

JANUARY 2021

BILLBOARD



A MONTHLY NEWSLETTER FOR EMPLOYEES AND FRIENDS OF BOTHWELL REGIONAL HEALTH CENTER



HOPE FOR 2021

A Letter from Lori

"To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but also of compassion, sacrifice, courage, kindness.

What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places where people have behaved magnificently, this gives us the energy to act, and at least the possibility of sending this spinning top of a world in a different direction."

—Howard Zinn from his 2002 autobiography "You Can't Be Neutral on a Moving Train."

There has been a lot of hope over the last year ... hope for holidays, weddings and other special events, for wellness, for normalcy, for jobs, for survival. Hope for a vaccine. Hope for the end of COVID-19.

Of all the questions fervently hoped for since the beginning of the pandemic, the most common was, "when will we have a vaccine?" That question was answered in December with the emergency use authorization of not one but two vaccines.

According to [Missouri's new vaccine dashboard](#), the state has administered 584,260 doses (first and second) as of Feb. 4. Missouri is currently vaccinating [priority populations](#) in Phase 1A and Phase 1B Tier 1 and Tier 2.

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SEE WHAT'S INSIDE!

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AND MORE!



GET WELL. STAY WELL. BOTHWELL.

HOPE FOR 2021 (CONTINUED)

A Letter from Lori

In Pettis County some health care workers and long-term care facility residents received their first doses in late December. On Jan. 28, 29 and 30, Bothwell and the Missouri National Guard hosted a mass vaccination clinic at the Missouri State Fairgrounds in communication with the Pettis County Health Center and the Missouri Department of Health and Senior Services. Our team administered 2,309 doses to people who met the state's phasing criteria.

The event was a whole-team effort between our hospital staff, the National Guard team, Pettis County Ambulance District and the State Emergency Management Agency. I could not be more proud of the way everyone has worked together for the benefit of our community.

While it will likely be mid-year before there is enough vaccine supply for everyone in the United States, I am hopeful that COVID-19 will be eradicated in 2021.

In the meantime, we will continue caring for our community and educating everyone about the importance of getting vaccinated.

Strength, sacrifice, courage and yes ... hope have brought us all this far. Let's continue to see the best in each other and the situation we're all in together. Let's keep hope and keep the world spinning in the right direction.



A HAPPY ARRIVAL

Bothwell Welcomes 2021's First Baby

Maddie Lynn Jolliff made her appearance at 5:28 p.m. Friday, Jan. 1 as Bothwell's first baby of 2021.

She weighed 7 pounds, 1.25 ounces and was 18.5 inches in length.



Photo courtesy of Faith Bemiss, Sedalia Democrat

Mom Angela Jakobe and dad Rick Jolliff of Fristoe admire their daughter, Maddie Lynn, in the hospital on Saturday, Jan. 2. Angela said she thought the baby would be born on Christmas, and she is "so very happy" Maddie is here.



Photo courtesy of Women's Health, Bothwell Regional Health Center

FREE HEART SCANS OFFERED AGAIN February is American Heart Month

February is American Heart Month, and Bothwell Regional Health Center and Bothwell Foundation have again partnered to provide free cardiac calcium or heart score screenings **Feb. 6, 13 and 20.**

A cardiac calcium screening is a special type of noninvasive computed tomography (CT) scan that shows if calcium deposits are present and how many. Calcium deposits in the form of plaque build up in the arteries and restrict blood flow to the heart, putting people at risk for heart attacks and coronary artery disease.

The screenings will take place from **8 a.m. to 1 p.m. Feb. 6 and 8 a.m. to noon Feb. 13 and 20** at the hospital. **A limited number of appointments are available, and appointments must be made in advance by calling Bothwell centralized scheduling at 660.829.8888 and mentioning "free heart screen."**



Free Heart Screenings

BOTHWELL REGIONAL HEALTH CENTER • 601 E. 14th Street, Sedalia

Saturday, February 6 8 am – 1 pm	Saturday, February 13 8 am – Noon	Saturday, February 20 8 am – Noon
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**Limited appointments available.
To make an appointment, call 660-829-8888
and mention "Free Heart Screen."**

HAVE YOU RECOVERED FROM COVID-19?

Give convalescent **plasma.**



Lab confirmed
positive swab or
antibody test
for COVID-19



Symptom free
for 14 days



Donate up to 8 times
Save up to 24 lives

TO GIVE CONVALESCENT PLASMA

- Go to savealifenow.org/cpdonor and complete the online registration form.
- Upload your lab confirmed positive swab or antibody test for COVID-19. A Community Blood Center representative will call you to make your appointment.

