

JULY 2022

BILLBOARD



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



FROM MY PERSPECTIVE

Guest Letter from Paul Knocke

Six months ago, I was just a graduate student at the University of Iowa looking to find a home for the summer where I could learn what it means to be a hospital administrator. Fast forward to today and I can say, without question, my time spent at Bothwell will serve as the foundation on which I will start my career. I am proud to be Lori's 17th intern from the Master of Health Administration (MHA) program at the University of Iowa, which has a longstanding tradition of excellence that dates back to when Lori's father graduated in the second graduating class. Our program is extremely lucky to have someone like her ready to add a member to her team every summer.

When I first spoke with Lori about what I wanted to get out of this internship experience I highlighted the desire to see as much as possible in the short amount of time I had. Through project work, meetings and shadowing opportunities, I was able to see everything that Bothwell has to offer. From shadowing Environmental Services to being in the OR during surgery with Dr. Braverman and Dr. Stout, the opportunity to watch and ask questions has created a level of comfort for me that was non-existent prior to my time here.

The projects I have had the pleasure of working on have also been instrumental in the learning process. These projects included a security K9 recommendation, DAX implementation, Community Health Needs Assessment implementation plan development, lease compilation, Syntellis benchmarking, and scatter plots for productivity in the clinics.

[READ MORE ON NEXT PAGE ►](#)



SEE WHAT'S INSIDE!

NEW BED STAFFING MODEL

WELCOME DR. BEARY

**HEALTHSTREAM TO
REPLACE CARELEARNING**

Q3 HEALTHY RECIPES

FROM MY PERSPECTIVE (CONTINUED)

Guest Letter from Paul Knocke

Each project has characteristics that make it unique, and I cannot thank the project leads enough for allowing me to join their teams as a set of helping hands to push the projects further. I have gained a wealth of knowledge over the summer (especially new vocab words and acronyms) that I look forward to taking with me as I continue my pursuit of putting my stamp on the world of health care.

One particular project to highlight is the security K9 project that I worked hand-in-hand on with Security Director Todd Nappe. The project was brought to my attention when I visited in March, and if you asked my parents, they would tell you I couldn't stop talking about it. Todd and I had the pleasure of visiting CoxHealth in Springfield, which has been an instrumental resource in the success of the project as they implemented two K9 teams a few years ago. Along with CoxHealth, I also spoke with local law enforcement and the owner of the working dog kennel with which Pettis County Sheriff Anders has a relationship. After compiling all the information in an SBAR (Situation-Background-Assessment-Recommendation), I developed a recommendation with the help of Todd that was presented to the Bothwell Board of Trustees on July 26. The board approved the project, and the foundation will begin fundraising for it.

As many of you know, I did my undergraduate degree in Finance at Creighton University, but I knew there were other industries where I felt I could be more impactful to the community I serve. As such, one of the main goals of the internships that my classmates and I seek out is to gain a better understanding of the health care industry, solidifying our personal interest areas. In my case, I came into graduate school with the career goal of being a hospital CEO. I am happy to report back that my aspirations have not changed; in fact, this experience has only further solidified my desire to work within the walls of a hospital as an administrator.

Thank you to everyone who has made my time here memorable. Whether I worked with you directly, or we just crossed paths in the hallway, I appreciate you taking me in this summer and making me part of your community.

Thank you!

Sincerely,
Paul Knocke

2022 SUMMER QUARTERLY UPDATES

In-Person Updates are Back!

CEO Lori Wightman cordially invites employees to attend one of the remaining 30-minute in-person summer quarterly updates. There are several sessions from which to choose. Please pick the one that works best with your schedule.

Sessions will be held in the Education Center Auditorium unless otherwise noted.

- Monday, Aug. 1 | 10 am and 2 pm
- Tuesday, Aug. 2 | 7:30 am in Education Center Auditorium and Noon at Bothwell Healing Arts Center
- Wednesday, Aug. 3 | Noon at Bothwell Health Center-Truman Lake in Warsaw
- Thursday, Aug. 4 | 5:30 pm
- Friday, Aug. 5 | 7:30 am and 2 pm

CURRENT BED STAFFING

New Model in Place

In an effort to reduce the reliance on contract staff and better manage labor costs, we transitioned to a new number of staffed beds effective July 3.

The Peds Unit on the second floor has been renamed the **Surgical-Short Stay Unit** and is a nine-bed observation unit primarily for orthopedic patients and non-infectious post-operative patients. It opens at 8 am Mondays and closes at 5 pm Fridays. The unit will still take pediatric patients when necessary and other in-patients if **2 Southwest** is full after reaching its new cap capacity of 24 patients.

CCU is currently capped at six beds, which will continue, and **PCU** remains unchanged at 16 beds. **Women's Health and Newborn Care** will continue to take their normal population, plus non-infectious female patients, just as they have been doing.

We appreciate everyone's cooperation as we transition to this new model. If we are able to stabilize retention and recruit additional staff, we will re-evaluate the number of beds staffed on 2 Southwest and CCU.

WELCOME

New Board of Trustees Members



Mayor Andrew Dawson

Mayor Dawson joined the board per board bylaws after winning the mayoral election in April.



Arwilda "Cookie" Poole

Following Joyce Foster's retirement from the board in May, Mayor Dawson appointed Poole to a three-year term.

