

OCTOBER 2019

BILLBOARD



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



ADVOCACY IN ACTION

A Letter from Lori

At the October board meeting on Oct. 22, I invited state representatives Brad Pollitt and Dean Dohrman to join Bothwell trustees and administration. Also invited were Herb Kuhn, Missouri Hospital Association (MHA) president and CEO, and Daniel Landon, MHA Governmental Relations senior vice president.

The purpose was to open a dialogue between the board, state elected officials and hospital advocates to discuss what they hope to accomplish in the next session and what they think could get in the way of those goals.

Rep. Pollitt is from Sedalia and in his first two-year term in the House of Representatives. He represents District 52, which comprises parts of Johnson and Pettis counties. He also is the former superintendent of the Sedalia School District 200. Rep. Dohrman is from La Monte and represents District 51, which comprises Johnson, Pettis and Saline counties. Dohrman was elected to his first two-year term in November 2012 and is in his last term due to term limits.

Dohrman shared that the two biggest pots of money at the State are health services and education, and his goals are mostly related to education. He said he believes that changes need to be made to Medicaid, and in his opinion, the state can't afford to expand the program.



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Recognizing an
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HOLIDAY HAPPENINGS
It's that time of year again!

I A Letter from Lori (Continued)

Dohrman said he thinks his legacy will be his support for state economic growth and helping create a military advocate position that will continue to keep Whiteman Air Force at the forefront.

Pollitt, who sits on the Agricultural Policy and Health and Mental Health Policy committees and the Special Committee on Student Accountability, said his areas of focus include education, mental health, childhood immunizations, a prescription drug monitoring program, and the opioid crisis.

Dohrman and Pollitt both agreed that the biggest barrier to their work is trying to find funding for everything that needs to be funded.

The Missouri Hospital Association's priorities include medicaid funding and reform, prompt credentialing of providers by insurers, the rise of punitive damage lawsuits, advance practice registered nurse practice standards, rural health development, and a statewide prescription drug monitoring program.

I was so glad that these gentlemen came and shared their priorities and challenges we face as a state and a rural hospital. I personally think it's important to pay attention to and be involved in creating public policy, and it surprises me every time I do it how little effort it takes to reach out and talk to legislators.

Both Dohrman and Pollitt take feedback they get from constituents seriously, and they do respond to personal notes and emails, even if it's a conversation that ends with a "we'll have to agree to disagree." They recognize something very important—that people just want to be heard.

Throughout my career, I've made it my goal to know my elected officials well enough that when something comes up they feel comfortable calling me to get information or ask my opinion about the issue.



Pictured from left to right: Rep. Brad Pollitt, R-Sedalia; Rep. Dean Dohrman, R-La Monte, Lori Wightman, Bothwell CEO; Daniel Landon, MHA Governmental Relations senior vice president; and Herb Kuhn, MHA president and CEO.

I hope you'll take some time to learn more about your legislators and the issues that are important to you and the hospital. To learn more about MHA's legislative priorities, visit <https://web.mhanet.com/advocacy.aspx>.

Finally, Happy Halloween! If you're out and about trick or treating tonight with your children (or yourselves!), I hope that everyone stays safe and warm (and full of an appropriate amount of sweet treats).

STOP THE BLEED The ABCs of saving lives

Learning the ABCs for the first time helps students on the path of reading and writing; knowing the ABCs to stop bleeding can help save lives.

In 2015, a national campaign called “Stop the Bleed” was initiated by a federal interagency workgroup convened by the White House. The purpose of the campaign was “intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped and empowered to help in a bleeding emergency before professional help arrives.”

According to the Stop the Bleeding Coalition, a nonprofit organization that supports the Stop the Bleed campaign by providing resources, “Approximately 40 percent of trauma-related deaths worldwide are due to bleeding or its consequences, establishing hemorrhage as the most common cause of preventable death in trauma.”

Bleeding to death can happen very quickly. If the hemorrhaging isn’t stopped, a person can bleed to death in just five minutes. If injuries are severe, this timeline may be even shorter.

Researchers have found that the average time for an EMS unit to arrive on the scene from the time of a 911 call was seven minutes. This time increased to more than 14 minutes in rural settings.

That gap can mean the difference between life and death in certain situations.

The Stop the Bleed movement has grown in popularity as research has shown that with education, bystanders, with little or no medical training, can become lifesavers.

