

NOVEMBER 2023

BILLBOARD



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



DESIGNING A REVOLUTION NOT AN EVOLUTION

Letter from Lori

"We cannot create what we cannot imagine."

—Dr. Leland Kaiser

Revolution and evolution may sound similar yet they are two very different words.

Evolution is change over time, usually slow and incremental. For example, space exploration has evolved over decades of research and the development of new technologies. (Or think of the process of tadpoles becoming frogs.)

A **revolution** is a powerful instrument that can affect fundamental change in a way of thinking about a situation. Perhaps the most famous example is the American Revolution by patriots in Great Britain's 13 North American colonies that resulted in American independence. It was truly a transformational upheaval that changed the course of history.

The last half of this week has been exciting and eye-opening and has me thinking about our own revolution. We were fortunate to host Brian Lee and Ron Webb with Custom Learning Systems and participate in their "Ignite the Patient Experience" solution.

[READ MORE ON NEXT PAGE ►](#)



SEE WHAT'S INSIDE!

**COMMUNITY FITNESS
NIGHT DEC. 28**

**RINGO'S CALL FOR HELP
BE CODE ORANGE READY
CHRISTMAS SPIRIT DAYS**

**EPIC 12 DAYS OF CHRISTMAS
START DEC. 4**

DESIGNING A REVOLUTION NOT AN EVOLUTION (CONTINUED)

Letter from Lori

The two-day workshop was an opportunity for many employees including frontline staff, department and senior leaders, nurses, physicians, APPs and hospital and foundation board members to gather in small groups to hear and discuss our current patient experience data. The second half of our time was spent learning how we can create best practices to improve both our patient and employee experience with the goal of becoming the area's employer and provider of choice. We want everyone to say, "I want to work at Bothwell." and "I want to receive care at Bothwell."

To do this, we need a revolution. We need to think in terms of transformational change, consider disruptive ideas and be willing to do things differently to create our desired future. We need to create what's right for us, not imitate. There are no baby steps in a revolution and there should be no excuses. Our goals should be to attract the best talent and build a passionate culture with a shared purpose.

We've talked about culture before. It's the way we do things around here and our way of life. Culture can be intentional, or not. A first step on this path to a revolution is remembering why each of us chose to work in health care in the first place. I have chosen health care not once, yet twice. I came back to health care because it is the only place I feel like I am doing worthwhile work. What's yours? I'd love to hear it.

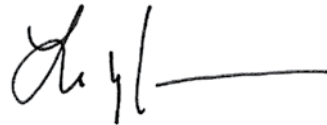
Another step is reimagining our **vision** and **mission statements** and developing **values**—an exercise we will accomplish in the spring. All of this work will lead us to creating our next five-year **strategic plan** in the fall.

In 1993, when I was working on my master's degree in Healthcare Administration, my professor for General Systems Theory was Dr. Leland Kaiser. Dr. Kaiser was a "health care futurist" and had many memorable sayings. One of my favorites was, "The future is simply infinite possibility waiting to happen. What it waits on is human imagination to crystallize its possibility."

I invite you to be a revolutionist and imagine what Bothwell could look like to employees and the people we care for every day. Part of everyone's job is to create the culture we want and the one that is needed to provide the safest and best care to our patients.

Watch for more to come on this road to a revolution.

Stay well. Be well.



GIVE WHERE YOU LIVE United Way Campaign Starting

Our annual United Way campaign begins this week. Pledge cards have been distributed to employees in inter-office mail; however, you may also donate online by scanning the QR code.

Please turn in pledge cards or complete online donations by Dec. 6. Paper cards should be returned to Human Resources located on the hospital's ground floor.

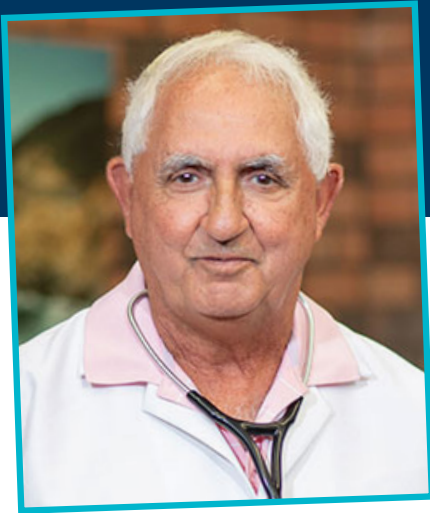
Have questions? Rachelle Simon with Sedalia Pettis County United Way will be outside the Café from **11 am to 1 pm on Dec. 4.**



Give Where You Live

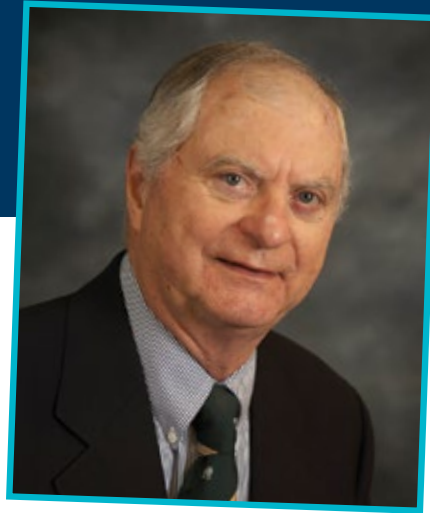


The public is invited to a retirement reception for
**DR. KEN AZAN AND
DR. ELMER VAN DYKE**



Ken Azan, MD

Caring for patients for 48 Years



Elmer Van Dyke, MD

Caring for women and babies for 59 years

Dec. 12 | 4–6 pm

Bothwell Café | Hospital Ground Floor

601 E. 14th St. | Sedalia



MEDICAL STAFF SPONSORED COMMUNITY FITNESS NIGHT

Step Into 2024 as a Healthier You!