Other board members include Stafford Swearingen, board chair; Deidre Esquivel, board vice chair; Dr. Paul Bassett, secretary/treasurer; Cam Jennings and Kelvin Shaw, Sedalia city administrator. Members are appointed by the mayor of Sedalia and approved by City Council. The Bothwell Board of Trustees meets at 5:30 p.m. on the fourth Tuesday of each month at the hospital.

PERSONNEL NEWS

Welcome Dr. Jonathan Beary



On Aug. 1, Jonathan Beary, DO, will become Bothwell Regional Health Center's first full-time neurologist who can diagnose, treat and manage disorders of the brain and nervous system.

Beary is a board certified, fellowship trained adult

neurologist and treats complex general neurology, including muscle, neuromuscular junction, peripheral nerve, nerve root and spinal cord conditions along with brain disease. He has experience treating headache disorders, strokes and seizures, as well as multiple sclerosis and Parkinson's disease.

A St. Louis native, Beary attended medical school at A. T. Still University in Kirksville, Missouri, and in 2013 completed his internal medicine and neurology residency at The Cleveland Clinic in Cleveland, Ohio.

In 2014, he completed a fellowship in electromyography and neuromuscular disorders and received additional certification in clinical neurophysiology/epilepsy from The Cleveland Clinic. After completing his training, Beary returned to Kirksville where he had a solo neurology practice affiliated with the university for the last eight years.

While practicing medicine in Kirksville, Beary also was an associate professor of Neurology and chair of Neurobehavioral Sciences at A. T. Still University. He has authored several peer-reviewed scientific publications and is a long-standing member of the American Academy of Neurology.

Beary said he became interested in neurology while in his second year of medical school.

"The brain is just amazing," he said. "There is so much that we still don't know about the mind and brain interface. I knew I would never be bored as a neurologist, and I never am. It is thrilling to see developments in treatments, and I have never regretted choosing this specialty."

Keith Morrow, Bothwell's Clinic Operations vice president, said having a neurologist in Sedalia is critical to providing local access to specialty care in an area that is only growing in need.

"Having Dr. Beary in Sedalia means patients will receive care from a highly trained neurologist who can provide the testing and imaging services locally and not have to travel regularly to Columbia or Kansas City for treatment," he said. "There's currently a shortage of neurologists in the country. We feel extremely lucky to have recruited Dr. Beary here where we know he will be very busy treating patients in his clinic."

Beary agreed and cited several important health care needs including the increasing incidence of dementia and the prevalence of strokes.

"Stroke is the number one cause of long-term preventable disability in our country," he said.

"Numbness, tingling and weakness are very common symptoms that can be caused by many conditions and situations; some of these are benign (like hitting your 'funny bone'), but some are serious and need to be diagnosed soon in order to prevent progression."

With influences from his grandfather, Beary described his clinical philosophy as "modern yet grounded in old-fashioned patient care."

PERSONNEL NEWS (CONTINUED)

Welcome Dr. Jonathan Beary

“My grandfather practiced medicine from 1944 to 1984 so this is rooted in me,” he said. “He was a dignified man who treated his patients with respect and was respected by them in return. Today we have many advancements in technology, but nothing is still so vital as taking a detailed history and performing a thorough examination. I find that many patients have never really been given the opportunity to tell their story, and I aim to listen to them.”

Beary is married and has three children. He and wife enjoy gardening and landscaping, and he enjoys reading, running and Bible study. Beary said he is thrilled about the opportunity to practice in Sedalia and become a part of the community.

“I have visited Sedalia a few times over the last several years,” he said. “It is a beautiful town with a great sense of self-identity. I am excited to live here, and I know it will be a safe and fun place to raise my children.”

Dr. Beary will temporarily see patients in Bothwell Ear, Nose and Throat on the third floor of the Bothwell Healing Arts Center until a new clinic location is identified. People who wish to see Dr. Beary will need a referral from their primary care practitioner.

KUDOS AND CONGRATS

New Positions Announced

Julie May has been named Sterile Processing Department Manager and Kristen McCullough has been named 2 Southwest Charge Nurse (day shift). Best wishes to Julie and Kristen on their new roles!

KUDOS AND CONGRATS

Randy Smith to be Honored at MSF

In early July, we nominated Randy Smith, Facilities Management director, to be one of 11 veteran or active service military members selected for the Missouri State Fair’s **Military Flag Retreat Ceremony** that happens each evening during the fair.

We’re thrilled to share that Randy was selected and will be recognized during this year’s fair held Aug. 11–21.

Randy will be recognized at **5:30 pm Thursday, Aug. 18** in a special flag-lowering ceremony and presentation near the historic Administration building on the Missouri State Fairgrounds. If you plan to attend the fair on that day, please consider supporting Randy at the presentation.

Congratulations, Randy! We are proud of you for serving our country in the U.S. Air Force and for your 37 years of service to Bothwell Regional Health Center.



CHAMBER RIBBON CUTTINGS

Bothwell Orthopedics & Sports Medicine

The Bothwell Orthopedics & Sports Medicine team had its ribbon-cutting and open house on July 13 to celebrate its new location on the third floor of the Bothwell Healing Arts Center. We appreciate the Sedalia Area Chamber of Commerce and everyone who attended both events! Congratulations!



CHAMBER RIBBON CUTTINGS

Bothwell Internal Medicine Specialists and Bothwell Pulmonary Specialists

Congratulations to the teams at Bothwell Internal Medicine Specialists and Bothwell Pulmonary Specialists on their recent move from South Lafayette Street to 2301 S. Ingram.