Similar to the use of CPR or automatic defibrillators (AEDs), improving public awareness about how to stop severe bleeding and expanding personal and public access to Bleeding Control Kits can be critical. When an incident occurs, witnesses are often the first at the scene. They can help by taking simple steps to control bleeding until first responders arrive.

[READ MORE ON NEXT PAGE ►](#)



THE ABCS TO STOP BLEEDING include Alert, Bleeding and Compress.

Alert – call 911. It is important to first call emergency medical responders when an incident occurs. If there are multiple people, have someone call 911 while another begins to assess the scene. Before offering help to the injured ensuring your own safety is imperative. If you become injured you will not be able to help the individual. Protect yourself from blood-borne infections by wearing gloves, if available.

Bleeding – find the bleeding injury. Once the scene is identified as safe, find the source of the bleeding. Open or remove clothing over the wound so you can clearly see the injury. At this time, look for and identify “life-threatening” bleeding.

Life-threatening bleeding is considered blood that is spurting out of the wound; bleeding in a victim who is confused or unconscious; loss of all or part of an arm or leg; clothing that is soaked with blood; blood that won’t stop coming out of the wound; bandages that are soaked with blood; and blood that is pooling on the ground.

Compress – apply pressure to stop the bleeding. There are many ways someone can stop bleeding but one technique they all have in common is compressing a bleeding blood vessel or applying pressure to stop the bleeding. If there is no type of trauma first aid kit, it is important to use some type of clean cloth, like a shirt, to cover the wound and then apply direct pressure. If it is an open wound, then try to “stuff” the cloth into the wound while applying continuous pressure. It is important to continue applying pressure until relieved by medical responders.

If there is a trauma first aid kit available, the basic principles are the same but the supplies change. With a trauma first aid kit, wounds should be packed with bleeding control gauze and steady pressure applied. If a tourniquet is in the kit, it can be used on arms or legs to help apply pressure.

STOP THE BLEED

The ABCs of saving lives (Continued)

With the right training, the general public has an opportunity to step in and help stop bleeding before emergency medical professionals arrive. They can help stabilize the injured and then first responders can take over and get that person to the appropriate facility sooner for further treatment.

Based on a recent national poll, published in the Journal of the American College of Surgeons, many civilians have expressed interest in taking a bleeding control training course that would empower them to immediately assist victims of active shootings and other intentional mass casualty events. In addition, the vast majority of civilians support training and equipping police officers to perform severe bleeding control on victims as soon as possible rather than waiting for emergency medical services personnel to arrive on the scene.

“At Bothwell we think it is important for the general public to know how to respond in a traumatic event,” said Lori Wightman, Bothwell CEO. “Tragedies can happen anywhere and anytime, whether it’s a car accident, natural disaster or an injury at home or school. If a community member can step in and help stop the bleeding before an ambulance arrives they can ultimately save that individual’s life.”

Learn more at www.dhs.gov/stopthebleed.



Erica Kammerich

SEPTEMBER EMPLOYEE OF THE MONTH

Erica Kammerich

Erica Kammerich is the Bothwell Employee of the Month for September. Kammerich, radiation therapist, was nominated because she exhibited the spirit of teamwork.

“Erica recently volunteered to help in reception during a busy time,” the nomination said. “She stepped up and made sure our patients were taken care of and comfortable.”

The nomination said Kammerich went outside of her comfort zone to ensure that the department ran smoothly that day and that everyone appreciated her efforts.

Congratulations, Erica, on being named the September Employee of the Month!

Editor's note: Due to changes in the employee of the month selection process, the September winner was chosen after last month's Billboard deadline. The October Employee of the Month is on page 10.

FLU VACCINE for Employees



Date: November 14, 2019

Times: 6:45–8:30 am
11 am–1:30 pm and 5–6:30 pm

Location: Private Dining Room

This date is dependent on vaccine supply.



SCRUB SALE



Date: November 15, 2019

Time: 9 am–5 pm

Location: Bothwell Cafeteria

GET WELL. STAY WELL. BOTHWELL.



Picture from left to right, Lori Wightman, Judy Lorenz and Terri Deer, Dietetics director.

KNOCK YOUR SOCKS OFF AWARD Congratulations Judy Lorenz

Something exciting happened in the Bothwell Café recently. A couple came into the Cafe and Judy helped them get their food. When she brought them to the cash register to ring up their items, they didn't have enough money to pay for the food. Instead of embarrassing the couple, Judy whipped out her name badge and paid for the rest of their food.

Judy is like a diamond that sparkles all the time; she welcomes visitors and staff with open arms to feel welcomed in the Café!

