

JUNE 2022

BILLBOARD



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



CREATING A GREAT SAFETY CULTURE

A Letter from Lori

Every morning at 8:45 am, the Leadership Team has a 15-minute virtual safety huddle. It is a time where we hear some statistics from various departments, anticipate needs over the next 24 hours and discuss event reports from the previous day. We recognize birthdays and awards and have fun along the way with music that starts 15 minutes before the call begins. This huddle, just like your own department huddles, is a great opportunity to stay connected with each other, discuss current and future projects and keep the lines of communication open and moving.

An important question that gets asked at the end of the huddle is, "Is there anything getting in the way of safe patient care today?" Its purpose aligns with our No. 1 priority as a health center, which is to keep our patients safe every day.

During Hospital Week in May, we launched the Culture of Safety survey for all employees to tell us our current safety culture reality and what's getting in the way of safe patient care. Survey results help us understand our top patient safety priorities, what processes need to be improved and whether new safety programs are working and how we compare to other hospitals and clinics.

An astounding 81 percent of us completed this year's survey - the best participation results to date. For your efforts, ice cream treats were delivered to clinics June 22 and hospital employees received tickets to redeem for treats in the Café through the end of July.

[READ MORE ON NEXT PAGE ►](#)



SEE WHAT'S INSIDE!

IN-PERSON EMPLOYEE
UPDATES RETURN

WELCOME NEW FACES

TAKE ME OUT TO THE BALLGAME
EXPANDING MENTAL HEALTH CARE

HAIRCUTS FOR A CAUSE

CREATING A GREAT SAFETY CULTURE (CONTINUED)

A Letter from Lori

Thank you to everyone for carving out time to take the survey.

If you'll remember we also took the Culture of Safety survey last February. We normally alternate this survey every other year with the Employee Engagement survey; however, because we dealt with the Covid-19 Delta surge in the summer and Omicron surge in the winter, departments did not have a chance to review the results and develop plans. This is why we opted to send out the safety survey again this year.

Before saying more, it's important for all of us to have a shared understanding of what is a safety culture. According to The Joint Commission, our accrediting agency, safety culture is "the product of individual and group beliefs, values, attitudes, perceptions, competencies, and patterns of behavior that determine the organization's commitment to quality and patient safety."

We know with certainty we **have** a safety culture, the question is, is it "**good, bad or ugly?**" That's what taking the survey aims at getting at ... how do you really feel about teamwork, patient care tracking, organizational learning, training, leadership support, communication about errors, processes, work pressure/pace, handoffs or staffing as they relate to patient care?

Our goal is to not just *have* a safety culture but a *great safety culture* that connects everyone who works at Bothwell around a common goal to measurably reduce potential or real harm to patients. It goes beyond following safety procedures and rules. A great safety culture means employees feel heard and unafraid to say hard things and that we're all rowing the boat in the same direction.

This year's survey results were shared at the June Leadership Team meeting. Directors have been asked to share data and comments with their teams, pick questions relevant to their areas to focus on and develop detailed action plans on how to make improvements. SLT members will work with directors to ensure there aren't gaps in addressing opportunities for improvement.

While below you will see the hospital and clinics' overall patient safety ratings compared to other hospitals and medical clinics (benchmarks), my purpose here is not to focus on the data and numbers.

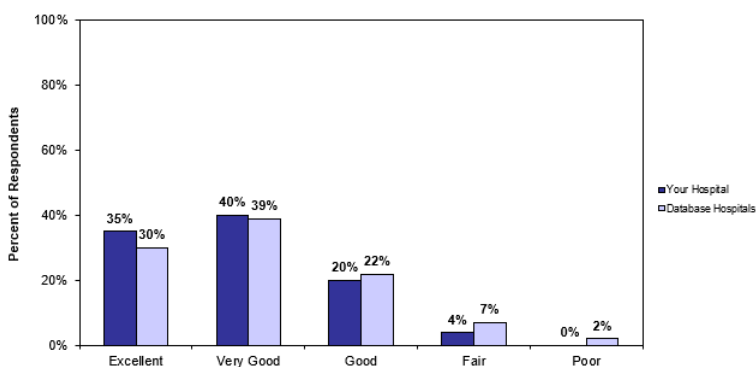


Fig. 1 Hospital. Overall patient safety rating compared to benchmarks.

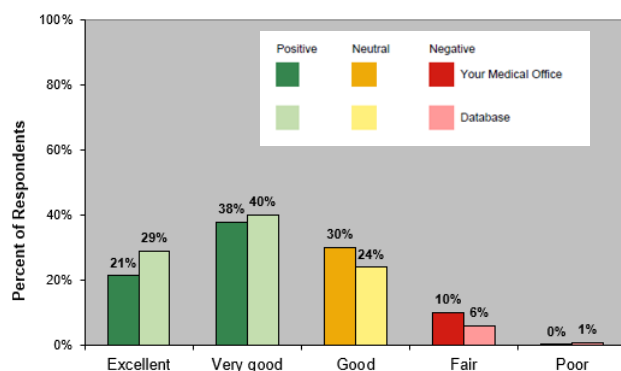


Fig. 2 Clinics. Overall patient safety rating compared to benchmarks.

CREATING A GREAT SAFETY CULTURE (CONTINUED)

A Letter from Lori

My focus is to share how incredibly important and humbling it is to hear what's getting in the way of safe patient care, what you need from leaders and those who support you, the fears and concerns you have and to recognize good catches and discuss solutions that help build and sustain our own **great safety culture**.

Transparency and communication are critical to successfully creating this culture of trust and accountability and we absolutely take your feedback and survey comments seriously. As always, my door is open to hear your questions or advice.

Stay well. Be well.



2022 SUMMER QUARTERLY UPDATES

In-Person Updates are Back!

CEO Lori Wightman cordially invites employees to attend one of the following 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, July 25** | 7:30 and 10 am
- **Tuesday, July 26** | 2 pm
- **Wednesday, July 27** | Leadership Team meeting in **Chapel**
- **Thursday, July 28** | 7:30 and 10 am
- **Friday, July 29** | 10 am
- **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



GET WELL. STAY WELL. BOTHWELL.

Bothwell Family,

The U.S. Supreme Court's decision in [Dobbs v. Jackson Women's Health Organization](#) triggered the [Missouri legislation](#) that now bans abortions in Missouri unless a medical emergency exists. Given the ruling and Missouri's trigger legislation, I am sharing some information in hopes of clarifying that neither the ruling nor Missouri law will affect services we currently provide to women at Bothwell.

