# SEPTEMBER 2020 BILLBOARD



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



## REMEMBERING JAELLEN HICKMAN From Rose McMullin, Chief Nursing Officer

On Sept. 17, the world lost a light with the passing of JaEllen Hickman.

Bothwell Regional Health Center lost a dedicated and wonderful employee, colleague, cheerleader, and supporter. Her family lost a daughter, sister and aunt. For me and many others, I lost a dear friend.

JaEllen worked at Bothwell for 27 years. She began her career in 1993 as a GPN in the float pool on the 3–11 p.m. shift. In September 1994, she transferred to the Emergency Department and returned to college to complete her associate degree in Nursing from State Fair Community College in 1995. While continuing to work in the ED, she went to part time and worked for Dr. Kevin Gunter, an orthopedic surgeon. In 2005, she returned to Bothwell full time as the infection control nurse.

I first met Ja when she was working in the ED and I was staff nurse in the CCU. Although we worked in different departments, we became fast friends as we cared for patients. During that time, we were each other's voice of reason and sounding board. We grew up together at Bothwell and shared good and bad life events, work accomplishments, losing our mothers, and watching our nephews grow. We were kindred spirits. She was my work sister.





HELP BABIES IN NEED Newborn Onesies and Sleepers Drive

AUGUST EMPLOYEE OF THE MONTH Congratulations Amy Hamlin!

PREGANCY AND INFANT LOSS DAY Special Event Planned on Oct. 15

# BILLBOARD V

# REMEMBERING JAELLEN HICKMAN (CONTINUED) From Rose McMullin, Chief Nursing Officer

Over her career, Ja received many local, regional and state awards for quality and excellence of care. In 2007, she was named Bothwell Employee of the Month and Employee of the Year. In 2008, she was named Bothwell's Nurse of the Year.

Ja's most recent position was Director of Continuous Quality Improvement and Resource Management, which she was appointed to in 2009. In this role, she oversaw case management, social services, ministerial alliance, and employee health. As quality director, Ja excelled. She always wanted to be better and never wanted to settle, and she made it her mission to improve care at Bothwell.

Beyond her professional positions and roles in the hospital, Ja in her essence was compassionate, caring, a fixer, and everyone's go-to person. If you needed something or an answer, you simply called Ja. Bothwell was her life. We used to joke that the reason she never had children was because the hospital was her baby. Oh, how she cared for all of us so well and so relentlessly. She was our mother, sister, friend, confidant.

I will miss her smiling face, her positive attitude, her encouraging outlook, and her laughter. That laugh! I've heard over these last few days how many of us loved her laugh that usually turned into a snort or two. Whether she was handing out candy, delivering lunch to a hardworking department or setting up movies and popcorn for staff stuck in an overnight snowstorm, we knew that Ja cared deeply for each of us. To demonstrate our care for her, please consider donating to the JaEllen Hickman Excellence Award scholarship fund to ensure that her gift for excellence continues far into the future.

Ja had a sign in her office that read, "Excellence: Going far beyond the call of duty, doing more than what others expect ... this is what excellence is all about." She believed that excellence comes from striving to be the best we can be, maintaining the highest standards, looking after the smallest detail, and going the extra mile. Simply, it means doing your very best in everything, in every way. Ja Hickman was my friend, and I will miss her forever. Her legacy is her dedication to excellence and the way she cared for her family, friends and patients. May we all continue to strive for excellence every day the way Ja did.

#### Ja Hickman's Career Highlights

- Awarded Missouri Hospital Association Quality
  Director of the Year
- Presented to AHA in Chicago on CAUTI
- Developed our CAUTI and CLABSI prevention
- Member PSO advisory committee
- Coordinated our involvement with the HEN
- Increased our involvement in emergency preparedness partnering with the MARC
- Led projects building Meditech
- Member of first Kaizen team
- Instrumental in annual Doctors Day celebration
- Initiated Patient Family Council
- Instrumental in our successful surveys
- Instrumental in developing first CDI program
- Instituted house wide QAPI projects

### HOW TO DONATE TO THE JAELLEN HICKMAN SCHOLARSHIP FUND

If you would like to make a gift in memory of JaEllen, you can donate online at <u>www.brhc.org/donate</u> Click the "Donate" button, then in the "My donation is for" field, select JaEllen Hickman Excellence Award.

