

OCTOBER 2021

BILLBOARD



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



PREVENTION IS BETTER THAN CURE

A Letter from Lori

Invincible. That's how you feel when you're young, carefree and have few responsibilities. You might drink, smoke, drive a little carelessly, not exercise and eat pizza at 1 am because diets always start the next day.

It can be hard to be healthy, yet we try because serious health issues can strike at any time—from heredity and personal choices to accidents and dumb luck. An important part of being healthy is preventive care, which can range from taking regular walks, mindfulness, making smart food choices, catching good ZZZs and getting regular health screenings.

In the last month, I've spent time working on my preventive care in the way of a colonoscopy and a low-dose CT scan. I happened to work in the Endoscopy department a few weeks ago, and I realized my last colonoscopy was 11 years ago. Colonoscopies are recommended for people with average risk factors every 10 years starting at age 45 and starting at age 40 for people with high risk factors. I'm considered high risk because my mother had cancer before she was 60.

Now, if you've ever had a colonoscopy, you know what's involved. If you haven't, listen up; you will eventually have your turn. This wasn't my first rodeo but it was a chance to bond with Chief of Staff Dr. Stuart Braverman who performed the procedure. I prepared for what I call "spa night" by ordering my prep supplies from the Employee Pharmacy.

[READ MORE ON NEXT PAGE ►](#)



SEE WHAT'S INSIDE!

**BENEFITS OPEN
ENROLLMENT DATES**

LET'S GET CREATIVE!

**WINNER WINNER
SCARECROW DINNER**

**CONGRATS SEPTEMBER
EMPLOYEE OF THE MONTH**

UNITED WAY TIME



GET WELL. STAY WELL. BOTHWELL.

PREVENTION IS BETTER THAN CURE

A Letter from Lori



Smiling and ready for my early-morning appointment with Dr. Braverman

Thanks to this wonderful employee benefit, I paid exactly zero dollars (which, importantly, is a lot less than people in Hollywood pay for a cleanse).

I often hear people say they are avoiding a colonoscopy because they're afraid it will be painful and embarrassing to expose their, well, derrière, to a room full of people. Put those concerns to rest. With moderate sedation you're not awake during the procedure, there's no pain and you're never exposed. Everyone in the room is more focused on your inside—not your outside. Once the procedure is done, results are available immediately and you can go have breakfast or in my case, take a five-hour nap. Thanks to everyone in Endo for taking great care of me.

At the September board meeting, Dr. William Decker, radiation oncologist in the Bothwell Susan O'Brien Fischer Cancer Center, gave a tour of the new linear accelerator (LINAC for short), a device used for external beam radiation treatments for cancer patients. Dr. Decker shared that our newer physicians are more commonly recommending a low-dose CT scan for their patients of certain ages who are current or past smokers and that they are finding lung cancer much earlier.

Cue my 'oh my' moment: I'm a former smoker and within the recommended age range. What spurred me to ask my primary care provider to order this screening for me is what Dr. Decker said about early detection of lung cancer, "When we find small nodules (masses) early, it means just five radiation treatments, no side effects and a 96 percent cure rate." I decided right then and there I would rather have five treatments than have a lung removed.

Compared to the colonoscopy, a low-dose CT scan is a cake walk. I didn't have to remove any clothing, laid in the scanner, held my breath once and was done in about five minutes. The recommended guidelines for this screening is for people between 50 and 80 years old who have a 20 pack-year history of smoking, are a current smoker or have quit within the past 15 years. If you want to calculate your pack years, check out this [pack-year calculator](#).



CT Tech Krista Phillips performing the scan



Lying in the CT scanner not long enough for a nap

I got my results within 24 hours and it did show a small nodule. Even though fewer than 5 percent of lung nodules are cancerous, I will have another scan in six months and see Dr. Gabe Anders at Bothwell Pulmonary Services so he can monitor any changes. If something turns up, the LINAC tour could very well have saved my lung or my life.

In our line of work, care is an absolute, yet prevention is the ideal. I encourage all of you to work on the ideal and talk to your own primary care provider about what you need to remain as healthy as possible. None of us is invincible.

Next up is a mammogram in January. I'll report back.

Stay well. Be well.

ADVOCACY IN ACTION Legislators Speak at Board Meeting

For the third year, CEO Lori Wightman invited legislators to attend the October board meeting to discuss what each hopes to accomplish in the next legislative session and what they think could get in the way of those goals. Sen. Sandy Crawford, state Rep. Brad Pollitt, state Rep. Kurtis Gregory and Missouri Hospital Association Vice President of Legislative Affairs Rob Monsees joined Bothwell trustees and administration for this discussion.



