

JULY 2020

# BILLBOARD



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



## MASKS: GOOD FOR YOU, GOOD FOR ME

### A Letter from Lori

"If the American public were to embrace masking now, the pandemic could be brought to heel in less than two months."

— Dr. Robert Redfield, Centers for Disease Control and Prevention Director  
July 13, 2020

We, along with Dr. Redfield, would like to "drive this virus into the ground." For our part, we are encouraging and supportive of a mask mandate in our county. Regrettably, we have seen poor adoption of mask wearing in our community, which has likely led to the concerning jump in numbers of positive cases and increases in hospitalizations, and we believe a mask mandate is now necessary.

At its monthly meeting this week, the Bothwell Board of Trustees heard a presentation and was urged to support a mask initiative in the county. On Wednesday we learned in our COVID debrief meeting that Missouri, Pettis County and Sedalia have been listed as "red zones" in the latest report on state responses to the virus that is prepared regularly by the federal government.

These areas are reporting more than 100 new cases per 100,000 people. Sedalia and Pettis County also reported diagnostic test positivity results above 10 percent. Listed foremost among several policy recommendations, the report states people in red zone areas, as well as yellow zone areas, should wear masks at all times outside the home. [READ MORE ON NEXT PAGE ►](#)



**MEDICAID EXPANSION  
IN MISSOURI  
Vote Aug. 4**

**MRI SAFETY WEEK  
Raising Awareness for  
Exceptional Medical Imaging**

**EMPLOYEES OF THE MONTH  
Sarah Plante and Debbie Billings**

## MASKS: GOOD FOR YOU, GOOD FOR ME (CONTINUED)

### A Letter from Lori

The Centers for Disease Control and Prevention (CDC) also recommends mask wearing based on the role of respiratory droplets in the spread of the virus, paired with emerging evidence from clinical and laboratory studies that show face coverings reduce the spray of droplets when worn over the nose and mouth.

According to a recent New York Times article, new research suggests that masks also protect the people wearing them, lessening the severity of symptoms, or in some instances, averting infection entirely. Dr. Monica Gandhi, an infectious disease physician at the University of California, San Francisco, and her colleagues make this argument in a new paper that will be published in the Journal of General Internal Medicine.

Drawing from animal experiments and observations of various events during the pandemic, the researchers contend that people wearing face coverings will take in fewer coronavirus particles, making it easier for their immune systems to combat illness.

In short, mask wearers are protected from the virus and protect others from getting the virus. Good for you, good for me.

We have seen firsthand how requiring masks can help decrease the spread of the virus. Since the beginning of the pandemic, Bothwell has had more than 500 COVID-19 exposures at our facility. To date, NO employees have contracted the virus from workplace exposures, and we believe this is largely due to the mask requirements in place at all Bothwell facilities.

Without a mask mandate, not enough people will voluntarily wear a mask to make a difference. With a mask mandate, community members can experience equal requirements in all businesses, feel safe that they are protecting themselves, business workers, other community members and first responders, and slow the spread of the virus, which could help us avoid additional lockdowns and economic fallout that will directly impact everyone in our community.

As the community's hospital we are dedicated to collaborating with our community partners, growing services for our community, and educating and empowering stakeholders to make sound decisions regarding their health care.

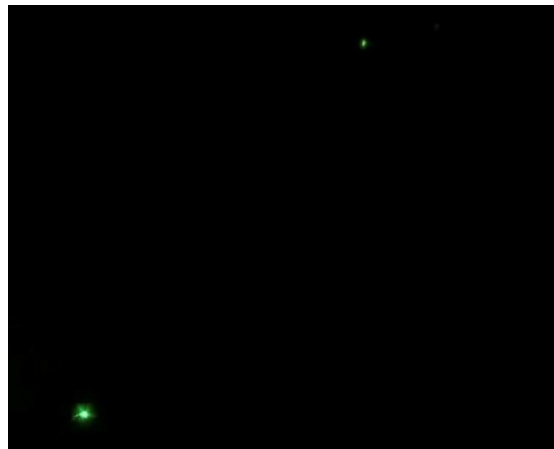
We firmly support mask wearing as a sound decision for our communities' good health.

