

MAY 2022

BILLBOARD



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



EMERGENCY DEPARTMENT TRANSITION

A Letter from Lori

In mid-April, Envision Physician Services, the group that provides physicians and advanced practice clinicians that staff our Emergency Department (ED), sent us a 120-day letter of termination stating our contract with them would end on July 16 unless we agreed to a larger subsidy to the tune of several hundred thousand dollars. We have had a contract with Envision since 2018 and have out-sourced our ED services with other groups since 2011.

We attempted in good faith to negotiate with Envision to reduce the increased subsidy demand. While we were in discussions with them, we were also developing Plan B in the event negotiations fell through. Ultimately, we decided to end our agreement with Envision and return to employing and/or contracting ourselves with physicians, NPs and PAs in the ED.

Obviously, we can't just 'flip the switch' and return oversight of our ED to hospital management overnight. To help with the transition, we have contracted for at least a year with Dr. Marc Newquist and In-House Medical, a professional services group that manages the clinical, operational and financial aspects of hospital-based emergency medicine services.

In-House Medical's mission is "to provide the practice management expertise that hospitals need to develop a successful in-house program that ultimately positions your hospital as the leader in high quality medical care within your community."

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SEE WHAT'S INSIDE!

WELCOME NEW FACES

NURSES AND

HOSPITAL WEEKS RECAP

GRILLING TIPS GALORE

T-SHIRT DESIGN CONTEST

WALK FOR RELAY LIFE JUNE 11

EMERGENCY DEPARTMENT TRANSITION (CONTINUED)

A Letter from Lori

Dr. Newquist is a board-certified ED physician with more than 25 years of leadership, clinical, administrative and advisory experience in emergency and hospital medicine. He comes to us with deep expertise on how to run a great Emergency Department and will work alongside our team to assist us in developing competencies and efficiencies that provide excellent care and ultimately improve patient satisfaction. When we all agree we're prepared to "take the conn" the transition will be complete.

Dr. Newquist and his team, which includes Matt Hazel, our assigned practice manager, were on-site this week communicating with the current ED team. Most have received initial employment offers, and we are hopeful they will stay with us. In-House Medical also has an in-house locum group that has been personally vetted by Dr. Newquist that we can tap into at lower costs without sacrificing quality.



Lesley Jackson

While one of the perks of going back to an in-house Emergency Department is a cost savings that can free up resources to invest in other care and initiatives, I believe the larger benefit will be to our patients. Knowing the people who are caring for them are employed by Bothwell will change the perspective we sometimes hear on the street ... that caregivers aren't as invested because they are employed by someone else. I don't believe that yet we all know that sometimes perception outranks reality.

In all transparency, Envision Physician Services is owned by a private equity firm with goals that simply don't align with ours. My belief is that "closer is better" and that all of us who live here know better than a distant private equity firm. My hope is that this changes patient-caregiver engagement and relationships for everyone's betterment.

As always, my door is open to hear your questions or advice. In other ED news, I'm pleased to share that **Lesley Jackson**, ED charge nurse, has accepted the role of ED manager effective June 6 ahead of Sherri Egbert's retirement on June 10. Lesley is an exemplary employee, and I'm confident she will excel in her new role.

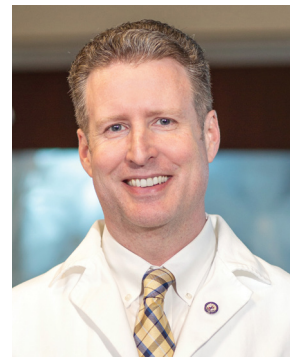
Stay well. Be well.

A handwritten signature in black ink, appearing to read "Lesley Jackson", followed by a horizontal line.

BOARD QUALITY CHAIR UPDATE Congratulations Dr. Matt Triplett

Dr. Matt Triplett has accepted the role of Board Quality Chair and will replace Dr. William Woolery who has served in the role for many years. As chairman of the Board Quality Committee, Dr. Triplett will be a non-voting member of the Board of Trustees.

Thank you, Dr. Woolery for your service, and congratulations Dr. Triplett!



GIVING HOPE AND SHARING LIFE Bothwell Receives Midwest Transplant Network Award

Bothwell Regional Health Center was honored May 3 with an Excellence in Donation Award from Midwest Transplant Network (MTN), a federally certified, nonprofit organ procurement organization that works with organ, eye and tissue donors, their families, hospitals and other professional partners.

Bothwell received the award for having a 40% or greater tissue donation conversion rate. In 2021, Bothwell had 10 donor heroes, and its conversion rate, which is the measure of the percentage of eligible deaths that become donors, was 50%.

In the United States, 20 people a day on average die because of the lack of available organs for transplants, and every 10 minutes, another person is added to the waiting list. According to MTN, about 2,000 people in Missouri are waiting for life-saving transplants. People who register to be organ and tissue donors can save as many as eight lives and enhance the lives of up to 100 more people.



Accepting the award on Bothwell's behalf were Michele Laas, chief nursing officer; Katy Touchstone, RN and Critical Care Unit charge nurse; and Julie Snow, Nursing Administration patient care coordinator.

THANK YOU FOR YOUR SERVICE Board Member Joyce Foster Leaves Board

The May Board of Trustees meeting marked the last for member Joyce Foster. Foster has served on the board for six years and her insights and perspectives will be greatly missed.

For her service, Foster received a You Knocked Our Socks Off certificate along with her choice of socks from CEO Lori Wightman, and a framed print of the hospital presented by Board Chair Stafford Swearingen.



YOU KNOCKED OUR SOCKS OFF

Dr. Meredith Norfleet Recognized for Exceptional Care

Congratulations to Dr. Meredith Norfleet, physician at Bothwell Family Medicine Associates for knocking our socks off by providing exceptional care to her patients.

Below is the letter written by a grateful daughter that highlights the level of compassion and care Dr. Norfleet has shown her parents.

My family would like to let Bothwell know how much we appreciate Dr. Meredith Norfleet at Bothwell Family Medicine Associates.

My parents were looking for a new primary care physician when Dr. Miley left. I had been told great things about Dr. Norfleet so my parents made appointments to establish care with her. She was so very kind, caring and personable with my parents that they instantly fell in love with her.

My dad, Alvin Edwards, has been dealing with congestive heart failure for several years, and it has recently become exacerbated. My mother, Mary Edwards, had a hip revision in December and a nerve was damaged in her leg. She struggles to use that leg now, which makes daily living a struggle.

Dr. Norfleet has treated my parents as if they were her own and has gone out of her way to help my family get the treatment my parents need, from ordering walkers, medicines, home health, etc.

On the day my mother had her surgery in Columbia in December, my Dad was really struggling with his CHF so I tried to convince him to let me take him over to the emergency room at the university. He would not go no matter how much I begged. He finally gave in and said he would go to Bothwell's ER because he wanted to be able to see Dr. Norfleet. I called Dr. Norfleet's office to leave a message to see what she thought we should do. She herself called me back in no time and told me she was on call and would come into the ER and see Dad. We hadn't been in the ER long before she stopped in to see him. Her gentle and caring personality put him at ease. He was admitted and got the care he needed.

I've had to message Dr. Norfleet multiple times over the past six months with needs for both of my parents. She personally replies to each message and quickly takes care of our needs, even taking her lunch hour to meet with me personally to discuss how we move forward with my dad's condition.

Struggling with a medical condition for a family can be very overwhelming, but having a doctor like Dr. Norfleet makes it so much easier. Knowing we can turn to her for excellent advice and a caring ear, means the world to us.

Thanks to Dr. Norfleet for being an amazing physician and taking care of our community!

Elizabeth Green



For her good work, Dr. Norfleet was recognized at the May board meeting and presented her choice of socks by CEO Lori Wightman.

