

SEPTEMBER 2019

BILLBOARD



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



MEDICAID EXPANSION INITIATIVE

A Letter from Lori

Earlier this month I participated in a conference call with Healthcare for Missouri hosted by the Missouri Hospital Association.

Healthcare for Missouri is a coalition of voters and patients, medical professionals, business leaders, and organizations committed to expanding access to health care to Missourians. On Sept. 4 the organization launched a November 2020 ballot initiative to expand Medicaid in Missouri. Missouri is one of 14 states that has not passed this measure.

Medicaid expansion would deliver health care to thousands of additional parents, senior citizens and working families who earn less than \$18,000 a year. These families earn too much to qualify for Medicaid and not enough to be able to afford coverage on the health insurance exchange.

The campaign will need to collect more than 172,000 signatures to be eligible for the ballot next November, and signature gathering has begun.

The Missouri Hospital Association encourages people to learn more at www.healthcareformissouri.org/.



IMPORTANT CHANGES
Insurance Enrollment
and Influenza
Vaccination Policy

WELCOME TO THE TEAM!
New Faces at Bothwell

EMPLOYEE SPOTLIGHT
Dr. Stout Earns Board Certification



I A Letter from Lori (Continued)

I am excited that we are scaling up the Joint Camp initiative started by Bothwell Orthopedics & Sports Medicine to all surgery patients in the form of **Surgical Camp**.

Innovations like these are as much about forging richer relationships with our patients as it is about the practical aspect of providing valuable information to them ahead of a procedure and improving outcomes.

Any opportunity we have to talk with patients to get to know them better, hear their questions, learn about their anxieties, and find out what support network they have, is good for engaging them and improving their patient experiences.

Kudos to all those involved in making Surgical Camp a reality!

SURGICAL CAMP to Debut in October

Bothwell Regional Health Center will begin offering new Surgical Camp classes in October.

“Preparing for surgery can be an anxious time for patients and their families,” said Lori Wightman, Bothwell CEO. “Surgical Camp is an innovative program, modeled after Bothwell’s successful Joint Camp, that provides information to patients about their surgical procedures and allows them to ask questions and understand what to expect prior to, during and after the surgery.”

Classes for Surgical Camp will be offered from **8 to 9 a.m. Oct. 21, Nov. 4, Nov. 18, Dec. 2, Dec. 16, and Dec. 30** in the Bothwell Education Center at 600 E. 14th St. in Sedalia.

“Surgical Camp classes are free to patients planning to have surgery this year at Bothwell,” said Stacey Robinson, Bothwell Nurse Educator/Recruiter. “We highly recommend that patients enroll in a class. The information provided can put patients at ease knowing their questions have been answered and what to expect before undergoing surgery.”

For more information, contact Clinical Education at (660) 829-7758 or email Robinson at sarobinson@brhc.org.



IMPORTANT CHANGES

INSURANCE ENROLLMENT

Open enrollment is scheduled from **Oct. 21 through Nov. 8**, and it will be done **online** and not on paper. Human Resources will email employees the link to re-enroll by the start of the open enrollment period.

Classes also are being scheduled for those who would like to learn about the changes to this year's health insurance or who need assistance with the online enrollment process.

Other important information to note:

- This year, all employees who receive health insurance benefits **MUST RE-ENROLL** in the offered health insurance plan(s). If you do not re-enroll during the open enrollment period of Oct. 21 through Nov. 8, you will not have health insurance coverage in 2020.
- There will not be a benefits fair this year.
- You do not need to re-enroll in dental, vision, disability, or life insurance plans **UNLESS** you need to make changes to your coverage.
- Employees who wish to participate in the Flexible Spending program are required to enroll for the 2020 plan year.
- Open enrollment is a great time to update your beneficiaries for the life insurance. Beneficiary information can be updated online.
- Bothwell Rocks employee wellness forms are due to Human Resources by 5 p.m. Nov. 30. The forms can be found on the IntraWeb; if you participate in the wellness program, please print, complete and submit both forms to HR by that date.
- Human Resources is arranging for an AFLAC representative to be at the hospital at a later date.

