

AUGUST 2022

BILLBOARD



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



BUYER BEWARE: MEDICARE ADVANTAGE

A Letter from Lori

According to a report by the Kaiser Family Foundation, more than 28 million people are enrolled in a **Medicare Advantage (MA)** plan in 2022, accounting for nearly half or 48 percent of the eligible Medicare population.

MA plans are all-in-one alternatives to traditional Medicare and are provided by **private insurers**. The Kaiser report also found that the average Medicare beneficiary in 2022 has access to **39** Medicare Advantage plans, the largest number of options available in more than a decade.

So, what's the big deal with MA plans and why should you care? These plans are designed to offer more comprehensive coverage than traditional Medicare, including fitness programs and vision, hearing and dental services. That should be a good thing, right?

However, since Medicare Advantage plans are provided by private companies, they can have **individualized rules of service**, such as limiting coverage to in-network providers, setting a limit on yearly out-of-pocket costs for covered services and requirements for specialist referrals.

Companies that provide MA plans also make decisions on approving or denying care and often require **prior authorization** for services that would automatically be covered under original Medicare.

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SHARING HEALTHY RECIPES

BUYER BEWARE: MEDICARE ADVANTAGE (CONTINUED)

A Letter from Lori

The American Medical Association recently surveyed physicians and found that 93% said prior authorizations cause delays in patient care and 83% said that the process leads patients to abandon their treatment altogether.

This has happened to some of our patients at Bothwell. Perhaps you know someone who has an MA plan who has been denied or delayed care. Currently, only one skilled residential facility in Sedalia accepts MA plans, making it difficult for some patients to receive the short- or long-term medical care they need locally after leaving the hospital.

Compelling patient situations have gotten the attention of government watchdogs and legislators, and there is legislation afoot to address these issues including the **Improving Seniors Access to Care Act of 2022**. The bipartisan legislation aims to “remove barriers to care by improving the efficiency and transparency of prior authorization” in MA plans and has more than 300 co-sponsors and wide support across the health care industry. The legislation would require the Department of Health and Human Services to create a process for faster, real-time decisions on prior authorization requests for items or services that routinely get approval. Congress could consider the legislation as early as this fall.

What can we all do to help at the local level? Enrollment for existing Medicare enrollees who want to make changes to their coverage opens **Oct. 7**. We can help by educating the elderly we know as they consider their Medicare options. Let them know that MA plans have red flags that could affect their health care options. Encourage them to check with their local skilled nursing facilities, medical equipment and home health companies to see if plans are accepted.

Stay well. Be well.



REVIEW OF MAIN DIFFERENCES BETWEEN ORIGINAL MEDICARE AND MEDICARE ADVANTAGE

Costs

- **Original Medicare:** You will be charged for standardized Part A and Part B costs, including a monthly Part B premium (\$170.10 in 2022). You are responsible for paying a 20% coinsurance for Medicare-covered services if you see a participating provider and after meeting your deductible.
- **Medicare Advantage:** Your cost-sharing varies depending on plan. You usually pay a copayment for in-network care. Plans may charge a monthly premium in addition to Part B premium.

Supplemental Insurance

- **Original Medicare:** Have the choice to pay an additional premium for a Medigap policy to cover Medicare cost-sharing.
- **Medicare Advantage:** Cannot purchase a Medigap policy.

Provider Access

- **Original Medicare:** Can see any provider and use any facility that accepts Medicare (participating and non-participating).
- **Medicare Advantage:** Typically can only see in-network providers.

Referrals

- **Original Medicare:** Do not need referrals for specialists.
- **Medicare Advantage:** Typically need referrals for specialists.

Drug Coverage

- **Original Medicare:** Must sign up for stand-alone prescription drug plan.
- **Medicare Advantage:** In most cases, plan provides prescription drug coverage (you may be required to pay a higher premium).

Other Benefits

- **Original Medicare:** Does not cover vision, hearing, or dental services.
- **Medicare Advantage:** May cover additional services, including vision, hearing, and/or dental (additional benefits may increase your premium and/or other out-of-pocket costs).

Out-of-pocket Limit

- **Original Medicare:** No out-of-pocket limit.
- **Medicare Advantage:** Annual out-of-pocket limit. Plan pays the full cost of your care after you reach the limit.

Source: Medicare Rights Center

COVID-19 UPDATE

Vaccine Booster FAQs

On Aug. 31, the U.S. Food and Drug Administration amended the emergency use authorizations (EUAs) of Pfizer-BioNTech and Moderna Covid-19 vaccines to authorize bivalent formulations of the vaccines for use as a single booster dose at least two months following primary or booster vaccination.

The authorized updated boosters include an mRNA component of the original strain to provide an immune response that is broadly protective against Covid-19 and an mRNA component in common between the omicron variant BA.4 and BA.5 lineages that are currently causing most cases in the U.S. and are predicted to circulate this fall and winter.

Pfizer's modified booster is for people ages 12 and older, and Moderna's shot was authorized for those 18 and up. The U.S. Centers for Disease Control and Prevention and the state of Missouri still need to authorize the updated boosters; however, **to be prepared for demand, we have pre-ordered 300 doses of the updated Pfizer shot.**

Knowing whether to get a second booster or wait for the new booster shot can be confusing. We've compiled a list of frequently asked questions to help you be better informed about which booster is right for you.

Q1. What are the already-approved vaccines and boosters?

A. Current vaccine and booster authorizations are:

- Primary vaccine authorized for children ages 6 months to all adults
- First booster shot authorized for children ages 5 years to all adults
- Second booster shot authorized for all individuals 50 years and older and to moderately to severely immune-compromised individuals 12 years and older.

Q2. Why do I need a Covid-19 booster shot?

A. Covid-19 vaccine boosters can further enhance or restore protection that might have decreased over time after your primary vaccination.

Q3. Who should get the first booster shot?

A. The CDC recommends that everyone ages 5 years and older should get one booster after completing their primary series.

Q4. Who should get the second booster shot?

A. The CDC recommends that adults 50 years and older and some people 12 years and older who are moderately or severely immunocompromised should receive two boosters.

The older you are, the more important it is to get a second booster. In general, if you have not received a vaccine in the past six months, getting a booster is a good idea.

Q5. If I'm under 50 and do not have underlying health conditions, should I get a second booster?

A. A second booster is not currently recommended for people in good health under the age of 50. Experts say if you're in this category and you have already received one booster shot previously, you can wait for the Omicron-specific booster shot.

Q6. How long do I need to wait between booster doses?

A. The general recommendation is for people to wait five months between booster doses. While the vaccines are safe and effective, back-to-back booster doses are unlikely to add much benefit.

Q7. I've had the first booster and had Covid-19, should I get the second booster or wait for the Omicron-specific booster shot?

A. People with "hybrid immunity" – those who have received a booster shot in the past and recovered from a Covid infection – should consider waiting for the Omicron-specific shot unless they are elderly or immunocompromised. Also, individuals who were early recipients of the booster, which was first available in late September 2021 are now nearly a year out from their last booster. These individuals are at some risk for declining levels of antibody protection and may consider boosting now before the new strains become available.

COVID-19 UPDATE (CONTINUED)

Vaccine Booster FAQs

It is likely that there will be an increasing risk of infection as the time since last boost gets longer and longer. It is not clear that the potential benefit of the new formulation is greater than the current risk from continued time with low and falling antibody levels. There is still no definite announcement of when the new vaccine will become available for administration. If someone chooses to take the second booster, the sooner they do so the better. As the availability of the new vaccine gets closer and closer, the risk of waiting declines and it makes more sense to wait a bit longer for the new formulation.

Q8. Will the new Omicron-specific booster shot guarantee I won't get the new strain?

A. It is expected that the new formulation will provide at least as good and possibly better protection from the current variant. While it won't guarantee protection from infection, it will help prevent serious illness and/or hospitalization and death for most recipients.

