

CEO Corner

Your role is crucial



Welcome to 2018! The year started out with Alabama's returning to the top of the college football world on Jan. 8. I mention this, first of all, because I bleed Crimson Tide red. But I also want to make a broader point about the crucial role each of us plays to make Bothwell the best it can be.

You might not know this, but the Alabama football team has a connection to Missouri. Hale Hentges, a junior tight end for the Tide, is a graduate of Helias High School in Jefferson City. He has played in every game since arriving at Alabama three years ago and has started most of the

games over the past two years. As a receiver, he plays a high-profile position. Receivers typically catch passes and score touchdowns.

But Hentges primarily is used as a blocker. Despite starting every game, he had only seven catches this season. He's what sports reporters call a "role player." This role player is one of the key leaders on Alabama's national championship team.

While quarterbacks get headlines and make highlight reels, the unsung blockers who protect them are the crucial cog to any successful team. Like a football team, a hospital has roles that are more high profile than others. Some team members may be louder or flashier than others. But each member's contributions and actions are essential to Bothwell's success.

To quote legendary coach Vince Lombardi, who has no ties to Alabama, incidentally: "Individual commitment to a group effort – that's what makes a team work, a company work, a society work, a civilization work." Our group effort is to provide the best care and services to our patients and our community. So what's your role? Know this: It's just as important to our success as any role in this organization. As we begin a new year with all its challenges and opportunities I want to encourage each of us to commit to performing our roles every day to the best of our abilities.

On the next page, I have listed some of our accomplishments from last year. My heartfelt thanks go to each and every one of you for the crucial role you play in our success.

Jimmy Robertson
Chief Executive Officer



Alabama tight end Hale Hentges celebrates a touchdown reception in a game this year against the University of Mississippi.

2017 Year in Review

New providers joined the Bothwell team

- Dr. Houman Nourkeyhani, hematology/oncology, Bothwell Regional Health Center
- Dr. Evan Stout, orthopedics and sports medicine, Bothwell Orthopedics & Sports Medicine
- Dr. Nayera Guirguis, obstetrics and gynecology, Bothwell OB/GYN Associates
- Dr. Paula Schwartz, obstetrics and gynecology, Bothwell OB/GYN Associates
- Leah Hermanson, nurse practitioner, Bothwell Physicians Group Azan Clinic
- Elizabeth Kessler, nurse practitioner, Bothwell Urology Services
- Dr. Feraas Jabi, radiologist, Bothwell Radiology Services

Bothwell Foundation and Bothwell Auxiliary continued to make a difference

- The Bothwell Foundation provided funding for the Susan O'Brien Fischer Cancer Center to become the first treatment facility in the state of Missouri to have a High Dose Brachytherapy and AccuBoost Treatment Program.
- The 10th Annual Lub Dub raised more than \$34,500 for the Camye Callis Gaspard Memorial Heart Fund.
- The Bothwell Foundation held the first-ever Pinktober event, raising more than \$11,000 for breast cancer awareness and treatment.
- The Bothwell Auxiliary gave the hospital \$28,000 in 2017 to support a variety of efforts. Since 1974 the Auxiliary has donated about \$1.1 million.

Efforts continued to improve patient care

- SFCC/Bothwell partnered on a patient simulation project.
- Bothwell launched a successful "Get Well. Stay Well. Bothwell" marketing campaign.
- Bothwell purchased the Sedalia Imaging Center.
- Bothwell partnered with PEAK Sport & Spine for therapy services.

Employees earned recognition

- Jeanne Waters was named Employee of the Year.
- Kim Perez was named Nurse of the Year.
- Karen Weinberg was named Support Person of the Year.
- Randy Smith was named Leader of the Year.

Volunteers of the year

- Ava Seabury was named the American Red Cross Volunteer of the Year.
- Betty Blackwell was named the Auxiliary Volunteer of the Year.

Gave back to the community

- Bothwell employees donated almost \$19,000 to the Sedalia-Pettis County UnitedWay.
- The Bothwell Medical Explorers hosted several students for the 2016-17 school year.