Join us for family-friendly activities:

- Swimming
- Open gyms for basketball or volleyball
- Pickleball lessons
- Fitness center
- Walk with a Doc
- Info sessions on hot health topics including, “Safe Dog Walking-for the Two- and Four-Legged Critters” with Dr. Doug Kiburz and “Nutrition and Fitness” with Physician Assistant Lindsey Graham Edwards

DEC. 28 | 6–9 PM

Heckart Community Center

Free and open to the public



Childcare provided for children aged six months to 12 years for the first 20 children in attendance

EMERGENCY DEPARTMENT NEWS

Leadership Roles Announced

Dr. Theodore Cook has been named the interim ED Quality Director. In this role, Dr. Cook will oversee all department quality measures and performance improvement requirements that help regulate and improve patient care, throughput and medication management, among other items.

Dr. Jared Ross has been named interim ED Trauma Director and will oversee all quality metrics and performance improvement projects specifically related to trauma cases that enter the ED. He will work closely with the Trauma team, which includes Dr. Trevor Beckham, program director; Dr. Stuart Braverman, CCU trauma director; and Shari Riley, Time Critical Diagnosis program coordinator.

The Trauma team is a multidisciplinary group of individuals that includes emergency medicine, intensive care, surgery, nursing, and support staff, who work together as a team to assess and manage trauma patients.



Dr. Theodore Cook



Dr. Jared Ross

INFUSION & PROCEDURE CENTER NEWS

Temporary Hours Change

Hours in **January** for the Infusion & Procedure Center will temporarily change to **7 am to 5 pm** Monday through Friday. On Feb. 1, regular hours of 7 am to 7 pm Monday through Friday will return.

FLU VACCINES

Important Dates and Information

The flu vaccine is available and employees are required to either receive the vaccine or request an exemption. There are several options for getting your flu shot this year:

From Employee Health

- Visit Employee Health Nurse Rita Mergen, LPN, in her office on the hospital's ground floor from 6:30 am to 1:30 pm Mondays (through December) and from 6:30 am to 3 pm Tuesday through Friday.
- Rita also plans to visit hospital floors and departments. Email her at rmergen@brhc.org to coordinate a time.

In the Employee Pharmacy

- Visit the Employee Pharmacy on the hospital's ground floor from 7:30 to 11 am and 11:30 am to 3:30 pm Monday through Friday.

Bothwell Clinics

- Clinic staff will have their vaccinations delivered and administered by clinic staff.

From Your Provider

- If you elect to see your physician or practitioner for vaccination, provide proof to your director or Employee Health by Dec. 31.

Any employee covered by this policy who fails to comply with the vaccination requirement by Dec. 31, will be suspended without pay for one week, during which they may comply and return to work. If an employee remains non-compliant at the end of the suspension period, it will be presumed the employee is resigning their employment.

Medical staff and other credentialed professionals who fail to comply with this policy may have their privileges administratively suspended until they provide proof of compliance or until the end of the influenza (October through March).

Find the full Annual Influenza Vaccine policy on the IntraWeb>Policies>Infection Control.

**FLU VACCINE IS REQUIRED
TO BE RECEIVED NO LATER
THAN DEC. 31.**



- 1 SAVE MONEY
- 2 SCRIPT TRANSFER IS EASY
- 3 CONVENIENCE
- 4 IT'S FOR ALL EMPLOYEES
- 5 MORE THAN SCRIPTS

Want to learn more?

Call Pharmacist Jessica Moon at 660.827.9495 or stop by the pharmacy on the hospital's ground floor. Hours are 7:30 am–4 pm Monday–Friday; closed for lunch 11–11:30 am

BOTHWELL IN THE COMMUNITY

High-Five Fridays at Parkview

High fives to the high-five crew that recently visited Parkview Elementary School and greeted students as they entered the building on Nov. 10. This is the second time a team from Bothwell has served as high-fivin' happy greeters at the school this semester.



Thanks to these team members who participated in the second visit, and thanks to Maggie Schaffer for pulling the group together!

- Kiwi Popyk-Wyatt
- Christy Albin
- Dianne Williams
- Jana Kennedy
- Wendy Fairfax
- Tom Fairfax
- Laura Weisenburg
- Julie May
- Leila Houk
- Tracey Rapp
- Leslie Stevenson

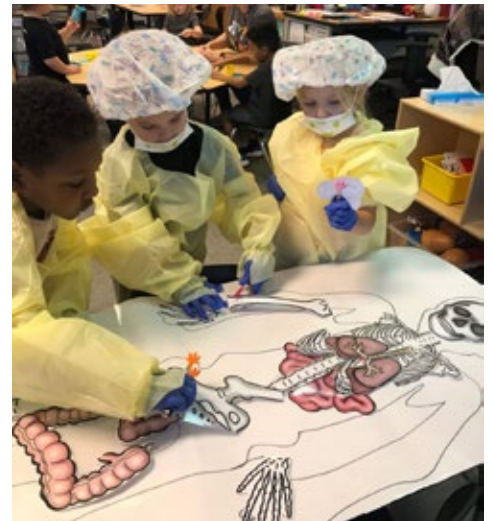
BOTHWELL IN THE COMMUNITY

Supplies Donated to Loftus Early Childhood Center

Bothwell had the opportunity to donate supplies to the Loftus Early Childhood Center for an activity involving lessons about the human body and the role of surgeons and nurses.