Q9. Can I get the Omicron-specific booster if I'm unvaccinated?

A. Current information is that individuals who have not completed the primary vaccination won't be eligible for the updated formula until completion of the primary series with the existing Covid vaccines. An important reason behind this policy is that the new formulations are being tested for safety and effectiveness as boosters to the primary vaccination series. While there is every reason to believe that the new formulation should work as well if not better than the primary series of the original formulation, there will be little to no data available to establish the safety and effectiveness of the new formulation as the original vaccine.

Q10. I still have questions about what booster shots I need.

A. Talk to your health care clinician about your personal situation. In the meantime, use the [CDC's Covid-19 Booster Tool](#) to learn if and when you can get boosters to stay up-to-date with your Covid-19 vaccines.

Sources: U.S. Centers for Disease Control and Prevention; Dr. Philip Fracica, chief medical officer

HEALTHSTREAM LMS

Coming Soon, Will Replace CareLearning

By Sept. 1, CareLearning will be replaced with the HealthStream Learning Management System (LMS). The new LMS will be used for onboarding new employees, ongoing training, professional development management and policy management.

Director of Education Kim Perez said the LMS will be more user friendly, easier to navigate and more interactive.

"Each employee has clinical or other training specific to their jobs that is required to be completed each year," she said. "The new platform will have standardized content and employees and managers will be able to view and track the status of their training at any given time."

Perez said a new feature that employees will like is a pre-assessment exam that will allow employees to "test out" of training if they pass the assessment.

"A small group including Education, IT and HR are getting the new platform set up with users and content," she said. "We are really excited about the modules that we're implementing that will help us better deliver standardized processes and validate staff compliance and confidence."

The planned go-live date for the new platform is Aug. 31.



**WHAT YOU
NEED TO KNOW**
WHEN YOU NEED TO KNOW

HEALTHSTREAM LEARNING



is coming soon!

- Find assigned learning and due dates all in one place
- Receive expiring certification alerts
- View and print your record of professional training and continuing education credit
- Complete hours of additional CE and device training
- Stay connected with your colleagues
- Access organizational announcements and resources

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PERSONNEL NEWS

Welcome NP Lisa Zane



Board-certified Adult Nurse Practitioner Elisabeth (Lisa) Zane has joined Bothwell Urology Services. Nurse Practitioners (NPs) provide advanced patient care under the guidance and supervision of a collaborating physician. At the clinic, Zane will evaluate and treat urinary tract disorders, bladder problems, incontinence, prostate disease and male reproductive health issues.

A native of Kansas City, Missouri, Zane received a master's degree in Nursing-Adult Geriatric Primary Care Nurse Practitioner from University of Texas Medical Branch in Galveston and a bachelor's degree in Nursing from William Jewell College in Liberty, Missouri. Prior to joining Bothwell, she worked for nine years in leading teaching Houston Methodist Hospital in Texas Medical Center.

While practicing as a Registered Nurse in Texas, Zane worked in several clinical environments including medical/surgical and intensive/progressive care covering a wide variety of medical conditions such as cardiac, neurological, neurosurgery, gastrointestinal and urology. Zane said her breadth of experiences give her a whole-body approach to patient care.

"As a nurse, I rarely got to see patients after they left the hospital," she said. "As a Nurse Practitioner, I get to be an ongoing part of their care and progression. I want to build on the knowledge I already have to care for the whole patient. I love having the opportunity to proactively help people through prevention, education and treatment so they can take control and improve their quality of life."

Keith Morrow, Bothwell's Clinic Operations vice president, said Zane joins Dr. Steve Foster and Nurse Practitioner Dena Jenkins in Bothwell Urology Services to help care for area residents and their urological health care needs.

"Lisa has a wide spectrum of experiences that will benefit our patients," he said. "Along with her expert clinical skills, she is a compassionate caregiver and an excellent communicator that will allow her to connect with patients and learn their unique stories and histories as she helps them with their health issues."

Zane said she wants people to know their needs are the most important to her and that she's excited to be back in Missouri and at Bothwell caring for patients.

"Being a nurse provides a unique opportunity to come alongside someone at their most vulnerable and be their comfort and support when they need it most. I love helping people and creating partnerships with my patients," she said. "It's also an exciting time in medicine because there are new treatments, procedures and medications available every day. I love that Bothwell is committed to being a leading force in this area."

Bothwell Urology Services is located at 1715 S. Lafayette Street in Sedalia. To make an appointment, call Centralized Scheduling at 660.829.8888 or the clinic at 660.826.1482.

Zane is married and has four children. She loves spending time with her family, reading, restoring antique furniture and making and decorating Christmas cookies.

PERSONNEL NEWS

Welcome CRNA Cory Williams



Cory Williams joined the Bothwell team last month as a Certified Registered Nurse Anesthetist (CRNA) working in Surgery and Perioperative Services at the hospital. He received his master's degree in Nursing in Anesthesia from Oregon Health & Science University and has associate and bachelor's degrees in Nursing.

Cory and his family moved to Sedalia from Oregon where he had worked as Chief CRNA at Samaritan Pacific Communities Hospital in Newport. He and his wife have four children, a 17-year-old daughter, a 6-year-old son and 4-year-old son and daughter twins. They are happy to be in the Midwest where they are closer to family in Texas and Indiana.

Welcome, Cory!

PATIENT COMMUNICATION COMING

A Faster Way to Refill Prescriptions

Bothwell and all area pharmacies use electronic prescribing (e-script), which means prescriptions are automatically sent from the hospital or clinics to a patient's pharmacy of choice (some exceptions apply).

An Electronic Prescription Committee, chaired by Michele Laas, chief nursing officer, has been meeting for the last several months to discuss e-script processes and a patient communication campaign. Representatives from area pharmacies have also been part of the discussion.

The committee's goal is two-fold: to educate patients about faster ways to request medication refills to help reduce or eliminate multiple and duplicative refill requests received in the clinics via phone or fax, and to educate external retail pharmacy staff to use the shared electronic prescription system for medication refill questions instead of paper and faxed requests.

Starting next week will begin communicating with patients that effective **Sept. 12**, they should use MyBothwellHealth, our patient portal, or contact their pharmacies by phone or available app when they need to request medication refills instead of calling clinics.

Also on **Sept. 12**, we will begin sending text messages to patients as soon as their e-script is sent to their pharmacy. The text will include pharmacy and drug information, helpful videos and ways to save money on their medications.

To communicate this information, a patient email will be sent through the portal, a postcard will be handed out to patients in the clinics, social posts will be placed on the Bothwell Facebook page and clinic and Centralized Scheduling staff will have scripts/talking points. Flyers promoting the portal and prescription texting (as shown on the next few pages) will also be distributed.

Access your medical information in **MyBothwellHealth— our patient portal!**



2 WAYS TO SIGN UP!

1 Sign Up Online

- Visit brhc.org/portal or scan the QR code at right
- Click on the blue Patient Portal button
- Click 'Sign up' to create your account*

**Your email must be on file with Bothwell to enroll. If your email is not on file, or you are unsure, call Medical Records at 660.827.9590.*



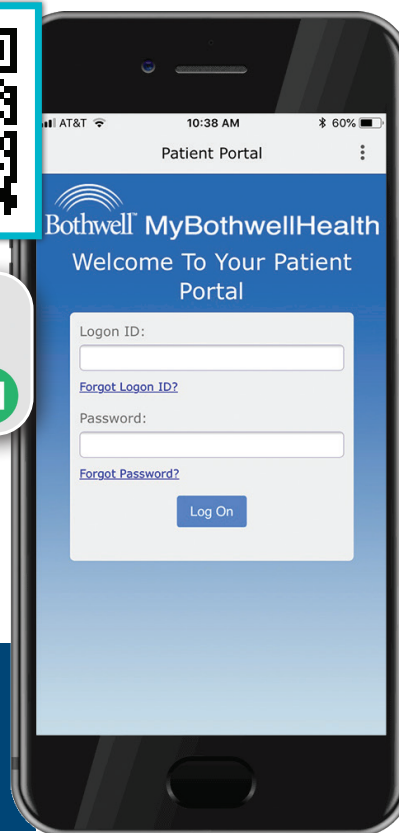
2 Download the Meditech MHealth App through Your App Store

- Select Bothwell Regional Health Center



What can you do in MyBothwellHealth?

