

JANUARY 2023

BILLBOARD



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



SERVANT LEADERSHIP IN ACTION

Guest Letter from Board Chair Deidre Esquivel

Greetings! I am Deidre Esquivel and I'm excited to be the new chair of the Bothwell Board of Trustees.

I became board chair this month after the departure in December of Stafford Swearingen who moved out of state. I have been on the board since July 2020 and also served as vice chair working closely with Stafford over the last year.

I have lived in the area my whole life, and so have many members of my family. In fact, we had our 87th Homan family reunion at Liberty Park last August. I grew up in Smithton and graduated from State Fair Community College in 1992. In 1998, I graduated from William Woods University with a degree in Business.

Currently, I'm the Senior Accounting Officer at Bristol Care, Inc. and have worked 30 years for three generations of the Furnell family in a variety of capacities. The early years included working with subcontractors on both subdivision development and new home construction. The company switched gears in the 1990s and started building and managing residential care facilities for senior adults in over 60 communities throughout Missouri. Throw into the mix a historic hotel, a restaurant, entertainment venues and several apartment buildings, and I can't imagine getting more work experience if I would have worked at 10 other jobs.



Deidre Esquivel is Senior Accounting Officer at Bristol Care, Inc., in Sedalia. In the hospital's 93-year history, she is just the second female Chair of the Bothwell Board of Trustees.

[READ MORE ON NEXT PAGE ►](#)

SEE WHAT'S INSIDE!
TAKE THE BILLBOARD SURVEY
MEET THE NEW BOARD MEMBERS
HEALTH INSURANCE UPDATE
WELCOME DR. JONATHAN BROWN

SERVANT LEADERSHIP IN ACTION (CONTINUED)

Guest Letter from Board Chair Deidre Esquivel

I've joked that I can't say no to a good project or committee, and as mom of two, I've always been active in the Sedalia School District. I was a "show choir mom" and a "soccer mom" for more years than I can count, which was the catalyst to join the Sedalia School District Foundation. Having served on that board for more than 15 years, I'm proud of the organization's growth in that time.

We started with three or four scholarships, a few dollars for projects and a small alumni base. Last year the board set a goal to have more than \$1 million dollars in restricted scholarship funds, which we quickly exceeded. We now give away more than \$50,000 each year to graduating seniors, provide dual credit scholarships through a partnership with SFCC, provide thousands of dollars in funds for innovative projects created by the Sedalia #200 staff and manage an enormous alumni database.

My other volunteer experience includes serving on the Pettis County United Way board for a number of years. Currently, I chair the Citizens Traffic Advisory Committee, and I co-chair the Economic Vitality Committee for Sedalia Main Streets, which promotes growth in our downtown area.

Hopefully, it's clear that service to my community is important to me, which is why I accepted the invitation to join the Bothwell board. I believe everyone has something to offer when given the opportunity.

Probably one thing employees may not know or realize about the board is who we are ... simply a group of people with diverse backgrounds that have come

together to help make our hospital the best for our community. I think that's what makes our board work so well together. We develop policies that govern the hospital's medical and administrative responsibilities, and we continually educate ourselves on health care trends that affect rural hospitals.

I see my role as a member of this team that continues to work toward providing the best possible rural health care in the communities we serve. We are facing the same challenges as other health care facilities all over the country. Rural hospitals are stretched thin with fewer employees and fewer dollars. Each day they tackle changes in health care practice, payment and compliance requirements and Bothwell is no different.

I have great respect for our CEO and the rest of the leadership team at Bothwell who continue to make the best use of the resources they have to provide the highest quality of care. As chair, my goal is to continue the great working relationship our trustees have with hospital administration.

As I'm sure you know, we are facing head-on some serious financial challenges. The board is united in our determination to ensure Bothwell is on solid footing and remains an independent health center. Please know that all of us on the board recognize and respect the work that each of you do day in and day out. Thank you for everything you do to represent Bothwell and to care for people in our community.

Deidre

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](#). Thank you!



BOARD OF TRUSTEE CHANGES

Board Expanded, Four New Members Added

The Bothwell Board of Trustees has four new members after the Sedalia City Council approved at its Dec. 19 meeting to appoint two new members to fill uncompleted terms and expand the board from seven members to nine.

Mayor Andrew Dawson appointed and Council approved Dr. Gregory Doak, a retired Bothwell physician to complete former board chair Stafford Swearingen's term and John Kehde, former Sedalia mayor, to complete former board member Arwilda Poole's term. Swearingen and Poole both resigned from the board in December.

