

AUGUST 2020

BILLBOARD



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



FINDING RESILIENCE AND IT'S OKAY TO NOT BE OKAY

A Letter from Lori

"The negative screams at you, but the positive only whispers."

—Barbara Fredrickson

When you work in health care, the act of caring for people is at times overshadowed by the stress of a fast-paced environment sometimes laced with life and death decisions. Add in a once-in-a-lifetime pandemic and now you have a toxic mix of stress and burnout among health care workers that is bubbling to a critical overflow. Bothwell Regional Health Center is no exception.

Since the pandemic began in Pettis County in mid-March, Bothwell has had 32 COVID hospitalizations, **28 of those since July 13**. These may not sound like considerable numbers, especially compared to numbers you may read about or see in the news in larger communities, but to your rural community hospital, they are significant.

For the first several months of the pandemic, we did not have a high number of cases or hospitalizations. Hope and support were at their peak, and we all thought we could get through this quickly. It's now September, and we're still living with it. We are weary and the certain uncertainty is causing stress among everyone, especially those who are on the front lines serving patients. Many of us have also been personally affected in a myriad of ways.

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**FLU SEASON IS
AROUND THE CORNER
Vaccines Still Required**

**WALK IN CLINIC STAFF
RECEIVES AWARD**

**Exemplary Service for
COVID-19 Response Recognized**

EMPLOYEES OF THE MONTH

Tia Ashley, Judy Davis and Lily Plotnic

FINDING RESILIENCE AND IT'S OKAY TO NOT BE OKAY

A Letter from Lori

At Bothwell, there has been a furlough, budget cuts, resignations and reorganizations, and we've carried the load for coworkers who were ill or on vacation. At home, there may be a spouse's job loss, worry about children going back to school, and separation from our families and friends.

The sounds of negativity have been loud in the last six months, and admittedly we've struggled to be positive and stay positive. I know—it's a lot.

Yet, I also know the people of Bothwell. I haven't been here for years, but I have been here long enough to see the passion our employees have for this place. There's a strength and resilience here, and it's a thread that is common throughout Bothwell's long history. We've seen tough times before and we will bounce back—that's resilience—the ability to bounce back from adversity.

Several of us recently participated in a webinar titled, "Thriving vs. Surviving: The Science of Enhancing Resilience," presented by J. Bryan Sexton, PhD, Duke Center for Healthcare Safety and Quality director. His work centers on combining the science of enhancing workforce well-being with practical tools and strategies for building and maintaining a resilient workforce.

Sexton says that burnout is the impaired ability to experience positive emotion, and while burnout is contagious, so is resilience. He shared his most popular well-being tool that individuals and teams can use to make positive emotions more accessible when the negatives are so prevalent. It's called **3 Good Things**.

The technique is simple. Ask, "**What went well today, and what was your role in making it happen?**" Then **list three good things**. After you have a list, ask, "**What positive emotions best describe how this good thing makes you feel?**" Watch this **3 Good Things** (<https://www.youtube.com/watch?v=OYMQYhey08w>) video to learn more about the technique and why it works. I encourage you to try it yourself and bring it to your departments.

Sexton also noted another simple and effective thing to do right now if you're feeling stressed is to express gratitude. His research has shown that even a brief expression of gratitude can mean better happiness and lower depression, as well as decreased burnout and increased work-life balance. Try this **five-minute activity** (https://duke.qualtrics.com/jfe/form/SV_3wtmwdh6lYOaLeR) that has been shown to improve well-being.

As well intentioned as these activities and suggestions might be, other experts caution that too much positivity can be toxic. Natalie Dattilo, a clinical health psychologist with Brigham and Women's Hospital in Boston said in a Washington Post interview that toxic positivity stems from the idea that the best or only way to cope with a bad situation is to put a positive spin on it and not dwell on the negative.

"It's important for people to normalize and label their experiences while removing any expectations and goals that they should feel better than they do," Dettilo said. "It's okay to not be okay."

Our culture values positivity. It's why many of us say things like, 'I'm fine,' or 'I'll be OK, I just need a minute,' or 'Things could be worse,' or 'Look on the bright side.'