BILLBOARD

YOU KNOCKED OUR SOCKS OFF Team Members Step Up to Clean Up

Spring is in the air and for many of us that means spring cleaning, yard work and fresh new plants.

A group of coworkers in the Education Center and others have taken spring cleaning an extra step by sprucing up the front of the building and buying new plants.

For their efforts, Jami Sleeper, Jody Teague, Ashley O'Bannon, Laura Weisenburger and Dr. Misty Todd earned a You Knocked Our Socks Off award.

The group is taking their work to the next level by pooling donations of their own along with donations from Dr. Julie Cahill and Dr. Alyssa Emery for new plants.

Well done, spring cleaners! We appreciate you!



Ashley O'Bannon and Jami Sleeper with CEO Lori Wightman after receiving the You Knocked Our Socks Off award and picking their socks. Jody Teague, Laura Weisenburger and Dr. Misty Todd are not pictured.



From left, Jami Sleeper, RN/Clinic Informatics Specialist; Jody Teague, RN/Clinic Informatics Specialist; and Ashley O'Bannon, Informatics Specialist. Photo by Dr. Misty Todd

CLINIC MOVES

Internal Medicine and Pulmonary Clinics Moving in June

Bothwell Internal Medicine Specialists and Bothwell Pulmonary Specialists will make their move from South Lafayette to the former Orthopedics clinic at 2301 S. Ingram in late June. The clinics will be closed June 30 and July 1 and 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.

CELEBRATING JOAN KELLEY 50 years as an RN!



Congratulations to Joan Kelley, FNP, at Bothwell Health Center-Truman Lake who is celebrating 50 years as a Registered Nurse this week. Thank you, Joan, for caring for others and serving patients throughout your career!

PERSONNEL NEWS

New Nurse Practitioner



Emily Kusgen, DNP, FNP-BC, has joined Bothwell Employee Wellness Clinic, which assists Bothwell’s business partner employees with pre-employment screenings and treats those who have disease or injury that has been caused or exacerbated by workplace factors.

More than 125 area businesses have agreements with Bothwell for their employees to receive work-related screenings and medical care. Kusgen will be doing pre-employment physicals and screenings and conducting workman’s compensation evaluations for local employers. She will also see patients in the Bothwell Walk In Clinic when needed.

Kusgen grew up in Higginsville, Missouri, and said she has always been interested in helping people in a tangible way and was influenced by her mother to pursue a health care career.

“I have always been interested in rural medicine. My mom was a nurse, and I was able to watch her help numerous people throughout my childhood. She always found great joy in her work and I admired that,” she said. “I love to see my work make a positive difference in someone’s life.”

Kusgen received a bachelor’s degree in Nursing from the University of Missouri-Columbia in 2015. She worked as a nurse at University of Missouri Health Care in the Medical Intensive Care Unit and served as the unit Charge Nurse for three years. In 2021, she earned a doctoral degree in Nursing Practice from the University of Missouri-Columbia. She is a Missouri-licensed Registered Nurse and a certified Family Nurse Practitioner.

Keith Morrow, Bothwell Clinic Operations vice president, said the addition of Kusgen to the employee wellness and walk-in clinic teams mean more people have access to care. She is joining Physician Assistant Mike Shipp to treat the growing number of employers who need work-related medical care for their employees.

“Emily’s interest and familiarity with rural health care and her work ethic will make her a valuable member of the Bothwell team,” Morrow said. “Her ICU experience taught her how to assess and help patients in high stress, high acuity situations, which will be beneficial in both the employee care and walk-in clinic environments.”

Having grown up in a rural agricultural community, Kusgen knows the importance of quality health care close to home.

“I’ve lived in rural, agricultural communities all my life, and I knew I wanted to become a Nurse Practitioner because I enjoy building relationships with patients and playing an active role in their diagnoses and treatments,” she said. “I’m excited to be a part of the Bothwell team. I completed many of my graduate education clinical rotations within the Bothwell system and enjoyed the tight-knit, team approach to patient care and their involvement in the community. I strive to be approachable, knowledgeable and compassionate and am excited to be serving patients close to home.”

Kusgen and her husband, Brent, live near Blackwater and have two children, William, 3, and Ruby, 3 months. Outside of work she enjoys spending time on their farm, any time spent with family, and cooking and baking.

PERSONNEL NEWS (CONTINUED)

New Physician Assistant

On June 1, **Jaime Reed, PA-C**, will join Bothwell Health Center-Truman Lake in Warsaw. Jaime has more than 13 years of experience as a Physician Assistant and managing operations in patient-centric medical offices. 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 and comes to Bothwell after serving in the U.S. Air Force for nearly 25 years.

More details and a photo will be provided in the June Billboard.

New Certified Nurse Midwife (CNM)

Brittany Freeman, CNM, APRN, will join the Bothwell OB/GYN Associates team on June 1. Brittany earned a bachelor's degree in Nursing from Chamberlain College of Nursing in 2016, a master's degree in Nursing from Bethel University in 2021 and certification as a Nurse Midwife in June 2021.

She started her career as an OB surgical technician at Mercy Hospital & Mercy South in St. Louis and then served as as labor and delivery RN. Most recently, Brittany was a CNM hospitalist at Missouri Baptist Medical Center in St. Louis.

Brittany will be the second Certified Nurse Midwife at Bothwell OB/GYN and will join Tracey Arwood, CNM, to help care for women and their health needs.

More details and a photo will be provided in the June Billboard.

New Director of Clinic Nursing



Chanin Triplett, RN, BSN, has been named Director of Clinic Nursing and will begin working in that role on June 13. Chanin has a bachelor's degree in Nursing from the University of Missouri-Columbia and is working toward a master's degree in Leadership and Healthcare Systems at Mizzou with a focus on nursing retention and reducing turnover.

Chanin has 18 years of experience as a Registered Nurse with experience in many settings including in-patient, out-patient, non health care and teaching. Since August 2021, she has been the Clinic Site Director at Katy Trail Community Health (KTCH) and was responsible for supervising clinic managers in five medical and two dental clinics. Prior to that position, Chanin was RN Case Manager at KTCH, School Nurse at Sedalia School District 200 and Health Occupations instructor at State Fair Career and Technology Center.

As Director of Clinic Nursing, Chanin will be responsible for the leadership, administrative supervision and clinical education and development of all clinic nurses. She will report to Keith Morrow, Clinic Operations vice president.

PERSONNEL NEWS (CONTINUED)

Summer MHA Intern Joins Team



Paul Knocke joined the Bothwell team May 16 as Administrative Intern.

Knocke is from Chesterfield, Missouri, and received his undergraduate degree in Finance from Creighton University in Nebraska. He is working toward a Master of Health Administration (MHA)

degree at the University of Iowa.

CEO Lori Wightman's family connections to the University of Iowa's MHA program has led to a long line of sponsoring summer interns throughout her career. Wightman's father was in the program's second graduating class and went on to be a hospital administrator. This is the 17th summer Wightman has mentored an MHA student from the University of Iowa.

Knocke learned about the Bothwell internship through the university's MHA program assistant and was influenced to pursue the opportunity by Quincy Markham, last year's MHA intern.

"Quincy had a terrific experience here last summer and heavily recommended I apply," he said. "Meeting Lori and interviewing with her solidified that it would be a great choice for me."

Knocke said he chose health care and administration in particular because of his history as a patient and his father's influence.

"As a kid, I was a relatively high user of health care services with numerous broken bones, but just as important was the influence my dad had on me," he said. "He earned an MHA at Washington University in St. Louis and is a former hospital administrator. I found myself asking a lot of questions about his career and the field and pondering the career possibilities that come with a finance degree. I always came back to health care because I want to make a difference in the communities I serve."

