

APRIL 2018

BILLBOARD



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



HOSPITAL WEEK

Activities planned to celebrate Hospital Week and Nurses Week

Bothwell Regional Health Center will celebrate National Hospital Week and National Nurses Week from May 6-12, with several activities planned as part of both observances.

Nurses Week

Bothwell will celebrate National Nurses Week with a Nurses Tea and Celebration beginning at 2 p.m. on Friday, May 11. As part of the celebration, the hospital will present its first "DAISY Award for Extraordinary Nurses."

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DOCTORS DAY
Photos on 12

**EMPLOYEE OF
THE MONTH**
Heather Kaneko

WE LOVE OUR VOLUNTEERS!
Contribution is worth
more than \$620,000

WOMEN'S HEALTH
Free sleep sacks for new
Bothwell babies

VOLUNTEER APPRECIATION

Red Cross, Auxiliary volunteers vital to Bothwell's success



Jimmy Robertson

"We are here to celebrate the tremendous service you provide and the impact you make on Bothwell and the patients we serve."

– Jimmy Robertson
Bothwell CEO

When you walk into Bothwell Regional Health Center, chances are the first person you meet will be a volunteer.

You'll be greeted by a volunteer in the main lobby. You will see them behind the counter when you visit the Gift Shop. They are there to help you register or to help discharged patients get to their cars.

On April 19, Bothwell honored its volunteers from the American Red Cross, the Bothwell Auxiliary and the Chaplain Corps at its annual Volunteer Appreciation Luncheon at First United Methodist Church's Celebration Center.

Volunteers were recognized for their hours of service to the hospital. There are about 200 volunteers at Bothwell, and in 2017 they donated almost 26,000 hours of service valued at over \$620,000.

"We are here to celebrate the tremendous service you

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Steve Barnes received the American Red Cross Ida Hoffman Volunteer of the Year Award for his service to the hospital in 2017. Barnes volunteered 949 hours at BRHC in 2017.



Karen Kay Taylor received the Bothwell Auxiliary Marian Tempel Volunteer of the Year Award for 2017. Taylor volunteered 569 hours at Bothwell in 2017.

VOLUNTEERS: From Page 2

provide and the impact you make on Bothwell and the patients we serve,” said Bothwell CEO Jimmy Robertson. “Your smiling faces are often the first thing patients and visitors see when they enter the hospital, and you’re often the last people they see when they leave. I am proud of your service, and I hope you know that you make a difference to our patients and our community.”

Ida Hoffman Volunteer of the Year

Karen Kay Taylor received the Ida Hoffman Volunteer of the Year Award from the American Red Cross. She volunteered 569 hours at the hospital in 2017. Other nominees for the Ida Hoffman Award were Donna Peakes and Anna Craig.

Marian Tempel Volunteer of the Year

Steve Barnes received the Marian Tempel Volunteer of the Year Award from the Bothwell Auxiliary. Barnes volunteered 949 hours for the hospital in 2017. Other nominees for the Marian Tempel Award were Marian Tilman and Frieda Ingram.

Nomination criteria for the American Red Cross and



In photo at left, Betty Sue Viterna, president of the Bothwell Auxiliary, and Bothwell CEO Jimmy Robertson hold a mock check for \$340,687.82, which represents the dollar value of the 14,113 hours Auxiliary volunteers gave in service to the hospital in 2017. At right, Harry Burford, co-chairman of Red Cross Volunteers, holds a check representing the \$280,386.10 value of the 11,615 hours of service Red Cross volunteers gave the hospital.

the Bothwell Auxiliary Volunteer of the Year awards are based on service, character and dedication. Group members then vote to select the winners.

Chaplain Corps

There are three members of the volunteer Chaplain Corps at the hospital, and they donated 705 total hours in 2017. Among the chaplain volunteers is Jim Monroe, who volunteered over 700 hours for the Red Cross, about 400 hours for the Auxiliary, and another 235 with the Chaplain Corps.



TREES DONATED FOR ARBOR DAY

Thank you to Dr. Douglas Kiburz, who again was kind enough to donate trees for hospital staff in honor of Arbor Day this year.

