

FEBRUARY 2023

BILLBOARD



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



RAISING FRIENDS, RAISING FUNDS

Letter from Lori

You've likely read and seen over the last several months the changes happening with the Bothwell Foundation. About 18 months ago, the foundation board enlisted the assistance of Hillary Lyons Associates, a consulting firm that specializes in strengthening health care foundations.

To reach its goals of increasing the amount of support the foundation provides to Bothwell, increasing awareness of the hospital and services that are offered, and creating giving programs that anyone can participate in, six new committees are being formed.

Foundation leadership and these new committees are laser focused on creating more and stronger relationships and positioning the foundation as a preeminent charitable organization in our community.

For Bothwell to thrive and remain an independent community hospital, it will take all of this and more. Some of you may think, "what does being an independent hospital mean?" It means that a corporate office, far removed from Sedalia, is not making decisions about what is best for our community.

We are. Our local governing board, not an urban corporate board, sets our strategic direction, provides fiscal oversight and ensures safe patient care. **We do.** Our destiny is our own picture to create and paint. **We will.**

[READ MORE ON NEXT PAGE ►](#)



SEE WHAT'S INSIDE!

TAKE THE BILLBOARD SURVEY

ELDENBURG CLINIC MOVING

CONGRATS DAISY WINNER SETH STOTTS

GET READY FOR THE 'MOST EPIC WEEK EVER'

RAISING FRIENDS, RAISING FUNDS (CONTINUED)

Letter from Lori

The role of philanthropy will be increasingly important to the future of Bothwell. In 2022, the foundation awarded over \$1.2 million to Bothwell for equipment and projects. The most recent project was funding nearly \$800,000 for an upgrade to the Oncology department's CT scanner and purchasing a new CT scanner at the hospital to replace the existing scanner.

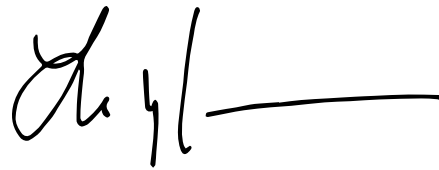
Through the work of the new committees, our hope is that more people will become aware of the purpose, reach and importance of Bothwell Regional Health Center and that we gain new friends and raise even more funds to help support our priorities.

As employees, you have an opportunity to be more involved in the life of the foundation by either volunteering and/or becoming a member of the EPIC Club, the employee giving arm of the foundation. The Employee Giving committee is prepping to host its first Spirit Week March 26 to April 1 to raise awareness among employees and to ask for your support.

Every dollar counts and having the support of our employees shows other donors that we all believe in our mission of providing exceptional health and wellness services to people in the communities we serve. I support the foundation financially, and I hope you will join me.

I am grateful the foundation board shares in the goal of Bothwell remaining an independent community hospital, and I appreciate their leadership as they work to cultivate new and rewarding relationships on our behalf.

Stay Well. Be Well.



QUARTERLY CEO UPDATE

Instead of in-person meetings to hear the latest news and updates, I will record a Webex presentation that will go out via email sometime in March. What questions do you want answered or topics would you like me to discuss? Send your thoughts to me at lwightman@brhc.org.

BILLBOARD READERSHIP SURVEY

Your Opinion Matters

The Billboard employee newsletter is distributed to all Bothwell employees and some external stakeholders that include trustee and foundation board members, city council members, and health care and community partners.

In an effort to gauge reader interest and continue to improve communication, please take five minutes to answer the questions in the [Billboard Readership Survey](#).

This survey will close March 3. Thank you to everyone who has already taken it!



HEALTH INSURANCE INFORMATION

Non-Bothwell Services

Bothwell has agreements with several health care partners such as Alliance Radiology Group, Boyce and Bynum Pathology and Quest Diagnostics that provide testing or read diagnostic tests performed at Bothwell, e.g. labs, X-rays, MRIs, CTs, etc.

If the health care partner is not part of the Health Cooperative of Missouri network, these charges will go toward the deductible (\$5,000) and then will be paid at 70%.

ELDENBURG CLINIC MOVING IN MARCH

Walk-in Clinic Next to Open in Summer

Bothwell Eldenburg Family Practice, one of Bothwell Regional Health Center's three Sedalia family medicine clinics, is moving to a new location.

The clinic, currently located at 700 S. Limit, will move to Bothwell's new medical building at 700 S. Hancock Avenue that the health center purchased in April 2022.

Vice President of Clinic Operations Keith Morrow said Bothwell purchased the building as part of its overarching goal to increase access to health care services.

"We're excited to expand Bothwell's footprint on Sedalia's east side," Morrow said. "During discussions on consolidating our family medicine practices, Dr. Eldenburg expressed interest in moving to the Hancock building. The bonus for the community is not only will the building have an established family medicine practice but also a convenient walk-in clinic that can serve a new part of town."

Bothwell Facilities staff is renovating the building and the Eldenburg clinic will move in around mid-March. The walk-in clinic is planned to open this summer. Bothwell's already has a walk-in clinic located on the first floor of the Healing Arts Center at 3700 W. 10th Street.

In August, Bothwell Family Medicine Associates will merge with Bothwell Family Health and move to the second floor of the Healing Arts Center. The move will create needed space for Bothwell's growing family medicine services and is funded by a \$1.1 million grant from the federal Health Resources and Services Administration (HRSA) Rural Residency Planning and Development Program.

The phone number for Bothwell Eldenburg Family Practice will remain the same at 660.827.7998.



Bothwell is renovating this building at 700 S. Hancock Avenue that will include Bothwell's second walk-in clinic and Eldenburg Family Practice

MONTHLY GENERATOR TESTING

Starting at 5:30 am March 2, Facilities will conduct their monthly generator test; however, this month the generators will run for 90 minutes to test all emergency lighting in the hospital.

If you see a blink in the lights around 7 am to 7:30am, it is just the panels switching back to normal power. This is a normal test done each year.

