

DECEMBER 2023

BILLBOARD



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



REMAINING MARKET PAY INCREASE APPROVED
This week, the Board of Trustees voted to approve the remaining half of the market pay increase that was approved earlier this year.

For eligible employees, the increase will be shown on the Jan. 19 paycheck.

WHAT MOVES YOU?

Letter from Lori

"Dancing is a way of reclaiming movement, of deciding how you want to use your energy and your body rather than just getting things done."

I love to dance. My husband does not. Now that I think about it, Darren pulled a classic "bait and switch" with me when we first met over 15 years ago. We were both at a wedding, and he asked me to dance. Immediately I thought, "Yes, I've finally found someone who likes to dance." Unfortunately, that was the first and last time he asked me. (Clearly this was false advertising.)

I recently read an article in The Morning, a daily email from The New York Times titled, "Why don't we dance more?" In it, the author writes about the reasons people don't dance more than on special occasions ... like weddings. Most answers had to do with being too busy, too tired, lack of opportunity or embarrassment. She also notes the perception of dancing as "unserious or frivolous seems inaccurate" and goes on to say:



[READ MORE ON NEXT PAGE ►](#)

SEE WHAT'S INSIDE!

NURSING NEWS

BRHC SFCC Scholarship
PD Program Opens Jan.1
Congrats Nurse Residents

NEW GRIEF SUPPORT PROGRAM

Q1 HEALTH CHALLENGE
EMOTIONAL WELLNESS

EPIC CLUB HAS EPIC SUCCESS

WHAT MOVES YOU? (CONTINUED)

Letter from Lori

If you start looking for opportunities to dance, you find them. While cooking dinner or cleaning the house. Instead of running in place at the crosswalk during a jog. Perhaps a spontaneous living-room disco with your kids. It's sort of miraculous: Each little break offers a little dose of endorphins. A little moment of expression. Of returning to yourself in the midst of an otherwise chaotic life.

As I've spent time in the last few days thinking about New Year's resolutions, I've resolved to dance more (with or without Darren). The best part of dancing is you don't need a partner. There are opportunities to dance all the time, and it doesn't have to be complicated or choreographed. Dance is a great way to get in some exercise in the form of free and spontaneous movement. I find it also allows me to free up my mind in ways I don't get while just sitting or doing.

There are lots of great danceable songs, but "Got to Give It Up" by Marvin Gaye is a particularly good one. It's about a man too shy to get out there on the dance floor and let loose. It's only once he gives in – or gives up – to the rhythm that he starts to enjoy himself. I dare you to listen to it and not move just a bit.

Whatever moves you in 2024, I wish you success.

Stay well. Be well.




In 2021, Darren gifted me private dance lessons. I had hoped it would be the start of something new for our dancing future. That didn't happen, yet it was fun while it lasted.



Each year, Darren allows me two dances ... a slow dance at the American College of Healthcare Executives Governor/Regent dinner and a New Year's Eve dance to James Taylor's Auld Lang Syne.

CLINIC NEWS

Azan Clinic Staff Moving

Due to Dr. Ken Azan's retirement at the end of the year, his clinic staff will move from their current location to Bothwell Internal Medicine and Pulmonary Specialists at 2301 S. Ingram Avenue.

The clinic will be closed Jan. 2 and 3, and Nurse Practitioner Leah Hermanson will start seeing patients in the new location on Jan. 4. To reach Leah or the nursing staff after that date, call Bothwell Internal Medicine Specialists at 660.827.2526.

CLINIC NEWS

New Digs in January for Bothwell Medical Equipment

Bothwell Medical Equipment will be closed on Jan. 26 to move to a larger location to better serve patients and offer more retail medical supplies.

On Jan. 29, the clinic will open in its new location in the Thompson Hills Shopping Center between Big Lots and the End Zone.

The new address will be 3127 W. Broadway Blvd., and the phone number will remain 660.826.4909.

BOTHWELL SFCC NURSING SCHOLARSHIP PROGRAM



Year 1 and Year 2 Nursing Degrees PAID



Clinical Experience

Scan the QR code or visit brhc.org/careers/nursing
for details and to apply!



READY TO GROW IN YOUR CAREER?

NURSING PROFESSIONAL DEVELOPMENT PROGRAM



Excellence.
Performance.
Competence.
Knowledge.

PROFESSIONAL DEVELOPMENT PROGRAM



Some of our nurses recognized for professional development in 2023

The Nursing Professional Development Program is a voluntary program that recognizes and rewards current and additional activities that promote nursing excellence.

The program is designed to retain expertise at the bedside, develop robust leaders and enhance the quality of patient care.