HEALTHSTREAM LEARNING

Coming Soon, Will Replace CareLearning

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

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

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

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

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

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

YOU KNOCKED OUR SOCKS OFF

Dr. Mark Covington Meeting Patients On Their Level ... Literally

Dr. Mark Covington at Bothwell ENT received a You Knocked Our Socks Off award for not skipping a beat when a patient needed special assistance. The patient had back discomfort and said the only way he could be comfortable was lying down flat on his back; however, the clinic’s exam rooms only have reclining chairs that don’t lie flat. Dr. Covington proceeded to get the man a pillow and helped him to the floor and made sure he was comfortable. He then sat on the floor so he could be at the same level as the patient during the entire appointment.

This is only one example of the kindness and compassion Dr. Covington has shown each of his patients since he joined the medical team in January as a contracted physician providing services one day a week. Unfortunately, July 21 was his last day at Bothwell. His private practice was recently purchased by Ascentist Healthcare and he will no longer see patients in Sedalia one day a week; however, he will continue to provide services at his main locations in Warrensburg and Lee’s Summit. We appreciate his professionalism and service, and we’ll miss his clear and calming demeanor.



From left, Amber Allain, Bothwell ENT clinic director, Covington, Aaron Pate, Bothwell ENT LPN and Gerald Young, hearing instrument specialist



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

HEALTHSTREAM LEARNING



is coming soon!

- Find assigned learning and due dates all in one place
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CELEBRATING THE NEXT CHAPTER Photos from Recent Retirement Teas



Viola Heaps, Housekeeping/ES worker, with her flowers and award. Viola retired July 6 after 14 years of service to Bothwell.



Karen Shelby, 2 Southwest LPN, with her flowers and award at her retirement tea. Karen retired June 30 after 31 years of service



Joan Kelley, FNP, retired June 30 after working for 12 years at Bothwell Health Center-Truman Lake in Warsaw. From left, Michele Laas, chief nursing officer; Kelley; Ragin Boise, Truman Lake clinic director; and Lisa Irwin, Human Resources and Support Staff vice president.



Winnie Mullins, 2 Southwest CNA/Ward Clerk, retired on July 29 after serving Bothwell for 22 years.

GRIEF RECOVERY METHOD 8-WEEK PROGRAM



WE'RE HERE FOR GRIEF SUPPORT

One of the least addressed concerns in our society is grief, which is the normal and natural reaction to loss. The Grief Recovery Method Outreach Program, based on the *Grief Recovery Handbook*, will guide those who wish to work through their loss issues and move into a richer quality of life.

When: Mondays, Aug. 22–Oct. 17
(except Sept. 5)

Time: 5:30–7 pm

Location: Bothwell Education Center
600 E. 14th St., Sedalia, MO

Class may be joined during the first two weeks then it becomes a closed group.

Group will be facilitated by Beth Hunt, certified grief recovery specialist, with Crossroads Hospice.

Normal precautions will be taken following CDC guidelines

To register, contact Beth Hunt, BSW, CGRS, Crossroads Hospice & Palliative Care
beth.hunt@crossroadshospice.com | 660.422.5804



GET WELL. STAY WELL. BOTHWELL.

brhc.org

THESE FLOWERS HAVE A LOT OF FIGHT IN THEM.

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

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



Walk to End Alzheimer's - Sedalia

Saturday, September 17, 2022

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

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

For more information, labuhman@alz.org or 816.596.2312

Register at alz.org/sedaliawalk

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KEY AWARDS

Dawn Gehlken
Terrance Cline
Ann DeFusco
Becca Dowell
Kerry Glenn

Kathy Dority
Jeanne Waters
Jamie Barklage
Katie Jackson

NEW EMPLOYEES

June

Andrea Abon
Nursing Administration

Reagan Braverman
Nursing Administration

Holly Brengarth
Emergency Department

Jacob Brockfeld
Progressive Care

Jay Case
Materials Management

Alexis Eckhoff
Case Management

Uchenna Enahoro
Nursing Administration

Gabrielle Esser
Respiratory Therapy

Sabrina Graham
Respiratory Therapy

Sarah Haler
Nursing Administration

Brandon Hudson
Housekeeping

Virgil Hudson
Security

Brooklin Hunnell
Same Day Surgery

Paige Johnson
Nursing Administration

Elena Langford
Bothwell Walk In Clinic

Lucinda Manolias
Nursing Administration

Michael Marquez
Nursing Administration

Shaila Mehta
Pathology

Brittany Mullins
Occupational Therapy

Ashley Pyle
CT Scan

Marina Razumovsky
Sterile Processing

Jaime Reed
Bothwell Health Center-Truman Lake

Ciara Smith
Bothwell Family Health

Dylan Stevens
Nursing Administration

Danielle Strickland
Women's Health and Newborn Care

Aaron Tjomsland
ED Physicians

Staci Ward
ED Physicians

Joyce Woods
Pharmacy

Bree Young
Dietary

EMPLOYEE ENGAGEMENT NEWS

Independence Day Fun

Congratulations to the M&M guessing game winners! Thanks to everyone who participated.



Left: Hospital – Ashlee Robbins, Progressive Care Unit CNA. Ashlee's guess was only six digits from the correct amount of 1,920.

Middle; Right: Clinics – Kelly Crosswhite, Bothwell Urology Services receptionist and Sarah Anderson, Bothwell Internal Medicine Specialists medical assistant.

Hip hip hooray to everyone who sported their red, white and blue over the Independence Day holiday.