RELAY FOR LIFE

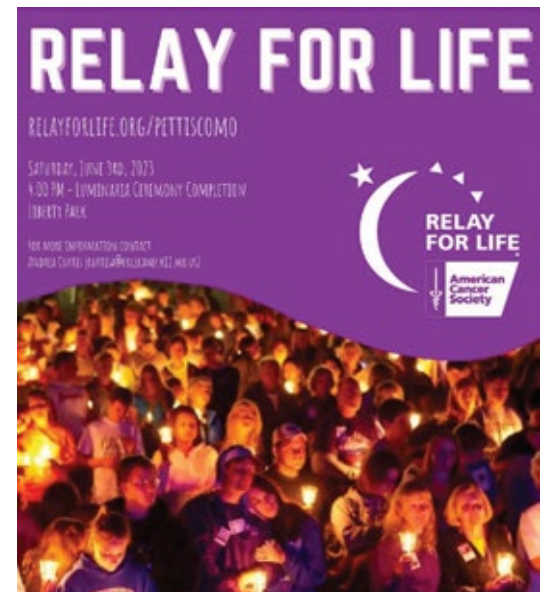
Join the Bothwell Team

Each year the hospital participates in the Relay for Life to raise funds for the American Cancer Society. This helps support cancer patients, funds research and gives access to lifesaving screenings.

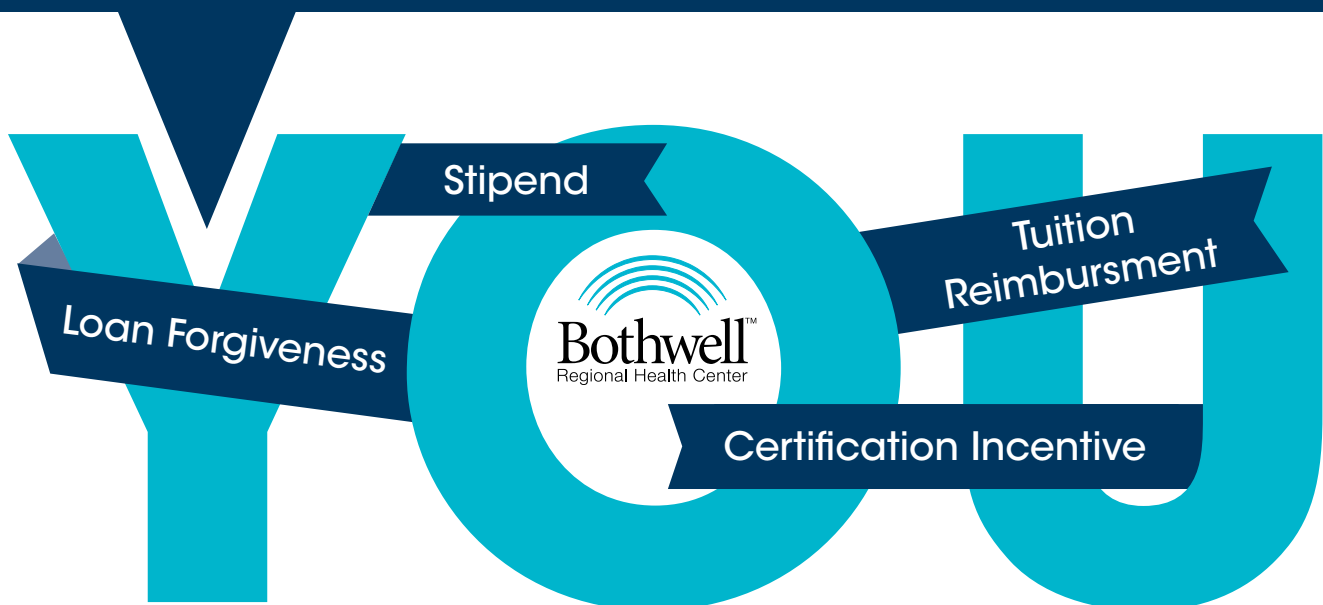
Our goal this year is to build a large team and have Bothwell represented at the event, which is June 3. To do this we need each of you!

Please click [sign up](#) to join our team. This is a great way to show our support to our community members. It is completely free to sign up and also free to participate. As we get closer to the event in June, each month we will have a challenge.

If you have any questions please contact [Kara Sheeley](#), Oncology Services director or [Susan Lamb](#), Oncology Services Charge RN.



KNOW YOUR EDUCATIONAL BENEFITS



Contact Human Resources to learn more!

STEMI CERTIFICATION EARNED Standards Provide Timely Heart Attack Care

The Missouri Department of Health and Senior Services (DHSS), Time Critical Diagnosis Unit has designated Bothwell Regional Health Center as a Level III Missouri ST-elevation myocardial infarction (STEMI) Center.

STEMI is a serious type of heart attack where one or more of the heart's major arteries that supply oxygen-rich blood to the heart is completely blocked.

As a Level III STEMI Center, Bothwell meets multiple standards to provide definitive and timely treatment for patients suffering a STEMI attack. The standards ensure patients are diagnosed and treated quickly at Bothwell and transferred to a higher level center with a Cardiac Catheterization Laboratory (Cath Lab) to reopen the blocked artery.

Michele Laas, RN, BSN, MSN, Bothwell's Chief Nursing Officer, said the health center has a partnership with Boone Health in Columbia that ensures a smooth transition of care from Bothwell to their Cath Lab.

"We have ongoing open lines of communication with Boone Health where most of our STEMI patients are transferred," Laas said. "In addition, our relationship with Dr. Marquez with Missouri Heart Center's Sedalia office and our own outpatient Cardiac Rehabilitation program allows patients to return home for follow-up care."

Since Bothwell was first designated a Level III STEMI Center in March 2021, the Emergency Department team has treated 68 patients for STEMI attacks.

Laas said achieving the designation a second time is an indication of the health center's commitment to caring for its community.

"In heart attacks, minutes count," Laas said. "The state requires stringent standards of timely care, and our entire team has practiced and worked hard to cover all our bases. This designation ensures that when someone is having a STEMI attack and they arrive at our door, we are providing them the highest level of emergency care."

According to the Missouri DHSS, there are four levels of hospital designations in the state's Time Critical Diagnosis System. Currently, there are 25 Level III STEMI Centers that play an important role in providing access into the system and essential patient care in non-metropolitan areas.