Welcome to the Bothwell team, Emily, Jaime, Brittany, Chanin and Paul!

The internship lasts 12 weeks and Knocke's projects include developing a list of leases to be used to evaluate the impact of new accounting principles from the Governmental Accounting Standards Board, writing an implementation plan for the recently completed Community Health Needs Assessment, using the SBAR (Situation-Background-Assessment-Recommendation) technique to evaluate adding a K9 security officer to our Security team, assisting a team of nine physicians and nurse practitioners to pilot the Nuance/DAX implementation, helping build a comparison dashboard that can be used to benchmark key department metrics (hours worked per unit) with Syntellis data, and helping develop a scatter plot that shows the relationship between hours worked and visits per clinic.

"I will be staying long enough to experience the Missouri State Fair for the first time and helping judge the gluten-free baking contest that Bothwell sponsors," Knocke said. "It will be the first official contest I have ever judged. I look forward to dialing in my palette for the wonderful dishes coming my way and being involved in one of the things that makes Sedalia such a unique place."

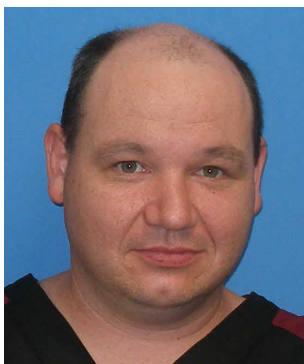
Knocke is the youngest of three in his family and they all share an interest in health care careers. His brother works in Chesterfield for a surgical equipment manufacturer, and his sister is a physical therapist in New York City. When he's not studying or working, Knocke's hobbies include playing golf, hanging out with friends and enjoying a cold beverage at an outdoor patio.

After he graduates next May with his MHA degree, Knocke has aspirations of following in his father's footsteps as a hospital administrator.

"My goal is to one day earn my way into a CEO role at a hospital somewhere in the midwest," he said. "I'm excited to be at Bothwell and learn the ropes by shadowing in some departments, meeting people and getting started on my projects."

CONGRATULATIONS

Radiology Department Staff



Russell Dedrick, radiologic technician, was awarded Clinical Instructor of the Year as voted on by second-year students in State Fair Community College's Radiology Technology program. Dedrick was one of the first students to graduate from SFCC's RT program, and his daughter, who presented him with the award, graduated from the program on May 13.

Emily Kullman, radiologic technician at Bothwell Health Center-Truman Lake, was featured as Central Bank's Unsung Hero of the Week for outstanding citizenship in her community.

Thank you Russell and Emily for your dedication and care to your profession and your communities!

SERVICE LINE NEWS

Help for Frequent Urination

Mary Hamline used to plan her day around how fast she could find a restroom. Hamline, 75, suffered for nearly four years from an overactive bladder, and its most common symptom of the sudden need or urge to urinate.

"It was at a point where I had to use the restroom every 15 or 20 minutes," she said. "I live in Lincoln, 25 miles from Sedalia, so even a trip there meant I needed a plan. I was constantly worrying about where I could stop anywhere I went."

According to the Urology Care Foundation, as many as 30 percent of men and 40 percent of women in the United States live with overactive bladder symptoms like frequent urgency or leakage. The number may be even higher because many people living with the symptoms may be embarrassed or don't think there is treatment that can help.

After taking medications and facing a possible hysterectomy, Hamline heard from a friend about Dr. Michael Carozza, a gynecological specialist at Bothwell OB/GYN Associates. After evaluating Hamline, he recommended the InterStim system, a bladder pacemaker that restores communication between the bladder and the brain. Carozza joined the Bothwell medical team in 2019 and after going through special training started doing the procedure about nine months ago.

"Overactive bladder is caused by premature, spontaneous and repetitive bladder contractions that can lead to urinary leakage," Carozza said. "It is primarily a disorder that responds to medical management, but sometimes the contractions can be resistant to medicines. These are the times when InterStim may be beneficial."

After an initial evaluation and wearing the device externally for about a month, Carozza implanted the neurostimulator internally near Hamline's hip. The device delivers electronic stimulation to the nerve that helps calm the bladder and controls the spasms that tell the brain it's time to urinate.

SERVICE LINE NEWS (CONTINUED)

Help for Frequent Urination

“When I wore the device externally, I kept track of how much I was voiding and how it was helping,” Hamline said. “At first, I had to get used to the fluttering feeling, but now I’m used to it and don’t notice it all.”

Hamline controls the device through a cell phone that has the device’s program on it.

“If I feel like I need to adjust it, I can turn it up, down or off,” she said. “I’m thrilled with it. It’s working very well.”

From the initial evaluation to the follow-up, patients are seen a total of five times. It is an outpatient procedure with minimal anesthesia, and patients go home the same day. Carozza said the majority of his patients who have had the InterStim device implanted are women who have been post-menopausal for about 10 or 15 years, yet he has treated others suffering from an overactive bladder and is the only physician in the area offering the procedure.

“I want people to know that having an overactive bladder, while fairly common, is not a normal part of getting older, being a woman or having a prostate issue, and it is treatable,” he said. “By offering the InterStim procedure in my practice, people don’t have to travel far for this treatment. The technology is safe and has been around since 1998. In the newest version, the batteries can last up to 15 years.”

Hamline hopes others suffering from symptoms like hers take her experience to heart and has recommended Carozza to several friends.

“I do hope it helps other people,” she said. “The whole team has been very professional and very helpful. Dr. Carozza is so personable and has a great bedside manner. At my age, I wasn’t ready for a hysterectomy. He really listened to me, and that’s a big thing for me. He was a godsend.”

APRIL EMPLOYEE OF THE MONTH

Mike Snow



Whether you call him a House Supervisor, Patient Care Coordinator or #6, **Mike Snow** is also called all-knowing, helpful and a life-saver.

Snow is the April Employee of the Month and was nominated by Mike Parrish, cardiac monitor technician.

“Mike knows what’s going on in the hospital at all times,” Parrish said. “He checks in every night to see if any patients are having problems or have stop codes. If there are any issues, he will check on that patient to find out their status.”

At Bothwell, there are about six team members who fill the role of Patient Care Coordinators on both day and night shifts. They are in charge of managing communication between patients, family members, clinicians and other health care institutions.

“Whether he’s saving lives or giving information to patients’ family members, Mike listens to everyone and acts or takes in information,” Parrish said. “He always helps everyone out.”

Congratulations, Mike, on being named April Employee of the Month!

MAY EMPLOYEE OF THE MONTH

Katherine Paul



A 'can-do' attitude and focusing on solutions has earned **Katherine Paul** the May Employee of the Month award. Paul was nominated for her quality of work by Ashley Schroder, Post-Anesthesia Care Unit (PACU) RN.

As the Same Day Surgery (SDS) clerk, Paul is responsible for keeping the department running smoothly, communicating with patients and families and being knowledgeable and courteous.

Schroder said Paul has a refreshing positive attitude, answers to every question, and has been described by others as the "glue that holds us together."

"Katherine runs the SDS desk with flying colors," she said. "She is professional with all patients and their family members and is always willing to update them regarding surgery and delays for her nurses. What I admire most about her is that she promotes

solutions rather than focusing on problems or inconveniences that can arise in any given day or situation."

Clerks are vital to many departments at Bothwell and in addition to their job duties, they sometimes act as coaches, supporters and cheerleaders to help work run smoothly.

"Some clerks may not know just how important they really are to the department, but Katherine's hard work has not gone unnoticed," Schroder said. "We are lucky to have her at Bothwell and lucky to have such an organized leader in the SDS driver's seat. She brings forth so many good characteristics to our team, and we all appreciate everything she does."

Congratulations, Katherine, on being named the May Employee of the Month!



