

DECEMBER 2022

BILLBOARD



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



"BE WHERE YOUR FEET ARE"

A Letter from Lori

As 2022 winds down, a little self-reflection always seems in order as we approach the start of a new year. I have many times vowed not to make another resolution yet here I am thinking about weight loss, exercise, et cetera, et cetera. This year, I thought I might also take a step back, pause and reflect on what my "non-weight" resolution will be for 2023.

Maya Angelou once said, "If you must look back, do so **forgivingly**. If you must look forward, do so **prayerfully**. However, the wisest thing you can do is to be **present in the present.**"

This quote has me thinking about being present and how that is increasingly more difficult while at the same time is increasingly more important. Whether it's the distractions of our phones, our never-ending to-do lists or the general demands of life, I know I have been guilty of being physically present ... yet not mentally. So this year, my resolution will include being ever mindful of the moment, the conversation I am having, and the company I am keeping.

Scott O'Neil, CEO of the Philadelphia 76ers and New Jersey Devils, is a speaker and author of the book, "Be Where Your Feet Are: Seven Principles to Keep You Present, Grounded, and Thriving". In his book O'Neil said, "Those who manage to be where their feet are will grow, stretch and emerge stronger, smarter and more prepared as we find peace and gratitude in the pause."

[READ MORE ON NEXT PAGE ►](#)



SEE WHAT'S INSIDE!

PHISH OR SPAM?

NEW FACES IN NEW PLACES

HOLIDAY HAPPENINGS

Q1 HEALTH CHALLENGE:
WALK. STAIRS. WATER.

WEAR RED FOR WOMEN FEB. 24

"BE WHERE YOUR FEET ARE" (CONTINUED)

A Letter from Lori

I like this statement a lot and it's in keeping with Angelou's quote. In 2023, I plan to work the practice of the pause ... to breathe ... to focus on what's right in front of me and not what's behind or ahead for richer and more fulfilling conversations and relationships. In short, I plan to "be where my feet are."

I hope you are approaching the New Year with some self-reflection along with anticipation of all the great things in store for us. Like this past year, we will have challenges, yet we will meet them together. All of us in health care have dedicated our lives to service to others. There is no greater goal than to keep our patients from harm while they are in our care. I have always said that what we do is really hard work and would be even harder if we couldn't have fun and enjoy the people we work with. I enjoy working with each of you and wish you a safe New Year's holiday weekend!

Stay well. Be well.



COMMUNITY FITNESS NIGHT

Medical Staff Hosts First Event

The Medical Staff hosted a Community Fitness Night Dec. 29 at the Heckart Community Center. According to center staff, 104 non-members checked in for the evening that was from 6 to 9 pm. Attendees registered children into Child Watch, took a regularly scheduled Zumba class, received pickleball lessons, participated in "Walk with a Doc" on the walking track and chatted with physicians in the community rooms. **See page 4 for event photos.**

BOARD MEMBER NEWS

At its December meeting, the board accepted the resignations of Arwilda "Cookie" Poole and Stafford Swearingen who has moved out of state. Stafford was appointed to the board in 2019 and served as Vice Chair and elected Chair in June 2021. He also served as the board's liaison to the Bothwell Foundation. I'm going to miss Staff terribly. He was a great chairman and provided terrific leadership, support and direction. I am thankful for his friendship and his service and dedication to Bothwell and send best wishes to he and Gena in their new home in Arizona.

Officers will now be Deidre Esquivel, chair; Kelvin Shaw, vice chair; and Dr. Paul Bassett, secretary/treasurer. At its December meeting, the Sedalia City Council expanded the number of our board members from seven to nine and appointed former mayor John Kehde to complete Cookie's term, Dr. Gregory Doak to complete Stafford's term, and added JoLynn Turley and Dr. Michael Murders to the two new board seats. More information on the new members will be provided in the January Billboard.

WHAT'S IN A NAME?

Top Baby Names in 2022

The list of top names for babies born at Bothwell Regional Health Center in 2022 includes classics and new selections. Five girl and five boy names hold the title of most popular compiled from the list of the 413 babies born through Dec. 26 at Bothwell.

The most popular girl names were Amelia, Cora, Mackenzie, Olivia and Sophia. The most popular boy names for the year were Jackson, Matthew, Josiah and Nathan. Olivia and Jackson were the only names to also appear on the 2021 list.

"It's always fun to review the list of different baby names and see which ones were most popular," said Lori Wightman, Bothwell CEO. "We are humbled to play such an important role in welcoming future generations into our community."

Three girl names at Bothwell overlap with the babycenter.com top 10 U.S. national trend list, which include Amelia, Olivia and Sophia. No boy names overlap with the national list.

All babies born at Bothwell receive a special "Delivered by Bothwell" baby blanket, packages of diapers and wipes, and safe sleep information provided by the Bothwell Foundation. New this year is a photo wall located in Women's Health and Newborn Care where families can take their own special keepsake "Delivered by Bothwell" photos as they leave the hospital. This project was also funded by the Bothwell Foundation.

"The birth of a baby is such a joyous time," Wightman said. "We thank these families for choosing Bothwell and allowing us to be a part of their special moments this year."



COMMUNITY FITNESS NIGHT IN PHOTOS





Good news... we're going digital!



**NEW SERVICE
COMING IN
FEBRUARY**

Our patient billing is going digital to:

Increase convenience
for you

Reduce
paper waste

Provide personalized
email and text messages

So you can:

- ☒ Complete payments in **just a few clicks**, with no usernames and passwords to remember.
- ☒ See **past** statements and payments.
- ☒ Set your delivery **preferences**.