- Request current medication refills
- Communicate securely with clinic staff
- View lab and radiology notes
- Read notes and reports
- Securely pay your bill
- Access health information for others if you manage their care, e.g. children, parents (authorization is required)
- And more!



QUESTIONS OR NEED HELP?

Email MyBothwellHealth@brhc.org or call 660.827.9590

Getting a Script? Expect a Text!



In the text message, you will receive a secure link to a website. Click on the link and you'll see:

- Your pharmacy name, phone and directions
- Your prescription name, strength, quantity
- Links to educational videos on how to take your medication, as well as tips to avoid side effects or drug interactions
- Information on how to save money on your prescription
- A button to set a pick up reminder so you don't forget to get your prescription!
- Help or support if you need it

Note: This service is available to Bothwell patients aged 18 years or older who have a mobile phone number on file with Medical Records. You can opt out of any message you receive about prescription reminders.



GET WELL. STAY WELL. BOTHWELL.

KUDOS AND CONGRATS

Employees in New Positions

Rachel Harris is now Patient Financial Services supervisor and Jackie Webb is now Centralized Scheduling manager. Congrats to them both on their new roles!

KUDOS AND CONGRATS

Dr. Doug and Connie Kiburz Recognized

Congratulations to Dr. Doug and Connie Kiburz for being recognized by the Missouri State Fair Foundation at the Legacy Flag Dedication during the fair on Aug. 11.

The dedication was held at the roundabout between the Coliseum and the Nucor Director's Pavilion.

According to a story in the *Sedalia Democrat*, MSF Foundation Executive Director Lorin Fahrmeier said the Legacy flag was designed to honor members who have made significant contributions to the foundation and the Missouri State Fairgrounds. Fahrmeier added they celebrated Kiburz because of his vision for the Trails End Monument at the northeast end of the fairgrounds.

"He's also been behind a lot of other new events," she noted. "Such as the Mozark Music Festival ... not only that, but through his membership at the Missouri State Fair Foundation, he has been immensely generous in time and talent.

"Not only financially, but with his time and talents," she added. "He just makes the perfect honoree for our Legacy Flag this year."

Members of the Missouri National Guard attended and hung the flag at the dedication. The event included a plaque presentation, and members of the Missouri State Fair Foundation Board and Missouri State Fair Commission attended.

KUDOS AND CONGRATS

New CNAs in the House

Andrea Abon, Reagan Braverman, Paige Johnson and Lucinda Manolias recently completed Bothwell's CNA class and passed their state exams. We are so proud to have them on our team as Certified Nursing Assistants! Each of them also completed the classroom portion of the phlebotomy training with Lab Director Cindy McKeon.



Andrea Abon



Reagan Braverman



Paige Johnson



Lucinda Manolias

GET PAID TO LEARN CNA Classes Forming

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. To apply or learn more information about classes offered, call Laura Weisenburger, Nurse Education/Recruiter at 660.829.7758.



YOU KNOCKED OUR SOCKS OFF Amanda Duckett, Wellness Works

Amanda Duckett, Wellness Works service coordinator, received a You Knocked Our Socks Off award. Wellness Works collaborates with Bothwell Employee Wellness Clinic to provide occupational health services to our business partner employees. More than 125 area businesses have agreements with Bothwell for their employees to receive work-related screenings and medical care.

Both Tyson Foods, Inc. and Central Mo Electric Cooperative sent letters to Melissa Guffin, Employee Wellness Clinic director, recognizing Duckett for improving efficiency and communication in general operations and for going out of her way to schedule an appointment for an employee.

Duckett lives in Mississippi so she received her award in a virtual presentation and her socks will be mailed to her. Congratulations, Amanda, we appreciate your diligence and support!

YOU KNOCKED OUR SOCKS OFF Dylan Young, Centralized Scheduling

A grateful patient took the time to call Dylan's supervisor, Kim Cox, to put in a good word for him and his ongoing help. The patient said she and her family are new to the area and are not familiar with Bothwell systems yet. She said Dylan is always pleasant and works very hard to get family members into clinics to be seen or worked in whenever needed. Anytime she calls Centralized Scheduling, she hopes she gets Dylan because he is "excellent."

For his wonderful customer service, Dylan was surprised with a You Knocked Our Socks Off award.

Great job, Dylan!



Front row, left to right, Lori Wightman, CEO; Diana O'Connor, Patient Financial Services director; Dylan Young, Debbie Fairman, Centralized Scheduling specialist; and Brittany Simmons, Centralized Scheduling specialist.

Back row, left to right, Michele Laas, chief nursing officer; Paul Knocke, MHA Intern; Steve Davis, chief financial officer.

YOU KNOCKED OUR SOCKS OFF

Dr. Ashley Tardieu Blessing to Patients and Staff

Congratulations to Dr. Ashley Tardieu at Bothwell Family Health for knocking our socks off by being an approachable and trusted physician for her patients and a staunch supporter of her staff.

“Dr. Tardieu is an amazing person inside and out and she is a terrific physician who works hard for her patients to make sure they are given the absolute best medical care. Her patients love her and feel as if she is more to them than just their physician; they consider her a friend or family.

“She is also someone I know I can always count on to be there for me but also keep me on track to make sure we are providing top-notch care to our patients. She reminds me all the time that we are human and as long as we give it our best, that is all we can do ... but nothing less than our best. She is real, and she is one of the absolute best.”

YOU KNOCKED OUR SOCKS OFF

Amber Allain Sets Leadership Standard

Allain is Bothwell Family Health, Bothwell ENT and Bothwell Neurology clinics director and was recognized for being a friend to her staff while also being dependable and supportive. She stresses the importance of family and to always put them first.

Thank you, Amber, for leading your team so well!

YOU KNOCKED OUR SOCKS OFF

Brittani Geml

Congratulations to Brittani Geml for knocking our socks off by being a wonderful teammate in the Bothwell Family Health clinic and for her continual support of Dr. Tardieu and clinic director Amber Allain.



From left, Dr. Ashley Tardieu, Bothwell Family Health; Amber Allain, Bothwell Family Health, Bothwell ENT and Bothwell Neurology clinics director; and Brittani Geml, Bothwell Family Health LPN

YOU KNOCKED OUR SOCKS OFF

David Foland, Security

Congratulations to David Foland, Security officer, for going above and beyond to help an Emergency Department patient and his wife during the spike in hot temperatures this month. The elderly patient had had a stroke years ago and could not walk, talk or use his hands. When his wife approached the ED ramp to drop him off she saw two security officers approach her car and assumed she was going to be told to move her car. Instead, the officers helped her husband into a wheelchair and David offered to park her car for her in the 99-degree heat so she could go with her husband and be in air conditioning.

Thank you, David, for your thoughtfulness and caring for patients and their families so well!



Lisa Irwin, Human Resources and Support Services vice president, presented socks and a certificate to David Foland, Security officer.

YOU KNOCKED OUR SOCKS OFF

Dr. Kelly Edwards, Bothwell Orthopedics & Sports Medicine

Dr. Kelly Edwards was recognized at the August board meeting with a You Knocked Our Socks Off award for generosity beyond the line of duty. The daughter-in-law of the patient shared that her mother-in-law had had an allergic reaction to a prescribed medication. When Laurie, Dr. Edwards' nurse, saw the reaction, she got her into to see Dr. Edwards right away. Dr. Edwards gave the patient a steroid shot and salves to use that required loose clothing. When the patient said she didn't have any and planned to buy some, Dr. Edwards gave her a pair of his extra scrubs to wear. The patient returned the scrubs cleaned along with a strawberry pie.