Her kindness goes a long way. Thank you, Judy, for showing us the true meaning of “pay it forward!”

PROFESSIONAL DEVELOPMENT

Wound Healing Center hosts opportunity to learn

On Oct. 14, staff from Bothwell Regional Health Center Wound Healing Center and Western Missouri Medical Center (WMMC) Advanced Wound Center in Warrensburg co-hosted a Wound Care Symposium: Simplifying Venous Leg Ulcer Management.

Speakers included Jeff Wadley, MD, Bothwell Wound Healing Center medical director, and Amira Ghazali, DO, WMMC Advanced Wound Center medical director, who provided an overview of the Venous Leg Ulcer (VLU) consensus recommendations and explained the ABC model for Venous Leg Ulcer Management. The ABC model includes assessment and diagnosis; best practice wound and skin management; and compression therapy for active treatment.

“The symposium was an opportunity to take clinicians through practical applications for compression of the lower extremities and venous leg ulcer management,” said Katie Case, Bothwell Wound Healing Center program director. “All of the participants learned tips and tricks to improve patient comfort, compliance and outcomes.”

Bothwell’s out-patient wound center has two highly specialized hyperbaric oxygen chambers where patients are exposed to pure oxygen to improve blood flow and promote healing. Hyperbaric therapy typically requires 20 to 40 treatments depending on the type and extent of the wound.

The Bothwell Wound Healing center is located at 667 E 15th St, in Sedalia. For more information, call (660) 827-2525.



Pictured from left to right, Carley Kellogg, RN, WMMC Wound Center clinic nurse manager; Christy Goalder, RN, Bothwell Wound Healing Center clinic nurse manager; Katie Case, RN, Bothwell Wound Health Center program director; and Brandi Potter, RN, WMMC Wound Center program director.



Jeff Wadley, MD, Bothwell Wound Healing Center medical director, speaking about venous insufficiency.

THE DAISY AWARD

Congratulations Courtney Rumans!

For Courtney Rumans, helping deliver babies is a labor of love.

A registered nurse, Rumans works in Bothwell Regional Health Center's Labor and Delivery department. On Oct. 4, she became the recent recipient of the hospital's DAISY Award, given quarterly to a nurse who best exemplifies competent and compassionate care.

Rumans was nominated for the award by another nurse who was a patient having her first baby.

"My husband and I first met Courtney during the labor and delivery class several months before our sweet baby boy arrived," the patient said of Rumans. "We loved her immediately. She is an excellent educator and did a fantastic job with the course."

Rumans said she loves teaching and enjoys getting to know the expectant families and sharing her knowledge with them in the labor and delivery class.

"It's fun to see the dynamics in each class, the dads asking lots of questions or the soon to be grandmother supporting her daughter," she said. "My hope with each class is that the mothers and their support person leave a little less anxious and much more prepared for the birth experience."

The nominator was thrilled when she arrived at the hospital with her husband for their baby's birth and learned that their class instructor would be one of her nurses.

"Thank goodness Courtney was our nurse, because we needed her help to get us through that night," the patient said. "My labor was long, and after a time, my health care team and I decided a C-section would be best for baby and me."



Registered Nurse, Courtney Rumans, becomes the most recent recipient of the hospital's DAISY Award.



Bothwell's Chief Nursing Officer Rose McMullin presented Rumans with a certificate commending her for being an "Extraordinary Nurse."

THE DAISY AWARD (CONT.) Congratulations Courtney Rumans!

"I was overtaken with emotion and disappointed that I was unable to deliver up to that point, and I was terrified. Courtney took my hand, wiped away my tears and reminded me that even though things were not working out the way we had hoped, the end goal was still the same, which was to deliver our baby as safely as possible."

Bothwell's Chief Nursing Officer Rose McMullin presented Rumans with a certificate commending her for being an "Extraordinary Nurse." She also received a DAISY Award pin and a sculpture called "A Healer's Touch," hand carved by artists of the Shona Tribe in Africa. Also, a DAISY Award banner recognizing her will hang in the Labor and Delivery department, and Rumans' name will appear on the DAISY Foundation website.

"The DAISY Award is one of the greatest honors a nurse can receive because you are nominated by your patients," McMullin said. "Nurses are special people because of the work they do day in and day out. Knowing our patients had a good experience because of our actions makes all the hard work worth it."

For Rumans, being a labor and delivery nurse is incredibly humbling. No two shifts are ever the same, and a delivery can change in the blink of an eye, so it's important for the team to be well prepared and strong.

