

OCTOBER 2023

# BILLBOARD



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



## INTRODUCING MARVIN SMOOT

Letter from Lori

I am pleased to announce that **Marvin Smoot** is our new Vice President of Clinic Operations.

As you may know, we worked with Eide Bailly, an external search firm to identify candidates for this position. Seventy five people expressed interest and 29 were interviewed by Eide Bailly. Twelve candidates were presented to the Senior Leadership Team for review, and I interviewed 10 from that list. From that 10, five individuals were brought onsite for a day and a half of activities. This time was spent visiting several clinics, including Warsaw, having lunch with all direct reports, spending time with SLT, meeting with Dr. Todd to discuss the physician residency program, touring some hospital-based clinics, and eating dinner with physician and APP leaders.

After discussing the candidates with the rest of SLT and getting feedback from those who met with them, I am confident Marvin will be a wonderful fit for our team and bring experience and enthusiasm to his new role. Several people described him as experienced with great listening and communication skills. Others also liked him for his approachability and ability to connect with people, demonstrated community involvement, strategic thinking and suggested he would be a "great face" for Bothwell especially for provider and staff recruitment.

[READ MORE ON NEXT PAGE ►](#)



### SEE WHAT'S INSIDE!

INSURANCE OPEN  
ENROLLMENT NOV. 6-24

IGNITE THE PATIENT EXPERIENCE  
SET FOR NOV. 28-29

COMMUNITY FITNESS NIGHT  
RETURNS DEC. 28

FLU VACCINES DEADLINE DEC. 31

BE PREPARED FOR EMERGENCIES

## INTRODUCING MARVIN SMOOT (CONTINUED)

### Letter from Lori

Marvin is coming to us from NexGen Surgical/CCI Anesthesia in Sioux Falls, South Dakota, where he is Executive Vice President. In this role, Marvin is responsible for monitoring hospital operations in 40 hospitals in 20 states. He develops the company's strategic goals, manages customer relations, identifies business opportunities and drives revenues by developing new service lines and hospital affiliations ... all great experiences I know he will bring to Bothwell as we seek to enhance our clinic operations. Marvin's strengths include leading multiple sites, change and growth management, budget planning, strategic planning, complex problem solving and leadership and people development.

In addition, Marvin serves as the Executive Director of the Great Plains Veteran's Research Foundation, which is headquartered in Sioux Falls. He initially served as a board member and has led the organization since February 2022. Marvin's father was a veteran, which motivated him to join the board and agree to lead the foundation on a part-time basis in addition to his full-time work. To me, this says a lot about the type of person Marvin is.

Prior to his current employment, Marvin worked for several health care organizations overseeing physician practice management, provider operations, practice administration and as a chief operating officer. His experiences include leading an EMR implementation, accreditation for an operating room and ambulatory surgery center, new surgery center construction and multi-state growth strategy.

Marvin is originally from Cottage Grove, Minnesota, and started his collegiate career on a football scholarship at Augustana University in Sioux Falls. He transferred to University of Sioux Falls to continue playing football and received a business management degree. In 2014, he earned a master's in Business Administration from the University of Sioux Falls and earned a doctoral degree in Organizational Leadership from Grand Canyon University in Arizona in 2019.

Marvin is looking forward to getting back to a hospital and clinics and working directly with the people who make our system run. He and wife, Jenna, are excited to move to Sedalia. Marvin has a history of high involvement in the communities where he's lived by serving on boards and coaching. He enjoys staying in shape and even played semi-professional football for the Northern American Football League until he was 40. We may have to research if there is any film we can scout to see his football skills.

Marvin's start date is Nov. 27, and I'm excited for him to get even more familiar with our operations and begin a successful career at Bothwell. Please welcome him when he arrives and make him feel at home.

**Stay well. Be well.**



*Marvin with his wife, Jenna, and their children Kirk and Ella. He also has four older children who live outside the home.*

## HEALTH INSURANCE CORNER

### Need Specialist Care? Wondering if it's Covered?

If a specialty practitioner is not available in the Health Cooperative of Missouri (HCM) network, you can see someone in the HealthLink / Freedom Select / First Health network and **services will be covered at the HCM tier.**

If you're having issues or questions about specialist care coverage or other health insurance issues, please contact Human Resources. Staff is available to help! Call ext. 9540 or stop by the office located on the hospital's ground floor to get your questions answered.

### BENEFITS OPEN ENROLLMENT IS NOV. 6 – NOV. 24

#### What's new in 2024?

- Rates for the Standard and Premium plans are changing slightly
- A \$20 mental health visit copay is being added for providers in the Health Cooperative of Missouri network, and a \$50 copay is being added for providers in Freedom Select/Health Link/First Health networks.
- Two new plans are being added:
  - » Cigna Preferred Provider Organization (PPO)
  - » Cigna Health Savings Account (HSA)
- PAYTIENT line of credit card
  - » Employees can sign up for the Paytient card that has a \$1,500 credit limit that can be used to pay for health, dental, vision, pharmacy or veterinary expenses over time - no fees or credit check required
  - » Employees can choose a repayment plan length of up to 36 months through payroll deduction or from personal bank account
- Employee health certificate
  - » \$250 certificate for benefits-eligible employees not on a Bothwell health insurance plan to use toward Bothwell services

Check out the plan flyers on the next pages for details!

#### What to do next?

Each eligible employee will receive a personalized email at their @brhc email and at their personal email that is on file with Human Resources that includes a digital benefits booklet and more enrollment information.

#### Re-enrollment is not required this year.

- You only need to take action if you plan to make changes to any of your benefits for 2024.
- If you do not want to make any changes, you do not need to do anything.

If you have questions or need assistance, check out these options to find answers.

#### Health insurance educational classes will be held:

- **Nov. 9**  
7–8 am – Education Center  
10–11 am – Education Center
- **Nov. 16**  
2–3 pm – Education Center  
5:30–6:30 pm – Chapel

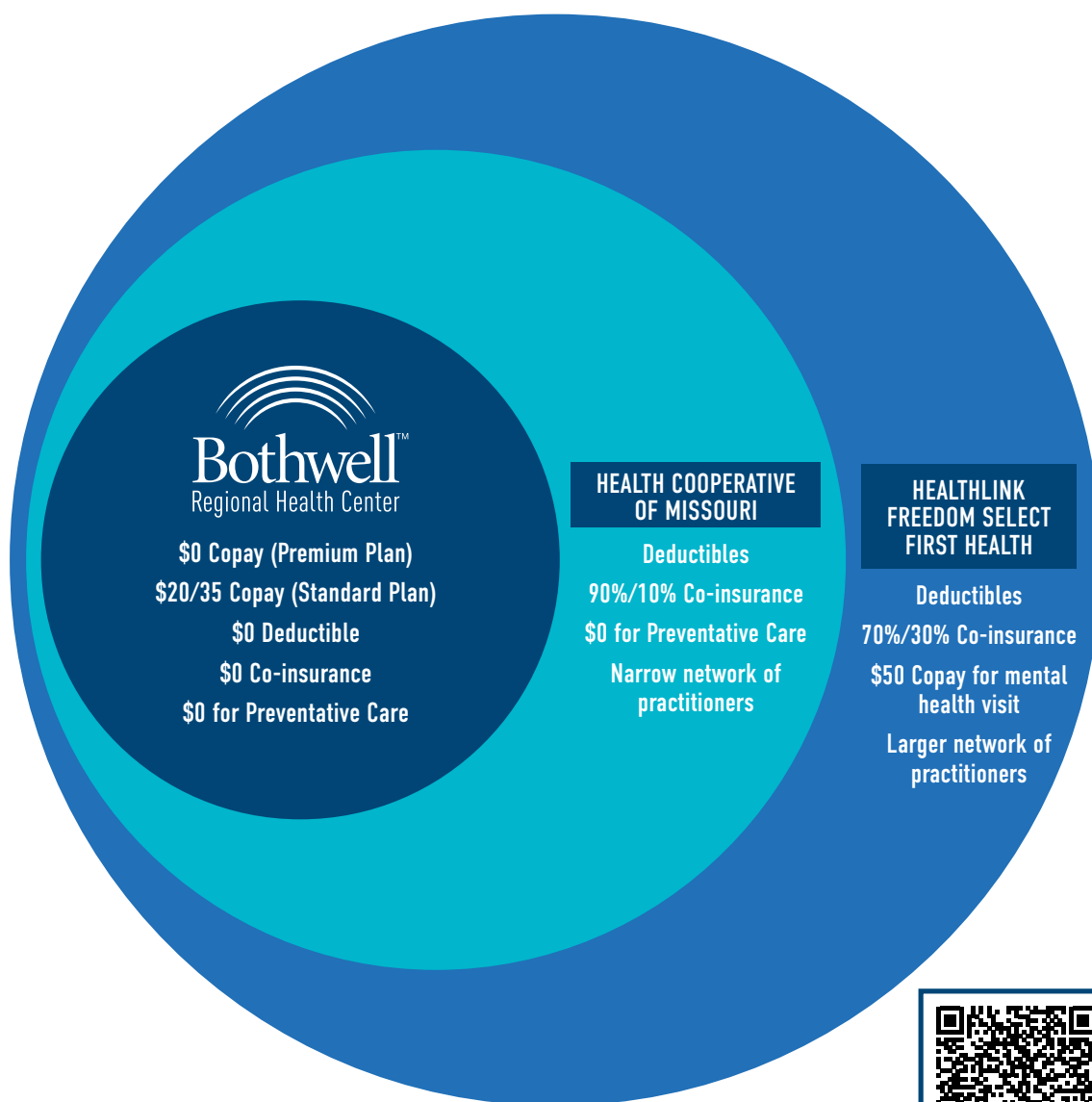
#### Health EZ will have a table set up in front of the Café to answer questions:

- **Nov. 8**  
1:30 – 5 pm
- **Nov. 9**  
7 – 11 am

# HEALTH INSURANCE IN 2024

## At-A-Glance Highlights

- Standard and Premium Plans Available •



### SPECIAL NOTES

- 90-day Maintenance Medications Required to be Filled at Employee Pharmacy
- If a specialty practitioner is not available in the Health Cooperative of Missouri (HCM) network, you can see someone in the HealthLink / Freedom Select / First Health network and services will be covered at the HCM tier
- NO prior authorizations required for Bothwell Medical Equipment or Bothwell Radiology services
- Added Health Plans - Preferred Provider Organization (PPO) and Health Savings Accounts (HSA) plans also available





# 2024 HEALTH INSURANCE Premier Access Standard Plan

SUMMARY OF MEDICAL BENEFIT				
Benefit	Bothwell	HCM	Freedom Select/Health Link/First Health	Out-of-Network
Deductible – Individual/Family	\$0/\$0	\$2,000/\$4,000	\$5,000/\$10,000	\$10,000/\$20,000
Co-Insurance – Member Pays	0%	10%	30%	50%
Out-of-Pocket Maximum Individual/Family (includes deductible)	\$4,000/\$8,000	\$4,000/\$8,000	\$10,000/\$20,000	\$20,000/\$40,000
PCP/Specialist Visit	\$20/\$35	\$45/\$75	30% after deductible	50% after deductible
Mental Health Visit	Covered at 100%	\$20 Copay	\$50 Copay	50% after deductible
Preventive Care	Covered at 100%	Covered at 100%	30% after deductible	50% after deductible
Diagnostic Lab Performed in Physicians Office or Independent Lab	Covered at 100%	Covered at 100%	30% after deductible	50% after deductible
Diagnostic Lab Performed in a Hospital or Outpatient Facility	Covered at 100%	10% after deductible	30% after deductible	50% after deductible
Chiropractic/Spinal Manipulation	N/A	\$60 Copay	30% after deductible	50% after deductible
Outpatient Surgery	Covered at 100%	10% after deductible	30% after deductible	50% after deductible
Walk in Clinic	\$20	\$45	30% after deductible	50% after deductible
Urgent Care	N/A	\$150 Copay, 10% coinsurance after deductible	30% after deductible	50% after deductible
Emergency Room Visit	\$150 Copay	\$150 Copay, 10% coinsurance after deductible	\$300 Copay, 30% coinsurance after deductible	50% after deductible
Inpatient Hospital Services	Covered at 100%	10% after deductible	30% after deductible	50% after deductible
Inpatient or Outpatient	Covered at 100%	10% after deductible	30% after deductible	50% after deductible
Mental Health/Substance Abuse	N/A	10% after deductible	30% after deductible	50% after deductible
Bothwell Medical Equipment	Covered at 100%	10% after deductible	30% after deductible	50% after deductible
Physical and Occupational Therapy (CY Limit: 60 combined visits)	Covered at 100%	10% after deductible	30% after deductible	50% after deductible
Speech Therapy (CY Limit: 20 visits)	Covered at 100%	10% after deductible	30% after deductible	50% after deductible

SUMMARY OF PHARMACY BENEFIT			
Benefit	Bothwell		Any Other Pharmacy
Out-of-Pocket Maximum Individual/Family		\$4,000/\$8,000	
30 Day			
Tier 1 Generic Drugs	\$5 Copay	Greater of \$40 copay or 20%	
Tier 2 Preferred Name Brand Drugs	\$20 Copay	Greater of \$80 copay or 50%	
Tier 3 Non-Preferred Name Brand Drugs	\$40 Copay	Greater of \$150 copay or 60%	
Specialty Tier	20%	40%	
90 Day			
Tier 1 Generic Drugs	\$10 Copay	Greater of \$80 copay or 20%	
Tier 2 Preferred Name Brand Drugs	\$40 Copay	Greater of \$160 copay or 50%	
Tier 3 Non-Preferred Name Brand Drugs	\$80 Copay	Greater of \$300 copay or 60%	
Specialty Tier	Not Covered	Not Covered	

\*DME and Imaging – No Prior Auth.

\*90-day maintenance medications required to be filled at Employee Pharmacy

Rev. 10.25.23



# 2024 HEALTH INSURANCE Premier Access Premium Plan

SUMMARY OF MEDICAL BENEFIT				
Benefit	Bothwell	HCM	Freedom Select/Health Link/First Health	Out-of-Network
Deductible – Individual/Family	\$0/\$0	\$1,500/\$3,500	\$5,000/\$10,000	\$10,000/\$20,000
Co-Insurance – Member Pays	0%	10%	30%	50%
Out-of-Pocket Maximum Individual/Family (includes deductible)	\$3,500/\$7,000	\$3,500/\$7,000	\$7,000/\$14,000	\$15,000/\$30,000
PCP/Specialist Visit	Covered at 100%	\$45/\$75	30% after deductible	50% after deductible
Mental Health Visit	Covered at 100%	\$20 Copay	\$50 Copay	50% after deductible
Preventive Care	Covered at 100%	Covered at 100%	30% after deductible	50% after deductible
Diagnostic Lab Performed in Physicians Office or Independent Lab	Covered at 100%	Covered at 10%	30% after deductible	50% after deductible
Diagnostic Lab Performed in a Hospital or Outpatient Facility	Covered at 100%	10% after deductible	30% after deductible	50% after deductible
Chiropractic/Spinal Manipulation	N/A	\$60 Copay	30% after deductible	50% after deductible
Outpatient Surgery	Covered at 100%	10% after deductible	30% after deductible	50% after deductible
Walk in Clinic	Covered at 100%	\$45	30% after deductible	50% after deductible
Urgent Care	N/A	\$150 Copay, 10% coinsurance after deductible	30% after deductible	50% after deductible
Emergency Room Visit	\$75 Copay	\$150 Copay, 10% coinsurance after deductible	\$300 Copay, 30% coinsurance after deductible	50% after deductible
Inpatient Hospital Services	Covered at 100%	10% after deductible	30% after deductible	50% after deductible
Inpatient or Outpatient	Covered at 100%	10% after deductible	30% after deductible	50% after deductible
Mental Health/Substance Abuse	N/A	10% after deductible	30% after deductible	50% after deductible
Bothwell Medical Equipment	Covered at 100%	10% after deductible	30% after deductible	50% after deductible
Physical and Occupational Therapy (CY Limit: 60 combined visits)	Covered at 100%	10% after deductible	30% after deductible	50% after deductible
Speech Therapy (CY Limit: 20 visits)	Covered at 100%	10% after deductible	30% after deductible	50% after deductible

SUMMARY OF PHARMACY BENEFIT		
Benefit	Bothwell	Any Other Pharmacy
<b>Out-of-Pocket Maximum Individual/Family</b>		
<b>\$3,500/\$7,000</b>		
<b>30 Day</b>		
Tier 1 Generic Drugs	\$5 Copay	Greater of \$35 copay or 20%
Tier 2 Preferred Name Brand Drugs	\$20 Copay	Greater of \$70 copay or 50%
Tier 3 Non-Preferred Name Brand Drugs	\$40 Copay	Greater of \$125 copay or 60%
Specialty Tier	20%	40%
<b>90 Day</b>		
Tier 1 Generic Drugs	\$10 Copay	Greater of \$70 copay or 20%
Tier 2 Preferred Name Brand Drugs	\$40 Copay	Greater of \$140 copay or 50%
Tier 3 Non-Preferred Name Brand Drugs	\$80 Copay	Greater of \$250 copay or 60%
Specialty Tier	Not Covered	Not Covered

\*DME and Imaging – No Prior Auth.