Thanks, Dr. Edwards, for helping your patient out in a time of need!



Dr. Kelly Edwards and Steve Hickman, LPN from Bothwell Orthopedics & Sports Medicine, received their socks and certificates at the August board meeting.

YOU KNOCKED OUR SOCKS OFF

Steve Hickman, Bothwell Orthopedics & Sports Medicine

James White, Bothwell Foundation board chairman, wrote a note to CEO Lori Wightman about his recent visit to Bothwell and his appreciation for an experience he had while accompanying an employee on the visit.

"One of my employees suffered a broken leg and was treated in the ED. I then took him to an appointment with Dr. Stout at the Healing Arts Center. After seeing Dr. Stout, Steve put on a fresh splint. Steve is the best at Bothwell! His genuine care and concern for my employee made a bad situation much better. He takes great pride in Bothwell. Equally important, Steve takes great pride in himself. It is the remarkable folks at the hospital like Steve that make volunteering for the Bothwell Foundation worth every hour spent."

Thank you, Steve Hickman, Bothwell Orthopedics & Sports Medicine LPN, for knocking our socks off by living the Bothwell mission of "Exceptional health and wellness services."



WE'RE HERE FOR YOUR BEST SLEEP

Do you suffer from?

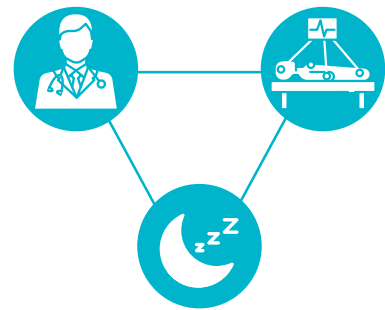
- Snoring
- Difficulty staying asleep
- Unrefreshing sleep
- Morning headaches
- Daytime sleepiness
- Frequent urination at night

You don't have to dream of good sleep. If you're an employee with Bothwell insurance, you may qualify for a free home sleep study!*

During a home sleep study, you sleep with the equipment and return it the next day. Our medical professionals analyze and communicate the results with you within two weeks.

Call Bothwell Sleep Center at 660.827.9573 to schedule your appointment and start sleeping better.

*Office visit and appropriate copay required. If you're unable to do the sleep study at home, the study becomes a Sleep Center study and goes toward your deductible and coinsurance.



BothwellTM
Sleep Center

GET WELL. STAY WELL. BOTHWELL.

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DEPARTMENT SPOTLIGHT

Clinical Financials

Let's get to know each other better! Department Spotlight is a new addition to the Billboard aimed at highlighting a department each month, what they do and who they support. The first spotlight is on Clinical Financials led by Director Terri McCarthy.

What does this department do?

Clinical Financials codes and bills all clinics, bills Emergency Department providers, credentials all practitioners with insurance carriers, and trains/educates all clinic registration staff.

How would you describe your team?

We all work very well together ... our motto is, "We Before Me."

What other departments does this department support?

We support hospital financials and collections and the Health Information Management department.

What is one thing other people at Bothwell may not know about this department?

We are across the street from the Emergency Department in a separate building from the hospital.

What is a recent accomplishment in the department you are proud of?

The hospital and clinics have never collected \$13 million in one month before and we accomplished that in March 2022, and our Accounts Receivables (AR) is currently 35 days. AR is the time (days) from when an account is registered until that account becomes a zero balance. The lower the better, but 35 days is very good for our clinics.

What do members in this department like to do for fun?

We like to eat! Food days are a welcome sight in the whole building.



Front row, from left to right: Terri McCarthy, director; Melanie Estes, coder; Eva Eubanks, coder/compliance coordinator

Back row, from left to right: Michelle Kirkpatrick, coder; Christal Chapin, billing specialist; Stephanie Mallory, billing specialist; Kim Murphy, billing specialist; Amanda Schimek, billing specialist; and Valery Tate, billing specialist

Not pictured: Kristy Kestner, billing specialist; Michelle Nieman, insurance credentialing; Leah Mahin, customer service lead; Mackenzie Walker, coder; Hana Lingenfelter, coder; Kelsey Ehlers, coder; Tina Johns, coder; Heather Moon, coder; and Diann Steele, coder

BOTHWELL AT THE FAIR Gluten-Free Baking Contest

As a part of Bothwell's sponsorship of the 2022 Missouri State Fair, MHA Administrative Intern Paul Knocke, Dietetics Director Terri Deer and board member and Sedalia Mayor Andrew Dawson judged the Gluten-Free Baking Contest in the Home Economics Building on Friday, Aug. 12. The winning entry was an M&M Cookie.



BOTHWELL AT THE FAIR Congratulations Randy Smith

We love the Missouri State Fair and we love our veterans! Congratulations to veteran and Director of Facilities Management Randy Smith on his selection as one of 11 active-duty or veteran military members to lower the American flag each evening during the fair's Military Flag Retreat Ceremony. Randy served in the U.S. Air Force from 1979 to 1983 and has worked at Bothwell for 37 years.

Randy was honored to receive the flag on Aug. 18 and said in his remarks, "I wouldn't be here today without the Air Force. I thank everybody that served before and the ones serving now to give us the freedom we have now."

Thank you, Randy, and the more than 30 other veterans who work at Bothwell, for your service to our country!



Members of the Missouri National Guard lowered and folded the flag.



A staff member from ceremony sponsor Retrieving Freedom, Inc. presented the flag to Randy Smith.



Randy and some members of his family ... his wife Susan, grandson Whitley Smith, son Sean Smith and daughter-in-law Andrea Smith.

BOTHWELL AT THE FAIR We're Here to Volunteer

Thank you to the many Bothwell team members who volunteered their time on Saturday, Aug. 13 to staff the water station and souvenir stands to help benefit the Missouri State Fair Foundation and those who staffed the blood pressure screenings and informational table in the Senior Lounge on Aug. 11 and 17.

We appreciate you!



ON TO THE NEXT CHAPTER Janice Johnson Retires

Janice Johnson, RN, BSN and certified lactation consultant, retired on Aug. 11 after serving Bothwell for 32 years.

Thank you, Janice, and congratulations!



Kathy Friedley Retires

Please help me in congratulating Kathy Friedley for her 23 years of service to Bothwell Regional Health Center and the Information Technology department. Kathy worked in many roles while at Bothwell, from four years as a HelpDesk Technician to five years as a Hardware Specialist and finally as a Systems Analyst for the past 14 years. During Kathy's time she saw many technology changes and helped with all of them. Probably the largest undertaking was when we took 75+ disparate systems and merged them into one system, Meditech.

Kathy has earned a well-deserved retirement from Bothwell. She elected to not have a retirement tea, and she will now shift her focus to her family and grandkids and the other great things that retirement brings. One chapter ends and a fresh new chapter begins ...

Thank you Kathy!

— Tom Fairfax, Information Technology director

TRAINING EMPLOYER PARTNERS Employee Wellness Clinic in Action

Clinicians with Bothwell Employee Wellness Clinic and others presented six occupational health training sessions in August to Owens Corning employees in order for them to meet Occupational Safety and Health Administration guidelines.



Mike Trammell, MPT, Bothwell PEAK Sport & Spine clinic director, shared safe lifting, stretching, ergonomic techniques



Physician Assistant Mike Shipp, Bothwell Walk In and Employee Wellness clinics, spoke about avoiding illness in the workplace



Nurse Practitioner Emily Kusgen, Bothwell Employee Wellness Clinic, shared information on heat stress and bloodborne pathogens



Jennifer Evert, RN, Quality Resource Nurse, talked about respiratory safety

Not pictured: Gerald Young, Bothwell ENT hearing instrument specialist, shared his expertise on hearing conservation in the workplace



DAISY AWARD WINNER

Leslie Shapley, RN

Bothwell Regional Health Center recently presented its latest Daisy Award for Extraordinary Nurses to Leslie Shapley.