"I really cherish getting to help a mom through her labor experience and there is no greater reward than seeing a healthy baby delivered," Rumans said. "My husband and I struggled to start our family, so I always felt like getting

to help others start their families was a privilege. To get to be a part of the beginning of a new life, a new family is truly a gift."

Rumans said she never really thought about nursing until her mother was diagnosed with cancer. During that time, she discovered that being able to physically do something made it more bearable. Her family frequently had amazing nurses that cared for her mother and them, helping through the darkest of times.

"When my mother entered hospice care at home, I was by her side and assisted the nurses as best I could," she said. "Her nurses were absolute angels, easing her transition from this life. The compassion they showed all of us inspired me to go into nursing. I definitely feel called to this profession."

The DAISY Award for Extraordinary Nurses was started in 1999 in Glen Ellen, California, by members of the family of Patrick Barnes, who died at the age of 33 of complications from an autoimmune disease. The care his nurses provided was the inspiration for the DAISY (Diseases Attacking the Immune System).

An international award, the DAISY is awarded in more than 2,800 health care facilities in all 50 states and in 17 other countries.

Bothwell Regional Health Center began recognizing its nurses with the DAISY Award in March 2018. Jessica Wheeler, Shari Thomasson and Shasta Nardi are previous recipients.



Brandy Wilson
Brooklin Hunnell
Millie Harms
Victorie Hoover
Judy Davis
Abby Murray
Courtney Rumans
Alex Schlobohm

Kim Huddleston
Kendra Baumgartner
Tina Prophter
Dr. Jared Engles
Elizabeth Green
Amy Johnson
Christie Harrell

Lisa Tanguay
Natalie Sims
Maggie Schaffer
Diana O'Connor
Pauline Billingsley
Dawn Diamond

COMMUNICATION CORNER

It's Phishing Season ... Don't Get Hooked

Actually, this type of phishing knows no season. Scammers are on the hunt for victims year-round, and Bothwell's computers and network are no exception.

Phishing is when you get emails, texts or calls that can be from companies or people you know or don't know. (Hint: That Nigerian Prince is not your soulmate.) These emails are from scammers who want you to click on a link, download an attachment or give personal information (like a password) so that they can steal your money or identity and get access to your computer.

One of the more common phishing threats is ransomware, which is a type of malicious software that takes over your computer and the hospital's network preventing you from accessing files until you pay a ransom.

Although IT maintains controls to help protect Bothwell computers and networks from this type of attack, the team relies on all employees to be their first line of defense. Scammers are crafty and are always changing their attack scenarios to get new victims (sort of like the flu virus, right?).

Here are some tips you can use to help us avoid a ransomware attack.