April Huddleston, a teacher at Loftus, said the students were able to dress as surgeons and learn about the preparation of surgery. Parents even said their children extended the activity to their homes, dressing up and wearing the equipment all night.

"We extend our gratitude to everyone that made this lesson so fun and realistic for our students," Huddleston said. "It's never too early to inspire kids to fall in love with health care."



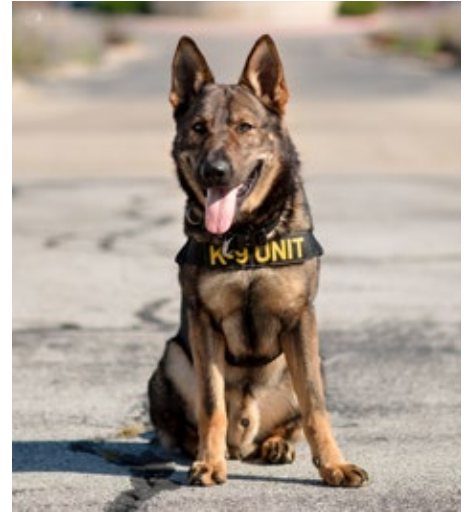
BOTHWELL IN THE COMMUNITY

Ringo Says Let's Support the Sedalia Animal Shelter!

"Thank you for bringing me to Bothwell! Help me give back to this amazing community that I have joined by helping the Sedalia Animal Shelter. On Dec. 11, you will see a table across from the Café with my poster and a dog house. Place donations to the animal shelter there. All donations are due by Dec. 31."

List of items that are needed:

- Bleach
- Tractor Supply brand Pine Pellet Horse Bedding (used for cat litter)
- Dawn Dish Soap
- Leashes
- Pinesol
- Collars
- Paper Towels
- Magic Erasers
- Bath Towels
- Scotch Bright Scrubbing Pads
- Smooth Peanut Butter
- Purina Kitten Chow
- Purina Cat Chow
- Newspapers
- Pine Pellets Kitty Litter



Thank You



WINTER WEATHER PREPAREDNESS

How to Stay Safe

Preparation is the key!

- Know your area's risk for winter storms
- Pay attention to weather reports and ice, snow and winter storm watches and warnings
- In addition to making sure you always have enough gas in your vehicle, create an emergency supply kit for your car, including:
 - » Jumper cables
 - » Sand
 - » Flashlight
 - » Warm clothes
 - » Extra work clothes
 - » Toiletries
 - » Blankets
 - » Bottled water
 - » Non-perishable snacks



PATIENT EXPERIENCE

Kudos and Compliments

Outpatient Services – “Julie was so amazing! I felt extremely comfortable with her and felt she really listened to my concerns. She made the experience as comfortable as a mammogram can be, which is saying something!”

Bothwell Family Medicine Associates – “Dr. Sharp was personable and to the point. He had me in and out in a jiffy without being rushed.”

Infusion & Procedure Center – “The ladies in the infusion room are often very very busy, but never hesitate to take care of you at any given moment or answer any questions or concerns you may have. I’m in there every three weeks and have been for years and this is probably the reason I keep coming there is because of the personnel and especially in the infusion room. I thank you all.”

Bothwell Family Medicine Associates – “Riley did an AMAZING job with my son during the meltdown he had during his flu shot. She showed excellent care and compassion to him even though it was a difficult situation. She deserves to be commended.”

Lab – “Natasha is wonderful. For years it has taken six to eight sticks to draw my blood. I’ve had her draw my blood twice now and she has done it in one stick both times. I don’t dread having it done anymore. She is amazing.”

Sleep Center – “When I message through the portal, Dr. Kuhlmann always responds personally, either via the portal or a phone call - his response is always very fast, even after business hours!”

Orthopedics & Sports Medicine – “It could not have been any better. Every single person assigned to help me went above and beyond to give me rock star care.”

Positive reviews, comments and messages create powerful pictures of the Bothwell experience. The following feedback was recently received either as a Google or Facebook review, Facebook public comment or direct message, or from a patient satisfaction survey. Messages have been lightly edited for spelling and grammar.

Online reviews help others feel good about choosing Bothwell. Every positive interaction with a patient is an opportunity to invite them to share their experience with others.

How to write a positive review on Google

The hospital and all the clinics each have a Google Business Profile page. Search Bothwell Regional Health Center or the clinic name and when the page comes up on the right, scroll down and select “write a review.”

How to write a positive review on Facebook

Go to the Bothwell Regional Health Center page at facebook.com/bothwellregional, select “Reviews” in the menu bar and answer yes to the question, “Do you recommend Bothwell Regional Health Center?” and then write your review.

EMERGENCY PREPAREDNESS NEWS

Hazardous Material Spills

EP Corner is the one-stop shop where employees can learn what to do in the event of an emergency with information straight from the EOC Quick Reference Guide. It's required to keep the guide in a visible location so it is readily accessible when needed.

Each month, we will highlight a different section from the guide and bring awareness that being prepared for emergencies is everyone's responsibility.

This month let's highlight a **Hazardous Material Spill** or **Code Orange**.

What should I do in the case of a chemical or mercury spill?