"Bothwell is a rural hospital serving a rural community," Laas said. "Our role as a STEMI center is critical to improving heart attack care and saving lives. I'm extremely proud of our team for working together to achieve this designation."

In the event of someone showing signs of a heart attack, 911 should be contacted immediately. These signs can include pain or discomfort in the chest, arm or shoulder, shortness of breath, feeling lightheaded, nausea or vomiting, or jaw, neck or back pain.



The Joint
Commission

CERTIFICATION

Acute Heart Attack Ready



American Heart
Association

HELP SAVE A LIFE March 10 Blood Drive

We will host a blood drive from 10:30 am to 3 pm March 10 in the Bothwell Education Center at 600 E. 14th in conjunction with Community Blood Center.

Appointments are preferred, and walk-ins will be accepted as capacity allows. To make an appointment, visit [Sign Up Now](#) or call Lisa Nelson at 816-216-4771. Participants should bring a photo ID or donor ID card.

Community Blood Center, established over 60 years ago, serves hospitals in the Greater Kansas City metropolitan area, as well as eastern Kansas and western Missouri.

LEARN TO SAVE A LIFE

CPR/AED and First Aid Classes

As we all saw with the on-field collapse of NFL player Damar Hamlin, 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 11. To register or for more information, contact the Education Center at 660.827.9516 or email classes@brhc.org. Other classes will be held June 10, Sept. 16 and Dec. 2.

PREPPING TEENS FOR BABYSITTING

Safe Sitter Course Happening in March

Have a tween interested in earning money by babysitting? We are offering a Safe Sitter course on Saturday, March 25 for children in grades 6 to 8. Class hours are 8 am–2:30 pm and cost is \$35. This is the perfect opportunity to ensure your child is ready to enter the world of babysitting.

For more information or to register, contact the Education Center at 660.827.9516 or email classes@brhc.org. Registration deadline for the class is March 13.

Other class dates are May 20 and Aug. 5.



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DAISY AWARD WINNER

Seth Stotts, LPN

Bothwell Regional Health Center recently presented its latest DAISY Award for Extraordinary Nurses to Seth Stotts.

The DAISY Award is for patients and their families to nominate nurses who give outstanding, compassionate and skillful care. Stotts, a licensed practical nurse (LPN) in the Emergency Department, was nominated by Judy Waggoner of Cole Camp.

“Seth was my nurse when I was in the Emergency Department and was so professional while being very caring and personal,” Waggoner said. “He was totally attentive to all of my needs. He kept me informed constantly of my condition, which was so appreciated by me and my husband. He is exceptional at his job.”

Stotts has worked in the Emergency Department since July 2020. He started as a patient care technician and transitioned to the role of LPN in December 2020 after earning a Professional Certificate in Nursing from State Fair Community College. He is working toward a bachelor’s degree in Nursing from Missouri Valley College and plans to graduate this December with wants to become a Certified Registered Nurse Anesthetist.

Stotts said he remembers Waggoner and her husband, Roy, after Waggoner visited the ED with concerns about her heart.

“Right away, I could tell she and her husband were worried that something serious was wrong,” he said. “Like caring for any other patient, I went straight to work helping the physician determine a diagnosis. I made sure to keep her and her husband in the loop and was prepared to help them in any way possible.”

Megan Elwood, Bothwell Nursing Education RN, presented Stotts with a certificate commending him for being an “Extraordinary Nurse.” He also received a box of cinnamon rolls, a plant, a DAISY Award pin and a sculpture called “A Healer’s Touch,” hand-carved by artists of the Shona Tribe in Africa. A DAISY Award



Seth Stotts, LPN

banner recognizing him will hang in the unit and Stotts’ name will appear on the DAISY Foundation website.

“Seth is an amazing asset to our team. He is not only a great colleague but he treats all his patients with compassion and is willing to go the extra mile,” Elwood said. “Being in the hospital, in any capacity, can be a terrifying experience, and we want to recognize those nurses that go above and beyond for our patients. As a nurse, one of the best feelings is knowing that you made an impact on the patient and/or their family.”

Stotts said he was surprised to receive the award and is grateful to be recognized for his patient care skills.

“Individuals who receive this award are the epitome of what it means to be a nurse,” he said. “I am so grateful to have been recognized and I appreciate Judy and her husband for recognizing my hard work. Sometimes the patients I care for are here on the worst day of their life, with a life-altering diagnosis. I like that I can be their calm in the chaos and provide them with the care and reassurance they need.”

CONTINUED ON NEXT PAGE ►

DAISY AWARD WINNER

Seth Stotts, LPN

While it's not common for nominators to attend DAISY Award presentation ceremonies, Waggoner said she wouldn't have missed it.

"We felt it was important for him to see us," she said. "We just appreciate him so much. He even wrote a handwritten note to me and my husband after my stay, which has never happened to us before. We had never met this young man and he treated us as conscientiously as any of my children would have treated me. Bothwell is very fortunate to have him."

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, Sherri Egbert and Leslie Shapley are previous recipients.

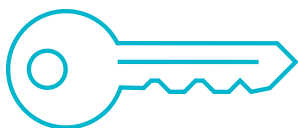
To learn more or to submit a nomination, visit brhc.org/daisy.



From left, Judy Waggoner, Seth Stotts and Roy Waggoner. The Waggoners nominated Stotts for the DAISY Award after Judy Waggoner visited the Emergency Department and needed care.



Proud mom moment as Chasatee Keeran, Dietetics Services manager, was able to witness her son, Seth, receiving Bothwell's latest DAISY Award.



KEY AWARDS

Patricia DeGhelder
Tammy Horn
Melissa Dillon
Dee Dee Gilmore

Jennifer Bottcher
Shelby Bergman
Aaron Pate
Kaela Reeves

Stephanie Meyer
Jazi Walker
Terri McCarthy

HUMAN RESOURCES NEWS

Work Injury Information and Procedures

Bothwell Regional Health Center complies with the laws of the State of Missouri regarding workers' compensation. This legislation provides for lost wages and medical expenses in the event of a work-related injury.