#### **DONATE NOW**

You can also donate by submitting a check to the Bothwell Foundation office. Please reference "JaEllen Memorial" in the online comments field or check memo line.

# BILLBOARD V

# INFLUENZA VACCINE POLICY UPDATE Religious Exemptions No Longer Accepted

Bothwell's influenza vaccine policy for hospital and clinic employees and volunteers no longer includes religious exemptions for not receiving the vaccine.

As you may know, almost all hospitals and health care organizations have in place the requirement for their staff to receive the annual influenza vaccine. Over the years we have watched the number of hospitals reach nearly 100 percent. Historically, Bothwell Regional Health Center has allowed exemptions, including a religious exemption.

As health care workers we have an obligation to rely upon science to guide us in providing quality safe care for our patients, and as clinicians, we all took an oath "to do no harm." It is the recommendation that all health care workers receive the influenza vaccine to also protect themselves.

At the regular infectious disease meeting, compliance with mask wearing and effectiveness of masks providing 100 percent protection against the influenza virus was discussed with the committee members. We hope the influenza outbreak this year will be mild and not stretch our resources to the extent we would not be able to take care of both influenza and COVID-19 that is currently spreading in our community.

While the vaccine for influenza is not perfect, it has the potential to decrease the number of infections, keeping more of our health care workers healthy so they are able to care for patients in a safe and appropriate manner.

As Bothwell employees we need to protect our patients and community by being proactive and taking the influenza immunization. Let's be a trendsetter and lead by example on health care issues.

Similar to last year, a blue dot above photos on name badges will signify the individuals who have completed vaccinations for this year.

Questions about the new policy or accommodations should be discussed with Human Resources.

### PATIENT SAFE HANDLING INITIATIVE A Fall is Everybody's Business

According to the Agency for Healthcare Research and Quality, somewhere between 700,000 and 1,000,000 people in the United States fall in hospitals each year. A fall may result in fractures, lacerations, internal bleeding, or even death, and injuries due to falls also increase health care costs.

Prevention of falls in the hospital setting is an important patient safety and public health issue and is everyone's responsibility. Research shows that close to one-third of falls can be prevented. The Fall Team and Safe Patient Moving Handling Committee recommends the following checklist for helping prevent patient falls.

- Create and sustain a safe, clean environment
- · Perform environmental checks and nurse rounding
- Utilize interdisciplinary communication
- Anticipate and use safe-handling equipment for both patient and staff safety
- Use non skid socks

Talk with your manager regarding any equipment needs or bring your ideas to the committee.

### EMPLOYEE HEALTH AND WELL-BEING New Wellness Committee Hits Ground Running

As Bothwell employees, our focus is the health and healing of our patients. However, we often forget to take care of ourselves.

In an effort to address employees' health and well-being needs, Bothwell now has a Wellness Committee. The committee's purpose is to support and encourage the total well-being of staff by sharing information, tips and ideas on topics related to overall wellness, whether it's physical, mental or nutritional.

Team members include Dan Bridges, Rachel Owens, Melissa Guffin, Amanda Wathen, Marie Kringle, Kathy Woolery, Jamie Barklage, Ashley Walters, Pam Thompson, Lindsey Young, Courtney Price, Rita Mergen, and Janeice Dodick.

# This month's topic is **meditation** shared by **Dan Bridges in Social Services.**

Meditation is a simple, but not always easy way to improve your health. You can start by giving yourself five minutes of peace away from distractions such as cell phones, television, radio, etc. Just be in the moment and relax. As you improve you can lengthen the amount of time you dedicate to meditation. You can also try an app or class such as Headspace, Calm, Insight Timer, Ten Percent Happier, etc. to make it easier. Meditation benefits include:

- Reduces stress and manages anxiety
- Promotes mental health and enhances self-awareness
- Lengthens attention span and may reduce memory loss
- May help overcome addictions
- Improves sleep quality
- Helps control pain and may control blood pressure
- You can do it anywhere!