Contain and absorb the spill, if possible. Then, contact Environmental Services at ext. 9512 for clean-up. Be sure to notify the unit manager and/or director of the department where the spill occurred. An event report will need to be completed for the spill.

What should I do in the case of a radiation spill?

If a radioactive spill occurs, immediately call the radiation safety officer (RSO) at ext. 9199, the assistant RSO at ext. 9185 or 9530, and the department manager at ext. 9536 or 9530. After contacting the above individuals, Nuclear Medicine personnel should contain the spill by covering it with absorbent paper. If possible, block the area off from traffic and decontaminate staff, if necessary.

Who can I ask for more information about the safety of radioactive substances?

Questions concerning the receiving, storage or disposal of radioactive substances should be directed to the RSO. You can also consult the department policy titled "radioactive material procurement, receiving, storage and disposal" located in the Nuclear Medicine Manager's office.

What if there is a small chemotherapy drug spill?

A small chemotherapy drug spill does not pose a threat to human health or the environment. Simply clean up the spill using the Chemotherapy Drug Spill Kit. Depending upon the type of chemotherapy drug that was spilled, the process differs.

If the chemotherapy drug is one of the following, dispose of any waste contaminated with these materials resulting from spill cleanup in the EPA Regulated Chemotherapy Waste Container. Contact Environmental Services at ext. 9512. ES will assist with the disposal of the container and wash and rinse the spill area. The rinse solution should be disposed of in a sanitary sewer.

- Chlorambucil
- Cyclophosphamide
- Daunorubicin
- Diethylstilbestrol
- Melphalan
- Mitomycin
- Streptozotocin
- Uracil Mustard

If the spill is not one of the above drugs, dispose of the material in the Chemotherapy Waste Container and contact Environmental Services at ext. 9512. ES will assist with the disposal of the container and wash and rinse the spill area. The rinse solution should be disposed of in a sanitary sewer.

What if there is a large chemotherapy drug spill?

Immediately call the Safety Officer at ext. 9510 and keep people away from the spill.

Happy Holidays!

CHRISTMAS EMPLOYEE MEALS SCHEDULE

Tuesday, Dec. 19

11 am–1:30 pm AND 5–7:45 pm | Free with BRHC Name Badge

Menu

Christmas Around the World Foods

Menu

Sunday, Dec. 24 | Happy Christmas Eve!

11 pm–midnight | Free with BRHC Name Badge

Monday, Dec. 25 | Merry Christmas!

Continental Breakfast (usual price)

11 am–1:30 pm AND 5–6:30 pm | Free with BRHC Name Badge

Traditional Holiday Foods



Dietary Services wishes everyone a warm and healthy holiday full of wonderful food!

Clinics will have individual celebrations.

BOTHWELL CARES HOLIDAY PROJECT

HELP YOUR BOTHWELL COWORKERS THIS HOLIDAY SEASON!

Bothwell Cares helps employees who find themselves in need of food, clothing, gifts or other assistance during the holiday season.

HOW YOU CAN HELP!

1. **Pick an ornament** from the Christmas tree in the Bothwell Café
2. **Purchase the item listed** on the back of the ornament (varying price points available)
3. **By Dec. 8**, turn in all unwrapped items or donations, along with the ornament, to Human Resources (hospital ground floor)

For questions, please contact Lauren in the Foundation office at extension 7786 or Linda Watterson in HR at extension 9540.

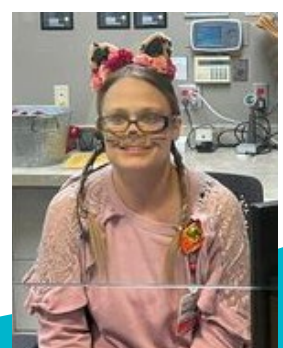
The Bothwell Cares Holiday Project is sponsored by the Employee Engagement committee.



EMPLOYEE ENGAGEMENT NEWS

Halloween Costume Fun

The Employee Engagement committee again sponsored a group and theme dress-up day for Halloween. Check out some of these fun and creative costumes!



EMPLOYEE ENGAGEMENT NEWS

Halloween Costume Fun (Continued)



EMPLOYEE ENGAGEMENT NEWS

Show Your Christmas Spirit

Let's show our Christmas spirit for the whole month of December! Join the Employee Engagement committee in celebrating the holiday season by participating in these spirit days.

Tuesday, Dec. 5 – Light Up the Holidays

Light-up accessories

Thursday, Dec. 7 – Deck the Halls

Deck out in Christmas wear

Friday, Dec. 15 – Ugly Christmas Sweater

Any ugly Christmas sweater of your choice

Tuesday, Dec. 19 – Ho Ho Ho vs. The Grinch

Team Santa = Red

Team Grinch = Green

Thursday, Dec. 21 – Mad for Plaid

Plaid Christmas wear



REMINDER!

Entries for the Nutcracker decorating contest are due by 4:30 pm Dec. 14 to Human Resources. A winner will be announced on Dec. 19.

KUDOS AND CONGRATS

Congrats, Alicia Theisen

Alicia Theisen in Environmental Services received a “You Knocked Our Socks Off” award for her thoughtful actions and willingness to help in whatever ways she can. When she overheard a patient wanting to shower with their IV in, she provided the department with XL gloves that rest farther up on the wrist and cover the IV insertion location.

It is clear that Alicia is always thinking of others and putting patient care first. You knocked our socks off, Alicia!