All Bothwell practitioners remain strongly supportive of full access to comprehensive care for women of all ages. We confirm we will continue to provide the full range of contraceptive care, including routine access to oral contraception, Plan B, IUDs, and other longer-active reversible contraception. The Missouri Attorney General has also [affirmed](#) the state abortion ban does not prohibit Plan B or contraception. Most importantly, management of ectopic pregnancy, in all its presenting forms and full management spectrum are readily available at Bothwell and have not changed as a result of the Missouri trigger law. In fact, the only thing that has changed in our state is access to non-emergent abortion less than 22 weeks gestation, which we have never provided.

Prior to the ruling last week, Planned Parenthood of St. Louis was the only location in Missouri offering abortion. As of today, its abortion services are offline. The [Comprehensive Health Center](#) in Overland Park, Kansas, is the closest abortion provider to Sedalia. As practitioners, we are allowed to openly admit our abortion beliefs and background to patients, while being diligently compassionate to the beliefs of others. However, we cannot withhold information from a patient seeking abortion. The [Planned Parenthood location finder](#) and the location of the nearest abortion facility noted above are appropriate to provide to patients.

We share a common sense of protection of life in all its forms, particularly in protection of maternal and fetal rights jointly, and our hospital must be at the forefront of dispelling rumors and misinformation regarding access to appropriate care. We will continue to provide the same compassionate, up-to-date and comprehensive medical and surgical care we've always provided.

Please help us convey this important information to your colleagues, patients, family and friends.

Respectfully,

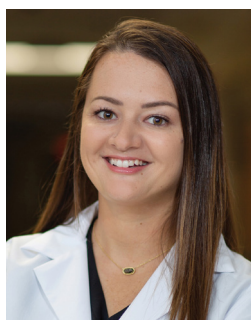
Michael Carozza, MD
Director of Women's Health Services

GET WELL. STAY WELL. BOTHWELL.

601 E. 14th Street | Sedalia, MO 65301 | 660.826.8833 | record

PERSONNEL NEWS

Welcome Brittany Freeman



Brittany Freeman, certified nurse midwife, has joined the medical team at Bothwell OB/GYN Associates, a full-service clinic that treats women's health issues.

Nurse midwives provide care to women from adolescence through menopausal years. For pregnant women, they provide care during prenatal visits, deliver babies and can provide care after the baby is born. Nurse midwives have similar roles to OB/GYNs but focus on natural techniques for childbirth and reproductive care.

Originally from the St. Louis area, Freeman most recently worked as a certified nurse midwife at Missouri Baptist Medical Center in St. Louis. Prior to that she was a labor and delivery nurse at Mercy Hospital and Mercy Jefferson in St. Louis and a maternal child and pediatric clinical instructor at Jefferson College. Freeman started her health care career as an obstetrical surgical technician but her interest in health care, specifically women's health was sparked in her youth.

"I became interested in health care when my mom experienced an unexpected pregnancy when I was in high school," she said. "I was able to attend many of her doctor visits with her, and fortunately, she had an uncomplicated pregnancy and birth. The successful delivery of my baby sister is why I became a labor and delivery nurse."

During her time as a labor and delivery RN, Freeman provided safe care to women during their labor and birth and the postpartum period and developed strong relationships with patients in their most vulnerable moments. It was the desire to continue building relationships with women that caused her to pursue midwifery.

"I loved my nursing role, but I wanted more patient connection," she said. "As a nurse midwife, I can help educate women about important health issues and partner with pregnant women on birth options and plans and afterward, assist them with breastfeeding, self-care and postpartum health care."

Freeman will join Dr. Michael Carozza, Dr. David Oberkrom, Dr. Lori Nolla, Tracey Arwood, certified nurse midwife, and Megan Ray, nurse practitioner, at Bothwell OB/GYN Associates.

Keith Morrow, Bothwell Clinic Operations vice president, said Freeman's addition to the women's health clinic is part of a larger plan to take women's health care to the next level in order to meet demand and expand services.

"We have been working intentionally to grow our team of women's health professionals and services so more women choose Bothwell for care and to deliver their babies," he said. "Our long-term goal is to offer more flexible options and choices for our patients."

Freeman is excited to get to know her new community and start seeing patients.

"I am thrilled to continue my journey serving women as a midwife at Bothwell," she said. "I am passionate about ensuring that all women have access to high-quality, evidence-based care. My goal is to empower women by providing them with the respect, resources and education they deserve in order to make independent, fully-informed choices."

Bothwell OB/GYN Associates is located on the first floor of the Healing Arts Center at 3700 W. 10th Street in Sedalia. Hours are 8 am to 5 pm Monday through Friday. To learn more or to make an appointment to see Freeman, call 660-827-0015.

PERSONNEL NEWS (CONTINUED)

Welcome Jaime Reed



Jaime Reed, PA-C, has joined the Bothwell Health Center-Truman Lake team in Warsaw.

Reed recently retired from the U.S. Air Force after serving nearly 25 years. He received a bachelor's degree in Pre-Medicine in 2008 and a master's degree in Physician Assistant Studies in 2009 at the University of Nebraska Medical Center in Omaha through the Department of Defense.

Physician assistants (PAs) are mid-level clinicians who provide patient care under the guidance and supervision of a collaborating physician. They can evaluate and treat illnesses, order and interpret labs and tests, prescribe medications, perform procedures, assist in surgeries and

make rounds in hospitals.

Since 2009, Reed has worked for the Air Force as a Physician Assistant and managed operations in family medicine and flight and occupational medicine including Primary Care Director at Keesler Air Force Base in Mississippi, Presidential Support PA at Joint Base Andrews in Maryland, as Regional Disaster Medical Health Specialist in Africa, as Aerospace and Occupational Medicine PA at Joint Base Andrews, and stints as director of multiple clinics at Whiteman Air Force Base (WAFB) in Knob Noster.

Reed became Occupational and Primary Care Clinic Manager at WAFB in 2019. In that role he managed seven clinical staff, five medical assistants, one nurse and one physician who together supported 12,000 patients. He is originally from Basile, Louisiana, and said he became interested in health care while serving in the military.

"I wanted to help people, and I felt that I should use my talents to serve in health care," Reed said. "In my new role at the Truman Lake clinic, I will be a primary care clinician helping families with their medical issues and offering occupational medical services such as DOT physicals."

Reed will work with Dr. Sarah Hasek and Nurse Practitioners Chelsea Casteel and Joan Kelley to provide medical care to babies, children, teens, adults and seniors in Warsaw and surrounding communities.