New members are Jo Lynn Turley, Legislative and Community program manager at State Fair Community College and Dr. Michael Murders, Academic and Student Success vice president at State Fair Community College.

Mayor Dawson, who became a board member following his election in April 2022, said that over the course of his time on the board, it became clear that the commitment for all members is significant.

"The amount of ground that needs to be covered by the Bothwell Board of Trustees is substantial," he said. "I believe that one needs to keep in mind that these are volunteer positions, so my thought on expanding the board was to spread the workload so that each member can be more effective in their role."



Dr. Gregory Doak, an internal medicine specialist, served on the Bothwell medical team from 1988 until his retirement in late 2022. He also served six years as Chief of Staff. Council appointed Doak to complete Swearingen's term that ends in June 2023.

"With well over 40 years of experience, Trustee Doak has a wealth of institutional knowledge," Dawson said. "He understands the challenges that exist for today's doctors and health sciences professionals. I firmly believe he will be valuable in coming up with creative solutions to meet those challenges."

Doak said his appointment offers him a way to provide "faithful service" to the community.

"This community and this hospital have done so much for me," he said. "Serving on the board is an opportunity to use some of my past experiences and education for the advancement of Bothwell."



Former Mayor **John Kehde** previously served on the board from 2018 to 2022 after the Mayor and City Administrator positions were added as board seats. With this new appointment, he will complete Poole's term that ends in June 2025.

"Mayor Dawson and I had a discussion in regard to the hospital and he asked me to serve again," Kehde said. "After considerable deliberation, I believe it's my civic responsibility. John Bothwell and his fellow visionaries realized that the hospital was important to the successful development of Sedalia and that vision rings true today. My passion is for Sedalia and to maintain Bothwell as a relevant hospital along with relevant amenities."

Dawson said Kehde's recent time on the board will be an asset.

"He understands the importance of Bothwell Regional Health Center to the economic vitality of the region as well as the overall health of the community," he said. "And he knows that financial stability is the key to moving forward."

BOARD OF TRUSTEE CHANGES (CONTINUED)

Board Expanded, Four New Members Added



Jo Lynn Turley will serve a four-year term and brings more than 20 years of public board experience to the table. From 2012 to 2019, she represented the first ward on the City Council, and she was a member of the Sedalia Park Board from 2000 to 2012.

“Trustee Turley has valuable experience working as a

member of two public boards, and she is also respected throughout our community,” Dawson said. “Now residing in Benton County, my hope is that she can bridge the gap between both service areas and be a voice for that county. I see great potential for our Warsaw clinic as a rural health clinic.”

Turley's goals are to support Bothwell in providing services and recruiting health professionals and said she agreed to serve on the board because she believes in local access to quality health care.

“I am grateful to the city for the investment made in supporting that effort,” she said. “I want to be an educated and logical voice in the fiscal responsibility and quality competitive growth of services provided to the area Bothwell serves.”



While he is new to the community, **Dr. Michael Murders** brings a deep background in health care education to the board.

“My background in health care includes working with multiple health care education programs, health care advisory boards and hospital administrators, and

my late spouse was a nurse,” he said. “My goals are to support hospital administration in reaching their goals, to provide independent oversight of management, finances and institutional quality, to build community relationships, to set strategic direction, and ensure ethical standards, values and compliance with rules and regulations.”

Dawson said he believes Murders’ commitment to workforce development will be a unique perspective for the board.

“SFCC has the number one nursing program in the state of Missouri,” Dawson said. “Attracting skilled labor and more specifically qualified health science professionals will be a challenge for the foreseeable future. It is my hope that Dr. Murders’ presence on the board strengthens the relationship between Bothwell and SFCC and we are able to capitalize on any opportunities to work together.”

HEALTH INSURANCE UPDATE

Four Behavioral Health Providers Added

Mefford, Vuagniaux and Associates, PC, has joined the Health Cooperative of Missouri (HCM) with a retroactive effective date of Jan. 1, 2023.

HCM is Bothwell’s second-tier provider network. In this tier, deductibles apply (amounts depend on plan selection) and co-insurance is 10%.

Mefford, Vuagniaux and Associates offers psychological and counseling services to residents in Sedalia, Warrensburg and surrounding areas. They offer psychological testing services and individual and family therapy.