Watch for more information from Human Resources in the coming weeks.

INFLUENZA VACCINATION POLICY

As the CDC recommends that "Health care personnel, including all paid and unpaid persons working in health-care settings who have the potential for exposure to patients and/or to infectious materials" receive the influenza vaccine, the Infection Prevention/Control Committee has passed changes to the policy for the Annual Influenza Vaccine for Bothwell employees.

Like the previous policy, all employees, volunteers and physicians will be offered the vaccination to help protect our patients. Again employees will be able to decline the vaccination if there is documented reason they should not receive it.

This year the policy provides exemptions for certain medical conditions that will be confirmed by the employee's primary care provider with exemption forms the provider will send directly to Employee Health. Religious exemptions will also have a form that will provide verification of the employee religious reason by the clergy or religious leader to be sent directly to Employee Health.

As before, those with a documented exemption will be required to don a mask during the influenza season.

Noncompliance with the policy results in repercussions that include but are not limited to time off without pay for employees and temporary loss of privileges for volunteers, students, vendors, contracted and medical staff during the influenza season.

BOTHWELL FORWARD 2020–2025 Strategic Planning Meeting

The first meeting of the Strategic Planning Task Force on Sept. 17 was a success. The meeting kicked off with an engaging presentation by Herb Kuhn, Missouri Hospital Association president and CEO. Kuhn's talk titled, "What's Around the Corner in Health Care?" was an enlightening, yet sobering, look at the future of health care and gave the group food for thought as the strategic planning process begins.



Thank you to members of the Strategic Planning Task Force who are devoting their time to build Bothwell's future.

Sarah Anderson
*Bothwell Walk In Clinic
Medical Advisor*

Tom Bailey
*Bothwell Chief
Operating Officer*

Dr. Stuart Braverman
Bothwell Surgical Services

Cliff Callis
Callis President

Jessica Craig
*Sedalia Pettis County Economic
Development Corporation
Executive Director*

Steve Davis
Bothwell Chief Financial Officer

Eric Dirck
*Pettis County Ambulance
District Chief*

Dr. Richard Draper
*Bothwell Emergency
Department Medical Director*

Pamela Eckhoff
*Bothwell Cole Camp Clinic
Nurse Practitioner*

Dr. Jared Engles
Bothwell Anesthesiologist

David Floyd
Bothwell Trustee

Dr. Phil Fracica
Bothwell Chief Medical Officer

Katelin Hladik
Bothwell Foundation Board

Sarah Hopper
*Bothwell Critical Care Unit
Charge Nurse*

Lisa Irwin
*Bothwell Human
Resources Director*

Rose McMullin
Bothwell Chief Nursing Officer

Joann Martin
*Pettis County Health
Department Administrator*

Keith Morrow
*Bothwell Clinic Operations
Vice President*

Kelvin Shaw
*Sedalia City Administrator
and Bothwell Trustee*

Dianne Simon
*Thompson Hills Investment
Corp. Property Manager/EW
Thompson Health*

Chris Stewart
*Katy Trail Community Health
Chief Executive Officer*

Dr. Evan Stout
*Bothwell Orthopedics
& Sports Medicine Physician*

Jackie Webb
*Bothwell Centralized
Scheduling Specialist*

Lori Wightman
Bothwell Chief Executive Officer

Jeff Wimann
Bothwell Trustee

Facilitation by Hannah Sartin
*Callis Bothwell
Account Executive*

WELCOME TO THE TEAM!

Please Welcome These New Providers to Bothwell

Douglas Bishop, AGNP

Doug Bishop has joined Bothwell Regional Health Center as a hospitalist nurse practitioner.

He comes to Bothwell from Blanchard Valley Hospital in Findlay, Ohio, where he worked as an independent hospitalist nurse practitioner admitting, rounding and discharging patients and consulting with sub-specialists.