Centers and units received kudos

- The Wound Center received a Center of Excellence Award from Healogics.
- Bothwell hospital and clinics successfully

Envision Healthcare to provide physician coverage for Emergency Department

Bothwell Regional Health Center has selected a new company, Envision Healthcare, to provide physician coverage in our Emergency Department, effective April 15, 2018.

As you may know, a majority of hospitals and health centers across the nation contract with independent companies that specialize in providing highly qualified emergency medicine clinicians. Envision Healthcare is a national leader in facility-based services with more than 1,000 practices at locations ranging from major hospitals and health systems to rural hospitals and ambulatory care centers. Envision is a



physician-led company with more than 40 years of experience. It utilizes national intelligence, benchmarks and proven processes to continually improve emergency care for patients.

Contact Rose McMullin, chief nursing officer, at ext. 9445 if you have any questions or need more information.

Women's Health is getting a facelift

Contractors are hard at work on the first phase of construction to transform patient rooms in Women's Health at the hospital. The work will convert nine rooms into six much larger rooms, all with a new look and finishes. Work on this phase is expected to wrap up the first part of June, with additional work planned for the department in future phases of construction.



Artist's rendering of the new patient rooms in Women's Health.

Star Awards

Kelly Eaton	Truman Lake Clinic
Jacquelyn Snow	Progressive Care Unit
Kristin Cloe	2 Southwest
Christina Pakhnyuk	2 Southwest
Cindy McKeon	Lab
Sherri Egbert	Emergency Department
Natalie Sims	Health Information Management
Ashley Barnes	Pediatrics
Celia Roasch	Quality Management
Steve Davis	Administration
Teresa Pennock	Health Information Management
Tom Bailey	Administration
Jan Henson	Administration
Denise Hoffman	Skilled Nursing Unit
Rick Langdon	Material Management
Mindy Vesperman	Emergency Department
Dianne Williams	2 Southwest/Orthopedics
Randy Smith	Facilities Management
Rocio Rodriguez	2 Southwest
Kathy Johnson	Perioperative
Dr. Philip Fracica	Administration
Whitney Heistand	Critical Care Unit
Christine Kinshella	Dietary

Inaugural Bothwell Leadership Academy graduates 8

The Bothwell Leadership Academy was created last year to help employees meet their full potential as leaders within the organization. Students were selected to meet monthly for an entire year to develop and enhance leadership skills including conflict resolution, coaching, team-building, employee engagement and performance management. The program was led by Sandy Brown, a leadership development specialist and owner of The Employer's Resource, based in Kansas City, Missouri.

On Thursday, Jan. 18, eight graduates were celebrated with a meal, a graduation certificate, and a gift from the hospital's administration. Bothwell CEO Jimmy Robertson was the keynote speaker at the ceremony. The graduates were Sarah Anderson, Admitting; Marc



Bothwell CEO Jimmy Robertson speaks to members of the Bothwell Leadership Academy, their guests and hospital administrators at a graduation ceremony Jan. 18, at the Sedalia Country Club.

Dougherty, Radiology; Sarah Hopper, Critical Care Unit; Kathy Johnson, Perioperative Services; Teresa Luyet, Cardiac Catheterization; Julie May, Sterile Processing; Rachel Owens, Accounting; and Leslie Stevenson, Nursing Administration.



Members of the inaugural Bothwell Leadership Academy on Jan. 18 attended a graduation ceremony at the Sedalia Country Club. From left are: Marc Dougherty, Julie May, Rachel Owens, Sarah Anderson, Kathy Johnson, Leslie Stevenson, Teresa Luyet, Sarah Hopper, and instructor Sandy Brown of The Employer's Resource, based in Kansas City, Missouri.

Healthy U celebrates Class of 2017

On Jan. 4, Healthy U celebrated another year of helping the community adopt healthier lifestyles.

Healthy U's "Night of Inspiration" was held at the Heckart Performing Arts Center at Smith-Cotton High School. Healthy U is a project of the Pettis County Healthy Living Action Group, a subcommittee of the Sedalia/Pettis County Blue Ribbon Vision Steering Committee. It includes a year-long support initiative for 12 "students" who are paired with a fitness mentor and nutrition coach. Bothwell is a key sponsor of the initiative.