When your coworkers are stressed, ask them how they're doing—how they're really doing—and listen. You may need to read between the lines, but it's important to support each other and to also ask for help when you need it. If you feel like you need additional help, remember that Bothwell provides a 24/7 Employee Assistance Program that provides free confidential emotional support, among other services. You can call (800) 460-4374 or go online to www.guidanceresources.com to connect directly with a guidance counselor.

Also know ... my door is always open.



FLU SEASON IS AROUND THE CORNER

Vaccines Still Required for Bothwell Employees and Volunteers

Along with sweater weather and cozy outdoor campfires, the fall also brings flu season.

According to the U.S. Centers for Disease Control and Prevention (CDC), the exact timing and duration of flu seasons can vary, but influenza activity often begins to increase in October.

Bothwell Regional Health Center requires that all employees and volunteers receive the flu vaccine even though there is a mask mandate within the hospital and clinics.

The vaccine will be free, and employees should review the influenza vaccine policy on the intraweb under the Infectious Control Manual.

More information about the availability of the vaccine at Bothwell will be shared next month.

MEDICAL MARIJUANA IN MISSOURI

Bothwell Approves New Policy

On Nov. 6, 2018, Missouri voters passed an amendment to the state constitution to legalize medical marijuana. The law authorizes marijuana use by qualifying patients for certain medical conditions.

Bothwell's Senior Leadership Team and Policy Committee recently drafted and approved a policy addressing application of the new law in the hospital setting, inpatient clinics, infusion settings, or other outpatient settings.

Because federal law prohibits the possession of marijuana in health care facilities and possession is a violation of Centers for Medicare and Medicaid Services (CMS) Conditions of Participation, medical marijuana use will not be permitted at any Bothwell Regional Health Center facility. Furthermore, physicians employed by Bothwell may not certify patients having a qualifying condition for the purpose of facilitation of medical marijuana eligibility.

The full policy can be viewed on the intraweb under the Administrative Manual.



KEY AWARDS

Amy Hamlin
Linda Cook
Jenny Force
Stephanie Louiselle
Scott Roethle

Megan Pate
Samantha Candelas
Lisa Wells
Sandy Upton
Rebekah Thompson

WALK IN CLINIC STAFF RECEIVES AWARD

Exemplary Service for COVID-19 Response Recognized

Bothwell's Senior Leadership Team and Board of Trustees recognized the Walk In Clinic staff July 28. The team was presented a signed bowling pin and "Bowling Us Over" award for its exceptional work responding to the COVID-19 pandemic.

The team comprises desk staff, medical assistants, nurses, and providers.

"You have all shown exemplary service in the past several months as we've experienced the impacts that COVID-19 has had on our community," said Lori Wightman, Bothwell CEO, speaking at the presentation. "We especially want you to know that your hard work over the past few weeks has not gone without notice."

At the onset of the COVID-19 pandemic in March, Bothwell postponed elective surgeries and procedures. This decision was made to prioritize urgent needs and reduce the risk of the spread of the virus in the hospital and its clinics. One consequence of this was a marked decline in patient volumes at all locations.

"The Walk In Clinic and Employee Wellness Clinic teams stepped up and said that they could do COVID testing for patients, including curbside testing," Wightman said. "The testing has been so successful that we added five curbside slots for a total of 10."

Wightman said that in addition to the Walk In and Employee Wellness staff, members of other Bothwell clinics and departments including OB/GYN, Family Health, ENT, TLC Pediatrics, Internal Medicine, and the Pain Clinic have also assisted with testing.

Sherry Schwartz, nurse practitioner in the Walk In Clinic, was also personally recognized for taking on the role of communicating test results to patients for all COVID antibody testing.

The daily number of patients seen in the Walk In Clinic has steadily climbed since it opened 18 months ago. From an initial goal of 19 patients per day, the clinic recently set a new record in July of 206 visits in one day, with 177 of those for COVID testing.

"This has truly been a team effort," Wightman said. "We thank the staff of the Walk In and Employee Wellness clinics, as well as everyone who floated without hesitation to help their teammates. You all have certainly made us proud. You have bowled ... us ... over."



