

DECEMBER 2018

BILLBOARD



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



CEO CORNER

Holding fast during a season of change

The holiday season seems always to coincide with change.

A year winds down and we flip the calendar to a new one. The holidays

make us reminisce about times past — good and bad — and the changes life has brought us through. We remember friends and family who have passed and recall how loss has disrupted our lives.



Rose McMullin

Here at Bothwell, we deal with change all the time. The hospital

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**EMPLOYEE
OF THE MONTH**
Aaron Davis

MERRY CHRISTMAS!
Employees celebrate
the holiday season

COMMUNITY OUTREACH
Healthy U 'Night of Inspiration'
is set for Jan. 3

Continued from the previous page

doesn't look or operate anything like it did when I started here 37 years ago. I can't even imagine what it will be like 37 years into the future. As this year draws to a close, we're in a transition of leadership at the hospital. Our Board of Trustees recently added new members and next year will bring a new chief executive officer to the hospital. New leadership means change, which is hard.

It's normal to resist change. We like what we know, and we feel most comfortable when we feel we are in control. Change often feels like someone else is imposing their will on us, disrupting our predictable and stable lives. We know change is inevitable, and we know if we embrace it, change can bring personal and professional growth. But the uncertainty of it all is still hard.

But while the health care industry constantly changes, our basic calling remains constant. Our core mission is to always build and maintain trust. We have the privilege of providing support and care to our neighbors when they are most vulnerable.

It's frightening to be a patient in a hospital, or when a loved one is sick or hurting. All the fears that change brings — the uncertainty, the lack of control, and the disruption of life's routines — are the same things our patients and their families are facing. But through your expertise, your time or even a simple, kind smile and pleasant word, you are helping to turn a potentially traumatic experience into a warm memory for our patients.

"No matter how much our industry and this hospital changes, your commitment to improve the quality of life for every person who comes through our doors never changes."

No matter how much our industry and this hospital changes, your commitment to improve the quality of life for every person who comes through our doors never changes. There is no greater gift than that of good health, and your continued dedication to serve our community and region is appreciated.

During this time of reflection and reminiscence, as well as thanksgiving and anticipation, please know how proud I am to serve our community alongside each of you. Merry Christmas and a blessed New Year to my Bothwell family.

Rose McMullin
Interim Chief Executive Officer

BOTHWELL HOSTING COMMUNITY BLOOD DRIVE ON FRIDAY, JAN. 4

Bothwell Regional Health Center will host a blood drive on Jan. 4 to benefit the Community Blood Center of Kansas City.

Make a life-saving blood donation from 11:30 a.m. to 3:30 p.m. at the Bothwell Education Center, 600 E. 14th St. Volunteers from the Community Blood Center will be on

hand to conduct the drive and answer questions.

Each blood donor will receive a free Missouri Mavericks t-shirt. Book your appointment at esavealifenow.org and enter sponsor code BOTHWELL.

For questions, contact Michelle Burgin at 660-829-7777 or mburgin@brhc.org.

A BOTHWELL CHRISTMAS

EMPLOYEES CELEBRATE HOLIDAY SEASON

The hospital had a full slate of activities to help employees get into the Christmas spirit during the holiday season.

Employees volunteered to participate in Christmas parades in Sedalia and Warsaw. Several departments also participated in a “Twelve Days of Christmas”-themed jar-decorating contest. The People’s Choice Award was presented to the Physical Therapy Department for “Nine Ladies Dancing,” and the Holiday Committee’s Choice went to the Radiology Department for their “12 Drummers Drumming” design.

On Wednesday, Dec. 12, Bothwell employees volunteered as bell ringers for the Salvation Army at Sedalia’s Walmart. More than 30 employees and family members volunteered for at least an hour to raise donations for less fortunate people in the community.

On Tuesday, Dec. 18, the hospital provided a free Christmas brunch to all employees. Santa and Mrs. Claus were on hand to pass out treats to employees, patients and guests in the Bothwell Café.

Finally, on Thursday, Dec. 20, a group of employees sang Christmas carols throughout the hospital for an hour, bringing cheer and good will to employees, patients and visitors.

Thank you to all who joined in their year’s Christmas celebration at Bothwell!



Bothwell carolers gather in the Café on Dec. 20 before making their way throughout the hospital, spreading cheer to patients and employees.



ABOVE: Cindy McKeon and Jan Henson select ornaments to put on the tree in the Bothwell Café while Rick Langdon and Brad Nicholson decorate the tree in the background. BELOW: The winning entries in the Christmas in a Jar contest were Physical Therapy’s “Nine Ladies Dancing,” left (People’s Choice), and Radiology’s “12 Drummers Drumming” (Holiday Committee’s Choice).



Bothwell employees and family members passed out treats and Bothwell flying discs at Christmas parades in Sedalia (above) and Warsaw (below).