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NURSES WEEK RECAP Rooted in Strength

Nurse Award Ceremony

National Nurses Week culminated with the 2022 Nurse Awards Ceremony.

Sarah Hopper, RN, and Critical Care Unit (CCU) unit manager is Bothwell's 2022 Nurse of the Year. According to Michele Laas, Bothwell's chief nursing officer, Hopper was nominated by several of her coworkers for the award.

"Sarah's effective communication and problem-solving skills, compassion and genuine care for her patients and coworkers are admirable to so many of us," Laas said. "She recently returned to school to further her education and is an exemplary role model and mentor to our younger nurses. One line in a nomination really says it all about her, 'She is the model of a nurse who toils in a small, rural hospital who understands the link between the mission and the people she works with and serves.'"

Additional nominees for Nurse of the Year included Judy Davis, Women's Health and Newborn Care; Cassie Kindle, 2 North; Michele Laas, chief nursing officer; Taryn Lee, Bothwell Medical Equipment, Susan Lamb, Oncology; Kristen McCullough, 2 Southwest; Jennifer Owen, Bothwell Internal Medicine Specialists; Tina Propheter, Women's Health and Newborn Care; Mike Snow, Patient Care Coordination; Rebekah Thompson, Susan O'Brien Fischer Cancer Center; Katie Touchstone, Critical Care Unit; Jennifer Unkel, Quality Management; Christina Zimmerman, Radiation/Oncology; and Tammy Walker, Susan O'Brien Fischer Cancer Center.

Bobbi Dorr, 2 Southwest ward clerk/nurse aide, is Bothwell's Nursing Support Person of the Year. This award recognizes individuals who help nurses do their jobs and ranges from administrative assistance to security. Dorr was described as being efficient, effective, an ultimate team player, a "floor cheerleader" and the "glue that holds us all together."

"Bobbi is greatly respected by staff including physicians and is the 'go-to' person for information and answers," Laas said. "She is often the first person visitors see when they arrive in her unit. Not only is she exceptional in her role of managing patient admissions and discharges and the myriad tasks that accompany them, but she also is an excellent caregiver, answering patient call lights, assisting patients' families and helping her coworkers at every turn. Her professionalism, positivity and genuine concern for everyone she meets are extraordinary."

Other nominees for Nursing Support Person of the Year included Katelyn Buxton, Progressive Care Unit; Tala Hinck, 2 Southwest; Vicki Howard, Nursing Administration; Heather Keith, Bothwell Internal Medicine Specialists; Jana Kennedy, Quality Management; Sydney Lindgren, Bothwell Internal Medicine Specialists; Stephanie Meyer, Sleep Center; Michele Potts, Women's Health and Newborn Care; Shirley Schlobohm, Nursing Administration; Whitney Stevens, Radiation/Oncology; Kayley Wilbers, Progressive Care Unit; and Heather Woolery, Susan O'Brien Fischer Cancer Center.

Throughout Bothwell's hospital and clinics, there are nearly 400 nursing professionals including nurse practitioners, registered nurses, licensed practical nurses, certified nurse aides, constant observers, ED care techs and ward clerks.

Congratulations to all nominees. Your hard work and dedication to our patients are so appreciated!

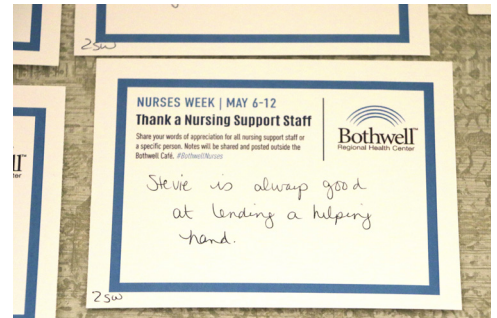
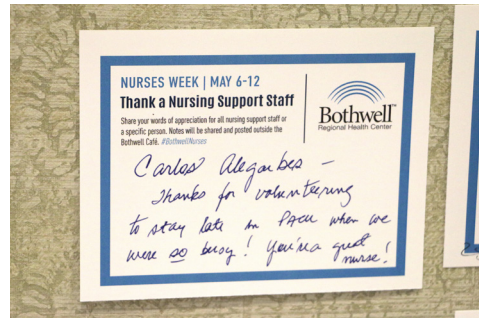
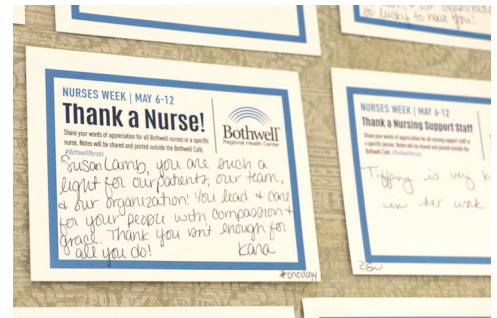
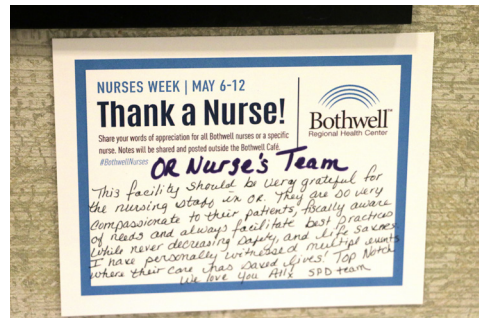


2022 Nurse of the Year Sarah Hopper and 2022 Nursing Support Person of the Year Bobbi Dorr.

NURSES WEEK
Rooted in Strength

Notes of Appreciation

Kudos to everyone who took a few moments to write notes of thanks and appreciation to nurses and nursing staff that were hung outside the Café.



Mayoral Proclamation

Sedalia Mayor Andrew Dawson visited the hospital on May 6 to proclaim May 6–12 National Nurses Week “in honor of nurses’ accomplishments and efforts to improve our health care system and show our appreciation for the nation’s nurses not just during this week, but at every opportunity throughout the year.” Dawson is also a member of the Bothwell Board of Trustees.



EMPLOYEE ENGAGEMENT NEWS

Wearing Jeans for a Cause – Sexual Assault Awareness Month

On April 27, employees could donate a dollar each to wear jeans in support of sexual assault survivors. A total of \$100 was collected and donated to Citizens Against Spouse Abuse-Sedalia. Members of the Employee Engagement committee and Senior Leadership Team presented the check to CASA representatives.

Thank you to everyone who participated and learned more about all forms of sexual violence.



Hospital Week Recap

Thank you to everyone who participated and enjoyed Bothwell's Shining Stars Hospital Week activities!

From the departmental stars that were showcased in the Centralized Scheduling hallway to board members distributing lunches to food and health-related items collected for Open Door, it was a fun and successful week.

If you have ideas for activities for next year, please contact Employee Engagement committee cochair, [Linda Watterson](#) or [Annette Smith](#).



Bothwell board members Cam Jennings, Deidre Esquivel, Kelvin Shaw, Stafford Swearingen, Mayor Andrew Dawson and Dr. Paul Bassett. Joyce Foster is not pictured.

To volunteer with the Bothwell team, contact [Linda Watterson](#) in Human Resources by June 2.



UNITED WAY

Day of Action

Vermont Park **8 am – 3 pm**

SAVE THE DATE
JUNE 11

Rainout Date:
June 25, 2022

LIVE UNITED
United Way
Pettis County

Email:
samantha.gilpin@spcuw.org

Phone: 660-826-2980

www.spcuw.org

Find us on  

Come together June 11, 2022 at Vermont Park to volunteer on this year's Day of Action! 13 additional city wide projects to choose from to aid in the betterment of our community.