Bothwell Walk In Clinic staff, from left to right, Amber Allain, director of Clinic Operations; Kailyn McMillin, receptionist; Sherry Schwartz, FNP; Samantha Candelas, MA (on the phone screen); Stephanie Brown, receptionist; Alexis Barnett, receptionist; Jennifer Gamber, FNP; Maria Cervantes, MA; Gina Foster, LPN; Stephanie Bollinger, FNP; Sarah Anderson, MA; and Brianna Murray, LPN, director of Clinic Operations

PATIENT SAFE HANDLING INITIATIVE

Gait Belts, Bed and Chair Alarms, and the 4 Ps

Lifting and moving patients correctly is essential to safety at Bothwell, for both patients and nurses. Bothwell's Fall Team and Safe Patient Handling Committee are committed to providing a safe environment for patients, as well as education and resources for nurses and other health care workers to prevent injuries.

According to the National Institute for Occupational Safety and Health, rates of musculoskeletal injuries from overexertion in health care occupations are among the highest of all U.S. industries.

Data from the Bureau of Labor Statistics show that in 2014, the rate of overexertion injuries averaged across all industries was 33 per 10,000 full time workers. By comparison, the overexertion injury rate for hospital workers was twice the average (68 per 10,000). The single greatest risk factor for overexertion injuries in health care workers is the manual lifting, moving and repositioning of patients, residents or clients, i.e., manual patient handling.

This month marks the beginning of a series of articles related to safe patient handling techniques and tools.

A **gait belt** is a device placed on patients for safety prior to initiating transfer or ambulation.

- Balance loss can occur at any time, which is why gait belt use is encouraged.
- Gait belts are recommended during all transfers and strongly recommended with anyone on fall precautions.
- Gait belts are better alternatives than placing one arm under the patient's arm for a lift as this can cause shoulder injury.
- The majority of falls occur during toileting. Consider the patient's ability and fatigue level, which may vary during the day. Consider using a bedside commode versus the bathroom to decrease the risk of fall, especially in the evening.

Bed and chair pad alarms could reduce falls by alerting health care workers when at-risk patients attempt to leave a bed or chair without assistance.

- Make sure bed and chair pad alarms are on.
- Remember the **4 Ps** (Pain, Potty, Position, and Periphery)
- Utilize frequent rounding to ensure needs are met. Most falls occur when patients are going to the bathroom. Offer bathroom breaks often, especially if on Lasix and IVs, and prior to going to bed and upon rising from sleep.

By anticipating patients' needs, we may be able to ultimately prevent falls. For more information, refer to the gait belt use and safety guide handout and training provided during Bariatric Transfer Training class.

Talk with your manager regarding equipment needs or bring your ideas to the Fall Team and Safe Patient Moving Handling Committee.





MAY EMPLOYEE OF THE MONTH TAWANNA "TIA" ASHLEY

Tawanna "Tia" Ashley is the Bothwell Employee of the Month for May. She is a registered nurse in the Emergency Department (ED) and was nominated by Dr. Daron Olmsted for demonstrating teamwork and professionalism on an especially busy day in the ED.

"Tia performed her nursing responsibilities at an exceptionally high level on March 20," Olmsted said. "Circumstances were difficult as we were working hard to implement all the COVID-19 protocols for a particular patient."

Olmsted said that not only did Tia gather and place on all of her personal protective equipment (PPE), she also helped the tech with her gear and gathered and assisted him with putting on his PPE.

"That was a huge timesaver," Olmsted said. "It allowed me to focus on managing all my other patients up to the time I needed to enter the room and evaluate the patient for coronavirus."

The patient met the criteria for possible COVID-19 exposure and Tia gathered everything needed to start care, which included two bags of normal saline and the necessary equipment to start the fluids, rainbow tube, culture tubes, and the required medications ordered by Olmsted.

Olmsted said he saw Tia remove and replace her PPE multiple times while she cared for the coronavirus patient and other patients she was responsible for, and he observed her help another nurse with an IV on a patient that was not her own.

"Even though she was very busy, Tia displayed an attitude of teamwork that made our efforts in the ED successful, and she performed her duties professionally and expeditiously," Olmsted said. "Most importantly, she smiled while working, which brought comfort to the patient and contributed to a positive work environment. Tia definitely held the 'keys to success' that day and is deserving of this recognition."



JUNE EMPLOYEE OF THE MONTH JUDY DAVIS

Judy Davis is the Bothwell Employee of the Month for June. Davis is a registered nurse in the Women's Health Center and was nominated by Janice Johnson in the Lactation department.