The Missouri Workers Compensation Law defines a work-related injury as "an injury which has arisen out of and in the course of employment." An injury shall be deemed to arise out of an in the course of employment only if:

- It is reasonably apparent, upon consideration of the circumstances, that the accident is the prevailing factor in causing the injury.
- It does not come from a hazard or risk unrelated to the employment to which workers would have been equally exposed outside of an unrelated to the employment in normal non-employment life.

The Bothwell Work Injury Policy provides guidelines to be followed when an employee is injured on the job.

- Report the injury to the immediate supervisor as soon as possible.
- An Injury Report form should be completed and submitted to Human Resources within 24 hours of the injury. Forms are available on the BRHC IntraWeb, in each department, and in the Human Resources office.
- The Human Resources office will assist injured employees who require medical treatment.
- Medical treatment for work-related injuries is not a covered service under the BRHC Medical Plan.
- Injured employees are required to accept modified duty assignments if authorized by the treating physician. An employee who refuses modified duty assignments will not be eligible for lost wages.

For more information, please see the Human Resources Work Related Injuries Policy on the IntraWeb.

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 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.



BOTHWELL IN THE COMMUNITY

Laas Explains AEDs at Rotary Club

Chief Nursing Officer Michele Laas was the guest speaker at the Feb. 20 Rotary Club of Sedalia meeting where she demonstrated the purpose and use of automated external defibrillators (AEDs).

DEPARTMENT SPOTLIGHT

Bothwell Foundation

Let's get to know each other better! Department Spotlight highlights a department each month, what they do and who they support. Next up is Bothwell Foundation led by Executive Director Lauren Thiel-Payne.

What does this department do?

The Bothwell Foundation works with our board of directors and eight subcommittees, plans fundraising and community events, develops relationships with community members and businesses, works with the hospital and departments to help fund items they may need or want, and does a whole host of other behind the scenes work that supports Bothwell's mission.

How would you describe your team?

We are relaxed, organized, giving, catch all/do all, and helpful with a high attention to detail.

What other departments does this department support?

The Bothwell Foundation was formed to support Bothwell Regional Health Center and provide resources to all departments and clinics where and when needed.

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

We are a separate 501c3 and have our own board, bylaws, budget and policies. To see all of our amazing board members, visit the [Board of Directors](#) page on the Bothwell website.

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

We are extremely proud of the new committees that have been established and the work and progress they have made over the past 18 months. Four new committees have been established, one is getting started and we have one left to recruit.

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

We like to drink coffee (Lauren) or energy drinks (Leisha), read, spend time with family, go for walks, travel, and try new restaurants.



Lauren Thiel-Payne,
Executive Director



Leisha Nakagawa,
Administrative Assistant



Lauren and Leisha at the 2023 Wear Red for Women luncheon and auction on Feb. 24

Anything else you want to share about your department?

We are so excited for our first ever Spirit Week—the **Most EPIC Week Ever!** The Employee Giving committee has a great week of fun and exciting things in store from March 26 through April 1 to increase awareness of the foundation among employees.

Check out the Foundation News section in this issue for all Spirit Week epic activities, as well as a photo recap of our fourth annual Wear Red for Women event that supports AED placement in the community, an invitation to sign up for our annual Lub Dub 5K/10K Walk/Run and an update on the K9 Security Officer, a special project that we recently raised funds for to increase safety at security at the hospital.

FEBRUARY EMPLOYEE OF THE MONTH

Melissa Dillon

Department secretaries are some of the many unsung heroes at Bothwell. They have to wear many hats, be flexible and be ready at a moment's notice for whatever their days may bring.

Melissa Dillon, Cancer Center secretary, is our February Employee of the Month for her ability to be mindful and intentional in her work. Dillon was nominated by Oncology Services Director Kara Sheeley.

"A few weeks ago, Melissa identified a scheduling situation that could have been extremely emotionally unsafe for a patient," Sheeley said. "Melissa recognized the potential for stress and brought the situation to my attention to be resolved."

Sheeley said Dillon is an effective communicator and exhibits Bothwell's Key Basics of safety, courtesy, professionalism and efficiency.

"Melissa kept the safety of our patients and team in mind during this encounter, was courteous in her delivery, professional in addressing the situation and got the job done," she said. "Melissa is so mindful and intentional in her work and all that it impacts, and we appreciate her so much."

Congratulations, Melissa, on being named February Employee of the Month!



NEW EMPLOYEES

January

Shyla Camron

Housekeeping

Michelle Fischer

Progressive Care

Paige Graham

*Bothwell OB/GYN
Associates*

Trinity Green

Critical Care Unit

Amy Hamlin

Emergency Department

Madison Hendricks

*Bothwell Wound
Healing Center*

Allison Hughes

*Women's Health and
Newborn Care*

Abigail Hunsburger

Pathology

Hunter Johnson

Nursing Administration

Megan Jones

Clinic Billing

Jonathan Lefevers

Housekeeping

Natalie Leitzel

Occupational Therapy

Donald Mills

Housekeeping

Taylor Olson

Centralized Scheduling

Amanda Phelps

Sterile Processing

Michelle Powers

Surgery

Ashleigh Prescott

Pathology

Elizabeth Schenewerk

Pathology

Abigail Sipe

Sterile Processing

Alexis Sisemore

Sterile Processing

Courtney Staus

Bothwell Pain Clinic

Donald Steele

Housekeeping

Nailya Tikhonov

Nursing Administration

Angelica Williamson

Pathology

Cora Wood

Respiratory Therapy

Brandyn Yates

Ultrasound

FOUNDATION NEWS

Meet the 2023 Employee Giving Committee

Subscribing to the philosophy that “it begins with us,” the Employee Giving committee has created the Employee Partners Invested in Caring (EPIC) Club. The committee’s goals are to create greater awareness among Bothwell employees of the foundation’s purpose as well as enlist their financial support to fund special projects that may benefit employees, patients, visitors or facilities.

The committee will host its first ever Spirit Week March 26 – April 1. Everyone is invited to join in the fun and join the EPIC Club to help raise funds for special projects selected by the committee.