#### Tips for beginners:

- Go into your meditation practice without expectations
- Choose a time and try to stick with it
- Pick a designated area
- Take a few moments to clear your mind
- Take a few deep breaths
- Try to be still and in the moment
- Breathe and focus on your breaths
- Keep trying, it gets easier!

The team is also working on ideas for some fun activities for staff. Keep an eye out for future communication regarding wellness activities!

# BOTHWELLNESS



Kelsey Capelton Carlos Alegarbes Vicki Monath Lesley Jackson Taylor McCammon Emily Guyton Ruth Ann Cramer Kim Cox Helen Fisher Anna Herring Whitney Wessing Peggy Rawdon

# NATIONAL MIDWIFERY WEEK IS OCT. 4–10

### **Bothwell OB/GYN Collecting Newborn Sleepers and Onesies**

To celebrate National Midwifery Week, the staff at Bothwell OB/GYN Associates is collecting newborn-size sleepers and onesies for new mothers who don't have infant supplies.

Donations can be dropped off from 8 a.m. to 5 p.m. Monday through Friday at the clinic located in the Bothwell Healing Arts Center, 3700 W. 10th St., Suite 100, in Sedalia and also at Bothwell TLC Pediatrics, 2925 Clinton Road, in Sedalia.

Tracey Arwood, certified nurse midwife at Bothwell OB/GYN, is a recent addition to the clinic and said there are many misconceptions about midwives.

"Many people think that we only focus on pregnancy and birth, only attend births at home or that we can't prescribe medications or order tests," she said. "I provide safe, evidence-based care for women during pregnancy, labor and birth with whatever pain relieving options a patient wants, including an epidural. And I do deliver babies at the hospital and not at home." #NMW2020 #MidwivesforEquity midwife.org/National-Midwifery-Week



National Midwifery Week was created by the American College of Nurse-Midwives to celebrate and recognize midwives and midwife-led care.

This year's theme is "Midwives for Equity." Midwives play a key part in enhancing equity among all populations of the United States. Midwives believe every person has a right to equitable, ethical, accessible, quality health care. The midwifery model of care empowers individuals and communities, creates compassionate partnerships, and personalizes care based upon each individual's life experiences and knowledge.

"I chose to become a midwife because I love celebrating the beginning of life with my patients and the beginning of their motherhood and family journey," Arwood said. "Midwives are unique in that they can provide extra time with patients at the bedside, answering questions and supporting them in their wishes through labor. We hope that our Bothwell family will support our newborn supplies drive and help us make sure that new mothers have what they need when they need it the most."

# CORRECTION TO NURSING ORGANIZATIONAL CHART Endoscopy Department Part of Perioperative Services

In the August issue of Billboard, the updated Nursing Organizational Chart didn't include Endoscopy under Perioperative Services. Many apologies to the Endoscopy team for the inadvertent omission!

### BABY CAFÉ OPEN AGAIN Support for Pregnant and Breastfeeding Mothers

Have questions or need help with breastfeeding? Baby Café is a free resource that gives pregnant and breastfeeding mothers an opportunity to meet with a lactation consultant, gain support from specifically trained staff, and share experiences with other mothers.

A lactation consultant is available from 4 to 6 p.m. each Tuesday in the waiting

room outside the Women's Health Center on the first floor of the hospital.

No appointments are needed, and walk-ins are welcome.

For more information, contact Baby Café at (660) 827-9474 or pettiscountybabycafe@gmail.com.