\*90-day maintenance medications required to be filled at Employee Pharmacy

Rev. 10.25.23



# 2024 HEALTH INSURANCE PPO AND HSA PLANS

Preferred Provider Organization (PPO) plans help patients pay less by using a provider within the plan's network. You are still able to use providers outside of the network for an additional cost.

A Health Savings Account (HSA) allows you to set aside funds on a pre-tax basis to pay for qualified medical expenses. Though HSA funds generally cannot be used to pay premiums, you can lower your out-of-pocket health care costs by using it for other expenses including deductibles, copayments and coinsurances.

PPO SUMMARY OF MEDICAL BENEFIT			
Benefit	Bothwell	CIGNA	Out-of-Network
Deductible – Individual/Family	\$1,500/\$3,000	\$2,500/\$5,000	\$5,000/\$10,000
PCP/Specialist Visit	\$30-\$60	\$45-\$75	N/A
Co-Insurance – Member Pays	10%	20%	50%
Out-of-Pocket Maximum Individual/Family (includes deductible)	\$7,500/\$15,000	\$7,500/\$15,000	\$15,000/\$30,000
HSA SUMMARY OF MEDICAL BENEFIT			
Benefit	In-Network		Out-of-Network
Deductible – Individual/Family	\$5,000/\$10,000		\$7,500/\$15,000
PCP/Specialist Visit	N/A		N/A
Co-Insurance	20%		50%
Out-of-Pocket Maximum Individual/Family *Pharmacy copays do not apply to the HSA plan	\$7,500/\$15,000		\$15,000/\$30,000
SUMMARY OF PHARMACY BENEFIT FOR PPO AND HSA			
Benefit	Bothwell		Any Other Pharmacy
Out-of-Pocket Maximum Individual/Family	\$3,500/\$7,000		
30 Day			
Tier 1 Generic Drugs	\$5 Copay		Greater of \$35 copay or 20%
Tier 2 Preferred Name Brand Drugs	\$20 Copay		Greater of \$70 copay or 50%
Tier 3 Non-Preferred Name Brand Drugs	\$40 Copay		Greater of \$125 copay or 60%
Specialty Tier	20%	40%	
90 Day			
Tier 1 Generic Drugs	\$10 Copay		Greater of \$70 copay or 20%
Tier 2 Preferred Name Brand Drugs	\$40 Copay		Greater of \$140 copay or 50%
Tier 3 Non-Preferred Name Brand Drugs	\$80 Copay		Greater of \$250 copay or 60%
Specialty Tier	Not Covered		Not Covered

**FIND A PROVIDER  
IN THE CIGNA NETWORK**

1. Visit [hcpdirectory.cigna.com/web/public/consumer/directory/search](https://hcpdirectory.cigna.com/web/public/consumer/directory/search)
2. Enter zip code and then click "Doctor by Type" and choose from the drop-down.
3. When it asks you to login, click "Continue as Guest".
4. On the next screen, click "Continue".
5. Then choose PPO, Choice Fund PPO.

\*DME and Imaging – No Prior Auth.

\*90-day maintenance medications required to be filled at Employee Pharmacy

Rev. 10.27.23

## MISSION: KINDNESS, CARE, EVERYWHERE

### Firing Up our Commitment to Become a 5-Star Hospital of Choice

Last May, Dianne Williams, 2 Southwest and Surgery Short Stay units director and patient experience champion, attended ELEVATE23, a live stream conference hosted by health care engagement experts Custom Learning Systems (CLS). While there, she entered Bothwell's name in a chance to win a free "Ignite the Patient Experience" solution offered by CLS, which is valued at \$26,400, and Bothwell was selected!

**On Nov. 28 and 29**, CLS faculty will be on-site to engage and inspire all of us and help develop a three-year action plan to light up our patient experience efforts. Sessions on the first day include focus groups with frontline staff, nurse/clinical leaders, department leaders, board/physicians/APPs, and administration, and a wrap-up meeting on the second day.

Invitations have been sent to those who will be participating in the focus groups. If you'd like more information about the event, please contact Dianne at [dwilliams@brhc.org](mailto:dwilliams@brhc.org).

## KNOW YOUR EDUCATIONAL BENEFITS



Contact Human Resources to learn more!

## FLU VACCINES

### Important Dates and Information

The flu vaccine is available and employees are **required** to either receive the vaccine or request an exemption if you do not already have one. 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](mailto: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.**

**Deadline to complete exemption form with Human Resources is Nov. 15 if not already on file.**

## INFECTION CONTROL NEWS

### COVID Positive Procedures

Be reminded that Covid-19 is still circulating, and employees who test positive should not work for five days. Upon returning to work, employees are required to wear a mask for five days.

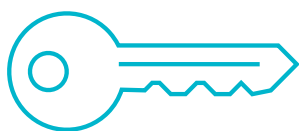
## PEDIATRIC NEBULIZERS AVAILABLE

### "Fun to Inhale with Willis the Whale"

Thanks to a donation from Bothwell Board Chair Deidre Esquivel, the foundation office has a limited supply of Willis the Whale pediatric nebulizer systems free for employees.

Willis is a child-friendly compressor nebulizer system designed to make therapy for asthma or respiratory illness fun for children and help reduce some of the stress surrounding the treatment process.

The system does not include the medication. If you would like one of the systems, stop by the foundation office on the hospital's second floor or email Lauren Thiel-Payne at [lthiel@brhc.org](mailto:lthiel@brhc.org). Items are first-come, first-served.



## KEY AWARDS

Karolina Kondratyuk  
Sherri Egbert  
Helen Fisher  
Gia Kuhns  
Ruth Ann Cramer  
Savannah Bouldin

Teri Schilb  
Grace Thompson  
Cesley Paredes  
Susan Rasa  
Alexander Kresse  
Stacy Riley

Patty Bock  
Jennifer Bottcher  
Lucy Hughes  
Kara Sheeley  
Jeff Jenkins  
Toni Catron

Brittany Lindstrom  
Sara McLemore  
Christina Oelrichs

## PERSONNEL NEWS

### Elizabeth Green Joins Midwest AAOE Board

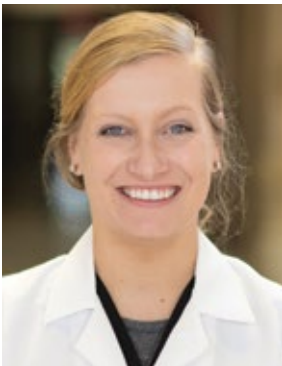


Elizabeth Green, Clinic Operations director for Bothwell Orthopedics & Sports Medicine, Medical Equipment, Pain and Rheumatology clinics, was invited to join the Midwest American Association of Orthopedic Executives (AAOE) Board of Directors for 2023-2024 as an at-large member. The organization serves Midwest orthopedic practice executives in Arkansas, Missouri, Kansas and Oklahoma and meets annually in various locations in Missouri. As a member of the Midwest AAOE, Green has the opportunity to collaborate with peers in the region, as well as increase her knowledge and leadership skills.

Congratulations, Elizabeth, and thank you for representing Bothwell and orthopedic services with AAOE.

## PERSONNEL NEWS

### Welcome Kelsey Reid, PA-C



Kelsey Reid, a certified Physician Assistant, has joined Bothwell Walk In Winchester and will care for patients of all ages for their urgent health care needs.

Reid received a master's degree in Medical Science Physician Assistant from University of Missouri-Kansas City in 2020. She earned a bachelor's degree in Health Science from University of Missouri-Columbia. Following completion of an intensive 13-month fellowship in Emergency Medicine at University of Missouri Health Care, which is a Level I Trauma Center, Reid worked at MU Health as an Emergency Medicine Physician Assistant.