KUDOS AND CONGRATS

Congrats, Rebekah, Tiffany and Michelle

Rebekah Oerhke, Tiffany Camirand and Michelle Riley at Winchester Diagnostic Center received a “You Knocked Our Socks Off” award for the impactful impression they left on a patient over a period of visits. The patient praised their efficiency in ensuring the laboratory was prepared for necessary work and commended their ability to “make it happen” in a timely manner.

Rebekah, Tiffany and Michelle, you demonstrated hard work and commitment to providing a quality experience for Bothwell patients. You all knocked our socks off!



DAISY AWARD RECOGNITION

Linda Lower

Linda Lower, a Registered Nurse who currently works on 2 Southwest, recently received the DAISY Award. She was nominated by Carla Jackson on behalf of her father, Carl Zimmerschied. Zimmerschied's wife, Nedra Zimmerschied, passed away at Bothwell Hospital on July 4.

"Linda went above and beyond to check on our mom, who was receiving comfort care," Jackson said. "She showed extreme compassion and checked in on my mom and our family several times throughout her evening shift. She always made herself available if we had concerns despite her busy job and being on the move helping other patients."

Lower began her career at Bothwell as a Licensed Practical Nurse in 1989 before returning to school to become a Registered Nurse in 1996. Growing up with a mother who was also a nurse, Lower couldn't imagine doing anything else. Throughout her career, the priority has always been to care for her patients and their families with compassion, in the same way she would want someone to care for her family.

"The DAISY Award is a great honor to receive," Lower said. "The best part of my job is knowing I am making a difference in my patients' and their families' lives. I am forever grateful to the Jackson family for writing such a wonderful letter on my behalf."



FOR EXTRAORDINARY NURSES

**HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES**

An international award, the DAISY is awarded in more than 6,000 health care facilities and schools of nursing around the world, including 39 countries and territories. Bothwell Regional Health Center began recognizing its nurses with the DAISY Award in 2018.

PREVIOUS RECIPIENTS

- Jessica Wheeler
- Shari Thomasson
- Shasta Nardi
- Courtney Rumans
- Sarah Plante
- Connie Roll
- Ronda McMullin
- Sarah Fredrickson
- Sherri Egbert
- Leslie Shapley
- Seth Stotts
- Stacey Nassar
- Helen Fisher
- Donna Cline