Bishop has a master's degree in Nursing from Barnes-Goldfarb School of Nursing, a bachelor's degree in Nursing from Maryville University-St. Louis, and a Master of Business Administration from Webster University.

His board certifications and training include American Nurses Credentialing Center (ANCC) Certification-Adult and Gerontology Nurse Practitioner, Basic Life Support, Advanced Cardiac Life Support and stroke certification.



Dr. Michael C. Carozza

Dr. Michael Carozza has been hired as a physician at Bothwell OB/GYN Associates. Carozza comes to Bothwell from Compassion Women's Clinic in Arkadelphia, Arkansas, where he was the CEO and physician manager. Carozza started the clinic in 2009.

He also was a physician at Baptist Health Women's Clinic in Arkadelphia and served as chief of staff at Baptist Health-Arkadelphia.

Carozza was raised in both Nashville and Texarkana, Arkansas. He graduated from Ouachita Baptist University in 1998 with degrees in Chemistry and Biology and then received his medical degree from the University of Arkansas for Medical Sciences (UAMS) in 2002.

After his residency program in OB/GYN at UAMS, he served four years in the United States Air Force as medical director of Obstetrics and Gynecology at Langley Air Force Base in Virginia.

Carozza will begin seeing patients in October, and his wife, Melissa, and their five children, Mallorie, 15, Cassie, 14, Emorie, 11, Charlie, 5, and Weslie, 4, plan to move to Sedalia after the first of the year. His personal interests include skiing, camping, football, softball, golf, church activities and writing.

WELCOME TO THE TEAM!

Please Welcome These New Providers to Bothwell



Dr. John DeSpain

Due to a new agreement with MMG Dermatology in Jefferson City, Dr. John DeSpain began seeing patients Sept. 12 in the Healing Arts Center at 3700 W. 10th Street. He practices medical, surgical and cosmetic dermatology and analyzes pathology slides.

Dr. DeSpain is a member of the American Academy of Dermatology, serves on the Board of the Missouri Dermatologic Society and is a member of the Missouri State Medical Association.

He will see patients in Sedalia each Thursday.

Dr. Jeffrey Dryden

Jeffrey L. Dryden, D.O. has joined the Bothwell Emergency Department.

Dr. Dryden has been affiliated with Ozarks Medical Center in West Plains, Missouri since 1990; he served as Department of Hospital Medicine Medical Director from 2012 to 2017. He also served as Medical Director of the Southern Missouri Community Health Center.

Dryden earned a medical degree from A.T. Still University-Kirksville College of Osteopathic Medicine in 1982 and a bachelor's degree in Biology from Northeast Missouri State University in Kirksville in 1979.

Dryden and his wife, Marcia, have three sons, Jefferson, Timothy and Nicholas.



Cassey Hall, DNP, FNP-C

Cassey Hall, family nurse practitioner, has joined Bothwell Family Medicine Associates.

Hall has worked as a family nurse practitioner at Shalom Hospice, Swope Health Services and CVS Minute Clinic. She began her career as a registered nurse at Bothwell Regional Health Center in 2008.

She earned a doctorate in Nursing Practice from Graceland University, and her dissertation was titled, "Impact of Open Access Scheduling on No-show Rates and Patient Satisfaction." She received a master's degree in Nursing from Maryville University, a bachelor's degree in Nursing from University of Wyoming, and an associate degree in Nursing from State Fair Community College. She is a graduate of Otterville High School.

Hall is certified in Basic Life Support and is affiliated with the American Association of Nurse Practitioners and Sigma Theta Tau International Honor Society of Nursing.

WELCOME TO THE TEAM!

Please Welcome These New Providers to Bothwell



Belinda Harper, FNP

Belinda Harper, family nurse practitioner, has joined Bothwell TLC Pediatrics.

Harper earned a Master of Science in Nursing-Family Nurse Practitioner from Walden University and an associate degree in Nursing from Fort Scott Community College in Fort Scott, Kansas.