Dr. Doug Kiburz with Bothwell Orthopedics & Sports Medicine and Stevie Galloway, 2 Southwest CNA (If this was a contest, Dr. K may have won it on those socks alone.)



Members of the Bothwell Family Medicine Associates team



Nursing Administration and Human Resources team members

EXPLORING OPPORTUNITIES

Committee Team Tours Open Door

During Hospital Week in May, food and health care supplies were collected by the Employee Engagement Committee and donated to Open Door Service Center. Following the donation, Annette Smith, committee co-chair, was invited by Open Door Executive Director Amanda Davis to attend a Lunch Brunch Tour. Annette included other committee members and members of the Senior Leadership Team to attend the event with her where the group learned more about the organization. Several potential ideas emerged that will be discussed at future meetings.



From left: Michele Laas, chief nursing officer; Angie Longan, Facilities Management coordinator; Lisa Irwin, Human Resources and Support Services vice president; Annette Smith, CNO executive assistant; Jami Sleeper, Clinic Informatics specialist; and Amanda Davis, Open Door executive director.

HUMAN RESOURCES NEWS

Workplace Safety Tips-DOs and DON'Ts of Sharps Safety

Help keep yourself and others safe when it comes to sharps.



- **DO** make sure you have all items needed before starting.
- **DO** plan safe handling and disposal of sharps before any procedure.
- **DO** activate the device's safety features.
- **DO** keep your fingers away from the tip.
- **DO** immediately dispose of contaminated needles in the sharps disposal container.
- **DO** check soiled linen for misplaced sharps before sending to wash.



- **DON'T** leave the sharps on a bed or table to dispose of later.
- **DON'T** throw sharps in the trash.
- **DON'T** fill sharps container past the fill line.
- **DON'T** put your fingers into the sharps container.

PATIENT SAFE HANDLING INITIATIVE

Defining Falls and Knowing When to Assess for Risks

A **fall** is defined as a sudden, uncontrolled, unintentional, downward displacement of the body to the ground or other object, even if assisted to the floor by staff.

A **near fall** is a sudden loss of balance that does not result in a fall or other injury.

An **unwitnessed fall** occurs when a patient reports or is found on the floor by staff.

Each instance should have an **event report** completed in Meditech so that Quality Improvement can assess the incident and help in preventing or reducing the reason the fall happened in the future.

The Center for Medicare & Medicaid Services considers a fall risk assessment a benchmark in a fall prevention program. A fall risk assessment is a performance measure also utilized for Accountable Care Organization's Quality Measures and for the Merit-based Incentive Payment System.

Bothwell uses the **Morse Fall Scale** to assess falls. The Morse Fall scale is one of the most widely used fall risk assessment scales, is considered reliable, is research driven and is a valid measure. The assessment uses six parameters that are awarded a number of points and their sum makes up for the final score. A final score below 25 indicates a low fall risk, scores between 25 and 45 indicate a moderate risk and scores above 45 suggest the patient is at a high fall risk.

Based upon the fall risk level of fall, standardized interventions can be implemented. It is recommended that a fall risk assessment be completed:

- On admission
- On any transfer from one unit to another
- Following any medical change of status
- When a patient is on a medication known to increase fall risk, and
- Following a fall (history, reported or witnessed)

Nursing can do an initial screening, then refer patients that are at risk to either physical or occupational therapy to perform a more in-depth balance assessment.

If you have any concerns regarding falls or patient safe handling equipment, please talk with your supervisor or representative who attends the Fall Team/Patient Safe Handling meeting so they can be brought forward to improve patient safe handling.

The next meeting is at **2 pm Sept. 13** in the board room.

OTHER SAFETY FACTORS THAT CAN HELP REDUCE FALLS

- Maintain bed in low position, use bed alarm when needed
- Call light, urinal and water within reach. Offer assistance with elimination needs routinely (4 Ps)
- Wrist band identification
- Ambulate with assistance utilizing a gait belt
- Do not leave unattended for transfers/toileting
- Encourage patient to wear non-skid slippers or own shoes
- Lock bed, wheelchairs, stretchers and commodes
- Assess patient's ability to comprehend and follow instructions
- Assess patient's knowledge for proper use of adaptive devices
- Hydration: monitor for orthostatic changes
- Review meds for potential fall risk (HCTZ, Ace inhibitors, Ca channel blockers, B blockers)
- Evaluate treatment for pain
- Provide family/patient education throughout the visit
- PT consults for gait techniques
- OT for home safety evaluation
- Family involvement with confused patients, use of sitters
- Instruct patient/family to call for assistance with out-of-bed activities
- Exercise, nutrition
- Home safety environment (including plan for emergency fall notification procedure)
- Room close to nurse's station
- Orient to surroundings, reinforce as needed
- Room clear of clutter
- Adequate lighting
- Consider the use of technology (non-skid floor mats, raised edge mattresses)

JUNE EMPLOYEE OF THE MONTH

Kathy Rothwell

Kathy Rothwell, LPN, has several qualities that set her apart and make her a standout family medicine nurse. She is a master at multitasking, takes initiative, always goes above and beyond for her patients and is irreplaceable in the hearts of many doctors and community members. All reasons why Dr. Misty Todd of Bothwell Cole Camp Clinic nominated Rothwell as Employee of the Month.

“Since starting in November 2020, Kathy has been essential to the functioning of my clinic,” Todd said. “She triages calls about prescriptions, from labor and delivery, the nursing home, hospice and patients, all while also rooming patients for me.”

