**NOVEMBER 2019** 

# BILLBOARD



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



# FEELING THANKFUL THIS THANKSGIVING A Letter from Lori

It's hard to believe that Thanksgiving is just around the corner and that I have been at Bothwell for five months. Time really does fly when you're having fun. I have enjoyed getting to know many of our talented and committed providers and staff in both departments and clinics and exploring and learning about the Sedalia community.

This year, Darren and I are looking forward to traveling out of state and spending time together. Whether your Thanksgiving holiday includes traveling, feasting with family and friends, watching football, participating in the Center for Human Services annual Turkey Trot, shopping Black Friday sales, or napping, I hope you also take time to relax and reflect on what you are thankful for this year. For some of you, I imagine the four-day weekend may include all of those activities!

Personally, I am thankful for each and every one of you for welcoming me to the Bothwell family. I'm grateful for your dedication to your colleagues and our patients and their families, and it makes me proud to be the leader of this wonderful compassionate team of caregivers.

Have a blessed Thanksgiving.

Hyl-



WHAT'S IN A LIKE? Engaging with Bothwell Social Media

2019-2020
Exposing Students to
Health Care Careers

EMPLOYEE OF THE MONTH
Gina Braden

**GET WELL. STAY WELL. BOTHWELL.** 

### WHAT'S IN A LIKE?

### **Engaging with Bothwell Social Media**

# Do you know that Bothwell Regional Health Center has a Facebook page?



That might seem like a silly question. After all, doesn't everyone have a Facebook page, and hasn't Facebook become the best place to find out what family, friends and businesses are up to on the daily? How many times have you been in a conversation with someone who said, "Where did you hear that?" and your answer was, "I saw it on Facebook!"

Like many organizations, Bothwell uses its Facebook page to share information about news and events, as well as timely health issues, with its followers. If you're not already following the page, you are encouraged to like and follow it at <a href="https://www.facebook.com/bothwellregional">www.facebook.com/bothwellregional</a> (or just search for Bothwell Regional Health Center in the Facebook search bar).

To ensure that you regularly see Bothwell's posts in your feed, please consider liking, commenting positively or sharing posts with your followers to stay in the know and help introduce Bothwell's activities, services and news to more people.

Also, after a good experience with a Bothwell provider, consider leaving a positive Google review. More and more people are turning to online reviews in their decision-making process for many services and products, and hospitals and providers are no different. We care about what you and others think about Bothwell, and we want to hear your thoughts about your personal experiences with hospital services.

There are two different ways you can leave Google reviews; through a browser or through the Google Maps app. The process is different for each, and you will need a Google account to do it.

While nothing can replace good old-fashioned personal connections like talking and sharing with one another, Facebook and Google reviews are just other ways to stay connected with who and what is important to us. And Bothwell Regional Health Center is important to our community!

### DO YOU KNOW?

Work these turkey trivia tidbits into your holiday conversations and impress your family and friends!

- The Butterball Turkey Talk Line answers almost 100,000 calls each season.
- The first Thanksgiving was actually a three-day celebration. Members of the Wampanoag tribe came bearing food to share and as they joined the Pilgrims, and the revelers decided to extend the affair.
- About 46 million turkeys are cooked for Thanksgiving each year.
- According to the National Turkey Federation, only 88 percent of Americans chow down on turkey.
- Stretchy pants alert: You might consume up to 229 grams of fat during the big meal, which is about three to four times the amount of fat you should eat in a day. Not to ruin your feasting, but the entire Thanksgiving dinner could total over 3,000 calories.
- America's first turkey trot took place more than a century ago with just six runners, although only four of them made it to the finish line.
- An estimated 50 million pumpkin pies are eaten on Thanksgiving.
- According to The American Pie Council, more Americans prefer apple pie overall; with pumpkin pie coming in second place.
- Over 32 million people begin Black Friday shopping on Thanksgiving.
- Black Friday still draws the biggest crowds of the entire weekend, with 115 million people. A total of 69 percent of Americans love to get those deals, which may explain why we can't find a parking spot.

Source: www.goodhousekeeping.com, Nov. 5, 2019

### MEDICAL EXPLORERS 2019–2020 Exposing Students to Health Care Careers

A group of area high school juniors and seniors can add "exploring" to their academic résumés this year.

Bothwell's Medical Explorers program had its first session Nov. 21 with 14 new and two returning participants from Smith-Cotton or a home school.

Medical Explorers is an interactive, worksite-based career education program of Learning for Life, an affiliate of the Boy Scouts of America. Bothwell and Ozark Trails Post #75 are local sponsors. The program is designed to introduce young men and women in Pettis and Benton counties to various health care careers.