## MASKS WORK! THE SCIENCE SAYS SO:

### Without Mask



### With Mask



Laser droplet imaging of person saying: "Stay healthy"

NEJM

## MEDICAID EXPANSION IN MISSOURI

Vote Aug. 4

### WHAT?

The expansion of Medicaid will provide better access to affordable health insurance for people with lower incomes. The expanded access would impact over 4,300 people locally in the Sedalia area and decrease the number of unpaid medical bills totaling \$3 million for the hospital.

### WHY?

- Missouri has one of the lowest eligibility levels for Medicaid in the country.
- There is currently a wide income level gap between qualifying for health insurance premium subsidies in the Health Insurance Marketplace and qualifying for traditional Medicaid health insurance programs.
- Expanded Medicaid coverage would reduce the number of uninsured people through government assistance.
- Job growth is tied to Medicaid expansion, because the business economy improves as the overall state economy improves.
- With more access to preventative health care services and treatment for chronic health conditions, overall health for the population improves.

### HOW?

It's estimated that the state's cost in the first year to expand Medicaid will be between \$30 and \$50 million. There currently is reserve money available in the Department of Health and Human Services' budget of about \$173 million that can be used to cover these costs. Additionally, the state will realize savings by decreases in matching Medicaid payments. If the Missouri legislature considers action on bills imposing tax collection duties on remote sellers, also known as the Wayfair tax, additional revenue would be earned and added to the state's budget to help cover ongoing expansion without diverting money from education.

### WHEN DO I VOTE?

You will have the opportunity to vote on Medicaid expansion on Tuesday, Aug. 4. In Pettis County, polls will be open from 6 a.m. to 7 p.m. More information about Medicaid expansion can be found at [www.healthcareformissouri.org](http://www.healthcareformissouri.org).



## KEY AWARDS

### April

Devin Niederwimmer  
Courtney Price  
Stephanie Meyer  
Taylor Wiseman  
Cathy Eppenauer

### May

Robin Bland  
Stacey Nassar  
Judy Davis  
Kendra Baumgartner  
Sharon Eikel  
Dr. Michael Carozza  
Alex Schlobohm  
Tina Propheter  
Cassandra Deitt  
Kirstin Stone  
Dee Dee Gilmore

Amanda Gates  
Amy Nichols  
Helen Fisher  
Myra Hathcock  
Ruth Ann Cramer  
Katherine Paul  
Kara Sheeley  
Stacey O'Donnell  
Sandy Rangitsch  
Vicki Howard

## MRI SAFETY WEEK

### Raising Awareness for Exceptional Medical Imaging

**From July 27 to Aug. 2, Bothwell Regional Health Center and institutions around the world will observe MRI Safety Week.**

Dover Biery, a CT/MRI Technologist in Bothwell's Medical Imaging department, explains that MRI Safety Week was established in the 2000s following a tragic accident in which 6-year-old Michael Colombini was killed at an MRI facility in New York.

"An oxygen tank, made of ferrous (iron) material, was brought into the MRI suite and reacted with the magnetic field," Biery said. "As a result of the accident, the American College of Radiology updated safety guidance documents that include corrective measures that prevent this type of accident from occurring at all MRI facilities."

Biery said that at Bothwell, the MRI technologists have the experience and expertise that allows them to fine tune the policies and procedures that ultimately set the standards of care to eliminate a near miss and potential fatal accidents within the MRI suite.

"Technologists must stay up to date on surgically implanted devices along with different scanner specifications," Biery said. "Our goal is to provide excellent patient care and achieve the best image possible that leads to a precise diagnosis of disease or injury all while keeping patients and staff safe in and around the magnetic field."