How It Works

- Meet clinical practice qualifications
- Seek leadership opportunities
- Participate in day-to-day operations
- Pursue continuing education
- Promote quality improvement
- Be dedicated to service excellence

What You Get

- Personal growth
- Career development
- Bonus incentives

2024
Enrollment
Open Jan. 1-31!


BothwellTM
Regional Health Center

Ready to learn more? Find details on the IntraWeb > Professional Development Program box at top right or contact Laura Weisenburger, Periop Services director, at lweisenburger@brhc.org or 660.827.9520 or Sarah Hopper, Progressive Care Unit manager at shopper@brhc.org or 660.827.9489.

BOTHWELL IN THE COMMUNITY

Salvation Army Bell Ringing

Thank you to all the bell ringers!

- Rick Langdon
- Cynthia McKeon
- Rachel Owens
- Shari Riley
- Marvin Smoot
- Dr. Phil Fracica
- Kaela Reeves
- Julie May
- Beth Everts
- Lynh Best
- Jennifer Unkel
- Jilene Streit

**BOTHWELL
RAISED A
TOTAL OF
\$346.93!**



Bell ringers Jilene Streit and Jennifer Unkel

BOTHWELL IN THE COMMUNITY

AED Presentation at Sedalia Lions Club

Becky Eldenburg, an RN in Nursing Education, provided the Sedalia Lions Club a demonstration of how to use an automated external defibrillator (AED) on Dec. 6. Thanks, Becky, for an engaging and informative presentation that club members appreciated.



BOTHWELL IN THE COMMUNITY

Central Bank's Annual "Reality Check"

On Dec. 8, Christie Harrell, Bridget Meyer, Sandy Stephens and Brianna Murray volunteered their time at Central Bank's annual Reality Check program at Smith-Cotton High School. During the program, students receive a salary and are led through different life scenarios where they learn to budget their finances. Bothwell hosted the medical table at the event.



Bridget Meyer and Christie Harrell

BOTHWELL IN THE COMMUNITY

Quality Department Adopts Animal Shelter

A big tail wag goes to members of Quality Management who opted to adopt a good cause this year instead of exchanging Christmas gifts with each other. The team donated food, supplies and money to the Sedalia Animal Shelter.

The department includes Amy Ritzo, Shannon Hoey and Lori Gano, Case Management; Kiwi Popyk-Wyatt, Jennifer Brownfield, Grace Linn and Whitney Benscoter, Social Services; Rita Mergen, Employee Health; Jennifer Evert, Christa Albin, Leslie Stevenson, Wendy Fairfax, Jana Kennedy, Jennifer Unkel and Maggie Schaffer, Quality; and Tracy Rapp and Leila Houk, CDI.



WINTER WEATHER PREPAREDNESS

How to Stay Safe

Preparation is the key!

- Know your area's risk for winter storms
- Pay attention to weather reports and ice, snow and winter storm watches and warnings
- In addition to making sure you always have enough gas in your vehicle, create an emergency supply kit for your car, including:
 - » Jumper cables
 - » Sand
 - » Flashlight
 - » Warm clothes
 - » Extra work clothes
 - » Toiletries
 - » Blankets
 - » Bottled water
 - » Non-perishable snacks



FOOD SERVICES NEWS

Sharing the Coffee Punch Recipe

1/3 cup instant coffee	½ gallon vanilla ice cream
2 cups granulated sugar	½ gallon chocolate ice cream
1 cup water	1 gallon milk

In small pan, combine instant coffee, sugar and water and heat until the sugar has dissolved and all the ingredients are well mixed and hot. Do not bring to a boil!

Refrigerate the mixture in an airtight container until you are ready to use. The liquid will be slightly syrupy.

Before serving, pour the chilled syrup into a large punch bowl. Add the gallon of milk if punch bowl allows and stir well. Add scoops of ice cream to the punch.

Stir gently to mix. The ice cream will keep the punch cold.

PERSONNEL NEWS

Patient Care Coordinator Positions Update

Julie Snow, a Patient Care Coordinator, retired this month after over 18 years of service to Bothwell Regional Health Center. With Snow's retirement, Mike Snow has transitioned into the role of day shift Patient Care Coordinator and Serena Cronk is the full-time night shift Patient Care Coordinator.

Congratulations, Mike and Serena on your new positions, and thank you, Julie, for your service to Bothwell!

LEARN TO SAVE A LIFE

CPR/AED and First Aid Classes

Knowing CPR and using an AED can save lives. If you're a non-clinical staff member and ready to learn these life-saving techniques, sign up for our next CPR/AED class happening on **March 16**.

To register or for more information, contact the Education Center at 660.827.9516 or email classes@brhc.org.