From left, Sen. Sandy Crawford, Rep. Brad Pollitt, Rep. Kurtis Gregory, Rob Monsees, MHA, and Lori Wightman

Sen. Sandy Crawford — Crawford represents District 28 in the Missouri Senate, which comprises Benton, Cedar, Dallas, Hickory, Laclede, Pettis, Polk, and St. Clair counties. She said that her goal is to survive this next session. There are many issues in play, including house and senate redistricting. Redistricting happens every 10 years after each census and reevaluates population shifts for more accurate representation.

Rep. Brad Pollitt — Pollitt represents District 52 of the Missouri House of Representatives, which includes parts of Johnson and Pettis counties. He anticipates a slower, yet difficult session as the house and senate district lines are redrawn. Representatives don't know their new boundaries yet. However, 10 bills are planned to be introduced. Pollitt also said how lucky this area is to have great community physicians.

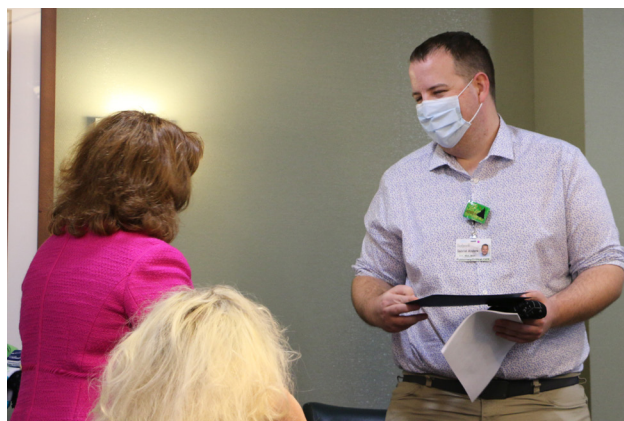
Rep. Kurtis Gregory — At last year's meeting, Gregory was a candidate and now he represents District 51 of the Missouri House of Representatives, which includes parts of Pettis, Johnson and Saline counties. During his time, he has found enjoyment in his experiences and representing his district. Agriculture is at his forefront, particularly the availability of broadband fast speed internet for all rural communities and to have more renewable fuel sources available in the state. One hurdle is helping others understand why these issues are important for Missourians.

Rob Monsees — Monsees serves as the Vice President of Legislative Affairs for the Missouri Hospital Association (MHA). Through advocacy, MHA represents the interests of its members in the legislative and executive branches of federal and state governments. Similar to Sen. Crawford and Rep. Pollitt, Monsees's plan is to survive and advance in terms of the implementation of Medicaid expansion. He added the state has set aside \$1 billion to help cover the costs of more people enrolling in the program. He also continues to look for ways that will benefit community hospitals, like Bothwell, across the state.

YOU KNOCKED OUR SOCKS OFF Congrats Dr. Gabriel Anders

When Dr. Gabriel Anders was invited to the October board meeting, he thought it was an opportunity to be introduced to board members and share a bit about himself. He did that and then was surprised with a “You Knocked Our Socks Off” recognition by CEO Lori Wightman.

The recognition came as a result of a note written by a Centralized Scheduling team member who took a call from a patient’s grateful wife. Dr. Anders had treated her husband for Covid-19 in the hospital and went above and beyond by keeping her informed about her husband’s serious situation. We’re glad to report the patient is now at home and improving, and Dr. Anders is the proud owner of a new pair of socks.



FROM THE BOTHWELL{NESS} COMMITTEE Time to Step it Up!

Fall can be a great time to maximize your steps. The weather is cool and crisp, making it easier to go farther and longer (and see so much beauty while you’re stepping). Here are our favorite tips for making this your healthiest fall ever!



TAKE A HIKE

Break out those hiking shoes! Take advantage of the less-crowded trails and cooler temps by heading out for a long hike. The fresh air and gorgeous fall foliage will be good for your body and your spirit.



GET CREATIVE OUTDOORS

Tired of your neighborhood walk? Get creative with your outdoor workouts! Rake leaves. Find an outdoor boot camp class. Go rowing on a local lake.

FROM THE BOTHWELL{NESS} COMMITTEE (CONTINUED)

Time to Step it Up!



FIND AN OUTDOOR TRACK

If you've been using your treadmill to stay cool during the sweltering summer, now's the time to head back outside to get in those steps. Four laps around the track at your local school is about 2,000 steps. So put on your favorite playlist, pop in the headphones and get going.



BREAK IT UP

You don't have to walk for hours to reach your step goal. Take a few minutes every hour to walk around the block. You'll clear your head, and the steps really add up!



BRING FIDO ALONG FOR INSPIRATION

While you may not feel like heading out for a walk, you can bet your dog is! Snap on the leash and take short walks a few times a day. You'll both feel better!



FIND A WALKING BUDDY

It's always easier to get in those steps if you've got a friend to go with you. And pairing exercise with good social connection is a win-win for your health.