Providers in the practice include Thomas Mefford, LP, Debbie Baker, LPC, Laura Aziere, LPC, and Christopher Robinson, LCSW.

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.

KNOW YOUR EDUCATIONAL BENEFITS



Contact Human Resources to learn more!



GET WELL. STAY WELL. BOTHWELL.

- 1** **Save money!** Applies to ALL medications, especially diabetic and specialty medications.
- 2** **Script transfer is easy!** Just call us and we will do it for you.
- 3** **Convenience!** Work nights or weekends? No problem...schedule/arrange pick-ups during off hours.
- 4** **For ALL employees!** Not on Bothwell insurance? You can still purchase prescriptions for below market price.
- 5** **More than scripts!** Get your vaccines with us and purchase OTC medications.

HOURS:

7:30 am–4 pm Monday–Friday
Closed for lunch 11–11:30 am

LOCATION:

Hospital Ground Floor

Call Pharmacist Jessica Moon
at 660.827.9495 or stop by the
pharmacy on the hospital's
ground floor to learn more!



HELPING DRIVE CHANGE 2023 United Way Campaign a Success

Earlier this month, after finalizing our workplace campaign to support United Way Pettis County we presented the organization with a check for \$10,288.16. This total is a 50% increase over last year's donations.

Donations came from employee pledges and gifts as well as from evergreen, nut/candy and bake sales. Well done, team!



From left, Lisa Irwin, Human Resources and Support Services vice president; Tom Fairfax, IT director and campaign co-chair; Samantha Gilpin, UWPC director; and Rachel Ownes, Finance director and campaign co-chair. Not pictured, Steve Davis, chief financial officer



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



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.

HUMAN RESOURCES NEWS

Situational Awareness – Important Skill to Stay Safe

Situational awareness is an on-the-job safety skill that is critical for hazard identification, effective decision making, and accident prevention. It means paying attention and being aware of what is around you.

When you practice situational awareness at work, you remain alert and aware of things like:

- What potential hazards are nearby?
- What are the safe procedures for the tasks you are completing?
- What changes are happening that might affect your actions?
- What is going on all around you?

Situational awareness involves observation, comprehension, and anticipation.

- You observe what is happening around you and take in all the aspects of the environment.
- You comprehend the situation you are experiencing.
- You anticipate what is likely to occur next based on what you understand to be happening.

There are many factors that will reduce situational awareness that workers must be aware of and make an effort to avoid, including:

- Rushing through a task
- Mental or physical fatigue
- Complacency
- Poor communication
- Distractions
- Daydreaming, loss of focus
- Stress

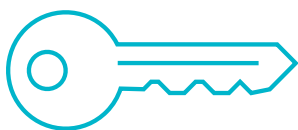
Use the SLAM method to be helpful in increasing situational awareness.

STOP – Think before you act. Consider the task, make sure you understand what needs to be done.

LOOK – Carefully observe the work area to find potential hazards.

ASSESS – Evaluate the hazards and make sure you have the proper tools, training and PPE to be safe.

MANAGE – Make changes, ask questions, and take the actions you need to continue to work safely.



KEY AWARDS

Clarissa Burke
Tabbatha May
Heather Hawkins
Rachel Gammill
Tasha Stokes
Cheryl Glines
Bradley Cluff

PCU Department
Christa Frame
Amanda Westhues
Natalie Paxson
Kristy Musgrave
Bobbi Dorr
Britain Bush

Heather Shoecraft
Amy Johnson
Roco Rodriguez
Kelly Naylor Burnett
Christina Zimmerman
Brittainy Lindstrom
Tanner Fuemmeler

Emily Hughes
Annette Smith
Brad Nicholson
Justin May
Jessica Moon
Skye Tuttle

PERSONNEL NEWS

Visiting Urologist Joins Bothwell Medical Team



Dr. Deborah La Scola, a visiting urologist who will provide coverage for urology services periodically over the next few months, will begin seeing patients the week of Feb. 6. Dr. La Scola received her medical degree in Alabama and completed a general surgeon internship and urology residency in St. Louis. She has been a practicing urologist in St. Louis for the last three years, and she's looking forward to learning more about Sedalia and everything our community has to offer.

To make an appointment to see her or inquire about urology services, call Bothwell Urology Services at 660.826.1482.