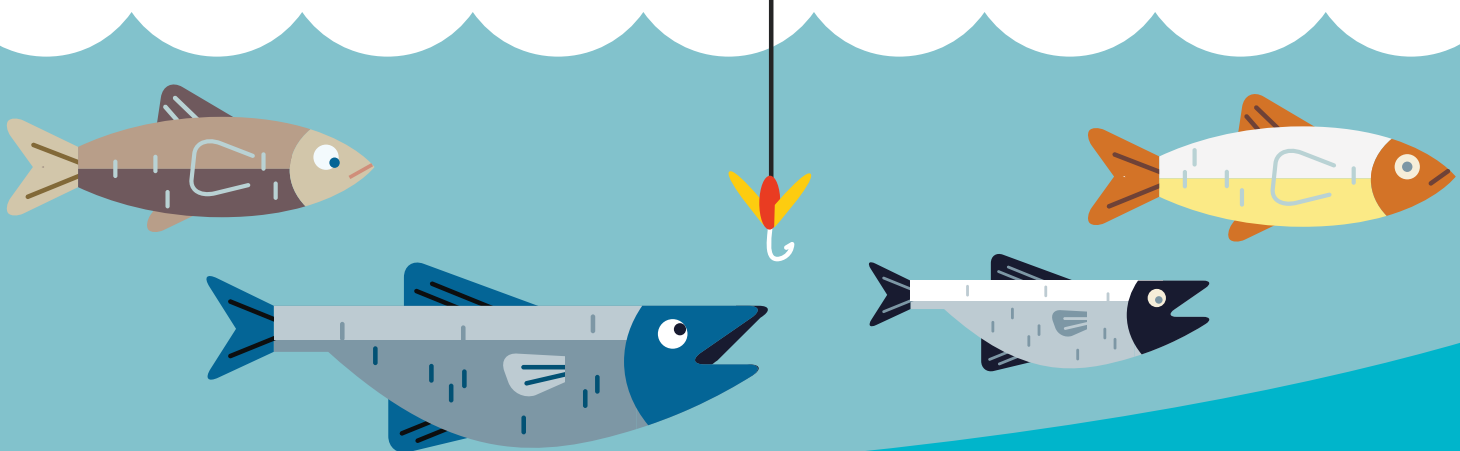
THINK BEFORE YOU CLICK

1. **DO NOT** click on links from senders you do not recognize. Be especially wary of .zip or other compressed or executable (.exe) file types.
2. **DO NOT** provide personal information, such as usernames and passwords, over email or on the phone, even if the email looks legitimate or the caller is persuasive and friendly.
3. **WATCH** for clues in emails, i.e. suspicious or misleading email addresses, misspellings or bad grammar. Sophisticated scammers can make emails from companies and even people you know look very real.
4. **HEED CAUTION** when opening attachments or clicking links in emails that contain warning banners indicating they originated from external sources.

In the unfortunate event that you click on a link or attachment and you have been locked out of your computer, shut it down immediately and notify IT by calling the Help Desk at 9197.

In the last few months at least three health care systems in the area have had ransomware attacks. It's up to each of us to be vigilant and protect personal and hospital information, as well as computers and networks.

If you have questions or any doubt about whether an email or phone call you receive is legitimate, contact the Help Desk by calling 9197 or emailing helpdesk@brhc.org.





Kiersten Labus

OCTOBER EMPLOYEE OF THE MONTH Kiersten Labus

Kiersten Labus is the Bothwell Employee of the Month for October. Labus is a medical assistant at Bothwell Orthopedics & Sports Medicine, but she can also easily be described as a jack-of-all-trades, and maybe even an office ninja.

All the nominators described Kiersten as a willing team player ready to do anything that is needed to help the clinic run smoothly.

“When we need help answering the phones, she’s there,” one nomination said. “She helps when people have problems with their braces or casts. She helps room patients when needed. She scribes for Dr. Stout and when he’s not here, she helps out our other scribe. She helps answer patient questions when a nurse isn’t available, and she helps at the front desk if it gets busy.”

One nomination said Kiersten can do almost every job in the office, and another said the clinic would not run as smoothly without her and that she is reliable and helpful.

“Kiersten always has the patients at the center of what she does. She explains what they may not understand, calms them when they’re nervous and makes sure they are comfortable — all with a bright smile.”

Congratulations, Kiersten, on being named the October Employee of the Month!

I SALUTES

These staff members were singled out by patients and their family members through complimentary messages to Patient Advocate Blaire Riley. Our “Salutes” this month go out to:



Victoria Monath
Emergency Department

Lindsay Rasa
Radiology

Heather Avey
Bothwell Cole Camp Clinic

Susan McMannama
Bothwell Cole Camp Clinic

Sarah Fredrickson
Emergency Department

Teresa Frazier
Neurology

Patty King
Bothwell OB/GYN Associates

Debbie Billings
Cardiology

Jennifer Rehmer
Cardiology

Sharon Eikel
Lab

Deanna Hoback
Bothwell PEAK Sport & Spine

Frances Carver
Emergency Department

Eric Lange
Bothwell PEAK Sport & Spine

Julie Mateja
Radiology

Janet Kempf
Emergency Department

Diana Brooke Allee
Emergency Department

Natalie Ficken
Radiology

Sarah McCoy
Radiology

Conni Cooper
CT

Amy Huber
Ultrasound

Tricia Parker
Phlebotomy

Lori Bressie
Bothwell Orthopedics & Sports Medicine

Lizzie Clark
Same Day Surgery

Robin Wagenknecht
Perioperative Services

Mike Trammell
Bothwell PEAK Sport & Spine

Linda Eckhoff
Winchester Imaging



EMPLOYEE SPOTLIGHT

Alex Rameriz-Polaco, Emergency Department

For Alex Rameriz-Polaco, her most important and significant responsibility as an Emergency Department (ED) nurse is to make sure patients are safe throughout their visit.

"I prioritize care according to the acuity level of the patient and provide safe and efficient care for them," she said. "I enjoy taking care of patients with a welcoming smile, treating them with compassionate care and meeting their basic needs. It's important to treat each patient with respect and dignity."