Keith Morrow, Bothwell Clinic Operations vice president, said Bothwell has been wanting to add to the medical team in Warsaw and Reed's extensive medical experience will mean more people have access to care.

"In addition to his clinical skills and experience, Jaime has hands-on experience developing and implementing continuous quality initiatives with patient safety as the foremost goal," Morrow said. "He will be a valuable addition to the medical staff at the Warsaw clinic."

Having seen and treated thousands of patients over his career, Reed said he wants people to know he cares about their medical wellbeing and will work with patients to find answers.

"I can relate to patients struggling with health issues," he said. "I like to work with them as a team in order to help them reach their health and wellness goals."

Bothwell Health Center-Truman Lake is located at 1765 Commercial Street in Warsaw. Hours are 7 am to 6 pm Monday through Friday. In addition to primary care, cancer, obstetric, oncology, orthopedic, sleep medicine and women's health specialists are also available to see patients. On-site screening services include 3D mammograms, X-rays and bone density screenings. To learn more or to make an appointment to see Reed or another clinician, call 660-438-6800. Walk-ins are welcome.

PERSONNEL NEWS (CONTINUED)

Welcome New Mizzou Med Students

In late June, Bothwell Family Medicine Associates welcomed two new University of Missouri medical students for a year-long training program.

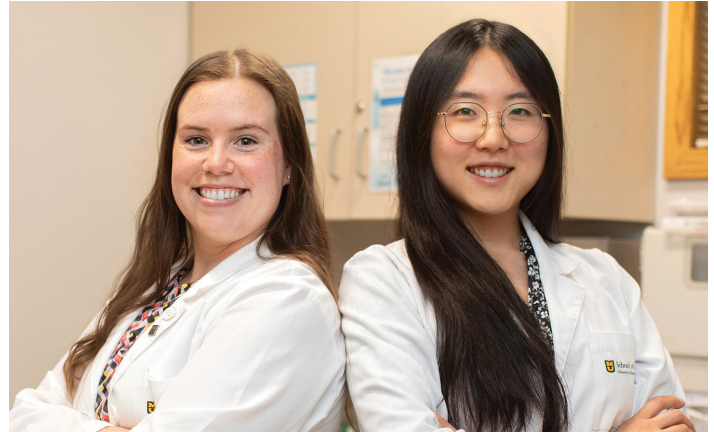
October Zhang and Abby Beach are participants in the Longitudinal Integrated Clerkship (LINC) program, which allows medical students to spend a year in a rural area gaining clinical experience in a variety of settings. This is the second year that Bothwell has participated in this program, which is gaining popularity around the country.

In this program, Zhang and Beach will participate in day-to-day functions at several clinics and departments throughout the Bothwell system, and they will have the opportunity to work with several physicians and advanced practice clinicians to develop a deep understanding of rural medicine. Much of their work will be focused at Bothwell Family Medicine Associates, which will give the students the opportunity to get to know some of the patients and bring a level of continuity to their care.

Beach said this is what drew her to the LINC program and that developing a relationship with patients allows physicians to optimize the care they give. Zhang agreed, further stating that in addition to providing continuity care, she is looking forward to making an impact within the community.

“Health care needs are often the highest among rural communities, and I want to be a part of the solution to reduce the gap of health care between an urban city and a rural community by becoming a qualified and compassionate primary health physician serving the people with the most needs,” she said.

Zhang moved from China to Lawson, Missouri, when she was 17 years old. As a freshman at the University of Missouri, she volunteered at the University Hospital, and from that experience she decided she wanted to be a physician. She is now a National Health Service



Third-year Mizzou medical students Abby Beach, left, and October Zhang arrived in Sedalia in June and will spend a year working in various Bothwell clinics and departments as they train to become physicians.

Abby recently married at the end of May, and her husband, Matthew, has joined her in Sedalia. In her free time, she enjoys reading, singing, and hiking.

October is a first-generation immigrant and a first-generation college student. She and her family enjoy traveling, hiking and camping. She also likes to play guitar and play Guzheng, a traditional 21-string Chinese instrument during her free time.

Corp Scholar, putting her on track to become a primary care physician in a high-need area after medical school. While she is currently interested in family medicine and psychiatry, she said she wants to explore as many specialties as possible during this year in the LINC program. However, she does know that she wants to work in a rural area and potentially move into teaching one day.

“As I become more advanced into my specialty, I would like to pass on the wisdom by being a part of a teaching program like the LINC program to inspire future generations,” she said.

Like Zhang, Beach said she is looking forward to learning about different specialty areas, but she is planning on living and working in a rural community after graduation. She added she is currently most interested in family medicine and obstetrics,

PERSONNEL NEWS (CONTINUED)

Welcome New Mizzou Med Students

but also wants to be exposed to different areas.

Beach is from Lexington, Missouri, and completed her undergraduate degree at Westminster College in Fulton, Missouri. She said she wants to be a physician so she can be a resource to her community.

“Community is very important to me and I believe that having good health care resources in communities, particularly rural, can improve them,” she said. “Everyone should be able to have someone they trust who they can turn to for help to stay healthy.”

Both students already have some familiarity with Bothwell and the Sedalia area because they participated in the University of Missouri School of Medicine’s Clinical Rural Immersion (CRI) program last summer where they toured Bothwell facilities and spent time in the area.

During the next year, they will certainly get to know the community well through interactions with physicians and patients. Beach said her experience in the CRI program made her excited to return to Sedalia for the LINC program and work with the community.

“I feel that the rural patient population is open and eager to get to know their health care team, including students,” she said.

Zhang said she is also looking forward to returning and learning more from the physicians and taking care of the community.

“As a rural physician, I can get to know patients as more than just a number on the chart but as a member of my community,” she said. “Nothing feels better than taking care of your family and the community.”

PERSONNEL NEWS

New CNAs in the House



Lucy Baer and Debbie Williams recently completed Bothwell’s CNA class and passed their state exams. We are so proud to have them on our team as Certified Nursing Assistants!

GOOD CATCH AWARD

Congratulations Veronika Mezentsev



For her good catch, CEO Lori Wightman presented Veronika Mezentsev with the traveling Good Catch award (aka Billy the Bass) and a certificate.

A good catch is recognition of an event or circumstances that has the potential to cause injury or illness, but did not occur thanks to a corrective action and/or timely intervention. **Veronika Mezentsev, Progressive Care Unit RN**, received the award in June.