PERSONNEL NEWS

New ENT Physician Starts Feb. 20



Jonathan Brown, DO, will join the Bothwell Regional Health Center medical team Feb. 20 as a general otolaryngologist. He will see patients at Bothwell Ear, Nose and Throat and perform surgeries at the hospital.

Dr. Brown has been a practicing ear, nose and throat specialist since 2004. He most recently served patients at Chickasaw Nation Medical Center in Ada, Oklahoma. Prior to that he practiced for 12 years in Arizona.

Dr. Brown will see and treat patients for most ear, nose and throat conditions including ear infections (ear tube surgery), hearing loss, chronic tonsillitis (tonsillectomy/adenoidectomy), sinusitis, nasal polyps, nasal obstruction, allergic rhinitis, hoarseness, vocal cord polyps (laryngoscopy/biopsy) and many other conditions.

Keith Morrow, Bothwell Clinic Operations Vice President said the health center has been without a full-time ENT specialist since late 2021.

"We're excited to have Dr. Brown on the medical team and to have him start seeing patients," he said. "Having his specialty in Sedalia will mean patients will once again have access to high-quality specialized care without having to leave the area for treatment."

Dr. Brown earned his medical degree at Western University of Health Sciences in Pomona, California. He completed a residency in otolaryngology at Genesys Regional Medical Center in central Michigan. He said he chose the ear, nose and throat specialty because it incorporates both surgery and medical treatments for patients of all ages.

"I have been a solo practicing otolaryngologist for over 18 years and see and treat patients of all ages," he said. "I have chosen to practice in smaller communities where I have been able to see and treat a variety of different conditions."

Dr. Brown said he's ready to put down roots in Sedalia and get to work caring for patients.

"I believe in living in the community where I practice," he said. "I am a warm, caring and experienced physician who puts my patients' care first."

Outside of work, Dr. Brown enjoys aviation and is a private pilot.

To schedule an appointment to see Dr. Brown, call Centralized Scheduling at 660.829.8888 or Bothwell ENT at 660.826.5226. The ENT clinic is located on the third floor of the Bothwell Healing Arts Center at 3700 W. 10th Street.

KUDOS AND CONGRATS

Nurse Education Achievements

Nurse Residency Program Paying Dividends

Our immersive and individualized Nurse Residency program provides the education, support and guidance new nurse graduates need to transition to their new role. We assess current knowledge and create a plan that incorporates general clinical orientation as well as specific competencies required in their assigned unit.

Nurse residents participate in group seminars, get hands-on clinical experience, develop critical thinking skills, and use virtual reality simulations to gain knowledge and training beyond what they would learn in a standard orientation program.

Congratulations to nurse residents Mattie Green, Faith Smith and Kennedy Choate, who passed their NCLEX-RN, which is the nationwide examination for the licensing of nurses, earlier this month. Mattie will be working in the Critical Care Unit, Faith will work on 2 Southwest, and Kennedy will work in the Emergency Department. Nurse residents Lexi Molina and Kassidy Abney are also in the program and studying for their exams.

We are proud to have each of these individuals in the inaugural Nurse Residency program and working toward their nursing goals. For questions about the program, please contact Megan Elwood in Clinical Education at melwood@brhc.org or extension 7732.



Back row, left to right,
Faith Smith, Kennedy Choate,
Kassidy Abney, Lexi Molina

Front row, Megan Elwood, RN,
BSN, CEN, Nurse Residency
program coordinator and
Mattie Green



MASTER'S DEGREE EARNED

Job well done to CNO
Michele Laas for completing
her master's degree in
Nursing in January!

TWO RETIREMENT CELEBRATIONS PLANNED

Gwen Fields

Patient Care Coordinator
Feb. 2, 2-3 pm
Café
27 Years

Janet Kindle

RT Tech
Feb. 9, 2-3 pm
Café
37 Years

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.

DEPARTMENT SPOTLIGHT

Bothwell Orthopedics & Sports Medicine

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 is Bothwell Orthopedics & Sports Medicine led by Director Elizabeth Green.

What does this department do?

Fractures, total joints, arthroscopies of shoulders and knees, and much, much more.

How would you describe your team?

We are a hard-working team that works well together to get patients in and out of the clinic. Several have worked here 20 or more years!

What other departments does this department support?

Bothwell Peak Sport and Spine, Bothwell surgery department and Bothwell Medical Equipment

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

We use a different EMR than the other clinics called Modernizing Medicine.