KICK OFF THE DAY with a prayer from Tyson's Chaplain Chris Traffanstedt

ENJOY BREAKFAST AT 7AM muffins provided by Perkins and bagels provided by Panera

FILL UP ON LUNCH AT 12PM provided by Burns Chapel Church



Hygiene Drive

In addition to the park clean up and 13 additional, scheduled city wide projects we will also hold a hygiene drive. All donated items will benefit the Pettis County Community Partnership in promoting cleanliness and healthy living to residents in Pettis County.

Needed items: toothbrushes, toothpaste, deodorant, shampoo, conditioner, body wash, shavers, toilet paper and feminine hygiene products



Non-perishable Drive

We will also be collecting non-perishable items such as: canned goods, packaged foods and shelf-stable beverages. All donated items will be provided to the Open Door Service Center, Inc., which will provide relief and support to homeless and low income individuals and families in Pettis County.



PATIENT SAFE HANDLING INITIATIVE

Bed Alarms Help Prevent Patient Falls

Falls in hospitalized patients are serious and can complicate a hospital stay, resulting in increased length of stay and liability. Most falls in hospitalized patients occur in patient rooms and are related to ambulating from a bed, chair or toilet without adequate assistance.

Bed and chair alarms can help reduce falls by alerting personnel when at-risk patients attempt to leave a bed or chair without assistance. This allows the caregiver enough time to intercept the patient before a fall or at least to respond more promptly if the patient has already fallen. They also reduce the need for physical restraints—a Centers for Medicare & Medicaid Services quality-of-care indicator.

The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) cites bed/chair alarms as an effective risk reduction strategy. They are an important component of a fall prevention program, if they are used effectively. Here are some things you can do:

- Know what your bed/chair alarm is and how it works
- Use the right type of alarm for your patient. Many reports describe patients removing alarms clipped to their garments or otherwise deliberately deactivating their alarm.
- Remember that some patients with hearing deficits may not hear their own alarms.
- Understand that bed/chair alarms may improve the timeliness of your response to a situation but may not prevent falls by themselves.
- Remember to utilize a gait belt prior to ambulation or transfer to provide proper support.
- Remember to round on your patient frequently to provide all their needs, especially toileting, to reduce the patient's need to get out of bed quickly.
- Place the call light in reach for the patient to be able to notify personnel they need assistance.



WE DID IT!

You Scream for Ice Cream, We all Scream for Ice Cream

More than 80% of employees completed the recent Culture of Safety Survey, which means there will be ice cream treats for all. Stay tuned for details on the big day.

Thank you to everyone who took the time to complete the survey—the 81% completion rate is the highest survey rate to date.

We look forward to sharing the survey results when we have them.



FROM THE BOTHWELL{NESS} COMMITTEE Summer Grilling Tips a Hot Topic

Summer is almost here, and many of you may be firing up the grill soon to avoid heating up your house. Here are some tips to keep in mind for a healthy grilling experience.

- Use herbs or marinades made with thyme, sage and garlic. This is a great way to cut down on carcinogen formation in the meat by as much as 88%
- Marinating meat in red wine for six hours prior to grilling has also shown to reduce carcinogens.
- Use a meat thermometer and cook meat at a temp below 325 degrees. If grilling burgers, the internal meat temperature should be at 160 degrees.
- Don't forget the veggies! Vegetables are naturally high in fiber and low in calories so they're a good balance to a meat-heavy barbecue. Vegetables are also great for grilling and don't contain the amino acids that form HCAs in grilled meat. However, that doesn't mean they can or should be overcooked; always grill veggies over indirect heat to avoid charring, which can form other carcinogens like benzopyrene.
- Flip those burgers. A 2003 study published in the Journal of Food Protection found that flipping a burger every 30 seconds reduced E. coli most effectively, while an earlier study in the Journal of the National Cancer Institute found that frequent flipping combined with low-heat cooking significantly reduced E. coli and produced the lowest level of HCAs.
- Try some salmon or other seafood. Some heart-healthy options include salmon, trout and herring, which are all packed with omega-3s.
- Go for the leaner cuts. When shopping, look for loin or round cuts of red meat and pork, and buy "choice" or "select" grades of beef rather than "prime;" these have the least amount of fat.
- Choose white meat over dark meat and remove skin. When buying chicken, choose breast cuts and remove the skin before eating. Skinless chicken breasts have less fat than dark meat legs and thighs.
- Try a salad or fresh veggies on the side. Raw veggies provide the same satisfying crunch as potato chips, but without all the fat, calories and preservatives.
- Dessert? Try some grilled fruit! Pineapples and stone fruit like peaches and plums make a simple and healthy dessert.

GARDEN GRILLERS RECIPE

Grilled Strawberry Salsa Fresca



1 large sweet onion
2 jalapeño peppers
2 cloves garlic, unpeeled
1 lb. fresh strawberries, hulled
1/3 cup chopped fresh cilantro
Juice of 1 lime
¼ cup roasted, salted peanuts, coarsely chopped

1. Heat a grill to medium-high. Place a grill pan on the grill rack. Leaving the root and stem ends intact, cut onion into quarters.
2. Grill onion wedges and jalapeños on grill rack 5 minutes, turning to brown evenly. Add garlic and strawberries to hot grill pan. Grill 5 minutes (10 minutes total for onion and jalapeños), turning frequently, until slightly charred. Transfer strawberries and vegetables to a cutting board; let cool.
3. When cool enough to handle, coarsely chop strawberries and onion. Peel garlic. Finely chop jalapeños (if you like, remove and discard seeds) and garlic. In a bowl combine berries, onion, jalapeños, garlic, cilantro, lime juice, and ¼ tsp. salt. Cover and chill 1 hour. If you like, top with chopped peanuts. Serve over grilled chicken or shrimp or with tortilla chips. Makes 3 ½ cups

PER ¼ CUP 12 cal., 43 mg sodium,
3 g carb, 1 g fiber, 1 g sugars

Photo Credit: Better Homes & Garden, Carson Downing
www.bhg.com/recipe/grilled-strawberry-salsa-fresca/

FROM THE BOTHWELL{NESS} COMMITTEE

Join Your Coworkers for Some Fun in the Dirt!



Introducing the BOTHWELLNESS GARDEN!

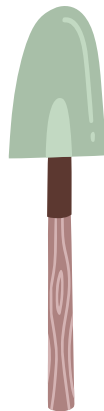
Join your coworkers for some fun in the dirt!

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.

Cleanup Days

June 6 and 7 | 3–6 pm

Join Cleanup Crew Captains Rita Mergen and Pam Thompson to help clear overgrowth and do general sprucing. Wear comfy clothes and shoes that can get dirty and bring your own tools.



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!



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



FROM THE BOTHWELL{NESS} COMMITTEE

The Q2 Challenge Spring Into Motion Ends June 30. Get Moving!

BOTHWELLNESS QUARTERLY HEALTH CHALLENGES



April through June Challenge: **SPRING INTO MOTION**



High blood pressure, diet, smoking, diabetes, obesity, physical inactivity and high cholesterol can all increase your risk for heart attacks and strokes. This quarter participate in these challenges that are part of the BRHC Wellness Plan (formerly Bothwell Rocks Health and Wellness).

- Lub Dub 5K/10K Walk/Run and 30-Day Challenge
- Complete a smoking cessation class; learn more at www.lung.org/quit-smoking
- Learn the signs and symptoms of heart attacks and strokes for men and women at www.heart.org/en/about-us/heart-attack-and-stroke-symptoms

Completing a challenge or volunteering to help with Lub Dub 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 June 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.

WALKING FOR CANCER SUPPORT
Relay for Life is June 11

Director of Oncology Services Kara Sheeley invites everyone to attend this year’s Pettis County Relay for Life event.

