

OCTOBER 2018

BILLBOARD



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



PINKTOBER 2018

Awareness campaign culminates with sold-out benefit Nov. 3

Pinktober, a monthlong, community-wide awareness campaign focusing on breast cancer prevention and treatment, was a great success.

With the help of various businesses, clubs and individuals throughout Sedalia and the surrounding area, the Bothwell Foundation is well on its way to raising \$300,000 to contribute to the hospital's purchase of a stereotactic breast biopsy system, which will allow patients to get results sooner and receive breast cancer care, from screenings to treatment, all within our own community.

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BENEFITS FAIR
Open enrollment starts Nov. 16

EMPLOYEE OF THE MONTH
Sarah Plante

SAFE AND SECURE
Meet Bothwell's Security Team

COMMUNITY OUTREACH
Bothwell out and about

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Pinktober will culminate on Saturday, Nov. 3, with the Foundation Benefit: A Night of Mystery and Intrigue at The Venue in downtown Sedalia. The event, which is sold out, will feature a night of great food, drinks and magic set to a 1920s' theme. The event also will include a live auction with some pretty great items including:

- A Missouri Tigers basketball game suite package for 20 that includes parking passes, food and beverages, donated by ProEnergy.
- \$1,000 shopping spree at Dugan's Paint & Flooring Center, donated by Dugan's.
- One-week timeshare donated by Stafford and Gena Swearingen.
- A South Texas ram hunt donated by Whitetails Unlimited.
- A Hotel Bothwell package donated by Hotel Bothwell.

Here are some of the other ways the community got involved in Pinktober:

- Sedalia's Central Bank sold **Pinktober T-shirts** throughout the month.
- Moore's Greenhouse and Floral Shop hosted its 9th Annual **Bra Decorating Contest**.
- The Sedalia Visual Arts Association displayed pink **artwork** in the Bothwell Café for sale with 25 percent of sales benefiting the Foundation.
- Sedalia's Axis Salon offered **pink highlights** for the month of October.



Larry Yeager, right, of Yeager Harley Davidson, presents Foundation President Stafford Swearingen and Foundation Director Lauren Thiel with a check for \$850, which the business raised with its "Paint the Road Pink Poker Run."

- Sedalia Diet Doc sponsored a **Women Warrior Boot Camp — GO PINK!** event on Oct. 6 at SFCC, raising \$1,000.
- Yeager's Harley Davidson in Sedalia sponsored a **Paint the Road Pink Poker Run** and raised \$850.
- Sedalia's Masonic Granite Lodge #272 sponsored a **meal** to benefit the campaign on Oct. 20.
- Von Holten Ranch CT2V held a National Championship **Equine Soccer match** to benefit Pinktober.
- The Breathing Room sponsored a **United We Flow Yoga Class** to raise money.
- In November, KDRO Radio station in Sedalia is having a **No Shave November** fundraiser to benefit the Foundation and its breast cancer awareness efforts.

PHOTOS ON PAGE 3 ►

PINKTOBER 2018



CLOCKWISE FROM LEFT: PrintLynx raised more than \$700 for the Foundation campaign. Jacki Rockett with Sierra Bullets, right, models the T-shirt designed for employees. Sedalia Masonic Lodge sponsored an open-faced beef sandwich meal to raise money for the Foundation. The Breathing Room's Jamie Sparks presents Thiel with a check for \$153.



BOTHWELL RADIOLOGY CELEBRATES NATIONAL MAMMOGRAPHY DAY

The Bothwell Foundation provided 14 women with free 3D mammograms on Saturday, Oct. 20, as part of National Mammography Day.

The Foundation worked with Bothwell physicians, Katy Trail Health Center, and the Pettis County Health Department to get the information to the right people and to get people signed up. The Foundation hopes to expand the program next year.



Whitney Cromley, far left, and Shelly Graf, far right, of Cancer Perks, pose with the Bothwell Radiology Team, from left, Julie Mateja, Christina Schnakenberg, and Christina Watring.



Yaneth Uvario, left, and Jackie Webb, who work in Radiology admitting at Bothwell, greeted patients for their free mammograms on Oct. 20.

AROUND BOTHWELL

DON'T FORGET YOUR FLU SHOT



When you get a flu shot, you're keeping yourself and our patients healthy. Employees who have not received a flu shot by Nov. 15 will be required to wear a surgical mask when they are within six feet of a patient until they are vaccinated.

If you have not yet received a flu shot, Rita Mergen in Employee Health can provide flu shots on an individual basis in her office. To schedule a flu shot appointment, please contact her at extension 7796.

OPEN ENROLLMENT BENEFITS FAIR NOV. 16

During the open enrollment period, Bothwell employees may make changes to their benefits for the next calendar year. Benefits include health, dental, vision, flexible spending, life insurance and Aflac insurance products.