Beth Everts, Physician and Provider Recruitment director, has been the program's advisor for the last five years. She said the program is vital and provides high school students an opportunity to immerse themselves in a health care setting.

"For almost an entire school year, these students get an up close look at certain jobs and careers in health care," Everts said. "Between the hands-on education sessions and several chances to job shadow professionals, they learn about many career options."

In the five years that Everts has been program advisor, five participants have been accepted into medical school. Others have pursued careers in nursing, radiologic technology, pre-occupational therapy, and physical therapy.

Savannah Jeffries is a graduate of the Medical Explorers program and now works as a registered nurse in the Emergency Department at MU Health Care in Columbia. Jeffries credits her mother with pushing her to join the program even thought she wasn't really interested in a medical profession.

"At the time, I was working in a hair salon as a receptionist and my love for cosmetology was growing," Jeffries said. "I also thought about joining the Missouri State Highway Patrol. I was not completely opposed to seeing what the medical profession has to offer as it is about helping others. That was always my top priority



Front Row: Kayla Holloman, Mayra Alejo Cano, Chloe Buckley, Abby Bruce Second Row: Eduardo Armenta-Manzo, Calyssa Plymell, Maggie Ou Li, Drake Peterson, Michael Cho, Alexis Brownfield, Reagen Mullins, Macey Mathew, Madeline Allen

Not Pictured: Jennifer Harner, Erica Medina and Cora Sadler

when selecting a profession. I think you are most fulfilled and happy in life serving others."

After some frustration finding anything in the program that that sparked her interest and feeling guilty about taking another person's opportunity to be in the program, she elected to job shadow in the Bothwell Emergency Department.

"I first job shadowed the department on a weekend night and absolutely fell in love," she said. "I came home and told my mother I was going to college to become a registered nurse. I guess it's true that mothers always know best."

**READ MORE ON NEXT PAGE** ▶

### **MEDICAL EXPLORERS 2019–2020**

### **Exposing Students to Health Care Careers (Continued)**

Jeffries is a graduate of Sacred Heart High School and received a Practical Nursing certificate from State Fair Community College in December 2017 and an Associate of Arts degree and Associate of Applied Science degree in Nursing from SFCC in December 2018. This December she will graduate from Central Methodist University with a bachelor's degree in Nursing. She has been accepted to the University of Missouri as a graduate student and plans to apply for Mizzou's Doctorate of Nursing Practice-Family Nurse Practitioner program.

"I have always wanted to obtain the highest level of knowledge in the practice I perform," Jeffries said. "I thought about going to medical school, but I love the nursing profession and what it has to offer more."

Jeffries' advice for high school students is to job shadow any field they plan on pursuing and that junior and senior years are perfect times to start figuring things out for college.

"I am ever so grateful for the Medical Explorers program for providing me the opportunity to find myself in life," she said. "I think it's something every young adult should go through, even if they're not interested in the medical field. There are so many opportunities in the field itself."

Everts said that Jeffries is a wonderful example of how the program is designed to work.

"Savannah could be our Medical Explorers poster child," she said. "She came into the program not believing she would find anything that interested her and she left with a life goal. The ultimate outcome of the program is for participants to choose a health care career and stay and serve in the Sedalia community. Or, if they leave for additional education, to eventually come back."

Participants attend education sessions, visit hospital departments for overviews, demonstrations, and handson learning experiences, and shadow various health care workers throughout the eight-month program.

"The job shadow portion of the program is probably the most helpful to the students," Everts said. "They have opportunities to shadow at least two or three times a month for two hours each time or up to six hours if they have a day off from school. As much as that effort is about finding out what they want to do, it's also helpful in learning what they don't want to do. Health care isn't for everyone; patient care isn't for everyone, but they learn that there are plenty of careers in health care for all personalities."

Everts is quick to point out that it's not just her that's critical to making the program a success.

"There are many people at the hospital who give their time speaking, demonstrating and allowing students to job shadow," she said. "It's a lot of work for a lot of people, but as leaders, we enjoy working with the students as much as we hope they enjoy the program. It's really fulfilling to see a 'light-bulb' moment. I love that part."



Gina Braden

# NOVEMBER EMPLOYEE OF THE MONTH Gina Braden

Gina Braden is the Bothwell Employee of the Month for November. Braden is an occupational therapist in Rehab Services and was selected for exhibiting exemplary behavior in three key basic areas including safety, courtesy and professionalism.

The nomination praised Braden for competently training staff to safely transfer patients and being available to assist in transfers and answer questions.

