrics and Gynecology at Philadelphia General Hospital.

More intensive training in cardiology followed at Temple University Hospital and Hahnemann Hospital, both in Philadelphia. At that time, he co-authored several research papers on the action potential of the human heart and the mechanisms of cardiac arrhythmias which were published in The American Journal of Cardiology. He also wrote a seminal work on hyperlipidemias published in The Lancet, considered by many to be the world's premier medical journal.

In 1970 he moved to Seaford, Delaware to lead the Coronary Care Unit and to establish a new Intensive Care Unit at Nanticoke Memorial Hospital. He developed the nurse training programs for both departments, teaching many of the classes himself.

Shortly thereafter he became President of the Medical Staff and was the first medical staff president to be named to the Board of Directors at Nanticoke. He also served on the

editorial board of the Medical Society of Delaware and was formerly chairman of the Sussex County Heart Association.

With private practices in both Seaford and Dover, Delaware his energy knew no bounds, and his passion for the Philippines was expressed in his work with charitable organizations including Ding Kampangan, an annual medical mission he cofounded with his friend the late Dr. Camilo Gopez, a neurosurgeon of Wilmington, Delaware. He served as President both of the University of the Philippines Medical Alumni Society in America (UPMASA) (2001-2003) and the Delaware Valley UPMASA (1998-2001).

He cofounded and was President of Hope Medical Clinic in Dover, a free clinic for uninsured adults, which he conceived of and established with three fellow Filipino physicians. Veterans of medical missions to the Philippines, the four doctors wished to bring the spirit of these charitable missions back to Delaware to serve the poor and uninsured.

Before retiring in 2011, he worked as a physician in the Delaware state correctional system, caring for men whom society had forgotten. He believed in their right to good medical care and pondered the difficult life circumstances that had brought many of them to prison. He cared for them as he would any patient and was never seen without a history book to accompany him on breaks. During this time he also cared for developmentally disabled and chronically ill residents at the Stockley Center in Georgetown, Delaware.

Dr. Pamintuan was an avid fisherman with keen knowledge of Delaware and Maryland waterways, which he navigated with his son Jose at his side on his trusty yacht, Cristina, named after his youngest daughter. Perhaps the marshy waters of Delaware reminded him of the muddy rivers of his youth in the Philippines, which he hoped to return to one day. He loved steamed clams, blue crabs, and his favorite, raw oysters.

He followed sports and was interested in world cultures, especially their politics and regional foods. He loved to sing Filipino kundiman (love songs) and American classics including "Over the Rainbow," which he sang with his children in five-part harmony. He sought harmony both in song and in life and was a deep believer in social justice and equity, which he expressed throughout his life as a physician and community leader. In addition, he often caught people off guard with his great and unique sense of humor.

He was predeceased by his parents and eight siblings, whose families he cared for however possible. Over the decades, he sent numerous nieces, nephews, grandnieces, and grandnephews to college, a testament to his belief in the value of education and

supporting the next generation.

He is survived by his wife, five children, granddaughters Maria Sofia Pamintuan Fusco and Emma Isabella Pamintuan Fusco, sons-in-law Dino Fusco (married to Maria Anita) and Gijbert Grotenbreg (married to Cristina Marie), and extended family in the Philippines.

Dr. Pamintuan's Mass of Christian Burial will be held on Saturday July 10, 2021 at St. Jude the Apostle Catholic Church at 152 Tulip Drive in Lewes, Delaware at 11AM. There will be a visitation from 10 to 11.

All who cannot attend in person are invited to join the services via live streaming by visiting the following link: [https://www.youtube.com/channel/UC2vnHlr2UccJsultv\\_Xrzhg](https://www.youtube.com/channel/UC2vnHlr2UccJsultv_Xrzhg)

In lieu of flowers the family requests donations to Hope Medical Clinic at Modern Maturity Center in Dover, Delaware and University of the Philippines General Hospital through UP MASA at <http://www.upmasanational.org>

Please sign the virtual guestbook located on the tribute page.