Todd said that not only does Rothwell have great clinical judgment but she has a heart for helping patients outside of their standard health care needs.

“Kathy adopted a patient and his family through her work with the Elks Lodge and provided them with a Christmas meal and presents,” she said. “She regularly stays late and helps patients fill out patient medical assistance information.”

No matter what is asked of her it is certain to be done well, and Rothwell is committed to her patients and coworkers. Todd said she is the “best team player” and “always shows up with her best foot forward for the day.”

Congratulations, Kathy, on being named the June Employee of the Month!



FROM THE BOTHWELL{NESS} COMMITTEE

Q2 Health Challenge Winners

Congratulations to the following employees whose names were drawn from those participating in the second quarterly health challenge.

- Tammy Hankins
- Lindsey Moon
- Karla Heimsoth
- Serena Cronk
- Kathleen McLees

BOTHWELL{NESS} T-SHIRT DESIGN CONTEST

Entry deadline was July 15 and several ideas were submitted. Options will be sent out via email to All Users for voting so look for that email soon!

BOTHWELLNESS QUARTERLY HEALTH CHALLENGES



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



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

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

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

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

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

GET WELL. STAY WELL. BOTHWELL.

FROM THE BOTHWELL{NESS} COMMITTEE

Healthy Recipes for the Win!

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

Low Carb Nachos with Mini Peppers

Low Carb Nachos with Mini Peppers are a fun and delicious way to enjoy loaded nachos without the carbs. Loaded nachos are easy to make, perfect for a party, game day, snack or quick dinner.

Ingredients

- 1 lb. Mini Peppers
- 1 lb. ground beef or chicken or pork
- 1 small onion chopped
- 2 garlic cloves minced
- 1 tsp Salt
- ½ teaspoon Cumin
- 1 teaspoon Garlic Powder
- ½ teaspoon Chili Powder
- 1 cup Cheddar cheese shredded
- 1 Jalapeno Sliced

Toppings

- [1 Pico de Gallo recipe](#)
- Sour Cream for drizzling
- 2 tbsp Fresh Cilantro (optional)
- ¼ cup Sliced Green Onions (optional)

Instructions

1. Spray a skillet over medium heat with cooking spray.
2. Saute the chopped onion and garlic for about 2–3 minutes or until fragrant and translucent.
3. Add the ground beef and break it apart with a wooden spoon.
4. Season with salt, chili powder, garlic powder, cumin, and fresh parsley.
5. Stir constantly until done and set aside.
6. Cut the peppers in half and remove the seeds.
You can use regular papers and just cut them into smaller pieces.
7. Place the peppers on a sheet pan in a single layer.
8. Stuff the mini peppers with the cooked meat mixture.
9. Sprinkle cheddar cheese and top with jalapeno slices.
10. Bake at 400°F/200°C for 10–15 minutes until the cheese is melty and bubbly.
11. Top with sour cream, Pico de Gallo, cilantro, or whatever else you want and enjoy!



Michelle Burgin, Lab med tech/ Blood Bank supervisor

www.lowcarbspark.com/low-carb-nachos-with-mini-peppers/

FROM THE BOTHWELL{NESS} COMMITTEE

Healthy Recipes for the Win!

Turkey Burgers

This turkey burger recipe is a hit at my house, even with my red meat lovers!

Ingredients

- 1lb. ground turkey
- ¼ cup diced green onion
- 1 egg
- ½ chopped red bell pepper
- ⅓ cup crumbled feta cheese
- 1 minced garlic
- 1–2 teaspoon Sriracha
- 1–2 teaspoon kosher salt
- 1 teaspoon fresh ground pepper
- 1 Tbs. fresh chopped parsley
- 1 teaspoon of Dijon mustard

Instructions

1. Form in five large patties.
2. Coat grill with olive oil; grill until temperature reaches 165 degrees.
3. May also cook on stovetop in a saute pan but I prefer the grilled taste.

Pam Thompson, RN, Charge Nurse, ENDO, PACU

Garlic Butter Chicken Bites with Lemon Asparagus

Low-carb, keto-friendly, one pan chicken dinner in less than 30 minutes! Serve with steamed rice—YUM!

Ingredients

- 3 boneless/skinless chicken breast, cut into bite sized chunks
- 2 bunches of asparagus, rinse/trim
- ½ cup butter, soft
- 1 teaspoon olive oil
- 2 teaspoon minced garlic
- 1 teaspoon Italian seasoning
- 1 Tablespoon Sriracha (optional)
- ½ cup chicken broth, low sodium
- Juice of ½ lemon
- 1 Tablespoon minced parsley
- Red pepper flakes, crushed (optional)
- Slice of lemon, garnish (optional)

Instructions

1. Stir fry the chicken bites in olive oil, ¼ cup butter (salt, pepper, onion powder to taste) until golden then add minced garlic and Italian seasoning, stir, cook until fragrant. Set chicken bites aside.
2. Deglaze the skillet w/chicken broth, remaining ¼ cup butter, lemon juice, hot sauce, parsley, red pepper flakes then add the asparagus, toss to finish cooking.
3. Add chicken back to skillet, heat, season (optional), serve!

Tammy Hankins, Bothwell Medical Equipment, DME Billing Specialist

www.eatwell101.com/garlic-butter-chicken-bites-asparagus-recipe



FROM THE BOTHWELL{NESS} COMMITTEE

Healthy Recipes for the Win!