### **NEW EMPLOYEES**

Daniel Blodgett Progressive Care Unit

Amira Boersma Susan O'Brien Fischer Cancer Center

Donald Countess Housekeeping

Danielle Evans-Hall Laundry

Cherokee Hill Dietary

Erica Huskisson Bothwell Family Medicine Associates

Rachel Jeffery Radiology

Brandice Kleinschmidt Cardiology

Amanda Krakue Bothwell Internal Medicine Alex Kresse *Security* 

Jaysen Lopez *Dietary* 

Stephanie Luttrell Bothwell Walk In Clinic

Samantha Marriott-Meek Housekeeping

Emmily Mckernon Dietary

Jason Moore Pathology

Michele Newton Housekeeping

Nadia Ostapenko 3 Southwest

Nathan Porter Biomedical Services

Drew Rubert Pathology Josefina Theisen *Housekeeping* 

Anna Timoshchuk Bothwell Eldenburg Family Practice

Dr. Misty Todd Bothwell Cole Camp Clinic

Anika Toepfer 2 Southwest

Machezney Whittall Security

Cierra Wright Bothwell Orthopedics & Sports Medicine

Sarah Wuellner Quality Management





### AUGUST EMPLOYEE OF THE MONTH Amy Hamlin

When Amy Hamlin's Emergency Department (ED) shift ended recently, she didn't expect to extend help and service to someone else outside the hospital's doors.

Amy is the Bothwell Employee of the Month for August. She is a registered nurse in the ED and was nominated by Bob Blacklock in Security for being a model of Bothwell's Four Key Basics, which are safety, courtesy, professionalism, and efficiency.

Blacklock said that while walking to her car after a shift, Amy noticed a young boy in distress on 13th Street near the Canon Center.

"He was on a scooter going back and forth on 13th Street and Hancock Avenue in a worried and panicked state," he said. "Amy was able to get him over to the Canon Center parking lot where she assessed him and determined the problem."

The boy was in town visiting his aunt and uncle and had gotten separated from his brother and cousin, who were on bicycles, and he didn't know his family's address. Amy called the ED and spoke with the charge nurse who then called Blacklock.

"I went out to meet Amy and the boy and we determined the best course of action was to contact the Sedalia Police Department for assistance," Blacklock said. "The boy became upset when he heard the police were on the way to help."

Amy consoled the boy and reassured him that the police were coming to help him and that he was not in trouble.

"Amy could have easily chosen to just go home after her shift ended, but she did not," Blacklock said. "Her selflessness assured that the child got home safely."

Congratulations, Amy, on being named Employee of the Month for August!

### PREGNANCY AND INFANT LOSS REMEMBRANCE DAY Tree Charm Hanging, Candle Lighting Planned

In honor of Pregnancy and Infant Loss Remembrance Day, Women's Health will host a special event at **6 p.m. Oct. 15** at the tree that was planted last year on the lawn next to the Education Center on the north side of 15th Street.

All staff and the public are invited to hang charms on the tree, and Dr. Michael Carozza, Bothwell OB/GYN Associates provider, will speak.

**At 6:30 p.m. there will be a candle lighting ceremony** in recognition of the International Wave of Light. The lighting invites baby loss families, friends and loved ones to honor and remember loved and longed for babies.

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. Oct. 15 is the 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.

If you purchased a 2020 T-shirt from the Bothwell Foundation, shirts should be available for pickup the week of Oct. 12. Please wear your shirt on Oct. 15 and help us raise awareness and honor babies who have passed.

# **COMMUNICATION CORNER Think Before You Click**

It's time for another cyber security refresher. We've had a recent spate of ransomware threats that are emails with subjects such as "Receipt...", "Invoice...", "Fax #nnnnn received, "...An answer needed...", "Agreement...", or any combination of these.

If the email is from a known source, scrutinize the email carefully. Please refer to a recent email from IT with more details about each of these warning signs.

- 1. An Unfamiliar Tone or Greeting
- 2. Grammar and Spelling Errors
- 3. Inconsistencies in Email Addresses, Links & Domain Names
- Threats or a Sense of Urgency
- 5. Suspicious Attachments
- 6. Unusual Request
- 7. Short and Sweet
- 8. Recipient Did Not Initiate the Conversation
- 9. Request for Credentials, Payment Information or **Other Personal Details**
- 10. If You See Something, Say Something

#### As always, stop and think before you click!

If you have any questions, please call the IT helpdesk before you click. If you've already clicked, call IT immediately after unplugging your device.

Thank you and be safe!

# Take Cybercore

Keep patient data healthy with these helpful tips:

#### EXAMINE emails closely

Hackers can fake an email address that appears official.