"By prompting safe body mechanics and use of lifts during her classes, Gina helps ensure the well-being of staff and patients at Bothwell," the nomination said. "She takes time to answer questions and ensures patient needs are fully met. She offers suggestions to family and nursing staff to help patients be as independent as possible."

Courtesy was another area in which the nomination stated that Braden excelled.

"Gina always has a smile on her face," the nomination said. "She welcomes visitors and interacts with patients as she moves through the halls. She is respectful of other disciplines and tactful when interacting with others."

Braden was also commended in the nomination for her professionalism by serving the role of a patient advocate and ensuring the privacy of patients she treats, especially when completing bathing, dressing and grooming tasks.

"Gina treats others with compassion and consideration," the nomination said. "She works with other departments to ensure patient needs are met before they leave Bothwell."

Congratulations, Gina, on being named the November Employee of the Month!





# **KEYAWARDS**

Lizzy Ulmer
Bobbi Dorr
Stephanie Louiselle
Denise Hoffman
Dr. Stanley Wilson
Jeff Hill
Stacey Dobbs
Carly Hovendick
Rosa Lairmore
Natalie Paxson
Rachel Caldwell
Brian Hermanson
Glenda Richardson
Russell Dedrick

Rita Mergen
Terrance Cline
Linda Adams
Amber Larsen
Becky Wienert
Lee Anne DeGuzman
Heather Sadler
Becky Wienert
Mike Snow
Stacey Nassar
Myra Hathcock
Megan Elwood

**Brooke Allee** 

### **COMMUNICATION CORNER**

### **Waste Stream Process Frequently Asked Questions**

Pharmacy recently delivered new waste stream containers to all areas with Omnicells. Here are answers to commonly asked questions about the containers and processes.

# Q. How do I know what material goes in what container?

A. Refer to the color chart that has a picture of the container and descriptions of what should go in them. If there is no chart next to the containers, please let Pharmacy know.

### Q What goes in the new blue/white containers?

A. ANY non-hazardous pharmaceuticals. If it is an empty vial or empty syringe with a needle, it goes in **sharps**, which is the same as before.

### Q. What is the Rx destroyer used for?

A. It's for ANY AND ALL controlled substance wastes, including fentanyl patches. The empty vials/syringes go in **sharps**.

# Q. Is there anything different about the black box, red waste and yellow trace chemo?

A. No. The black box, red waste, and yellow trace chemo have not changed.

### Q. Can IV fluids be put down the drain?

A. Any IV fluids, which includes lipids, IVs with KCL, other electrolytes, and TPNs, **except if they have insulin or famotidine in them,** can still be put down the drain. Refer to the chart for where to dispose of those IVs. The important issue to know is that NO MEDICATIONS can be put down the drain.

### Q. What if I am unsure about any IV fluids?

A. If you are unsure about whether or not IV fluids can be put down the drain, segregate them in the refrigerator for Pharmacy to pick up.

# Q. Can an IVPB or IVF with a medication that has been infused in the patient be put in the regular trash?

A. Yes, but **only** if the patient information is completely **marked out.** 

### Q. How long will these containers last?

A. The containers are good for one year, and must be dated.

### Q. Where can I get a replacement container?

A. Replacement containers can be ordered from Materials Management.

# Q. Are there new policies about hazardous medications?

A. Yes. There are new hazardous medication policies that go into effect **Dec. 1.** The policies can be found in the Environment of Care policy manual on the intraweb, and everyone should read them. The policies have some interface with the new waste streams and how they are handled. Everyone will need to be educated and acknowledge in their file about the hazardous drugs.

Thank you to everyone for your questions, patience and cooperation. Please direct any additional questions to Pharmacy.