What to expect:

- ☒ We are now delivering communications via **email, text or mail**.
- ☒ **You will always be able to control** how you are receiving these and can change your preferences at any time.

Why we're doing this:

- ☒ To make the **payment process easier** for you.
- ☒ With digital communications, it is **easier and faster to view and pay** any statement.
- ☒ To help the environment—we want to **minimize paper waste** sent to patients that would prefer digital communications.
- ☒ To give you a **more individualized experience**. We know that no two patients are the same, so you should be communicated with in the ways that work best for you.

YEAR-END DONATION John H. Bothwell Hospital Trust Presents Check

On Dec. 12, representatives for the John H. Bothwell Hospital Trust presented a check for \$35,250.56 to Bothwell Regional Health Center.

John H. Bothwell lived from 1848 to 1929 and established the charitable trust in 1926 that helped build the John H. Bothwell Memorial Hospital. Today, the trust retains three trustees and through investment practices it earns revenue that continues to support health care in Sedalia. Each year, trustees pay out the annual interest income to Bothwell Regional Health Center.



From left, Paul Beykirch, Trustee of the John H. Bothwell Hospital Trust; Steve Davis, Bothwell chief financial officer; Lori Wightman, Bothwell CEO, holding a photo of John H. Bothwell; and James P. Buckley, Trustee of the John H. Bothwell Hospital Trust. Trustee John Swearingen is not pictured.

SECURITY HINTS AND TIPS

Phish or Spam? No, it's Not What's for Dinner!

Phish or Spam? No, it's not what's for dinner! However, it could be a question you struggle with when deciding what types of email to report to your IT department. Potentially malicious emails make it to your inbox every day, so it's important for you to understand the difference between a phishing email and a spam email.

This Email Seems Phishy

Phishing is the process of attempting to acquire sensitive information (such as usernames, passwords, and credit card details) by pretending to be a trustworthy entity. Most commonly, phishing emails will try to lure you into clicking on a link or opening an attachment.

Phishing emails can appear to come from reputable businesses or even departments and users from within your own organization. They often have a sense of urgency to them. Some may even use shock and intimidation to get what they want.

If you come to the conclusion you've been sent a phishing email, we strongly recommend that you report the email to your IT department for their review.

Spam Alert

Spam is unsolicited, unwanted email typically sent for marketing purposes. It is often trying to sell you something, such as unwanted goods or services—but, it is not asking you to take specific action. Although spam can be annoying, it is common to receive it in your business email. These types of emails do not typically need to be reported, unless you believe they pose a threat to your organization. In most cases, spam email can simply be deleted or ignored.

Note: Always follow your organization's policy regarding what type of email to report in case it differs from the above.

Whether a phishing email or spam email, you should always be cautious when clicking on a link or opening an attachment. An email should never be considered safe until it is analyzed carefully. Remember, you're the last line of defense to prevent a phishing attack on your organization.

Source: [The KnowBe4 Security Team](#)

HUMAN RESOURCES NEWS

Workplace Safety Tips – Be Winter Ready

Missouri winters are a time where the weather can be as random as lottery numbers and accidents are waiting to happen. Winter storms and cold temperatures can be dangerous. Help stay safe by planning ahead.

- Allow extra time for travel
- Check tire tread, wiper blades and fluid levels on your car
- Keep an ice scraper in your car
- Focus on your footing
- Walk like a penguin (short and slow steps)
- Don't use your cell phone when walking
- Use handrails
- Be aware of changes in walking surfaces
- Free up your hands
- Report unsafe conditions
- Use authorized paths
- Step down off curbs, not out
- Step down, not out of car
- Wear appropriate footwear and clothing

HUMAN RESOURCES NEWS

Stipend Policy Update

The Stipend policy has been updated. Part-time or PRN employees enrolled in or considering an educational program for a hard-to-fill job are eligible to receive a stipend of \$200 per pay period while in school. Full-time employees are not eligible. The commitment to the organization is the length of time the stipend is received.

Eligible employees interested in learning more should check with Human Resources to see if they qualify. HR is located on the ground floor of the hospital.



NEED HELP?



Know Your Employee Assistance Program Resources



Confidential Emotional Support



Work-Life Solutions



Legal Guidance



Financial Resources



Online 24/7 Support

CALL 800.460.4374

PERSONNEL NEWS

New Faces in New Places



Certified Family Nurse Practitioner **Cara Arender** has joined the Bothwell Regional Health Center Cole Camp and Lincoln clinics and will care for patients of all ages.

As a nurse practitioner, Arender will provide patient care under the guidance and supervision of a collaborating physician. She can evaluate

and treat illnesses and injuries, order and interpret labs and tests, prescribe and monitor medications and refills, and perform annual health and well-woman exams and physicals.

Arender has been nurse for 12 years and received a master's degree in Family Nurse Practitioner from Simmons University in Boston, Massachusetts. She earned a bachelor's degree in Nursing from Southern New Hampshire University in Manchester, New Hampshire, and an associate degree in Nursing from Jones County Junior College in Ellisville, Mississippi.

Originally from Mississippi, Arender has lived in Missouri since 2019 and moved to south of Sedalia in 2021. She began working at Bothwell Regional Health Center in July 2021 as a registered nurse in the Post Anesthesia Care Unit (PACU). She has a variety of health care experiences in emergency care, intensive care, step down and PACU in many different hospitals. Arender said she knew she wanted to be in health care from an early age.