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

Dr. Edwards, Dr. Stout and Steve Hickman, LPN, have all received a "You Knocked Our Socks Off" award for their care of orthopedic patients. Well deserved!

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

Camping, fishing, spending time with family, hunting, shopping, sports, reading, movies and cooking are some of their favorite activities.

Anything else you want to share about your department?

We have some very compassionate team members who care about patients and do whatever is asked of them to get the job done.



Back row, from left to right, Rachel Walton, Steve Hickman, Shelby Bergman, Andrew Driskell, Justin McCarthy and Chad Hoagland; front row, from left to right, Kiersten Labus, Diane Bergman and Caitlin Weller



From left to right, Dr. Kelly Edwards, Lori Bressie, Dr. Doug Kiburz, Bill Parris, Brooke Allee and Dr. Evan Stout



From left to right, Lindsey Graham, Elizabeth Green and Jasmine Godfrey

JANUARY EMPLOYEE OF THE MONTH

Shirley Schlobohm

In health care, sometimes your time is not your own. Setting aside her own schedule more than once to help patients in need has earned Shirley Schlobohm the January Employee of the Month recognition.

Schlobohm, nurse staffing secretary in Nursing Administration, was nominated by Social Worker Grace Linn.

“Having just arrived at work, I asked Shirley to complete a durable power of attorney for a patient waiting for a cardiac procedure who had inquired about completing the form the week prior to his procedure,” Linn said. “Shirley made the trek from her office to the patient and methodically and professionally managed to get the form notarized.”

Linn said Schlobohm was quickly called on again to help with another patient.

“In less than 15 minutes of returning from Cardiology, we were called to Radiation Oncology again to notarize a durable power of attorney,” she said. “Putting aside her own work, Shirley once again made her way across the building and completed the notarization. Her willingness and professionalism are greatly appreciated as we meet patient needs on a scheduled and non-scheduled basis.”

Congratulations, Shirley, on being named January Employee of the Month!



NEW EMPLOYEES

December

Ashley Bardin
Housekeeping

Jacelynn Clark
Dietary Services

Ella Greenwald
Dietary Services

Rebecca Gregory
Admitting

Richard Husband
Housekeeping

Janice Johnson
*Women's Health and
Newborn Care*

John Lairmore
Information Services

Andrew Mather
Radiology

Cassie McKinney
Critical Care Unit

Elizabeth Mezentsev
Dietary Services

Sydney Nichols
Progressive Care Unit

Lani Peacock
Linen

Vickie Petersheim
Linen

M'lissa Reimer
Bothwell TLC Pediatrics

Tammara Sedlock
2 Southwest

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.

EMPLOYEE ENGAGEMENT NEWS

Tackle Hunger Two Ways — Soup Drive and Chili Cookoff

SOUPER BOWL SHINDIG

SOUP CAN DRIVE

Jan. 30 — Feb. 13

Café

Donate cans of soup to help build our stadium and tackle hunger for area food pantries!

Clinics are encouraged to create individual donation boxes or a football scene.



Tasting
Tickets

\$2

Available in HR
until Feb. 9



Prizes awarded
in multiple
categories

CHILI COOKOFF

Feb. 10 | 11 am — 1:30 pm

Café

RULES

- Homemade recipes only
- Must be present or have a proxy present during competition
- Entry deadline is Feb. 3; email lwatterson@brhc.org

Clinic and other shift employees may enter this competition or host their own.



Post photos in the Bothwell Trade & Engage Facebook group (Discussions tab) or email them to eengagement@brhc.org!

These activities sponsored by the Employee Engagement committee.

PATIENT SAFE HANDLING INITIATIVE

Safe Patient Handling and Mobility (SPHM) Programs Work

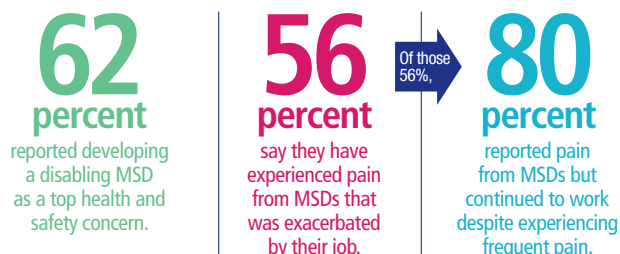
Source: American Nurses Association

What is an SPHM Program?

Manual patient handling is hazardous for both health care workers and patients. The most common patient-related tasks that lead to injury are lifting, repositioning and transferring.