Her board certifications and training include American Nurses Credentialing Center (ANCC) Certification-Advanced Practice Nurse Practitioner, Advanced Cardiac Life Support, Pediatric Advanced Life Support, Basic Cardiac Dysrhythmia Course, Trauma Nursing Core Course, Sexual Assault Nurse Examiner, Basic Life Support and Advanced Stroke Life Support.



Dr. Stephanie Lind

Dr. Stephanie Lind joined Bothwell TLC Pediatrics in August.

She attended medical school at the University of Kansas School of Medicine and did a residency at the University of Iowa Stead Family Children's Hospital.

Her research work includes the Longitudinal Quality Improvement Project, which focused on improving rates of HPV vaccination in North Liberty general pediatrics clinic.

She is proficient in lumbar puncture, circumcision with Gomco clamp, neonatal resuscitation, laceration repair with sutures or staples, and venipuncture.



Dr. Traci Kristofik

Traci Kristofik, D.O. has joined Bothwell Regional Health Center as a hospitalist.

She earned a medical degree from A.T. Still University-Kirksville College of Osteopathic Medicine in 2016 and served her residency at Unity Health-White County Medical Center in Searcy, Arkansas. She earned a bachelor's degree in Biology from Truman State University in Kirksville in 2011.

WELCOME TO THE TEAM!

Please Welcome These New Providers to Bothwell



Shannon Murley, APRN, FNP-C

Shannon Murley, advanced practice registered nurse and family nurse practitioner, has joined Bothwell Employee Wellness Clinic.

Murley's health care experience includes working as a registered nurse in Bothwell Surgical Services; as a registered nurse in Surgical Services at Western Missouri Medical Center in Warrensburg; and as a registered nurse in several care centers in Cheyenne, Wyoming.

Her board certifications and training include American Association of Nurse Practitioners (AANP) Certification-Family Nurse Practitioner and Pediatric Advanced Life Support, Advanced Cardiac Life Support and Basic Life Support from the American Heart Association.

She has a master's degree in Nursing from Chamberlain University, a bachelor's degree in Nursing from Regis University, and an associate degree in Nursing from Norfolk State University.

Murley also served in the U.S. Navy from 2000 to 2005 as a Petty Officer Third Class and participated in deployment in support of Operation Iraqi Freedom.



Shawna Sapaugh, DNP, FNP-C

Shawna Sapaugh, family nurse practitioner, has joined Bothwell Internal Medicine Specialists.

Sapaugh comes to Bothwell from SSM Health St. Mary's in Jefferson City, where she was a registered nurse in the emergency room. She also worked as a registered nurse at Harry S. Truman Veterans Memorial Hospital ER, Lake Regional Health System ER and Mercy Lebanon ER.

Her board certifications and training include American Association of Nurse Practitioners (AANP) Certification-Family Nurse Practitioner, Basic Life Support, Advanced Cardiac Life Support, Pediatric Advanced Life Support, Emergency Nursing Pediatric Course, Trauma Nursing Core Course and STABLE.

Sapaugh earned a doctorate in Nursing Practice from Maryville University, a bachelor's degree in Nursing from Central Methodist University, and an associate degree in Nursing from State Fair Community College in Sedalia.



Dr. Evan Stout

EMPLOYEE SPOTLIGHT: Dr. Stout Earns Board Certification

Dr. Evan Stout, a physician at Bothwell Orthopedics & Sports Medicine, has achieved board certification from the American Board of Orthopaedic Surgery (ABOS).

ABOS is an independent, voluntary, nonprofit organization that reviews an orthopedic surgeon's educational background and training. The organization tests a doctor's core knowledge base, does a thorough review of their cases and overall practice, and ensures that they are meeting high and rigorous benchmarks for serving patients.

"Dr. Stout has been a tremendous addition to our orthopedics team in Sedalia," said Lori Wightman, Bothwell CEO. "He's a rock star physician who has earned kudos from both his peers and patients. We're extremely proud of his hard work to achieve ABOS certification, which demonstrates his attainment of high standards for education, knowledge, experience and skills."