Support by employees demonstrates to other advocates that there is a deep commitment to the foundation and its mission. Depending on the amount raised during Spirit Week and throughout the year, EPIC Club funds will be used as follows:

- Twenty percent of all donations will benefit the revamped Miracle on 14th Street Employee Assistance Fund
- Cold weather wear for employees who work in the elements (Emergency Department, Environmental Services, Facilities, Materials Management and Security)
- A handicap-accessible golf cart for patient transport
- An employee food pantry

Check out the Most EPIC Week Ever schedule on the next page!



Front row, from left: Committee members Wendy Fairfax, Sarah Hopper, Tammy Jackson, Kara Sheeley, Sarah Anderson, cochair, Ashley O'Bannon, Kim Perez, and Leisha Nakagawa, foundation administration assistant

Back row, from left: Lauren Thiel-Payne, foundation executive director, committee members Tom Fairfax, Jamie Barklage, Devin Wiley, Michele Laas, SLT representative, Rita Mergen, Laura Weisenburger, cochair, and Lucas Sheeley

Not pictured: Todd Nappe

Why join the Employee Giving committee and be a part of the EPIC Club? Read the "My Why" of some of the committee members on the next page!

FOUNDATION NEWS

"My Why" for joining the Bothwell Foundation Employee Giving committee

I joined the Bothwell Foundation Employee Giving committee because the Bothwell Foundation makes such meaningful impacts for our hospital, our patients and our community. I am blessed to be able to be a part of the giving of these resources to our patients and to witness the look of relief when we are able to lift a burden in their lives. The Bothwell Foundation is one of my absolute favorite philanthropies, and I am thankful to help continue the foundation's mission and work within Bothwell and our community.

— **Kara Sheeley**

I joined after being invited to find out why this committee was being formed. I love that we are targeting ways to help our own employees and projects that help our hospital! I've worked here for 37 years, and I know that as caregivers, we do many things individually to help our coworkers in need, but this is a way for many of us to help many more in a larger way. I believe as a caregiver, we are to help each other, and this committee has that belief as well. I'm all in; let's support each other!

— **Rita Mergen**

I joined the Employee Giving committee because at a previous employer I had seen the process and how it had helped employees who had fallen on hard times. It was a group to be proud to be a part of and was seen as a caring and helpful to the entire community. Giving is important to me as I see the foundation as just what its name says, the very foundation of which we work upon. It is a part of our helpful and giving philosophy that is Bothwell. I am looking forward to spreading the message of what the committee stands for and what it can do for our employees and our hospital as well as our community.

— **Tammy Jackson**

I like to ensure our employees are taken care of. They all work so hard and sometimes (well maybe a lot) they don't get the appreciation they deserve. So, anything I can do for our people to make things easier for them I'm doing it. I'm looking forward to Spirit Week because I want our employees to have a good time. I believe we all can have fun and work at the same time. A happy and appreciated employee is better for the hospital.

— **Todd Nappe**

I joined the committee as a way to be more involved in the hospital and with all employees. Giving is important to me because it allows projects to happen that may not be possible otherwise.

— **Devin Wiley**

I was asked to participate in the committee by a coworker and thought it would be a great way to be involved. I have worked at Bothwell for over 20 years so this is my second home and family. I want all the best for our hospital and unfortunately these times in health care don't allow small rural hospitals to thrive. So, I feel this is the best way for me to help my family make sure we have the best rural hospital around and the bonus is I get to do it with great people.

— **Kim Perez**

The foundation has always been something that I have given to over the years. When I was asked to join the Employee Giving committee, I knew this would be an opportunity to share with my coworkers. Creating awareness of what our committee is doing to impact the lives of our fellow employees, patients, visitors and facilities. I'm looking forward to the big reveal of the EPIC Club during the Most Epic Week Ever!

— **Wendy Fairfax**

I joined this committee because I wanted to make a small impact on employee support, giving and change. Being on this committee is like being a voice for our fellow coworkers and giving back to them what they give to our organization and patients.

Giving to the foundation is important to me because I know my gift is going toward our organization, our community and ultimately our patients.

During our Most EPIC Week Ever, I'm looking forward to seeing how many employees want to support and have fun while doing it.

— **Ashley O'Bannon**

MOST EPIC WEEK EVER

EVERYONE WELCOME
COME JOIN THE FUN
AND OUR CLUB!

MARCH 26-APRIL 1



MONDAY

EPIC Snack Pack to keep you going through the week! It's all that and a bag of chips.

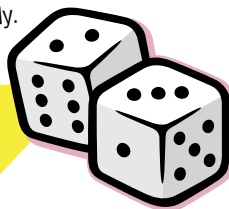
TUESDAY

Velcro Ax Throwing and 90s Nostalgia Games in the Café. Come hang with your home skilleters. 8 am-2 pm and 5-7 pm



WEDNESDAY

EPIC Breakfast Box and 90s Sitcoms Dress-up Day. It'll be fly.



THURSDAY

Holla! Let's PLINKO in the Café. 8 am-2 pm and 5-7 pm



FRIDAY

Popcorn Snack Day — Pop in, Support the EPIC Club and be the Bomb Dot Com.

ALL WEEK

Let's Fo' Shizzle Get Jiggy With It!

- ▶ BINGO
- ▶ 90s Trivia
- ▶ Lip Sync Online Competition
- ▶ Prize Drawings



What is the EPIC Club?

The EPIC Club is the employee giving arm of the Bothwell Foundation and recognizes Bothwell Regional Health Center employees who give a minimum annual gift of \$26 or more.



FOUNDATION NEWS

K9 Officer Project Moving Forward

The Bothwell Foundation's fund-raising campaign to add a K9 officer to Bothwell Regional Health Center's Security team has surpassed its goal. The foundation launched the campaign last summer by educating the community on the alarming trend of increasing violence at the health center.

In 2022, employees made 13,735 calls to Bothwell's Security team for assistance. There were 49 incidents of violent patients or visitors, 274 combative patients, 54 weapons confiscated, 30 employees assaulted, and the Sedalia Police Department was called 29 times for support.