Comprehensive safe patient handling and mobility (SPHM) programs drastically reduce the risk of injury for health care workers and patients while improving the quality of care. The use of technology, especially lifting devices, is critical to the success of these programs

Results from an American Nurses Association (ANA) survey of nurses outlined the scope of this problem:¹



More than any other work-related injury or illness, MSDs are responsible for lost work time, long-term medical care and permanent disability among health care workers.

THE MYTHS AND REALITIES OF PATIENT HANDLING

MYTH

Proper body mechanics (including the use of gait belts) prevent patient handling injuries.

REALITY

Decades of research shows that "proper" body mechanics are not an effective way to reduce injuries.



MYTH

Using SPHM technology feels impersonal.

REALITY

Health care workers can effectively use SPHM technology while incorporating the professional values of respect, dignity and caring.

MYTH

It's much faster to move a patient manually than to take the time to get SPHM technology.

REALITY

If SPHM technology is conveniently located, accessing it will not take a long time. It is often more time-consuming to assemble a team of colleagues to manually lift a patient.



MYTH

Smaller, lighter patients do not warrant use of SPHM technology.

REALITY

ANA recommends policies and practices that lead to the elimination of all manual lifting. National Institute for Occupational Safety and Health (NIOSH) recommends lifting no more than 35 pounds under the best ergonomic conditions.

MYTH

Manual lifting is safer and more comfortable for patients.

REALITY

Manual lifting can result in skin tears, falls and injuries to patients.



MYTH

Health care workers who are physically fit are less likely to be injured.

REALITY

Good health and strength may put health care workers at increased risk because their peers are more likely to seek their assistance when manually lifting patients.

MYTH

The majority of the time, manually lifting or transferring patients does not result in injury.

REALITY

Manual lifting results in micro-injuries to the spine. Cumulative micro-injuries can result in debilitating injuries.

www.anasphm.org

FROM THE BOTHWELL{NESS} COMMITTEE

How Does Your Garden Grow?

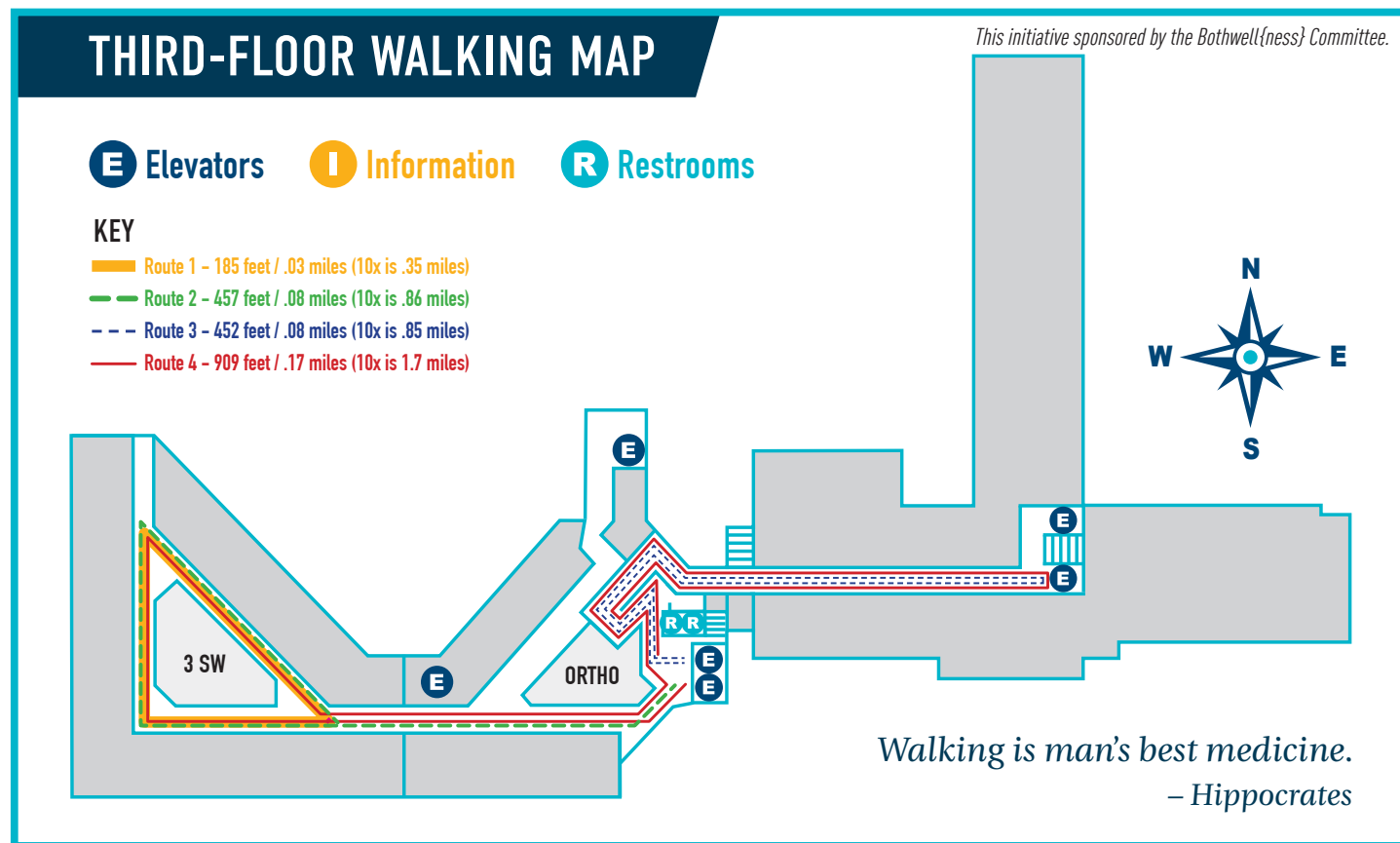
Early gardeners ... if you are seed planting indoors now, consider donating some of your plants to the Bothwell{ness} committee for the Bothwell{ness} Garden that will again be in the atrium courtyard located on the ground floor of the hospital across from Centralized Scheduling.