"I was drawn to Bothwell because of its reputation for offering quality care to the area," Reid said. "My background in emergency medicine has well equipped me to evaluate and treat acute conditions and I look forward to working in the walk-in clinic setting."

Reid joins Nurse Practitioners Belinda Harper, Ali Roth and Sherry Schwartz, as well as Physician Assistant Mike Shipp at Bothwell Walk In Winchester, which is located at 3700 W. 10th St. Hours are 7 am to 7 pm Monday through Friday and 10 am to 4 pm Saturday.

## RECOGNIZING OUR VETERANS

### Thank You for Your Service

Veterans Day is Nov. 11, the day for honoring those who have served in the U.S. Armed Forces. It was originally named Armistice Day to celebrate peace and the end of World War I. In 1954, it was renamed Veterans Day to include all current and former members of the armed forces. We are pleased to recognize these Bothwell colleagues who served or are serving our wonderful country.

If you are a veteran or active-duty military and would like to be added to this list, please contact Linda in Human Resources at extension 9540.

#### **Rob Ayers**

*Chaplain*

United States Air Force Sgt E4  
12/1987 – 01/1992

#### **Lynh Best**

*Performance Improvement Director*

United States Army  
Army Nurse Corps Captain  
06/1991 – 06/2001

#### **Bob Blacklock**

*Security Supervisor*

United States Air Force SMSgt  
07/1984 – 01/2012

#### **Kenneth Blen**

*Security Officer*

United States Army Sergeant  
2021 - 2022

#### **Jessica Bronson**

*Pathology Section Lead*

United States Navy E4  
8/2001 – 8/2005

#### **Kevin Butler**

*Medical Equipment Medical Assistant*

United States Air Force  
Technical Sergeant  
03/1981 – 03/2003

#### **Gerald Campbell**

*Boiler Room Mechanic*

United States Navy MM2 / SS (E-5)  
07/1989 – 08/1995

#### **Shane Cowgill**

*Plant Services Building Maintenance*

*Specialist*  
Army National Guard Sgt  
1996 – 2011

#### **Cheryl Currier**

*2SW RN*

United States Navy Rate Machine  
Repairman – Rank E-5  
05/1992 – 08/2005

#### **Dr. Mike Carozza**

*OB/GYN Associates*

United States Air Force Major  
Physician  
2006 – 2009

#### **Brandon Cornine**

*2 North Short Stay RN*

United States Army Sgt

#### **Andrew Darrah**

*Hardware Specialist*

United States Air Force TSgt  
06/1981 – 06/2003

#### **Dr. William Decker**

*Radiation Oncologist*

United States Air Force Major  
1991 – 2004

#### **Eva Eubanks**

*Coding / Compliance Coordinator*

United States Navy HM3  
1979 – 1983

#### **Tom Fairfax**

*IS Director*

United States Army Staff Sergeant  
02/1983 – 10/1990

#### **Gweneth Fields**

*Patient Care Coordinator*

United States Army PFC  
1974 – 1976

#### **David Foland**

*Security Officer*

United States Air Force Ssgt  
2003 – 2014

#### **Dr. Steve Foster**

*Urology Clinic Physician*

United States Navy Captain O-6  
1962 – 1994

#### **Eileen Hensley**

*Azan Clinic Receptionist*

United States Air Force A1C  
1991

#### **Chad Hoagland**

*Orthopedics & Sports Medicine*

Radiology Tech  
United States Air Force  
Master Sergeant  
12/1986 – 04/2008

#### **Timothy Jackson**

*Security Officer*

United States Air Force TSgt  
2007 – 2019

## RECOGNIZING OUR VETERANS

### Thank You for Your Service (Continued)

#### **Dr. Lara Briseño Kenney**

*Hematology-Oncology*  
United States Army Major Staff  
Physician, Chief Medical Officer,  
Battalion & Brigade Surgeon  
2004 – 2011

#### **Alexander Kresse**

*Security Officer*  
United States Army E-4/Specialist  
10/2016 – 02/2020

#### **Bart Kuhns**

*CRNA*  
United States Marines  
1987 – 1991

#### **Tony Labuary**

*Patient Care Coordinator*  
United States Navy

#### **Princess Patra Marshall**

*Radiology Technician*  
United States Air Force  
Medical Services

#### **Justin McCarthy**

*Orthopedics & Sports Medicine*  
*Medical Assistant*  
United States Air Force Staff Sergeant  
Active Duty

#### **Eleesha McMillen**

*RN Same Day Surgery*  
Army National Guard Specialist  
2016 – 2022

#### **Francine McRae**

*ED Care Tech*  
United State Air Force  
Master Sergeant  
March 1996 – June 2017

#### **Brian McWhirter**

*Biomedical Engineer*  
United States Army E-4  
August 1979 – August 1981

#### **Brandon Mucke**

*Security Officer*  
United States Marine E-5,  
Intelligence Analyst  
2014 – 2023

#### **Todd Nappe**

*Security Supervisor*  
United States Air Force MSgt  
01/1984 – 01/2010

#### **Dr. Daron Olmsted**

*ED Physician*  
United States Air Force Major  
1996 – 2010

#### **Aaron Pate**

*Neurology Clinic LPN*  
United States Air Force SRA  
2002 – 2008

#### **Bill Parris**

*Orthopedics & Sports Medicine LPN*  
United States Army SSG  
1981 – 1995

#### **Stephen Ready**

*2SW RN*  
United States Air Force SGT  
1967 – 1971

#### **Herbert Robertson**

*Pain Clinic Medical Assistant*  
United States Navy E5/HM2  
U.S. Navy Corpsman  
2010 – 2020

#### **Mike Shipp**

*Employee Wellness Clinic*  
*Physician Assistant*  
United States Air Force Colonel  
1982 – 2021

#### **Randy Smith**

*Facilities Management Director*  
United States Air Force SGT  
1979 – 1983

#### **Michael VanDeusen**

*K9 Security Officer*  
United States Air Force  
E7 Master Sergeant  
2000 – 2020

Thank you for serving our  
country and protecting  
our freedoms. Today and  
every day we are grateful  
for your sacrifices.

## KUDOS AND CONGRATS

### Top 20 Under 40 Honorees

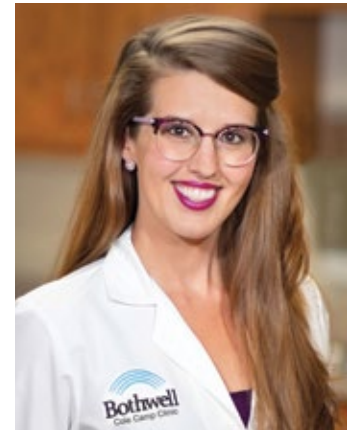
Congratulations to Kara Sheeley, Oncology Services director, and Dr. Misty Todd, family and women's health physician at Bothwell Cole Camp Clinic, on being selected to this year's Sedalia Democrat's Top 20 Under 40 Business and Community Achievement award list.

Kara was nominated for her passion for caring for, supporting and encouraging cancer patients in Pettis County. As a co-chair of Relay for Life in Pettis County, she helps raise funds and awareness for the fight against cancer. Kara also enhances her leadership skills by serving on numerous committees, including the Bothwell Foundation's Employee Giving committee, Bothwell's Employee Engagement committee, Nurses Week planning committee and Wellness committee. Her unwavering commitment to elevating awareness of the importance of cancer research and support does not go unnoticed.

Dr. Misty Todd was nominated for her work in family medicine in the community and her impact leading the Bothwell-University of Missouri Rural Family Medicine Residency. Since October 2022, she has served as Program Director and continues to lead our four resident physicians through their residencies. While her exceptional people skills serve her well in the clinic and hospital with patients, her passion is teaching the next generation of doctors.



Kara Sheeley



Dr. Misty Todd

## KUDOS AND CONGRATS

### Dysphagia Assessment Success

Well done to staff in the Emergency Department and all inpatient units for achieving 100% success in dysphagia assessment completed in August and September.

Dysphagia is difficulty swallowing and can cause choking in stroke patients. Staff use a system of increasing amounts of water to see what a patient can tolerate before they are given liquids or food.

Nursing leadership served pancakes in appreciation.

## BOTHWELL IN THE COMMUNITY

### Showing up for CASA's Totally 80s In Her Shoes

This fun foursome was taken into “custody” for having too much fun revisiting the 80s and supporting the Citizens Against Spouse Abuse’s annual event. From left, Mike Elwood, Lori Wightman, Kara Sheeley, Megan Elwood and Lesley Jackson.