Todd Nappe, Bothwell Security director, said it's these statistics that prompted leadership to pursue adding a K9 officer. The highly trained dog will improve employee, patient and visitor safety and help de-escalate volatile situations.

"The violence occurring in medical facilities these days is growing and happening here and across the country," Nappe said. "I have seen firsthand what a trained K9 can do when they are on scene. Some people won't hesitate to kick, punch or bite another person, but when a trained K9 is there, the behavior and attitude changes dramatically."

Last year, Nappe was part of a team that visited CoxHealth in Springfield to research that health system's K9 team and brought back valuable information including the name of the trainer who selected their dogs and trained their handlers.

Al Gill, owner of Von der haus Gill German Shepherds in Wapakoneta, Ohio, was a K9 handler/trainer for 17 years working in large law enforcement agencies. Since 1984 he has trained or helped train over 2,000 dogs and selected or imported more than 3,000 police working dog candidates.

Gill and his team will train Bothwell's dog and handler during a six-week training session starting in early April. Before training starts, Gill will select one or more dogs that he may already have or that arrive from Germany, Slovakia or the Czech Republic. Because this dog will be working in a hospital, Gill said he's looking for specific characteristics.

"We want a strong searcher, yet social and clear-headed," he said. "He or she must be very social as a lot of what they will be doing is therapy-based work. They have to be comfortable on slick floors and protection/bite work needs to be normal or better. That just means they can do the work when called on but that their main focus is on therapy."

Bothwell's dog will also be trained in explosive detection, which means it will be available to assist local, county or state law enforcement agencies if needed.

"With the addition of this dog, we will be the only local explosive detection K9 team," Nappe said. "The next closest is at Whiteman Air Force Base so having the ability to provide that service will allow for faster response times when area agencies need help during searches or at events."

Training for Bothwell's dog will include patrol, obedience, tracking, handler protection and explosives. The handler and dog will be exposed to live gunfire, water work, and if possible public demonstrations and real search work. In addition to skills training, Gill said the desired outcome is for the handler and dog to bond.

"We put in long days, sometimes 10 to 12 hours a day, and training is intense," he said. "The handler needs to be highly motivated and put in the required extra work."

After training and the K9 has been established with a local veterinarian, the dog will be introduced first to the Bothwell employee community in June and then to donors who supported the campaign. More than \$52,000 was raised to pay for the dog, training, a specially equipped vehicle as well as health care, food and equipment costs. Donations for additional and ongoing costs are still being accepted by the Bothwell Foundation.

"We're really grateful to the foundation and to everyone who has supported this project, and we're super excited for the dog to get here," Nappe said. "The safety of our patients, employees and visitors is a high priority for us. I believe the sheer presence of a K9 in the hospital will benefit everyone."

**FREE
Event**

**FREE
Lunch**

ATTEND LEARN SUPPORT

ENCOURAGING STRESS COPING SKILLS



A presentation for parents and leaders of youth about how to model and support stress management for healthy living.

Presenters:

Dr. Robynne Lute
Behavioral Health Consultant
Bothwell Regional Health Center

Chelsea Casteel
Family Nurse Practitioner
Bothwell Truman Lake

Sarah Price
Nurse Practitioner
Bothwell TLC Pediatrics



Dr. Robynne Lute



Chelsea Casteel



Sarah Price, NP

Monday, March 20, Noon – 1 pm

Location:

Bothwell Health Center-Truman Lake
1765 Commercial Street, Warsaw

Complimentary Lunch Provided



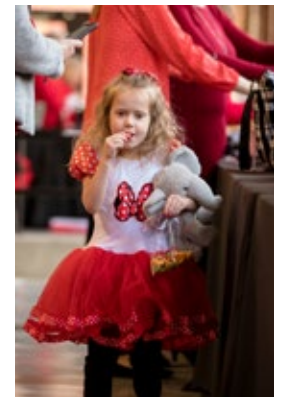
Seating is limited, please RSVP by March 15 to LThiel@brhc.org or 660.829.7786. Scan the QR code to learn more.

This event is sponsored by the Bothwell Foundation's Community Relations Committee.

FOUNDATION NEWS

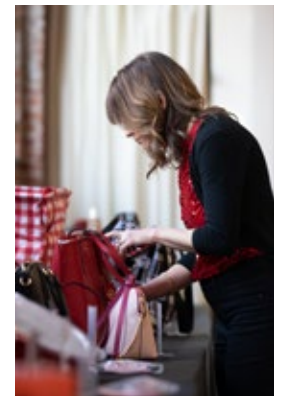
Wear Red Recap

It was a record Wear Red for Women event both in attendance and funds raised! More than 400 people came to enjoy lunch and bid on a variety of auction items including purses, custom-made silk scarves and other items. So far, the event has raised over \$55,000 with more donations still coming in. Thank you to everyone who attended and made it another great event.



FOUNDATION NEWS

Wear Red Recap (Continued)



FOUNDATION NEWS

2022 Annual Report

The Bothwell Foundation had a great year in 2022! Click [2022 Bothwell Foundation Annual Report](#) to read about all the great work made possible by our supporters.

Thank you for helping us to continue to create a strong, healthy community together.



EMPLOYEE ENGAGEMENT NEWS

Souper Bowl and Chili Cook Off

The Employee Engagement committee has hosted a souper bowl food collection event for the last several years and this year the group added a chili cook off and Super Bowl pep rally that provided a lot of enthusiasm, positive staff morale and engagement!

The goal with the food collection was to surpass last year's collection of 88 cans and that goal was met. Donations were nearly doubled with the collection of 148 cans, two boxes of dry soup and 14 boxes of saltine crackers, which were donated by members of the Senior Leadership Team.

Committee members Jami Sleeper and Annette Smith used the donations to build a football stadium with the crackers as the base.

All items, which totaled 216 pounds, were donated to Open Door Food Pantry. Thank you to everyone who donated to the cause!



The chili cook off was a hit and had seven entries. First place was awarded to Laura Darrah, Human Resources; second place went to Teresa Luyet, Cardiac Cath Lab; and third place went to Rachelle Jaronen, Sleep Clinic. A best themed table decor honor went to Marion Long, Security.