Stout received his medical degree from the University of Texas Medical Branch in Galveston, Texas. He completed a residency in orthopedic surgery at John Peter Smith Hospital in Fort Worth, Texas.

Following residency, he completed an orthopedic sports medicine fellowship at the Orthopaedic and Sports Medicine Clinic in Kansas City.

Stout joined Dr. Douglas Kiburz and Dr. Ryan Kelly Edwards at Bothwell Orthopedics & Sports Medicine in August 2017. The clinic provides comprehensive orthopedic care and treats conditions involving the hips, knees, arms and elbows, feet, ankles, hands, wrists, shoulders and lower back. The clinic also specializes in joint replacement, trauma and sports medicine, including arthroscopy.

"Dr. Stout has advanced training in sports medicine, and he treats adults, adolescents and pediatric patients for a variety of sports injuries," said Keith Morrow, Bothwell's Clinic Operations vice president. "With fall sports starting, he is accepting new patients and can help student athletes stay healthy and reach their full potential."

For more information about Dr. Stout and sports medicine, contact Bothwell Orthopedics & Sports Medicine at (660) 826-5890.



Dustin Bell
Bob Blacklock
Ann Defusco
Tim Jackson
Marilyn Johnson

Tiffany Lumpe
Shelby Mullins
Donna Sprinkle
Jess Whittman

NATIONAL PREGNANCY AND INFANT LOSS

Tree Planting and Dedication Oct. 15

Women's Health invites all staff and the public to participate in National Pregnancy and Infant Loss Remembrance Day on Oct. 15.

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.

National Pregnancy and Infant Loss Remembrance Day on Oct. 15 is a day 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.

All staff and the public who have been impacted by this type of loss are invited to a tree planting and dedication at **6 p.m. Oct. 15** on the lawn next to the Education Center on the north side of 15th Street.



\$15
SHORT

\$20
LONG

T-shirts are being sold to help raise awareness for this important day as many remember their personal losses. We invite staff who have been impacted by this type of loss or anyone who would like to show their support by purchasing a shirt and joining us on Oct. 15.

The T-shirt order form can be found on the IntraWeb under Miscellaneous Forms under the Forms tab. A second shirt order will be placed after the event. For questions, please contact Women's Health at (660) 827-9475 or extension 9475.

INVITATION TO JOIN AIRMEDCARE NETWORK

Representatives from AirMedCare Network (AMCN), known locally as MU Air, will be at the hospital from **8 a.m. to 5 p.m. Oct. 21–24** in front of the Bothwell Café to enroll employees in the voluntary program. The reps also will visit departments at night, and on-site clinic dates and times will be announced later. Enrollment also can be done online; Human Resources will email the link and information to all employees.

Bothwell has partnered with AMCN to offer employees the opportunity to join the membership program at discounted rates. AMCN membership ensures no out-of-pocket expenses for medically necessary flights if flown by an AMCN provider.

Membership fees start at \$55 for one year, and three, five and 10-year memberships are also available. Household plans provide benefits for any person who resides under one residential roof. Full-time undergraduate college students can be covered under their parents' membership if their primary residence is still with the parents.



International Infection Prevention Week Oct. 13–19, 2019

Mark your calendars for the Infection Prevention Fair Oct. 11 from 6 am–6 pm. Stay tuned for more information about events taking place during International Infection Prevention week.



GET WELL. STAY WELL. BOTHWELL.

INFECTION PREVENTION FAIR

Oct. 11, 2019 | 6 am – 6 pm
Bothwell Education Center
Classrooms 2 & 3



COMMUNICATION CORNER

Face-to-Face Communication Etiquette

- At a distance of 10 feet, make eye contact.
- At five feet, acknowledge with a greeting.
- If someone looks confused or lost, offer help.
- Maintain “open” body language to patients, visitors and colleagues.
- Smile.
- Do not discuss PHI/ HIPAA information in open areas.

FROM THE HEART

To our Bothwell friends and family:

Rod and I appreciate everything everyone has done to be there for us after the sudden loss of our Mom, Penny Parker. From the bottom of our hearts, thank you for your support during this difficult time. You have made an awful time in our life more bearable.