"I have always enjoyed caring for people and building relationships with them and their families. Nursing has let me do that and also help them heal," she said.

"I have also had the privilege of working at many different hospitals ranging from community hospitals like Bothwell to Level 1 trauma centers like MU Health Care. That diversity has allowed me to know what resources are available to patients."

Arender said she decided to pursue becoming a Nurse Practitioner because she wanted to be more of a resource to people along their health care journeys.

"I want patients to feel comfortable when they go see their primary care provider and know their concerns will be heard and addressed as well as they can be," she said. "Sedalia and the surrounding communities have a lot of underserved citizens who deserve health care, and I want to provide them with professional and appropriate services."

Keith Morrow, Bothwell's Clinic Operations vice president, said adding Arender to the medical team means more options for Benton County residents to be seen for care.

"We're excited to add Cara to the medical team," Morrow said. "She has a lot of different clinical experiences, yet she excels at caring for people in smaller communities because of her ability to connect with her patients and understand their needs."

Arender will start seeing current and new patients around the middle of January. She will be at the Lincoln clinic three days a week working with Dr. Matthew Roehrs and at the Cole Camp clinic two days a week with Dr. Misty Todd and Nurse Practitioner Pamela Eckhoff.

"As a board-certified Family Nurse Practitioner, I will be able to see health issues in pediatric and adult patients, including ear infections, upper respiratory illnesses like colds, flus and RSV, well visits, women's health care, school physicians, high blood pressure, diabetes and minor injuries," she said. "I want to help the community and provide them the best care I can. I plan to listen to my patients and be a compassionate and understanding provider and someone they can trust."

Arender is married and has three daughters aged 7, 5 and 2. She and her husband enjoy spending time outdoors fishing and hunting and keeping up with their children's activities.

To make an appointment to see Arender, call Bothwell Centralized Scheduling at 660.829.8888.

PERSONNEL NEWS

New Faces in New Places



Laura Weisenburger, Nursing educator/recruiter, has been named the interim Director of Perioperative Services following Marlene Lyon's retirement at the end of December. Thank you, Marlene, for your leadership as interim Chief Nursing Officer and leading Perioperative Services for the last year.



Chanin Triplett, Clinic Nursing director, has been named interim director for Bothwell Azan Clinic, Bothwell Internal Medicine Specialists, Bothwell Pulmonary Specialists and Bothwell Urology Services following Toni Warren's retirement that is effective Jan. 2. Thank you, Toni, for your many years of health care service to our community and Bothwell!

BOTHWELL IN THE COMMUNITY

Helping Students at "Reality Check" Event

On Dec. 9, Bothwell team members volunteered at Reality Check at Smith-Cotton High School to help students learn more about financial responsibility.

Reality Check, sponsored by Central Bank of Sedalia, is a financial budgeting simulation where each student gets a pseudo job, spouse and/or children with a salary and have to through different life and purchasing scenarios. The students learned to budget and what they can or can't afford. Bothwell employees staffed the "doctor" table. Students were assigned a dental and health code and each code was priced with the actual cost or with insurance cost to add to their "reality check."



Kara Sheeley, Oncology Services director, and Megan Elwood, Nursing Education RN, staffed the "Doctor" table and represented Bothwell at Central Bank's Reality Check event at Smith-Cotton High School. Thanks, Kara and Megan!

CHECK YOUR DEDUCTIONS IN JANUARY

New Health Insurance Premiums in Effect in 2023

All employees should review premium deductions on January paychecks and notify Human Resources by Jan. 20 if there are any issues.

Employees who have health insurance in 2022 and who didn't enroll in a plan for 2023 have been automatically enrolled in the Standard Plan.

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. **Dates for 2023 classes are Jan. 11, March 8, June 7 and Sept. 13.** To apply or learn more information about classes offered, call Laura Weisenburger, Nursing Education educator/recruiter, at 660.829.7758.

YOU KNOCKED OUR SOCKS OFF Help, Hugs and Warm Hands

Grab the tissues: Two Susan O'Brien Fischer Cancer Center team members knocked our socks off providing help, hugs and warm hands. Within a day of each other, Nurse Practitioner Dee Dee Gilmore and Dr. Matt Triplett, hematology oncologist, made incredible impacts on two different patients.

The first patient had a visit with Dr. Triplett who noticed she was wearing sandals on a very cold day. He asked a few questions and learned she had no other shoes or a coat. Dr. Triplett then asked Gilmore if the Bothwell Foundation's Patient Assistance Fund could be used to help her. Gilmore jumped into action and shoes, coat, hat and a gift card were purchased. The photo captured between the patient and Dr. Triplett is the "hug heard 'round the world."

The second patient is Nancey Dove, an 8-year cancer survivor who saw Gilmore for her biannual oncology appointment. In a post on her Facebook page, Dove expressed her appreciation for not only Gilmore's clinical expertise but her calm care and compassion ... as well as her warm hands. Something every patient can appreciate!

Thank you Dee Dee and Dr. Triplett. You epitomize all the staff in the Cancer Center, and we and your patients are so lucky to have you.



Cancer patient with Dr. Matt Triplett (photo used with patient's permission)



Post used with patient's permission



Dee Dee Gilmore and Dr. Matt Triplett were recognized and received certificates and socks during the December board meeting.

DEPARTMENT SPOTLIGHT

Facilities Management and BioMed

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. Next up are Facilities Management and Bio Med led by Director Randy Smith.