### **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:



Susan McMannama Cole Camp Clinic

Stephanie Mallory Patient Financial Services

**Robin Bland** 

**Emergency Department** 

Diana Brooke Allee Emergency Department

Amy Hamlin

**Emergency Department** 

Katy Kuschel Cardiology

Debbie Billings Cardiology

Charolett Johnson
Respiratory Therapy

Cindy Harris

Respiratory Therapy

Sharon Clark

Respiratory Therapy

Gaylene Salazar Respiratory Therapy

Amy Huber *Radiology* 

Christina Watring
Winchester imaging

Kara Heisterber PEAK Versailles

Teresa Frazier Neurology Megan Rosales

**Emergency Department** 

Delores Banuels
Respiratory Therapy

Hazel Ortiz

**Emergency Department** 

Janet Kempf

**Emergency Department** 

Werner (Butch) Zander Respiratory Therapy

Jennifer Rehmer Cardiology

Leslie Shapley

2 North

Christina Watring
Winchester Diagnostic Center

James Steele

Bothwell Internal Medicine

Erick De Guzman

Emergency Department

Mindy Vesperman

Emergency Department

Blake Daly

Respiratory Therapy

Kelly Bolin 3 Southwest

Shasta Nardi 3 Southwest

Annie Wolf 3 Southwest Rachel Caldwell

3 Southwest

Braleigh Johnson

3 Southwest

Mikayla Neiman

3 Southwest

Rosa Lairmore

*3 Southwest*Naomi Dalton

3 Southwest

Bobbi Dorr

3 Southwest

Natalie Paxon

3 Southwest

Rebecca King

Respiratory Therapy

Amy Kirkman

Respiratory Therapy

Janet Kindle

Respiratory Therapy

Kay Schnack

Case Management

Mary Galvan

**Environmental Services** 

Leonard Butler

**Environmental Services** 

Irina Borynets

Admitting

**Janet Torres** 

Bothwell Family Health

**Kiersten Labus** 

Bothwell Orthopedics &

Sports Medicine

**Ashley Walters** 

Bothwell Orthopedics &

Sports Medicine

Paula Kappelman

Bothwell Internal

Medicine Specialists
Eric Lange

Bothwell PEAK

Sports & Spine

Christina Schnakenberg

Radiology

Dover Biery

Radiology

Victorie Hoover

Same Day Surgery

Jennifer Klemme

Bothwell Family

*Medicine Associates* 

Ana Lopez

Pharmacy



Cindy Gail

### **EMPLOYEE SPOTLIGHT** I Cindy Gail

Cindy Gail, RN, has worked at Bothwell for 32 years, and all but six months of that time has been in the Operating Room.

"During the first six months I worked as an RN in the evenings on 2 Southwest," Gail said. "Ever since then, I have been in the Operating Room. I circulate and fill in for the scrub and team leader when needed."

Gail said in her job she ensures patient safety and well-being by being current with practices, knowledgeable and answering patient questions to alleviate fears.

"I enjoy learning new skills and procedures that help enhance positive outcomes for our surgery patients," she said.

Kathy Johnson, Perioperative Services director, said Gail is a great, dependable prn employee.

"When Cindy comes to work, she works hard and stays until the work is completely done," Johnson said. "She also helps others with anything that needs attention."

Outside of work, Gail enjoys traveling with her husband David, especially on motorcycle trips. She also enjoys time with their daughter Breanna Harding and her husband Zach and their new baby, Briar, and their other daughter, Kaslyn Gail, who is an RN in Bothwell's Critical Care Unit.

"One of the best things about working here are my co-workers," she said. "It's a very close, family feeling. My husband will be deploying again in December for nine months. I already know that I will have the support of my Bothwell family just as they supported me during his two other deployments."

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

### **NEW EMPLOYEES**

Jordan Bacon	Michelle Fauble	Noesha Marcum	Tyler Singer
<i>Dietary</i>	3 Southwest	Bothwell OB/GYN	<i>Dietary</i>
Jessica Bohnstengel	Tionne Fulcher	Mohamed Matrane	Mackenzie Stout
Sterile Processing	Orthopedics	Sleep Lab	Housekeeping
Dan Bridges	Michelle Gladbach	Anna Mori-kreiner	Teghan Watkins
Case Management	<i>Dietary</i>	Emergency Department	2 Southwest
Baylea Cartee	Kaitlyn Kinner	Scarlet Pauley	Mariah White 2 Southwest
Nursing Administration	<i>Dietary</i>	Dietary	
Makayla Coberly	Melinda Loges	Sierra Perry	Kaytee Winsor
<i>Dietary</i>	<i>Dietary</i>	Nursing Administration	3 Southwest
Karrick Eckler	Tasha Mankini	Jordan Prothero	Justin Yoder
2 Southwest	Bothwell Family	Housekeeping	Critical Care Unit
Kelsey Ehlers	Medicine Associates	Veronica Rubio	

Dietary

Bothwell OB/GYN

### **BOTHWELL HOLIDAY HAPPENINGS**

The Holiday Committee has been busy planning activities to celebrate the season!

Below is what's planned to date. Please keep an eye out for additional details.

### **JEANS ON FRIDAYS**

**December** 

Pay a \$1 donation to the Bothwell Foundation each Friday in 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 December 18; see page 10 for details.

FOOD DRIVE December

Throughout the month, Bothwell employees will work together to fill the box and collect nonperishable food items to donate to Open Door Food Pantry.