SUPPORTING NEW NURSES

First Nurse Residency Cohort

A Nurse Residency Completion Ceremony was held on Dec. 13 at Hotel Bothwell, featuring guest speaker Justine White, Lake Regional Health System associate vice president of nursing.

In her speech, White focused on the importance of not becoming stagnant as a nurse and encouraged the graduates of their many opportunities to make an impact.

Megan Elwood, Nurse Residency program director, shared a few words about each graduate and expressed her deep appreciation for the role they played in the program's success.

Nurse Residency graduates included Faith Smith, Mattie Mergen, Hailey Dunnavant, and Kassidy Abney.



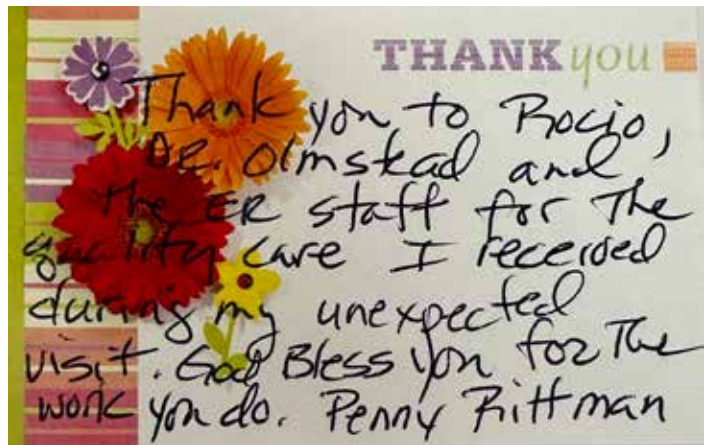
KUDOS AND CONGRATS ED Team Rocks

Nurse Rocio Rodriguez and Dr. Daron Olmsted helped a patient avoid a serious hand injury recently. The patient came to the Emergency department with a cut on her pinky finger but the swelling was expanding to the rest of her hands. Rocio was able to cut through a very large ring, which allowed Dr. Olmsted to remove it with pliers. He then reduced the finger and sewed close the wound. Rocio dressed and splintered the finger and made sure the patient was satisfied.

The patient was so pleased that she sent the pair flowers and a note.

Well done, Rocio and Dr. Olmsted!

**Patient note used with permission*



REASONS TO USE YOUR BOTHWELL EMPLOYEE PHARMACY!

- 1 SAVE MONEY
- 2 SCRIPT TRANSFER IS EASY
- 3 CONVENIENCE
- 4 IT'S FOR ALL EMPLOYEES
- 5 MORE THAN SCRIPTS

Want to learn more?

Call Pharmacist Jessica Moon at 660.827.9495
or stop by the pharmacy on the hospital's ground floor.

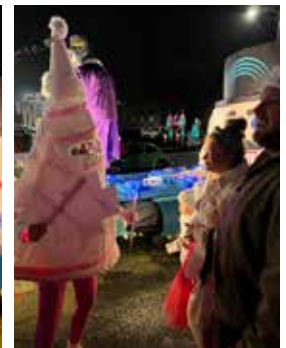
Hours are 7:30 am–4 pm Monday–Friday;
closed for lunch 11–11:30 am

YOU KNOCKED OUR SOCKS OFF

Congrats, Cindy, Christy, Rudy, Jami, and Lucas!

A much deserved “You Knocked Our Socks Off Award” was given to Cindy McKeon, Christy Mitchell, Rudy Reyes, Jami Sleeper and Lucas Sheeley for their phenomenal creativity and dedication to Bothwell’s parade float. Not only did the float look incredible, it won the children’s hearts as well, earning Bothwell the “Kid’s Choice Award.”

The hard work and team collaboration from this group of Bothwell team members does not go unnoticed. You all knocked our socks off!



YOU KNOCKED OUR SOCKS OFF

Congrats, M'Lissa Reimer and Christine Maticua

M'Lissa and Christine were recognized for helping clinics get down to zero patients needing Medicare Annual Wellness Visits, which is something never before accomplished. M'Lissa and Christina made this possible by taking the time to educate patients about the importance of these visits and ensuring that every patient understands and participates in this essential aspect of their health care. Well done!



PATIENT EXPERIENCE

Kudos and Compliments

Positive reviews, comments and messages create powerful pictures of the Bothwell experience. The following feedback was recently received either as a Google or Facebook review, Facebook public comment or direct message, or from a patient satisfaction survey. Messages have been lightly edited for spelling and grammar.

Outpatient Services – “Christina W. does a great job! She is very professional and cares about your comfort. The girls in the mammography department are always caring and I can tell they truly care about providing a great experience. I recommend Winchester’s mammography department to everyone.”