Magnetic Resonance Imaging uses a strong magnetic field along with radiofrequency to make an image. An object with iron in it or having electrical components has the ability to not only damage the equipment but cause severe bodily harm. Bothwell's MRI team uses a lengthy but necessary process that safely screens everyone who enters both the secure area and the room that contains the MRI scanner.

"We ask detailed questions about implants such as pacemakers, neurostimulators, cochlear implants, and aneurysm clips," Biery said. "Our technologists diligently research implant manufacture MRI conditions versus scanner specifications. Each scanner produces different parameters that determine implant safety conditions. Just because a person is safe to scan at one facility does not mean he or she is safe on all scanners."

Biery said that all patients must also change into hospital-provided clothing to help eliminate the risk of bringing a foreign object into the room and lowering the possibility of skin burns caused by clothing with a silver wash or copper fibers.

"We appreciate each and every patient and staff member for using best safety practices within the MRI department every day," Biery said. "As MRI technologists, we are responsible for the safety of all who enter zones 3 and 4. Each year, we use MRI Safety Week to improve and exceed expectations for safe patient care while providing exceptional medical imaging."

## MRI SAFETY WEEK

**JULY 27–AUG. 2**

Continuously Improve.  
Celebrate Successes.

**The week aims to raise awareness of MRI safety while also promoting excellence and best practices.**



## COVID-19 PATIENT UPDATE

### Bothwell's Second Hospitalized Patient Doing Well

While many people may complain about being at home more often due to the COVID-19 pandemic, James Navarro couldn't be happier to be at home.

Navarro, 52, spent more than two months at Bothwell Regional Health Center battling the virus. He was released from the hospital on July 1. With noticeably more energy in his voice, Navarro said he is feeling better.

"It is so good to be home," he said. "It's great to be able to walk around by myself and take care of my dog, Llama, again. She is happy I am home, too."

Navarro is a line lead at ConAgra in Marshall, but has not been released to return to work yet. He has seen a Bothwell lung specialist and will see his family doctor during the first week of August. He is still undergoing physical therapy three times a week to help improve his mobility.

"I am ready to go back to work," he said. "But I still get tired right away and have to sit down and rest."

While Navarro lives alone, his granddaughter visits him every day.

"I still can't drive myself yet, so she is a big help," he said. "She takes me to therapy, and we do shopping and errands together."

Navarro's friends and coworkers also regularly visit or call, and members of the Bothwell team have also checked in with him to see how he is doing. He still has high praise for the people who took care of him.

"I would like to again thank every single one who cared for me," Navarro said. "Especially the ones who helped me breathe and walk again ... Emily, Tina, Mike, and Kelly. They always told me, 'Focus on your breathing.'"

Navarro also has no hesitation telling everyone he meets, whether he knows them or not, how important it is to wear masks.

"I don't care if they get mad at me," he said. "People need to wash their hands and wear masks."



## EMPLOYEE BENEFITS NEWS

### Free Life Insurance Program

Bothwell and Massachusetts Mutual Life Insurance Company (MassMutual) are proud to announce the introduction of **HealthBridge, a MassMutual free life insurance program to protect health care workers on the front line of the COVID-19 pandemic.**

Through HealthBridge, MassMutual provides a free three-year term life insurance policy for up to \$25,000 for employees and qualifying volunteers of health care or emergency medical services providers that are testing, treating or evaluating patients for COVID-19.