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

NEW EMPLOYEES

October

Genesis Banks-Moore
Sterile Processing

Patrick Bernhoft
Housekeeping

Amber Brodersen
Nursing Administration

Sunrise Chupuico
Physical Therapy

Asia Couchman
PCU

Holly Doogs
*Bothwell Health Center
- Truman Lake*

Elizabeth Echols
Pharmacy

Gwenethz Fields
Nursing Administration

Subashini Flower
Occupational Therapy

Deanna Greer
Housekeeping

Elissa Hoskins
Emergency Department

Mikaleigh Lasater
*Women's Health and
Newborn Care*

Princess Marshall
Radiology

Josephine McClain
Nursing Administration

Ronald McClure
Housekeeping

Ashley Payne
Sterile Processing

Grace Perkiss
Housekeeping

Christie Rapps
Admitting

Kelsey Reid
Walk In Winchester

Colleen Reilly
Pharmacy

Jesmi Reyes
Bothwell TLC Pediatrics

Kari Roberts
Walk In Clinic

MarilynSeymore
Housekeeping

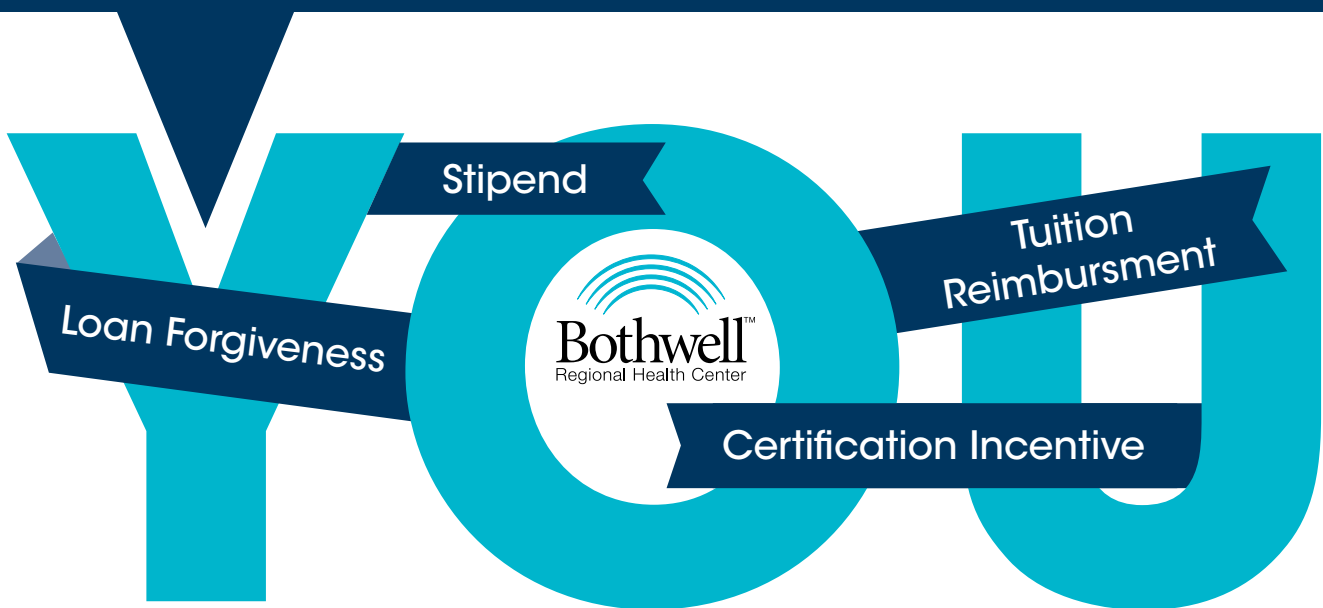
Jilene Streit
Administration

Theresa Woodward
2 Southwest

Judy Wright
*Bothwell Cole Camp
Clinic*

Stacey Zimmerschied
Dietary

KNOW YOUR EDUCATIONAL BENEFITS

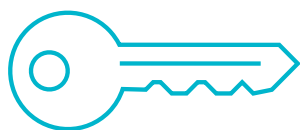


Contact Human Resources to learn more!



DEC. 8 • 8 AM – NOON • FREE
BOTHWELL EDUCATION CENTER
600 E. 14TH ST.

Be trained and equipped to help someone in a bleeding emergency before professional help arrives. To register, contact the Bothwell Education Center at classes@brhc.org or call 660.827.9516.



KEY AWARDS

Katy Kuschel
Charolett Johnson
Taylor Jaronen
Tatyana Logvinenko
Kristy Musgrave
Jan Devore
Kristin Cloe
Becca Dowell

Christina Swank
Heather Kaneko
Verena Dennis
Lori Gano
Cassie Kindle
Katelyn Buxton
Kylie Musgrave
Alex Schlobohm

Kendra Baumgartner
Gia Kuhns
Will Gravitt
Heather Anderson
Josefina Theisen
Reilly O'Shea
Mona Gibbs
Kayla Thornton

Danielle Howser
Ana Pahua
Jamie Morris
Dawn Hoff
Kim Cox

DEPARTMENT SPOTLIGHT

Emergency Department

Let's get to know each other better! Department Spotlight highlights a department each month, what they do and who they support. Next up is the Emergency Department led by Manager Lesley Jackson and Director of Critical Care Services Tammy Jackson.



Some of the more than 70 full- and part-time Emergency Department team

What does this department do?

We are a team composed of registered nurses, licensed practical nurses, ED technicians, ward clerks, paramedics, emergency medical technicians (EMT), nurse practitioners, physician assistants and physicians.

Our team takes care of members of our community as well as our coworkers and our families when they need emergent/non-emergent medical care. All diagnoses and ages are covered. There are no needs that cannot be stabilized and cared for in our ED.

How would you describe your team?

The Emergency Department is a multi-faceted team. There are all levels and areas of expertise within the team. We come together to work as a close-knit team to care for our patients 24/7/365. We are never closed!

What other departments does this department support?

The ED supports all areas of the hospital as we are the "other" front door to the hospital in the community. We accept, treat and stabilize patients to either be discharged home or admitted for further care. We use the services of many areas within the hospital. Some of which include lab, radiology, social services, respiratory therapy, dietary, registration and environmental services.

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

One thing others may not know about the ED is that we don't ever say we are full or at capacity. As long as patients need us, we are open and try our best to care for them as quickly and as safely as possible.

What is a recent accomplishment of this department?

Recent accomplishments include a significant increase in sepsis scores from 7% to 83% in a little over a year! Patient satisfaction scores have also increased steadily over the last six months. We had NO Joint Commission citations in our most recent survey (the first time that has ever happened)! We also continue to be stroke and STEMI certified by the Joint Commission.

What do members like to do for fun?

With such a diverse group with ages and gender there are numerous things on that list. There are people who like to hunt and fish, others enjoy fitness, reading, baking and making cool t-shirts for the staff or spending time with family, sports and just relaxing!

Anything else you want to share about your department?

We are a diverse group but very tight knit. The staff are resilient and resourceful both for our patients and for each other. We are family and treat each other as such both good and bad! If one of us is struggling we pull together to help each other out and support each other. There are days and nights when we see terrible things and have each other to lean on to vent and heal. This group would not have it any other way!

DIRECTORS

Interested in having your department featured in this spot? Send an email to Dana Kelchner in Marketing and Communications at dkelchner@brhc.org for details.

NOVEMBER EMPLOYEE OF THE MONTH

Way to Go, Ann Martin

Each Bothwell employee plays a significant role in providing exceptional patient care. There are times where a person wears many hats and one employee is commended for doing so with patience and ease.

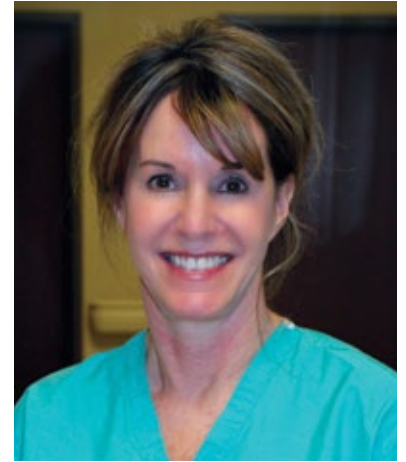
Ann Martin, Cath Lab RN, is our November Employee of the Month for her versatility and organizational skills that allow her to effectively work in many departments throughout the hospital. Martin was nominated by Lawrie Knox, Cath Lab tech.

"I strongly believe Ann is a magnificent candidate for employee of the month," Knox said. "She is not only an important employee in our department, but she also uses her skills and abilities in Cardiology, Radiology and other departments throughout the hospital."