The Class of 2017 lost a combined 473 pounds. At the Night of Inspiration, awards were presented in five categories:

- Greatest Improvement in Flexibility – **Lucas Sheeley**
- Greatest Improvement in Basal Metabolic Rate – **Tisha Sparks**
- Greatest Decrease in Percentage of Total Inches Lost – **Tisha Sparks**

- Greatest Improvement in Body Mass Index – **Tisha Sparks**
- Healthy U Student of the Year – **Hillary Owens**

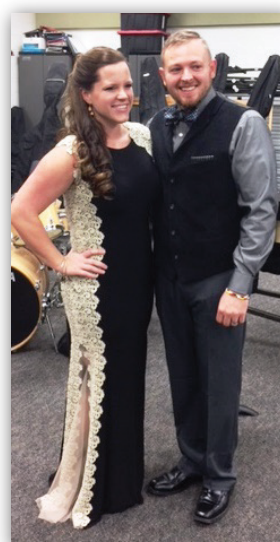
The event also included an announcement of the Healthy U Class of 2018 and their fitness mentors and nutrition coaches. The 12 new students were selected from 145 applications and 23 semifinalists.

The new class includes Theresa Ramsey, Jill Billingsley, Sarah Todd, Jean Hesse, Ed Wells, Justin Hubbs, Whitney Benscoter, Sara Schell, Stephanie Foster, Rachel Hammers, Matt LaCasse and Katie Stanley-Dietzman.

"I'm proud of last year's class and the journey they've taken toward healthier living," said Melissa Boeschen, community outreach coordinator at Bothwell and chair of the Healthy Living Action Group. "This new class will have an awesome opportunity to get the tools and support they need to make lifestyle changes that will benefit them the rest of their lives."



Members of the Healthy U Class of 2017 gather Jan. 4 on the stage at the Heckart Performing Arts Center at Smith-Cotton High School for the Healthy U "Night of Inspiration."



Hillary Owens, left, won the award for "Student of the Year," and Lucas Sheeley, right, won an award for Greatest Improvement in Flexibility.



Lisa Everhart, 2017 Healthy U, left, and Melissa Boeschen, Bothwell's community outreach coordinator, posed for a photograph backstage at the Healthy U "Night of Inspiration" ceremony.



Tisha Sparks won three of the five awards presented at the ceremony.

Employee of the Month

Jacey Etter is the BRHC Employee of the Month for January. Etter, a UAP in the Progressive Care Unit, was praised in her nomination for her pleasant demeanor, a great attitude and consistent professionalism.

“She is a role model for what a BRHC employee should be,” the nomination said. “She not only exemplifies a honest, hardworking, ethical employee, but she also helps raise everyone she works with to the same standards.”

According to the nomination, Etter is a team player who excels in communicating with patients and coworkers and takes responsibility for her actions.

“For being a young person, she has a work ethic that everyone could learn from,” the nomination added. “She is professional in all she does, and she does her best to be a role model to everyone she works with.”

Congratulations, Jacey, on being named Employee of the Month for January.



Jacey Etter

Sparkle Award

The Sparkle Award this month went to 2 Southwest for no infections for the month and for adherence to policies for wearing proper personal protective gear in all rooms they have under precautions.



Coffee Punch recipe

Several employees have asked for the recipe for the coffee punch that was served at the Holiday Meal last month, so we've included it here. Enjoy!

Ingredients

1/3 cup instant coffee
2 cups granulated sugar
1 cup water
½ gallon vanilla ice cream
½ gallon chocolate ice cream
1 gallon milk

Cooking instructions

In small pan, combine instant coffee, sugar and water and heat until the sugar has dissolved and all the ingredients are well mixed and hot. Don't boil! Refrigerate the mixture in an airtight container until you are ready to use. The liquid will be kind of syrupy.