Front row, left to right: Lucas Sheeley, Daniel French, Randy Kreisel and Austin Duffey

Middle row, left to right: Troy Meier, Kevin Kares, Randy Smith, Eric Rader, Mark Harms, and Ed Smith

Back row, left to right: Gerald Campbell, Jason Pals, Daryl McNew and Roth Scheel

Not pictured for Facilities: Angie Longan, David Jasper, Alex Hoff and Mike Ashford

Not pictured for Bio Med: Nathan Porter and Brain McWhirter

What does this department do?

We take care of over 500,000 square feet of space between the hospital and all clinics, as well as all hospital grounds including snow removal. We also maintain all HVAC, kitchen and laundry equipment.

We help support all hospital and clinic departments and their operations. On top of all that we do a lot of our own remodeling projects within the hospital and at clinics. Bio Med takes care of more than 5,000 pieces of medical equipment in the hospital plus all the equipment at the clinics with just two people.

How would you describe your team?

Every member of my team is multi-talented and always willing to learn.

What other departments does this department support?

We support all departments in the hospital and clinics.

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

How much space we are responsible for and the amount of equipment we maintain.

Tell me about a recent accomplishment in the department you are proud of?

We remodeled the former Orthopedic clinic building and while there where as many as five people working in that building, the others took care of the hospital.

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

Many of us like to camp, ride motorcycles, fish, hunt and garden.

Anything else you want to share about your department?

We have a lot of work to do but my department likes to do as much of the construction and remodeling themselves to showcase what we can do.

NOVEMBER EMPLOYEE OF THE MONTH

Baylee Senesac

Like many medical educational paths, nursing students not only take classes but participate in clinical rotations to gain valuable hands-on experience.

At Bothwell, nursing clinicals are supervised periods where area nursing students practice their skills under the direction of a registered nurse, clinical instructor or nursing educator.

Natalie Paxson, 2 Southwest unit manager, nominated Registered Nurse Baylee Senesac for demonstrating all four Bothwell Key Basics of safety, courtesy, professionalism and efficiency for her role in working with recent nursing students.

Three students shared their thoughts on how Baylee impacted their education:

"Baylee is a super helpful RN who educates students on different procedures throughout the day. She was friendly and always encouraged asking questions or helped if student nurses needed it."

"Baylee was always available for answering my questions and made sure I was there for any procedures I had never seen before. She also helped me when I needed an extra hand."

"Baylee was always willing to stop and talk even when she was busy. She never was rude or got mad when asking something. She was very nice and professional."

Thank you, Baylee, for your guidance teaching the next generation of nurses and congratulations on being named November Employee of the Month!



NEW EMPLOYEES November

Kelly Baker

Pathology

Kennedi Choate

Emergency Department

Verena Dennis

Progressive Care Unit

William Gray

Housekeeping

Emma Little

Administration

Tatyana Logvinenko

Pathology

Sara Mclemore

*Women's Health and
Newborn Care*

Emily Morales-Proa

*Bothwell Family
Medicine Associates*

Chelsea Otto

Bothwell Walk In Clinic

Vladislav Surguy

Nursing Administration

Jackie Taylor

Housekeeping

Angelica Ulmer

Pathology

Sean Webb

Human Resources

Chelsea Wiseman

Bothwell Medical Equipment

DECEMBER EMPLOYEE OF THE MONTH

Susan Lamb

Patient advocate, team advocate and the one who has everyone's back. High praise for our December Employee of the Month, Susan Lamb, Oncology Services charge registered nurse.

Lamb was nominated by Kara Sheeley, Oncology Services director, for her exemplary model of Bothwell's mission to work together to provide exceptional health and wellness services.

"Susan recently went above and beyond for a patient in need," Sheeley said.

"The patient called our department in distress. She was unable to get answers or appointments coordinated with dentistry in Kansas City or hyperbaric oxygen therapy."

While the patient was not an active oncology patient, she knew the department staff and called Susan out of desperation and not knowing who else to turn to for answers, Sheeley said.

"Susan went on a mission and figured out the who, what, where and when that needed to be done," she said. "She was able to get the referring office to fax the order to her so she could ensure it was delivered to where it needed to go, and she hand delivered the order to the Wound Center. Susan has the gift of making whoever she is working with feel like they are the most important person."

Congratulations, Susan, on being named December Employee of the Month!



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Regional Health Center

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BOTHWELL HOLIDAY HAPPENINGS

'Tis the Season to Celebrate and Share

From gathering together for meals to dressing for the season or donating gifts for others, the Bothwell family was busy in December!

Spirit Days



Bothwell Cole Camp Clinic



Bothwell Family Medicine Associates



Bothwell Wound Center



Cole Camp Clinic



Truman Lake Clinic in Warsaw

BOTHWELL HOLIDAY HAPPENINGS 'Tis the Season to Celebrate and Share

HIM Staff Donates Gas Cards to Cancer Center

In lieu of doing a traditional gift exchange in their department, our Health Information Management team opted to collect \$310 of Casey's and Break Time gas cards and donate them to our Cancer Center.

Kara Sheely, Oncology Services director, said, "This is a generous and wonderful gesture from a group of angels at Christmas time!" The cards will be given to patients undergoing cancer treatments at the center.

Thank you HIM team!