The walk will be held at Liberty Park and Convention Hall on June 11. The event begins at 4 pm and ends around 10:30 pm after the luminaria ceremony that honors those who have been diagnosed with cancer, past and present.

Please [sign up](#) for the Bothwell team to join our fund-raising efforts for the American Cancer Society!



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.

NEW EMPLOYEES
April

Jackie Allard <i>Progressive Care Unit</i>	Linda Lower <i>2 Southwest</i>	Lindsey Snurr <i>2 Southwest</i>	Danielle Wissman <i>Emergency Department</i>
Lucy Baer <i>Nursing Administration</i>	Jason Moore <i>Pathology</i>	Jazi Walker <i>2 Southwest</i>	Krista Yates <i>Nursing Administration</i>
Cassi Gassen <i>2 Southwest</i>	Nadia Ostapenko <i>2 Southwest</i>	Virginia Weaver <i>Pathology</i>	
Rachel Lindsay <i>Centralized Scheduling</i>	Jennifer Rader <i>Housekeeping</i>		

KEY
AWARDS

- Stephanie Roberts

Dr. Michael Carozza

Christy Wilckens

Helen Fisher

Kathleen (Kathy) Rothwell
- Rosie Douglas

Kelly Mutch

Yelene Yakimenko

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.

THE BOTHWELL FOUNDATION BOARD OF DIRECTORS INVITES YOU TO ATTEND THE

NEVIN ALMQUIST MEMORIAL RECEPTION

WEDNESDAY, JUNE 1, 2022
2-4 PM

BOTHWELL HOSPITAL, 601 E. 14TH STREET, SEDALIA
SOUTHWEST ENTRANCE LOBBY AND CAFÉ

Join us at this come-and-go reception to honor Nevin's legacy
at Bothwell Regional Health Center.

3 pm

Nevin Almquist Physical Therapy Scholarship Recipients Announced

Artwork Dedication-Donated by Doug Freed in Nevin's Memory

Light refreshments will be served



The Nevin Almquist Physical Therapy Scholarship endowment was created by the family of Nevin Almquist, who was a physical therapist at Bothwell from 1967 until his retirement in 2012.

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.



FOUNDATION NEWS

Inaugural Funding Awards Ceremony

The Bothwell Foundation hosted its first funding awards ceremony in the Café on May 12. Over \$215,000 was awarded to various departments and clinics for 2022. The event was planned and coordinated by Lauren Thiel-Payne, Bothwell Foundation executive director, and Leisha Nakagawa, Bothwell Foundation assistant. Jim White, Bothwell Foundation board president, and Stafford Swearingen, Bothwell Board of Trustees president, helped present awards as they were announced by Lauren.

Thank you to those who attended and congratulations to the clinics and departments that received funding awards!



Cast Saw for Bothwell Orthopedice & Sports Medicine – \$6,000

The Ortho Clinic recently moved into a larger space and requested a new cast saw with vacuum to help keep up with appointments and cast removal. Clinic Director Elizabeth Green accepted the award.

Pulse Oximeters for Bothwell Medical Equipment - \$500

Bothwell Medical Equipment will use the additional pulse oximeters due to the addition of Dr. Anders who is ordering oximetry testing more frequently. Clinic Director Elizabeth Green accepted the award.



Patient Scale for Bothwell Internal Medicine Specialists/Bothwell Pulmonology Specialists - \$543

BIMS/BPS is moving to a new location and is in need of an additional scale with side rails for patient safety. Clinic Director Toni Warren accepted the award.

Niox Vero System for Bothwell Pulmonology Specialists - \$4,700

A Niox Vero system measures nitric oxide in human breath. This is used to detect inflammation in airways (asthma). By using this test, it helps the physician to make the right diagnosis and find the best treatment plan. Clinic Director Toni Warren accepted the award.



Radiation Dose Monitoring Software for Radiology Department - \$19,400

Radiation dose monitoring software will allow the Radiology department to monitor, track and compile reports on radiation doses that patients receive. This software will “flag” the technologists and physicians every time a patient receives a high dose of radiation. It will track the patient’s cumulative dose in the EMR. Radiation dose monitoring is a requirement in pediatric patients to satisfy Leapfrog scores and is also tied to Joint Commission national patient safety goals. Department Director Marc Dougherty accepted the award.

iCad Software for Mammography Units for Radiation Department - \$5,310

iCad Software will be used to aid and assist the radiologists in diagnosing breast abnormalities on mammograms. Department Director Marc Dougherty accepted the award.

FOUNDATION NEWS

Inaugural Funding Awards Ceremony (Continued)



Training for Echo Sonographers - \$100

Katy Kuschel and Brandice Kleinschmidt will be attending the KU Medical Center echo sonographer's continuing education courses to help them stay up-to-date on the current practices of echocardiography. Director of Neurodiagnostics and Cardiopulmonary Jenny Force accepted the award.

Infrared Cameras for Bothwell Sleep Center - \$19,520

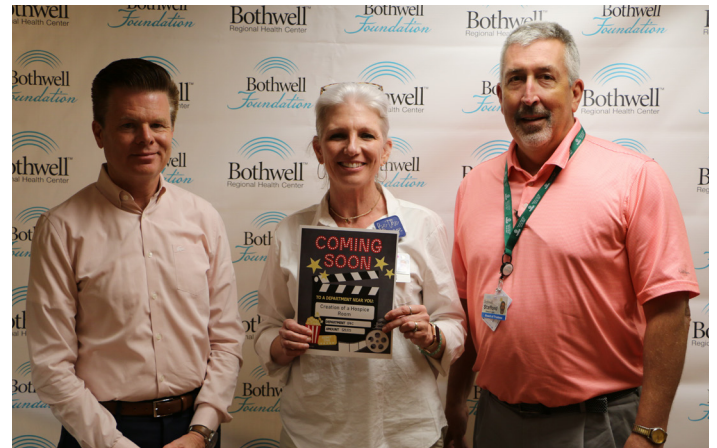
Recently, the Bothwell Sleep Center was able to upgrade its Polysmith SleepAcquisition System and installation specialists were able to resolve the ability to record sound during a sleep study. While upgrading the system, it was brought to their attention that the camera system purchased in 2009 was failing.

In 2013 the American Academy of Sleep Medicine initiated the standard for all new camera systems to have pan, tilt and zoom features. The Bothwell Sleep Center currently does not. In addition, the AASM now requires all interactions between the patient and the sleep technologist to be recorded for patient and technologist safety. Director of Neurodiagnostics and Cardiopulmonary Jenny Force accepted the award.



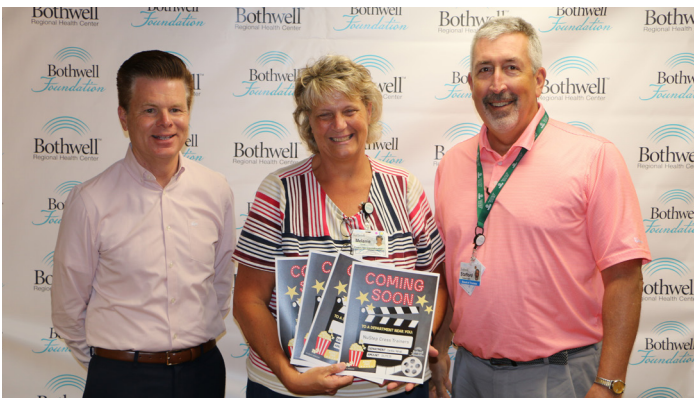
Virtual Reality Training for Nursing Education - \$33,497

The Nursing Education department is pursuing virtual reality training as an addition to the current nursing training program. This training will bring state-of-the-art training to employees who in turn improve patient safety and patient outcomes. This technology allows staff to practice in simulated real-life, high-risk situations in a controlled environment so they are prepared to make split-second lifesaving decisions if the situations arise at the patient's bedside. Director of Nursing Education Kim Perez accepted the award.