## BOTHWELL IN THE COMMUNITY

### Educating about Family Medicine Residency

Thank you to Dr. Misty Todd, Bothwell-University of Missouri Rural Family Medicine Residency director, and Dr. Levi Harris, Bothwell Family Medicine Associates, for sharing information about the residency program at the October Sedalia Area Chamber of Commerce breakfast sponsored by Bothwell. Their presentation was entertaining and informative.



## EMPLOYEE RECOGNITION CEREMONY

### Years of Service

Bothwell employees gathered at First United Methodist Church to celebrate our dedicated team members who reached a years of service milestone in 2022.

#### 5 Years

Amber Allain  
Pam Bruns  
Kristin Cloe  
Sarah Cordes  
Angela DeWitt  
Janette Dunkel  
Lori Gano  
Alena Gething  
Ramona Gibbs  
Cheryl Glines  
Eileen Hensley  
Sydni Herrick  
Dawn Hoff  
Alicia Hofstetter  
Crystal Hoyes  
Kory Kephart  
Sarah Knott  
Kiersten Labus  
Mike Lemler  
Keirsten Lorenz  
Crystal Luke  
Julie McCammon  
Bailey McGinnis  
Francine McRae  
Abby Murray  
Stacey Nassar  
Amy Nichols  
Michelle Nieman  
Mike Parrish  
Tina Propheter

#### 5 Years (Continued)

Rocio Rodriguez  
Candi Schnakenberg  
Heidi Schwartz  
Tasha Stokes  
Alyson Wilson  
Christina Zimmerman  
Jennifer Zolecki

#### 10 Years

Odjie Bautista  
Irina Borynets  
Kelly Burnett  
Millie Cavanagh  
Terrance Cline  
Brandon Cornine  
Christa Frame  
Kami Jetmund  
Vicki Monath  
Christina Oelrichs  
Laura Phillips  
Dr. Terry Robertson  
Callie Rogers  
Robin Schroeder  
Kara Sheeley  
Meghan Shirky  
Alicia Staus  
Lisa Wells

#### 15 Years

Ashley Barnes  
Deborah Billings  
Eva Eubanks  
Dena Jenkins  
Chasatee Keeran  
Cassie Kindle  
Jennifer Klemme  
Leah Mahin  
Cindy McKeon  
Vasiliy Mitrofanov  
Stacey O'Donnell  
Amy Pangburn  
Susan Reed  
Jennifer Rehmer  
Heather Woolery

#### 20 Years

Dr. Julie Cahill  
Daniel French  
Lawrie Knox  
Steve Ready  
Rebekah Oehrke  
Connie Roll  
Dr. Assad Shaffiey  
Jody Teague  
Rebekah Thompson  
Rob Wideman

#### 25 Years

Theresa Acklin  
Lisa Irwin  
Jami Sleeper

#### 30 Years

Patty Bock  
Amy Dey  
Tamara Johnson  
Kay Kramer  
Jennifer Vanderlinden

#### 35 Years

Elayne Gordon  
Liz Hackett  
Tammy Walker

#### 40 Years

Becky Leiter  
Brenda Sprinkle  
Jennifer Unkle  
Dr. William Woolery

#### 45 Years

Susan Roe

## EMPLOYEE RECOGNITION CEREMONY Years of Service (Continued)



### 5 years of service

*Back Row – Left to right, Dawn Hoff, Tasha Stokes, Sarah Knott (green shirt), Lori Gano, Abby Murray (black hair up), Kiersten Labus  
Middle Row – Left to right, Rocio Rodriguez, Christina Zimmerman, Michelle Nieman (flower shirt), Amber Allain, Angie Dewitt  
Front Row – Left to right, Crystal Hoyes, Cheryl Glines, Amy Nichols, Eileen Hensley, Alicia Hofstetter*



### 10 years of service

*Left to right. Callie Rogers, Odjie Bautista, Meghan Shirky, Alicia Staus, Lisa Wells*



### 15 years of service

*Back row – Left to right, Ashley Barnes, Dena Jenkins, Jennifer Rehmer, Cindy McKeon, Stacey O'Donnell, Chasatee Keeran  
Front row – left to right, Jenni Klemme, Debbie Billings, Lynne Reed, Eva Eubanks*



### 20 years of service

*Back Row – Left to right, Connie Roll, Lawrie Knox, Rob Wideman, Daniel French  
Front Row – Left to right, Rebekah Thompson, Jody Teague*



### 25 years of service

*Left to right, Theresa Acklin, Jami Sleeper, Lisa Irwin*



### 30 years of Service

*Left to right, Jennie Vanderlinden, Tamara Johnson, Patty Bock, Amy Dey*

## EMPLOYEE RECOGNITION CEREMONY Years of Service (Continued)



**35 years of service**

*Left to right, Tammy Walker, Liz Hackett*



**40 years of service**

*Brenda Sprinkle, Becky Leiter, Jennifer Unkel*



**45 years of service** – Susan Roe

## EMPLOYEE RECOGNITION CEREMONY

### 2022 Employee of the Year

Angela Leiter, RN in Cardiology, was named the 2022 Employee of the Year from the 2022 employees of the month. Congratulations, Angela!

### 2022 Employees of the Month

#### January

**Vicki Monath, RN**  
*Emergency Department*

#### February

**Brittani Geml, MA**  
*Bothwell Ear, Nose and Throat*

#### March

**Brenda Adams, RN**  
*Ortho/Peds*

#### April

**Mike Snow**  
*Patient Care Coordinator*

#### May

**Katherine Paul, Clerk**  
*Same Day Surgery*

#### June

**Kathy Rothwell, LPN**  
*Bothwell Cole Camp Clinic*

#### July

**Helen Fisher, RN**  
*Women's Health and Newborn Care*

#### August

**Katie Jackson, LPN**  
*Perioperative Services*

#### September

**Heather Woolery, PRN Tumor Registrar, Pharmacy Technician**  
*Susan O'Brien Fischer Cancer Center*

#### October

**Angela Leiter, RN**  
*Cardiology*

#### November

**Baylee Senesac, RN**  
*2 Southwest*

#### December

**Susan Lamb, Charge RN**  
*Oncology Services*



# EXPANDED UROLOGY CARE

*Partnership with Kansas City Urology Care (KCUC) brings two board-certified urologists on site to care for patients in the hospital and clinic*



Jason Anast, MD



Mirian Boci, MD

## What will they do?

Drs. Anast and Boci will provide a full range of simple to moderate complexity urology procedures including:

- Cystoscopy
- Kidney stone removal
- Treatment of urinary retention and incontinence
- Prostate disease
- Evaluation and treatment of urinary tract bleeding

Complex and highly specialized procedures such as radical nephrectomy (kidney removal) and robotic surgery will be done at other facilities better able to handle such procedures.

## What won't they do?

- Ongoing daily inpatient consultations
- Emergency Department call

## When are they at Bothwell?

- **Tuesdays** – Surgeries
- **Wednesdays** – Office visits, procedures done at the Infusion & Procedure Center on the hospital's second floor and post operative follow-up from Tuesday surgeries

## How do I make an appointment?

**Call Bothwell Urology Services at 660.827.1482.** Nurse Practitioner Dena Jenkins will work closely with the physicians and refer surgical patients to them as patients are assessed.

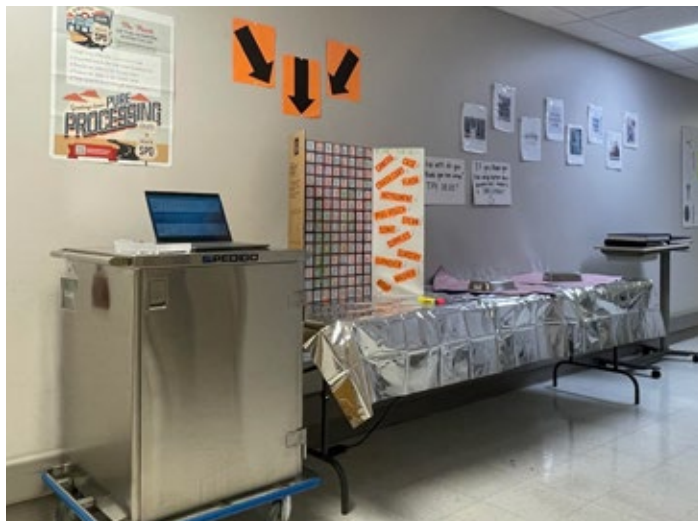


Urology Services



## DEPARTMENT NEWS

### Sterile Processing Open House in Photos



## DEPARTMENT NEWS

### Emergency Department Recognizes Great Sepsis Care

Staci Ward, ED Physician Assistant, received the Golden Blood Culture award, highlighting the best sepsis care in the Emergency Department. Congratulations, Staci!