Front row, left to right, Reni Dietrick, Kara Sheely, Oncology Services director, Rebecca Starkey and Natalie Sims, HIM director; second row, Becca Dowell, Priscilla Tatman and Annette Bauer; back row, Heather Sadler, Karen Duensing and Cecile Bircher
Not pictured: Amanda Wathen, Ashley Newton, Shannon Lopez, Sharon Francis and Kate Wooden

Christmas Meal

More than 500 employees enjoyed a delicious Christmas meal prepared by Dietary Services on Dec. 13. Thank you to everyone who made the meal possible and enjoyable, from Dietary staff, Senior Leadership Team and Board of Trustees to those who dressed as our favorite holiday characters and spread Christmas cheer far and near.



Santa Claus (Todd Nappe) and Mrs. Claus (Annette Smith) handed out cheer and candy to employees during the evening meal.



Staff in line for the delicious meal prepared by Dietary Services and served by leaders and board members



Jenny Force and Shirley Schlobohm helped serve drinks



The lunch meal holiday crew included Mrs. Claus (Annette Smith), Santa Claus (Eric Rader) and the Grinch (Rebecca Starke)



Board Chair Deidre Esquivel and Dietetics Director Terri Deer helped serve the evening meal.



Mrs. Claus, Santa and the Grinch had fun entertaining guests!

BOTHWELL HOLIDAY HAPPENINGS

'Tis the Season to Celebrate and Share

Leadership Team Secret Santa

Continuing the spirit of giving this holiday season, our Leadership Team held a fun Secret Santa lunch benefiting Pettis County Community Santa. Each leader picked another leader's name and purchased a child's item that represented their personality or job. There were some pretty spot-on gifts, and we were excited to help "make the magic of the season for all who believe" for Community Santa!



Above: Leadership Team members with their gifts that were donated to Pettis County Community Santa



Left: Lori Wightman and Betty Albrecht, Pettis County Community Santa co-chair and "head elf" with the gifts donated by Bothwell to the organization

EMPLOYEE ENGAGEMENT

Helping Spread Holiday Cheer

The Employee Engagement committee has been in full holiday mode over the past few months. Check out some of the fun activities coordinated by the committee designed to bring employees together and to celebrate the holidays.

Holiday Creativity Contest

ENGAGEMENT COMMITTEE CHOICE — RADIOLOGY



PEOPLE'S CHOICE — ONCOLOGY



Case Management



Senior Leadership Team



Rehab



Lab



Materials Management

EMPLOYEE ENGAGEMENT

Helping Spread Holiday Cheer

Holiday Entrance Decorating Project

Spreading cheer for all who enter here! Thanks to the following teams for decorating and creating cheerful entrances for patients, visitors, team members and more.



Ground floor hall windows – Centralized Scheduling

Court Yard – Centralized Scheduling



Education Building Entrance at 14th & Ingram – IT/Informatics and Education Center Staff



Southwest Entrance – HR, Cardiac Rehab, and IT/Hardware Staff

Doctor's Entrance – Senior Leadership Team

EMPLOYEE ENGAGEMENT

Helping Spread Holiday Cheer

Spirit Week Dec. 19–23



BOTHWELL CHRISTMAS Spirit Week!

DEC. 19 - 23

MONDAY DEC. 19	Merry Monday Wear your Grinchy Green or Rudolph Red.
TUESDAY DEC. 20	Santa's Workshop Imposters Dress like Santa's workshop staff (Santa, elf, reindeer, Christmas tree, etc.)
WEDNESDAY DEC. 21	Santa's Ho-Ho-Ho Down Wear your western wear and cowboy boots. Yee-ho!
THURSDAY DEC. 22	Christmas Character Cheer Dress as a Christmas movie character.
FRIDAY DEC. 23	Festive Friday Sweater Weather & Jolly Jeans – show off your ugly sweater!

All spirit week wear must be appropriately professional, maintain family-friendly standards and be within current appearance policy guidelines. If in doubt, contact Human Resources for clarification.

Sponsored by the Employee Engagement Committee

EMPLOYEE ENGAGEMENT Helping Spread Holiday Cheer

Twenty three employees and family members participated in this parade held Dec. 10.

Lincoln Christmas Parade



EMPLOYEE ENGAGEMENT

Helping Spread Holiday Cheer

Lincoln Christmas Parade



EMPLOYEE ENGAGEMENT Helping Spread Holiday Cheer

About 15 employees and family members participated in the Sedalia parade on Dec. 3.

Sedalia Christmas Parade



BOTHWELLNESS QUARTERLY HEALTH CHALLENGE

January through March Challenge: **WALK. STAIRS. WATER.**



This challenge is back by popular demand. Continue or amp up your fitness goals by getting more steps and drinking more water this quarter. Participants will be entered into a drawing for prizes at the end of each quarter. Here's to better health in 2023!

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

1. Send an email to bothwellness@brhc.org by March 31.
2. Say you got in some extra steps, increased your water consumption and took the stairs instead of the elevator. (We are using the honor system or use water and step tracking guides available in HR.)
3. You'll be automatically entered in a prize drawing!

Note: Participating in quarterly challenges count toward your activity requirements of the BRHC Wellness Plan. Due to the valuable features offered in the new health insurance plan, completing activities no longer count toward reduced premiums.

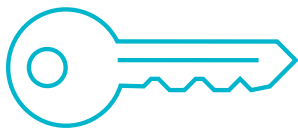


**2022 Q4
CHALLENGE INFO
DUE BY DEC. 31 TO
[BOTHWELLNESS@
BRHC.ORG!](mailto:BOTHWELLNESS@BRHC.ORG)**

GET WELL. STAY WELL. BOTHWELL.