Veronika was given an order to give magnesium without a rate of infusion by the physician ... all she was told was “give as directed.” Veronika then called the Pharmacy and the pharmacist initially told her to bolus it, but yet the pharmacist said they weren’t sure. Veronika didn’t feel comfortable with that information and called the Pharmacy back. The decision was then made to give the magnesium with fluids at a slow rate, which is absolutely the right thing to do, as one should never bolus an electrolyte.

We appreciate that Veronika was on top of the issue and **kept questioning** because had it been given as a bolus it could have had serious repercussions such as loss of blood pressure.

What a great catch!

YOU KNOCKED OUR SOCKS OFF

Mary Lowe Lent a Helping Hand

Congratulations to Mary Lowe, Environmental Services director, for knocking our socks off by providing exceptional customer service care to two different patients within an hour.

Mary epitomizes customer service by always having a smile on her face and always looking for opportunities to help her team, colleagues and patients.

Thank you, Mary!



YOU KNOCKED OUR SOCKS OFF Heather Woolery Latest Recipient

Congratulations to Certified Cancer Registrar Heather Woolery. While this is her official title, Heather knocks the socks off her team daily. She most recently completed implementation of a new software system, has stepped up to support the Chemo Pharmacy and regularly fills in when needed. She also helps the front desk team, checking patients in/out, processing prior authorizations and doing literally anything and everything that is needed to help make the department run smoothly. Heather goes above and beyond service to Bothwell by also routinely assisting the Walk In Clinic with vacancies or even last-minute needs or call-ins.

Thank you, Heather, for doing your work with grace and support for your peers and patients!



YOU BOWLED US OVER OR Team Bands Together



The Operating Room team was recognized with this award on June 1. Chief of Staff Dr. Stuart Braverman shared there had been an extremely difficult case in the OR the previous week and the entire crew worked together and exhibited perfect commitment to the team process.

Well done, OR team!

SUPPORTING STATEWIDE INITIATIVES ED Receives State Community Partner Award

Our Emergency Department recently received the Community Partner Award from the Missouri Attorney General's office for cooperation with Phase II of the SAFE Kit Initiative Project.

The Missouri Office of the Attorney General was awarded a grant in FY18 to complete a statewide sexual assault kit inventory and develop a comprehensive, statewide approach for addressing previously unsubmitted kits. In FY20, the AG's office was awarded an additional \$2 million in funding to continue their efforts.

Missouri Attorney General Eric Schmitt said in a letter to Bothwell, "It is my pleasure to present the Community Partner Award to your medical facility to acknowledge the time and effort devoted to complete the Phase II inventory of sexual assault kits in Missouri ... The work of your organization has helped us test thousands of kits, producing DNA results uploaded into CODIS, which led to multiple criminal referrals to local prosecutors across the state."

HELPING THE COMMUNITY

Kiwi Popyk-Wyatt Recognized

The Center for Human Services (CHS) held its annual recognition luncheon June 24 and our own Kiwi Popyk-Wyatt was recognized with an Outstanding Community Involvement award. Kiwi is a Social Worker and received the award for continuing to make and increase the number of referrals to CHS's Early Head Start program during the past two years. Early Head Start is a comprehensive program focused on providing a variety of services through state and federal grant funding for income-eligible pregnant women and families with infants and/or toddlers.

Congratulations, Kiwi, we are proud of you!



SAILING INTO THE SUNSET

Congrats to Recent Retirees

Congratulations to these employees who retired from Bothwell in June. We appreciate their years of dedication and service to patients!

- Sherri Egbert, ED manager, retired June 17 after 37 years of service
- Karen Shelby, 2 Southwest LPN, 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



80 AND NOT SLOWING DOWN

Birthday Fun

Dietary Services treated Heraldo Cruz, custodian, to a party on June 29 to celebrate his 80th birthday.

Congrats, Heraldo!



HUMAN RESOURCE NEWS

More Employees Now Eligible for Health Certificate

Bothwell Regional Health Center wishes to assist employees with the cost of health care services. The \$500 Employee Certificate (the Certificate) provides that assistance to eligible employees.

The Certificate may be used for health care services provided at Bothwell Regional Health Center as ordered by a physician and for health care services rendered by a Bothwell employed physician.

PRN Level 4 employees are now eligible and the certificate can now be used beginning the first day of employment rather than after a 90-day waiting period.

HUMAN RESOURCE NEWS

Annual Wellness Visit Reminder

It's June! Don't forget to schedule your annual wellness visit for participation in the BRHC Wellness Program.



REMINDER

HUMAN RESOURCE NEWS

Workplace Safety Tips

Slips, trips and falls are the leading causes of general workplace accidents resulting in injuries ranging from minor bruises to severe traumas. Slips, trips and falls are often reported as the most common causes of workers' compensation claims.

Follow these tips to proactively manage your workplace environment to help lower the risk of slipping, tripping and falling:

- Keep walking surfaces clean, dry and free of clutter
- Use stairway handrails
- Avoid running power, internet and phone cables across walkways
- Wear appropriate footwear with proper traction
- Use ladders and step stools to reach high items instead of chairs, desks or tables
- Report any unsafe areas including flooring, pavement, lighting and needed signage
- Clean up spills immediately after placing warning signs around the hazard area
- Properly use mats
- Be aware of your surroundings when walking ... observe if there are mats, drains, hoses or other obstacles that may cause you to trip, slip, or fall

ADVANCE YOURSELF. ADVANCE YOUR CAREER.

NURSING PROFESSIONAL DEVELOPMENT PROGRAM



Excellence.
Performance.
Competence.
Knowledge.

PROFESSIONAL DEVELOPMENT PROGRAM



The Nursing Professional Development Program is a voluntary program that recognizes and rewards the development of nursing excellence while retaining expertise at the bedside, developing robust leaders and enhancing the quality of patient care.

How It Works

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

What You Get

- Personal growth
- Career development
- Bonus incentives



Ready to advance? To learn more, find details on the Intranet > Professional Development Program box at top right or contact Laura Weisenburger, nurse educator/recruiter, at lweisenburger@brhc.org or 660.829.7758 or Sarah Hopper, Progressive Care Unit manager at shopper@brhc.org or 660.827.9489.

JULY 12 IS BOTHWELL NIGHT

WITH THE BOMBERS!



Take Me Out to the Ballgame

**SEDALIA
BOMBERS**

VS

**NEVADA
GRIFFONS**

7 pm | July 12 | Dey Field at Liberty Park Stadium | 1500 W. Third St. in Sedalia

Come out to historic Liberty Park Stadium and enjoy a summer collegiate baseball game under the lights!