 **Community
Blood Center**
816.968.4081 savealifenow.org



NEW EMPLOYEE HEALTH BENEFIT Burrell Behavioral Health Offers Services



Bothwell and Burrell Behavioral Health recently entered into an agreement that provides behavioral health benefits for Bothwell employees.

This partnership makes accessing behavioral health services easier than ever for the Bothwell team.

Benefits include **six free hours of virtual therapy and counseling**. Burrell providers understand the impact COVID has on the health care system and offers a safe space for you to process difficult experiences and help you generate strategies for coping, self care and connection. Services are provided predominantly via telehealth to maximize convenience and ease of access for your busy schedule.

Additional services include **critical incident debriefings**. Critical incidents impact each of us differently, sometimes in unexpected ways. When a critical incident occurs, you and other team members may be invited to meet with a Burrell Crisis Team leader who is trained specifically in crisis response. These debriefings are designed to help minimize the emotional toll of tough situations in the workplace.

To learn more or to get started, contact Burrell at 417.893.7963 and identify yourself as a Bothwell employee with code 8000269.

NEW EMPLOYEE HEALTH BENEFIT Livongo Provides Health Management Tools



Livongo, a new health benefit that helps with managing diabetes, blood pressure, weight, stress and more, is now available to Bothwell employees.

For employees seeking support for diabetes including monitoring diabetic macular edema (DME), free test strips and online guidance, this program is offered at **no cost to you and your family members with coverage through the Bothwell Health Plan**.

If you are **not** currently enrolled in the medical plan, you are **still eligible** to participate in the **Behavioral Health Management** program through Livongo for **free**.

Program benefits include:

- **Connected devices.** Get access to a blood glucose meter, blood pressure monitor, and/or smart scale. The devices send readings to your Livongo app so you can see your trends all in one place.
- **Unlimited strips at no cost to you.** Get as many test strips and lancets as you need. When you're about to run out, Livongo ships more right to your door. There are no hidden costs.

- **Support for your health goals.** Personalized tips, 5-Day Challenges and other tools and resources can help you manage blood sugar, blood pressure, weight, stress and more.
- **Coaching anytime and anywhere.** Expert coaches are ready to help. Enjoy unlimited live, one-on-one coaching sessions, and ask quick questions via the Livongo app.
- To learn more or to join, visit join.livongo.com/BOTHWELL/now. **The Blue Cross Blue Shield Group Number is 7160628, which is needed to enroll in all benefits except behavioral health.**

If you have any questions about this program, please visit the Livongo website or call Livongo Member Support at 800.945.4355 and mention registration code BOTHWELL.

COFFEE SO FRESH IT FLIRTS Ozark Coffee Now Delivers In-Hospital

Ozark Coffee now delivers coffee orders within the hospital between **10 a.m. and 2 p.m. Monday through Friday.**

To receive delivery, **text your order to 660.619.1224** and include:

- **First and last name**
- **Phone number**
- **Department where drinks are to be delivered**
- **Type of drink**
- **Size of drink**

Electronic forms of payment will be accepted, e.g., credit card, Apple Pay, Samsung Pay, etc.

Using electronic forms of payment earns points to earn a free coffee drink!

Off-campus clinic locations may order Ozark Coffee for delivery from the Ohio Street location by calling 660.829.0393.



BOTHWELL CAFÉ OZARK COFFEE DRINK MENU

DRINKS	REG	LARGE	FLAVORS	MILK ALTERNATIVES
The Original	4.15	4.95	White Chocolate	Almond .60
Cappuccino	3.25	3.75	Chocolate	Oatly .75
Hot Latte	4.15	4.95	Caramel	Fairlife .50
Iced Latte	4.15	4.95	Salted caramel	Skim
Mocha	4.15	4.95	Vanilla Bean	
<i>(hot or iced)</i>			Sugar Free Caramel	
Frappe'	4.75	5.25	Sugar Free Vanilla	
Cold brew	3.00	3.50		
Drip coffee	1.85	2.00	SMOOTHIES	
Smoothies	3.75	4.50	Wild Watermelon	
Hot chocolate	2.35	2.60	Summer Strawberry	
Americano	2.75		Perfect Peach	



Ozark Coffee is located in the Bothwell Café!

NEW OT JOINS BOTHWELL PEAK SPORT & SPINE Welcome Morgan Thompson, OT/R

Morgan Thompson of Marshall is glad to be back in her hometown helping her friends and neighbors.