WALK WHILE YOU BINGE

If shorter days keep you from getting out for an evening walk, get in your steps while binge-watching your favorite TV show. Just pace around your living room or march in place with knees high.



GO FOR DISTANCE, NOT SPEED

Just because the weather's cooler, don't feel like you have to rush. It's better to walk comfortably for longer distances than to go fast and burn out.



MAKE LUNCH YOUR POWER HOUR

Whether you're working at home or in an office, take advantage of your lunch hour break. Fuel up with a healthy lunch, and then lace up your sneakers to get in 30 minutes or so of walking. You'll head back to your desk with the renewed energy you need to tackle a busy afternoon.

THANK YOU!

Happy one-year anniversary to the Bothwell{ness} Committee! Thank you for sharing healthy tips and helping inspire our wellness journeys.

CNA CLASSES FORMING SOON

Limited Spots Available

Want to be a Certified Nurse Assistant? We offer paid on-the-job training, classroom work from the comfort of your home and hands-on training. Full- and part-time positions are available. The next class is expected to begin around Dec. 13. To apply or learn more information about classes offered, call Laura Weisenburger, Nurse Education/ Recruiter at 660.829.7758.

NEW EMPLOYEE BENEFITS

Designed With You in Mind!

The Senior Leadership Team is excited to announce additional recruitment and retention opportunities and benefits for current and prospective Bothwell employees.

Mid-year Bonus: All PRN, part- and full-time employees who are active as of Dec. 15 will receive a 2 percent bonus based on their earnings from Jan. 1, 2021 through Dec. 10, 2021. Earnings include hours worked, benefit time, extra shift bonuses, shift differentials, etc. Vacation cashouts are not included in the earnings calculation. The bonus will be paid on a separate check on Dec. 17.

Raise: Effective Jan. 2, 2022, all PRN, part- and full-time employees without set contracts will receive a \$1 per hour pay increase. Employees with set contracts include physicians and CRNAs.

Loan forgiveness:* Bothwell provides loan forgiveness to sponsor employees and prospective employees who wish to pursue training in health care professions. Loan forgiveness may be provided for employees and prospective employees who have obtained training in a health care profession that is designated by the Senior Leadership Team as a hard-to-fill position, such as a clinical associate degree or higher. The loan forgiveness funds are provided to the employee on a per pay period basis for a predetermined length of time. The employee must maintain a work assignment of 72 hours per pay period.

Tuition reimbursement:* Bothwell encourages job-related education, and with advance approval by employee director, will provide employees with educational assistance up to \$5,250 per year. Educational assistance refers to amounts paid by the hospital for employees' education expenses. These expenses generally include the cost of books, equipment, fees, supplies and tuition. Such expenses do not include the cost of a course or other education involving sports, games or hobbies, unless the education:

1. Has a reasonable relationship to the organization's business, or
2. Is required as part of a degree program.

Education expenses also do not include the cost of tools or supplies (other than textbooks) that an employee is allowed to keep at the end of a course; nor do they include the cost of lodging, meals or transportation. All current Bothwell employees are eligible to participate in this program.

To learn more information about these opportunities and incentives, please contact Lisa Irwin in Human Resources or find the official policies on the IntraWeb next week.

NEW EMPLOYEE BENEFITS (CONTINUED)

Designed With You in Mind!

A stipend for qualifying employees will be paid \$200* per pay period when enrolled in a relevant degree program. The stipend is for employees returning to school or applicants interested in coming to Bothwell after graduation. In order to be eligible for the educational stipend, an employee must:

- Be enrolled or intend to enroll in a degree program for a difficult-to-fill clinical position
- Intend to complete the program
- Intend to be employed at Bothwell Regional Health Center in the difficult-to-fill clinical position after their education is complete

**Employees are not eligible to receive both a stipend and tuition assistance simultaneously.*



Weekend Program Option (WPO):* The Weekend Program Option is designed to promote consistent weekend staffing and give employees the opportunity to earn time and half premium pay. The WPO identifies a group of individuals who make a regular scheduled weekend commitment, thereby reducing the weekend commitment of other hospital nursing staff. Any hospital employee with at least one year of experience is eligible to apply for this program. Clinic positions are exempt from the WPO option. Eligible employees in the program make a 12-month commitment to work two consecutive 12-hour shifts every weekend.

Twelve-hour shifts that qualify for this program are:

- Friday and Saturday 7 pm to 7 am
- Saturday and Sunday 7 am to 7 pm

The employee must work 12 hours in one 24-hour period to qualify for premium pay. When consistently scheduled on weekends, earn time and half premium pay.

To learn more information about these opportunities and incentives, please contact Lisa Irwin in Human Resources or find the official policies on the IntraWeb next week.

**These benefits take effect Nov. 1*

BENEFITS OPEN ENROLLMENT

Save the Dates Nov. 15-Dec. 10

This year's benefits open enrollment will be held from Nov. 15 to Dec. 10. Watch your Bothwell email for more information from Human Resources.