# Events

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**JUL** **Flowers to be delivered by:** 03:00PM

**9**

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Parsell Funeral Homes & Crematorium-Atkins-Lodge Chapel  
16961 Kings Highway, Lewes, DE, US, 19958

**JUL** **Visitation** 10:00AM - 11:00AM

**10**

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St. Jude The Apostle Catholic Church  
152 Tulip Drive, Lewes, DE, US, 19958

**JUL** **Mass of Christian Burial** 11:00AM

**10**

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St. Jude The Apostle Catholic Church  
152 Tulip Drive, Lewes, DE, US, 19958

# Comments

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“ First of all my condolences to Elvie and family. Joe and I spent many years of friendship and brotherhood. He was my fishing buddy along with Melo. We spent many memorable hours sharing our thoughts and memories of experiences we had while young. Somehow Joe and I got closer as true brothers and we shared our future dreams Joe wanted to go to the Phillipines and see his mother and experience the simple life in the provincia where he was born. To fish those streams nearby and ponds for catfish. We decided in the meantime to visit the Phil in our dreams but now Joe you are free. You can go anywhere you want to Joe. I'm forever going to miss you until we met again. Say hello to Melo for me.

**Romy Perpetua** - July 10 at 08:41 AM



“ Condolence to the Pamintuan family. Pam was a good doctor and a family man. He was involved in a lot of endeavors for mankind which made him a great man. RIP, Joe!

**Virginia Carino Vergara** - July 10 at 11:07 AM

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“ JoePam, known to be the doctor with a heart leaves a legacy of generosity, love of life and country worth emulating. I recall meeting him and his wife Dr. Elvira Lacdao when she bequeathed a donation to UPMASA. He was warm, witty and forward thinking. His leadership as 11th National President did make a difference in the growth of the Society. We will not forget and will try to emulate JoePam.

**Lourdes Publico, M.D.** - July 10 at 07:12 AM

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“ My condolences to his wife and family.

My memory of Joe - or Pami as I have fondly called him - is reflected in the quote below from Dr. Arnold A. Hutschnecker's library:

"The great thinkers or talents we remember, have accomplished what they did because they continued to cultivate their minds to be productive. A productive mind is a mind in harmony. To live a productive life means to struggle with a thought but not quarrel with a neighbor. (This italicized statement is as printed in the book, not mine.) Aggressive energy goes into the labor of chiseling the rawness of a rock into an image that reflects the spirit of humanity and the unending wonders of nature that are reflected in human life itself. And it is this creative drive that renews itself in the minds of men and women. Though they may grow old in years, they remain young in the strength of their ideas, thoughts, and the width of their productive horizon, until the last substance of life in the aged has been burned out and they go to sleep, at peace with themselves and with the world they have loved and to which they have known when to say goodbye."

Yes, Pami is now rejoicing in His Grace and resting in peace with Our Creator in His Kingdom, where we all long to be someday.

Erstwhile Classmate Rey D. Pagtakhan  
3742 Henderson Highway, East St. Paul, Manitoba, Canada R2E 1B1  
reypagtakhan@gmail.com



Dr. Reynaldo D. Pagtakhan - July 09 at 03:09 PM

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“ Sincerely, UPMASA Board of Governors purchased the Sentiments of Serenity Spray for the family of Jose Castro Pamintuan.



Sincerely, UPMASA Board of Governors - July 09 at 01:19 PM

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“ Deepest condolences to the family of Dr. Pamintuan . When I just finished residency and started practicing in DE, my parents came to visit me from the Philippines and my dad unfortunately got sick while visiting . Dr . Pamintuan and his co doctors at the Hope Medical Clinic volunteered to examine and treat my father . I'm sure so many countless uninsured Delawareans and their families have been blessed by Dr. Pamintuan's generosity and selflessness . May his spirit of service to fellow men and compassion continue to burn among the members of UPMASA which he led so well during his tenure .