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							



KEY AWARDS

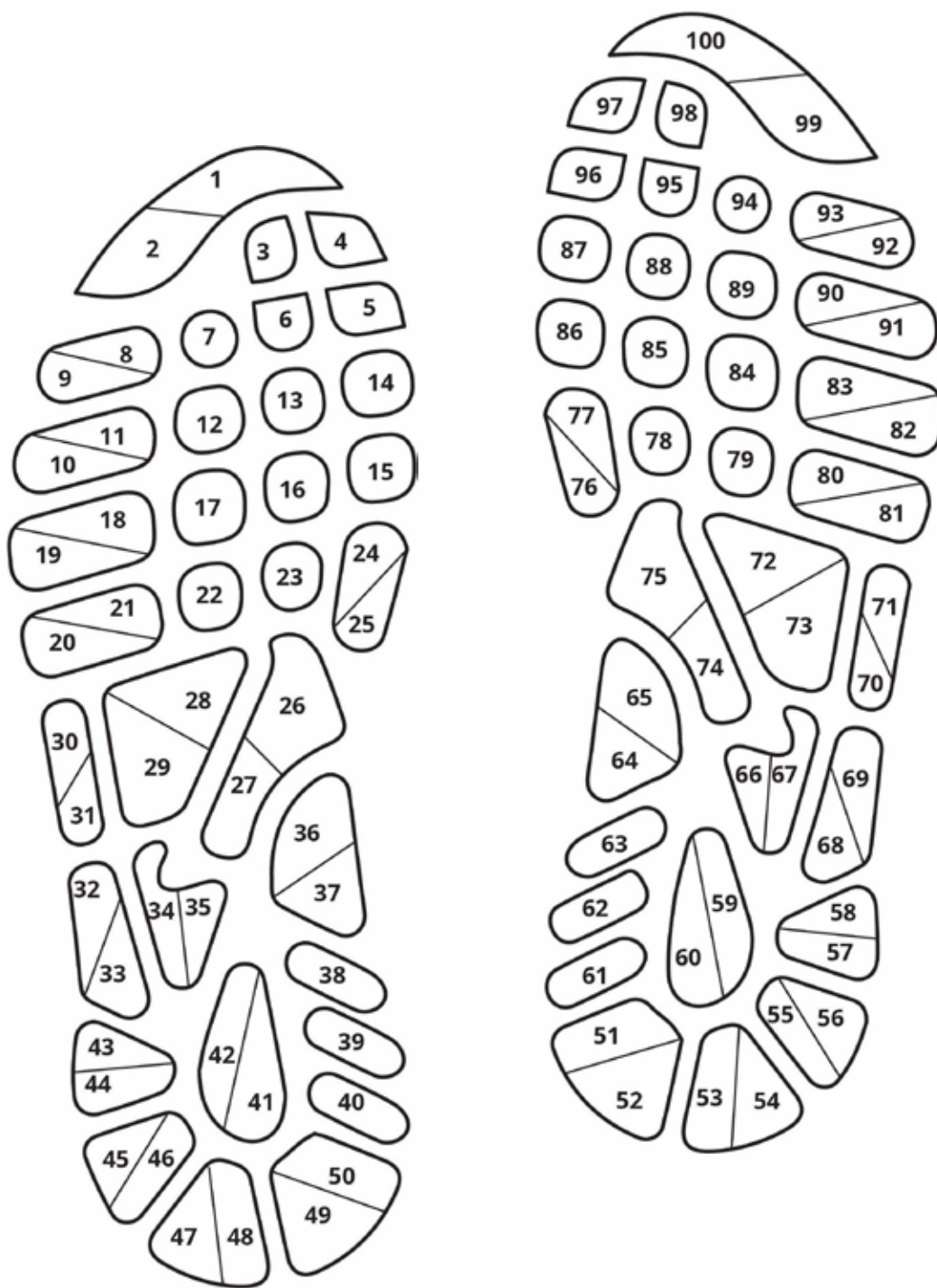
Margie Hartford
Kimberly Olejniczak
Natalie Paxson