Sincerely,
Rod and Kim Perez

SALUTES

These staff members were singled out by patients and their family members through complimentary messages to Patient Advocate Blaire Riley. Our “Salutes” this month go out to:



Karly McAllister
Emergency Department

Alex Ramirez-Polaco
Emergency Department

Tammy Johnson
Truman Lake Clinic

Eric Lange
PEAK California

Natahsa Boychuk
*Bothwell Family
Medicine Associates*

Julie Mateja
Winchester Diagnostic Center

Christina Watring
Winchester Diagnostic Center

Dover Biery
Radiology

Amy Huber
Radiology

Amy Hamlin
Emergency Department

Bill Parris
*Bothwell Orthopedics &
Sports Medicine*

Christy Harrell
Financial Services

Lisa Tanguay
Financial Services

Laura Kaemper
Health Information Management

Teresa Pennock
Health Information Management

Dena Leggiero
Progressive Care Unit

Alex Ramierez-Polaco
Emergency Department

Christy Jackson
Emergency Department

Megan Rosales
Emergency Department

Rachel Vieth
Emergency Department

Sandra Jerome
Admitting

Linda Long
Cole Camp Clinic

Beth Kyle
*Bothwell Internal
Medicine Specialists*

Lesla Poola
Emergency Department

Hazel Ortiz-Lopez
Emergency Department

Carlos Crisol
Emergency Department

Karen Zimmerschid
Respiratory Therapy

Megan Elwood
Emergency Department

Carissa Burke
Truman Lake Clinic

Kiersten Labus
*Bothwell Orthopedics &
Sports Medicine*

Shelby Bergman
*Bothwell Orthopedics &
Sports Medicine*

Diane Bergman
*Bothwell Orthopedics &
Sports Medicine*

Paula Kappleman
*Bothwell Internal
Medicine Specialists*

Tiffany Borgstadt
Orthopedics

Lilya Plotnic
Orthopedics

Karen Adams
Orthopedics

Mary Turner
Orthopedics

Brooklyn Spencer
Winchester Lab

Mary Traver
Orthopedics

Joe Velando
Physical Therapy

Respiratory Care

BE WELL. BREATHE WELL.

Respiratory Care Week is Oct. 20–26

Bothwell offers respiratory therapy for in-patients to help them breathe easier so they can get well and stay well. Our respiratory therapists perform diagnostic tests for patients who have difficulty breathing to help create a plan of treatment. The therapists also assist with oxygen therapy, breathing treatments and ventilator support.

celebrate
EMERGENCY NURSES WEEK OCTOBER 6-12, 2019

EMERGENCY NURSES

NEVER SKIP A BEAT

Thank you to our emergency nurses who make an enormous difference when every second counts.

NEW EMPLOYEES

Kylie Crank
Emergency Department

Jessica Davis
Bothwell Family Medicine Associates

Jessica Dorr
Progressive Care Unit

Haley Evans
Dietary

Scott Fisher
Pathology

Valentina Garnik
Admitting

Stephanie Hathaway
Bothwell Family Medicine Associates

Xiomara Hernandez Medrano
Bothwell TLC Pediatrics

Marina Kotok
Critical Care Unit

Dr. Traci Kristofik
Hospitalist

Tiffany Kruse
3 Southwest

Joleene Landsberg
Emergency Department

Marijane Lane
Internal Medicine

Cori Laxson
Women's Healthcare

Dr. Stephanie Lind
Bothwell TLC Pediatrics

Shayla Mitchell
Housekeeping

Emma Morris
Bothwell Truman Lake Clinic

Mikayla Nieman
3 Southwest

Laterra Patton
2 Southwest

Wanda Prewitt
Housekeeping

Sandra Roark
Bothwell OB/GYN

Emily Rogers
Orthopedics

Elizabeth Russell
2 Southwest

Angela Tipton
Orthopedics

Bailey Wehmeir
Radiology

Justin Wooldridge
Dietary

Tami Young
Admitting

FOUNDATION NEWS Pinktober 2019

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

To kick off Pinktober and the Bothwell Foundation's employee giving campaign, the Foundation is offering employees free coffee and SC Fuel donuts and muffins from **7 to 10 a.m. Oct. 1** in front of the Bothwell Café. Clinic employees will have their goodies delivered to them during the first week of October.