Susan O’Brien Fischer Cancer Center – “The staff is very responsive to my needs and answers any questions I may have. During initial visits, the doctor spent an hour explaining my condition, treatment and outlook for the future. I highly recommend the Bothwell hospital facility and staff to anyone needing diagnosis or treatment!”

Same Day Surgery – “Meagan was my nurse who prepared me for the procedure. She was very kind, reassuring and made sure I was comfortable. Ashley, my recovery nurse, was very nice and made sure I was stable on my feet and clear headed before letting me up. I felt very well taken care of by Meagan and Ashley, which was a huge comfort. A colonoscopy isn’t pleasant, but they made it more “just bearable.” They even had me laughing!

OB/GYN – “Megan Ray and her staff are great. They are always professional and caring.”

Bothwell Family Medicine Associates – “Dr. Lisa Wadowski is very thorough and friendly. She really cares about her patients and it’s noticeable by how she treats them. By far my favorite doctor I’ve ever seen.”

Susan O’Brien Fischer Cancer Center – “I have ALWAYS felt very confident, comfortable, and truly cared for by ALL staff in the Radiation and Oncology departments. They are tremendously helpful and supportive of my needs, friendly, yet professional at their various duties and roles within their respective field(s) of expertise. Many times they will ask at the beginning and at the end of treatments if I have any questions or concerns regarding my care. They NEVER make me feel like my concerns or questions are not valid. I have only great things to say about ALL of the technicians, nurse practitioners, secretaries, volunteers, janitorial staff, doctors, etc. I feel lucky that I am in their care!”

Emergency Department – “My nurse was named Eric and he was such an awesome helper!! He made me feel comfortable, safe and well taken care of. All of the people that were on my team or staff were so helpful and polite.”

Orthopedics & Sports Medicine – “I had outpatient surgery. I was very pleased with the kindness, promptness, and the overall care that everybody gave me as far as being comfortable and caring about me. It’s nice to be able to go to a place where you laugh even though you’re getting ready to have a procedure done.”

Online reviews help others feel good about choosing Bothwell. Every positive interaction with a patient is an opportunity to invite them to share their experience with others.

How to write a positive review on Google

The hospital and all the clinics each have a Google Business Profile page. Search Bothwell Regional Health Center or the clinic name and when the page comes up on the right, scroll down and select “write a review.”

How to write a positive review on Facebook

Go to the Bothwell Regional Health Center page at facebook.com/bothwellregional, select “Reviews” in the menu bar and answer yes to the question, “Do you recommend Bothwell Regional Health Center?” and then write your review.

EMERGENCY PREPAREDNESS NEWS

Body Fluid Exposure

EP Corner is the one-stop shop where employees can learn what to do in the event of an emergency with information straight from the EOC Quick Reference Guide. It's required to keep the guide in a visible location so it is readily accessible when needed.

Each month, we will highlight a different section from the guide and bring awareness that being prepared for emergencies is everyone's responsibility.

This month's highlight is **Body Fluid Exposure**.

What qualifies as body fluid exposure?

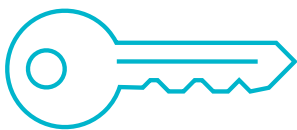
Any exposure to another individual's body fluid either through the skin (e.g. a needle stick) or onto a mucous membrane (eyes, nose or mouth) is considered an exposure to body fluid.

What is the first step of action after exposure?

Provide immediate first aid to the exposed individual. In the case of a needle stick, cut or wound, clean the affected area of the body or mucous membrane, with the exception of the eyes, washing with ample soap and water. To clean eyes, flush with lots of water. Remove soiled clothing, wash skin and change into clean garments.

Who do I need to contact after exposure?

Inform the appropriate manager immediately following the body fluid exposure. If the sharp was in a linen or trash bag, save it so the Environmental Services manager or Infection Control can attempt to identify the source. Report the exposure to the Emergency Department or Employee Health, if necessary. An event report form will also need to be filled out as soon as possible.



KEY AWARDS

Brianna Murray
Kristin Cloe
Megan Elwood
Kim Perez
Jennifer Evert
Rob Robertson
Lynh Best

Human Resources
Kendra Baumgartner
Savanna Bouldin
Terrance Cline
Josephina "Alicia" Theisen
Lisa Theisen
Lindsay Willis

Hailey Dunnavant
Jennifer Johnston
Susan Roe
Brenda Adams
Ellen Stevens
Julie McCammon
Stephanie Mallory