Thompson, 23, is a registered occupational therapist and started working Jan. 5 at Bothwell Peak Sport & Spine. She grew up in Marshall and received a bachelor's degree in Exercise and Movement Science in 2018 from Missouri State University in Springfield and a master's degree in Occupational Therapy in December 2020 from Missouri State.

Occupational therapists treat injured, ill or disabled patients through the therapeutic use of everyday activities. They help patients develop, recover and improve, as well as maintain the skills needed for daily living and working.

Mike Trammell, Sedalia clinic director, said Bothwell Peak has been without an OT for a few years and is excited to welcome Thompson to the team.

"Morgan did an internship with us during her undergraduate studies, and we're happy to have her full-time," he said. "She is splitting her time between the Marshall and Sedalia locations and is now accepting patients who have issues with their shoulders, elbows, wrists and hands."

Thompson, who is also working toward becoming a certified hand therapist, said her experience as an intern and the opportunity to work close to home factored in her decision to join the Peak team.

"Everyone at Peak is great at client interaction and so encouraging with our patients," she said. "Being able to serve my own community is also something I really wanted to do. I am excited to help patients in both Marshall and Sedalia."

Services at Bothwell Peak Sport & Spine require a physician's referral. Talk to your provider or visit brhc.org/peak for more information.



Morgan Thompson, OT/R

"Everyone at Peak is great at client interaction and so encouraging with our patients. Being able to serve my own community is also something I really wanted to do. I am excited to help patients in both Marshall and Sedalia."

CULTURE OF SAFETY SURVEY

Online Survey for Employees Opens Feb. 15



Who says there's no such thing as a free lunch? What about **THREE** free lunches?

If 90% of Bothwell employees complete the Culture of Safety survey, all employees will receive three free lunches in the Bothwell Café.

Bothwell employees know best whether the organization's processes and procedures are producing the intended outcomes.

When it comes to safety, it's crucial that our employees serve as watchdogs on safe practices, which is why it's important that employees participate in the annual Culture of Safety survey.

The survey is confidential and can be completed anonymously. It takes less than 15 minutes but yields important information for attaining National Patient Safety Goals. The goals are part of Bothwell's overall culture to improve patient safety and patient outcomes.

Hospital and clinic employees will take the survey online on the IntraWeb.

We really want to hear from you! Below are the free lunch incentives for employees depending on the participation rate (clinic employees will be delivered sandwiches):

- **50% participation** — All employees receive **one free meal** at the Bothwell Café
- **70% participation** — All employees receive **two free meals** at the Bothwell Café
- **90% participation** — All employees receive **three free meals** at the Bothwell Café

All surveys must be completed between Feb. 15 and March 1.

For questions or additional information about the survey, contact Human Resources at 660.827.9540.

FROM THE BOTHWELL{NESS} COMMITTEE February is American Heart Month!

Approximately 655,000 Americans die from heart disease each year—that's 1 in every 4 deaths. The American Heart Association has resources available to help your heart be at its best, and stop heart disease in its tracks. So, here are some simple things you can do to keep your heart in shape.

Mental Health

Lowering stress can help protect your heart. Look for ways to keep stress levels under control, including meditation, yoga, etc. Try downloading a meditation app on your smartphone.

Colorful Diet

Your plate should be full of color. Try to incorporate vegetables and fruits into every meal—snacks too! Try swapping traditional rice with riced cauliflower in your next dinner recipe.

Exercise

An exercise plan doesn't have to be difficult. Focus on increasing your steps each day. Slowly add in more as you become comfortable, so it doesn't feel like a chore. Pretty soon it'll become a daily habit. Park a bit farther away to your work entrance. Take the stairs instead of the elevator. It all adds up.

Stop Smoking and Limit Alcohol Intake

This can be difficult, especially in the stressful times we live in. There are many resources available to help you quit.

Sleep

If the amount or quality of sleep you're getting, or not getting, is affecting your ability to function while you're awake, it might be time to talk to a medical professional. Heart disease and sleep disorders are often bedmates.

Diet

Limit fried foods, processed and red meats, etc. Try to find healthy alternatives to your favorite meals. Try joining a healthy cooking group on Facebook for more ideas.

Remember, making changes slowly and one at a time will make it easier to adapt these into your daily routine.

Check out heart.org for more tips, to donate and to join in the fight against heart disease!

COMING SOON!

Bothwell{ness} T-Shirts and Badge Reels

The order form for BOTHWELL{NESS} T-shirts and badge reels will be emailed soon, and orders will be open through February. Join us as we "Become Recharged in your Health Commitment." Each team member who purchases a T-shirt will be entered into our quarterly drawings for a prize. Watch for your email for more details and order forms!