Rameriz-Polaco is a registered nurse and has worked in the ED for about 18 months. Prior to that she worked as a CNA on 2 Southwest for about one year, and she practiced as an LPN during the summer months between her LPN and RN programs at State Fair Community College. She will graduate in late October with a bachelor's degree in Nursing.

Alex completed an internship and capstone at Bothwell through State Fair and knew then that she wanted to work full-time for Bothwell because of the friendly environment.

"Everyone I have met has been so amazing and awesome," she said. "Bothwell has great staff, and I wanted to be a part of something great. I really enjoy that in the ED we get to practice nurse autonomy. Our providers trust in our clinical skills and knowledge, so we can practice with confidence and honesty."

Alex and her husband, Erick, who is on active duty at Whiteman Air Force Base, have been married for 10 years, and they have a one-year-old son, Erick Alexander. She enjoys spending as much time as she can with both of them and her two German Shepherd "fur babies." She also enjoys reading and watching movies.

Thanks, Alex, for being a member of the Bothwell team!



EMPLOYEE SPOTLIGHT

Charolett Johnson, Respiratory Therapy

Charolett Johnson is a respiratory therapist and team lead in the RT department at Bothwell.

"Several of my responsibilities include responding to all rapid responses or code blues throughout the hospital," Johnson said. "I also provide respiratory therapy to patients and attend C-sections and provide newborns care as needed."

Johnson has worked at Bothwell for over three years and said she helps patients by providing quality clinical respiratory care and working as a member of the Bothwell team.

"I love being able to provide respiratory care on a one-on-one patient basis," she said. "That allows me to get to know my patients and their families on a personal level."

Outside of work, Johnson likes to attend ball games, movies, festivals, and concerts, as well as spend time with friends and family.

"My family lives in Joplin, Missouri," she said. "I have a daughter and a son, four grandchildren, and two great-grandchildren, so seeing them is high on the list!"

Thanks, Charolett, for being a member of the Bothwell team!

JOB

FAIR

JOIN OUR TEAM OF PROFESSIONALS

RECRUITING RNS, LPNS AND CNAS FOR ALL SHIFTS



GET WELL. STAY WELL. BOTHWELL.

Date: Saturday, November 9
Time: 1–4 pm
Location: Tequila Jalisco (TJ's)
 Mexican Restaurant
 600 E. Allen St., Knob Noster
To see all open positions, visit bhrc.org.

Bring current resume | Interviews on site

NEW EMPLOYEES

Nicole Anderson
Physical Therapy

Ronda Bachman
Same Day Surgery

Julie Brown
Nursing Administration

Damon Buckner
Housekeeping

Dr. Michael Carozza
Bothwell OB/GYN Associates

Morgan Carrell
Materials Management

Laura Darrah
Health Information Management

Vanessa Edwards
Pathology

Anna Herring Radiation
Oncology

Vanna Hillsman
Progressive Care Unit

Taylor Kramer
Admitting

Michala Lankford
Nursing Administration

Ylynn Lansin
Progressive Care Unit

Hana Lingenfelter
Clinic Billing

Taylor McCammon
Emergency Department

Kristen McCullough
3 Southwest

Alina Ostapenko
Nursing Administration

Jennifer Owen
Bothwell Internal Medicine Specialists

Heather Smith
Emergency Department

Stacey Soendker
Dietary

Abbie Stewart
Occupational Health

Rachel Welch
3 Southwest

Devin Wiley
Information Technology

Taylor Wiseman
Housekeeping

**MOONLIGHT
MADNESS**

**DEC. 3
6 TO 11 P.M.**

SAVE THE DATE
GIFT SHOP CHRISTMAS SALES

**SUNRISE
SHOPPING**

**DEC. 5
6 TO 9 A.M.**

KUDOS CORNER

Appreciation from a patient

Dr. Miley recognized that I had an infection in my hand/finger and immediately referred me to Dr. Evan Stout. Dr. Stout immediately scheduled me for surgery the next morning, Oct. 18. The entire experience from beginning to ending with surgery was an exceptional experience where every step of the way I felt special and that everyone who came into contact with me cared about my health and welfare.

Each and every person gave me personal attention from pre-op, through surgery and finally recovery/release. The surgery desk was friendly and helpful. At pre-op, the process was fully explained to me carefully and fully. The young RN who helped me through the process was pleasant and ensured I was ready when it was time to go to surgery. The anesthesiologist before surgery set me at ease and carefully explained the process. The nurse who inserted the IV and later removed it did it painlessly. When I first entered the operating room Dr. Stout ensured I was comfortable, as did the anesthesiologist. Recovery was friendly, comfortable and easy.