Dr. Kiburz donated 250 pecan, oak and holly trees and distributed them to employees on a first-come, first-served basis.

This continues a tradition Dr. Kiburz started several years ago in honor of Arbor Day, which in Missouri is observed on the first Friday of April. Arbor Day celebrates the benefits of trees and promotes their planting and care.

BOTHWELL EXPANDS PRIMARY CARE

Hospital acquires Family Medicine Associates

Bothwell Regional Health Center (BRHC) has acquired Family Medicine Associates, a primary care medical clinic at 3401 W. 10th St. in Sedalia, effective May 1.

“The decision to acquire Family Medicine Associates came after careful consideration with the clinic physicians and our Bothwell family health providers,” said BRHC CEO Jimmy Robertson. “We believe this combination will allow FMA and Bothwell to provide increased access to primary care for this community.”

There will be few changes for patients at Family Medicine Associates. They will continue to see the same physicians and receive the same outstanding care at the West 10th Street clinic. Some patients will, however,



benefit from the hospital's larger insurance network. Those who have had to pay out-of-network fees most likely now will be in-network, including individuals on Medicaid and in the Missouri Health Insurance Exchange.

Bothwell Family Medicine Associates' four family physicians are Julie Cahill, M.D.; Robert Frederickson, M.D.; Jeffrey Sharp, M.D.; and John Wendt, M.D.

JOIN BOTHWELL'S RELAY FOR LIFE TEAM

Most people know someone who has died from, survived or is living with cancer. The anxiety and apprehension the “C” word evokes can affect anyone at any age and any time in his or her life. Relay for Life is a great way to help raise money for the American Cancer Society, and the Bothwell Relay for Life Team is looking for people to join them.

Relay for Life will be held in historic downtown Sedalia on Saturday, June 16, from 6 p.m. to 6 a.m. During the event there will be fundraising activities, including games and food vendors. A Luminaria ceremony will be held at 10 p.m. to remember those we have lost, celebrate the survivors and show that no one has to fight alone. During the Relay, team members walk around a track or course, and each team is asked to have a member walking at all times to signify that cancer never sleeps. To sign up for the Bothwell team, contact Kara Sheeley at



ksheeley@brhc.org.

“We would love for employees and their families to join our team to show our patients and community Bothwell's support in the fight against cancer,” Sheeley said.

The money raised through Relay for Life events are used to fund life-saving cancer research, patient support services, prevention and education information, and detection and treatment programs.

WOMEN'S HEALTH

Free SleepSacks for new babies

"It lets them move their feet and kick, but it won't move or get tangled up or over their face."

— Janet Bombella
Director, Bothwell Women's Health

HELPING TO REDUCE INFANT DEATHS

About 3,500 U.S. babies die each year of sudden unexpected infant death (SUID), despite efforts by government officials and healthcare agencies to reduce infant deaths.

One way to reduce infant deaths is with programs that focus on safe sleep practices for babies. Bothwell Regional Health Center is taking a step toward helping that effort by providing HALO SleepSacks for every baby born at the hospital, starting May 1.

The sleep sacks, which are recommended by the

American Academy of Pediatrics, are designed to keep the baby warm at night while reducing the risk of suffocation that can be caused by loose blankets or soft bedding. "People often over-bundle their babies," said Janet Bombella, director of Bothwell Women's Health. "They think babies need to be layered up more than we adults do. But in most cases, babies are comfortable if we're comfortable. The sleep sack lets them move their feet and kick, but it won't move or get tangled up or over their face."

Beginning May 1, every baby born at Bothwell will go home with their very own sleep sack.

"We want to provide every new mom with a sleep sack to promote their use at home and encourage practices to keep their baby safe," Bombella said.



SAFE BABIES AT-A-GLANCE

Share a room but not a sleep surface with your baby for the first 6-12 months of a baby's life.

Place baby to sleep on her back on a firm and flat mattress.

Keep baby's sleep surface free of soft objects that could obstruct breathing, including plush toys, blankets and bumpers.

Don't smoke, especially anywhere near your baby.

Offer your baby a pacifier at bedtime.

Keep baby's room well-ventilated and don't overdress your baby, to prevent overheating.