Rebekah Thompson
Mariia Tikhonova
Michele Laas
Leslie Fields

EMPLOYEE ENGAGEMENT NEWS

Christmas Spirit Days



EMPLOYEE ENGAGEMENT NEWS

Nutcracker Winners



**People's Choice-
Overall Favorite**
Emergency
Department



Most Creative
Radiology



**Most Christmas
Spirit**
Clinic Billing



Most Unique
Women's Health
and Newborn Care



**Best
Workmanship**
Administration



Most Original
IT



Most Traditional
2 Southwest



**Employee
Engagement
Committee
Favorite**
Materials
Management

NEW EMPLOYEES November

Jennifer Bowman
Dietary

Victoria Burkett
Nursing Administration

Whitney Clawson
CCU

Lina Doeve
*Patient Financial
Services*

Aimee Green
Respiratory Therapy

Camron Hooper
Emergency Department

Leila Houk
Case Management

Stephanie Koch
Respiratory Therapy

Cindy Morales
Poguoda
Emergency Department

Roxanne Noble
Materials Management

Kelsie Pirtle
Physical Therapy

Patricia Reeves
Nursing Administration

Haley Schuber
PCU

Kalyn Sharp
Nursing Administration

Marvin Smoot
Administration

Karley Thayer
Nursing Administration

Hunter Thornburg
Security

Angela Vanderlinden
Admitting

Micah Waddle
Dietary

Zakiyah Williams
Dietary

KNOW YOUR EDUCATIONAL BENEFITS



Contact Human Resources to learn more!



UNDERSTANDING GRIEF AND LOSS

Grief Support Group with Chaplain Rob Ayers

Are you going through a loss?

- Loved one
- Your career
- A relationship
- Your faith
- Your health
- Your safety

Join Chaplain Ayers, Certified Grief Recovery Specialist to find help navigating loss and grief.

Everyone deserves the opportunity to heal and find comfort within a supportive community.



Chaplain Rob Ayers

Together, we'll debunk these myths about grief:

- Time heals all wounds
- You need to replace the loss
- You have to grieve alone
- You need to bury your feelings

Ready to learn more?

Contact Pastor Rob at
cayers@brhc.org or 660.287.1090.

DECEMBER EMPLOYEE OF THE MONTH

Christina Swank

Trauma care requires critical thinking, quick actions and compassion. Bothwell prides itself on providing all these skills in the Emergency Department. One Bothwell employee stepped up to the plate and went above and beyond expectations when a patient arrived with a traumatic injury.

Christina Swank, Emergency Department charge nurse, is our December Employee of the Month for her impeccable timing and phenomenal patient care skills. Swank was nominated by Dr. Daron Olmsted, ED physician.

“Christina did an excellent job caring for a trauma patient who had cut his hand with a chainsaw,” Olmsted said. “It was time-critical to remove the patient’s ring from his finger. The patient said we could never cut the ring due to its thickness and material composition.”

In the nomination, Olmsted shared that the patient also had a swollen joint due to arthritis, making it even more difficult to remove the ring. The patient was going to require transfer until Swank came into the trauma bay.

“With soothing words and exceptional manual dexterity, Christina was able to remove the ring with minimal patient discomfort,” Olmsted said. “She saved the day and is an ED hero!”

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



GET PAID TO LEARN AND BE A CNA!

Want to be a Certified Nurse Assistant?

- Paid on-the-job training
- Classroom work from the comfort of your home
- Hands-on training
- Full- and part-time positions available

Next class starts Jan. 8!

To apply or learn more information about classes, contact Becky Eldenburg reldenburg@brhc.org



WORKPLACE SAFETY

Back Safety in Health Care

The most common risks of back injuries in health care are due to:

- Improper lifting and carrying techniques
- Rotating, lifting and transferring heavy patients
- Lifting combative and physically limited patients
- Bathing and dressing patients
- Carrying and handling medical equipment
- Stopping falls or transfers from the floor
- Standing or sitting still for long periods of time

In addition to the risks at work, poor posture, poor sleeping position and lack of exercise, flexibility and back strength can increase the risk of a work injury.

General Techniques and Best Practices:

- Prepare by assessing the situation to decide appropriate equipment, techniques and number of people needed to move the patient or equipment to reduce the risk of injury.
- When transferring or assisting a patient, patient considerations should include weight, medical condition, recent surgery, body strength, and ability to see, hear or follow instructions. When appropriate, obtain assistance from other staff.
- Choose the shortest, most obstacle-free route.
- Eliminate hazards and obstacles, position any furniture or equipment and lock any wheels involved before transferring the patient or moving equipment.
- If working with others, agree on a plan prior to moving or lifting a patient or equipment.
- When lifting and lowering, bend at the hips and knees, not at the waist. Use your legs, not your back.
- Shift your feet to turn instead of twisting your back.
- When possible, adjust chairs, beds, and other surfaces to keep work between waist and shoulder height.
- Avoid lifting from the floor or lifting higher than your shoulders without proper equipment.