**BECOME
RECHARGED
IN YOUR
HEALTH
COMMITMENT**

BOTHWELLNESS

PATIENT SAFE HANDLING INITIATIVE

Proper Use of Gait Belts

Gait belts should be used on all patients on **FALL PRECAUTIONS** when transferring or ambulating. A patient who is a fall risk can be determined during the nursing admission assessment or at any time during the admission.

GAIT BELTS SHOULD:

- Be a standard of care for any patient with a history of falls or a current risk for falls
- Provide a “handle” if the patient requires assistance. If it is not on the patient when moving, it is too late if they fall.
- Be used during ambulation (or “gait”) or during minimal-lift transfers
- **NOT** be used as lift aid. If the patient requires “lift,” you should consider getting a mechanical lift for patient and staff safety.
- Be placed as close to hips as possible but not over incisions/medical devices
- Fit patient (choose correct size: 54", 60", 72" or 100"). **DO NOT** tie belts together.
- Be considered disposable. Send with the patient at discharge (and when they move floors). Make them part of the discharge process to educate patients and caregivers on use. Make sure they are placed in rooms at admission.

IMPORTANT REMINDER WHEN TRANSFERRING/AMBULATING PATIENTS:

- Make the patient perform as much of their mobility as possible themselves.
- Remember: They will have to do it themselves at home.
- While it is usually faster, try not to do it for them.
- Grabbing a patient’s limb if they begin to fall potentially causes shoulder dislocations, subluxations, and/or rotator cuff tears in patients with weak shoulder musculature.
- **AGAIN**, gait belts should be used on all patients on **FALL PRECAUTIONS**.

Talk with your manager regarding equipment needs or bring your ideas to the Fall Team and Safe Patient Moving Handling Committee.



HAVE EMPLOYEE PHARMACY QUESTIONS? We Have Answers!

1. **Who can use the Bothwell Employee Pharmacy?**
Anyone that is covered on Bothwell health insurance is eligible to use the Bothwell Employee Pharmacy. This includes spouses and family members. The only qualifier is Bothwell health insurance coverage.
2. **How do I use the Bothwell Employee Pharmacy?**
Easy! Call us at 660.827.9495! We can send you the “New Patient Transfer Form” or you can check your email that was sent by Lisa Irwin on Jan. 19, 2021. Then bring the completed form directly to the pharmacy or fax it to 660.829.6639.
3. **How do I transfer, refill, or get a new prescription filled?**
Transfers: Complete the “New Patient Transfer Form” and call us at 660.827.9495.
Refills: Call us at 660.827.9495.
New prescriptions: E-scripts are accepted, and we are searchable in the e-script database. We also accept traditional paper prescriptions, telephone prescriptions, and faxes from your provider.
4. **Where is Bothwell Employee Pharmacy located?**
We are next door to the inpatient pharmacy which is on the ground floor across from the Café inside the hospital.
5. **How do I use the Employee Pharmacy if I work at a clinic across town, Cole Camp, or Warsaw?**
We are open from 7 a.m.–4:30 p.m. (lunch is 11–11:30 a.m.) for pickup or we will deliver your medications to the clinic. Please plan at least two days in advance for delivery.
6. **How much will my medicine cost?**
Bothwell has incentivized the copay structure in favor of the Employee Pharmacy. In other words, your medication should cost less at Bothwell Employee Pharmacy than any other pharmacy. If you are experiencing lower costs at an outside pharmacy we would like you to call us to discuss specifics.
7. **What are my payment options?**
We currently accept credit cards, debit cards, HSA/FSA cards, cash and check. Payroll deduction is being evaluated and may be an option in the future.
8. **Will the pharmacy accept copay cards, foundations or other miscellaneous copay assistance?**
Manufacturer provided copay cards are accepted (example: Humira copay card).
Foundation assistance: We will likely be able to accept. There is often a credentialing process that may take a few days/weeks. Please plan ahead accordingly.
Coupons from magazines, flyers, GoodRx or similar: We will not be able to accept these types of cards. However, with the new pricing and copay structure you should have a lower cost than you have experienced previously even when using these cards.
9. **Can I purchase over-the-counter (OTC) items?**
YES! OTC items are available. We can order any OTC item that any other pharmacy can order. Although we have limited space to stock OTC items we do carry common cough/cold, pain/fever, and antacids, anti-diarrheal, etc.
10. **Delivery**
We are delivering to clinics during regular business hours, Monday through Friday. Deliveries go out at 8:30 a.m. Anything called in after 8:30 a.m. will go out the next business day.
11. **Confidentiality**
The Bothwell Employee Pharmacy is staffed by licensed pharmacists and technicians and is covered under all applicable HIPAA regulations. Your privacy is important to us and your personal information will remain confidential.
We also have a private counseling room available if you have medication questions or concerns you would like to discuss in confidence.