The Open Enrollment Benefits Fair will be held Nov. 16 from 7 a.m. to 3 p.m. in the Education Center. Human Resources staff and insurance representatives will be on hand to answer questions about employee benefits. Bothwell employees have until Dec. 14 to make any changes.

Employees who wish to participate in the 2019 Flex Plan will need to re-enroll.

For employees covered under Bothwell's Health Insurance Plan, Blue Cross/Blue Shield, now is the time to complete your 2018 BRHC Rocks Health and Wellness forms. Forms are available through the Human Resources Department and need to be completed and returned by Dec. 14.

Participation in the program will result in a reduced insurance premium for 2019.

For more information, contact Human Resources at extension 9540.

HIGHWAY CLEANUP: JOIN OUR CREW

How would you like the opportunity to do something nice for the environment while bolstering your civic pride, getting some fresh air and exercise, and saving taxpayers' money?

Here's your chance.

Several years ago, Bothwell adopted a 2-mile stretch of Highway 65 just north of Sedalia.

We need volunteers to commit to a couple hours of time to walk "our highway" and pick up litter. All the supplies are provided, but we need "adopters." Interested? Call Jay Eastlick at 829-7785 or email him at jeastlick@brhc.org.

Once we have a team, we'll pick a Saturday morning in November to spend a couple hours cleaning our section of highway.

HEALTH AWARENESS October

Oct. 7-13 Healthcare Security and Safety Week

Healthcare Security and Safety Week recognizes the importance of security and safety in health care and acknowledges the strong commitment and care officers display in their practice and profession.



*John DeGonia,
director of security*



Todd Nappe

In recognition of Healthcare Security and Safety Week, we'd like to highlight the Bothwell Security team:

John DeGonia, director of security, previously served 32 years as an officer with the Sedalia Police Department, including the last 12 years as Chief of Police.

Todd Nappe also comes from the Sedalia Police Department, where he served as an officer for eight years. Prior to that, he was a police officer in the U.S. Air Force for 26 years.

Ann DeFusco recently retired from the Colorado Department of Corrections, where she served in multiple roles for more than 20 years.

Chet Mackiewicz has 37 years of experience as a police sergeant and training officer in two states.

Tim Jackson came to Bothwell from Research Medical Center in Kansas City, where he was a security officer. He also is a reservist in the U.S. Air Force.

Bob Blacklock served in Security Forces in the U.S. Air Force for almost 28 years, retiring as a senior master sergeant.



Ann DeFusco



Chet Mackiewicz



Tim Jackson



Bob Blacklock

SECURITY TIP

The Bothwell Security Team would like to give a gentle reminder about keeping your valuables safe.

Please keep purses, bags and other valuables stored in the trunk of your vehicle while at work.

"There are always those individuals looking for crimes of opportunity to support whatever habit they may need to support," said Security Director John DeGonia.

If you have questions about security and safety, contact security staff at 829-7778.

HEALTH AWARENESS October

Oct. 7-13
Emergency
Nurses Week

Oct. 14-20
Infection
Prevention Week



Ashley Grotzinger, a tech in the Emergency Department, enjoys a bowl of chili on Emergency Nurses Day Oct. 10 in the Emergency Department lounge. ED Director Sherri Egbert provided "eats and treats" to Emergency Department employees during Emergency Workers Week Oct. 7-13.



Infection Control nurse Celia Roasch, right, discusses various displays with Christina Schnakenberg, radiology tech, at an Infection Control Fair held Oct. 19 in the Bothwell Education Center. The event kicked off International Infection Prevention Week, Oct. 21-27. The theme of the fair was "Protect Your Patients."

EMPLOYEE OF THE MONTH

Sarah Plante

Sarah Plante is the BRHC Employee of the Month for October. Plante, a registered nurse in 2 Southwest, was praised in her nomination for her clinical skill, her attention to detail and her positive, cheerful attitude.

“She shows compassion when in the face of difficulty, and treats everyone with respect,” the nomination said. “She makes every patient feel as though they are her only patient.”

The nomination said Plante listens carefully to her patients and their family members and provides calm assurance when it’s needed most. “This nurse is outstanding inside and out,” the nomination added. “She always has a smile on her face and, and she exemplifies our mission.”

Congratulations, Sarah, on being named Employee of the Month for October!