Laura Darrah, Human Resources



Teresa Luyet, Cardiac Cath Lab



Rachelle Jaronen, Sleep Clinic

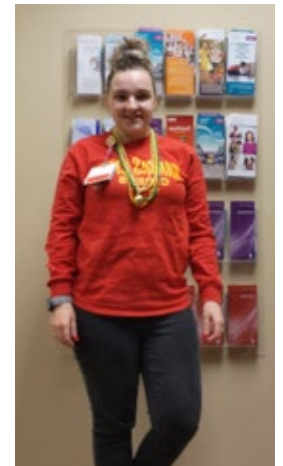


Marion Long, Security

EMPLOYEE ENGAGEMENT NEWS

Super Bowl Pep Rally

There were lots of Chiefs fans sporting red and gold and anticipating the big game. Thanks to everyone who fought for their right to party and got in the pep rally spirit. Goooo Chieeeeefs!





EMPLOYEE ENGAGEMENT NEWS

Save the Dates: Hospital Week is May 7-13

The committee is gearing up to host another fun Hospital Week. Watch for details and if you would like to be a part of the planning, contact [Linda Watterson](#), committee cochair.

EMPLOYEE ENGAGEMENT NEWS

Sweets for our Sweet Staff

Committee members made sure their coworkers had a sweet Valentine's Day with personal deliveries of Little Debbie valentine's cakes.



EMPLOYEE ENGAGEMENT NEWS

Bothwell Cares Holiday Project Thank You

The committee coordinated the Bothwell Cares Holiday Project that provided gifts, food and other donations for 11 Bothwell families in need during the holiday season.

Human Resources received several heartfelt thank you notes shown to the right.

We just want you to know that it's people like you who make all the difference in the world...



Thank you for making our Christmas great.

--- Family #11

Thank you for adopting my family. Merry Christmas and Happy New Year.



--- Family #1

Dear Bothwell Family,

There is something to be said about a person/place that helps during the hardest time of your life.

For my children and I, Christmas was going to look different this year. The generosity and gifts we received changed the entire course of our Christmas.

Being a single parent is stressful enough, but during the holidays stress and anxiety become who you are. All the gifts we received were beyond what we could ever ask for. Thank you for that, the smiles and pure joy on my children's faces was the best gift of them all.

Forever grateful,
--- Family #8



EMPLOYEE ENGAGEMENT NEWS

Mardi Gras at Bothwell

Mardi Gras is French for "Fat Tuesday" and is the celebration of parades and parties before the fasting season of Lent. These fab five celebrated Mardi Gras in high style!

From left, Kara Sheeley, Oncology Services director; Annette Smith, CNO administrative assistant; Cindy McKeon, Laboratory director; Jami Sleeper, ITS clinic informatics specialist; and Jenny Force, Neurodiagnostics and Cardiopulmonary director



ARE YOU FEELING LUCKY?

GET YOUR CHANCES TO WIN IN THE LUCK OF THE IRISH RAFFLE!

Tickets

- \$1 for 1 ticket
- \$5 for 6 tickets
- \$20 for 50 tickets

Where to purchase?

- HR offices from **7 am to 4:30 pm Monday through Friday**
- Clinic staff can purchase tickets through their director.

THREE winners will each win 25% of total tickets sold!

- Drawing will be held at **4 pm Friday, March 17.**
You do not need to be present to win.
- Proceeds will go toward prizes and engagement activities for Bothwell employees!

The Luck of the Irish drawing is sponsored by the Employee Engagement Committee.



BOTHWELL TRADE & ENGAGE FACEBOOK GROUP

Check Out Items for Sale and Engage with Coworkers

This Facebook group is specifically for Bothwell Regional Health Center employees to have a place where they can post items for sale or seek items or services wanted.

Not only is the group a great avenue to find deals for new and used items amongst Bothwell employees, but share department news and photos. Please limit announcements to Bothwell-specific events.













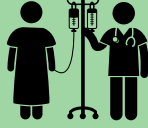








PATIENT SAFE HANDLING INITIATIVE

Have You Heard About Fall TIPS Yet?

Fall TIPS (Tailoring Interventions for Patient Safety) program is an evidence-based program to help in reducing falls. It is a multidisciplinary program that directly involves the patient and family in the program from the beginning of the visit.

The data collected at admission with the completion of a Morse Fall Scale is transferred to a TIPS poster located in the patient's room (see example below). This poster is utilized as an education tool and visual reminder for patients, families and staff by providing the patient's fall risk and assistance needed during daily activities.

Beginning this month Bothwell is implementing the TIPS program to help in the reduction of falls in the acute setting. PCU was selected as the first unit to trial TIPS. Education will begin for the additional units of the hospital and will now be included in HealthStream education.

 <h1>FALL TIPS</h1>		Patient Name: _____ Date: _____	
 Increased Risk of Harm if You Fall <input type="checkbox"/>		<h2>FALL INTERVENTIONS</h2> <i>(Circle selection based on color)</i>	
<h3>FALL RISKS</h3>		Communicate Recent Fall and/or Risk of Harm	
 History of Falls <input type="checkbox"/>	Walking Aids		
 Medication Side Effects <input type="checkbox"/>	 	 Crutches	 Cane
 Walking Aid <input type="checkbox"/>	IV Assistance When Walking	 Bed Pan	 Assist to Bathroom
 IV Pole or Equipment <input type="checkbox"/>		 Assist to Commode	 Assist to Bathroom
 Unsteady Walk <input type="checkbox"/>	Bed Alarm On	Assistance Out of Bed	
 May Forget or Choose Not to Call <input type="checkbox"/>		 Bed Rest	 One Person
<small>Fall TIPS© Brigham & Women's Hospital 2016; do not alter without written permission</small>		 Two People	

FROM THE BOTHWELL{NESS} COMMITTEE

Try a New Sport this Year!

Are you looking for ways to stay active but get tired of the same thing?
Or are you looking for something fun to incorporate exercise into your lifestyle?