EMPLOYEE ASSISTANCE PROGRAM

It's OK to Ask for Help

A resource offered to Bothwell employees and their dependents is the Employee Assistance Program (EAP), which provides confidential assessment, referral and short-term counseling.

The EAP plan covers three free visits per year and is helpful for assistance in areas surrounding:

- Marital and family
- Stress
- Depression
- Grief and loss
- ADHD
- Legal and financial
- Substance abuse
- Work-life balance

All EAP benefits are provided through Sun Life, separate and in addition to the medical plan. Employees are not required to be enrolled in Bothwell's medical plan to access the EAP. These benefits are automatically available to all employees and dependents.

Highlights of the EAP include:

- 24-hour information and referral line
- One toll-free number
- Website for information and access to benefits
- Access to full range of mental health professionals

If you have questions, need additional information or assistance, please contact Human Resources.

24/7 Support, Resources & Information



Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/ marital conflicts



Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more

Need representation?

Get a free 30-minute consultation and a 25% reduction in fees.



Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



Confidential Counseling

GuidanceResources* Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions



Free Online Will Preparation

EstateGuidance* lets you quickly and easily create a will online.

- Specify your wishes for your property
- Provide funeral and burial instructions
- Choose a guardian for your children



Help for New Parents

ParentGuidance™ supports you through the process of becoming a biological or adoptive parent, including:

- Preparing for the baby emotionally and financially
- Finding child care
- Planning for back-to-work and other issues

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HOLIDAY CREATIVITY CONTEST

Let Your Light Shine



This year's competition focuses on "letting your light shine" by creating a custom candle that represents each of your departments. Get creative and have fun!

The rules are simple:

1. Each department can make **one** candle from scratch using individual ingredients or using a candle making kit.
2. Your candles should be no more than 18" tall and no more than 12"x12" in width and depth.
3. Your ingredients can include anything from fruits, vegetables, spices, scents, plants, oils, different colors and whatever else you can think of! Battery operated candles or electric lights can be incorporated.
4. Your candles will be judged on your department's creativity and incorporating the theme, "Let Your Light Shine."
5. For the chance to win, include your department name somewhere on the creation or place your department name on the underside of your creation.
6. Please get your candles to **Cindy McKeon in the Lab by 5 pm on Dec. 3**. Candles will be displayed outside the Bothwell Cafe for voting and showcasing Dec. 6-10.

Voting begins at **noon on Dec. 6** and **ends at 5 pm on Dec. 10**.

Two winners will be announced:

- People's Choice Award
- Holiday Committee Choice Award

Winners receive special treats for the departments and bragging rights for a year. Winners will be announced on Dec. 20 after the votes are tallied.

GET WELL. STAY WELL. BOTHWELL.

SEDALIA PARKS & RECREATION SCARECROW CONTEST We Won First Place!

Congratulations to the Bothwell team for winning first place in the Sedalia Parks & Recreation Scarecrow Contest! Members of the Employee Engagement Committee and other Bothwell coworkers teamed up to create an entry in the contest. The group met for a brainstorming meeting on Thursday, Oct. 13, spent 90 minutes constructing on Friday, Oct. 15 and finalized the display in less than two hours on Monday, Oct. 18, just in time for the contest entry deadline. All items to construct the display were either found or donated by the team. Voting was done Oct. 19–23 by a judges panel. Kudos to everyone who pitched in and helped!



Front row, left to right, Lisa Irwin, Karen Arni, Mary Hollomon, Shirley Schlobohm, Lindsey Moon; back row, left to right, Rick Langdon, Jody Teague, Jami Sleeper, Cindy McKeon, Annette Smith, Linda Watterson and Sandy Stephens; not pictured Todd Nappe, Susan Roe, Lucas Sheeley and Jason Pals.



With a message of "Harvest Health" the scarecrow display located at the hospital's front entrance includes a mom as a patient holding her daughter's hand while being cared for by a nurse.

FOOTBALL FRIDAYS

With a \$1 donation to the Bothwell Foundation, staff may wear football team logo wear on Fridays to celebrate the football season.

If you have questions, or need additional information, please contact Human Resources.

November donations will support the Dream Factory; see story on page 20.

SEPTEMBER EMPLOYEE OF THE MONTH Leslie Stevenson

Today, hospital staff across the United States are struggling with completing their normal everyday tasks with Covid-19 chaos added in the mix. In spite of this, many health care staff, like Leslie Stevenson, answer this hardship by picking up additional responsibilities to help everything stay afloat. Stevenson, Quality Management quality resource nurse, is the September Employee of the Month. She was nominated by Maggie Schaffer, Case and Quality Management director. According to the Centers for Disease Control and Prevention, there has been a growing awareness and need for performance management and quality improvement. As a quality resource nurse, Stevenson ensures quality patient care, helps teach staff and implements practices and policies at the highest standards so patients receive the best possible care.