The Daisy Award is for patients and their families to nominate nurses who give outstanding, compassionate and skillful care. Shapley, a registered nurse in the hospital's 2 North unit, was nominated by the wife of a patient.

"My husband and I visited 2 North weekly and sometimes two times a week for six weeks," the woman said. "Leslie was there to greet us and change the dressing on his PICC line. Some of the times were quick and quiet and other times there was a lot of busyness. Everyone there was very helpful, but Leslie stood out to us."

Shapley has worked in 2 North since 2019. She and other staff insert intravenous lines in hospital patients who need intravenous drugs and care for others who require out-patient procedures or short- or long-term drug administration for treatment of their illnesses. She began her career at Bothwell in 2010 after earning her nursing degree at State Fair Community College.

Shapley said she remembered the patient and his wife during their visits and enjoyed their friendliness.

"I enjoyed getting to know both of them, but most of all, I remember the light-hearted banter between myself and the patient," she said. "It makes my heart full that not only did they take the time to make us a plate of cinnamon rolls and write very thoughtful thank you cards but also took the time and effort to nominate me for this award."

The nominator said she and her husband appreciated Shapley's positive and gentle demeanor and admired her ability to multitask during busy times.

"Some days the unit was really busy, especially during times staff was answering questions about Covid and infusions," she said. "As we listened to Leslie on the phone with other patients, it was readily apparent that patience is a genuine part of her. We felt it was the same when we needed help. Her empathy was appreciated, and she gave us outstanding care."

Laura Weisenburger, Bothwell Nursing educator and recruiter, presented Shapley with a certificate commending her for being an "Extraordinary Nurse." She also received a box of cinnamon rolls, a DAISY Award pin and a sculpture called "A Healer's Touch," hand-carved by artists of the Shona Tribe in Africa.



Bothwell Regional Health Center recently presented a DAISY Award to Leslie Shapley, registered nurse in the hospital's 2 North unit. From left, Lisa Irwin, Human Resources and Support Services vice president; Lori Wightman, chief executive officer; Rachel Gammill, 2 North Certified Nurse Assistant; Lesley Jackson, Emergency Department manager; Michele Laas, chief nursing officer; Shapley; Kim Perez, Clinical Education director; Tammy Jackson, Critical Care Services director; Steve Davis, chief financial officer; and Laura Weisenburger, Nursing educator and recruiter

DAISY AWARD WINNER (CONTINUED)

Leslie Shapley, RN

A DAISY Award banner recognizing her will hang in the unit and Shapley's name will appear on the DAISY Foundation website.

"Leslie is a stellar nurse and so deserving of this award," Weisenburger said. "We absolutely love getting nominations from patients or their families. Health care can be a really stressful occupation, and these notes of appreciation validate our work and allow us the opportunity to recognize our staff in a way that keeps all of our 'buckets full.'"

Shapley said she appreciated knowing she made an impression on someone and was quick to recognize she's part of a larger team.

"I enjoy meeting people and hearing their stories and educating and helping them in whatever capacity I can," she said. "Whether it was our conversations, teaching, care or skills, this simple act the patient and his wife did reiterates to me why I love what I do. While this award singles me out, the reality is there is a chain of people who also deserve recognition. I appreciate everyone I work with who shows up, puts in the effort and goes above the standard of care."

The DAISY Award for Extraordinary Nurses was started in 1999 in Glen Ellen, California, by members of the family of Patrick Barnes, who died at the age of 33 of complications from an autoimmune disease. The care his nurses provided was the inspiration for the DAISY (Diseases Attacking the Immune SYstem) Award.

An international award, the DAISY is awarded in more than 2,800 health care facilities in all 50 states and 17 countries. Bothwell Regional Health Center began recognizing its nurses with the DAISY Award in 2018. Jessica Wheeler, Shari Thomasson, Shasta Nardi, Courtney Rumans, Sarah Plante, Connie Roll, Ronda McMullin, Sarah Fredrickson and Sherri Egbert are previous recipients.

To learn more or to submit a nomination, visit brhc.org/daisy.



From left, Laura Weisenburger, Nursing educator and recruiter, presents the DAISY Award for Extraordinary Nurses to Leslie Shapley, registered nurse in the hospital's 2 North unit.

JULY EMPLOYEE OF THE MONTH

Helen Fisher

One of the key characteristics of the nursing profession is selflessness, and Helen Fisher, Women's Health and Newborn Care RN, is a perfect example.

Fisher spends more time in her unit than is required of her. Even if her shift is over she will stay if her help and knowledge is needed. She is always quick to give up her own time and offer assistance, and her attitude and work ethic are valued.

It's these qualities that earned her the July Employee of the Month award. Fisher was nominated by Kirstin Stone, Labor and Delivery RN.

"Helen is an amazing team player," Stone said. "She is always there to help and once stayed past her shift to make sure a c-section ran smoothly. Her help was greatly appreciated, and I don't know what we would have done without her."

Stone said Fisher regularly demonstrates what Bothwell stands for and that she goes above and beyond for her patients and coworkers.

"As a leader, Helen mentors other nurses to fit the Bothwell standard," she said. "All nurses that learn from Helen look up to her, and I hope to one day be as good as she is. She is a crucial part of our team and adds so much to it."

Congratulations, Helen, on being named July Employee of the Month!



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ANNUAL 5k WALK / RUN REGISTRATION FORM

Please join us for our annual trip down "Memory Lane" to honor our loved ones. The trail will be lined with signs honoring individuals that have passed due to suicide, depression, mental health issues, etc.

All proceeds will benefit DeFeet.Org. All proceeds stay in Pettis County. All donations are tax-deductible (DeFeet.Org – 501c3)

***Please wear your "YOU OKAY TODAY?" t-shirt to this event. If you do not have a t-shirt, one will be provided for you (1-shirt per paid registration). This will not be a timed event (no prizes, metals, etc. awarded).

- **DATE: SATURDAY, SEPTEMBER 10, 2022**
- **LOCATION: Liberty Park – Sedalia, Missouri**
- **ENTRY FEE: \$20.00**
- **REGISTRATION: 8:15 A.M.**
- **OPENING CEREMONY: 9:00 A.M.**
- **WALK/RUN: 9:15 A.M.**

For pre-registration, please detach & return form & payment to: **DeFeet PO Box 135 – Sedalia, MO 65302**

☐ (check here) I would like to decorate a sign in honor of my loved one to be placed along the trail (signs must be returned by September 8th to be included along the trail of the walk).

☐ (check here) I do not have an "You Okay Today" t-shirt and would like one included in my registration packet. Size: _____ (adult sizes only) Small, Med, Large, XL, 2XL, 3XL, 4XL

☐ (check here) I would like to sign up for DeFeet.Org mailing list. No addresses will be shared, sold, etc. (email address here) _____

NAME OF PARTICIPANT: _____ Phone: _____

In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators waive & release any claims that I may have against this event & their sponsors. I certify that I am physically able to participate in this event and do not hold anyone but myself liable for any harm. DeFeet.Org has my permission to take photographs, recordings, etc. at this event and use them on any public outlet.

SIGNATURE OF PARTICIPANT

THESE FLOWERS HAVE A LOT OF FIGHT IN THEM.

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers — each carried by someone committed to raising funds and awareness to help end this disease. It's time to add your flower to the fight.

Visit alz.org/walk for more information about this year's event and to register.