A BOTHWELL CHRISTMAS



FAR LEFT: Keith Morrow, Leslie Harris and Tami Hesseltine raise money for the Salvation Army by ringing bells outside the Sedalia Walmart on Dec. 12.



LEFT: Debora Mullins poses with Santa and Mrs. Claus (Cam Jennings and Jan Henson) during the holiday meal on Dec. 18 at the Bothwell Café.

AVOIDING VIRUSES . . . THE COMPUTER KIND

Think Before You Click!

- Do not click on links or attachments from senders you do not recognize.
- Do not provide sensitive personal information (like usernames and passwords) over email.
- Watch for email senders that use suspicious or misleading domain names.
- If you're not sure about an email,

contact the Help Desk at 9197 or email helpdesk@brhc.org

- Be especially cautious when opening attachments or clicking links if you receive an email containing a warning banner indicating it originated from an external source.

If Something Seems Wrong

- Shut the PC down immediately.
- Call the Help Desk at ext. 9197



EMPLOYEE OF THE MONTH

Aaron Davis

Aaron Davis is the BRHC Employee of the Month for December. Davis, a hardware specialist in the IT Department, was praised in his nomination for his problem-solving skills and his professionalism.

“Aaron is always polite and friendly when he is responding to any computer problem we have,” the nomination said. “He makes sure that when he is explaining something regarding the computers that he uses terms that are easily understood.”

The nomination said Davis is willing and able to think outside the box to address an issue.

“Aaron saw a need and stepped up to help solve a problem by piecing together parts and pieces so that our team could have a computer on wheels to use during rounding at our clinic,” the nomination said.

Congratulations, Aaron, on being named Employee of the Month for December.



Aaron Davis

NEW EMPLOYEES

Mary Anderson	Environmental Services
Michael Boesch	Plant Services
Monica Brant	Pain Management
Cozetta Chalfant	Respiratory Therapy
Madison Corle	Bothwell Family Health
Judy Davis	Labor & Delivery
Dori Ellis	Same Day Surgery
Melissa Hammonds	Bothwell Internal Medicine
Taylor LaBounty	3 Southwest
Rosa Lairmore	3 Southwest
Teresa LaRose	Pathology
Teri Martin	Bothwell Ear, Nose & Throat

Andrea McDowell	Emergency Department
Janna Miller	Progressive Care
Jessica Moon	Pharmacy
Corey Nahrstedt	2 Southwest
Amy O'Brien	Health Information Management
Brenda Rhinehart	Patient Financial Services
Destany Roberts	Dietary
Heather Sadler	Health Information Management
Tanya Shevchenko	2 Southwest
Christina Shipps	Dietary
April Walton	Emergency Department
Fawna Wilken	Dietary
Kassy Wilson	Bothwell Ear, Nose & Throat

SALUTES!

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

Blaire Riley. Our “Salutes” for November go out to:



Sarah Anderson	Admitting
Heather Avey	Cole Camp
Debbie Billings	Cardiology (2 salutes)
Frances Carver	Emergency Department
Emily Dunnivant	OB/GYN (2 salutes)
Grace Edgar	Emergency Department
Sarah Fredrickson	Emergency Department Barb
Grechus	Emergency Department
Dawn Hoff	Radiology (2 salutes)
Angela Kammeyer	Dietetics

Janey Kempf
Cassie Kindle
Patty King
Katy Kuschel
Julie Mateja
Cynthia McKeon
Susan McMannama
Amber Meinershagen
Shelby Osburn
Jennifer Rehmer
Trish Reynolds
Megan Rosales
Jacquelyn Snow
Addie Thoennes
Christina Watring
Jessica Wheeler
Amber Yearout

Emergency Department
2 North
OB/GYN (2 salutes)
Cardiology (2 salutes)
Winchester Diagnostic (4 salutes)
Laboratory
Cole Camp
Radiology
Emergency Department
Cardiology (2 salutes)
Radiology
Emergency Department
Emergency Department
Pathology
Radiology (2 salutes)
Critical Care
Truman Lake (2 salutes)

STAR AWARDS

Amber Allain	Bothwell Family Health
Sandra Bowlby	Truman Lake
Lori Bressie	Orthopedics & Sports Medicine
Bill Caddell	Environmental Services
Rickey Christian	Plant Services
Terri Deer	Dietary
Sharon Eikel	Truman Lake
Beth Everts	Physician Recruiting
Jenny Force	Respiratory Therapy
Kaslyn Gail	Critical Care
Cheryl Glines	Admitting
Melissa Guffin	Community Outreach
Leslie Harris	Bothwell Family Medicine
Rachel Harris	Patient Financial Services
Jan Henson	Nursing Administration
Bonnie Jackson	OB/GYN
Laura Kaemper	Health Information Management
Lana Kelly	Nursing Administration
Kory Kephart	Truman Lake
Patty King	OB/GYN
Sharon Larsen	Health Information Management
Linda Long	Cole Camp
Stephanie Louiselle	Cole Camp