Breastfeed if possible.

Ensure your baby's up-to-date with vaccinations.

EMPLOYEE OF THE MONTH

Heather Kaneko

Heather Kaneko is the BRHC Employee of the Month for April. Kaneko, a registered nurse in the Progressive Care Unit, was praised in her nomination for her positive attitude and for her insight and clinical knowledge.

“I have never seen Heather in a bad mood,” the nomination said. “She is one of the smartest nurses I have worked with, which increases the safety of her patients and others’ patients, because she is a great resource.”

According to the nomination, Kaneko is a team leader, and she holds herself and others to a high standard. “When she is in charge she makes assignments fair and equitable for everyone,” the nomination added. “She considers everyone’s needs and not just her own..”

Congratulations, Heather, on being named Employee of the Month for April.



Heather Kaneko

STAR AWARDS

Nichole Aulisio	Progressive Care Unit	John Ndum	Respiratory Therapy
Tom Bailey	Administration	Boris Ogorodnik	Sleep Lab
Kelly Bolin	Skilled Nursing Unit	Kim Perez	Education
Lauren Cox	Information Technology	Ellen Powers	Sleep Lab
Kathleen Friddle	Environmental Services	Jody Pritchard	Sleep Lab
Stevie Galloway	2 Southwest	Jennifer Raines	Health Information Management
Lori Gano	Progressive Care Unit	Stephen Ready	2 Southwest
Linda Garbarz	2 Southwest	Jimmy Robertson	Administration
Ann Green	Marketing	Stacie Robertson	Education
Montye Hagele	Ultrasound	Kimberleigh Schneider	Respiratory Therapy
Jan Henson	Administration	Clancy Spade	Environmental Services
Lucy Haston	Wound Healing Center	Alicia Staus	Progressive Care Unit
Brooke Huskisson	Progressive Care Unit	Lauren Thiel	Foundation
Lisa Irwin	Human Resources	Ed Tsao	Pharmacy
Laura Johnson	Wound Healing Center	Jennifer Unkel	Quality Management
Kristin Largent	Patient Financial Services	Haley Wheeler	Human Resources

Sparkle Award



The Sparkle Award this month went to the Progressive Care Unit, because they had no infections for the month. They also practice excellent hand hygiene and initiate and follow the proper precautions with their patients.

Bothwell hires director of security

One of Bothwell's strategic initiatives for Fiscal Year 2019 is to strengthen resources for security at the hospital. As part of that plan, Bothwell has hired John DeGonia as director of security. DeGonia recently retired from the City of Sedalia, where he was a long-time officer and, for the past 12 years, served as chief of police. Welcome to our BRHC team, Chief DeGonia!



MUD, SWEAT AND CHEERS!

Bothwell Regional Health Center and Bothwell/PEAK Sport & Spine are sponsors for the Sedalia Young Professionals' (SYP) 2nd Annual Mid-Mo Mud Volleyball Tournament on Saturday, July 14.

Co-ed teams of eight players are invited to join for \$25 per person. Until May 12 the registration cost is just \$20, which includes an event T-shirt.

SYP will donate 50 percent of the proceeds to Childsafe, with the remaining 50 percent to be used by SYP for future community involvement events. Last year, the event raised more than \$1,500 for the Boys and Girls Club of Central Missouri.

MANY THANKS!

I would like to thank all my Bothwell family for the many kindnesses you have shown to me in the last few weeks with the passing of my mother, Sandra Bates.

The plants and flowers, the condolence cards, the donations for a memorial in her honor, but most of all, the compassionate hugs and shoulders to cry on, all have helped me to endure the loss of the most influential person on my life's path. Your thoughtfulness will always be remembered.