Yet, over the last few months, Stevenson has picked up extra tasks with no complaint, supporting not only Quality Management but the entire hospital. By working the mass vaccine clinics, helping with the monoclonal antibody infusions, swabbing for Covid-19 testing at the Walk In Clinic, doing assessments in the Medical/Surgical unit, and more, Stevenson leads by example.

“From giving vaccines to both employees and patients to entering data, Leslie continues to offer support where it’s needed with a positive attitude and willing spirit,” Schaffer said.

Stevenson exemplifies Bothwell’s four Key Basics of care on a daily basis, which include safety, courtesy, professionalism and efficiency and works to provide compassion, trust and caring for all.

“She puts the needs of others before her own and does so cheerfully,” Schaffer said.



Congratulations Leslie on being named September Employee of the Month!

WITH RESPECT, HONOR AND GRATITUDE Thank You for Your Service

Veterans Day is Nov. 11. The day is for honoring all veterans who have served in the U.S. Armed Forces. It was originally named Armistice Day to celebrate peace and the end of World War I. In 1954, it was renamed Veterans Day to include all current and former members of the armed forces. We are pleased to recognize these Bothwell colleagues who served our wonderful country. If you are a veteran or active-duty military and would like to be added to this list, please contact Linda in Human Resources at extension 9540.

JEANETTE KELLY
Patient Financial Services
Billing Specialist
*Air Force Senior Airman,
Sept. 1975 – Aug. 1979*

STEPHEN READY
2 Southwest, RN
*Air Force Sgt,
1967 – 1971*

RANDY SMITH
Plant Services
Facilities Management Director
*Air Force Sgt,
1979 – 1983*

TIMOTHY JACKSON
Security Officer
*Air Force Tsgt,
2017 – 2019*

ALEXANDER KRESSE
Security Officer
*Army E-4/Specialist,
Oct. 2016 – Feb. 2020*

TOM FAIRFAX
Information Systems Director
*Army Ssgt,
Feb. 1983 – Oct. 1990*

TODD NAPPE
Security Supervisor
*Air Force Msgt,
Jan. 1984 – Jan. 2010*

BOB BLACKLOCK
Security Officer
*Air Force Smsgt,
July 1984 – Jan. 2012*

DR. STEVE FOSTER
Urology Clinic Physician
*Navy Captain 0 – 6, 1962 – 1994
Served In Vietnam War,
Desert Shield And Desert Storm*

GWENETH FIELDS
Nursing Administration
Patient Care Coordinator
*Army Pfc
1974 – 1976*

DR. WILLIAM DECKER
Radiation Oncologist
*Air Force Major,
1991 – 2004*

ANDREW DARRAH
Information Systems
Hardware Specialist
*Air Force Tsgt,
June 1981 – June 2003*

CHERYL CURRIER
2 Southwest, RN
*Navy Rate Machine Repairman E5,
May 1992 – Aug. 2005*

TIFFANY CROWELL
Pharmacist
*Army Pf3,
2004 – 2006*

DR. MIKE CAROZZA
OB/GYN Associates
*Air Force Major Physician,
2006 – 2009*

GERALD CAMPBELL
Plant Services
Boiler Room Mechanic
*Navy Mm2 / Ss E5,
July 1989 – Aug. 1995*

KEVIN BUTLER
Bothwell Medical Equipment
Medical Assistant
*Air Force Tsgt,
March 1981 – March 2003*

ROB AYERS
Chaplain
*Air Force Sgt E4,
Dec. 1987 – Jan. 1992*

BILL PARRIS
Bothwell Orthopedics
& Sports Medicine
LPN
*Army Ssg,
1981 – 1995*

LYNH BEST
Director Of Performance
Improvement
*Army Nurse Corps Captain,
June 1991 – June 2001*

WITH RESPECT, HONOR AND GRATITUDE (CONTINUED) Thank You for Your Service

TONY LABUARY
Registered Nurse
Navy

ARIELLE STAGER
Surgery
CNA
Air Force

LEONARD BUTLER
Housekeeping
Environmental Services Worker
Army Guard Sgt

DR. DARON OLMSTED
Emergency Department
Physician
Air Force Major
Stationed In Alaska
Flew In F-15e Strike Eagle,
1996 - 2010

DR. RICHARD DRAPER
Emergency Department
Physician
Army Major,
1990 - 1998

DAVID FOLAND
Security
Security Officer
Air Force Major,
2013 - 2014

BART KUHNS
CRNA
Marine
Gulf War, 1987-1991

BO JONES
Pathology
Lab Assistant
Army Specialist
Currently Serving Army Guard

BRIAN MCWHIRTER
Biomedical
Biomedical Engineer
Army E4,
Aug. 1979 - Aug. 1981

MIKE SHIPP
Walk In Clinic and
Employee Wellness Clinic
Physician Assistant
Air Force Colonel,
1982 - 2021