To keep a neutral position and reduce pain while standing:

- Try to maintain a neutral posture by keeping the spine aligned and shoulders back.
- Avoid slouching.
- Shift weight from one leg to another when standing for long periods of time.

PATIENT SAFE HANDLING INITIATIVE

Fall-Related Injuries

Common fall-related injuries associated with morbidity and mortality include fractures, subdural hematomas and excessive bleeding. It is estimated that falls with related injuries add 6.3 days to the hospital stay and drive up costs. This is one reason we are utilizing an evidence-based TIPS program for fall prevention at Bothwell.




















According to the National Healthcare Quality and Disparities Report (NHQDR), patient safety is one of the six national priorities identified in patient care. By making patient safety a priority at Bothwell, we make care safer for both patients and staff. Unlike other adverse events in acute hospital settings that may be prevented by implementing a standard checklist for all patients, fall prevention plans need to be tailored to individual patients based on their personal risk factors.

Evidence suggests that one of the root causes of patient falls is poor communication of the fall prevention plan and failure of staff, patients and families to consistently follow the plan. To maximize communication, patient and family engagement should be integrated into each step of the fall prevention process and the fall prevention plan should be available at the bedside, not simply stored in the electronic health record.

Reinforcement of the TIPS recommendations and sheet should involve all disciplines throughout the stay, not just nursing staff. The Fall TIPS approach ensures that all risk factors are addressed and ensures each person and family/caregivers are engaged as partners in care. Fall TIPS saves nurses' time and supports engagements with the patient and family in the fall prevention process.

The Fall/Patient Safe Handling team's next meeting is on the second Tuesday in January.

If your department has needs for patient safe handling equipment or is encountering issues with patient safe handling, please address your concerns with your manager so they can bring them to a committee member.

BINGHAM AND WOMEN'S HOSPITAL Patient Name: _____		Date: _____	
 Increased Risk of Harm If You Fall <input type="checkbox"/>		Fall Interventions (Circle selection based on color)	
Fall Risks (Check all that apply)			
 History of Falls <input type="checkbox"/>	 <input type="checkbox"/>	Walking Aids  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	
 Medication Side Effects <input type="checkbox"/>	 <input type="checkbox"/>	Toileting Schedule: Every _____ hours  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	
 Walking Aid <input type="checkbox"/>	 <input type="checkbox"/>	Assistance Out of Bed  <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	
 IV Pole or Equipment <input type="checkbox"/>	 <input type="checkbox"/>		
 May Forget or Choose Not to Call <input type="checkbox"/>			

Fall tips ©Cochran & Women's Hospital 2016; do not alter without written permission.

BOTHWELLNESS QUARTERLY HEALTH CHALLENGES



January through March Challenge: **Emotional Wellness**



Shorter days, cold weather, and stress from the holidays can be challenging, leading to increased stress, sadness, and even depression. Emotional wellness is the ability to control stress and openly express emotions. This quarter let's raise each other up emotionally, and also commit to making time for ourselves!

Participants will be entered into a drawing for prizes at the end of each quarter.

- Using the snowflake provided in this Billboard, say something nice and uplifting about another BRHC employee
- Show compassion for yourself by scheduling time for relaxing, meditation, yoga, or socializing with friends



Want to participate in this challenge?

It's super easy!

1. Submit snowflake recipient's name or description of how you uplifted yourself to bothwellness@brhc.org by March 31.
2. You'll be automatically entered in a prize drawing!



GET WELL. STAY WELL. BOTHWELL.

FROM THE BOTHWELL{NESS} COMMITTEE

Snowflake Wellness Challenge

To be entered in the quarterly prize drawing for participating in this challenge:

- Completed, cut out snowflakes may be turned in to the Human Resources office to be posted for sharing the positivity. Write your name on the back to receive credit for participation. Snowflakes will be distributed to the recipient at a later date.
- If you prefer to keep your snowflake personal and give it to your recipient yourself, email bothwellness@brhc.org with your recipient's name.





A collage of images for the 'Wear Red for Women' event. The top left features a red shopping bag icon with the text 'wear Red 02.23.24 for women'. To the right are three photos: two women in red jackets holding a gift, a rack of colorful clothing, and a woman in a red jacket looking at items. A red banner across the middle reads 'TICKETS GO ON SALE JAN. 9'. Below the banner are three more photos: a woman in a red jacket, a group of people at a table, and a table set for a meal.

wear Red
02.23.24
for women

TICKETS GO ON SALE JAN. 9



A banner for the 'LUB DUB 5K/10K WALK/RUN' event. It features a man in a grey jacket and blue cap speaking into a microphone. The background shows a stadium with 'Bothwell Foundation' and 'Central Bank of Sodalia' logos. The bottom section has a white background with green and gold text. A circular logo on the right contains a heart with an ECG line and the date '04.27.24'. The text 'LUB DUB' is large and bold, with '5K/10K WALK/RUN' and 'BOTHWELL FOUNDATION' below it. A black box with gold text says 'KEEP MOVING'. At the bottom, it reads 'In Memory of Rick Schlesselman 1964-2023'. The top left corner has the 'Bothwell Foundation' logo.