The Bothwell Employee Pharmacy is located on the ground floor of the hospital. Hours are 7 a.m.–4:30 p.m. (lunch is 11–11:30 a.m.).



NOVEMBER EMPLOYEE OF THE MONTH Devin Niederwimmer

Attentive, helpful, kind, compassionate, confident, polite and knowledgeable.

These are just a few of the words used to describe Devin Niederwimmer and why she is Bothwell's November Employee of the Month.

Niederwimmer, Bothwell TLC Pediatrics nurse, was nominated by Brianna Murray, clinic director, for being an integral member of the TLC Pediatrics team.

"For the last seven months, Devin has been the sole nurse for three providers at Bothwell TLC Pediatrics for the Sedalia and Marshall locations," Murray said. "She has not once complained

or come to work without a smile on her face for her patients. She has managed to stay up-to-date on all her charting, her workload and her phone calls."

Murray also shared that Niederwimmer's care and concern for her patients are ever-present.

"You can tell Devin truly loves what she does," she said. "She treats each of her patients and their families as if they are the only ones she has and makes sure all their questions, concerns and needs are met before they leave the office."

Murray said that there are no words that can begin to express her gratitude and the admiration she has for Niederwimmer and the way she has handled herself and how she has seamlessly continued to take care of her patients, coworkers and providers over the last seven months.

"I can't compliment Devin enough on the level of care she gives to each of our patients," Murray said. "She is an exceptional nurse, and we are lucky to have her as part of our team."

Congratulations, Devin, on being named Employee of the Month for November!

SOUPER BOWL SHOWDOWN SET Donate Soup and Tackle Hunger

Participate in Bothwell's 2021 SOUPER Bowl Showdown and help us score a touchdown for Open Door Food Pantry!

KANSAS CITY CHIEFS VS. TAMPA BAY BUCCANEERS

The Bothwell Employee Engagement Committee invites you to help us tackle hunger by donating cans of soup to the 2021 SOUPER Bowl Showdown!

By Feb. 7, simply place your donated cans of soup in either team's donation box (located in the Bothwell Cafeteria)* that you would like to see win the SOUPER Bowl.

Don't forget to take a selfie with our SOUPER Bowl Showdown backdrop and send your photos to engagement@brhc.org.

**Clinics – the courier will pick up your cans of soup and place them in the cafeteria.*

FROM THE SEDALIA FIRE CHIEF Fire Department Shares Support

The following letter from Sedalia Fire Chief Greg Harrell was sent to Bothwell CEO Lori Wightman Jan. 14 and is being shared with Bothwell employees.

I just wanted to take a moment to say thanks to you and the staff at BRHC for the tireless work you all have performed in the last few months. The COVID crisis has placed health care workers like all of you into a dangerous and time consuming position. Your staff has been placed in life threatening positions due to the nature of your jobs and we recognize that.

As firefighters we often are in the media, pictures, live reports, etc. because the public wants to know and is interested in what the fire and police services do. Now they should be aware of what you, as health care professionals do, and how dangerous and what hard work it is. In my career in the fire service I don't recall ever seeing the health care profession being given the respect they deserve for the services you provide. In short, the Sedalia Fire Department would like to say THANK YOU to you and all the staff of hard working professionals at BRHC for all you do on a daily basis. The public only sees the big events, in your work or ours and doesn't see or often care about the daily sacrifices made by the people doing their jobs every day.

I also would like to say we are trying to show our support to you and all health care professionals by placing white ribbons on both of our stations as a show of support from us. We realize it's not much but we hope it lets all of your staff know we stand behind you 100%.

Again, thank you for all you do, and thank you for the efforts and sacrifices your staff are making to keep us all safer in this crisis.

Respectfully,

Greg Harrell, Fire Chief

HEARTFELT THANKS Personal Note of Gratitude and Appreciation

The following hand-written note was received in early January, and we are happy to share it here for our entire Bothwell community.

To all the heros (sic): nurses, aides, janitors, techs, doctors, food service, admittance, and other workers in the hospital that I have missed you ALL MATTER & WHAT YOU DO MATTERS to patients & families.