Walk to End Alzheimer's - Sedalia

Saturday, September 17, 2022

Centennial Park, 1400 E 16th St, Sedalia, MO 65301

Site opens: 1 pm, Ceremony: 2 pm Walk: 2:15 pm

For more information, labuhman@alz.org or 816.596.2312

Register at alz.org/sedaliawalk

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KEY AWARDS

Katie Jackson
Linda Jeffress
Becky Leiter
Rik Hill
Chase Belnap
Emily Girard
Fran Craver
Kiwi Popyk-Wyatt
Marina Seaton
Whitney Benscoter
Lindsay Willis
Brenda Sprinkle
Sarah Hopper

Tammy Jackson
Ashley Schroder
Kayla Lorenz
Jessica Bohnstengel
Robbie Logston
Mikayla Martin
Pamela Bruns
Ann Martin
Teresa Friedlander
Wayne Smither
Nathan Porter
Kaela Reeves

NEW EMPLOYEES July

Andrea Abon
Nursing Administration

Megan Arth
Bothwell OB/GYN Associates

Sarah Bell
Same Day Surgery

Jennifer Brownfield
Social Services

Melissa Bussey
Critical Care Unit

Christal Chapin
Clinic Billing

Amanda Cormican
2 Southwest

Austin Duffey
Plant Services

Leslie Fields
Radiation Oncology

Erica Flores
Case Management

Valentina Garnik
Admitting

Kimberly Greer
*Susan O'Brien Fischer
Cancer Center*

Kyle Hull
Radiology

Rimma Listratenko
2 Southwest

Lacole Manolias
Dietary Services

Mandy Moore
Laundry Services

Natalya Oliferchuk
Surgery

Kaley Overton
*Bothwell Orthopedics &
Sports Medicine*

Ana Pahua
2 Southwest

Michelle Rogers
Patient Financial Services

Christina Swank
Emergency Department

Heather Walker
Nursing Administration

Rachel Wallace
Emergency Department

Sophie Widel
Nursing Administration

Lisa Zane
Bothwell Urology Services

EMPLOYEE ENGAGEMENT NEWS

Community Café Volunteers Wanted

Bothwell will be serving at the Community Café from **4 to 7 pm Thursday, Sept. 29**. About eight volunteers are needed to assist with serving and cleaning up that evening. This is a great opportunity to help the community and bond with your Bothwell coworkers!

Those who are interested in volunteering should email Cindy McKeon at cmckeon@brhc.org.

EMPLOYEE ENGAGEMENT NEWS

Upcoming Events and Join Us!

The committee is beginning to plan fall and holiday events that include the Sedalia Parks & Recreation scarecrow competition in early October and Christmas floats for parades happening in Sedalia and Lincoln in November. If you are not on the committee and would like to volunteer to just help with either or both of these events, please email cochairs Annette Smith at arsmith@brhc.org or Linda Watterson at lwatterson@brhc.org.

If you are interested in joining the committee, which meets at 2 pm on the second Thursday of each month in the Chapel Learning Center, please reach out to Annette or Linda for more details.



AUG 11-31

**THANK YOU
TO THOSE WHO
DONATED TO THE
OPEN DOOR FOOD
DRIVE HELD
AUG. 11-31!**

**BUCKETS
OF LOVE**

**OPEN
DOOR**
FOOD PANTRY
THRIFT SHOP • KITCHEN

50 YEARS

Bothwell
Regional Health Center



EMPLOYEE SCRUB CLOSET

The Employee Engagement Committee is collecting the following items to create a scrub closet for employee use.

- Lightly used scrub tops
- Lightly used scrub pants
- Lightly used scrub jackets
- Bothwell logo shirts
- New scrubs

Items must be in good, like-new condition.

Please take donations to Human Resources on the hospital's ground floor.

This initiative is sponsored by the Bothwell Employee Engagement Committee.



GET WELL. STAY WELL. BOTHWELL.

PATIENT SAFE HANDLING INITIATIVE

Preparing a Patient for Safe Ambulation

Know your patient risk factors before ambulating

- Medication along with associated side effects, dizziness, drowsy, impaired judgment
- Cognition – difficulty following directions, decreased memory, dementia etc
- Sensory – peripheral neuropathy, vertigo, visual deficits, etc.
- Weight – bearing restrictions and limitation
- Weight – to ensure proper device is utilized and reduce injury

Ensure the environment is safe

- Remove barriers and trip hazards out of way
- Provide verbal feedback for patients, e.g. “The chair is about one-foot behind you.”

Use appropriate assistive devices

- Use gait belts every time
- Mechanical lifts for patient and staff safety
- Glasses and hearing aids help provide environmental cues
- Proper foot wear or non-skid socks
- If using an assistive device, use the device every time

Assistance level

- Know your patient assistance level
- Know your patients activity tolerance
- Anticipate fluctuations in assistance level based upon fatigue level



All disciplines should update the communication board in patient rooms to reflect the most recent ambulation needs. Keep family up-to-date on ambulation needs and provide education to help reduce falls while in the hospital and when patients return home.

BOTHWELLNESS QUARTERLY HEALTH CHALLENGES



July through September Challenge: **HEALTHY FOOD FOR FUEL**



A healthy diet is essential for good health and nutrition. It protects you against many chronic noncommunicable diseases, such as heart disease, diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, are essential for healthy diet. This quarter participate in these challenges that are part of the BRHC Wellness Plan (formerly Bothwell Rocks Health and Wellness).

- Submit a healthy recipe you've tried to bothwellness@brhc.org and tell us why you like it. Recipes may be shared in an issue of the Billboard
- Watch educational videos about healthy eating and cooking located in the Bothwellness Corner on the Intranet
- Schedule your annual wellness exam by calling Melissa Guffin at 660.827.9138

Completing a challenge counts toward your annual BRHC Wellness Plan activities requirements. The plan must be completed once every calendar year to maintain favorable medical insurance premiums for the next year.

Want to participate in this challenge? It's super easy!

1. Send an email to bothwellness@brhc.org by Sept. 30.
2. Provide information that you completed one or more of the above challenges. (We are using the honor system.)
3. You'll be automatically entered in a prize drawing!

GET WELL. STAY WELL. BOTHWELL.

FROM THE BOTHWELL{NESS} COMMITTEE

Healthy Recipes for the Win!

We're excited to share a number of healthy recipes that have been shared by employees participating in the Q3 health challenge. Let's get cooking!

Easy Shrimp and Vegetable Skillet

This Easy Shrimp and Vegetable Skillet makes a healthy, quick, and delicious dinner! Packed with wild-caught shrimp, tender zucchini, and sweet bell peppers, it is going to become your favorite seafood dish!

Servings: 4

Nutrition Facts: 430 calories / 15g carbs / 50g protein / 19g fat

Ingredients

- 2 lbs. peeled and deveined shrimp
- 2 small zucchini
- 2 small yellow squash
- 3 small bell peppers any color
- 3 Tablespoon olive oil
- 2 Tablespoon butter
- 2 garlic cloves finely chopped
- 1 Tablespoon paprika
- ½ Tablespoon Cajun seasoning
- Salt and pepper to taste
- Fresh parsley to garnish



Instructions

1. Cut the vegetables into bite-sized pieces.
2. Place the shrimp into a medium bowl and add the Cajun seasoning, paprika, salt and olive oil. Mix well.
3. Heat a large skillet over medium-high heat. Add the shrimp and cook for about 6–7 minutes, or until cooked through. Remove the shrimp from the skillet and set aside.
4. To the same skillet, add the garlic, butter and vegetables. Season with salt, and stir-fry for about 10 minutes, or until the vegetables are tender.
5. Return the shrimp to the skillet, stir well and garnish with parsley. Serve.

Priscilla Tatman, Environmental Services worker

https://cooktoria.com/wprm_print/6823

FROM THE BOTHWELL{NESS} COMMITTEE

Healthy Recipes for the Win!

Beef Tamale Casserole

Here's one of our family favorite healthy recipes! I love it because it feeds a lot of people and even though it's a casserole, it's healthy!