In her nomination, Knox elaborated on just a few of the many tasks Martin tackles each day both inside and outside their department. She accesses port-a-caths, assesses CT biopsy patients, oversees MRI patients with cardiac devices during their exam, and communicates with patients prior to a heart cath, device implant or peripheral procedure to ensure they know what to expect. Knox said you can catch Martin with her blue cart and device analyzer checking pacemakers and/or ICDs for the ER, on the patient floors or in anesthesia on any given day.

"She is one of the first people our patients see before their procedure and is always making them feel comfortable and at ease," Knox said. "Ann is versatile and goes where she's needed to help in any way she can. I believe she is a great example of what an employee of the month represents."

Congratulations, Ann, on being named November Employee of the Month!



GET PAID TO LEARN AND BE A CNA!

Want to be a Certified Nurse Assistant?

- Paid on-the-job training
- Classroom work from the comfort of your home
- Hands-on training
- Full- and part-time positions available

Next class starts Jan. 8!

To apply or learn more information about classes, contact Becky Eldenburg reldenburg@brhc.org



WORKPLACE SAFETY

Situational Awareness – Important Skill to Stay Safe

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

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

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

Situational awareness involves observation, comprehension and anticipation:

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

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

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

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

- **Stop** – Think before you act. Consider the task and make sure you understand what needs to be done.
- **Look** – Carefully observe the work area to find potential hazards.
- **Assess** – Evaluate the hazards and make sure you have the proper tools, training and PPE to be safe.
- **Manage** – Make changes, ask questions and take the necessary actions to continue to work safely.

BOTHWELLNESS QUARTERLY HEALTH CHALLENGES



October through December Challenge: **FINISH STRONG**



We're approaching what some say is the busiest time of the year – the kids are in school again and the holidays are bearing down. What better time to take time for yourself and make sure you're in good health physically and mentally. This quarter participate in these challenges that are part of the BRHC Wellness Plan.

- If you haven't already, schedule your annual wellness exam by calling Bothwell Employee Wellness Clinic at 660.827.7979. Be sure to send the name of your provider and the month in which you received your exam to bothwellness@brhc.org.
- Submit self-care and stress management tips that work for you when the to-do list is long, and demands are many to bothwellness@brhc.org. Suggestions may be shared in an issue of the Billboard.

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

1. Send an email to bothwellness@brhc.org by Dec. 29.
2. Provide information that you completed one or both 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.



UNDERSTANDING GRIEF AND LOSS

Grief Support Group with Chaplain Rob Ayers

Are you going through a loss?

- Loved one
- Your faith
- Your career
- Your health
- A relationship
- Your safety

Join Chaplain Ayers, Certified Grief Recovery Specialist to find help navigating loss and grief.

Everyone deserves the opportunity to heal and find comfort within a supportive community.



Chaplain Rob Ayers

Together, we'll debunk these myths about grief:

- Time heals all wounds
- You need to replace the loss
- You have to grieve alone
- You need to bury your feelings

Ready to learn more?

Contact Pastor Rob at
cayers@brhc.org or 660.287.1090.

Bothwell Foundation

epic
Employee Partners Invested in Caring

Drawings will take place Monday through Friday beginning Dec. 4 and concluding Dec. 19.

Not an EPIC Club member? Sign up by 3 pm to be entered in the prize drawing for that day.

12 Days of Christmas

Season's Greetings and GIVEAWAYS for EPIC Club members!

Dec. 4 12 TURKEYS ROASTING	Dec. 5 11 STANLEYS FOR SIPPING	Dec. 6 10 LATTES LEAPING	Dec. 7 9 CARDS FOR DINING	Dec. 8 8 CROCKS FOR COOKING	Dec. 11 7 COZY BLANKETS
Dec. 12 6 CARDS FOR FIXINGS	Dec. 13 5 EPIC BREWERS	Dec. 14 4 RELAXING HOURS	Dec. 15 3 FIRE TABLETS	Dec. 18 2 CARDS FOR SPENDING	Dec. 19 1 PILE OF CASH!

EPIC Prizes: 12 frozen turkeys | 11 Bothwell Stanley cups | 10 Ozark Coffee mugs and gift cards | 9 restaurant gift cards of \$25 value | 8 Crock Pot™ 20-oz. Lunch Crock Food Warmers | 7 cozy EPIC Club blankets | 6 Aldi gift cards of \$50 value | 5 Keurig K-Mini Single Serve K-Cup Pod Coffee Makers | 4 massages at Bodyworks (one-hour duration) | 3 Amazon Fire HD 10 Tablet | 2 Visa gift cards of \$150 value | 1 pile of cash equivalent to the number of EPIC Club members



A collage of images for the 'Wear Red for Women' event. The top left features a red shopping bag icon with the text 'wear Red 02.23.24 for women'. The top right shows three women in red jackets holding gift boxes, and a rack of colorful clothing. A central red banner reads 'SAVE THE DATE! FRIDAY, FEB. 23'. The bottom row includes a woman shopping, a group of people at a table, and a dining table set for a meal.

wear Red
02.23.24
for women

SAVE THE DATE! FRIDAY, FEB. 23



A banner for the 'LUB DUB 5K/10K WALK/RUN' event. It features a man in a grey hoodie and blue cap speaking into a microphone. The background shows a large banner with 'Bothwell Foundation', 'LUB DUB 5K/10K WALK/RUN', and 'Central Bank of Sedalia'. The bottom section contains the event details and a heart logo with an ECG line.