— Norman F. Gilbert

| BOTHWELL HOLIDAY HAPPENINGS

JEANS ON FRIDAYS

November and December

Pay a \$1 donation to the Bothwell Foundation each Friday in November and December to wear jeans! Proceeds will go to the Miracle on 14th Street Fund, which provides financial assistance to Bothwell employees who experience a crisis or catastrophic event. Employees also may wear holiday scrubs or sweatshirts November 21 and December 18; *see page 15 details.*

JOHN HOMER BOTHWELL BIRTHDAY CELEBRATION

Wednesday, November 20

Cookies for all departments in honor of John Homer Bothwell's birthday.

FOOD DRIVE

December

Fill the box with nonperishable food items for Open Door Food Pantry!

CHRISTMAS PARADE

Friday, December 6

Bothwell will have a float in the annual Sedalia Area Chamber of Commerce Christmas Parade, which will take place at 7:30 p.m. Friday, Dec. 6 in downtown Sedalia. The evening and Friday format is new and is designed to generate renewed interest in the parade.

The parade theme is "Your Christmas Story," and committee members have been busy working on a float design.

Float assembly will be from **5 to 8 p.m.** at the empty warehouse on the northwest corner of Main and Grand **every Tuesday and Thursday** (excluding Halloween and Thanksgiving) until the parade date.

If you are interested in being a "float worker," please contact Jan Henson. You don't need to be at all dates, but "many hands make light work!"

We also need about 30 people to walk with the float in the parade and hand out goodies. If you want to be a "parade walker," please contact Jan Henson, as well.

HOLIDAY MEAL

Tuesday, December 17

Bothwell Café will serve a variety of breakfast/brunch offerings from 6:30 a.m. to 1 p.m. and from 5 to 7 p.m.

CHRISTMAS CAROLING

Thursday, December 19

Caroling throughout the hospital from 3 to 4 p.m.
(Employees will meet at the CNO office at 3 p.m.)

Details may change; watch for additional information!

ANNUAL DEPARTMENT CONTEST: ST. NICHOLAS DAY SHOES

December 13–19

This year's competition focuses on the spin of celebrating St. Nicholas Day and his magical arrival on horseback to deliver sweets and presents to the good children or lumps of potatoes and coal to bad children.

The rules are simple:

1. Each department can purchase or make or modify a "shoe" to be displayed waiting for St. Nicholas's arrival to receive candy and presents.
2. Only one shoe per department entry.
3. Shoe size can be no larger than a size 14 man/woman.
4. Creativity judging will focus on keeping with the holiday spirit.
5. Get your shoe to Cindy McKeon in the Lab by noon on Friday, Dec. 13.

Shoes will be displayed in front of the Café door—voting runs Dec. 13–19.

A People's Choice award and Holiday Committee Choice award will be announced on Friday, December 20.





DRESS UP FOR THE HOLIDAYS



PROCEEDS BENEFIT MIRACLE ON 14TH STREET FUND



NOVEMBER 21

Wear Fall scrubs and/or sweatshirts



DECEMBER 18

Wear Holiday scrubs and/or sweatshirts



GET WELL. STAY WELL. BOTHWELL.



PAY \$5 PER DAY

Money will be collected via
the slot in the mail room



NO JEANS, HOODIES OR COSTUMES ON ANY DAY

FOUNDATION NEWS

Employee Annual Giving and United Way Campaigns

Please turn in Bothwell Foundation and United Way forms to Lauren Thiel-Payne in the Marketing/Foundation office or Melissa Guffin in the Healing Arts Center. All donation forms need to be turned in ASAP.

LIVE UNITED



Pettis County

Remember to participate in these fun events tomorrow, Friday, Nov. 1!



BASKETS

Tickets for the basket raffle are still available and can be purchased from **7 a.m. to 6 p.m.** outside the Bothwell Café. Tickets are one for \$1, six for \$5, 13 for \$10, or 40 for \$20. Winners will be drawn on Nov. 5.



CHILI COOKOFF

The chili cookoff is from **2 to 6 p.m.** in the café. Tickets are \$5 to sample all 13 chilis, and \$1 per vote. You do not have to sample to vote.



BAKE SALE

The bake sale is from **7 a.m. to 6 p.m.** outside the Bothwell Café. Donations can be dropped off between 6:30 a.m. and 1 p.m. that day.

THANK YOU!

Hunter and Hannah Engles set up a stand at the end of their driveway and sold bracelets made out of pipe cleaners. They donated the funds to Cardiac Rehab because that's who helped their papa after he had a heart attack.