Air Fryer Boneless Pork Chops

I love this recipe because the chops end up being very juicy and tasty. It's healthy because very little oil, and EVOO is considered a healthy oil to use, and there is no breading. The other great thing, it's fast and easy.

Ingredients

- 2–4 boneless pork chops (about 1.5 inches thick)
- 2 Tablespoon pork chop grill rub (or your favorite)
- 1 Tablespoon extra virgin olive oil (EVOO)

Instructions

1. Brush chops with the olive oil. Spread the rub evenly onto the chops. Try to press the rub in to the meat to get the rub to stick.
2. Spray the air fryer with cooking spray.
3. Put 2–4 chops into the air fryer basket.
4. Set the temperature to 400°F with a total of 12 mins cooking time.
5. Cook for 7 minutes on one side. Flip them over and cook for 5 more minutes.
6. Let rest for at least 5 minutes.

Deborah Bredehoeft, Bothwell Pain Clinic LPN

Low-Carb Zucchini Pizza Casserole

Ingredients

- 4 cups shredded unpeeled zucchini
- ½ teaspoon salt
- 2 large eggs
- ½ cup grated Parmesan cheese
- 2 cups shredded part-skim mozzarella cheese, divided
- 1 cup shredded cheddar cheese, divided
- 1 pound ground beef
- ½ cup chopped onion
- 1 can (15 ounces) Italian tomato sauce
- 1 medium green or sweet red pepper, chopped

Instructions

1. Preheat oven to 400°. Place zucchini in colander; sprinkle with salt. Let stand 10 minutes, then squeeze out moisture.
2. Combine zucchini with eggs, Parmesan and half the mozzarella and cheddar cheeses. Press into a greased 13x9-in. or 3-qt. baking dish. Bake 20 minutes.
3. Meanwhile, in a large saucepan, cook beef and onion over medium heat until meat is no longer pink, breaking meat into crumbles; drain. Add tomato sauce; spoon over zucchini mixture. Sprinkle with remaining cheeses; add green pepper. Bake until heated through, about 20 minutes longer.



Courtney Price, Susan O'Brien Fischer Cancer Center RN
www.tasteofhome.com/recipes/zucchini-pizza-casserole

FROM THE BOTHWELL{NESS} COMMITTEE

Healthy Recipes for the Win!

Instant Pot Keto Broccoli Chicken Bacon Cheese Soup

Instant Pot Keto Broccoli Chicken Bacon Cheese Soup is a low carb, gluten-free, creamy, cheesy, incredibly delicious soup with broccoli, shredded chicken and bacon.

Ingredients

- 1 cup shredded cooked or rotisserie chicken
- 2 Tablespoons butter
- 1/3 of a yellow onion diced
- 2 ribs celery diced
- 2 cloves garlic minced
- 2 cups chicken broth
- 1 2/3 cups heavy cream
- 4 cups chopped broccoli florets
- 3 cups shredded cheddar cheese
- 1/2 cup shredded jack cheese
- 3 ounces cream cheese softened and cubed
- 1/2 teaspoon nutmeg
- 1/4 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 4 slices cooked bacon crumbled
- 1/2 teaspoon xanthan gum
*optional to thicken if desired



Instructions

1. Select Saute (Normal) on the Instant Pot. When the Instant Pot is hot, add butter and melt.
2. Once the butter has melted add onions, celery, and garlic. Continuously stir for 5 minutes or until vegetables have softened and onions are translucent.
3. Add chicken broth and broccoli florets to the pot and stir until the liquid in the pot is starting to boil, turn off the Instant Pot.
4. Cover, lock the lid and flip the steam release handle to the Sealing position.
5. Select Pressure Cook (or Manual on some models) on High Pressure and set the cook timer for 5 minutes.
6. Once cooking time is complete, let the pressure release Naturally for 10 minutes (do nothing for 10 mins) and then Quick release the remaining pressure.
7. Open the Instant Pot lid and add the cream cheese, nutmeg, sea salt, and black pepper. Stir to combine. Add shredded chicken and stir in.
8. Select Saute (Normal) and let the soup come to a boil. Slowly add shredded Cheddar and Jack cheeses while continuously stirring.
9. Once the cheese has melted, select the Keep Warm setting on the Instant Pot. Add heavy cream and stir.
10. To thicken if desired, add the xanthan gum powder to the pot and stir until thickened.
11. Pour soup into bowls and sprinkle each with 1/2 tablespoon of the cooked crumbled bacon, and serve hot.

Maggie Schaffer, Director of Case/Quality Management

<https://beautyandthefoodie.com/instant-pot-keto-broccoli-chicken-bacon-cheese-soup/>

FROM THE BOTHWELL{NESS} COMMITTEE

Healthy Recipes for the Win!

Spaghetti with Tuna and Puttanesca Sauce

Mediterranean Diet Meal

Ingredients

- 16 oz. whole wheat spaghetti
- 3 Tablespoon extra-virgin olive oil
- 4 cloves garlic, thinly sliced
- 1 bell pepper (red, orange or yellow) chopped
- ¼ to ½ teaspoon crushed red pepper
- 2 Tablespoons capers, drained
- ½ cup roughly chopped Kalamata olives
- 28 oz. can San Marzano tomatoes
- 4 basil leaves, torn (plus more for garnish)
- 10 to 12 oz. Albacore Tuna in Water
- Ground black pepper

Instructions

1. Cook spaghetti according to package for al dente results.
2. Meanwhile, heat olive oil in large skillet over medium heat.
3. Add garlic, bell pepper, and crushed red pepper. Cook, stirring until slightly toasted (1–2 minutes).
4. Add capers and olives frying for 2 more minutes.
5. Crush the tomatoes only into the skillet with your hands reserving the juices. Cook until the tomatoes are slightly dry approximately 2 minutes.
6. Add the reserved tomato juices, basil, and cook until the sauced thickens 1 to 2 more minutes.
7. Add the tuna (drained) breaking it up with fork. Season with black pepper as desired.
8. Add drained prepared spaghetti and toss.
9. Garnish servings with basil leaves.