Johnson said that Davis demonstrated professionalism and helped improve patient satisfaction.

"Judy provided outstanding help to a mom who was very sick," Johnson said. "The patient told me that Judy was very helpful and that she was extremely satisfied with her care."



JULY EMPLOYEE OF THE MONTH LILYA "LILY" PLOTNIC

Lilya "Lily" Plotnic, a registered nurse in Orthopedics is the Bothwell Employee of the Month for July. She was nominated by Courtney Stoner in the Progressive Care Unit.

"Lily was floated to our floor as a needed resource and was absolutely wonderful," Stoner said. "It was a very busy night; we had four transfusions and three patients who needed constant observation."

Stoner said the floor was also without an aide that night and that Lily assisted with those duties.

"She was constantly asking if we needed anything and completed any task we asked of her," she said. "I can't thank Lily enough for all of her help and for being so sweet and calm no matter how crazy things were."

Congratulations to Tia, Judy and Lily on being named Employees of the Month for May, June and July!

NEW EMPLOYEES

Bailey Croy
Radiology

Caty Delarosa
Progressive Care Unit

Debra Fairman
Centralized Scheduling

Richard Hagan
Housekeeping

Alicia Jacoby
Respiratory Therapy

Jamie Johnson
Emergency Department

Brielle Jordan
Critical Care Unit

Joleen Kosmiski
Centralized Scheduling

Melissa Marksberry
Respiratory Therapy

Gabrielle Morgan
Laundry and Linen

Sherri Paquin
Pathology

Sarah Priesendorf
Progressive Care Unit

Nichole Simons
3 Southwest

Janetta Smith
Progressive Care Unit

Seth Stotts
Emergency Department

Dr. Chereena Walker
Hospitalists

Lauren Watkins
Radiology

ORGANIZATIONAL CHANGES

Nursing Division Reorganizes for Efficiency

Chief Nursing Officer Rose McMullin recently announced a reorganization in the Nursing division with goals of improving patient satisfaction, safety and overall quality.

“Over the last year, we have seen many changes, and we have been forced to change our practice drastically in the health care world,” McMullin said. “I have researched and talked with staff on ways to improve and help the nursing units be successful.”

McMullin said that by combining certain roles, renaming positions and reestablishing roles and responsibilities, it will allow the division to be successful as it works toward a “zero harm” culture. Zero harm refers to the concept of not having any patients harmed as a result of their interactions with a health care system.

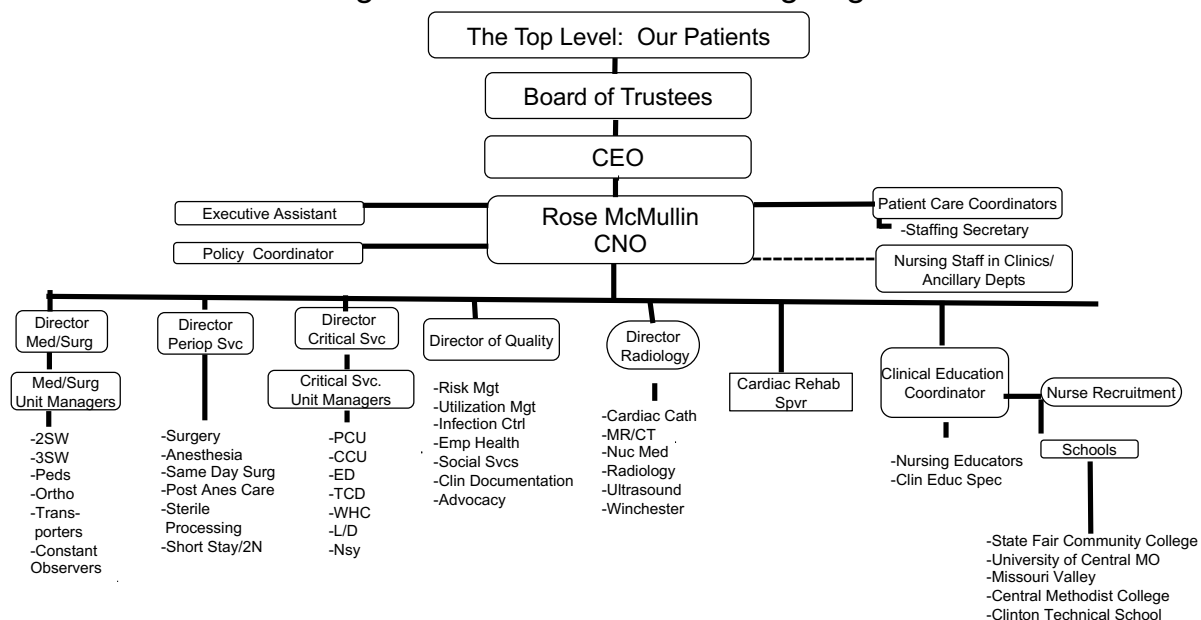
Three directors will be responsible for the administration of their respective units and include **Dianne Williams**, Medical/Surgical; **Michelle Laas**, Critical Services; and **Kathy Johnson**, Perioperative Services.