I pray for all of you along with many others who pray for you. We want you to know what you do matters! We pray that you all can find peace, comfort, strength & even joy in each day, even the days that hurt the days when someone leaves us remember you made a difference in their lives wether (sic) it be holding their hands, listening to them, helping them connect to their loved ones, making them laugh or smile or just plain being there. You made & MAKE A DIFFERENCE. NEVER FORGET THAT, especially on those days when you've been pushed beyond what you can take, don't lose hope! There are those of us who truly give thanks to God for you. May He give you the courage, strength & hope to press on. I pray for you & your loved ones. We will make it to the other side of this season.

God's blessings.

Samantha Twyman

BOTHWELL CARES HOLIDAY PROJECT Notes of Thanks from Families

In November, the Bothwell Regional Health Center Employee Engagement Committee (previously the Holiday Planning Committee) coordinated a new initiative called the Bothwell Cares Holiday Project. Instead of hosting department contests as the committee had done in the past, the committee worked to identify eight Bothwell employees who, along with their families, had particular needs during the Christmas season.

Employees could then select an ornament from the Christmas tree located in the Café that represented one item and a description of what was needed.

Below are several thank you notes from the families who benefited from this project.

Dear Bothwell Santa(s),
<i>Thank you for giving my family a beautiful and magical Christmas. When I saw how much we were given it nearly brought me to tears, and put me in shock. Everyone in our family received wonderful gifts (and they love them!) The kids even got gifts, that they love, that had never even crossed my mind. We had a wonderful large meal and somehow still managed to scarf down some cookies and pie after. You truly brought the magic of Christmas alive for us. One of my favorite touches was wrapping the parent's gifts (you even had us excited for Christmas morning). I hope this tradition continues and I am able to be Santa next year, for another family. This was a wonderful experience, and I will never be able to thank each of you personally. Just know the amount of gratitude I feel is beyond these words.</i>
Thank you. Thank you. Thank you!
Family #2

Dear Friends at Bothwell,
<i>Thank you so much for all the presents and food for our Christmas holiday this year. You are all so generous. It is much appreciated.</i>
Thank you,
Family #3

*Our family has never had so many presents.
My dream I came true I have snowboots!
Christmas meal was the best.
From: Family #3*

<i>My family would like to thank each and every one of you, who helped to brighten our Christmas, through this rough time.</i>
Thank you,
Family #6

<i>You were right there when it mattered most, with your help and support. You made more of a difference than you probably even realize.</i>
Thank y'all so much, I'm happy to be a part of the Bothwell Family!
Family #8

FOUNDATION NEWS

Wear Red for Women Going Virtual

This year, the Bothwell Foundation is hosting a **VIRTUAL Wear Red For Women luncheon on Friday, Feb. 26!**

The virtual event will feature a to-go heart healthy lunch from Ivory Grille, a presentation about women's heart health, an online/mobile auction complete with a variety of red purses and much more. Lunch pickup will be from 11 a.m. to 12:15 p.m. at Ivory Grille (or see below for a special lunch pickup for Bothwell employees), and the virtual program will begin at 12:15 p.m.

All proceeds from this year's event will go toward achieving the goal of having automated external defibrillators (AEDs) in every place people work, learn, play, or pray in Pettis County.

More information can be found on the [Wear Red website](#).

Ticket Options:

- **Option 1** – Virtual Ticket – FREE! Includes a link to the Wear Red purse auction and a link to the Wear Red virtual program. *Even though this option is free, you will still need to register on the website.
- **Option 2** – Virtual Ticket with Ivory Grille Lunch – **\$20**. Enjoy a delicious lunch prepared by Ivory Grille! With your lunch, you will also receive a link to the Wear Red purse auction and a link to the Wear Red virtual program.
- **Option 3** – Virtual Ticket with Ivory Grille Lunch and Mini Purse – **\$40**. Enjoy a delicious lunch from Ivory Grille, as well as a mini purse! Back by popular demand, you will receive a mini lipstick purse with at least a \$20 value that has a one in five chance to win an item or prize worth at least \$50! With your lunch and mini purse, you will also receive a link to the Wear Red purse auction and a link to the Wear Red virtual program.