For more information, send an email to bothwellness@brhc.org.

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!



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

2023 BOTHWELLNESS SHIRTS



ORDERS AND PAYMENT DUE BY FEB. 17, 2023

Bothwell{ness} Shirt Order Form

Orders Due by Feb. 17, 2023

Name _____ Department _____

☐ Check to pay with payroll deduction and provide employee ID# _____

HEATHER SLATE SHORT SLEEVE \$15	
Adult Size (unisex)	QTY
<input type="checkbox"/> Small	
<input type="checkbox"/> Medium	
<input type="checkbox"/> Large	
<input type="checkbox"/> XL	
<input type="checkbox"/> 2XL	
<input type="checkbox"/> 3XL	
<input type="checkbox"/> 4XL	

HEATHER MAROON LONG SLEEVE \$20	
Adult Size (unisex)	QTY
<input type="checkbox"/> Small	
<input type="checkbox"/> Medium	
<input type="checkbox"/> Large	
<input type="checkbox"/> XL	
<input type="checkbox"/> 2XL	
<input type="checkbox"/> 3XL	
<input type="checkbox"/> 4XL	

Turn in completed form and payment to Human Resources by Feb. 17, 2023.

Make checks payable to:
Bothwell Regional Health Center.

TOTAL PAYMENT DUE

\$ _____



GET WELL. STAY WELL. BOTHWELL.

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.

FOUNDATION NEWS

Life-Saving Devices Given to Area Groups

Members of Wear Red for Women, a Bothwell Foundation committee, recently presented four automated external defibrillators (AEDs) to Sedalia Parks and Recreation for the Heckart Community Center and to the Pettis County Sheriff's Department. 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 the American Heart Association, more than 350,000 people experience out-of-hospital cardiac arrests in the United States each year. Immediate CPR and use of an AED can double, or even triple, survival rates.

Funds to purchase the device 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 Heckart Community Center is located at 1800 W. Third Street in Sedalia. Front row, left to right: Amy Eppler, Sedalia Parks and Recreation director; Lori Wightman, Bothwell Regional Health Center CEO and Wear Red committee co-chair; Susan Mergen, committee member

Second row, left to right: Robin Balke and Dee Dee Gilmore, committee members; Deidre Esquivel, Bothwell Board of Trustees chair; Tina Jennings, committee member; Lauren Thiel-Payne, Bothwell Foundation executive director; and Kara Sheeley, committee member

Back row, left to right: Courtney Fry, Sedalia Parks and Recreation recreation superintendent and Chase Stone and Sara Quinn, Heckart Community Center staff