Amy Johnson
Cheryl Currier
Paula "Jenine" Lees

Shannon Jeffries
Casey Brown
Paul Gammill

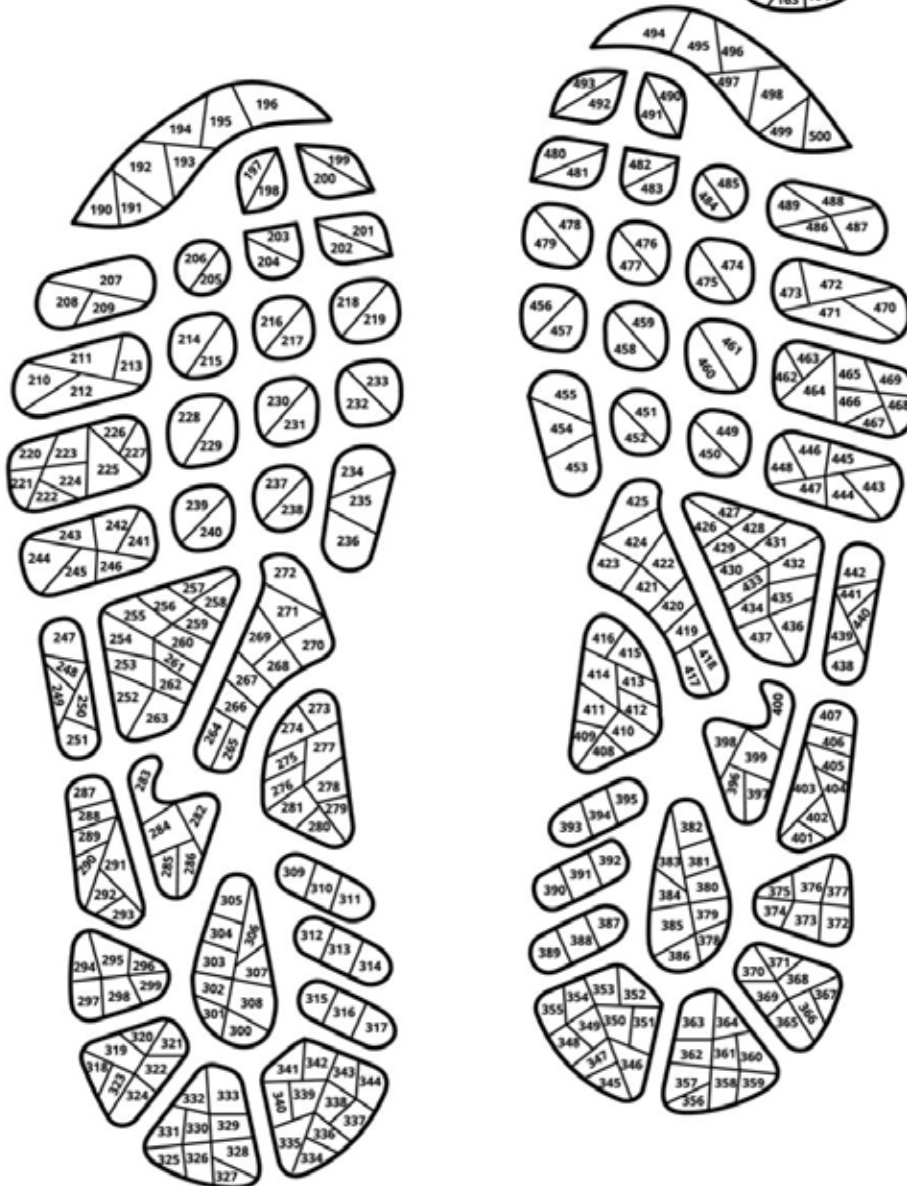
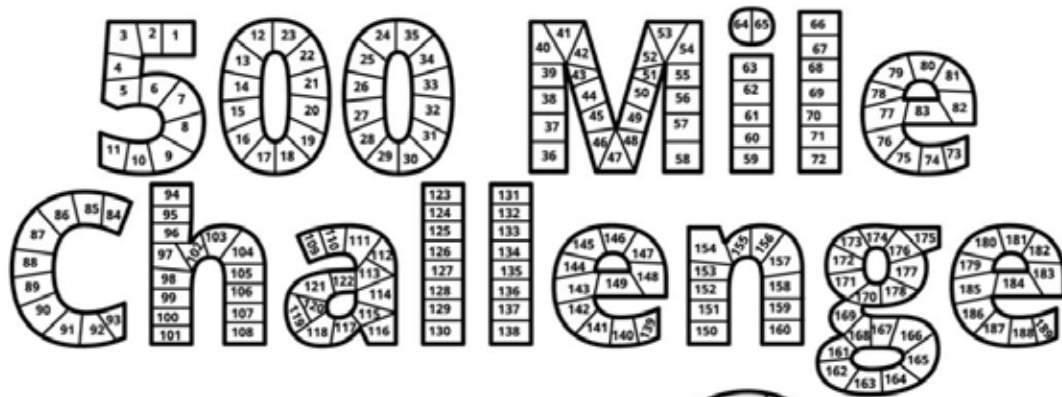
Kayley Woolery
McKayla Ray

100 Mile Challenge



START _____

FINISH _____



Start _____ Finish _____

FOUNDATION NEWS

K9 Security Project Gains Momentum with Donation

Thank you to the Bothwell Auxiliary for their extremely generous donation of **\$20,000** to the K9 Security Project! We are so fortunate to have such an amazing, supportive group working with us at Bothwell.

So far, we have raised over \$38,000 toward the K9 Security Dog project, and we are \$13,000 away from our \$52,000 goal.

Will you help us reach our goal? To donate, visit brhc.org/donate or contact Lauren Thiel-Payne, Bothwell Foundation executive director, at 660.829.7786.



MEMORIALS AND DONATIONS

In memory of Barbara Sue Johnson
Jennifer Unkel

FOOTBALL FRIDAYS

On Fridays, we dress down for football!

Donate \$1 to the Bothwell Foundation and wear your team's logo wear on Fridays during football season.

Questions? Contact Human Resources

FOUNDATION NEWS

Donor Wall Updated with Digital Displays

Two digital displays have been added to the foundation's donor wall located on the first floor of the hospital. The displays are being used to share news and information about foundation events and recognize donors in the new Annual Support, Special Prospects and Employee Giving committees.



Wear Red tickets on sale in January! Learn more and buy tickets at brhc.org/wear-red

FOUNDATION NEWS

Saying Thank You at the Holidays

The Bothwell Foundation hosted its annual Christmas gathering on Dec. 15. Members of all committees were invited including Annual Support, Special Prospects, Employee Giving and Wear Red for Women.

Thank you to everyone who supports the foundation. Your generosity is so important to ensuring the future of Bothwell Regional Health Center.