Bothwell Foundation

LUB DUB 04.27.24
5K/10K WALK/RUN
BOTHWELL FOUNDATION
KEEP MOVING
In Memory of Rick Schlesselman 1964-2023

APRIL 27, 2024
REGISTRATION NOW OPEN
All proceeds benefit the Camye Callis Gaspard Memorial Heart Fund



PATIENT ROOM REMODEL PROJECT

The patient room remodel project includes upgrades in the 24-bed Medical and Surgical Unit on 2 Southwest. These rooms have not been remodeled since the wing was added to the hospital in 1985.

EXISTING CONDITIONS



Design and amenity enhancements include all new:

- Artistic wall murals behind patient beds
- Light fixtures over patient beds and headwalls
- Paint, tile and flooring
- Side cabinets, recliners and chairs
- Window coverings
- Televisions

Medical and Surgical/
2 Southwest Remodel

Total Cost for One Room

\$10,000

If you are interested in a room naming opportunity, please contact the Bothwell Foundation.

601 E. 14th St., Sedalia, MO 65301
Lauren Thiel Payne, Executive Director
lthiel@brhc.org | 660.829.7786

REMODELED DESIGNS



FOUNDATION NEWS

EPIC 12 Days of Christmas

Thank you to ALL our EPIC Club members and congratulations to all winners of the EPIC 12 Days of Christmas!

We now have over 65% of regularly scheduled employees as members. We are so THANKFUL to have so many employees join this year and for all the amazing things you have allowed us to do to help employees.



This year, with your donations we have been able to:

- Place water bottle filling stations (note - some still need to be installed):
 - Education Center
 - 2SW/PCU
 - Cancer Center
 - Truman Lake Clinic
 - Lab/Radiology
 - Bothwell Internal Medicine Specialists/ Pulmonology Clinic
 - Bothwell Family Medicine Associates
 - Healing Arts Building (2)
 - OB/GYN/Labor and Delivery
 - Environmental Services/Cardiac Rehab/Sterile Processing
 - Bothwell Financial Services
- Purchase cold weather gear for Security, Facilities, Materials Management and Environmental Services
- Contribute \$6,000 to the Miracle on 14th Street Employee Assistance Fund
- Create Employee Food pantries (coming soon)

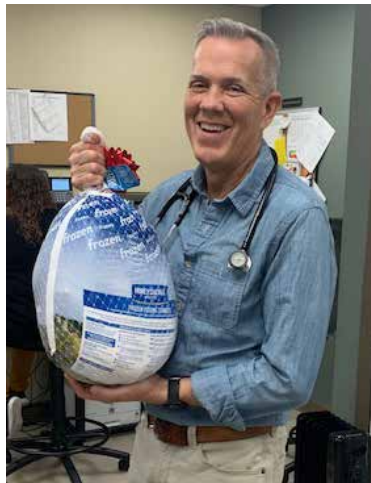
Special thanks to our AMAZING EPIC Club committee for ALL their hard work recruiting members, coming up with creative ideas and ALL they do for EPIC – they truly are amazing and do great work. If you see any of them, please let them know how you think the 12 Days of EPIC Christmas went and thank them for ALL their hard work.

They are so passionate about Bothwell and making sure our employees are appreciated.

Thank you to Sarah Anderson (Bothwell Pulmonology Specialists), Jamie Barklage (surgery), Megan Elwood (Nursing Education), Wendy Fairfax (Quality Management), Tom Fairfax (IT), Sarah Hopper (PCU/CCU), Tammy Jackson (CCU/ Infusion & Procedure), Emily Kuhlman (Truman Lake Clinic), Rita Mergen (Employee Health), Todd Nappe (HR), Ashley O'Bannon (IT), Kim Perez (Nursing Education), Lucas Sheeley (Facilities), Kara Sheeley (Cancer Center), Laura Weisenburger (Periop Services), and Devin Wiley (IT).