Do not click a link or download an attachment from unknown sources. Check the address for odd spellings like "Medicall.org" or "Medicle.org"



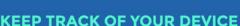
#### LOG OFF & SIGN OUT

When you walk away from your laptop or device, secure it by logging out before you leave. Prevent others from logging into your device - or as you on a shared device.



SOCIALIZE carefully

Be sure not to post personal credentials. Make sure your security badge does not show in any selfies or photos on social media.



#### Because emergencies always arise, it is easy to misplace your laptop, phone, or tablet. PHI can get into the wrong hands. If you lose your device, report it immediately to your manager to put a recovery plan in place.

### **THANK YOU Staff Represented Bothwell at Whiteman AFB**

Kudos to Janice Johnson, Women's Health RN and Tracey Arwood, Bothwell OB/GYN certified nurse midwife, who represented Bothwell at the Whiteman AFB community baby shower. This year's event was a drive-thru baby shower. There were 130 families served, with 163 infants/toddlers receiving gifts. Thank you both so much for attending!

### THANK YOU TO THE BOTHWELL FAMILY From the Helen Butler Family

Thank you to the Bothwell family for all the kindness and support of the family of Helen Butler. We sincerely thank everyone for all that was done for our mother and family.

Leonard Butler

### WHAT'S THAT SOUND? Brahms' Lullaby Signifies a Baby's Birth

When German pianist and composer Johannes Brahms wrote a soothing gentle lullaby in 1868 for his friend Bertha Faber to commemorate the birth of her second son, he couldn't have known how recognizable the tune would become.

Today, the song can be found in baby crib mobiles, music boxes and children's toys, and at Bothwell Regional Health Center, on the overhead intercom each time a baby is born.

The idea to play a lullaby, which is any quiet, gentle song sung to send a child to sleep, was the brainchild of Hollie Dubroc, Women's Health Center director. Dubroc approached Lauren Thiel-Payne, Bothwell Foundation executive director, for funding ideas.

"Lauren was on board with the idea," Dubroc said. "From there, I gave a presentation to the foundation board, and they graciously agreed to fund the project costs."

Dubroc said that having a baby is a significant moment in a woman's life and a family's life and she wanted a way to let the rest of the hospital know that something special has happened.

### FOUNDATION NEWS Pinktober Shirt Design Winner Announced

Congratulations to **Jennifer Owen,** Bothwell Internal Medicine Specialists (BIMS) LPN, for winning the 2020 Pinktober shirt design contest! Pictured from left to right, Toni Warren, BIMS director; Jennifer Owen; and Lauren Thiel-Payne, Bothwell Foundation executive director.

Thank you to everyone who submitted a design! Shirts and masks will be delivered to each department. Shirts can only be worn on Fridays with a \$1 donation to the Bothwell Foundation, and donations can be given to your director or placed in the mail slot outside the mail room across from the cafeteria. Pinktober masks will be delivered after Oct. 8.

"Everyday we all hear codes on the intercom for cardiac or respiratory issues or other serious emergency situations," she said. "It's the nature of a hospital; there's uncertainty, grief and sadness. We hope the lullaby helps everyone in the hospital pause and smile that a new life has just entered the world."

The chimes are now operational and were officially used for the first time on Sept. 24.





# FOUNDATION NEWS

**Bothwell Logo Wear Sales** 

# Stock Up now to Dress Down on Fridays

Buy some Bothwell logo t-shirts today!

bilerif

These comfy Bella and Canvas brand t-shirts are available in **BLACK**, **GRAY** and **DEEP TEAL for \$15 each** 

#### >>>Also Available—BOTHWELL FACE MASKS for \$5

#### **ORDER INFORMATION**

| Name:            |                |           |
|------------------|----------------|-----------|
| Phone:           |                |           |
| Email:           |                |           |
| Department:      |                |           |
| Shirt Quantity / | ' Color @ \$15 | ea.       |
| Black            | Gray           | Deep Teal |
| Adult Shirt Size | (unisex):      |           |
|                  |                |           |

#### □Small □Medium □Large □XL □2XL □3XL □4XL

For multiple sizes in different colors write in your selection(s) below:

For questions about shirt orders contact x7786.