AEDs donated to the Pettis County Sheriff's Department will be placed in patrol vehicles. From left to right: Dianne Simon and Lori Wightman, Wear Red for Women committee co-chairs; PCSD Sergeant Scott DeHaven; PCSD Sergeant Heather Hawkins-Hoehne; Robin Balke and Trish Henson, committee members; Lauren Thiel-Payne, Bothwell Foundation executive director; PCSD Captain of Operations Mike Simons; and Allison Brosch, committee member

FOUNDATION FUNDED PROJECT UPDATE

New "Delivered By" Wall is for Bothwell Babies

Women's Health and Newborn Care Director Hollie Dubroc requested funds from the Bothwell Foundation in 2022 for a photo discharge wall located inside the unit, and lettering for the wall was installed last week.

The new space will allow families to take photos with their new babies before leaving the hospital and help create a keepsake.

The project includes also purchasing a new bench for in front of the wall.



wear Red
02.24.23
for women



FREE, VIRTUAL TICKETS STILL AVAILABLE

Friday, Feb. 24 • 11:30 am – 1 pm
Luncheon at The Foundry • 324 West 2nd Street

**SOLD
OUT!**

MEMORIALS AND DONATIONS

**In memory of Alice Fairfax and
Dr. Paul Merritt Basset**

James Callis

In memory of Shirley Alexander

BRHC Auxiliary

In memory of Helen Spruell

BRHC Auxiliary

In memory of Judy Klasing

Romyna Myers

Nancy Joan Motzel

Richard Fizer

Jerry Klasing

Mr. and Mrs. Donald Borgman

Elaine Edwards

Mr. and Mrs. Donald Dittmer

**In memory of Connie Beecher, Maria Bingaman,
Earlene Knight and Ruby Mark**

BRHC Auxiliary

In memory of Erma Davis

Lauren Thiel-Payne

Beth Everts

Terri McCarthy

Mark and Maria Engler

Robert and La Sondra Marsch

Debra Foster

Rick Langdon

Randy Smith

Natalie Sims

Tom and Wendy Fairfax

Maggie Schaffer

Diana Nichols

Lori Wightman

Lisa Irwin

Terri Deer

Dana Kelchner

Robert and Victoria Chestnut

Patient Financial Services Department

BHRC Nursing Leadership



USED BOOK AND BAG SALE



Feb. 17 | 7 am—6:30 pm | Bothwell Café

GET WELL. STAY WELL. BOTHWELL.

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- ✓ Home improvements

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FEBRUARY BIRTHDAYS



Valentina Garnik..... 1	Jenny Force 12	Eric Hopper..... 20
Sharon Stuber 1	Mike Shipp 12	Cathy Seifner 20
Christine Friedrich..... 1	Laqueta Smith-Bentley 12	Charisse Bauer..... 20
Briana Bryant..... 1	Cora Wood 13	Chelsea Casteel 21
Russ Dedrick 4	Dawn Hoff 14	Lauren Thiel-Payne 21
Sabrina Graham 4	Dr. Douglas Kiburz..... 14	Candie Schnakenberg..... 22
Patty King..... 4	Teresa Mitchell..... 15	Sarah Cordes 22
Rachael Morgan..... 6	Leslie Fields 15	Mika Killion 23
Dr. Jonathan Beary..... 6	Kennedi Choate..... 15	Saudi Robbins 23
Pam Thompson 7	Lori Bressie 16	Keirsten Lorenz..... 23
Marcia Newland..... 7	Kelly Baker..... 16	Aleksandr Olefir..... 23
Eleesha McMillin..... 7	Michelle Nieman..... 17	Sharon Clark..... 24
Jasmine Kennedy..... 7	Megan Elwood 17	Celia Bircher 24
Heather Sadler 8	Dr. Gabe Anders..... 17	Jacob Brockfeld..... 24
Nolan Walker 8	Anita Sumner..... 17	Valery Woodmansee 24
Natalya Oliferchuk..... 8	Vlad Surguy..... 17	Kimberly Greer 24
Donald Mills..... 8	Christine Jones..... 18	Chelse Beck-Vannatter 24
Cole Simoncic..... 9	Marissa Koebel 18	Jena Sterrett..... 26
Esther Brenich 10	Jessica McGuire 18	Elaine Collins 26
Christel Harms..... 12	Steve Ready 19	Belinda Harper 28
Robin Schroeder..... 12	Lori Wightman..... 19	