Bothwell is also raising awareness through a partnership with area businesses that will feature information about the Bothwell Foundation and breast cancer awareness.

Activities tied to Pinktober and benefiting the Bothwell Foundation include Pinktober T-shirt sales at all Central Bank of Sedalia locations; a Women Warriors of the Diet Doc boot camp; a smoke out cancer event at Bandana's BBQ, Paint the Town Pink night; two Kendra Scott popup jewelry sale events; and the seventh annual W-K Heels and Wheels ladies night.

See the at-a-glance box at right for detailed event information or go to www.brhc.org/pinktober.



AT-A-GLANCE

Oct. 1 – Pinktober kickoff with free employee coffee and goodie bar from 7 to 10 a.m. outside Bothwell Café.

Oct. 3 – Pinktober shirts will be delivered to department directors by Oct. 3. Extras have been ordered and they can be purchased in the Foundation/ Marketing office on a first-come, first-served basis or at Central Bank locations.

Oct. 4 – Logo Wear Sale, 7 a.m. to 2 p.m., Bothwell Café

Oct. 5 – Women Warrior Boot Camp, 8:30 to 9:30 a.m., at Sedalia Parks & Recreation, Convention Hall Liberty Park, 1500 W. Third St., Sedalia

Oct. 10 – Bothwell-sponsored Chamber Breakfast 7:30–9:30 a.m. at Best Western featuring Dr. Triplett, Bothwell Cancer Center.

Oct. 16 – Bandana's BBQ Smoke Out Cancer, 11 a.m. to 9 p.m.; a portion of proceeds will be donated to the Cancer Fund

Oct. 17 – Paint the Town Pink Paint Night, 6:30 p.m., Fitter's 5th Street Pub (upstairs), 500 S. Ohio, Sedalia

Oct. 21 – Kendra Scott Popup Event, 10:30 a.m. to 1 p.m. at Bothwell Café and 3 to 5:30 p.m. at Sedalia Aesthetics, 312 S. Ohio, Sedalia

Oct. 23 – Foods That Fight Cancer, Bothwell Café; join the café staff and learn more about foods that may lower your risk of developing cancer

Oct. 30 – Seventh Annual W-K Heels and Wheels Ladies Night, 6 to 8 p.m., W-K Chevrolet, 3310 W. Broadway, Sedalia

Nov. 2 and 9 – Free Mammo Days, 8 a.m. to noon, Nov. 2, at Bothwell Diagnostic Center in Sedalia and 8:30 a.m. to noon Saturday, Nov. 9, at Bothwell Truman Lake Clinic in Warsaw.

FOUNDATION NEWS Bothwell Store Logo Wear Sale

Date & Time: Friday, Oct. 4, 7 a.m. to 2 p.m.

Location: Bothwell Café

NEW! \$15 JERZEES POLO

Unisex sizing with screen-printed logo

Color options: Black Heather and California Blue

These will be available to purchase and take on the sale day.



Also available: \$15 Pinktober T-shirts

Place your order for embroidered items—performance polos, fleece jackets and pull-overs

Older logo items and Bothwell Foundation T-shirts will be available for purchase at drastically reduced prices.

Be sure to stop by and check out the sale table!



BOTHWELL FOUNDATION CELEBRITY BARTENDER COMPETITION

The Bothwell Foundation invites you to our second Celebrity Bartender Competition, as we celebrate Pinktober. Come cheer on your favorite bartender as they go head-to-head to raise proceeds for our cancer fund.