Thank you to Hunter and Hannah for the donation!

MEMORIALS

In memory of Ola Nadine Klein
Mike and Joy Simon

In memory of Cindy Henke
Clayton and Gloria Wright
Mike and Joy Simon

In memory of Gerald Jenkins
Ronald and Barbara Potter

FOUNDATION NEWS

FREE Mammo Days

Bothwell Regional Health Center, the Bothwell Foundation and Cancer Perks are hosting free mammo days from **8 a.m. to noon on Saturday, Nov. 2** at Bothwell Diagnostic Center in Sedalia and from **8:30 a.m. to noon Saturday, Nov. 9** at Bothwell Truman Lake Clinic in Warsaw.

Mammograms are available to patients without insurance and are screening mammograms that are recommended for women age 40 and over.

Appointments are required, and patients can make appointments by calling (660) 829-8888 and mentioning free mammo day.



BOTHWELL FOUNDATION CELEBRITY BARTENDER COMPETITION

The Bothwell Foundation invites you to our second Celebrity Bartender Competition, as we celebrate Pinktober. Come cheer on your favorite bartender as they go head-to-head to raise proceeds for our cancer fund.

BARTENDER LINEUP: 6:30–8 PM

Ron Ditzfeld, Ditzfeld Transfer

Gary McMullin, W&M Welding

Erica Petersen, Central Bank of Sedalia

Megan Page, Wood & Huston Bank

Brendan Hurley, Insurance & Benefits Group

Troy Curtis, Shelter Insurance

Tip your favorite bartender at: brhc.org/celebritybartender

Save the Date

Saturday, November 2, 2019

6–9 pm

The Lantern House

21746 West, US-50

Sedalia, MO 65301

TICKETS:

\$30 each or 10 for \$250

To purchase tickets or for more information, visit brhc.org/celebritybartender or call (660) 829-7786.

NOVEMBER

BIRTHDAYS

Michelle Ekstrom.....	1
Chasatee Keeran.....	2
Natalie Sims.....	2
Janet Bombella.....	2
Corey Nahrstedt.....	2
Olga Kharabora.....	4
Breanna Wells.....	4
Viola Heaps.....	4
Brittnie Bernhardt.....	4
Katie Touchstone.....	4
Dr. Sarah Hasek.....	4
Stephanie Nicholson.....	6
Ashley Werths.....	6
Alina Ostapenko.....	6
Angela Leiter.....	7
Danielle Howser.....	8
Montye Hagele.....	8
David Wolfe.....	8
Steve Hickman.....	8
Marie Kringle.....	8
Dr. Houman Nourkeyhani.....	8
Dr. William Bone.....	8
Mark Mahalovich.....	8
Maggi Mahalovich.....	9
Kirstin Stone.....	9
Grace Sims.....	10
Tammy Coffey.....	10
Erick De Guzman.....	10
Brooklin Hunnell.....	11
Amy Nichols.....	11
Dr. Vu Nguyen.....	11



Bonnie Mullins.....	12	Erik West.....	22
Robin Armstrong.....	13	Vicki Monath.....	22
Brooke Huskisson.....	13	Dr. Robert Foster.....	23
Bobbi Doyel.....	13	Bill Parris.....	23
Dylan Young.....	13	Lizzy Prewitt.....	23
Pamela Eckhoff.....	14	Jamie Barklage.....	24
Dr. Mohit Turagam.....	14	Wayne Smither.....	25
Cori Laxson.....	15	Kory Kephart.....	26
Candice Palmer.....	15	Cathy Downing.....	26
Diane Nuzum.....	16	Lisa Theisen.....	27
Dr. Robert Miley.....	16	Sarah Mccoy.....	27
Joy Knox.....	17	Robin Stoll.....	27
Liz Hackett.....	18	Jesse Benner.....	27
Margaret Benson.....	18	Ann Green.....	28
Marie Tucker.....	18	Steven Privett.....	28
Christy Asher.....	19	Teresa Frazier.....	29
Roxana Paxton.....	19	Leah Mahin.....	29
Maria Bunch.....	20	Morgan Carrell.....	29
Chloe Woods.....	20	Gina Braden.....	30
Terri Mccarthy.....	21	Ashley Grotzinger.....	30
Sherri Hopkins.....	21	Lisa Bailey.....	30
Dr. Terence Robertson.....	21		
Linda Garbarz.....	21		
Dr. Evan Stout.....	21		