Before serving, pour the chilled syrup into a large punch bowl. Add the gallon of milk if punch bowl allows and stir well. Add ice cream by scoops into the punch. Stir gently to mix. The ice cream will keep the punch cold.

January new employees

Willy Arnold	Housekeeping
Jody Baslee	Pain Management
Christi Bergman	Nursing Administration
Priscilla Blackmore	Housekeeping
Kasey Blake	Skilled Nursing Unit
Debbi Bredehoeft	Bothwell Family Health
Jessica Brown	Nursing Administration
Kimberly Cline	2 Southwest
Natasha Coots	2 Southwest
Teresa Costilla	Nursing Administration
Pam Crouse	Bothwell Family Health
Aaron Davis	Information Services
Lisa Eck	Orthopedics
Erin Erlitz	2 Southwest
Taylor Fisher	Nursing Administration
Ashlynn Hoblia	Orthopedics
Kim Huddleston	Wound Healing Center
Stephanie Jackman	Housekeeping
Nicolle Kelly	Dietary
Sheryl LaFavor	2 Southwest
Karla Lang	Radiation Oncology
Erika Locke	Hospitalists
Linda Lower	2 Southwest
Sandy Mahurin	Respiratory Therapy
Kailyn McMillin	Truman Lake Clinic
Abby Murray	Wound Healing Center
Tia Murray	Dietary
Pam Paxton	Skilled Nursing Unit
Adriana Pendleton	Orthopedics
Autumn Robinson	Orthopedics
Shane Robinson	Housekeeping
Katelyn Rogers	Radiation Oncology
Heidi Schwartz	Respiratory Therapy
Trish Shrock	Housekeeping
Kayla Smith	Nursing Administration
Mady Smith	Admitting
Clancy Spade	Housekeeping
Heather Staus	Dietary
Jessica Stilfield	Laundry
Allen Stoeckel	Materials Management
Megan Strauch	Dietary
Jada Tuttle	Laundry
Lulu Webb	Emergency Department
Jamika Yount	Housekeeping

Date set for February Safe Sitter class

Bothwell will conduct a Safe Sitter babysitting class on Saturday, Feb. 24, from 7:30 a.m. to 2:30 p.m. in the Bothwell Education Center, 600 E. 14th St. in Sedalia.

The class is designed for children in grades 6-8 who are interested in babysitting. The Safe Sitter Program is a comprehensive, one-day course that includes pediatric cardiopulmonary resuscitation training and will teach young teens and preteens how to be better, safer babysitters. Students in the class will learn about injury management and prevention, childcare essentials, behavior management, the business of babysitting, and how to care for a choking child or infant. Cost for the class is \$35, which includes a messenger bag containing babysitting essentials.

Preregistration is required and due, along with payment, by Friday, Feb. 16. Please call 660-827-9138 or e-mail mboesch@brhc.org to register. Class size is limited.



Kendra Cashatt	1	Christel Harms	12	Suzanne Ashby	21
Trish Shrock	1	Robin Schroeder	12	Lauren Thiel	21
Sue Kitto	3	Tyler Cerise	12	Skyler Borman	21
Angela Williams	3	Jenny Force	12	Kristy Moore	22
Hallye Lane	3	Missie Hopkins	12	Sarah Cordes	22
Sandy Jerome	3	Julia Turley	13	Diane Stark	23
Russ Dedrick	4	Bob Johnson	13	Mika Killion	23
Sabrina Graham	4	Gracie Bruha	13	Saudi Robbins	23
Patty King	4	Erika Locke	13	Angel Tieman	23
Jennifer Suthers	4	Dawn Hoff	14	Kersten Lorenz	23
Mary Rex	4	Julie Limanskiy	15	Sharon Clark	24
Marsha Miyashiro	5	Dr. Daniel Boyce	15	Lesla Knox	24
Debra Greene	5	Megan Wheeler	17	Brenda Wendling	24
Dotty Coruna	6	Ja Hickman	18	Nicole Welch	24
Danielle Mefford	6	Christine Jones	18	Celia Bircher	24
Pam Thompson	7	Barbie Reid	18	Teresa Pennock	24
Allen Stoeckel	7	Chris Romero	18	Kathy Friedley	26
Nadine Stilfield	8	Steve Ready	19	Lori Lancaster	26
Dr. Theordore Beltz	9	Jennifer Dillon	19	Bruce Johnson	26
Julie Slocum	10	Tia Ashley	19	Helen Peters	27
Brooklyn Spencer	10	Taylor Fisher	19	Dr. Shawn Crook	27
Toni Granado	11	Eric Hopper	20	Belinda Harper	28
Liz Kessler	11	Cathy Eppenauer	20	Sara Graub	28