All Bothwell employees receive free admission to the game.

Employees must show employee badge to receive free entry.

Regular single-game admission is \$7 for adults, \$5 for those 55 and older and free for children 12 and under.

Want FREE TICKETS for this game or another for family members?

The Marketing office has 40 tickets available on a first come, first served basis (limit three per employee).

Stop by the office on the second floor of the hospital between 8:30 am and 4:30 pm to collect tickets.

FOSTERING A TEACHING ENVIRONMENT

Burrell Mental Health Experts to Learn at Bothwell

Thanks to Burrell Behavioral Health's partnership with Bothwell Regional Health Center and a grant from the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services, two psychologists will be at Bothwell for one year, beginning in July.

HRSA awarded the grant to the National Psychology Training Consortium (NPTC), an internship program that prepares entry-level psychology practitioners to work in health care settings and provide mental health services.

"The grant's focus is on workforce expansion with an emphasis on rural areas," said Dr. Kristen Thompson, Pediatric Integration system director for Burrell. "As a leader in this area, Burrell was a natural partner for the consortium to identify a community in need of behavioral health experts. We chose Bothwell because of our shared missions to create access to quality health care."

Psychologists Amanda Williams and Carolyn Gibson will fill the role of Behavioral Health Consultants (BHC) at Bothwell TLC Pediatrics and in clinics located in the Bothwell Healing Arts Center.

"Amanda and Carolyn will be employed by Burrell and will function as part of the multidisciplinary team located at these clinics, under the supervision of a practicing psychologist," Thompson said. "They are highly qualified doctoral psychology interns, both with experience in health care settings."

Gibson is a pediatric psychologist coming from Nova Southeastern University in Florida. She is currently working in a children's hospital doing consultation/liaison work. Williams is coming from the University of Kansas and is currently working in NICU and pediatric rotations at Children's Mercy Hospital in their department of Developmental and Behavioral Sciences. She has a special interest in maternal health.



Amanda Williams



Carolyn Gibson



Dr. Robynne Lute

Bothwell Clinic Operations Vice President Keith Morrow said the pair will work with clinic medical teams including psychiatrist Dr. Terry Chance and fill a much-needed role in the health center's efforts to provide enhanced behavioral health services to patients.

"For our patients who need short- or long-term counseling services, this partnership with Burrell is a win-win," Morrow said. "Our patients will get the mental health care they need, and the doctoral psychology interns will get hands-on experience during their year of clinical training. Dr. Chance will refer patients to them and vice versa depending on the patient's particular needs."

Thompson said that embedding psychologists in Bothwell's pediatric and family medicine clinics helps patients and their health care teams.

"Integrated behavioral health care is simply a team of primary care and behavioral health clinicians working together with patients and families," she said. "Research shows, and Burrell has seen, that this type of care within physical health care settings increases patient satisfaction, increases clinician satisfaction and decreases clinician burnout because they have support to help treat behavioral health issues."

Williams and Gibson will work under the supervision of Dr. Robynne Lute.

FUN FEATURE

Haircuts for an Inspiring Cause

Getting a haircut is a mundane occurrence for most people — just another task on the to-do list. However, getting a haircut can be a powerful means of helping someone in need.

Annette Smith, executive assistant to the Chief Nursing Officer at Bothwell Regional Health Center, and Dr. Misty Todd, family and women's health physician at Bothwell Cole Camp Clinic, both know how important a haircut can be. Between them, they have donated their hair to charity a combined 10 times.

Recently, Smith and Todd made a plan to donate together, both choosing the charity Wigs for Kids, a nonprofit organization that provides wigs to children free of charge.

"There are so many financial burdens associated with an illness of a child who loses their hair," Todd said. "Spending money on a wig shouldn't be one of them."

According to its website, Wigs for Kids was founded in 1979 and currently provides wigs for children who have lost their hair due to a medical condition or treatment. Wigs made by Wigs for Kids are created entirely from donated hair and are designed to look like a child's natural hair. It takes approximately 150,000 strands of hair to create each wig, so donating enough hair for a wig requires more than a simple trim.

The required hair length depends on where it is being donated, but Wigs for Kids has a minimum donation length of 12 or more inches, with at least 14 inches preferred. Donated hair should not be color-treated or permed. Smith and Todd both said it takes them multiple years to grow their hair to the desired length.

The women said they are "blessed with thick hair," so donating their hair is a great way to share their bounty with others.

For Smith, hair donation is a family affair. She said she thinks of her Aunt Barbara, who is a cancer survivor, when she donates her hair.

"My daughter Morgan donated hair at the age of 7 to Locks of Love in honor of our Aunt Barbara," she said. "Morgan inspired me to follow suit with my first donation two years later."

Todd was first inspired to donate her hair when she was young, when older girls she looked up to donated their hair. She continues to donate regularly because it is a meaningful act that can have an incredible impact on the lives of others.

"It's rewarding to know that the people who may be wearing a wig with my hair likely have more life stressors than I can imagine, and I've helped alleviate one of them," she said.

While this was Smith's final time donating her hair, she encourages others to do the same, citing it as a rewarding experience that can make a positive difference in someone's life. She said going through the process with another person made it that much more enjoyable, and Todd agreed.

"Donating is much more fun as a duo," Todd said. "I highly recommend having someone else to talk through the process with before, during and after — including quick office check-ins to make sure the new 'do looks okay!"



Annette Smith and Dr. Misty Todd before donating their hair to Wigs for Kids.



And After!



KEY AWARDS

Bailey Johnson
Michelle (Muffy) Potts
Dylan Young
Jessica Cawthon
Leisha Nakagawa
Christine Matacua
Margaret Benson

Brenda Sprinkle
Sherri Egbert
Tammy Jackson
Shelby Bradshaw
Melissa Dillon
Helen Fisher
Alex Schlobohm

NEW EMPLOYEES

May

Esther Brenich
Dietary

Briana Bryant
Nursing Administration

Maimouna Coulibaly
Same Day Surgery

Mary Ditzfield
Dietary

Becky Duncan
Admitting

Brittany Freeman
Bothwell OB/GYN Associates

Emily Girard
Centralized Scheduling

Robin Goodwin
Progressive Care Unit

Brandy Haynes
Emergency Department

Haley Knight
Nursing Administration

Paul Knocke
Administration

Marissa Koebel
Emergency Department

Emily Kusgen
*Bothwell Employee
Wellness Clinic*

Robbie Logston
Housekeeping

Marion Long
Security

Marlene Lyon
Surgery

Nellie Manues
Housekeeping

Randy Melick
Pathology

Mckayla Ray
Women's Health and Newborn Care

Quincy Scotten
Women's Health and Newborn Care

Meghan Shirky
Progressive Care Unit

Tasha Spinar
Same Day Surgery

Chanin Triplett
Clinics Practice Management

Tamara Williams
Centralized Scheduling

CLINIC MOVES

Internal Medicine and Pulmonary Clinics in New Space on July 5

Bothwell Internal Medicine Specialists and Bothwell Pulmonary Specialists will be closed June 30 and July 1 to move to their new location at 2301 S. Ingram. Both clinics will reopen on July 5.