Servings: 8

Serving Size: 273 g or 1/8th of the casserole

Nutrition facts: 403 calories / 33.5g carbs / 28g protein / 17.5g fat

Ingredients

- 2 pounds lean ground beef
- 1 packet of reduced sodium taco seasoning
- ¼ cup water
- 1 (8.5 oz) box of Jiffy corn muffin mix
- 1 (14 oz) cream style corn
- 1 (4 oz) can diced green chilies, drained
- ½ cup liquid egg whites
- 1 (10 oz) can Old El Paso mild red enchilada sauce
- ¾ cup shredded Mexican blend cheese

Instructions

1. Preheat the oven to 375 degrees. Spray a 9x13 inch dish with nonstick cooking spray.
2. In a medium bowl mix the corn muffin mix, creamed corn, drained chiles, and egg whites together with a fork or whisk. Pour in the prepared dish.
3. Bake for about 15–18 minutes or until lightly browned around the edges. Set aside to cool.
4. Meanwhile, cook the ground beef and taco seasoning in a medium skillet until browned.
5. When the cornbread has cooled slightly, use a fork to poke holes in the top. Pour ½ can of enchilada sauce over the cornbread.
6. Top with the ground beef. Pour the remaining enchilada sauce over the beef. Top with shredded cheese.
7. Bake for another 15–20 minutes or until the cheese is melted.

Rachel Owens, Director of Finance



FROM THE BOTHWELL{NESS} COMMITTEE

Healthy Recipes for the Win!

Flank Steak Pinwheels

Servings: 6

Nutrition facts: 409 calories / 3g carbs / 25g protein / 14g fat

Ingredients

- 2.25 lbs. flank steak
- 3 slices of Provolone cheese
- Grated Parmesan cheese
- 1 Tablespoon pepper
- 1 Tablespoon minced garlic
- 2 Tablespoons butter
- Salt
- 1 cup spinach
- 1 package of dried (powder) Ranch Dressing

Instructions

1. Preheat oven to 350 degrees.
2. Take flank steak and place between plastic wrap. Pound each side of the steak until it is ~¼ inch thick.
3. Remove plastic wrap and season both sides of the steak with pepper, garlic and salt.
4. Sprinkle dried powder Ranch dressing onto one side of the steak.
5. Take torn up spinach and place on top of step 4.
6. Sprinkle grated parmesan cheese on top of spinach.
7. Layer slices of provolone cheese.
8. Roll steak up starting at one long end and working to the other.
9. Tuck in the filling as you go.
10. Once rolled up, re-wrap in plastic wrap and place in freezer for 15 minutes as this will facilitate the ease of slicing the steak.
11. When removed from the freezer remove the plastic wrap. Then either wrap up the steak with twine or secure with toothpicks.
12. Cut the steak into slices (being certain not to cut the twine/toothpicks holding the roll together).
13. Cut the slices in thicknesses of 1 ½ inches.
14. Preheat a grill pan and heat to medium-high.
15. Place the slices into the pan and cook until browned approximately 2–3 minutes on each side
16. Place the pan from the previous step into the oven and cook for 8–10 minutes or until the pinwheels reach the desired “doneness.”
17. If you desire a crunchy bite to your pinwheels you can broil on high until the tops of the pinwheels appear crunchy (~2–3 minutes).
18. Once removed from the heat allow the steak to rest for 5 minutes and then serve.

*One can substitute blue cheese or Boursin cream cheese as an alternative to the Provolone cheese.
Roasted red peppers or artichoke hearts can be cut up and substituted in place of the spinach.*

Cindy McKeon, Laboratory Director



FROM THE BOTHWELL{NESS} COMMITTEE

Healthy Recipes for the Win!

Fresh Fruit with Lite Cool Whip

I like it because it uses the fresh fruits of summer time and doesn't have a whole lot of added sugar to it. If I eat fresh fruit I stay out of the candy bars.

Servings: At least two

Ingredients

- 1 large peach washed and diced
- 10 blackberries washed
- 10 blueberries washed
- 6 strawberries washed and sliced



Instructions

Mix all the above fresh fruit in a bowl with one-half of an 8 ounce container of lite cool whip.

Or you could mix in sugar-free vanilla ice cream.

Can also add a small piece of Angel Food Cake and add fruit to the top of the cake.

Shirley Schlobohm, Staffing Secretary

White Chocolate Puff

Ingredients

- 1 (8 oz) Zero cool whip
- 1 (4.5 oz) white chocolate sugar free pudding
- ½ cup heavy whipping cream
- Lily's chocolate chips

Instructions

Put all the cool whip in a mixing bowl and add pudding mix and whipping cream, mix well, put in the fridge and chill. Put in dessert cups and add chocolate chips and enjoy. Low carb and great for diabetics.

Sandi Bowlby, Centralized Scheduling Specialist

FOUNDATION NEWS

1930's Social Club Mixer Educates

The Bothwell Foundation's Special Prospects Committee hosted its first 1930's Social Club mixer on Aug. 8 at the home of Scott and Lindsey Benbrook, committee chairs. The 1930's Social Club is a group of visionary community leaders continuing the tradition of health care excellence begun by John Homer Bothwell's philanthropic gift in 1929 that started the John H. Bothwell Memorial Hospital.

The first event was an opportunity for guests to hear updates from James White, foundation board chair and Lori Wightman, Bothwell CEO, in an informal setting. The group also learned about the purpose of the Social Club and how membership helps advance Bothwell's mission. Todd Nappe, Security director, and Paul Knocke, MHA Administrative summer intern, gave a presentation on the need for a K-9 security officer at Bothwell, and Laura Weisenburger, Nursing educator and recruiter, demonstrated the department's new virtual reality training system.

Special Prospects Committee member include:

- Scott and Lindsey Benbrook, Chairs
- Mike and Chele Trammell
- Jeff and Tenea Lowman
- Reid and Libby Swearingen
- Kyle and Roxy Herrick
- Dr. Dan and Meghan Woolery

The committee will host other events to recruit members to the Social Club. Members will be recognized on displays at Bothwell and receive special announcements related to new programs and services, plus invitations to hospital event and celebrations including the annual 1930's Social Club celebration events.





Bothwell Foundation 2022 Pinktober Shirts



Orders and Payment Due by September 9

All proceeds benefit the Bothwell Foundation's Cancer Services Fund.

**T-shirts are fuchsia and black. Youth sizes may be a slightly different color.*

Pinktober Shirt Order Form

Shirts are \$20 each. Orders due Friday, September 9.

Name: _____

Department: _____

☐ Check here to pay with Payroll Deduction &

Provide Employee ID #: _____

Pinktober Shirt Options:

_____ Black _____ Fuchsia

Adult Shirt Size (unisex):

___ Small ___ Medium ___ Large ___ XL

___ 2XL ___ 3XL ___ 4XL

Youth T-shirt Sizes:

___ Small ___ Medium ___ Large ___ XL

Total Payment Due: \$ _____

Turn in completed form and payment to the Bothwell Foundation/Marketing office or mailbox. Make checks payable to the

Bothwell Foundation. For more information, contact the Bothwell Foundation at ext. 8855.



Bothwell Foundation 2022 Pregnancy & Infant Loss Remembrance Shirts



*T-shirts are unisex Bella brand shirts.

Orders and Payment Due by September 9

Order online <https://brhcfoundation.ejoinme.org/PILRD2022> at or complete form below.

Pregnancy & Infant Loss Remembrance T-shirt Order Form

Short sleeve shirts are \$20 and long sleeve are \$25. Orders due Friday, September 9.

Name: _____

Department: _____

☐ Check here to pay with Payroll Deduction &

Provide Employee ID #: _____

Adult Shirt Size (unisex):

___ Small ___ Medium ___ Large ___ XL

___ 2XL ___ 3XL ___ 4XL

Total Payment Due: \$ _____

Quantity / Style:

___ Short Sleeve **\$20 ea** ___ Long Sleeve **\$25 ea**

Pay online with the link above or turn in completed form and payment to the Bothwell Foundation/Marketing office or mailbox. Make checks payable to the Bothwell Foundation.