## THE NUTMAN IS COMING

### Shop In Person or Order Online

Mark your calendar for the next The Nutman Co. sale! Stop by the Café from **8 am to 4 pm Nov. 14** or from **8 am to 2 pm Nov. 15** to purchase a few of the 200 quality nuts, chocolates, snack mixes and candies offered. All proceeds will go to the Sedalia Pettis County United Way.

Can't make it to the hospital on those dates? **Order online during the virtual sale from Nov. 1-9.** *No orders will be accepted after 1 pm Nov. 9.*

To order virtually, visit [nutman.com/online-shop/](http://nutman.com/online-shop/). When directed to the shipping page, choose the "Hubertus" pickup option and specify "BOTHWELL MISSOURI" in the comment section. All online orders will be delivered to the hospital for distribution.



## 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](mailto:reldenburg@brhc.org)



## PATIENT EXPERIENCE

### Kudos and Compliments

*Bothwell Family Medicine Associates – “My calls are always returned promptly and my visits with Dr. Cahill are positive. She addresses all of my questions and answers them. I have been a patient of hers for years and she is as good as they get!”*

*Bothwell Azan Clinic – “Lynda is a wonderful, caring nurse. She is genuinely concerned about my health and comfort and is an asset to the BRHC family.”*

*Outpatient – “I was in and out BEFORE my scheduled appointment time. I checked in about 20 minutes before my appointment time, was called back within five minutes and walked out before the originally scheduled time. Can’t beat that!”*

*Emergency Department – “Dr. Cook was amazing. He listened, he comforted, and explained everything thoroughly. I never questioned what we were doing and why. He is one of a kind!”*

*Bothwell Pain Clinic – “Jennifer is amazing at getting things scheduled and helping any way she can. It is now an hour drive for me to this clinic, but I will continue to make the trip as they are great to work with and really care.”*

*Women’s Health and Newborn Care – “Brittany is my midwife, and she is wonderful. She really listens to my concerns and provides helpful information. She is a huge asset to Bothwell!”*

**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](https://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

### Welcome to the EP Corner!

To educate Bothwell employees on plans in the case of an emergency or crisis, “EP Corner” was created. 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.

Let’s start with a **bomb threat** or **Code Purple**.

#### What do I do if someone makes a bomb threat?

If you receive a telephone call where a bomb threat is made, remain calm and do not hang up. Do your best to prolong the conversation and press for as much information as possible. Complete the bomb threat checklist located on the inside left flap of the EOC guide.

#### Do I call 911?

After completing the bomb threat checklist, dial 5-911 and report a bomb threat. Give the operator all the information you collected on the checklist and identify yourself – give your name, address and phone number.

#### What if I find something suspicious that looks like a bomb?

If you discover a bomb or suspicious item, leave it untouched, dial 5-911 and secure the area until police arrive. You may be asked to assist in a search because you are familiar with the area. If so directed, evacuate your area. See your departmental evacuation plan.

#### What next?

After calling 911, notify your supervisor immediately, then stand by for further instructions. You will also need to turn off the Wi-Fi and all wireless devices. If it is deemed necessary to evacuate, you will be notified by your supervisor or the overhead paging system.

#### DO YOU KNOW?

Our new K9 team of Ringo and Mike is certified by the National Association of Professional Canine Handlers as a certified security and explosive detection team.

Thanks, Mike and Ringo for helping keep us all safe!



## EMPLOYEE ENGAGEMENT NEWS Pumpkin Carving/Decorating Contest

**CONGRATULATIONS  
RADIOLOGY  
DEPARTMENT!**

**2023  
OVERALL  
STAFF  
WINNER!**



**2023  
EMPLOYEE  
ENGAGEMENT  
COMMITTEE  
WINNER!**



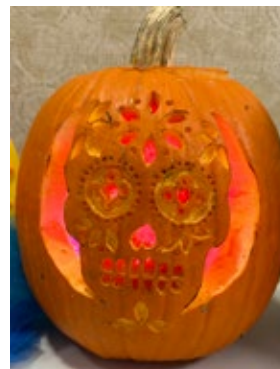
Information Technology



Bothwell TLC Pediatrics




Dietary Services



Senior Leadership team -  
Dr. Phil Fracica

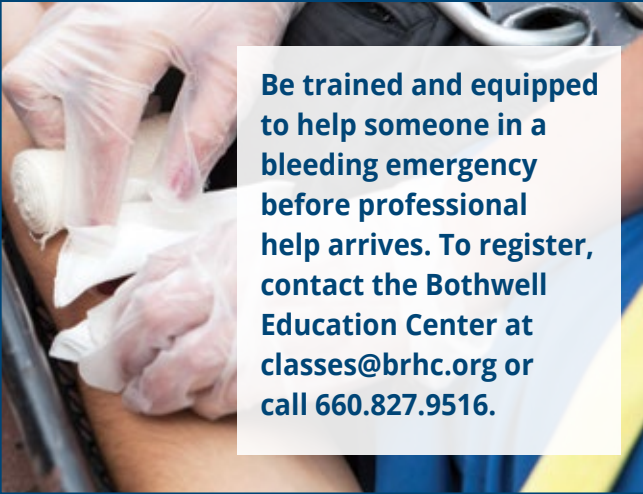


Human Resources -  
Sandy Stephens




**STOP  
THE BLEED®**

**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](mailto:classes@brhc.org) or call 660.827.9516.**





**Blood Drive**  
**Nov. 17**  
**10:30 am - 3 pm**  
**Bothwell Education Center**  
**600 E. 14th St**

**APPOINTMENTS ARE PREFERRED, AND WALK-INS WILL BE ACCEPTED AS CAPACITY ALLOWS.**

[Click to make an appointment](#) or call Lisa Nelson at 816.216.4771.

Please bring a photo ID or donor ID card.

**Donors will receive a FREE Chiefs T-Shirt!**



## CPR/AED CLASSES

### Two Additional Heartsaver Classes

There are now two additional opportunities to attend a Heartsaver CPR/AED class. These classes are for nonclinical staff that do not do patient care but need or want training in the use of CPR and AED. Each class takes about two to two and a half hours in duration and requires a hands on skills checkoff.

The first class is at 12:30 pm Nov. 2, and registration is open in HealthStream. Please contact Kim Perez at [kperez@brhc.org](mailto:kperez@brhc.org) with questions.

*The second class is scheduled for Dec. 18 at noon.*

## DEPARTMENT SPOTLIGHT

### Materials Management

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 Materials Management led by Director Rick Langdon



Back row from left, Rick Langdon, Pam Bruns, Debbie Bobbitt and Terrance Cline  
Front row from left, Teresa Friedlander, Shelbi Bishop, Kaela Reeves, Rose Anne Livengood and Lori Smith. Not pictured is Don Mills

#### What does this department do?

Our department purchases supplies and services, distributes supplies to patient floors and clinics, inputs patient charges, processes and sorts USPS mail, ships and receives hospital materials, and delivers and picks up supplies, labs, medicine, mail and laundry via courier. We take care of all aspects of the supply chain and ultimately ensure the hospital and clinics have the supplies needed to provide exceptional care to our patients.

#### How would you describe your team?

We consider our team to be our work family and we strive to take care of each other in that way. We are blended with people from different age groups and experiences, we make great problem-solvers and yes, we drive each other crazy sometimes!

#### What other departments does this department support?

We support all departments within the Bothwell system, including clinics.

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

Our department assists in numerous ways to provide supplies to ALL departments and ALL clinics.

#### What is a recent accomplishment of this department?

We worked tirelessly to ensure that frontline Bothwell employees had all the supplies needed to take care of patients during the pandemic. The amount of unavailable items was alarming, which meant getting creative and thinking outside of the box in order to obtain the necessary supplies.

#### What do members of this department like to do for fun?

We love to have celebrations in our department for birthdays, holidays and special occasions, and they always involve good eats and fancy coffee! Many of us love sports (but not all the same pro football teams to be clear), concerts, shopping, camping and wineries.