NEW EMPLOYEES

Crystal Anderson	Skilled Nursing	Michele McCall	Emergency Department
Daphne Barney	Environmental Services	Erica McGaugh	Environmental Services
Brittani Bax	Ultrasound	Rebecca Mitchell	Pathology
Shelbi Bishop	Environmental Services	Bonnie Mullins	Health Information Management
Jamie Braet	2 Southwest	Bill Parris	Orthopedics & Sports Medicine
Breauna Buckner	Bothwell OB/GYN	Ryan Paxton	Dietary
Stacey Dobbs	Truman Lake	Toiya Pitts	2 Southwest
Lekeya Dodson	Family Medicine	Jessica Shellhart	Orthopedics & Sports Medicine
Dr. Ryan Edwards	Orthopedics & Sports Medicine	Candie Schnakenberg	Progressive Care
Samantha Friend	Environmental Services	Josh Smith	Emergency Department
Ashley Garrett	Dietary	Amelia Smothers	Radiology
Alexa Gutierrez	Dietary	Sheila Spencer	Emergency Department
Christina Hammel	Progressive Care	Dr. Evan Stout	Orthopedics & Sports Medicine
Tina Harmon	2 Southwest	Hannah Till	Progressive Care
Sabrina Hursman	Environmental Services	Nicole Walker	Environmental Services
Dr. Douglas Kiburz	Orthopedics & Sports Medicine	Brandy Wilson	Endoscopy
Stacey Lewis	Dietary	Butch Zander	Respiratory Therapy

SALUTES!

To recognize Bothwell employees who exemplify the hospital's values, we'd like to give a shout out to the following employees.

These staff members were singled out by patients and their family members through complimentary messages to Patient Advocate Blaire Riley..

Our "Salutes" for October go out to:

Emaline Schofield	PACU
Erick De Guzman	Emergency Department
Vicki Monath	Emergency Department



Sarah Fredrickson	Emergency Department
Julie Mateja	Lead Mammographer
Linda Eckhoff	Radiology Technician
Sarah Plante	Emergency Department
Teresa Frazier	Neurology
Mikayla Letchworth	Neurology
Breanna Dothage	Pathology
Frances Carver	Emergency Department
Carlos Crisol	Emergency Department
Elvy Hinkson	Environmental Services
Khelcey Hyde	Progressive Care
Alicia Staus	Progressive Care
Christina Watring	Radiology
Michele McCall	Emergency Department

STAR AWARDS

Sarah Anderson	Admitting
Linda Barbarz	2 Southwest
Ashley Barnes	Pediatrics
Diane Bergman	Orthopedics & Sports Medicine
Shelby Bergman	Orthopedics & Sports Medicine
Matalyn Boeschen	Orthopedics
Janet Bombella	Women's Heath
Diane Crouch	Same Day Surgery
Janiece Dodick	Administration
Sherri Egbert	Emergency Department
Becca Fite	Emergency Department
Heather Franken	2 Southwest
Teresa Friedlander	Materials Management
Cheryl Glines	Admitting
Elizabeth Green	Orthopedics & Sports Medicine
Ashley Grotzinger	Emergency Department
Denice Hagemen	Materials Management
Eileen Hensley	Cardiac Monitoring

Jan Henson	Nursing Administration
Lesley Jackson	Emergency Department
Janice Johnson	Women's Health
Lana Kelly	Nursing Administration
Dr. Doug Kiburz	Orthopedics & Sports Medicine
Andrea Kiso	Case Management
Michelle Laas	Critical Care
Kiersten Labus	Orthopedics & Sports Medicine
Todd Nappe	Security
Stacey O'Donnell	Cancer Care
Teresa Pennock	Health Info. Management
Glenda Pratt	Orthopedics & Sports Medicine
Sharon Sawford	Pediatrics
Tabitha Strathman	Pathology
Lauren Thiel	Foundation
Mindy Vesperman	Emergency Department
Ashley Walters	Orthopedics & Sports Medicine
Rochelle Werenke	Emergency Department
Dianne Williams	2 Southwest

COMMUNITY OUTREACH

Bothwell – Truman Lake holds Open House



Bothwell Health Center – Truman Lake and Bothwell Peak Sport and Spine held an open house on Thursday, Oct. 25 at the clinic in Warsaw. Visitors were able to meet with clinic staff and learn about the services offered by the clinic.

Warsaw Senior Fest



Melissa Guffin, community outreach coordinator at Bothwell, left, poses with Pam Meusborn, occupational therapist at Bothwell Peak Sport and Spine, at the Bothwell table at Seniorfest in Warsaw.

Chamber Breakfast



Dr. Philip Fracica, chief medical officer at Bothwell, addresses a large crowd at the Sedalia Area Chamber of Commerce breakfast in October. Bothwell sponsored the event, where Dr. Fracica discussed the importance of regular screenings and check ups.

Focus on security and self-defense



Chet Mackiewicz, a security officer at Bothwell, conducts a "Personal Safety for Women" seminar in the board room at BRHC. Mackiewicz, who has three decades of experience training physical skills for law enforcement, presented three sessions over two days for women employees and volunteers.