Bothwell Foundation

LUB DUB 5K/10K WALK/RUN

Central Bank of Sedalia
Strong roots. Endless possibilities.

LUB DUB 04.27.24
5K/10K WALK/RUN
BOTHWELL FOUNDATION
KEEP MOVING
In Memory of Rick Schlesselman 1964-2023

APRIL 27, 2024
REGISTRATION NOW OPEN
All proceeds benefit the Camye Callis Gaspard Memorial Heart Fund

FOUNDATION NEWS

Gifting Life-Saving Devices to the Community

An AED is a small, lightweight device that allows individuals and first responders to treat sudden cardiac arrest. The machine automatically analyzes the heart rhythm and when appropriate, it delivers an electrical shock to the heart to restore its normal rhythm.

Funds to purchase the devices were raised during the 2023 Wear Red for Women luncheon and auction. The committee's goal is to have AEDs in every place people work, learn, play or pray in Sedalia and Pettis County. Since the inception of the luncheon event in 2020, 72 AEDs have been placed in or committed to various locations.

The 2024 Wear Red for Women event is Feb. 23, 2024, and tickets will be on sale in January.



Calvary Baptist Church received an automatic external defibrillator, front row from left Gary Goff; Terry Hunter; Pastor Jonathan Wallenback; Lori Wightman, Bothwell CEO and committee co-chair; James Lawson; Eddie Crouch, committee member. Middle row from left, Jason Hoover; Trish Henson, committee member; Lauren Thiel-Payne, Bothwell Foundation executive director; Sue Laudenberger; Virginia Robinson. Back row from left, Mike Scott; Richard Robinson; Delilah Nichols; Debbie Davis; Robin Balke, committee member.



Sedalia Parks & Recreation received two automated external defibrillators, from left Robin Balke, Trish Henson, Meghan Funkhauser and Rhonda Ahern, committee members; Dianne Simon, Thompson Hills Investment Corporation vice president and committee co-chair; and Leisha Nakagawa, Bothwell Foundation administrative assistant.

FOUNDATION NEWS

Memorials and Donations

In Memory of David Gaspard

James Callis
Judith and William Woolery
Emma and David Curry
Chuck and Sherry Kempton
Landmann Title Company
Mike and Roberta Moulton

In Memory of Rick Schlesselman

James Callis

In Memory of Charles Ayers

Leora Breme

In Memory of Amanda Michelle May

Grace Linn



DISCOUNTS
REFRESHMENTS
HOLIDAY GIFT SHOPPING

MOONLIGHT MADNESS SALE

DEC. 5
6-11 PM
GIFT SHOP



**PLUS DOOR
PRIZES!**

SUNRISE SALE

DEC. 7
6-9 AM
GIFT SHOP



GET WELL. STAY WELL. BOTHWELL.



Four winners
will be
selected!

Snowman Raffle

Tickets are 1 for \$1 or 6 for \$5
and available for purchase
in the Gift Shop

DRAWING WILL BE HELD

DEC.14

GIFT SHOP HOURS

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



Two different
designs, each
4 feet tall!

DECEMBER

BIRTHDAYS



Tamara Johnson.....	1	Sandi Bowlby.....	12	Jenine Lees.....	23
Jody Teague	1	Chris Lloyd-Knipp.....	13	Lori Hazell	23
Rebecca Eldenburg	3	Toni Catron	13	Katy Kuschel	23
Lori Garrett	3	Cindy Gail.....	14	Wendy Fairfax	24
Kristin Cloe	3	Kay Kramer	14	Tara Przybylski.....	24
Princess Marshall.....	3	Ashley O'Bannon.....	14	Rockie Werneke	24
Karley Thayer	3	Lisa Irwin	16	Dee Dee Gilmore.....	25
Christa Albin	4	Jamie Poppinga	16	Robin Bland	25
Kelsey Allen	4	Courtney Stark.....	16	Maddy Montgomery-Collins	25
Erika Hout.....	4	Lily Plotnic	17	Trish Deghelder	26
Savanna Bouldin	4	Jammie Martin	17	Christina Peritz	26
Shannon Jeffries	6	Leslie Stevenson.....	18	Dr. Matthew Roehrs	27
Shannon Dawson	6	Melissa Lothamer	19	Luis Medina.....	27
Sharon Sawford.....	7	Kristina Kresse.....	19	Rebecca Gregory	27
Christina Zimmerman	7	Kasidy Oberdorfer	19	Heidi Rivera Alejandro	27
Cory Williams.....	8	Teri Schilb	20	Judy Davis	28
Teresa Hendershot.....	8	Crystal Luke	20	Sarah Price	28
Cozetta Chalfant.....	9	Justin McCarthy.....	20	Susan Rasa.....	28
Rene Boland	9	Dylan Stevens	21	Lina Doeve	28
Whitney Benscoter	9	Cynthia Hoehns.....	21	Delia Coffey.....	28
Heather Ross	10	Deanna Greer.....	21	Timothy Jackson.....	29
Tony Labuary.....	10	Pam Ehlers.....	22	Kenneth Blen	29
Mike Lemler	10	Christina Swank.....	22	Melissa Knipp-Hall	30
Fred Deitas.....	10	Carlos Alegarbes Jr.	22	Janette Dunkel	30
Rick Langdon	11	Natalie Litzel.....	22		
Jennifer Johnston	11	Katlyn Burnett	22		
Breanna Sims	11	Zuleimasoe Munoz	22		