#### What is the HealthBridge Program?

- \$25,000 death benefit for an eligible applicant age 18 to 50; \$10,000 death benefit for an eligible applicant age 51 to 60
- No physical exam or lab testing required
- No cost to insured or beneficiaries
- Easy online application

In addition to doctors, nurses, nurse practitioners, and physician assistants, the following types of personnel will be considered for policies: lab technicians, custodial staff, maintenance crews, cafeteria workers, security personnel, volunteers and others. Health care workers are eligible to apply if they:

- Are between the ages of 18 and 60
- Are a U.S. citizen and resident or have permanent residency status
- Are recently actively employed or volunteering at least 10 hours per month at a health care or emergency medical services provider that is testing, treating or evaluating patients for COVID-19
- Work in a role that has or will have direct in-person contact with patients diagnosed with or being treated/evaluated for symptoms related to COVID-19
- Live or work in the United States where HealthBridge is available (not available in Puerto Rico or the U.S. Virgin Islands)
- Earn no more than \$250,000 per year

This is a guaranteed issue policy. Other than meeting the above eligibility requirements, there are no additional health requirements and no physical or lab testing in order to qualify. There is no cost to the insured or their beneficiaries. MassMutual pays all of the premiums for the policy.

If you meet all of the eligibility requirements, please complete the [online application](#). Proof of employment is required as part of the application process. Additional documentation may be required for any applicant on an individual case basis.

All information will be kept strictly confidential and used only to determine your eligibility for HealthBridge. Bothwell fully supports employee participation in this optional program.

## MARCH EMPLOYEE OF THE MONTH

### SARAH PLANTE



Sarah Plante

Sarah Plante is the Bothwell Employee of the Month for March. Plante is a registered nurse on 2 Southwest and was nominated for consistently demonstrating a high level of courtesy and professionalism.

“I have heard multiple patients and their families praise Sarah’s compassion and her ability to give care that is efficient and thorough,” the nomination said. “She is always willing to spend extra time with patients to resolve fears or concerns.”

The nomination said that as a coworker, Sarah is dependable and committed to making sure she follows through on anything she says she will do.

“Sarah is kind,” the nomination said. “She is able to work through a frustrating situation without letting frustration show.”

Above and beyond her personal skills, the nominator said that Sarah is an overall great nurse.

“If I were a patient at Bothwell, Sarah is exactly the type of nurse I would want caring for me,” the nomination said.

## APRIL EMPLOYEE OF THE MONTH

### DEBBIE BILLINGS



Debbie Billings

Debbie Billings is the Bothwell Employee of the Month for April. Billings is a technician in the Cardiology department and was praised for personifying Bothwell’s values of safety and professionalism.

“Debbie has recently put in many hours to help Bothwell work on its STEMI certification,” the nomination said. “She has come in early and stayed late working with Emergency Department staff teaching EKG STEMI protocol. She has made calls and sat through EKG machine manufacture training to make sure we are able to do EKGs per this protocol.”

The nomination stated that Debbie has taken on these duties without complaint.

“We are proud to have her on our team,” the nomination said. “She truly is a team player.”

**Congratulations Sarah and Debbie on being named Employees of the Month for March and April!**



## SHARE YOUR OPINIONS

### Nursing Staff Survey Open Aug. 1-15

**Retaining nurses** to grow in our organization is an integral part of providing competent and consistent care to members of our community. Bothwell Regional Health Center is dedicated to offering our current nurses a way to have a voice and advocate for what they feel will provide the most exceptional patient care. The Recruitment and Retention Committee is focusing on learning what makes our nurses stay and grow in our institution.

**Recruiting nurses** is also a top priority at Bothwell. We are currently seeking new ways to recruit competent, motivated nurses to help us provide excellent care close to home.

The Recruitment and Retention Committee has been diligently working on ways to help positively market Bothwell to both experienced and new nurses. The committee has constructed a survey to help tailor our recruitment strategies. Your input is greatly appreciated and will help to build a stronger team here at Bothwell.

Take the [Nursing Staff Survey now](#).