Julie Mateja
Susan McMannama
Kailyn McMillin
Ashley Newton
Pam Oswald
Rachel Owens
Jason Pals
Tara Przybylski
Brandi Rockett
Megan Rosales
Alisha Schroeder
Christina Schnakenberg
Jami Sleeper
Jenn Smith
Tracie Southerlin
Shari Thomasson
Caitlin Thrasher
Lizzy Ulmer
Yaneth Uvario
Christina Watring
Jaclyn Webb
Calla Wiegel
Becky Wienert
Molly Young

Winchester Diagnostic Center
Cole Camp
Truman Lake
Health Information Management
OB/GYN
Accounting
Plant Services
OB/GYN
Environmental Services
Emergency Department
Emergency Department
Radiology
Information Services
Sterile Processing
Truman Lake
Orthopedics
Pathology
Nursing Education
Admitting
Winchester Diagnostic Center
Admitting
Critical Care
Critical Care
Truman Lake

BOTHWELL FOUNDATION NEWS

2018: YEAR IN REVIEW

The Bothwell Foundation has been busy in 2018 with numerous projects. With your support, we have been able to fund the following projects:

- Provided grants to Benton County Hospice and Crossroads Hospice, which serve patients in Pettis and Benton County.
- Awarded more than \$7,200 in scholarships.
- Funded AEDs to be purchased for Benton County.
- Provided gas cards and Ensure for cancer patients.
- Sponsored Bothwell Regional Health Center's National Cancer Survivors Day reception on June 1, 2018.
- Sponsored free 3D Mammo event Oct. 20, 2018.
- Provided over \$1,300 in patient assistance funding.
- Purchased iPad's to be used for stroke rehabilitation patients and in our Skilled Nursing Unit.
- Purchased 35 updated nursing whiteboards to be used in 2 Southwest and Pediatric units at Bothwell Regional Health Center.



Kelly Burnett receives a scholarship from Foundation Board President Stafford Swearingen.



Cancer center staff pose for a photo during a reception June 1 to commemorate National Cancer Survivors Day.

A CULTURE OF GIVING



Some members from the Case Management and Social Services team gather to share why they gave to the Foundation's Employee Campaign in 2018. Pictured left to right are Maggie Schaffer, Jana Kennedy, Marcia Gorrell, Kiwi Popyk-Wyatt, Kay Schnack, Beth Morrison, Haley Montgomery, Whitney Brooks, and Andrea Kiso.

BOTHWELL FOUNDATION NEWS

In Memory Of

The following memorials were received:

In memory of Harold Dilthey

La Monte Community Bank

McGinnis Family Trust

Mrs. Lea Anne Bell

Ms. Betty Bennett

Ms. Phyllis Hitaffer

Mr. Michael Jeannin

Ms. Janet Kindle

Mr. Jerry Newkirk

Ms. Adele Pauley

Mrs. Diana Schouten

Mr. Bill Taylor

Mr. and Mrs. Robert Thompson

Mr. Dale Wassan

In memory of Theresa Gerber

D&T Quilty Shop

In memory of Nellie and Kay Newman

Mrs. Grace Linn

In memory of Jean Ann Smith

Gilbert Lowery

Jason Moon

REMINDER: DOUBLE CHECK YOUR PAY STUB!

All employees should review their electronic pay stubs to make sure their insurance deductions and tax withholding are correct. If you have questions, please contact the Human Resources Department.

CANCER CENTER CHRISTMAS



Through a grant the Bothwell Foundation gives each year to the Cancer Center, cancer patients were able to celebrate Christmas with a catered meal, donated gifts and a time of festive fellowship. Cancer center staff organized the party, which some patients said is the only Christmas they get.

COMMUNITY OUTREACH

Healthy U to celebrate 'Night of Inspiration' on Jan. 3

The Healthy U Class of 2018 has collectively lost more than 475 pounds this year, and the community is invited to help celebrate at a Night of Inspiration. The event will be held at 6:30 p.m. on Thursday, Jan. 3, at the Smith Cotton Junior High School Auditorium. It is free and open to the public.

Three awards will be presented to Healthy U "graduates" at the Night of Inspiration. Prizes include a bicycle from Pro-Velo, a Best of Bodyworks pamper package from Bodyworks Day Spa, New You New Room gift certificates from Dugan's Paint & Flooring Centers and other items to help participants sustain their weight loss.

"The end of the program is always so bittersweet, but we look forward to watching each of them continue along their healthy lifestyle journey," said Melissa Guffin, community outreach coordinator at Bothwell Regional Health Center and chair of the Healthy Living Action Committee (HLAG). "This is never the end for them, but a celebration of their efforts thus far in their journey and a way to help them accomplish more goals."