AUXILIARY NEWS

UPCOMING SALES

Nov. 16-18
Scrub Sale
7 a.m. to 3 p.m.
Bothwell Cafe

Dec. 4
Sun Rise Sale
7 a.m. to 3 p.m.
In front of Gift Shop

Dec. 5
Moonlight Madness
8 p.m. to midnight
In front of Gift Shop



Trivia Night to benefit Relay for Life

Join the Pettis/Johnson County Relay for Life team for a Trivia Night fundraiser on Friday, Nov. 16 at the Sedalia VFW Hall at 121 S. Ohio Ave.

The cost is \$120 for a table of 8, and the contest will include 10 rounds of 10 questions each, with prizes for 1st, 2nd and 3rd. There also will be a dessert auction, a 50/50 raffle and more. Doors open at 6 p.m., and trivia starts at 7.

Register your team today, by contacting Andrea Young at youngan@sedalia200.org; 660-473-0427, or Seth Freeman at seth.freeman@cancer.org; 573-338-1725.

You also can sign up online by going to the Pettis/Johnson County Relay for Life page on Facebook and selecting "Trivia Night" in the upcoming events section.

Bothwell's 'Boo Crew' haunt celebrations in the area

Bothwell employees will be on hand to pass out goodies to trick-or-treaters for Halloween celebrations in Sedalia and Warsaw on Oct. 31.

Downtown Sedalia Trick or Treat — 3-5 p.m.

Trunk or Treat — Cole Camp School — 6-7 p.m.

Halloween Hoopla — Main Street Warsaw — 6-8:30 p.m.



Culture of Safety Survey deadline extended to Nov. 2

The deadline to complete the 2018 Patient Safety Culture Survey for the Hospital and Medical Offices has been extended to Friday, Nov. 2 at midnight!

We've already reached 50 percent participation, which mean each employee will receive a free meal at the Bothwell Café.

Employees will receive additional free meals for 70 percent and 90 percent participation. Bothwell is closing in on the 70 percent mark. Go to Bothwell's IntraWeb and look for the Culture of Safety Survey link on the front page.

NOVEMBER

BIRTHDAYS



Chasatee Keeran.....	2
Natalie Sims.....	2
Janet Bombella.....	2
Dorothy Treese.....	2
Michelle Sewell.....	2
Olga Kharabora.....	4
Breanna Wells.....	4
Viola Heaps.....	4
Brittnie Bernhardt.....	4
Katie Touchstone.....	4
Dr. Sarah Hasek.....	4
Dr. Daniel Thomas.....	5
Stephanie Nicholson.....	6
Ashley Werths.....	6
Kathleen Friddle.....	7
Angela Leiter.....	7
Danielle Howser.....	8
Montye Hagele.....	8
David Wolfe.....	8
Katie Tucker.....	8
Steve Hickman.....	8
Marie Kringle.....	8
Dr. Houman Nourkeyhani.....	8
Dr. William Bone.....	8
Larry Schaller.....	9
Maggi Mahalovich.....	9
Kirstin Stone.....	9
Crystal Anderson.....	9

Grace Sims.....	10
Tammy Coffey.....	10
Erick De Guzman.....	10
Monica Miner.....	11
Brooklin Hunnell.....	11
Amy Nichols.....	11
Bonnie Mullins.....	12
Lisa Morris.....	13
Robin Armstrong.....	13
Brooke Huskisson.....	13
Bobbi Doyel.....	13
Pamela Eckhoff.....	14
Dr. Mohit Turagam.....	14
Breanna Dothage.....	15
Diane Nuzum.....	16
Dr. Robert Miley.....	16
James Neal.....	16
Christina Hammel.....	16
Joy Knox.....	17
Liz Hackett.....	18
Mike Moulton.....	18
Margaret Benson.....	18
Marie Tucker.....	18
John Hewett.....	18
Christy Asher.....	19

Nicole Bohm.....	19
Roxana Paxton.....	19
Jimmy Robertson.....	20
Maria Bunch.....	20
Terri McCarthy.....	21
Sherri Hopkins.....	21
Dr. Terence Robertson.....	21
Linda Garbarz.....	21
Claire Spotts.....	21
Dr. Evan Stout.....	21
Erik West.....	22
Vicki Monath.....	22
Deb Cornine.....	23
Dr. Robert Foster.....	23
Bill Parris.....	23
Jamie Barklage.....	24
Dr. Nayera Guirguis.....	24
Lillie Keinath.....	24
Wayne Smither.....	25
Kory Kephart.....	26
Cathy Downing.....	26
Lisa Theisen.....	27
Sarah McCoy.....	27
Robin Stoll.....	27
Emily Beyers.....	27
Ann Green.....	28
Brittani Bax.....	28
Teresa Frazier.....	29
Leah Mahin.....	29
Neal Janney.....	30
Gina Braden.....	30
Ashley Grotzinger.....	30
Lisa Bailey.....	30