BARTENDER LINEUP: 6:30–8 PM

Ron Ditzfeld, Ditzfeld Transfer

Gary McMullin, W&M Welding

Erica Petersen, Central Bank of Sedalia

Megan Page, Wood & Huston Bank

Brendan Hurley, Insurance & Benefits Group

Troy Curtis, Shelter Insurance

Tip your favorite bartender at: brhc.org/celebritybartender

Save the Date

Saturday, November 2, 2019

6–9 pm

The Lantern House
21746 West, US-50
Sedalia, MO 65301

TICKETS:
\$30 each or 10 for \$250

To purchase tickets or for
more information, visit
brhc.org/celebritybartender
or call (660) 829-7786.

FOUNDATION NEWS

Employee Annual Giving and United Way Campaigns

The Bothwell Foundation and United Way will host a combined employee giving campaign that starts at the end of October and runs through early November.

Lauren Thiel-Payne, Bothwell Foundation executive director, and Melissa Guffin, Bothwell United Way campaign coordinator, will visit departments and/or staff meetings during that time period to present both giving options.

In addition to department visits, special events to raise funds include basket raffle ticket sales, a bake sale and a chili cookoff.



BASKETS Oct. 11, 18, 25, Nov. 1

Baskets donated by various departments or clinics will be raffled off to raise funds. Tickets are one for \$1, six for \$5, 13 for \$10, or 40 for \$20 and will be sold from **7 a.m. to 6 p.m. on Oct. 11, 18, 25, Nov. 1**, outside the Bothwell Café. Winners will be drawn on Nov. 5.



CHILI COOKOFF Nov. 1

The chili cookoff is from **2 to 6 p.m. Nov. 1** in the café. Tickets are \$5 to sample all 13 chilis, and \$1 per vote. You do not have to sample to vote.



BAKE SALE Nov. 1

The bake sale is from **7 a.m. to 6 p.m. Nov. 1** outside the Bothwell Café, and basket raffle tickets will also be available to purchase. Donations for the bake sale can be dropped off between 6:30 a.m. and 1 p.m. that day.

For more information about the giving campaign or events, contact Thiel-Payne at extension 7786 or Guffin at extension 9138.

I FREE MAMMO DAYS

Bothwell Regional Health Center, the Bothwell Foundation and Cancer Perks are hosting free mammo days from **8 a.m. to noon on Saturday, Nov. 2** at Bothwell Diagnostic Center in Sedalia and from **8:30 a.m. to noon Saturday, Nov. 9** at Bothwell Truman Lake Clinic in Warsaw.

Mammograms are available to patients without insurance and are screening mammograms that are recommended for women age 40 and over.

Appointments are required, and patients can make appointments by calling (660) 829-8888 and mentioning free mammo day.



I UNITED WAY DAY OF ACTION

Bothwell employees joined more than 500 other community members Saturday, Sept. 21 for the Sedalia Pettis County United Way Day of Action. Bothwell's project was at Horace Mann Elementary School in Sedalia and included tree trimming, painting and playground renovations.

The purpose for the Day of Action was to "ignite a social movement in our community by empowering people to unite and solve complex problems that affect us all."

Thank you to all who volunteered their time and talents to make our community a better place!



Bothwell Auxiliary
BOOK FAIR

Thursday, Oct. 24 and Friday, Oct. 25
Bothwell Café

Don't miss the Bothwell Regional Health Center Auxiliary Book Fair next month in the Bothwell Café. The sale will feature new merchandise in addition to books.

A graphic of several colorful books stacked together, with one book lying flat in front of the others.

OCTOBER BIRTHDAYS



Joyce Saltsgaver.....	1
Jessica Wheeler	1
Jessica Moon.....	1
Jesalynn Wittman	1
Amy Dey	2
Amanda Newsom	2
Theresa Shroyer	2
Tina Wheeler.....	3
Christa Frame	3
Alisha Ramirez.....	3
Kathy Schroeder.....	4
Jeremy Vesperman	5
Sarah Altis	6
Emiliya Dudkina	7
Rose Lairmore	8
Nicole Griph.....	8
Nicole Anderson.....	9
Jessica Dorr	10
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