Creation of a Hospice Room in the Hospital - \$25,573

The hospice room will be used to provide an atmosphere at the end of life that will be quiet and homelike with the advantages of nursing care. This room will be located at the end of the hall on the Peds unit and will offer space for both the patient and family that can stay with the patient. Chief Nursing Officer Michele Laas accepted the award.



Two Arm Bikes, Two Recumbent Cross Trainers, Two Treadmills for Cardiac Rehab - \$20,000

Cardiac Rehab Supervisor Melanie Davis accepted the award.

FOUNDATION NEWS

Inaugural Funding Awards Ceremony (Continued)

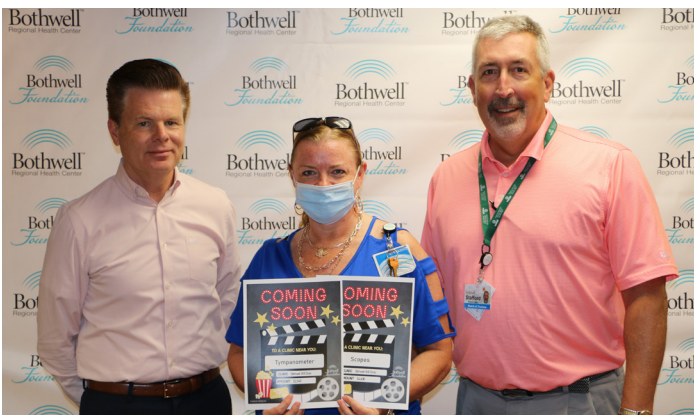


Discharge Photo Wall for Women's Health and Newborn Care - \$3,500

A photo discharge will be created by Women's Health and Newborn Care that will allow each family to take a photo with their new addition before leaving the facility. The photo wall will help create a keepsake opportunity for each family, as well as provide a marketing opportunity for all currently pregnant patients or those thinking about delivering. Women's Health and Newborn Care Director Hollie Dubroc accepted the award.

Baby Bassinet for Women's Health - \$3,602.50

The Halo bassinet is the only hospital bassinet designed to safely keep baby closer to mom, enabling the closeness that a mother desires most in the first moments with her child. These bassinets move and allow mothers to reach their babies easier as well as will replace the wooden base bassinets that currently do not meet infection control guidelines. Women's Health and Newborn Care Director Hollie Dubroc accepted the award.



Tympanometer and Reflux Screeners and Two Scopes for Bothwell ENT - \$8,140.

A Tympanometer is frequently used in the ENT clinic to offer information about air pressure in the middle ear. Scopes are used frequently in the ENT clinic; however, they currently only have one scope and after each use have to take it back to Sterile Processing at the hospital, which can take up to two hours before it's returned. Purchasing two new scopes for the ENT clinic will allow Dr. Covington to use it several times a day which will help with patient care. Clinic Director Amber Allain accepted the award



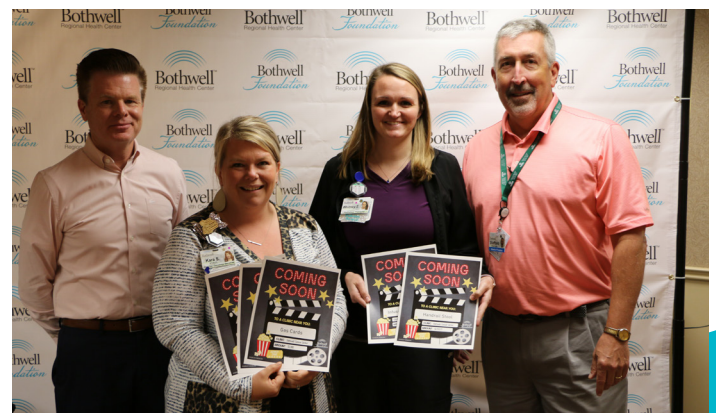
Temporary Pacemaker for CCU - \$3,676

The Critical Care Unit (CCU) has requested a temporary pacemaker that is up-do-date. A temporary pacemaker is used if there is a temporary change in heart rate. A temporary pacemaker is used for a few days until your heart gets back in rhythm. PCU Unit Manager Sarah Hopper accepted the award

Equipment and Patient Resources for Cancer Center - \$36,000

For more than five years the Bothwell Foundation has assisted with providing gas cards to patients who may need financial assistance getting back and forth to their Cancer Center appointments, offering cases of Ensure free of charge, as well as offering funds that Kara with the Cancer Center oversees if their patients have urgent needs such as prescription costs, food, or other important items. These funds allow them to help their patients in a timely way and in ways that really make a difference.

In addition to these funds, the Bothwell Foundation also approved a two-step with handrail stool for radiation oncology patients to help them get on and off the new new linear accelerator table, which is taller than the previous table, and eight recliners for the Cancer Center Infusion Area that will replace the current chairs. Cancer Center Director Kara Sheeley and Radiation Therapist Whitney Stevens accepted the award.



FOUNDATION NEWS

Inaugural Funding Awards Ceremony (Continued)



Four Telepacks for PCU - \$16,480

The PCU is a very busy floor with high patient turnover. Some of the patients are in PCU when they could go to a Med-Surg floor but with telemetry capabilities. There are currently a limited number of boxes for the Med-Surg floor, so these additional telepacks will extend this service to accommodate more patients who need telemetry monitoring of their heart or oxygenation. Director of Critical Care and Emergency Services Tammy Jackson accepted the award.



Automated Blood Pressure Machines for Bothwell Family Medicine Associates and Bothwell Truman Lake - \$6,000

Each clinic will receive funding for a machine to help nursing staff collect patient vital signs. This will allow the patient and staff to not have to move around the clinic as much to find a machine. Benton County Clinic Director Ragin Boise accepted the award.

Nitrogen Canister for Bothwell Cole Camp - \$672.93

Item will replace the current canister at the Bothwell Cole Camp Clinic that is broken. Clinic Director Ragin Boise accepted the award.

EKG Machine at Bothwell Lincoln Family Medicine - \$2,531.29

Currently, the EKG machine being used is not reliable and is constantly being sent to Biomed for repairs. The new machine will help ensure staff has the properly functioning equipment to perform their daily orders and is imperative to providing safe and quality patient care. Clinic Director Ragin Boise accepted the award.

Hickman Excellence Award

The Bothwell Foundation Hickman Excellence Award was established by the friends and family of JaEllen Hickman, a longtime Bothwell nurse and employee.

The foundation offers this scholarship to any Bothwell Regional Health Center employee and it is for training to improve job performance in their Bothwell Regional Health Center career and can include a certification, seminar, continuing education or any other means of performance improvement.



Katelyn Buxton, who works PRN in PCU while she is obtaining her LPN degree and Andrew Driskell, Medical Assistant at Bothwell Orthopedics & Sports Medicine received the Hickman Excellence Award.

Lauren plans to get her RN degree and Andrew will use the scholarship to become a certified medical assistant to help elevate patient care and give him the tools to succeed long-term in his career.

Andrew is not pictured.

FOUNDATION NEWS

Pat Gaunt Scholarship

The Pat Gaunt Scholarship is made possible by a bequest from the estate of Patricia Gaunt, a registered nurse at Bothwell from 1969 until her retirement in 2001. The scholarship provides resources for nurses to get the training they need to better serve the patients they care for each day. Winners were announced during the Nurses Award ceremony on May 6.

Recipients and their scholarship awards included Sarah Cordes, Women's Health and Newborn Care, \$2,845; Katelyn Buxton, Progressive Care Unit, \$1,225; Katelyn Purchase, Bothwell Family Health, \$1,225; Serena Cronk, 2 Southwest, \$1,697; Sarah Hopper, Critical Care Unit, \$1,730; and Stacey O'Donnell, Susan O'Brien Fischer Cancer Center, \$940.