**Jesus Ligot, Jr., M.D.** - July 09 at 12:27 AM

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“ To the family of Joe,  
Joe was my classmate in medical school. We graduated together in 1961. I appreciate his kindness and friendly nature. I remember visiting him in his clinic in Delaware for a consultation and he was as attentive and caring as he was when we were in medical school. My condolences and sympathy to his family,  
Lourdes C. Felarca, MD

**Lourdes C Felarca, MD** - July 08 at 09:31 AM

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“ Jose Pamintuan MD

“Do not just make a difference, BE the difference”

Dr Pamintuan (fondly called JoePam) was an active Member and president of UPMASA Delaware Valley Chapter. In 2001, he became president of National UPMASA (short for Univ of the Philippines Medical Alumni Society in America). For two years, he proved himself to be a visionary and a leader.

The national organization was then 15 years old and was composed of 12 chapters, each one operating independently in finances and in activities , and coming together at yearly reunions.

It was during Joe’s term as National UPMASA President that his vision of a unified UPMASA was put into motion. He asked all chapter officers be inducted at the annual Grand Convention together with the National Officers. He streamlined the chapters’ financial operations by requiring all to transfer funds under one bank, Bank of America.

All chapters were required to give a 10% tithe to National UPMASA, as fundraising was done bu all using one tax exempt number.

We were able to hire a part time secretary and became more efficient in mail communication to member, record keeping, compiling chapter reports and taking of minutes for the twice yearly Board of Governors meeting. The work of National Secretary was further eased by the creation of the Elected positions of Corresponding Secretary and Recording Secretary. The membership lifetime fee was raised to \$400 and a serious membership Drive was undertaken.

A raffle fundraising proved successful and we were able to fund a postgraduate fellowship training in Bethesda Maryland .

For the Permanent Endowment or PEF fund Drive, Joe coined the slogan “2.5M by 2005”. He would have been very proud to know that The PEF has now surpassed this with significant funding for many scholarships and Professorial chairs In The UP College of Medicine.

His vision steered UPMASA From a mom and pop operation towards a direction of professional excellence and respectability.

We salute you Joe for living up to our Alma Mater’s motto of Honor and Excellence. And we sincerely Thank you, our Friend and Colleague, for Not only making a difference in UPMASA; BUT Being truly THE DIFFERENCE.

arelyne Pacho-Ramos - July 08 at 08:07 AM

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“ Dr. Joe was a dear family friend and one of my Pop's favorite fishing buddies. He always had a warm smile and interesting stories to share. He will be missed. Our family is praying for the entire Pamintuan family. Michele Perpetua Roberts

Michele P. Roberts - July 07 at 06:51 PM

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“ Ocean Breeze Spray was purchased for the family of Jose Castro Pamintuan.



July 07 at 06:48 PM

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“ Our thoughts and prayers are with the entire Pamintuan family. We enjoyed getting to know Dr. Pamintuan through our friendship with Anita and Dino. We recall his kindness and great sense of humor from a day we spent house hunting together in Connecticut. He was an amazing man who touched so many in his life.  
Elizabeth, John, Anne and Catherine McGuire

**John McGuire** - July 07 at 11:19 AM

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“ Elizabeth, John, Annie and Catherine McGuire purchased the Ocean Breeze Spray for the family of Jose Castro Pamintuan.



**Elizabeth, John, Annie and Catherine McGuire** - July 07 at 11:15 AM

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“ Pampanga, Philippines purchased the Ocean Breeze Spray for the family of Jose Castro Pamintuan.



**Pampanga, Philippines** - July 06 at 07:37 PM

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“ With love from The Dalton Filipino Crew purchased the Sentiments of Serenity Spray for the family of Jose Castro Pamintuan.



**With love from The Dalton Filipino Crew** - July 03 at 07:12 PM