Patricia Meek, Billing Specialist, Team Leader

Sweet Potato Chips (Microwave recipe)

Ingredients

- 1 large sweet potato, scrubbed clean and any brown spots trimmed off
- 1 teaspoon extra virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper

Instructions

1. Cut off ends of sweet potato and slice using the thinnest blade on a mandoline. Take care to keep all 10 of your fingers attached.
2. Put in a bowl and add oil, salt and pepper. Toss to coat. (I use my hands.)
3. Cut out a piece of parchment paper in a circle to fit the tray in your microwave. Place sweet potatoes in a single layer on a tray.
4. Microwave on high power for 3 ½ to 4 minutes or until crispy but not browned. Watch carefully for the first batch or two to determine the proper time since all microwaves are slightly different.
5. Repeat this step until all chips are cooked. Best served immediately.
6. Enjoy!

Rita Mergen, Employee Health Nurse



FROM THE BOTHWELL{NESS} COMMITTEE

Summer Safety Tips

Summer fun is truly something special, but summer safety should always be a priority for you, your friends and your family. When preparing for your favorite summer activities, don't forget to follow these summer safety tips to make sure everyone has a great time without any of dangers warm months can bring.

- **Protect yourself from the sun:** Wear sunscreen of SPF 30 or greater on all exposed skin, and reapply every two hours or after swimming or heavy sweating/exertion. Also remember to cover up with sunglasses, hats, shirts with sleeves/protective clothing.
- **Protect against mosquitos and other threats:** Mosquitos carry some diseases that are transmissible to humans, such as Zika and West Nile viruses. If you are going to be outdoors, especially near water and at dusk, you should apply an insect repellent, per the manufacturer's instructions, to uncovered skin and clothes. Be careful to not walk into a wasp or hornet's nest.
- **Wear helmets and knee pads and all safety gear:** For all summer sports, wear the appropriate safety gear. If you are well equipped and prepared, you will decrease your chances of injury and hopefully avoid a visit to the Emergency Room. We like to see you, just not as an injured patient, if it can be avoided!
- **Practice water safety:** If you or your family are enjoying pool activities or water sports, always go in pairs and make sure that kids are under constant adult supervision, as well as equipped with the proper flotation devices. As fun as alcohol may be while out on the water, it's also a really bad idea. Adult water-related deaths are frequently caused by drinking on watercraft or before swimming. If your summer fun involves a few beers, then enjoy your water activities first. Drink when you are done and back on land.
- **Hydrate, hydrate, hydrate! If you are heading into hot temperatures, make clear plans for water:** Bring along your own water storage and make sure you have a couple of liters for every person, even if you are just headed out for an afternoon. If it is particularly hot, make sure you frequently stop in the shade and take a drink of water to keep from sweating out too much. Signs of dangerous dehydration leading to heat cramps, heat exhaustion and heat stroke are painful muscle cramps/spasms, flushed, or pale moist skin, nausea, vomiting, diarrhea, headache, fatigue, weakness, anxiety, feeling faint, dry warm skin without sweating, high fever over 104 degrees, rapid heart rate, loss of appetite, confusion, agitation, lethargy, seizures, stupor. Call 911 immediately.
- **Ticks, bees and stinging things:** Ticks can transmit diseases such as Lyme disease and Rocky Mountain Spotted Fever. If you spend time outdoors, check yourself frequently for ticks, particularly your underarms, navel, behind your knees, and anywhere clothing presses on the skin. If any of your loved ones are allergic to stings from bees or other insects, make sure you have emergency treatment with you before you leave the house and set out into the great outdoors.
- **Protect food and wash your hands:** Keep food sealed and covered until it is ready to eat, and try to keep it out of the sun if possible. When grilling, make sure meats are properly refrigerated before use and thoroughly cooked. When dealing with any kind of food, wash your hands first to prevent contamination.
- **Kids and pets in cars:** Avoid heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own. A car can heat up 19 degrees in just 10 minutes; at 80 degrees outside it becomes 99 degrees inside your car. And cracking a window doesn't help. Young children are particularly at risk, as their bodies heat up three to five times faster than an adult's body. Create reminders. Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase or purse in the backseat when traveling with your child. Take action. If you see a child alone in a car, call 911.

Resources: CDC, Johns Hopkins Medicine, Family Handyman

TOP 5

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ground floor to learn more!



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BOTHWELL FOUNDATION NEWS

MEMORIALS AND DONATIONS

In memory of Dr. Paul Merrit Bassett
Bothwell Regional Health Center

In memory of Dr. James Robert Farkas
Bothwell Regional Health Center Medical Staff
Bothwell Regional Health Center

In memory of Willard Woolery
Bothwell Regional Health Center Auxiliary

In memory of Charles Davis
Steve and Kim Davis
Charlie and Debbie Wilken
Dennis and Erma Davis

In memory of Robert Edwards
Bothwell Regional Health Center

AUXILIARY NEWS Volunteers Needed!