Unit clinic managers will report to the directors and be responsible for staffing, education and addressing quality issues.

Denise Hoffman, 3 Southwest/Orthopedics and **Nicole Porter**, 2 Southwest/Pediatrics, will report to Williams; **Sarah Hopper**, CCU/PCU; **Sherri Egbert**, Emergency Department; and **Holli Dubroc**, Women and Children’s will report to Laas, and charge nurses in Perioperative and 2 North will continue to report to Johnson.

“It is our hope that these changes will help increase morale and resources for the Nursing division,” McMullin said. “My goal is to help provide more education and information to our nurses before the fact rather than after to ensure that all of our nurses are well prepared to serve patients.”

Bothwell Regional Health Center-Nursing Organizational Chart

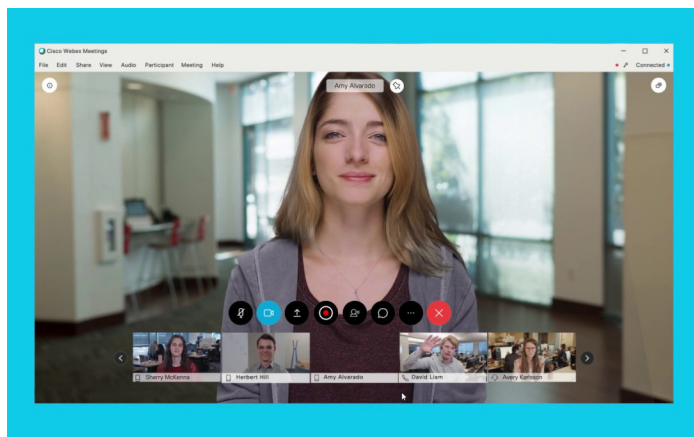


COMMUNICATION CORNER

WebEx Etiquette During COVID

Social distancing, working from home, telehealth, and online meetings are some of the methods used to keep us safe and healthy, at a distance, during these COVID times.

At Bothwell we use WebEx for internal and external meetings. These meetings provide interaction and collaboration while staying in our safe places. You can attend by video and audio, or by dialing in using a toll-free number provided by Information Technology.



When invited to a WebEx meeting rules do apply, and here are some basic etiquette tips to follow:

- Clear any distractions and silence cell phones as you would in a face-to-face meeting
- Mute your phone or microphone when not speaking to prevent interference on the call – use the mute button or *6 if on the phone
- Be considerate to all members in the meeting
- Avoid talking over members
- Remember that everyone has an opportunity to contribute
 - WebEx has built in some nice ways of “speaking” without interrupting the host:
 - Use the slide bar at top or bottom to see participants and use the chat box to “speak” with one person, or “everyone”
 - Use the “raise hand” to ask questions

Following these simple tips will mean a successful and productive meeting!

COMING SOON!

PINKTOBER AND BOTHWELL SHIRTS AND MASKS

T-shirts with the winning 2020 Pinktober design will be available for purchase soon!

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

The foundation also will have available soon general Bothwell shirts and masks for our community to purchase.



FOUNDATION NEWS

Pregnancy and Infant Loss T-Shirts Available

Pregnancy and Infant Loss Remembrance Day is Oct. 15. T-shirts are being sold to help raise awareness for this important day as many remember their personal losses. Short sleeve tees are \$15, and long-sleeve tees are \$20.

In October 1988, President Ronald Reagan proclaimed October as National Pregnancy and Infant Loss Awareness month. This month recognizes the loss so many parents experience across the country and around the world.