The newly renovated space will provide larger and more efficiencies for the teams. Clinic phone numbers will remain the same.

EMPLOYEE ENGAGEMENT NEWS

Guess How Many M&Ms!

The Employee Engagement Committee is hosting a patriotic M&M jar guessing game! Jars will be placed in the Café located on the ground floor of the hospital and at clinics June 30 through July 4. Please only enter/guess once.

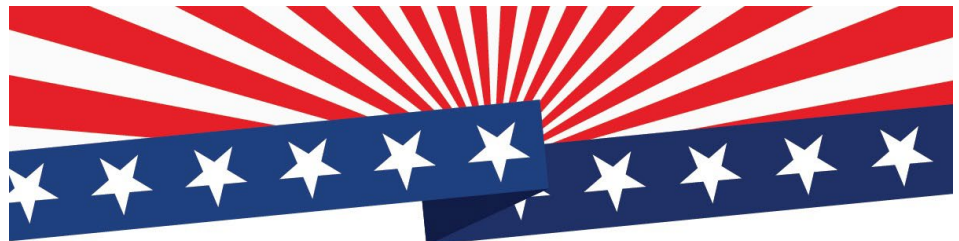
Winners will be announced July 5. If there is a tie, the jar of candy will be divided between winners.

Bothwell Talent Show Interest

Earlier this month, a survey was sent out asking if employees would be interested in attending or participating in a Bothwell Talent Show. The committee will compile survey results and if there is enough interest work on planning an event.

More Committee Members Wanted!

If you are interested in joining this committee and have a special interest in taking minutes, please contact cochairs [Annette Smith](#) or [Linda Watterson](#).



Bothwell Employees July 1- July 4 Fun Activities

Staff (including nurses) can wear the following:

Patriotic Shirts, Colored T-Shirts, Bling-Sparkle, Flashing Necklaces, Headbands,
Patriotic Themed Scrub Pants/Scrub Shirts/Scrub Jackets.

<All-American Meals Menu in the Café>



Happy 4Th!

Independence Day 2022

Be watching for more fun activities
announced soon!



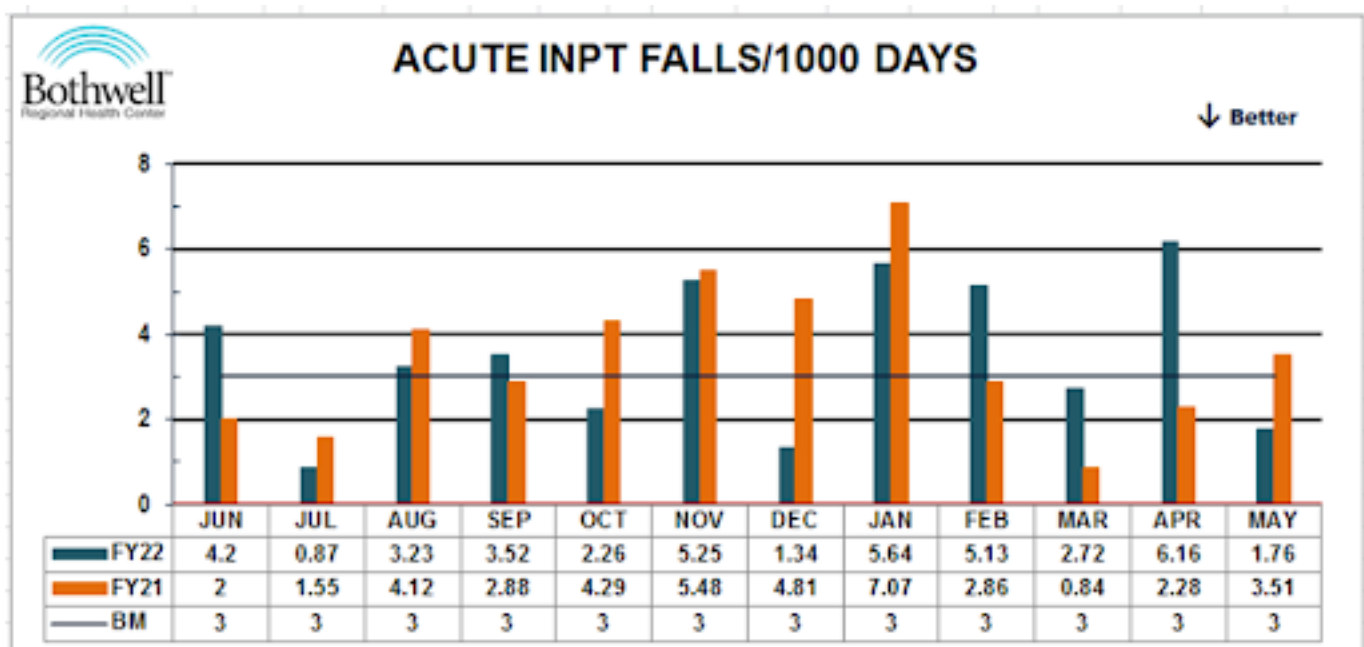
PATIENT SAFE HANDLING INITIATIVE

Prevent Patient Falls

According to the CDC website in 2019, falls accounted for 34,000 deaths in the 65 and older age group in the United States. Falls carry a staggering economic cost. In 2019, the total medical cost for falls totaled more than \$50 billion according to the CDC, with Medicare and Medicaid shouldering 75% of these costs. Given the enormous human and financial consequences of falls, the need for robust falls reduction programs across the country is important. In 2010, The Joint Commission introduced a national patient safety goal requiring hospitals to reduce the risk of patient harm resulting from falls and recommended hospitals implement a falls-reduction program.

Bothwell has a Fall Reductions and Safe Patient Handling committee that focuses on reducing falls and the use of patient safe handling techniques. One of the focuses is in reduction of falls here at BRHC.