**The survey will be available to all nursing staff from Aug. 1-15.**

## NEW EMPLOYEES

Jenny Giffen  
3 Southwest

Chenyelle Hadley  
2 Southwest

Reagan Hockett  
Nursing Administration

Lily Meier  
Dietary

Raelinn Patty  
Pathology

Adrianna Pendleton  
Emergency Department

Cassidy Polley  
Nursing Administration

Destany Roberts  
Dietary

Jade Stevenson  
Progressive Care Unit

Megan Toops  
Nursing Administration

Tevan Wyatt  
3 Southwest



## STAY HEALTHY AND ACTIVE, SAVE MONEY

### Bothwell Rocks Health and Wellness Program Reminder

As a Bothwell employee, you are encouraged to take an active role in your health and wellness. The Bothwell Rocks Health and Wellness program is designed to increase awareness of your current health status and focus on activities that promote a healthy lifestyle.

The program must be completed once every calendar year to maintain favorable medical insurance premiums for the next year.

All of the following must be done to complete the program.

- Annual physical/wellness appointment from your personal health care provider
- Participation in fitness, nutrition or wellness activities in 2020. Two different activities must be completed in addition to your annual physical/wellness appointment. Examples of fitness, nutrition or wellness activities include:
  - Use of fitness tracker such as a FitBit or Garmin
  - Organized activities including Lub Dub, Tough Mudder, recreational sports league, exercise class, etc.
  - Sessions with personal trainer
  - Nutrition classes
  - Physical activities such as a workout DVD, yoga, pilates, couch to 5K, walking, running, yardwork, gardening, etc.
  - Weight loss and management like participating in Weight Watchers
  - Going to a gym two to three times per week
  - Smoking cessation
  - Stress management such as breathing exercises or meditation
  - Other activities as approved by Human Resources

Forms to validate your participation in the program are available on the Intraweb or from Human Resources.

**The deadline to submit the forms every year is Nov. 30.**

## FOUNDATION NEWS

### Pinktober Shirt Design Contest

**This year, the Bothwell Foundation is asking for your creative ideas to design the 2020 Pinktober T-shirt!**

Pinktober is a month-long, community-wide awareness campaign that happens each October and helps people in the Sedalia area learn more about breast cancer prevention and treatment.

- Design will appear on the front or back of the shirt and can be in color. Because the shirts will be screen-printed, we suggest a limit of three different colors total.
- Design size is limited to 10" wide and 10" high
- One side of the shirt will be branded with the Bothwell Foundation Pinktober logo
- One design per entry
- Your design must be wholly original, and by submitting an entry you guarantee that it does not contain any copyright material violation.
- No offensive content or language
- If submitting your design digitally, please submit as a JPEG, PDF or vector file.
- Submit entries to the Bothwell Foundation
  - Digital art can be submitted by email to Lauren Thiel-Payne at [lthiel@brhc.org](mailto:lthiel@brhc.org)
  - Other entries may be hand delivered to the Bothwell Foundation office or sent via interoffice mail



# THE GIFT SHOP IS NOW OPEN!

## NEW HOURS BEGIN AUG. 3

**9 a.m. to 5 p.m.  
Monday through Saturday  
and 1 to 5 p.m. Sunday**

**The Gift Shop is located on the first floor and is operated by the  
Bothwell Regional Health Center Auxiliary.**

*Payroll deduction is still being accepted for employee purchases.*

## FOUNDATION NEWS

### Memorials and Donations

#### In memory of Lou Labus

Marcia Dowell  
Joyce Fischer  
James Swafford  
Grace Conrad

#### In memory of Herbert Mittelhauser

Edward D Jones & Co.  
Gary Fleming  
James Callis  
Colleen Cline  
Carl and Crystal Mittelhauser  
Kent Lang  
Laurie Ward

#### In memory of Jeree Smith

James Callis  
Mike and Joy Simon

#### In memory of Lois Harvey

James Callis  
Mike and Joy Simon

#### In memory of Diane Alarcon

Mike and Joy Simon

#### In memory of Patricia Kempf

Mike and Joy Simon

#### In memory of John Brandkamp

Anna Swords  
David and Betty Edwards  
Davis Solomon  
William and Penney Branstetter