Celia Roasch

NEW EMPLOYEES

Ursula Anaya	Sterile Processing
Steven Balch	Environmental Services
Pamela Ball	Pathology
Dustin Bell	Environmental Services
Stephanie Bollinger	Bothwell Family Health
Lori Bressie	Orthopedics & Sports Medicine
John Degonia	Security
Rebecca Fite	Emergency Department
Aleisha Gann	Environmental Services
Laura Hewett	Dietary
Jennifer Hofstetter	Bothwell Internal Medicine
Kristina Izoita	Admitting
Sara Jones-Cordray	Pharmacy
Ashton Kolasky	Surgery
Chelsy Koons	Environmental Services
Haley Montgomery	Case Management
Crystal Paredes	2 Southwest
Alisha Ramirez	OB/GYN
Audi Ruffel	Bothwell Family Health
Dr. Amtul Sami	Anesthesia
Sarah Shelly	Emergency Department
Danielle Sousley	Admitting
Keri Talbott	Admitting
Virginia Ward	Azan Clinic

HOSPITAL WEEK Slate of activities

Each year, Bothwell takes the opportunity to honor and thank all the dedicated employees who are part of the Bothwell family. On Wednesday, May 9, employees are asked to wear their 2018 Hospital Week T-shirt. The winner of the design contest will be announced and the T-shirts will be distributed May 4, 2018.

Employees may make a minimum \$5 donation to the BRHC Foundation and wear jeans to work on T-shirt day, May 9, with director approval.

The \$5 donation entitles employees to wear BRHC T-shirts to work each day, according to the schedule below:

- Monday, May 7**
2016 BRHC Hospital Week T-shirt
- Tuesday, May 8**
2017 BRHC Hospital Week T-shirt
- Wednesday, May 9**
2018 Hospital Week T-shirt and jeans
- Thursday, May 10**
BRHC United Way T-shirt
- Friday, May 11**
Kickin It for a Cure T-shirt

NURSES: From Page 1

The DAISY Award is a new recognition program that lets patients and their families nominate nurses for providing exceptional care.

National Nurses Week is celebrated each year from May 6 through May 12, the birthday of Florence Nightingale, the founder of modern nursing. The week is devoted to highlighting the diverse ways in

which registered nurses work to improve health care.

The Nurses Tea and Celebration, which will be held in the Bothwell Café, will include:

- A proclamation by Sedalia Mayor John Kehde
- Remarks from Bothwell CEO Jimmy Robertson and Lt. Col. Dianne Stroble of Whiteman AFB

Presentation of nursing scholarships

Presentation of Nurse of the Year and Support Staff of the Year

“Blessing of the Hands” Ceremony immediately following the tea

HOSPITAL WEEK AT-A-GLANCE

Employee
Appreciation Meal

Wednesday, May 9

Meal times:

11 a.m. - 1:30 p.m.

5 - 6:30 p.m.

11 p.m. - midnight

Employee Service Awards

Thursday, May 10

Employees with milestone service anniversaries will be honored at an Employee Service Awards ceremony.

The Employee of the Year will be named at the Service Awards ceremony from among the 12 monthly winners in 2017.



BIKE TO WORK WEEK

6th Annual event set for May 14-18

According to the League of American Bicyclists, 40 percent of all trips in the U.S. are less than two miles, making bicycling a feasible and fun way to get to work.

One way communities like Sedalia have increased bicycle commuting is through Bike to Work Week.

“Biking to work encourages people to include physical activity in their daily routines,” said Melissa Boeschen, community outreach coordinator at Bothwell Regional Health Center and the chairperson of the Healthy Living Action Group in Sedalia.

Bicycle commuters are encouraged to take a photo with their bike outside the workplace and post on the Healthy U Facebook page: facebook.com/HUPettisCounty. Bike to Work Week will culminate on Friday, May 18, when members of the Healthy Living Action Group, armed with a variety of prizes including gift cards, cycling accessories, and Healthy U items, will visit participants who have posted to the page.

In conjunction with Bike to Work Week, the Healthy Living Action Group will kick off its monthly



“Moving 101” initiative on Thursday, May 17, with “All About Bikes” from 6:30 to 7:30 p.m. at the Katy Trail shelter on Clarendon Road.

Ebby Norman, owner of Pro-Velo, a bicycle shop in downtown Sedalia, will provide tips on basic bicycle safety and proper bicycle maintenance. The presentation will

be followed by a group trail ride, walk, jog or run.

Healthy U is a project of the Healthy Living Action Group, which includes Bothwell Regional Health Center, Katy Trail Community Health, Pettis County Health Center, Boys and Girls Clubs of West Central Missouri, and University of Missouri Extension.