#### Anything else you want to share about your department?

While we don't directly care for patients, we strive to put patients first with the work we do. Also, many people don't know where our department is located. Materials Management is on the hospital's ground floor, near the loading dock and the Employee Pharmacy.

## DIRECTORS

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

## OCTOBER EMPLOYEE OF THE MONTH

### Rob Wideman

At Bothwell, whether it is a routine checkup or scan or a scan seeking a diagnosis, our patients trust each employee to assess their health care needs in an attentive and timely manner. Analyzing results more than once to ensure the scan is read accurately can be the determining factor in a patient's health.

In appreciation of one employee's attention to detail and rapid response, Nuclear Medicine Chief Tech Rob Wideman is our October Employee of the Month. Without hesitation, Wideman made an assessment and a significant impact on a patient's health care. He was nominated by Dillon Uhls, Nuclear Med tech, and Teresa Luyet, Cardiac Cath Lab chief tech.

"Rob had a patient in for a nuclear medicine scan of their heart," Uhls and Luyet said. "After completing a stress test on the patient, he noticed a possible breast lesion and immediately notified the radiologist and the ordering nurse practitioner of possible findings."

Uhls and Luyet said because of Wideman's concern and quick communication, the patient was seen by the nurse practitioner the following day and further testing was completed in three days.

"Rob displayed exceptional patient care that shouldn't go unnoticed," they said. "His demonstration of efficiency was top notch."

**Congratulations, Rob, on being named October Employee of the Month!**



### EDITOR'S NOTE

In the September issue, Lindsay Willis's title in Shelby Osburn's nomination story should have been ED paramedic. We apologize for the error.

## NEW EMPLOYEES

### September

**Bethany Beesley**  
*Cardiology*

**Tabitha Brubaker**  
*Nursing Administration*

**Megan Crabb**  
*2 Southwest*

**Teresa Ficken**  
*Emergency Department*

**Aleksandr Glushtrom**  
*Pathology*

**Morgan Green**  
*Nursing Administration*

**Mariia Holimbiievskia**  
*Nursing Administration*

**Alissa Karnes**  
*Bothwell Internal  
Medicine Specialists*

**Kimberly McMillin**  
*Centralized Scheduling*

**Brandon Mucke**  
*Security*

**Diana Ngugi**  
*Sterile Processing*

**Jullianna O'Carroll**  
*2 Southwest*

**Elizabeth Patterson**  
*Pathology*

**Robert Smith**  
*Housekeeping*

**Yana Stasyuk**  
*Nursing Administration*

**Amber Street**  
*Housekeeping*

**Amber Thomas**  
*Emergency Department*

**James Toone**  
*Hospitalist*

**Jennifer Vargas**  
*Emergency Department*

**Rebecca Walker**  
*Housekeeping*

**Gregory Weller**  
*Centralized Scheduling*

**Christina Wilcox**  
*Bothwell Eldenburg  
Family Practice*

**Alexis Woolery**  
*Dietary*

## WORKPLACE SAFETY

### Work Injury Policy and Procedures

Bothwell Regional Health Center complies with the laws of the state of Missouri regarding workers' compensation. This legislation provides for lost wages and medical expenses in the event of a work-related injury.

Medical treatment for work-related injuries is not a covered service under the Bothwell medical plan.

The Missouri workers' compensation law defines a work-related injury as "an injury that has arisen out of and in the course of employment." An injury shall be deemed work-related if:

- It is reasonably apparent, upon consideration of the circumstances, that the accident is the prevailing factor in causing the injury.
- It does not come from a hazard or risk unrelated to the employment to which workers would have been equally exposed externally in normal non-employment life.

Bothwell's work injury policy provides guidelines to be followed when an employee is injured on the job.

- Report the injury to the immediate supervisor as soon as possible.
- An Injury Report form should be completed and submitted to Human Resources within 24 hours of the injury. Forms are available on the intraweb, in each department and at Human Resources.
- The Human Resources will assist injured employees who require medical treatment.
- Injured employees are required to accept modified duty assignments if authorized by the treating physician. An employee who refuses modified duty assignments will not be eligible for lost wages.

**For more information, please see the Human Resources Work-Related Injuries Policy on the intraweb.**



## REASONS TO USE YOUR BOTHWELL EMPLOYEE PHARMACY!

- 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

## PATIENT SAFE HANDLING INITIATIVE

### Avoiding Lifting Injuries

According to the Centers for Disease Control and Prevention (CDC) and the Occupational Safety and Health Administration (OSHA), manual patient handling is a common cause of work-related injuries and illness. The biggest risk factor for injury occurs when moving or repositioning patients. Five outcomes to consider when manual lifting include:

- Musculoskeletal disorders: Injuries to muscles, bones and joints can occur from a single lift or from repetitive and prolonged lifting in awkward postures or forceful motions.
- Falls: Patient injuries from a fall can occur and include fractures, bursae and skin tears.
- Pressure ulcers: These can occur when skin is damaged due to prolonged pressure on skin.
- Infections: Exposure to infectious agents can occur while handling patients in close contact.
- Psychological stress: Manual lifting can be physically and emotionally damaging, resulting in stress and burnout of staff.

To decrease the risk factors above, it is recommended to use mechanical equipment and safety procedures to lift a patient instead of manual lifting. Use of lifts significantly reduces injuries related to overexertion and is safer for everyone involved.

Mechanical lifts available at the hospital include Sabina sit-to-stand, Golvo lift, Hoyer lift and overhead lifts in selected rooms. A location of the lifts and weight limits is located under the "Fall Prevention" tab on the intranet. Please let your manager know if this equipment can't be located or if you have additional equipment needs. You can also notify your Fall Team/Patient Safe Handling team member of ideas and suggestions.

The next Fall Team/Patient Safe Handling meeting is at **2 pm on Nov. 14** in the board room with the option of joining via Webex.

## 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

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

*This event is hosted by the Bothwell Medical Staff*

**DEC. 28 | 6-9 PM**  
**Heckart Community Center**  
*Free and open to the public*



## CELEBRATING TWO WONDERFUL PHYSICIANS

### Drs. Azan and VanDyke to Retire

Dr. Ken Azan has officially submitted his notice of retirement from Bothwell effective at the end of this year. He came to Sedalia on Nov. 8, 1975, and started practicing medicine on Nov. 12 in private practice with Dr. Jerry Block. Later, he started his own practice and in 2016 he became a Bothwell employee.

This November marks Dr. Azan's 48th year as a physician, and what a wonderful career he has had serving our community and being a part of the Bothwell team. When he arrived in Sedalia as a board-certified internal medicine physician with advanced cardiology training, he was the first doctor in the area to provide cardiology specialty care. He pioneered thrombolytic therapy in this area and has saved and cared for thousands of people with steadfast dedication, advocacy and support.

The majority of Dr. Azan's patients are continuing care with Nurse Practitioner Leah Hermanson who will begin seeing patients at Bothwell Internal Medicine/ Pulmonary Specialists at 2301 S. Ingram in Sedalia on Jan. 2.

Dr. Azan's last day in the clinic is Dec. 31. His patients will miss his attentive care, and we will miss his favorite saying, "quickly, quickly." We wish him a wonderful retirement.

Dr. Elmer Van Dyke with Women's Health & Surgical Center will also retire from practice Dec. 31. Dr. Van Dyke has been on Bothwell's medical staff and had a successful private practice for many years.



*Dr. Ken Azan*



*Dr. Elmer Van Dyke*

## SAVE THE DATE!

Please join us for a reception honoring Dr. Azan and Dr. Van Dyke open to employees, patients and the public.

**DEC. 12 | 4-6 PM**

**Bothwell Café**

If you would like to contribute to a special gift for Dr. Azan, send your good wishes, memories, favorite stories, or congratulatory messages by Nov. 10 to Dana Kelchner [@dkelchner@brhc.org](mailto:dkelchner@brhc.org).

# 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](mailto: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](mailto: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](mailto: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.**

## MARKETING AND COMMUNICATIONS NEWS

### Award-Winning Work

Congratulations to Marketing and Communications, which includes Dana Kelchner and the rest of the Callis team, for winning several awards in the Missouri Association for Healthcare Public Relations and Marketing (MAHPRM) 2023 Show-Me Excellence Awards.