The national benchmark for falls is less than 3 per month. In FY21 BRHC was above this benchmark 6/12 months and in FY22 we were above 7/12 months. To help in reducing the number of falls the Fall Reduction and Safe Patient Handling Committee has been working on improving the fall program utilized in acute settings. Over the next few months we will begin to implement an evidence based fall prevention tool called TIPS (Tailoring Interventions for Patient Safety) that has proven to reduce falls. This program is multi-disciplined and focuses on the education of the patient and family members to reduce falls as well as a standardized tool to help in communication among caregivers.



FROM THE BOTHWELL{NESS} COMMITTEE

Helping Keep Employees Healthy

The Wellness Committee welcomed new members **Natalie Sims**, HIM director, and **Michelle Burgin**, Lab med tech/Blood Bank supervisor at its June meeting. The group discussed sending out a survey to gauge employee interest in a regular walking/biking/sports/other activity group. Watch your email and let us know your thoughts!

The Q2 Challenge-Spring into Motion ends June 30. If you participated, send an email to bothwellness@brhc.org and provide information that you completed one or more of the challenges. Participants will be automatically entered in a prize drawing! Information about the Q3 Challenge-Health Food for Fuel is on page 23.

The Employee Garden is off to a great start. Check out photos and details on page 22. Entries are still being accepted for the T-Shirt Design Contest and are due by 4:30 pm July 15.

If you'd like to join the Wellness Committee, email cochairs [Mary Holloman](#) or [Melissa Guffin](#).

GOT A COOL TEE IDEA?

Enter the Bothwell{ness} T-Shirt Design Contest!

The Bothwell{ness} Committee is looking for a new T-shirt design. Check out the guidelines and rules and submit your designs by **4:30 pm, Friday, July 15, 2022** to bothwellness@brhc.org.

Artistic Guidelines

- Design must include the word Bothwell{ness}.
- Design should be limited to three colors in addition to shirt color.
While not required, do consider using one or all of the Bothwell brand colors (teal, navy, white).
- Design should be for the front of the T-shirt only

Contest Rules

- Designs must be original and submitted by a Bothwell employee.
- All entries must be original creations of the contestant that have never been published, and do not contain trademarks, logos or copyrighted works of any other person or business.
- The entries must be received by 4:30 pm, July 15, 2022.
- We reserve the right to pick one entry, more than one entry or no entries as the winning entry.
- If you win, you agree the original design can be created as a high-res format that is compatible with professional design programs for final printing.

- The winning design will remain the property of the Bothwell{ness} Committee and will not be returned to you. The committee may use the winning design at any time after the contest. The winner may display their own design in a personal collection but may not sell or reproduce the design for any other purpose once submitted to the contest.
- Winner will receive a \$50 gas card and a free T-shirt

Designs will be judged on:

- Originality
- Visibility – Is it eye catching and visible from a distance
- Does it coincide with the Bothwell{ness} Committee purpose, which is, “to increase employee participation in wellness activities including diet, activity, mindfulness, and overall health improvements.”
- Feasibility – Must be easy to reproduce



The winner will receive a \$50 gas card and a free T-shirt!



Introducing the **BOTHWELLNESS** **GARDEN!**

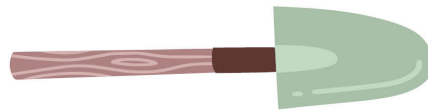
Join your coworkers for some fun in the dirt!

The Bothwell{ness} Committee has adopted the atrium courtyard located on the ground floor of the hospital across from Centralized Scheduling. Plans include cleaning up the space and creating garden beds for vegetables and herbs.

Garden Crew

Crew members will help plant, water and tend veggies and herbs and enjoy the bounty. Any excess harvest will be shared with others.

If you're interested in being a Garden Crew member or have a home garden and want to share produce, send an email to bothwellness@brhc.org.



C'mon, let's get growing
with natural and healthy food!

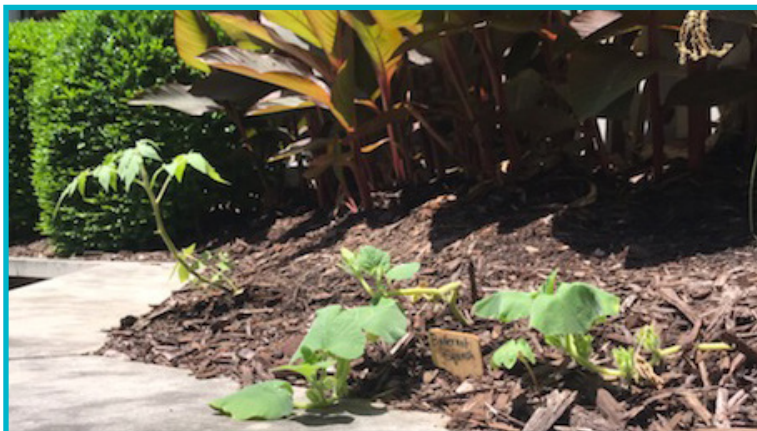


BOTHWELL{NESS} GARDEN How Does Our Garden Grow?

Check out the beginnings of the new Bothwellness Garden!

Thank you to all volunteers who helped clean up the atrium courtyard located on the ground floor of the hospital across from Centralized Scheduling and donated containers, plants and soil. Herbs can be snipped at any time, and when tomatoes are plentiful and ready to share, they will be available on a table in the southwest entrance lobby.

The garden's goal is to draw out those who are master gardeners to those who wish to learn to garden and grow together and share goods with each other. Gardening can be relaxing, a break from technology, a respite on breaks or after work to walk about, or just to view and enjoy.



Butternut squash on the wall top



Sweet basil and greek oregano in a pot



Variety of herbs in the bird bath



Lil' tomatoes all in a row

LIPTON'S MEGA MINT ICE TEA



4 cups boiling water
2 Lipton® Iced Tea Brew Family Size Tea Bags
1 cup loosely packed fresh mint leaves
2 cups ice water

Pour boiling water over tea bags and mint. Brew for 5 minutes. Remove tea bags and mint. Stir in ice water and chill until ready to serve. Sweeten to taste (or not). Serve in ice-filled glasses.

Add lemon slices if you'd like!

Source: lipton.com

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.

YOUR TUITION PAID FOR RESPIRATORY THERAPY TRAINING

RESPIRATORY THERAPISTS
ARE IN HIGH DEMAND.

They care for people with
serious lung issues and help
them breathe better.

Take your health care career to the next level!

