

SEPTEMBER 2022

BILLBOARD



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



FACING FINANCIAL HEADWINDS

A Letter from Lori

Have you ever walked or biked in the face of a stiff wind? That's a headwind, and it's difficult to make progress and can be treacherous.

In business, headwinds are factors or events that slow down growth or cause negative effects on profits and revenue. We, like most businesses and industries, are facing major financial headwinds these days due in part to the rising cost of goods, services, drug prices and wages.

Retail and service industries can combat these factors by raising their prices, but that is something we can't do; we are on a "fixed income" with 65% of that income coming from the federal government. If you've shopped lately on the same income, you know your money is not going as far as it did a year or two ago. It's the same for us.

While we anticipate a 2.6% "raise", the statutory pay-as-you-go act that goes into effect in January could result in across-the-board-cuts in Medicare payments by as much as 4%. Couple that potential loss with a 17% inflation rate and you can easily see that revenues and expenses are going the wrong directions.

It's no secret that many rural hospitals have closed over the past 10 years. Hospitals are expensive to run and don't carry the revenue load for health care systems—that's the role of outpatient clinics.

[READ MORE ON NEXT PAGE ►](#)



**SEE WHAT'S
INSIDE!**

JUST CULTURE LAUNCHES

**LEND YOUR SKILLS TO
MEDICAL EXPLORERS**

**PREGNANCY & INFANT LOSS
REMEMBRANCE OCT. 13**

BLUE JEANS FOR BOTHWELL OCT. 26

GET WELL. STAY WELL. BOTHWELL.

FACING FINANCIAL HEADWINDS (CONTINUED)

A Letter from Lori

According to a report by the Center for Healthcare Quality and Payment Reform, more than 130 rural hospitals have closed over the past decade, and over 600 additional rural hospitals — more than 30% of all rural hospitals in the country — are at risk of closing in the near future. What's more, 10 rural hospitals in Missouri have closed in less than a decade, including two within the past year in mid-Missouri.

Because of our size, rural location and independent status, we have the ability to make decisions and changes quickly. On the flip side, because of our size, we are fragile and especially vulnerable to any kind of change in costs, supply chain issues and staffing shortages.

Kaufman Hall, a leading health care consulting firm, recently prepared a fall 2022 update report on the current state of hospital finances for the American Hospital Association. The results are serious. Ken Kaufman, Kaufman Hall managing director and chair, said, "Traditional approaches to cost reduction won't cut it. It's imperative to apply new and smarter approaches to this endeavor. Going forward, *every fiscal year* will likely require a measure of cost reduction."

So, how do we combat a headwind? **We lean in.** Resistance is futile because our financial situation is very real; however, it's our job as leaders to shelter others from it. That doesn't mean not being truthful about our situation but rather taking the brunt of the force while also sharing it as a team.

You can have confidence that we are well aware of our financial picture. As leaders, we're always watching the forecast, staying out in front to face it head on or planning alternate routes. We have already cut back on the number of staffed beds to control labor costs, and we've moved some clinics out of leased buildings into space we own and more moves are planned. We continue to search for ways to improve our revenue, and we'd be remiss if we didn't look at expenses. We're also advocating for ourselves to the people who can help us.

On Sept. 21 and 22, Dr. Matt Triplett, Board Quality Committee chair, and I participated in the rural advocacy trip to Washington, D.C. sponsored by the Missouri Hospital Association. It was a whirlwind 36 hours where we joined other state health care leaders and met with our respective congressional delegates face to face to talk about workplace shortages, increasing the health care workforce pipeline, conflicting regulatory requirements, workplace violence and many aspects of hospital finances.

We will all face this headwind together. Let's hold on and get aerodynamic by keeping our heads down and riding it out. Let's not let it break us mentally by having some fun and remembering to be kind to one another along the way. This hospital is just too important to too many people to not continue leaning in to these challenges.

As always, my door is open for your questions and thoughts.

Stay well. Be well.




MHA Rural Advocacy trip with Dr. Matt Triplett and Rob Monsees, MHA Division Vice President of Advocacy and Senior Political Advisor

JUST CULTURE LAUNCHES
Changing the Way We Think About Errors

The term **Just Culture** refers to organizational behavior where there is a deep understanding that most health care errors and preventable adverse events result from a combination of individual employee actions with underlying system factors that greatly contribute to the adverse outcome.

The natural tendency of health care organizations is to focus on the people problem rather than the underlying system issues. The problem with this is not only the fairness of assigning blame to a person when they are working in a system that is flawed and error-prone but more importantly, when an organization focuses on assigning blame to the person it is inevitable that the underlying system problems are not given appropriate attention. It is in correcting those underlying system problems that yield the greatest benefit in safety improvement.

A consistent Just Culture approach, therefore, encourages the organization to identify and correct systemic risk factors while also holding individuals accountable for personal actions. A Just Culture approach has been identified as the optimal happy medium when compared with either a punitive environment where everything is blamed on a person or a system where there is no personal accountability and everything is blamed on the system.

Key concepts for Just Culture include characterization of individual actions such as **human error, justifiable choice, risky or at-risk and reckless**. At-risk behavior can also be described as cutting corners or not adhering to policy. With this sort of behavior, it is always important to determine whether the policy was well designed and whether it is actually practical for staff to follow the official policy on a consistent basis.

The links below demonstrate Just Culture in action following the tragic death of a patient at Virginia Mason Medical Center in 2004 after she was mistakenly injected with antiseptic – rather than a marker dye – during a brain-aneurysm procedure. Rather than hide or

defend the mistake, the hospital conducted a thorough investigation and made the outcome known to the patient’s family, employees and the public.