Do you know that Sedalia Parks and Recreation has activities and sports for adults too?
Want to join a team but need more people? Reach out to the Bothwell{ness} committee at bothwellness@bhrc.org and see if we can help you find a team!

- **Pickleball** – Noon to 3 pm Monday-Friday and 6–8 pm Monday (daily fee or membership)
- **Walking Track** at the Heckart Community Center (FREE)
- **Spring Volleyball** – Registration due by March 17
- **Fall Kickball** – Registration due by Sept. 3
- **Fall Softball** – Registration due by Aug. 20
- **Fall Volleyball** – Registration due by Aug 20
- **Winter Volleyball** – Registration due by Dec. 16
- **Sedalia Runners Club-Run Group (Facebook)** – A group of runners/walkers/joggers who want to connect with other runners and information about upcoming runs, races and other fitness activities.

For more information, check out all Sedalia Parks and Recreation offerings at sedaliaparks.com/activities.





All proceeds benefit
the Camye Callis Gaspard
Memorial Heart Fund



REGISTRATION NOW OPEN

LUB
DUB



04.29.23

5K/10K WALK/RUN

BOTHWELL FOUNDATION

BRHC.ORG/LUBDUB

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.



GET WELL. STAY WELL. BOTHWELL.

FROM THE BOTHWELL{NESS} COMMITTEE

Amp Up Your Steps this Quarter!

The Bothwell{ness} committee has developed walking routes on the third floor of the hospital to provide incentive for walking more during this quarter's challenge and throughout the year. Use the map for routes and distances and get started on better health!

This initiative sponsored by the Bothwell{ness} Committee.

THIRD-FLOOR WALKING MAP

E Elevators **I** Information **R** Restrooms

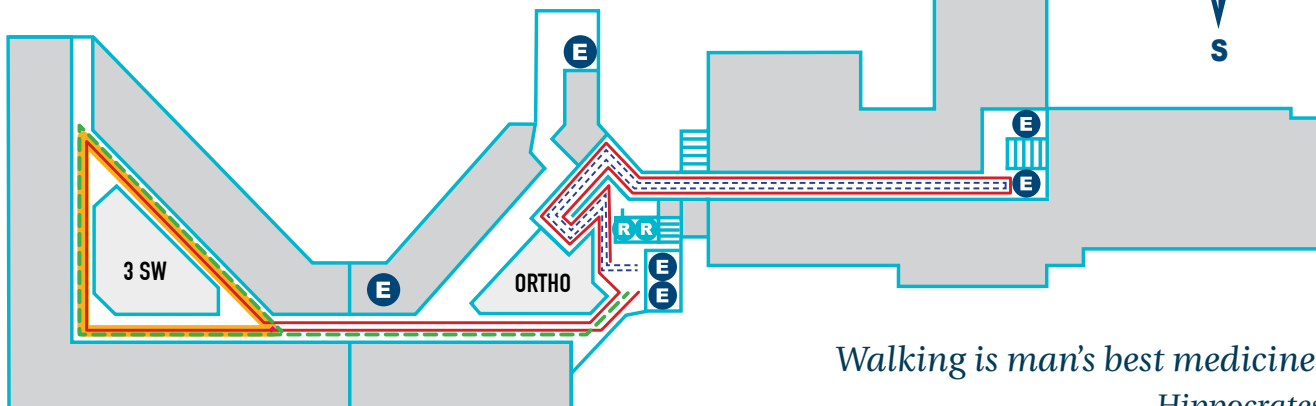
KEY

— Route 1 – 185 feet / .03 miles (10x is .35 miles)

— Route 2 – 457 feet / .08 miles (10x is .86 miles)

- - - Route 3 – 452 feet / .08 miles (10x is .85 miles)

— Route 4 – 909 feet / .17 miles (10x is 1.7 miles)



*Walking is man's best medicine.
– Hippocrates*

TOP 10 BENEFITS OF WALKING

Source: Healthline

1. Burn calories
2. Strengthen the heart
3. Can help lower your blood sugar
4. Eases joint pain
5. Boosts immune function
6. Boost your energy
7. Improve your mood
8. Extend your life
9. Tone your legs
10. Creative thinking

MARCH BIRTHDAYS



Angelica Ulmer 1	Nellie Manues 11	Jazi Walker..... 21
Dr. Matt Triplett..... 2	Sonjia Sapp..... 12	M'lissa Reimer 21
Cassandra Deitt 2	Patti Fitzpatrick 12	Gaybriel Prince 22
Lucy Baer 2	Carol Dobbs 12	Randy Durian 23
Susan Lamb 3	Diana Nichols..... 14	Jennifer Evert 23
Sydney Lindgren 3	Christina Watring..... 14	Karolina Kondratyuk 23
Amy Parker..... 3	Jackie Webb 14	Faith Smith 24
Jennie Zolecki 4	Mike Parrish 14	Colin Farrell 24
Lynda Beasley..... 6	Kayla Thornton..... 16	Lacole Manolias..... 24
Josefina Theisen 6	Katherine Wooden 16	Sydney Nichols..... 24
Katie McLees..... 6	Theresa Acklin 17	Marlayne Clark-Stanger..... 26
Leonard Butler..... 7	Brenda Sprinkle..... 18	Kellie Iiams 27
Christie Harrell..... 7	Denise Goins..... 19	Will Gravitt 27
Mike Snow..... 8	Dr. Assad Shaffiey..... 19	Lori Gano 29
Stacey Soendker..... 8	Gary Schilb 19	Shawna Sapaugh..... 29
Megan Pate 9	Kristy Musgrave 20	Kayley Woolery..... 30
Dr. Misty Todd 9	Rachel Gammill 20	Rachel Harris 31
Malleasa Staus..... 10	Jennifer Raines..... 20	Mona Gibbs..... 31
Kristin Largent 10	Kirstie Schultz..... 20	Amber Allain 31
Brian McWhirter..... 10	Taylor Ditzfeld 20	Quentin Williams..... 31
Melanie Davis..... 11	Mike Simon 21	
Heather Hawkins..... 11	Ashley Pyle..... 21	