### FIRST PLACE

Internal Publications/Routine  
Bothwell Billboard



### SECOND PLACE

Special Purpose Publications  
2022 Bothwell Foundation Annual Report



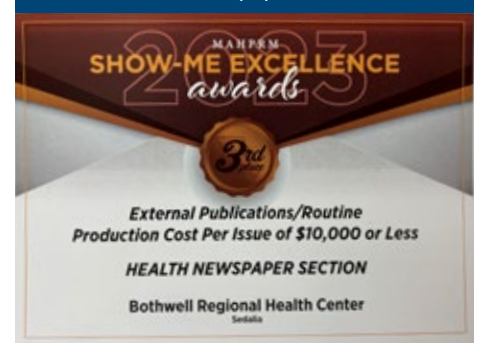
### THIRD PLACE

Writing  
"Living with a Grateful Heart"



### THIRD PLACE

External Publications/Routine  
Health Newspaper Section



## INTRAWEB REDEVELOPMENT

### Time for an Upgrade

The intraweb in its current state has been around for about 10 years and needs to be upgraded to the latest SharePoint version and content audited and reorganized.

A team has been formed and is starting to work on the plan to build a new intraweb and move content in an organized and structured approach to the new site.

Interviews and surveys will be conducted with key departments and units to understand specific business needs for the intraweb.

The team is also discussing naming the intraweb to help reinforce its importance and use as an internal communications resource.

If you have any questions or suggestions, please email Dana Kelchner at [dkelchner@brhc.org](mailto:dkelchner@brhc.org).

## FOUNDATION NEWS 12 EPIC Days of Christmas

The Employees Invested in Caring (EPIC) Club is hosting a “12 EPIC Days of Christmas” activity where every club member will be entered in a drawing to receive prizes ranging from gift cards to items and services beginning **Dec. 4**. Watch for more details!



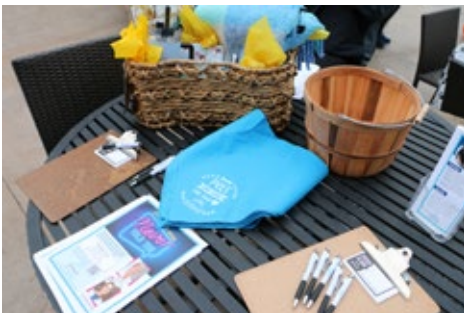
### Check out the great prizes!

- 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

### HOW YOU CAN PARTICIPATE!

EPIC Club members donate a minimum annual gift of \$26 or more to the Bothwell Foundation. If you would like to become a member and be eligible for the 12 EPIC Days of Christmas drawings, contact Lauren Thiel-Payne at [lthiel@brhc.org](mailto:lthiel@brhc.org) or ext. 7786.

## FOUNDATION NEWS K9 Meet and Greet



WHAT YOUR MAMA

Never  
TOLD YOU

Let's go girls! Grab your girlfriends for a fun night out and get your questions answered about taking care of your health from our panel of experts.

**Thursday, Nov. 9 | 7 pm**

Sedalia Country Club

5074 State Hwy Y in Sedalia

Upper bar | Cash bar and desserts

RSVP and submit your questions or topics in confidence by Nov. 2! Scan the QR code or email Lauren Thiel-Payne at [lthiel@brhc.org](mailto:lthiel@brhc.org).



*This event is sponsored by the Bothwell Foundation's Community Relations Committee.*



**Dr. Julie Cahill**

Bothwell Family Medicine Associates



**Nurse Practitioner Dee Dee Gilmore**

Bothwell Susan O'Brien Fischer Cancer Center

## FOUNDATION NEWS EPIC Tailgate Party



## 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.**



**Green Ridge Fire Station**

From left, Trish Henson, committee member; Allan Rohrbach, Tony Turner, Barry White, Lauren Thiel-Payne, Bothwell Foundation executive director; and Lisa Irwin, committee member.



**LaMonte Christian Church**

Back row from left, Bill Hackworth, Michael Wood, Louis Comfort, Terry Vannatta, Frank Higgins, Lauren Thiel-Payne, Bothwell Foundation executive director; Thomas Chaney and John Comfort. Front row from left, Larry Edwards, Jim Tyler, Trish Henson, committee member; Scott Gard, Lori Wightman, Bothwell CEO and committee co-chair; BJ Breshears, Linda Vannatta, Cristina Higgins and Stephanie Wienert.



**Missouri Job Center**

From left, Rhonda Ahern, committee member; Lauren Thiel-Payne, Bothwell Foundation executive director; Laura Kempf, Missouri Job Center functional leader; Trish Henson, committee member.



## FOUNDATION NEWS

### Gifting Life-Saving Devices to the Community (Continued)



#### Parkview Christian Church

From left, Joyce Monroe, Parkview Christian Church parishioner; Lauren Thiel-Payne, Bothwell Foundation executive director; Connie McLaughlin, committee member; Dianne Simon, Thompson Hills Investment Corporation vice president and committee co-chair; Jeff Randleman, Parkview Christian Church pastor; Lori Wightman, Bothwell CEO and committee co-chair; and Rhonda Ahern and Trish Henson, committee members.



#### St. John's Community Center

From left, Rhonda Ahern, committee member; Dianne Simon, Thompson Hills Investment Corporation vice president and committee co-chair; Tom Dey, St. John the Evangelist parishioner; Fr. Joe Corel, St. John the Evangelist pastor; Lori Wightman, Bothwell CEO and committee co-chair; Connie McLaughlin and Trish Henson, committee members; and Lauren Thiel-Payne, Bothwell Foundation executive director.



## AUXILIARY NEWS

### Bringing the Shine

### Congratulations to our Sunshine Award winner, Karen Hamilton!

Karen Hamilton is an auxiliary volunteer who helps with the total joint clinic as well as in the Gift Shop. Karen always arrives early to make the ankle rolls for each total joint patient and has such a great, positive attitude. She is always willing to help each total joint patient with encouragement and is such an asset to our program. Thank you, Karen, for bringing a little "sunshine" to our patients each day!

If you know of a volunteer who should be nominated for Bothwell's Sunshine Award, forms are available on the intraweb. The award is presented to one volunteer each month.



**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.**

## NOVEMBER BIRTHDAYS



Michelle Ekstrom..... 1	Grace Sims ..... 10	Sherri Hopkins..... 21
Chasatee Keeran ..... 2	Tammy Horn ..... 10	Dr. Terry Robertson ..... 21
Natalie Sims..... 2	Erick DeGuzman ..... 10	Dr. Evan Stout ..... 21
Dr. David Roehrs ..... 2	Kristy Kestner ..... 10	Desiree Denton..... 21
Skylar Haase ..... 2	Amy Nichols..... 11	Vicki Monath ..... 22
Richard Husband..... 2	Victoria Sharp ..... 11	Dr. Steve Foster..... 23
Aleksandr Glushtrom ..... 2	Dr. Meredith Norfleet..... 12	Bill Parris..... 23
Jamie Groshart..... 3	Bobbi Doyel ..... 13	Kayleen Wilckens..... 23
Olga Kharabora ..... 4	Dylan Young..... 13	Jamie Barklage..... 24
Brittnie Bernhardt ..... 4	Christopher Moon..... 13	Megan Crabb..... 24
Katie Touchstone..... 4	Pamela Eckhoff..... 14	Wayne Smither ..... 25
Dr. Sarah Hasek ..... 4	Cori Bradshaw ..... 15	Kory Kephart ..... 26
Reni Dietrick ..... 5	CJ Palmer..... 15	Lisa Theisen ..... 27
Annette Bauer..... 6	Jackie Hansen ..... 15	Megan Arth..... 27
Kimberly Oesterle..... 6	Beatriz Hernandez-Arista ..... 15	Dr. Lisa Wadowski..... 28
Angela Leiter ..... 7	Joy Knox ..... 17	Melissa Smidt ..... 28
Danielle Howser ..... 8	Nicole Townsend ..... 17	Teresa Frazier ..... 29
Steve Hickman..... 8	Gabrielle Esser..... 17	Leah Mahin ..... 29
Priscilla Tatman..... 8	Audrie Pritchard ..... 17	Dillon Uhls ..... 29
Mark Mahalovich ..... 8	Liz Hackett ..... 18	Mattie Green ..... 29
Steven Hughes..... 8	Margaret Benson ..... 18	Kylah Hawkins ..... 29
Allison Hardy ..... 8	Christy Asher..... 19	Kelsey Reid ..... 30
Kirstin Stone ..... 9	Holly Doogs ..... 19	
Michael Marquez ..... 9	Rebecca Starkey ..... 20	
Lauren Harris..... 9	Terri McCarthy ..... 21	