The Class of 2019 also will be announced at the event. About 90 people applied for the 2019 program, and 22 semifinalists were interviewed before the final 12 were selected. They will be paired with board buddies/mentors and nutrition coaches for a year. As with past classes, they will share their journey with the community through media interviews, volunteering, Facebook posts and community events.



The Healthy U Class of 2017 celebrated its "graduation" in this photo from January 2018's "Night of Inspiration."

SEDALIA CHAMBER BREAKFAST



ABOVE: Bothwell Diabetes Educator Angela Kammeyer speaks to the Sedalia Chamber Breakfast on Dec. 13 about diabetes and how to avoid holiday temptations. BELOW: Dr. John Russell, a new physician at Bothwell Internal Medicine, also was introduced at the breakfast.



AUXILIARY NEWS

Christmas Tea



About 30 Bothwell Auxiliary members attended a Christmas Tea at Bothwell Café. The hospital provided sandwiches, cookies, cheeseballs with crackers, fruit and punch, and Bothwell Interim CEO Rose McMullin and other department leaders spoke to the group about how crucial its work is to the hospital and 2018 donations would be used.

BOOK FAIR

JAN. 24: 7:30 a.m.-6:30 p.m.
JAN. 25: 7:30 a.m.-2:30 p.m.
At the Bothwell Café

*** NEW MERCHANDISE
* BOOKS**

HOW TO REDEEM YOUR GIFT COUPON

The Senior Leadership Team recently provided a gift to employees for the holidays. Each employee received a coupon for \$5 off the purchase of Bothwell logo wear. To redeem your coupon, simply complete a logo wear order form found on the Intranet > Forms > Foundation Forms > "Bothwell Logo Wear Order Form updated 12-2018".

Copies of the form are also available in the Marketing office. Attach the coupon to the order form and turn in to the Marketing office. Employees can pay by cash, check or by credit/debit card. As a reminder, a portion of every logo wear purchase goes to the Foundation.

Please note – if an employee does not wish to use their coupon, they can give it to a coworker. However, only one coupon can be used per item ordered.

Samples of each of the sizes/colors of each item are available to try on in the Marketing office.

Coupons expire March 31, so don't wait too long to place your orders!

JANUARY BIRTHDAYS

Diana Sokolowski 2
 Sara Garcia 2
 Ellen Powers 3
 Jim Meusborn 4
 Laura Wyrick 4
 Jacquelyn Snow 4
 Tasha Cole 4
 Mary Ann Cook 5
 Brenda Rhinehart 5
 Karen Kain 6
 Mimi Johnson 6
 Helen Fisher 6
 Shasta Nardi 6
 Jennifer Stagner 6
 Carrie Brown 7
 Sarah Plante 7
 Amanda Sportsman 7
 Debbie Beck 8
 Joseph Rey 8
 Tom Bailey 8
 Kailyn McMillin 8
 Amy O'Brien 10
 Kenzie Bickers 10
 Alicia Hofstetter 10
 Amy Walker 11
 Kelly Crosswhite 11
 Megan Rosales 11
 Marc Dougherty 12
 Judy Lorenz 12

Melanie Hoormann 12
 Lana Kelly 13
 Lucy Haston 13
 Dr. Julie Cahill 13
 Heidi Schwartz 14
 Pam Evans 14
 Dr. Abe Azan 15
 Brian Hermanson 15
 Christina Oelrichs 15
 Janice Johnson 16
 Michelle Kirkpatrick 16
 Kiersten Labus 16
 Tina Prophter 16
 Tom Fairfax 17
 Rachel Caldwell 17
 Celia Roasch 18
 Megan Ray 18
 Butch Zander 18
 Jason Pals 19
 Jeni Krause 19
 Kristina Izoita 19
 Carole Townsend 19
 Jillian Lisiakowski 19
 Kristy Starke 20
 Christine Matacua 20
 Rachel Anderson 20
 Dolores Banuelos 20

Francine McRae 20
 Steven Balch 20
 Kayla Butler 21
 Sharon Eikel 21
 Grace Linn 22
 John DeGonia 22
 Ashley Garrett 22
 Teresa Friedlander 23
 Nicole Porter 23
 Jewell Smith 23
 Kara Sheeley 25
 Courtney Stoner 25
 Dr. Alan Allmon 26
 Debbie Hagle 27
 Sarah Hopper 27
 William Arnold 27
 Samantha Unkel 28
 Jay Eastlick 28
 Steve Davis 29
 Rachelle Mateo 29
 Sheila Spencer 29
 Jennifer Rehmer 30
 Dr. Greg Doak 30
 Cheryl Glines 30
 Dr. David Kuhlmann 31
 Jovana Cervantes-Cruz 31
 Staci Petersen 31