[Reserve your ticket today!](#)

Bothwell Employees Lunch Pickup:

- You must reserve your ticket **by Feb. 18** to ensure you will have a lunch from Ivory Grille.
[Reserve your ticket today.](#)
- If you are unable to leave the hospital during your shift and would like someone to pick up your lunch from Ivory Grille to bring back to the Bothwell main campus, please contact Lauren Thiel-Payne **by Feb. 24** at lthiel@brhc.org or extension 7786.
- Lunch pickup will be available from 11:30 a.m. – 12:15 p.m. in the Bothwell private dining room.
- **Ivory Grille Lunch:** You will have the option to choose between grilled chicken or salmon on top of a spinach and kale salad with strawberries, red cabbage and carrots tossed in a Champagne vinaigrette that is topped with goat cheese, sunflower and pumpkin seeds. The meal also includes a roll and cheesecake with raspberry sauce for dessert.



FOUNDATION NEWS

Lunch Box Raffle Winners Announced

Each Senior Leadership Team member donated a lunch box packed with some of their favorite items, and raffle tickets were sold to support the United Way campaign. The winners were recently announced and had fun unpacking the special packages!

Lori Wightman, CEO

Won by Shirley Schlobohm

Lori is from Fargo, North Dakota, and her lunch box included items from her home state. The Scooby Doo-theme bag was in honor of her Great Danes, Homer and Sidney.

Keith Morrow, Vice President of Clinic Operations

Won by Carolyn Rhoads

Keith's lunch box included BBQ sauces and spreads from Memphis, Tennessee, and Mississippi representing Keith's Southern roots. This was definitely a filled lunch box! It also included gift cards from Keith's favorite fast food restaurants since he eats out often.

Steve Davis, Chief Financial Officer

Won by Natalie Sims

Steve's Arkansas Razorback's lunch box was complete with items for the best tailgate, chips, gift card, and Razorback pork for grilling!

Dr. Philip Fracica, Chief Medical Officer

Won by Lori Wightman

Dr. Fracica's Great Dane lunch box included some of his favorite snacks such as ginger chews, smoky serrano almonds and chocolate-covered espresso beans, as well as an Amazon gift card for last-minute (or late-night) purchases.

Rose McMullin, Chief Nursing Officer

Won by Susan Rose

Rose and Susan have scheduled a time to enjoy a personal lunch together.

Lisa Irwin, Director of Human Resources

Won by Kristen Largent

Lisa is a Wonder Woman fan and her lunch bag included an Andy's Frozen Custard cup filled with cookies and candy because she loves sweets, and a Sonic gift card since she is a frequent visitor there for Cherry Cokes.

The total amount donated or pledged to the 2021 United Way through the lunch box raffle, wreath sales, the Nutman sale and employee giving is **\$13,403.30**.

Thank you to everyone who supported this year's campaign!



FOUNDATION NEWS 2020 Funding Projects Review

Below is a list of all the funding projects the Bothwell Foundation was able to assist and fund in 2020. We look forward to being here for our community and Bothwell Regional Health Center in 2021!

FUNDING PROJECT	AMOUNT
AEDs for Pettis County	\$23,138.82
Cancer Center – Patient Assistance Funds	\$2,000.00
Cancer Survivors Day Celebration	\$1,500.00
Community Masks	\$1,850.00
COVID Donations to Bothwell	\$20,000.00
Ensure for Cancer Patients	\$1,000.00
Free Heart Screenings for the Community	\$1,300.00
Free Mammograms for the Community	\$2,121.50
Gas Cards for Cancer Center Patients	\$1,000.00
Gas Cards for Patient Transportation	\$200.00
Gas Gift Card for Sleep Clinic Patient	\$20.00
Gas Gift Card for Wound Clinic Patient	\$50.00
Lullaby System for Women's Health	\$2,499.10
Masks for Benton County Schools	\$9,824.75
Masks for Bothwell Employees	\$3,360.00
Masks for Pettis County Schools	\$6,000.00
Masks for State Fair Community College	\$6,500.80
Nebulizer Machine for Patient	\$57.50
Point of Care – Ultrasound for Trauma	\$11,200.00
Scale for Cardiac Rehab	\$1,440.64
Sit to Stand for Bothwell x 2	\$14,326.00
Vapotherm Nasal Ventilation for Respiratory Therapy	\$4,740.00
Walker for Patient	\$69.15
White Boards for Bothwell	\$12,175.00
Scholarships	\$1,500.00
2020 Total	\$127,873.26

*For information on how to request funds from the Bothwell Foundation, see the Funding Request Procedure document on the next page or find it on the IntraWeb.



FOUNDATION NEWS Funding Request Procedure



Bothwell Foundation Funding Request Procedure

The Bothwell Foundation is a 501c3 organization created to develop relationships and resources to support the Bothwell Regional Health Center's mission and improve the health of our communities.