### SALVATION ARMY BELL RINGING Monday, December 2

Volunteers are needed to ring bells at both doors at Walmart. Call Melissa Guffin at extension 9138 to sign up!

### **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 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.)

# 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:

- 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, Dec. 20.



# DRESS UP FOR THE HOLIDAYS

## PROCEEDS BENEFIT MIRACLE ON 14TH STREET FUND





### **DECEMBER 18**

Wear Holiday scrubs and/or sweatshirts

### FRIDAYS IN DECEMBER

Pay a \$1 donation to the Bothwell Foundation each Friday to wear jeans





**GET WELL. STAY WELL. BOTHWELL.** 

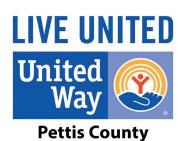


Please Note: The slot outside the mailroom is for donations only, not for mail.

### **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 by December 1.



### **FOUNDATION NEWS**

### FREE Mammo Days – November 2 and November 9

Thank you to all the amazing staff that helped make the 2019 Free Mammogram Days a success! This year, the program was expanded and the Bothwell Foundation covered the cost of 28 mammograms free of charge to patients.



Not pictured – thank you to Truman Lake Center staff member Emily Kullman for her assistance on November 9 for the Truman Lake Clinic Mammo Day. We appreciate your help and support!

### **MEMORIALS**

**In memory of Cindy Henke** Leora Bremer Bothwell Senior Leadership Team



The staff at the Bothwell Diagnostic Clinic performed mammograms on November 2 from 8 am – noon for patients.
Thank you to Linda Eckhoff, Christina Watring and Julie Mateja!



Special thanks to Jaclyn Webb and Yaneth Uvario for registering all appointments for the free mammogram day event, and for their help with registration on both Mammo Days!



The 2019 Celebrity Bartender Competition hosted by the Bothwell Foundation on November 2, 2019 at the Lantern House was a huge success, and much fun was had by attendees. The event raised almost \$14,000 that will be used toward the Bothwell Foundation's Cancer Services Fund. Many thanks to all that supported the event as well as all the amazing volunteers:

- Kara and Lucas Sheeley
- Amber Allain
- Jennifer Owen
- · Elizabeth Green
- Jan and Steve Henson

# CONGRATULATIONS TO ALL OF OUR BARTENDERS, ESPECIALLY TO OUR 2019 WINNER – RON DITZFELD!



Celebrity Bartenders pictured from left to right: Troy Curtis-Shelter Insurance, Gary McMullin-W&M Welding, Erica Petersen-Central Bank, Ron Ditzfeld-Ditzfeld Transfer, Megan Page-Wood & Huston Bank, Brendan Hurley-Insurance & Benefits Group.

# BIRTHDAYS

Tamara Johnson1
Jody Teague1
Whitney Brooks1
Krystal Coleman2
Lori Garrett3
Kristin Cloe3
Liz Rooks3
Emma Morris3
Christa Albin4
Becca Fite6
Tasha Mankini6
Sharon Sawford7
Christina Zimmerman7
Naomi Dalton7
Cassey Hall8
Karla Melton8
Cozetta Chalfant9
Tricia Parker9
Rene Boland9
Faye Hunton 10
Heather Ross 10
Tony Labuary 10
Tiffany Willis 10
Mike Lemler 10
Rick Langdon 11
Sandi Bowlby12
Chris Lloyd-knipp 13
Kenzie Tichenor 13
Cindy Gail14
Patti Meek14
Ashley O'hannon 14



Rachel Taylor 14
Zach Brant 15
Lisa Irwin 16
Jamie Poppinga 16
Bonnie Jackson 16
Karen Shelby 17
Lily Plotnic17
Leslie Stevenson 18
Soledad Rodriguez 18
Molly Young19
Teri Schilb20
Pam Ehlers22
Carlos Alegarbes Jr 22
Jerod Harms 22
Jenine Lees 23
Lori Hazell23
Katy Kuschel 23
Wendy Fairfax 24
Tara Przybylski24
Rochelle Werneke 24
Jessica Anaya 24
Dee Dee Gilmore 25
Robin Bland 25
Madeline Montgomery-Collins 25

Suhaila Shaffiey	25
Justin Yoder	25
Trish Deghelder	26
Rita Brown	26
Joan Kelley	27
Ana Lopez	27
Kayla Mather	27
Danette Butler	27
Karly Mcallister	27
Judy Davis	28
Sarah Price	28
Mariah Peterson	28
Bailey Wehmeir	28
Timothy Jackson	29
Michael Boeschen	29
Melissa Knipp-hall	30
Janette Dunkel	30
Pahacca Motes	31