The day is dedicated to parents who have experienced a pregnancy loss or infant death which includes, but is not limited to miscarriage, ectopic pregnancy, molar pregnancy, stillbirth, birth defect, sudden infant death and other causes.

The T-shirt order form can be found on the intraweb under Miscellaneous Forms under the Forms tab. Orders and payment are due Sept. 18, and shirts should be available for pickup the week of Oct. 12. For questions, please contact the foundation at extension 7786.



Memorials and Donations

In memory of Nevin Almquist

David Almquist

In memory of JoAnn Callis

James Callis

In memory of Jean Green

James Callis

In memory of David Griffin

S. Jill Lunsford

Rosalie Smith

In memory of Donald Sprinkle

Nursing Leadership

Shirley Abney

Joyce Kempf

Employees of Pittsburgh Corning

In memory of William Wheeler

Nursing Leadership

In memory of Sandra Wikstrom

Paul and Jennifer Allen

Harry and Sara Antibus

Max Balke

Marvin and Carolyn Dieckman

Nicholas and Amy Cox

Leonard and Mary Lou Creek

Ronald and Valerie Dent

Melvin and Arletta Garrett

Janice Gerken

Randy and Jean Healan

Susie Heisterberg

Frank and Virginia Higgins

Allen and Mona Ipsen

Wendall Keesaer

Sheryl Keesaer

Frederick and Jana Kennedy

Marge Lumpe

Jerry and Leila Metzner

John and Carron Miesner

Alice Miesner

Dennis and Carol Miller

Dean and Diane Morrison

Edward and Kathleen Oelrichs

Chris and Mallory Petersen

Dianna Schumaker

Bill and Janet Smith

Brenda Steffen

Cheryl Sullins

Tinney Family

Mark and Jolene Wofford

WK Chevrolet

In memory of Steve Morris

William and Sarah Alley

Dorothy Brake

Phil and Dolores Brown

Chris and Joan Darling

Barbara Decker

Thomas and Christin Duncan

Thomas Gardner

James and Judith Hanrahan

Chad and Stephanie Jackson

E.M. and Sue Johnson

Thomas and Donna Lucas

Larry and Shirley McCown

Sammy and Diane Mehan

Harvey and Mae Meyer

Jerry and Cheryl Page

Robert Pummill

Nancy Thomason

Rick and Libet Thompson

Janice Trautman

Tom and Debbie Tray

Ditzfeld Transfer

FOUNDATION NEWS

Annual Benefit To Go Virtual

The Bothwell Foundation will host its sixth biennial benefit Nov. 7 with the theme, “Masquerade A Night in Disguise.” While there will be familiar activities and a singular fundraising goal, this year’s event will have one significant difference.

“We typically hold the benefit in person with 275 of our closest friends at The Venue in downtown Sedalia,” said Lauren Thiel-Payne, Bothwell Foundation executive director. “This year we are moving to a virtual format to keep our community safe.”

The event, which will feature a special program, entertainment and an auction, will be livestreamed to guests.

“Individual tickets to join the livestream are available or people can gather 10 of their friends to host a ‘house party,’” Thiel-Payne said. “We will send a special link to everyone who purchases either individual or house party host tickets, along with instructions for accessing the event on a variety of devices.”

Proceeds from the event will go toward the purchase of an EBUS (endobronchial ultrasound) bronchoscopy system. The equipment will help with diagnosing lung cancer and other lung disorders with a minimally invasive procedure that is highly effective.

The cost of the equipment is about \$160,000, and the request for the foundation’s support to purchase it came from Dr. Dan Woolery, a pulmonologist with Bothwell Pulmonary Specialists and Bothwell’s Perioperative Services department.

“Currently, our patients have to travel to other facilities outside our community for diagnosis and treatment of their illnesses,” said Kathy Johnson, Perioperative Services director. “The acquisition of this equipment would be very exciting because it will provide a new, much needed service to people in our community and in the surrounding areas.”

Woolery said that the accuracy and speed of the EBUS procedure lends itself to rapid on-site evaluation so that pathologists can process and examine biopsy samples and diagnose them quickly.



“The EBUS procedure also allows us to easily view difficult to reach areas and access more areas for biopsy than through conventional procedures requiring incisions,” he said. “The procedure can be performed under moderate or general anesthesia in the operating room, and patients recover quickly and usually go home the same day.”