GABRIELLE COOK
Laundry
Laundry Aide
Army, E4 Specialist
56m Chaplain Assistant,
June 2008 - Jan. 2015

FRANCINE MCRAE
Emergency Department
ED Care Tech
Air Force Msgt,
March 1996 - June 2017

CARL HAWKE
Emergency Department
ED Care Tech
Navy And Reserves,
Army Mlrs Crewmember,
Hospital Corpsman 3rd Class Petty
Officer, Air Force Reserves Ssgt/
Journeyman/Supervisor/Aerospace
Medic, 1987 - 2013



HONORING ALL WHO SERVED

HAPPY RETIREMENT TO DONNA SPRINKLE Wishing you Good Health for the Future



Congratulations to Bothwell's Director of Environmental Services Donna Sprinkle on her retirement! Sprinkle's staff surprised her with a farewell party and flowers.

Donna has been with Bothwell since 1988, where she started out as Assistant Director of Housekeeping. During her time at Bothwell, she has also served as the Environmental Services Supervisor, Manager of Housekeeping Laundry and Linen and Director of Housekeeping Laundry and Linen. There's no doubt she will be missed. Thank you for your years of hard work and dedication. Enjoy your next adventure in life!

WELCOME MARY WILSON Director of Environmental Services



Mary Wilson started training under Donna Sprinkle Sept. 1.

She has worked in the health care industry since she was 19 years old, starting as a CNA. During this time Wilson opened a cleaning business that ran successfully for 30 years, cleaning private homes, business and medical clinics. In 2009 she went to work for Crothall Healthcare as an operations manager for the environmental services department in the St. Mary's entity.

Wilson has been in health care for many years, serving in Jefferson City, West Plains and St. Louis Children's Hospital and has loved doing it. She is excited to start her work at Bothwell. "I'm so happy to be a part of the Bothwell family and its mission to serve our community," she said.

Currently, Wilson lives in Jefferson City with her fiancé, Kenny, and they will be married in February 2022.

VISITOR POLICY UPDATE

Some Hospital Restrictions Relaxed

Due to the decrease in the number of Covid-19 cases in the hospital and community, we changed some hospital visitor restrictions effective Oct. 14.

We understand how important it is to be with someone when they are in the emergency room, so one visitor is now allowed in the Emergency Department (ED) for non-Covid patients. All other visitors to the ED will need to remain in their car. Two visitors are now allowed per patient at a time in inpatient hospital units for non-Covid patients.

Other visitor precautions still in effect are one visitor in surgical units, which includes same-day surgery, general surgery and labor and delivery, and one designated visitor per stay for a mother/baby unit once they are in a postpartum room. This designated visitor is in addition to the support person who was with mom in labor and delivery.

Visiting hours remain from 10 am to 6 pm, and visitors should enter the hospital through the main entrance and check in with Security. No visitors will be allowed for patients in the hospital or Emergency Department who are Covid-19 positive or awaiting test results. Exceptions may be made for end-of-life, special circumstances or patients who are children.

Upon entering the hospital, all visitors are required to properly wear a mask or be given a mask and asked to wear it throughout their visit regardless of vaccination status. Visitors are encouraged to stay in the patient's room and practice good hand hygiene, social distancing and take precautions when in contact with others in addition to correct mask-wearing. People who feel ill or have virus-like symptoms should not visit patients in the hospital.

For all visitor information, go to brhc.org/covid-19.

CLINIC NEWS

3D Mammography at Bothwell Truman Lake

3D mammography technology will be available to patients next week at Bothwell Health Center-Truman Lake in Warsaw. No physician order is required to schedule a mammogram for women who are 40 years or older and have no breast complaints, and 3D mammograms are covered by Bothwell's health insurance. Mammograms can be scheduled either at the Diagnostic Center in Sedalia or the Truman Lake clinic by calling Centralized Scheduling at 660.829.8888.

**WHAT DO TOOTHPASTE, LEMONS AND
MAMMOGRAMS HAVE IN COMMON?**



JUST A LITTLE SQUEEZE IS ALL IT TAKES!

PATIENT SAFE HANDLING INITIATIVE Don't Let your Patient "Fall into Fall"



Fall and the upcoming holidays are both wonderful and busy times of year and easy to get swept up in activities. However, as a health care worker you play an integral role in identifying risk factors for falls, as well as providing treatment interventions that lead to reducing incidences of falls in the hospital and fall-related injuries.

As part of the fall screening you need to identify and understand risk factors for falls your patient may exhibit. Look for intrinsic, extrinsic, psychological and vestibular/balance influences.