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

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

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

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



SCRUB SALE



Aug. 26 | 9 am–5 pm | Bothwell Café



WE'RE HERE TO VOLUNTEER



Want free entry with a parking pass to the 2022 Missouri State Fair?
Join us for Bothwell Volunteer Day at the fair from
9 am — 9 pm, Saturday, Aug. 13.

AS A VOLUNTEER YOU WILL:

- Get a free T-shirt
- Assist with water and souvenir sales
- Help Bothwell with community outreach
- Enjoy the Missouri State Fair!

To volunteer, just click on [SIGN UP](#)
or scan the QR code!

Questions? Contact Leisha Nakagawa
in Marketing at lnakagawa@brhc.org
or ext. 8855.





Bothwell Foundation 2022 Pinktober Shirts



Orders and Payment Due by September 9

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

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

Pinktober Shirt Order Form

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

Name: _____

Department: _____

☐ Check here to pay with Payroll Deduction &

Provide Employee ID #: _____

Pinktober Shirt Options:

_____ Black _____ Fuchsia

Adult Shirt Size (unisex):

___ Small ___ Medium ___ Large ___ XL
___ 2XL ___ 3XL ___ 4XL

Youth T-shirt Sizes:

___ Small ___ Medium ___ Large ___ XL

Total Payment Due: \$ _____

Turn in completed form and payment to the Bothwell Foundation/Marketing office or mailbox. Make checks payable to the Bothwell Foundation. For more information, contact the Bothwell Foundation at ext. 8855.

FOUNDATION NEWS

The Bothwell Foundation Needs You!

Support two organizations at once by donating blood at the Community Blood Center and help the Bothwell Foundation have a chance to win \$1,000. Appointments are preferred. Book your appointment today at [GIVE BLOOD](#).



2nd Annual Community Challenge

Wednesday, September 14th

10:00 AM - 6:00 PM

First United Methodist Church
916 Thompson Blvd

The nonprofit* prizes:

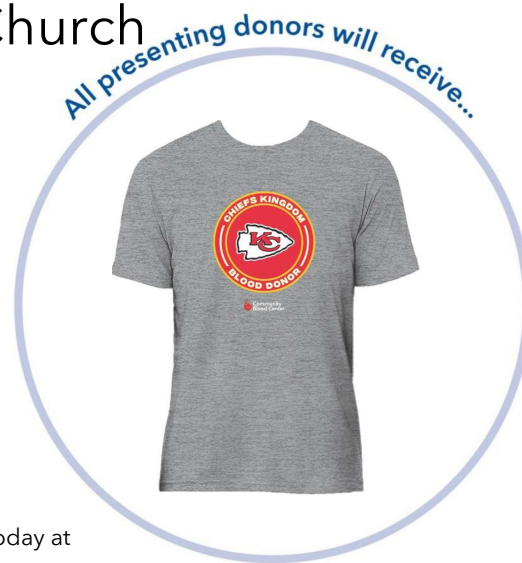
1st Place earns \$1,500!

2nd Place earns \$1,000!

3rd Place earns \$500!



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



Medical eligibility questions? Call 1.800.688.0900.



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

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AUGUST BIRTHDAYS



Gia Kuhns..... 1	Kimberly Olejniczak 12	Ruth Ann Cramer 22
Michele Hotsenpiller 1	Jamya Moorehead..... 12	Vasiliy Mitrofanov 22
Robin Holsinger 1	Christy Harms 13	Rob Ayers 22
Heather Kaneko..... 2	Tori Routon 13	Kathleen Rothwell..... 22
Chase Belnap..... 2	Rachel Williams 13	Lexie Molina..... 22
Ragin Boise 2	Jani Kempf..... 14	Janet Kindle..... 24
Susan Roe 3	Ernie Lancaster 14	Julie May 25
Jody Pritchard 3	Maria Nguyen..... 14	Macy Lakins 25
Lisa Wells 3	Stacy Riley 14	Heather Keith 25
Odjie Bautista 3	Ellen Stevens 15	Jaime Reed 25
Stephanie Mallory 4	Jackie Allard 15	Rebecca Clifton..... 26
Kim Hagan 5	Danielle Slocum 15	Kirsten Finnell..... 26
Dover Biery 5	Uchenna Enahoro 15	Cynthia Byrd 26
Jami Sleeper..... 6	Tracey Arwood..... 16	Maggie Schaffer 27
Olga Jaquez..... 7	Laura Weisenburger 17	Ed Smith 27
Beth Everts..... 7	Becky Mitchell 17	Heather Woolery 27
Madison Merrill..... 7	Lena Yakimenko 17	Tiffany Lumpe..... 28
Bonnie Talbott..... 8	Irina Borynets 18	Christina Schnakenberg..... 29
Daryl Mcnew 10	Rebecca Smith..... 18	Madison Littlejohn 29
Debbie Williams..... 10	Tammy Jackson 19	Angie Longan 30
Paul Gammill 10	Caitlin Weller 19	Kevin Butler 30
Michelle Riley..... 10	Bobbi Dorr 20	Mary Lowe 30
Heather Moon..... 11	David Jasper 20	Andrea Abon 30
Laura Darrah 11	Arielle Stager 20	Rocio Rodriguez 31
Teresa Wooten 11	Margie Hartford 21	Virgil Hudson 31
Sara Jones 12	Lori Naber 21	
Nadia Ostapenko..... 12	Diane Clapsaddle 21	
Sherri McCracken 12	David Foland..... 21	