FOUNDATION NEWS

EPIC 12 Days of Christmas



FOUNDATION NEWS

Memorials and Donations

In Memory of David Gaspard

Ali Bankovich
Dennis and Donna Haines
Walter and Cheryl McBride
Susan Phillips
John and Tracey Drenon
Kathy Kempton
James and Stephanie Sneed
Alan and Catherine
Quattlebaum
Pete Phillips

Mark and Krista Kempton
Kim and Jana Birdsong
Dr. Sarah Spence
Richard and Darlene Francis
Karen and Wesley Brockman
Patty Wagenknecht
Rebecca Kidd
Patton Service Co. DBA
Benitz Service
Jeffrey Mittelhauser
Paula Page

Matt and Jennifer Boatright
Saundra Delarm
Sue Heckart
James Callis
Dr. William and Judith
Woolery
David Curry

In Memory of Randy Ulmer

Debora Ulmer

FOUNDATION NEWS

Cold Weather Gear

The foundation's employee EPIC Club has raised funds to purchase cold weather gear for our coworkers who work in the elements.



Facilities: Left to right - Eric Rader, Troy Meier, Jason Pals, Tammy Jackson, Lucas Sheeley, Rudy Reyes, Randy Smith



Materials: Terrance Cline



Cathy Seifner, EVS Lead



Security: Left to right - David Foland, Ann DeFusco, Casey DeVorss, Mike VanDeusen

AUXILIARY NEWS

November Sunshine Award

Congratulations to our November Sunshine Award winner, Gerald Wolf!

Gerald Wolf is a volunteer who helps with total joint patients and their group therapy. He was nominated by Susan Roe, Ortho unit ward clerk.

“Gerald offers encouragement and helps patients with exercises when needed,” Roe said. “He is always willing to take extra shifts and is such a joy to work with.”

Thank you, Gerald, for bringing a little “sunshine” to our patients!



AUXILIARY NEWS

December Sunshine Award

Congratulations to our December Sunshine Award winner, Cindy Decker!

Cindy is a volunteer who helps in the Oncology department. She was nominated by Susan Lamb, Radiation Oncology charge nurse.

“Cindy is always asking for additional tasks so she can help however needed,” Lamb said. “She always waits until the last lab draw comes in before she leaves for the day.”

Thank you, Cindy, for bringing a little “sunshine” to our patients day!

If you know of a volunteer who should be nominated for Bothwell’s Sunshine Award, forms are available on the intraweb. Sunshine awards are presented to one volunteer each month.





GET WELL. STAY WELL. BOTHWELL.

JAN. 18

11:30 AM—7:30 PM

BOTHWELL CAFÉ



JANUARY BIRTHDAYS



Diana Sokolowski	2	Kimberly Burchett	13	Kami Jetmund	23
Marina Seaton	2	Kelsey Smith	13	Stephanie Johnson	23
Alexis Dupont	3	Heidi Schwartz	14	Alex Kresse	23
Linda Jeffress	4	Amanda Westhues	14	Britain Bush	24
Shannon Hoey	4	Janna Ralston	14	Kara Sheeley	25
Tasha Stokes	4	Brian Hermanson	15	Brittani Geml	25
Sondra Barber	4	Christina Oelrichs	15	Devin Niederwimmer	25
Deana Goalder	5	Janice Johnson	16	Lindsey Edwards	25
Alaina Spencer	5	Kiersten Labus	16	Tina Bright	26
Karen Kain	6	Tina Propheter	16	Kimberly Woodard	26
Mimi Johnson	6	Jennifer Bowman	16	Debbie Hagle	27
Helen Fisher	6	Tom Fairfax	17	Penny Adair	27
Lynn Catron	6	Hana Lingenfelter	17	Sarah Hopper	27
Carrie Brown	7	Megan Ray	18	Yana Stasyuk	27
Amanda Sportsman	7	Jason Pals	19	Samantha Kelly	28
Ryley Landers	7	Dr. Peri Ananth	19	Jessica Cawthon	28
Sophie Widel	7	Brittany Freeman	19	Courtney Staus	28
Elizabeth Holman	8	Abigail Sipe	19	Steve Davis	29
Nayleshka Luna	9	Kristy Starke	20	Rachelle Mateo	29
Kalyn Sharp	9	Christine Matacua	20	Dr. Stephanie Lind	29
Alicia Hofstetter	10	Francine McRae	20	Christie Raps	29
Amy Walker	11	Brianna Welch	20	Jennifer Rehmer	30
Ronda Bachman	11	Kayla Butler	21	Cheryl Glines	30
Kelly Crosswhite	11	Grace Linn	22	Amanda Foote	30
Marc Dougherty	12	Kinberly Cline	22	Dr. David Kuhlmann	31
Dr. Julie Cahill	13	Kyle Hull	22		
Dr. Brianna Kroeger	13	Teresa Friedlander	23		