Foundation donor wall highlights events, generous donors



The Bothwell Foundation recently installed a donor wall across from the gift shop near the main floor lobby of the hospital. The donor wall features information about the Bothwell Foundation, photos from Foundation events and quotes from donors. It also highlights donors who have given \$5,000 or more to the Bothwell Foundation.

Bothwell Has Heart Shirts

Thank you to all employees who ordered a Heart Month "Bothwell Has Heart" shirt. All proceeds from the shirt sales went towards the Bothwell Foundation's Camye Callis Gaspard Memorial Heart Fund. Once they arrive, the shirts will be distributed by your director. We encourage you and your department to take photos in the shirts and send them to LThiel@brhc.org.

The "Bothwell Has Heart" shirts can be worn on Fridays during February and on Valentine's Day with your department director's approval.



In memory of

The following memorial donations were received:

In memory of Margaret Schlesselman

Ms. Arlene Schlesselman

In memory of Michael Millsap

Mr. Stephen Blalock

Mr. Paul Chancellor

Mrs. Lisa Church

Mr. and Mrs. Timothy Curry

Ms. Mary Denny

Mr. and Mrs. Jeffrey Durrill

Mr. and Mrs. James Finley

Mr. and Mrs. James Hall

Mr. Thomas Hughes

Mr. and Mrs. John Rippey

Mr. and Mrs. Russell Schupp

Missouri Bank II

Thompson Hills Investment Corp

In memory of Natalie Mishler

Mr. and Mrs. Mike Simon

In memory of Phyllis Schlobohm

Nursing Leadership

In memory of Ron Heinaman

Bryant Motors

Ms. Carolyn Bauer

Mr. and Mrs. Larry Grinstead

Ms. Victoria Kottman

Ms. Linda Orscheln

Mr. and Mrs. Jack Robinson

Mr. and Mrs. Dickie Schultz

Mr. Allen Sydow

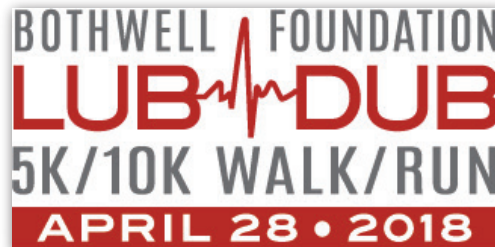
Mr. and Mrs. Don Weaver

Save the date!

The Bothwell Foundation will host the 11th Annual Lub Dub run on Saturday, April 28. Lub Dub, named

after the sound of a healthy, beating heart, benefits the Camye Callis Gaspard Memorial Heart Fund, which helps finance improvements in cardiovascular care at Bothwell and raise money to help prevent cardiovascular disease in our communities.

To register for either the 5K walk/run or the 10K run, visit brhc.org/LubDub2018. For more information, contact Lauren Thiel at ext. 7786 or lthiel@brhc.org.



Bothwell Auxiliary news

Bothwell T-shirts for sale

Don't have a Bothwell T-shirt yet? Now is the time to grab one. We just received a new shipment – sizes small to 5X – and they are available for \$20 in the gift shop.



Bothwell Regional Health Center

Our Mission:

Working together to provide exceptional health and wellness services

Our Vision:

The best choice for exceptional care

Our Standards of Behavior:

As members of this exceptional team, Bothwell employees pledge their commitment to the following standards of behavior to help make Bothwell Regional Health Center the best place for our employees to work and the best place for our physicians to practice medicine: Safety, Attitude, Teamwork, Communications, Accountability, Professionalism.