Intrinsic risk factors include:

- Visual deficits
- Impaired sensation
- Medication side effects
- Incontinence
- Proprioceptive deficits
- Muscle weakness
- Gait impairment
- Neurological deficits

Some extrinsic factors include:

- Proper use of foot wear
- Use of non-skid socks
- Gait belts
- Appropriate device selection
- Removal of trip hazards in the patient room

Psychological risk factors are related to cognitive deficits and patients' fear of falling. If your patient has deficits in vestibular or balance, they are at a greater risk for falls. Areas to focus on include vision deficits, proprioception deficits and vestibular dysfunction.



KEY AWARDS

Tammy Walker	Shawna Sapaugh	Dr. David Roehrs	Teresa Wooten
Cori Laxon	Sydney Lindgren	Dr. Evan Stout	Holly Doublas
Hollie Dubroc	Heather Shaw	Rita Mergen	Jacey Etter
Muffy Potts	Emily Bivins	Brandice Kleinschmidt	Teri Ficken
Sarah Anderson	Jody Pritchard	Beth Beesley	Dee Dee Gilmore
Jacey Etter	Shelbi Bishop	Tia Demand	Shawna Sapaugh
Jennifer Owen	Tammy Jackson	Dr. Robert Frederickson	Audi Ruffle
		Dawn Gehlken	Stephanie Bollinger
		Vicki Hedrick	Cindy McKeon
		Jennifer Hofstetter	Jennifer Gamber
		Dave Jasper	Belinda Harper
		Jessica Sullins	Patty King
		James Steele	Tom Florez
		Hyun Cho	

NEW EMPLOYEES September

Tina Bright <i>Bothwell Medical Equipment</i>	Terri Forsee <i>Centralized Scheduling</i>	Mandy Moore <i>Housekeeping</i>	Pamela Smith <i>Bothwell Eldenburg Family Practice</i>
Britain Bush <i>2 Southwest</i>	Andrea Garcia <i>Bothwell OB/GYN Associates</i>	Michael Nilson <i>Laundry</i>	Nathan Walsh <i>Radiology</i>
Diana Clapsaddle <i>Pathology</i>	Jerry Hamilton <i>Plant Services</i>	Dr. Meredith Norfleet <i>Bothwell Family Medicine Associates</i>	Steven Zehner <i>Nursing Administration</i>
Kimberly Cline <i>Admitting</i>	Cheldyn Harvey <i>Bothwell Family Medicine Associates</i>	Curtis Richardson <i>Dietary</i>	
Morgan Cornell <i>Pathology</i>	Amanda Kelz <i>Ultrasound</i>	Dr. Matthew Roehrs <i>Bothwell Lincoln Family Medicine</i>	
Birttany Cramer <i>Bothwell Walk In Clinic</i>	Lita King <i>Pathology</i>	Mike Shipp <i>Bothwell Walk In Clinic and Bothwell Employee Wellness Clinic</i>	
Reni Dietrick <i>Health Information Management</i>	Skye Lefebvre <i>Bothwell Employee Pharmacy</i>	Brittany Simmons <i>Centralized Scheduling</i>	
David Foland <i>Security</i>	Adrianne Long <i>Admitting</i>		

2021 UNITED WAY CAMPAIGN ACTIVITIES

Nov. 1 – Dec. 1

Let's help build a stronger community together.

All order forms and materials will be available on the Intranet. Go to Quick Links on the right side of the Intranet and click "Employee Giving and United Way" to view all order forms, links, etc. Check out these great employee-giving activities.

LIVE UNITED

United
Way



United Way Pledge Cards

- Each department will have pledge cards to hand out. Please turn in your completed pledge card to your director by **Dec. 1**.
- New this year**
 - If you choose **not** to donate to United Way, you don't need to turn in a pledge card.



Wreaths and Evergreens Sales

- Choose from beautiful holiday swags, garlands, wreaths and table decor that will turn your home into a wintry wonderland. The order form is on the Intranet.
- Please turn in completed forms to the Bothwell Foundation office or the drop box outside of the mailroom by **Nov. 3**.



Nutman Company Sales

- Just in time for the holidays! Enjoy a large assortment of nuts, snack mixes, candy, chocolate and much more.
- Located in the Bothwell Café
 - Nov. 22 from 7:30 am to 4:30 pm**
 - Nov. 23 from 7:30 am to 2 pm**
- Pre-order forms will be available on the Intranet as well as payroll deductions for orders over \$20.



Raffle Baskets

- Try your luck on our many different raffle baskets!
 - See basket details on the Intranet.
- Tickets are \$1 for 1 ticket, \$5 for 6 tickets, \$10 for 15 tickets or \$20 for 50 tickets. **Cash or check only.**
 - Raffle tickets will be sold on Wednesdays in front of the Bothwell Café as well as the Human Resources office.
 - Forms are also available online to submit if you are unable to make it to the hospital or Human Resources.
- Raffle tickets go on sale **Nov. 1** and will be available for purchase until **Dec. 1**. Winners will be drawn later that day.