#### In memory of Sandra Wikstrom

Kathleen Lehigh-Bruner

#### In memory of Steve Morris

Thomas Gardner  
James and Judith Hanrahan

#### In memory of Philip A. Fracica

Dr. Fracica's father  
Bothwell Medical Staff

#### In memory of Michele Laas'

**Father-in-law**  
Bothwell Nursing Leadership

#### In memory of Nevin Alquist

Michael and Joy Simon  
William Woolery  
Douglas Kiburz  
Scott Joplin International Ragtime Foundation  
Jeanette Utlaut  
Gerald Wiltz  
Ron L. Henke  
Bryan H. Donnelly  
Marion E. Thomas  
Larry and Sharon Price  
Stephen R. Rouchka  
A.J. Heck  
Melvin Garrett  
Robert E. Johnson  
Virginia Gregory  
Teresa and Michael Maple  
James Piatt

#### In Honor of Dr. Carozza

Sedalia Business Women

## COMMUNICATION CORNER

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

Phishing is when you get emails, texts or calls that can be from companies or people you know or don't know. 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 take over your computer, which is called ransomware.

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. 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.

**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](mailto:helpdesk@brhc.org).**

## AUGUST BIRTHDAYS



Gia Kuhns.....	1
Taylor Kramer .....	1
Robin Holsinger .....	1
Chris McIntyre.....	2
Heather Kaneko.....	2
Chase Belnap.....	2
Julia Vykhovanets .....	2
Susan Roe .....	3
Jody Pritchard .....	3
Erica Kammerich .....	3
Lisa Wells .....	3
Odjie Bautista .....	3
Kris Freeman.....	3
Kelly Bolin.....	3
Shayla Mitchell .....	3
Kaytee Winsor.....	3
Allison Brosch.....	4
Stephanie Mallory .....	4
Kim Hagan .....	5
Becky Wienert.....	5
Dover Biery .....	5
Jami Sleeper.....	6
Olga Jaquez.....	7
Beth Everts.....	7
Madison Merrill.....	7
Pauline Billingsley .....	8
Bonnie Talbott.....	8
Haley Montgomery.....	9
Sara Dunn .....	10

Daryl Mcnew .....	10
Debbie Williams.....	10
Tracie Southerlin .....	10
Sherri Kautzky .....	10
Jennifer Porter .....	11
Laura Darrah.....	11
David White.....	12
Alecia Guier.....	12
Sara Jones .....	12
Denise Hoffmann.....	13
Dustin Bell.....	13
Christy Harms .....	13
Tori Routon .....	13
Janet Kempf .....	14
Ernie Lancaster.....	14
Ellen Stevens .....	15
Danielle Slocum .....	15
Courtney Lawson .....	16
Tracey Arwood.....	16
Irina Lopez .....	17
Becky Mitchell .....	17
Inna Galchenko .....	17
Melissa Hammonds.....	17
Haley Henderson.....	17
Irina Borynets.....	18
Brittney Williams .....	18
Alicia Jacoby.....	18

Bobbi Dorr .....	20
David Jasper .....	20
Mary Galvan .....	21
Margie Hartford .....	21
Ruth Ann Cramer .....	22
Vasiliy Mitrofanov .....	22
Rob Ayers .....	22
Janet Kindle.....	24
Jesse Craig.....	24
Julie May.....	25
Rebecca Clifton.....	26
Maggie Schaffer .....	27
Ed Smith .....	27
Heather Woolery .....	27
Rose McMullin.....	28
Katie Defoor.....	28
Tiffany Lumpe.....	28
Leann Curty .....	28
Christina Schnakenberg.....	29
Shelby Carney.....	29
Angie Longan.....	30
Kelley Mitchell .....	30
Samantha Candelas.....	30
Ashley Hill .....	30
Rocio Rodriguez .....	31