Lauren Thiel-Payne, Bothwell Foundation executive director and Katelyn Buxton.



Lauren Thiel-Payne, Bothwell Foundation executive director and Katelyn Purchase.



Lauren Thiel-Payne, Bothwell Foundation executive director and Sarah Hopper.

*Sarah Cordes, Serena Cronk and Stacey O'Donnell are not pictured.



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.



AUXILIARY NEWS

Bakeless Bake Sale Starts June 1

The Bothwell Auxiliary is holding a Bakeless Bake Sale in place of its annual Ice Cream Social, which is the group's largest fundraiser.

Stop by the Gift Shop on the hospital's first floor in June to donate to the event and support the auxiliary. All proceeds raised are returned to Bothwell by helping purchase health care equipment and providing scholarships.

Gift Shop hours are 9 am to 6 pm Monday through Friday, 10 am to 2 pm Saturday and 1 to 5 pm Sunday.

The auxiliary hopes to have an in-person Ice Cream Social in 2023.



**Brighten
someone's
day with
something
from the**

**BOTHWELL
GIFT SHOP!**

**Bothwell™
Auxiliary**

HOURS
Monday – Friday, 9 am – 6 pm
Saturday, 10 am – 2 pm
Sunday, 1 – 5 pm

LOCATION
Hospital first floor near
main entrance

APPLY NOW

\$2,500 SCHOLARSHIP

FINANCIAL SUPPORT TO EARN YOUR DEGREE!

**One \$2,500 Nursing scholarship
will be awarded from the Bothwell
Regional Health Center Auxiliary.**

Applications are available beginning May 1 in
the Bothwell Regional Health Center Gift Shop.
The deadline to apply is June 30.



GET WELL. STAY WELL. BOTHWELL.

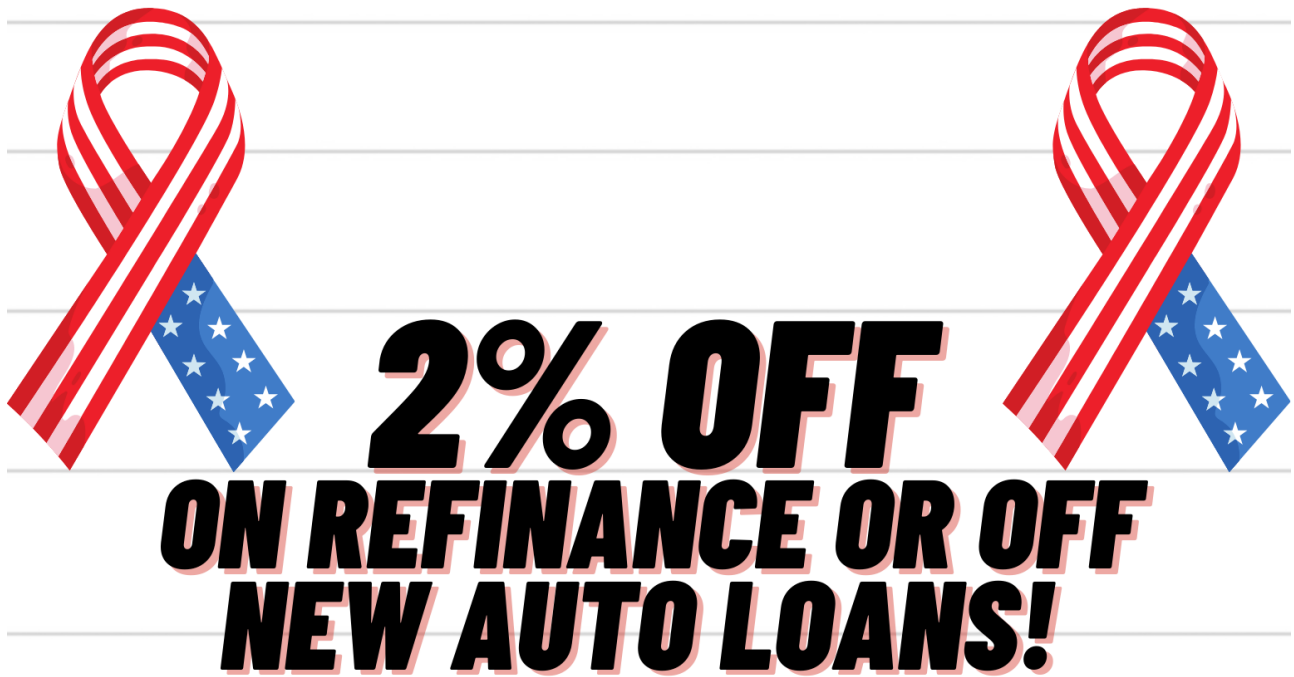
The billboard has a light blue background with several yellow-orange slices of citrus fruit scattered across the top half. The slices are stylized with white outlines and green seeds.

BOTHWELL HOSPITAL EMPLOYEES CREDIT UNION

**Now offering 2% off
signature loans!**

**NEED A LOAN FOR VACATION OR TO PAY
OFF HIGH INTEREST CREDIT CARDS?**

**LOANS UP TO \$5,000 FOR 50 MONTHS
STOP BY OR CALL TO TAKE ADVANTAGE OF THE LOW INTEREST OFFER!
600 E 13TH ST OR CALL 660-827-9518**



Bothwell Hospital Employees Credit Union

600 E 13th St
Sedalia, Mo 65301

660-827-9518
bhecu@iland.net

JUNE BIRTHDAYS



Joe Velando	1	Gerald Campbell.....	11	Terri Deer	20
Kermit Stultz.....	1	Lisa Shaw	11	Leslie Harris	20
Dr. Michael Carozza	1	Lendie Nolting	11	Stephanie Louiselle	21
Laure Watkins	1	Tracy Ward	11	Lynh Best	21
Amy Johnson.....	2	Brittany Simmons	12	Eric Rader	22
Mary Pettis.....	4	Shelia Trent.....	13	Stephanie Gleason	23
Lisa Scotten	4	Millie Cavanagh	13	Sherry Schwartz-Banner.....	23
Lucy Hughes	4	Terri Martin	13	Lily Meier.....	23
Aaron Pate	5	Kylie Musgrave.....	13	Roth Scheel.....	25
Myra Hathcock.....	5	Janice Young.....	13	Toni Warren	26
Dr. Robert Frederickson	5	Stacey Robinson.....	13	Ro Perez	27
Madison Hiatt	5	Robin Wollard	15	Debra Fairman	27
Glenda Richardson.....	7	Kim Cox.....	15	Erin Purchase.....	27
Sherri Egbert.....	8	Jacey Etter	15	Rebekah Oehrke	28
Linda Lower	8	Lisa Tanguay	16	Serena Cronk	28
Rebekah Thompson	8	Vida Grandfield.....	16	Brandy Haynes	28
Trudy Clawson.....	8	Conni Cooper.....	17	Heraldo Cruz.....	29
Stevie Galloway	8	Shelby Osburn.....	17	Jennifer Unkel	30
Sandy Rangitsch.....	8	Todd Nappe	17	Neoma Jackson.....	30
Ann Defusco.....	8	Luke Scott	17	Rachel Vieth.....	30
Lucas Sheeley	8	Amber Watterson.....	18	Amy Taylor	30
Regina Lawson	9	Kathy Woolery	18		
Sarah Knott.....	9	Erin Smith	18		
Heather Anderson	9	Carl Hawke.....	18		
Krista Yates.....	9	Abbie Kargel	18		
Paige Graham	10	Dr. Ken Azan.....	19		