#### Mask Qty @ \$5 ea \_\_\_\_\_

Orders Due Oct. 2

#### Payment Options:

Relad

To pay by credit card go to www.brhc.org/BothwellTShirt

bileit

□ Cash □ Check OR

Payroll Deduction Employee ID #: \_\_\_\_\_\_

#### Total Amount Due: \$\_\_\_\_\_

Turn in completed form and payment to

**Bothwell Foundation Office** 

601 E. 14th, Sedalia, MO 65301

If paying in cash—EXACT CHANGE ONLY

Make checks payable to:

BRHC Foundation and write "2020 T-Shirt/Mask" in memo

### FOUNDATION NEWS Pinktober 2020

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

This year's campaign will look different due to COVID-19 and mask and social distancing requirements.

Activities tied to Pinktober and benefiting the Bothwell Foundation include Pinktober T-shirt and mask sales at all Central Bank of Sedalia locations, free mammograms for women 40 and older and a raffle for Kendra Scott earrings.





#### SEDALIA

Saturday, October 10 7:30 am – Noon

**Bothwell Diagnostic Center** 990 S. Winchester Avenue WARSAW

Saturday, October 17 8 am – Noon

**Truman Lake Clinic** 1765 Commercial Street

#### Appointments required. To make an appointment, call 660–829–8888 and mention "Free Mammo Day."

\* Screening mammograms are reserved for women 40 and over.



### Purchase a Chance to Win Kendra Scott Earrings

For a chance to win these beautiful Kendra Scott Elora Gold Hoop Earrings, purchase a raffle ticket by visiting <u>https://brhcfoundation.ejoinme.org/2020pinkraffle</u> or stopping by the Bothwell Foundation office.

Tickets are \$1 each or \$10 for 20 and will be sold until Oct. 31, and the winner will be drawn Nov. 2. The retail value of the earrings is \$80.

Please note if you plan to purchase tickets using cash, exact change is required.



### FOUNDATION NEWS Biennial Benefit Set for Nov. 7, FREE admission this year

At the last foundation benefit in 2018, none of us could have imagined how drastically different this year's benefit would look or how much more we would need your support.

While we can't be together in person at this year's event, our community is undoubtedly stronger together, and that's one of the reasons why the foundation decided to make the 2020 Bothwell Foundation Benefit FREE for everyone to attend this year. Event registration is still required. Please visit <u>www.brhc.org/2020benefit</u> to learn how you can help raise funds for an EBUS, which is an Endobronchial Ultrasound Bronchoscopy system. The system will help with diagnosing lung cancer and other lung disorders with a minimally invasive but highly effective procedure.

Even if you are unable to virtually join us Nov. 7, there are additional ways you can support the success of our first ever Bothwell Foundation Benefit virtual event.



# OCTOBER BIRTHDAYS

| Jessica Wheeler 1                   |
|-------------------------------------|
| Jessica Moon1                       |
| Cheyenne Garnik1                    |
| Amy Dey 2                           |
| Amanda Newsom 2                     |
| Theresa Shroyer 2                   |
| Tina Wheeler 3                      |
| Christa Frame 3                     |
| Kathy Schroeder4                    |
| Jeremy Vesperman5                   |
| Sarah Altis6                        |
| Sarah Johnson 6                     |
| Amanda Wathen7                      |
| Raelinn Patty7                      |
| Cheryl Currier 8                    |
| Rosa Lairmore 8                     |
| Nicole Griph8                       |
| Natalie Paxson 11                   |
| Deborah Billings 11                 |
| Sarah Fredrickson11                 |
| Cathy DeJonge 11                    |
| Tyler Williams 11                   |
| Yaneth Uvario12                     |
| Stasy Gotishan12                    |
| E                                   |
| Emily Kullman 13                    |
| Julie McCammon 14                   |
| -                                   |
| Julie McCammon14                    |
| Julie McCammon 14<br>Kay Schnack 14 |