For more information, contact the Bothwell Foundation at ext. 8855.

FOUNDATION NEWS

The Bothwell Foundation Needs You!

Support two organizations at once by donating blood at the Community Blood Center and help the Bothwell Foundation have a chance to win \$1,500. Appointments are preferred. Book your appointment today at [GIVE BLOOD](#).



2nd Annual Community Challenge Wednesday, September 14th 10:00 AM - 6:00 PM

First United Methodist Church
916 Thompson Blvd

The nonprofit* prizes:

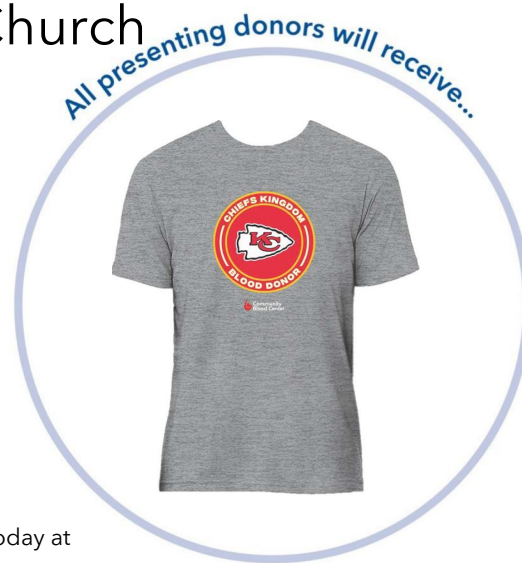
1st Place earns \$1,500!

2nd Place earns \$1,000!

3rd Place earns \$500!



Appointments are preferred. Book your appointment today at [savealifenow.org/group](#), enter **Group Code: EH4K** or scan **above QR code**. For additional details contact Haleigh Mullins at (660) 596-7688 or haleigh.mullins@centralbank.net



Medical eligibility questions? Call 1.800.688.0900.



*To participate, groups must be a 501(c)3 and register with us 09/01/22

877.468.6844 • [savealifenow.org](#)



AUXILIARY NEWS

Two Employees Awarded Scholarships

Two \$2,500 scholarships were recently awarded to area health care students by the Bothwell Regional Health Center (BRHC) Auxiliary. Scholarships were given to Stacey O'Donnell and Lucinda Manolias, both of Sedalia.

O'Donnell graduated from Cole Camp High School and earned a Nursing degree at State Fair Community College. She has worked at Bothwell Regional Health Center for 15 years and for the last eight as a Registered Nurse in Bothwell's Susan O'Brien Fischer Cancer Center. O'Donnell is pursuing a bachelor's degree in Nursing at Central Methodist University and plans to earn a master's degree in Nursing and become a Nurse Practitioner.

Karen Suroff, BRHC Auxiliary Scholarship Committee chairwoman, said O'Donnell's references described her as someone who is passionate about helping others and her career.

"Stacey was described as a professional 'through and through' and often catches underlying symptoms of her patients," Suroff said. "She is also known to advocate for her patients by speaking up to clinicians when needed."

Lucinda Manolias graduated from Whittier High School and is a Certified Nurse Aide at Bothwell. She is enrolled in the Nursing program at State Fair Community College.

"Lucinda started college as a business major, but a family member became ill and died unexpectedly," Suroff said.

"That experience changed her education direction to nursing. She wants to learn what happened and has the desire to help people. Her references described her as



The BRHC Auxiliary recently awarded two \$2,500 health care educational scholarships. From left, Lucinda Manolias, Karen Suroff, Auxiliary Scholarship Committee chairwoman, and Stacey O'Donnell.

responsible, an excellent teammate who goes the extra mile and someone who is able to find ways to make the best of any situation."

The Auxiliary Scholarship Committee includes Suroff, Sue Heckart and Carolyn Sperry. Suroff said the committee was pleased with the caliber of this year's applications and is proud of this year's winners.

"We are very supportive of Stacey and Lucinda," she said. "We wish each of them the best of luck on their educational journeys and hope they will continue to serve Bothwell and our community in the future."

The BRHC Auxiliary operates the Gift Shop located on the hospital's ground floor. Sales and other fundraising projects help fund scholarships and medical projects that support Bothwell Regional Health Center. Gift Shop hours at 9 am to 6 pm Monday through Friday; 10 am to 2 pm Saturday; and 1 to 5 pm Sunday. For more information or to donate to the auxiliary, contact Suroff at 660.827.0445.

AUXILIARY NEWS

Volunteers Needed!

The Bothwell Auxiliary is looking for volunteers to work in the hospital in a variety of roles including assisting patients who have had joint replacement surgery, in the Cancer Center, in the Gift Shop or at the front desk.

The time commitment for those who assist patients who have had joint replacement surgery is about 60 to 90 minutes just two times a month, and tasks may include assisting therapists during patient therapy and encouraging patients who don't have an exercise coach. While not required, it helps if you've had joint replacement surgery yourself. This is a great job for those who love supporting others and being a cheerleader.

Volunteers in the Cancer Center greet and escort patients and assist patients' families and visitors. This is a great opportunity to get in daily steps as it is an active volunteer position!

If you or someone you know would be interested in any of these roles, visit brhc.org/careers/volunteer or contact Sarah Lyles at 660.827.0343!

WE LIKE TO DO GOOD DEEDS.
HERE'S OUR GIFT TO YOU.

Skip-A-Payment!

With all the activities at this time of year, many people wish they could take a break from their loan payments and use the money to get away or enjoy those special times.

WELL NOW YOU CAN!



Stop by or call to inquire

Bothwell Hospital Employees Credit Union

600 E 13th St

(660)827-9518

bhecu@iland.net

processing fees will apply

SEPTEMBER BIRTHDAYS



Karen Duensing	2	Veronika Mezentsev	12	Stormy Young	22
Stacey O'Donnell	2	Laura Phillips	13	Tammy Walker	23
Krista Phillips	2	Alyson Joyce	13	Cindy Mckeon	23
Shelby Bradshaw	2	Shannon Lopez	14	Tonya Shoemaker	23
Kelli Anders	3	Amanda Cormican	14	Pavel Ogorodnik	24
Pam Bruns	3	Katelyn Purchase	14	Lin Carr	24
Tammy Hankins	4	Kendall Lane	14	Teresa Luyet	25
Charolett Johnson	4	Angie Dewitt	15	Gwen Fields	25
Rebeka Giroux	4	Natalya Antonov	15	Dr. Jeffrey Sharp	26
Ana Pahua	4	Cora Ilu	15	Cindy Harris	26
Clarissa Burke	5	Rimma Listratenko	16	Katie Hill	26
Tiffany Buxton	5	Bryon Harness	17	Amelia Jacobs	26
Brad Cluff	6	Dr. Terry Chance	17	Mikayla Martin	26
Pamela Smith	6	Debbie Bobbitt	18	Pam Oswald	27
Michele Laas	7	Brooke Allee	19	Suzy Trapino	27
Stacy Davis	7	Melissa Dillon	19	Devin Wiley	28
Audi Ruffel	7	Mary Ditzfeld	19	Lyndzie Lansin	28
Kristi Cornell	7	Katherine Paul	20	Katie Jackson	28
Savanah Hudson	7	Nathan Porter	20	Dr. Kelly Edwards	30
Stephanie Roberts	8	Claudia Hernandez	20	Troy Meier	30
Danielle Strickland	8	Natalie Ficken	21	Curtis Richardson	30
Bart Kuhns	10	Alex Swords	21		
Boris Ogorodnik	11	Mary Lou Grose	22		
Heather Avey	11	Sarah Bell	22		
Leah Hermanson	12	Ashley Heishman	22		
James Crowe	12	Shari Thomasson	22		
Kaylei Gooch	12	Sabrina Rodewald	22		
Martha Mefford	12	Taryn Lee	22		