GET WELL. STAY WELL. BOTHWELL.

FOUNDATION NEWS AED Presentations

The 2020 and 2021 Wear Red for Women luncheon and auction raised funds to continue the goal of having automated external defibrillators (AEDs) in every place people work, learn, play or pray in Sedalia and Pettis County. The 2020 event raised enough funds to purchase 19 AEDs and last year's event raised enough to purchase 12 devices, two of which were recently presented to Veterans of Foreign Affairs Post 2591 and Hayden Liberty Center Association for the Arts.



Hayden Liberty Center Association for the Arts



Veterans of Foreign Affairs Post 2591



MEMORIALS AND DONATIONS

In Memory of Dr. Alan Allmon

Dr. Stuart and Kim Braverman
Bothwell Medical Staff
Bothwell Nursing Leadership
Mike and Joy Simon

In Memory of Gary Walkup, Sr.

Grace Linn

In Memory of Cheryl Ward

Grace Linn

"We Remember"

Pregnancy and Infant Loss Event Recap

Pregnancy and Infant Loss Remembrance Day was Oct. 15. The Women's Health and Newborn Care team took time to acknowledge and remember the lives we never got to watch grow. We will keep them close in our hearts, always.



GRANTING A DREAM

Jeans Fridays in November Will Help



DREAM
FACTORY

The Dream Factory and Sedalia community are working together to provide a local young girl's wish for a She Shed with a front porch and a swing where she can get away during difficult days. A representative from the Dream Factory is leading this dream. The plan is to build a 10 foot by 16 foot shed with a 6 foot front porch. Inside, the goal is to have it insulated and finished with flooring, ceiling, walls along with electricity, and heating and air-conditioning to help with the heat of summer and the harsh cold of the winter so she can be as comfortable as possible.

The Dream Factory is the largest all-volunteer driven children's wish-granting organization that does not limit its mission to children who have life-threatening illness. The Dream Factory grants the dreams of children who are critically or chronically ill.

In an effort to support this dream, Bothwell is donating \$250 plus proceeds from \$1 Friday jean days donated to the Bothwell Foundation during the month of November.

Thank you for helping make this dream come true.

GREAT SHAKEOUT 2021

Earthquake Preparedness Drill a Success



On Oct. 21, employees in all hospital departments and outpatient clinics participated in the Great Central U.S. ShakeOut along with millions of other people in Missouri and 13 surrounding states. The purpose of the ShakeOut was to practice how to protect patients, visitors and ourselves when an earthquake happens.



SCRUB SALE



Nov. 11 | 9 am–5 pm | Bothwell Café

GET WELL. STAY WELL. BOTHWELL.

NOVEMBER BIRTHDAYS



Michelle Ekstrom	1
Chasatee Keeran.....	2
Natalie Sims.....	2
Dr. David Roehrs	2
Skylar Haase	2
Darletta Fijal	3
Olga Kharabora.....	4
Viola Heaps	4
Brittnie Bernhardt	4
Katie Touchstone.....	4
Dr. Sarah Hasek	4
Kirby Lewellyn	4
Reni Dietrick	5
Annette Bauer.....	6
Angela Leiter	7
Danielle Howser	8
David Wolfe.....	8
Steve Hickman.....	8
Dr. William Bone	8
Priscilla Tatman.....	8
Mark Mahalovich	8
Steven Hughes.....	8
Krystal Brandow	8
Maggi Mahalovich.....	9
Kirstin Stone	9
Crystal Anderson	9
Quentin Pantoya.....	9

Grace Sims	10
Tammy Coffey.....	10
Erick De Guzman	10
Kristy Kestner	10
Amy Nichols	11
Victoria Sharp	11
Dr. Meredith Norfleet.....	12
Lillian Wagenknecht.....	12
Dylan Young.....	13
Pamela Eckhoff.....	14
Cori Laxson	15
CJ Palmer.....	15
Joy Knox	17
Cassieann Schmiege	17
Liz Hackett	18
Margaret Benson	18
Christy Asher.....	19
Rebecca Starkey	20
Terri McCarthy	21
Sherri Hopkins.....	21
Dr. Terry Robertson	21
Dr. Evan Stout	21
Erik West	22
Vicki Monath	22
Dr. Steve Foster.....	23
Jamie Barklage.....	24
Wayne Smither	25

Cara Arender.....	25
Kory Kephart	26
Cathy Downing	26
Lisa Theisen	27
Dr. Lisa Wadowski.....	28
Melissa Smidt	28
Teresa Frazier.....	29
Leah Mahin	29
Dillon Uhls	29
Trinity Green	29
Hyun Cho	29
Ashley Grotzinger	30
Erin Johnson.....	30