Thiel-Payne said the foundation board and event-planning committee are excited to host this year’s event in a new way.

“People can still dress up if they would like and there will be some fun surprises, too,” she said. “It will be a wonderful opportunity to support the Bothwell Foundation and raise funds for a cause that will help our community members get lung cancer care without leaving the area.”

For more information about Masquerade A Night in Disguise, visit www.brhc.org/benefit2020.

FOUNDATION NEWS

Area School Students and Staff Equipped to #MaskUp

The Bothwell Foundation and United Way of Pettis County (UWPC) partnered together to provide almost 10,000 masks for students, teachers and staff in all Pettis County school districts.

Funds to purchase the masks were donated to the UWPC from the foundation, Katy Trail Community Health, Pettis County Health Center, and a number of area businesses and individuals, said Lauren Thiel-Payne, Bothwell Foundation executive director.

“The #MaskUpSedalia campaign encourages all community members to wear masks as a simple way to protect others,” she said. “The fact that so many people and organizations came together to make sure our students and teachers have masks before school starts speaks volumes about how people care about each other in this community. The Bothwell Foundation is proud to participate.”



Sacred Heart School



Show-Me Christian School



Sedalia School District 200



Green Ridge R-8 School District



LaMonte R-IV School District



Smithton R-VI School District



Pettis County R-XII (Dresden) School District



Pettis County R-V (Northwest) School District



St. Paul's Lutheran School

SEPTEMBER BIRTHDAYS



Maria Gutierrez.....	1
Karen Duensing.....	2
Stacey O'Donnell.....	2
Krista Phillips.....	2
Jessica Shellhart.....	2
Teresa Larose.....	2
Kelli Anders.....	3
Pam Bruns.....	3
Stacey Dobbs.....	3
Evelyn Brandes.....	4
Tammy Hankins.....	4
Charolett Johnson.....	4
Diane Crouch.....	5
Clarissa Burke.....	5
Karyn Fenical.....	5
Baylea Cartee.....	5
Brad Cluff.....	6
Michele Laas.....	7
Stacy Davis.....	7
Richard Dawson.....	7
Audi Ruffel.....	7
Susan McMannama.....	8
Lizzie Clark.....	8
Mary Guerrero.....	8
Millie Harms.....	9
Melissa Marksberry.....	9
Bart Kuhns.....	10
Nakia Wilson.....	10
Boris Ogorodnik.....	11
Heather Avey.....	11

Leah Hermanson.....	12
James Crowe.....	12
Kaylei Gooch.....	12
Martha Mefford.....	12
Laura Phillips.....	13
Alyson Joyce.....	13
Shannon Lopez.....	14
Doug Bishop.....	14
Angie Dewitt.....	15
Beth Kyle.....	15
Natalya Antonov.....	15
Bryon Harness.....	17
Debbie Bobbitt.....	18
David Beck.....	18
Alisha Schroeder.....	18
Donna Sprinkle.....	19
Brooke Allee.....	19
Katherine Paul.....	20
Stacy Jenkins.....	20
Nathan Porter.....	20
Claudia Hernandez.....	20
Grace Edgar.....	20
Natalie Ficken.....	21
Alex Swords.....	21
Kelli Abbey.....	21
Kayla Halvorson.....	21
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Linda Keethler.....	22

Mary Lou Grose.....	22
Ashley Heishman.....	22
Jessica Bohling.....	22
Shari Thomasson.....	22
Sabrina Rodewald.....	22
Tammy Walker.....	23
Cindy McKeon.....	23
Pavel Ogorodnik.....	24
Kayla Thompson.....	24
Lancy Ulrich.....	24
Teresa Luyet.....	25
Gwen Fields.....	25
Melissa Crouch.....	25
Dr. Jeffrey Sharp.....	26
Cindy Harris.....	26
Katie Hill.....	26
Amelia Smothers.....	26
Bailey Croy.....	26
Pam Oswald.....	27
Suzy Trapino.....	27
Kimberly DeLeon.....	28
Devin Wiley.....	28
Lyndzie Lansin.....	28
Joleen Kosmiski.....	29
Dr. Kelly Edwards.....	30
Rachel Umlauf.....	30
Troy Meier.....	30