Purpose: This document outlines the procedure to be used to request funds from the Bothwell Regional Health Center Foundation. These funds are for the departments and services needing capital funds not included in fiscal year budgets to provide items to aid in patient safety or comfort, improve clinical outcomes, provide cost savings, promote community wellness and education, and provide assistance with a regulatory mandate.

Funding Request Procedure:

1. Contact the Foundation Office (660.829.7786) to verify availability of funds prior to completing the *Bothwell Foundation Funding Request* form. The funding request form is available on the IntraWeb under Forms > Foundation Forms > Bothwell Foundation > Funding Request Form.
2. Complete the funding request form and attach supporting documentation (quote or estimate from vendor).
3. Prior to completion, the department director and a member of the senior leadership team must sign the request.
4. The Bothwell Foundation Executive Board will review submission and approve/decline to submit to the full Foundation Board meeting. Once a final decision is made, the applicant will be contacted.

**You may be asked to attend the Bothwell Foundation Executive Board meeting to answer any questions the board may have.*

2021 Funding Request Submission Deadlines:

- Feb. 17, 2021
- April 21, 2021
- June 23, 2021
- Aug. 18, 2021
- Oct. 20, 2021
- Dec. 15, 2021

For additional information or to submit a request, contact Lauren Thiel at extension 7786 or lthiel@brhc.org.

FOUNDATION NEWS

Memorials and Donations

In memory of Eula Miller

Mike and Joy Simon

In memory of JaEllen Hickman

Dr. Gregory Doak

In memory of John Snyder

Marella Zellner



Kendra Baumgartner

Sierra Perry

Kirsten Stone

Donna Ramey

Julie McCammon

Hollie Dubroc

Frances Craver

Janice Johnson

Ruth Ann Cramer

Anya Turchin

Cole Simoncic

Tiffany Crowell

Lauren Cox

NEW EMPLOYEES

Urvashi Bhagat

Social Services

Randall Durian

Housekeeping

Maria Fernandez-

Mercado

Pathology

Amanda Foote

Cardiology

Torie Gates

Bothwell Walk In Clinic

Brittani Geml

*Bothwell Ear, Nose
& Throat*

Brooklyn James

Emergency Department

Brittany Johnson

Centralized Scheduling

Bo Jones

Housekeeping

Alexandra Lackey

Ultrasound

Macy Lakins

Emergency Department

Renee Maher

Respiratory Therapy

Emily Mayo

Emergency Department

Jason Moore

Pathology

Kelly Mutch

Emergency Department

Joseph Plemons

Endoscopy

Iesha Sayers

Progressive Care Unit

Jamie Shatto

Surgery

Alecia Tuck

Bothwell Walk In Clinic

Hailey Wooley

Sterile Processing

FEBRUARY BIRTHDAYS



Valentina Garnik..... 1	Christel Harms..... 12	Lauren Thiel-Payne 21
Sharon Stuber 1	Jenny Force 12	Skyler Borman..... 21
Jonathan Costner..... 1	Gracie Bruha 13	Amanda Teter 21
Sandy Jerome 3	Erika Locke 13	Marie Willard..... 21
Karen Arni 3	Teresa Ficken..... 14	Candie Schnakenberg..... 22
Russ Dedrick 4	Dawn Hoff 14	Sarah Cordes 22
Patty King..... 4	Dr. Douglas Kiburz..... 14	Diane Stark 23
Mary Drenon 4	Teresa Mitchell..... 15	Mika Killion 23
Marsha Miyashiro 5	Lori Bressie 16	Saudi Robbins 23
Kristen Manning 5	Michelle Nieman..... 17	Keirsten Lorenz..... 23
Rachael Morgan..... 6	Megan Elwood 17	Sharon Clark..... 24
Annabelle Lorenz..... 6	Christine Jones..... 18	Celia Bircher 24
Pam Thompson 7	Steve Ready 19	Teresa Pennock 24
Marcia Newland..... 7	Tia Ashley..... 19	Autumn Sell 24
Mojahed Shahabzadeh 7	Taylor Fisher 19	Sherri Paquin 24
Heather Sadler 8	Lori Wightman..... 19	Kathy Friedley..... 26
Katlyn Wright..... 9	Emily Guyton 19	Summer Vansel 26
Cole Simoncic..... 9	Eric Hopper..... 20	Leah Crouse 26
Mackenna Morgan 9	Cathy Eppenauer..... 20	Ciera Hill 27
Dori Ellis..... 10	Charisse Bauer..... 20	Jade Stevenson 27
Gabriella Flores 10	Nicole Taylor..... 20	Belinda Harper 28
Liz Kessler 11	Chelsea Casteel 21	