FOUNDATION NEWS

Life-Saving Devices Given to Area Groups

On Dec. 16, members of the Wear Red for Women committee presented automated external defibrillator (AED) devices to the Smithton Youth Sports Complex, The Pavilion and Lake Creek Methodist Church. An AED is a small, lightweight device that allows individuals and first responders to treat sudden cardiac arrest. The machine automatically analyzes the heart rhythm and when appropriate, it delivers an electrical shock to the heart to restore its normal rhythm.

According to research, the majority of sudden heart attack victims have good chances of survival under certain common conditions, including that the event is witnessed, the collapse occurs in a large public place, an AED is handy, and bystanders use CPR and the AED.

Funds to purchase the devices were raised during the 2022 Wear Red for Women luncheon and auction. The committee's goal is to have AEDs in every place people work, learn, play or pray in Sedalia and Pettis County. Since the inception of the luncheon event in 2020, 47 AEDs have been placed in or committed to various locations. The 2023 Wear Red for Women event is Feb. 24, 2023.



The Smithton Youth Sports Complex is located south of Sedalia on Highway TT. From left: Trish Henson, Susan Mergen and Rhonda Ahern, Wear Red for Women committee members; Dianne Simon, Thompson Hills Investment Corporation vice president and Wear Red committee co-chair; Darin Stoll, Smithton Youth Sports Complex; Lori Wightman, Bothwell Regional Health Center CEO and Wear Red committee co-chair; and Lauren Thiel-Payne, Bothwell Foundation executive director.



Lake Creek Methodist Church is located 10 miles south of Smithton in southeastern Pettis County. Wear Red for Women committee members making the presentation to church members included committee co-chair Dianne Simon, Thompson Hills Investment Corporation vice president and Susan Mergen, Rhonda Ahern and Lauren Thiel-Payne, Bothwell Foundation executive director.



The Pavilion is an outdoor event venue in downtown Sedalia that is owned by Furnell Companies. From left: Susan Mergen, Wear Red for Women committee member; Dianne Simon, Thompson Hills Investment Corporation vice president and Lori Wightman, Bothwell Regional Health Center CEO and Wear Red committee co-chairs; Erica Eisenminger, Furnell Investments Inc. vice president; Robin Balke, committee member; Lauren Thiel-Payne, Bothwell Foundation executive director; and Trish Henson and Rhonda Ahern, committee members

AUXILIARY NEWS

Holiday Tea Returns

After a two-year hiatus due to the pandemic, members of the Bothwell Auxiliary were able to resume their annual holiday tea on Dec. 15. The group enjoyed time together as a group socializing, eating and singing Christmas songs. They also heard a report from Security Director Todd Nappe and Security Officer David Foland on the effort to add a K9 officer to the team. The campaign to raise funds for this highly trained dog got a boost with the Auxiliary's \$20,000 donation during the event.

Thank you Bothwell Auxiliary for your support!





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FOR MORE INFORMATION PLEASE CALL 660-827-9518 OR VISIT
THE OFFICE.

Bothwell Hospital
Employees Credit Union

600 E 13th St
Sedalia, Mo 65301

JANUARY BIRTHDAYS



Diana Sokolowski..... 2	Dr. Brianna Kroeger 13	Maimouna Coulibaly 23
Marina Seaton 2	Kimberly Burchett 13	Britain Bush 24
Jordan Crockett..... 2	Heidi Schwartz 14	Kara Sheeley 25
Alexis Dupont 3	Amanda Westhues..... 14	Brittani Geml 25
Linda Jeffress 4	Brian Hermanson 15	Devin Niederwimmer 25
Shannon Hoey 4	Christina Oelrichs 15	Lindsey Graham 25
Tasha Stokes..... 4	Michelle Kirkpatrick 16	Tina Bright 26
Sondra Barber 4	Kiersten Labus..... 16	Debbie Hagle 27
Deana Goalder..... 5	Tina Propheter..... 16	Penny Adair 27
Dr. Lori Nolla 5	Tom Fairfax 17	Sarah Hopper 27
Alaina Spencer..... 5	Hana Lingenfelter..... 17	Samantha Unkel..... 28
Karen Kain 6	Megan Ray..... 18	Jessica Cawthon..... 28
Mimi Johnson 6	Jason Pals..... 19	Steve Davis 29
Helen Fisher..... 6	Dr. Peri Ananth..... 19	Rachelle Mateo 29
Carrie Brown..... 7	Brittany Freeman..... 19	Dr. Stephanie Lind 29
Amanda Sportsman 7	Kristy Starke..... 20	Ciara Smith 29
Tala Hinck 7	Christine Maticua..... 20	Jennifer Rehmer..... 30
Ryley Landers 7	Francine McRae 20	Cheryl Glines..... 30
Sophie Widel..... 7	Brianna Welch 20	Jess Bohnstengel 30
Elizabeth Holman..... 8	Kayla Butler 21	Amanda Foote 30
Erica Kee 8	Grace Linn..... 22	Jackie Taylor..... 30
Alicia Hofstetter 10	Kimberly Cline 22	Dr. David Kuhlmann 31
Amy Walker 11	Kyle Hull..... 22	
Ronda Bachman 11	Teresa Friedlander 23	
Kelly Crosswhite 11	Kami Jetmund..... 23	
Marlene Lyon 11	Nicole Porter..... 23	
Marc Dougherty 12	Stephanie Johnson 23	
Dr. Julie Cahill..... 13	Alex Kresse..... 23	