HEALTHY U NAMED CHAMBER ‘COMMITTEE OF THE YEAR’

Healthy U recently was selected by the Sedalia Chamber of Commerce as the chamber’s Committee of the Year, because of the difference the initiative is making in people’s lives.

The award was presented to the Chamber committee that most successfully completed its plan of action. “Healthy U has successfully every year seen the program through to the end,” the awards nomination said. “Healthy U always completed their plan of action to help individuals to become healthier and also become aware of healthy eating choices.”



From left, John Meehan, president of the Sedalia Area Chamber of Commerce Board of Directors, Melissa Boeschen, chair of the Healthy Living Action Group and community outreach coordinator for Bothwell, and Angie Thomas, executive director of the Chamber, at the Sedalia Area Chamber of Commerce’s annual awards banquet earlier this month.

MAY BIRTHDAYS

Lindsay Rasa	1
Kathy Dority	1
Beka Phillips	1
Debbie Bredenhoeft	1
Dianne Williams	2
Emily Hughes	2
Jennifer Hutcheson	2
Allison Dowling	2
Rosie Douglas	3
Holly Gentges	3
Angela Kammeyer	4
Dawn Madden	4
Eva Eubanks	4
Amber Yearout	5
Dr. Simin Ovais	5
Eileen Hensley	5
Leora Bremer	6
Sydni Herrick	6
Ann Martin	7
Jessica Stilfield	7
Christine Kinshella	8
Brittany Mullins	8
Karla Lang	8
Rob Wideman	9
Cassie Kindle	9
Jan Henson	10



Eric Makovskiy	10	Rick Christian	22
Natasha Boychuk	10	Elizabeth Green	23
Jack Ballard	11	Tony Mitchell	24
Muffy Potts	12	Melissa Boeschon	24
Elvy Hinkson	13	Mark Johnson	25
Heidi Westermier	14	Karla Heimsoth	26
Veronica Hiller	14	Lori Smith	26
Dr. Philip Fracica	15	Mindy Vesperman	26
Stacie Robertson	15	Trish Reynolds	26
Harliegh Tubbs	15	Winnie Mullins	27
Laura Johnson	15	Courtney Rumans	27
Mike Gething	15	Kasey Fredendall	27
Stephanie Meyer	16	Morgan Finkle	28
Dr. Daniel Woolery	16	Lindsey Young	28
Kenny Jobson	17	Jeanne Waters	29
Jenni Klemme	18	Denny Jones	29
Brenda Adams	19	Elayne Gordon	30
Kiwi Popyk	19	Suzanne Mathis	30
Shelby Bergman	19	Lovyna Lutjen	30
Kendra Baumgartner	20	Hannah Ellis	30
Teresa Albertson	21	Sheila Amos	31
Alena Gething	21	Ashley Newton	31
Georganne Edwards	22	Laura Seltzer	31
Brittainy Zimmerschied	22		

AUXILIARY NEWS

\$6 Jewelry Sale

The Bothwell Auxiliary will have a \$6 Jewelry Sale outside the Bothwell Café next month. The dates and times are:

Wednesday, May 9: 10 a.m. to 6:30 p.m.

Thursday, May 10: 7:30 a.m. to 2:30 p.m.



Mmmm... Chocolate!

The Auxiliary will be passing out chocolate truffles and coupons for 20 percent off Gift Shop items on Wednesday, May 9, to honor Bothwell employees during Employee Appreciation Day.

The coupons may be used in the Gift Shop from May 9-11.

**APPLY NOW FOR ONE OF THREE
\$2,500 SCHOLARSHIPS
FROM BRHC'S AUXILIARY**

Two \$2,500 nursing scholarships will be awarded for nursing education.

**An additional \$2,500 scholarship, a memorial to Anne Marie Bellamy,
will be awarded to a healthcare worker.**

WE LOVE OUR DOCTORS

Doctors Day 2018

Bothwell celebrated Doctors Day on March 30. The hospital's nursing department leadership cooked breakfast for the doctors, since few things show appreciation more than a perfectly cooked omelet.

Photos by Michele Laas