Bothwell will sponsor up to two employees who can earn an Associate of Applied Science degree in Respiratory Therapy at Concorde Career College-Kansas City at a lower tuition rate.

- Online classes
- Small class size
- Stipend paid during clinicals-\$200/ppd
- Be an RT in as few as 18 months
- Program begins in November; apply by July 1

Ready to learn more?

Contact Jenny Force, RRT, BHS
Director of Neurodiagnostics and Cardiopulmonary
jforce@brhc.org | 660.827.9327 | Hospital, 2nd Floor



GET WELL. STAY WELL. BOTHWELL.

FOUNDATION NEWS

Nelvin Amquist Memorial Reception

On June 1, the Bothwell Foundation hosted a memorial reception celebrating Nevin Almquist. Almquist was a physical therapist at Bothwell from 1967 until his retirement in 2012. He passed away in 2020, and his family donated \$50,000 to the foundation to create the Nevin Almquist Physical Therapy Scholarship endowment. The scholarship provides resources for students interested in the physical therapy field as well as current Bothwell physical therapists wishing to receive continuing education or training they need to serve the patients they care for each day.

Steve Davis, Bothwell chief financial officer, opened the event with remarks and memories of Nevin and then Nevin's son, Kevin Almquist awarded the first two scholarships to Addyson Wright and Courtney Koetting. Both received \$1,000 and are working toward their Doctor of Physical Therapy degrees at the University of Missouri-Columbia.

Doug Freed, a local artist and long-time friend of the Almquists, donated a painting in Nevin's memory. Titled, "Seascape," the painting hangs in the southwest entry lobby.

Thank you to everyone who attended the event and shared their memories of Nevin. His family was touched and appreciative.



Kevin Almquist, center, presented the Nevin Almquist Physical Therapy Scholarship to first recipients Courtney Koetting, left, and Addyson Wright.

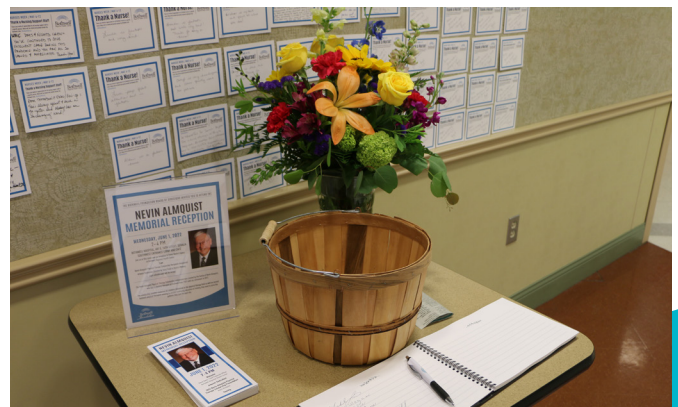


Nevin's family are shown with the painting donated by Doug Freed. From left, Jean (wife), Jude and Josie (grandchildren) Denise (daughter), Kevin (son), Liam (grandson) and Suzanne (daughter-in-law)

MEMORIALS AND DONATIONS

In memory of Doyle Hendrickson
Mike Simon

In memory of Dr. Alex Horochowski
Bothwell Regional Health Center Medical Staff





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.



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. To apply or learn more information about classes offered, call Laura Weisenburger, Nurse Education/Recruiter at 660.829.7758.

IT NEWS Internet Explorer Sunsetting

On June 15, Microsoft announced it would no longer support the web browser Internet Explorer (IE). IE will continue to function but Microsoft will no longer support it with development time creating updates, patches, etc. Edge, Chrome, and to some extent Firefox, are all updated and current browsers.

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!



Bothwell Hospital Employees Credit Union

BACK TO SCHOOL

- high interest loans/credit cards
- vacation

**2% OFF
SIGNATURE
LOANS**

Stop by or call at
600 E 13th St
660-827-9518
bhecu@iland.net



BOTHWELL HOSPITAL
EMPLOYEES
CREDIT UNION



**CELEBRATE
2% OFF ANY
SIGNATURE LOAN**



Stop by or call to take advantage of
this offer now!

600 E 13th St

660-827-9518 bhecu@iland.net



JULY BIRTHDAYS



Randy Kreisel..... 1	Jen Hofstetter 12	Dr. Steven Eldenburg..... 24
McKayla Ray..... 1	Miranda Underwood 13	Daniel French..... 25
Tristan Rother 2	Elizabeth Berry 13	Amy Pangburn 25
Amber Meinershagen 3	Brenda Estes 14	Alicia Staus..... 25
Cassi Gassen 3	Donna Smith..... 15	Ray Ross..... 25
Mary Mittenburg..... 3	Shawna Asbury..... 15	Casey Marker 25
Dr. Angelo Llana..... 3	Michelle Keith 15	Chelsey Pottorff 25
Randy Smith 4	Nichole Cramer..... 15	Morgan Shockley 25
Julie Snow 4	Meghan Shirky 16	Bella Conley..... 25
Alex Schlobohm..... 4	Brandice Kleinschmidt..... 16	Kristen McCullough 26
Dena Jenkins 5	Ashlee Robbins..... 16	Emma Stone 26
Christy Wilckens 5	Fran Craver..... 17	Audrey Rush..... 27
Connie Roll 6	Kelsey Ehlers..... 17	Diane Bergman..... 28
Mark Harms 6	Gerald Young 18	Sue Srams 28
Mike Ashford 6	Amanda Schimek 18	Anna Herring..... 28
Tanner Fuemmeler 6	Brittany Salmons..... 19	Risa Gillaspie 28
Jonathan Beckman 6	Holly Douglas..... 19	Jennifer Bottcher..... 29
Kerry Glenn 7	Rachel Owens 20	Stacey Nassar 29
Jennifer Rader 7	Callie Rogers..... 20	Makaio Cook 29
Patty Bock..... 9	Anya Turchin 20	Donna Sue Cline 30
Taylor Siron..... 9	Janeice Dodick 21	Shirley Schlobohm 30
Jennie Vanderlinden 10	Mary Holloman 21	Jessica Smethers..... 30
Barb Grechus 10	Dr. Traci Kristofik 21	Jordan Kemper..... 30
Crystal Hoyes..... 10	Essie Bush..... 21	Brenda Cramer 31
Jason Moore 10	Heather Smith 23	Shaina Howatt 31
Stephanie Bass 11	Adam Schreck..... 23	
Bailey Norman..... 11	Helen Thoele 24	
Calla Wiegel 12		