[Remember Mary McClinton](#)

[Hospital Details What Went Wrong](#)

[You Can’t Understand Something You Hide](#)

At Bothwell, a leadership team has been working on a Just Culture implementation plan and officially rolled it out at the September board meeting and at Leadership Team training on Sept. 29. Additional training and communication are planned.

The team includes Lynh Best, Performance Improvement director; Dr. Phil Fracica, chief medical officer; Michele Laas, chief nursing officer; Brianna Murray, OB/GYN and Peds clinics director; Hollie DuBroc, Women’s Health and Newborn Care director; Tammy Jackson, Critical Services director; Rachel Owens, Finance director; Mary Lowe, Environmental Services director; Jennifer Unkel, Risk/Regulatory/Compliance officer; and Lisa Irwin, Human Resources and Support Services vice president.

Human Error	At-Risk Behavior	Reckless Behavior
Result of current system design	Unintentional Risk-Taking	Intentional Risk-Taking
Manage through changes in: <ul style="list-style-type: none">ProcessesProceduresTrainingDesignEnvironment	Manage through: <ul style="list-style-type: none">Removing incentives for At-Risk Behaviors (system factors)Creating incentives for safe behaviorsIncreasing situational awareness	Manage through: <ul style="list-style-type: none">Remedial actionPunitive action
CONSOLE	COACH	PUNISH

Managing behavior in a Just Culture environment

LEND YOUR SKILLS TO MEDICAL EXPLORERS

Mentor Youth Interested in Health Care

Teenagers ... if you know one, have one or raised one, you know they can be loads of fun—full of energy and curiosity.

Our Medical Explorers program is designed to harness that energy and curiosity for young people interested in health care careers, and we need your help!

This year's program begins in January, and adult leaders are needed to be at each monthly class session. **You do not have to be in a clinical position or be responsible for leading the class by yourself to be an adult leader for Medical Explorers!** The Medical Explorers Adult Leadership team is exactly that ... a TEAM and we hope to build a team of employees who will lead young people into a future career in health care!

Here's the scoop:

- **Time commitment:** Minimum two hours once a month for four months, plus planning meetings
- **Your contribution:** Accompany students at their in-class meetings and during activities and demonstrations, provide your experience and insights about life in health care, build relationships with the students to learn more about their health care interests
- **What you get:**
 - » **Paid:** Yes, you can get paid! You will be paid at your hourly rate of pay for your current position whether it's a meeting with the program advisor or attending planning meetings or class sessions
 - » **Fulfillment:** Be a part of helping the next generation discover their place in health care

» **Experience:** Gain experience in a leadership role

» **Fun:** We have a lot of fun in Medical Explorers, come be a part of our mission!

Are you ready to help? Contact Beth Everts, Medical Explorers advisor, at beverts@brhc.org or at 660.829.6652.

Note: Participation as a Medical Explorers adult leader must not interfere with your regular job responsibilities and director approval may be required.

ED HOSTS SMITH-COTTON BIOMED STUDENTS



On Sept. 23, Lesley Jackson, Emergency Department manager, led a tour of the Emergency Department for nine upper level Smith-Cotton BioMed students and their teacher, Anna Singer. After the tour, the students met with a panel of staff to learn more about triage process, examination, treatment, equipment, tools, supplies and careers in emergency care.

Thank you Beth Everts, Physician Recruitment director, for coordinating the visit, as well as Lesley and other ED staff for sharing your perspectives and knowledge with the students!



EMPLOYEE FLU AND COVID-19 VACCINE CLINICS

IMPORTANT DATES

Flu vaccine is required to be received no later than Dec. 31. Deadline to complete exemption form with Human Resources is Nov 15.

Flu vaccine is now available to all employees.
Choose from these convenient days and times to get yours
AND get your Covid-19 vaccine or booster at the same time!

(It is safe to receive both these vaccines at the same time.)

Café Private Dining Room

During Mealtimes: 7:30–9 am or 11 am–1:30 pm

Tuesday, Oct. 11
Thursday, Oct. 13
Tuesday, Oct. 25
Friday, Oct. 28
Friday, Nov. 11
Monday, Nov. 14
Friday, Nov. 25

OR

Employee Pharmacy, Ground Floor

7:30–11 am and 11:30 am–3 pm
Monday through Friday

Employee Health Office, Second Floor, Room 273

6:30 am–3 pm, Monday through Friday
(except during Café days/times)

GET WELL. STAY WELL. BOTHWELL.

SEPSIS EDUCATION Take the TIME to Learn the Signs

September is Sepsis Awareness Month! Sepsis, the body's overwhelming and toxic response to infection, kills over 350,000 adults in the U.S. every year. Through public education, we can raise awareness of the signs and symptoms of sepsis so people in our communities know when to seek emergency care. Together, we can help save lives and limbs from sepsis. Take the TIME to learn the signs at sepsis.org.

COVID-19 UPDATE Covid Sick Pay Ending

Effective Oct. 9, Covid sick pay will be eliminated for employees who miss days due to illness from Covid symptoms.

The guidance in the attendance policy still stands: employees that test positive or have a family member that lives in the home that tests positive will not receive an attendance point. Also, employees that have respiratory symptoms, or fever and are instructed to stay home by leadership, employee health, or infection control will not receive an attendance point.

Covid absences will follow the procedure as outlined in the PTO policy: 32 hours of PTO must be used prior to accessing the ESL bank.

SEPSIS IS A MEDICAL EMERGENCY

ANY KIND OF INFECTION CAN LEAD TO SEPSIS

Some common infections that can lead to sepsis include:


- **URINARY TRACT INFECTIONS (UTIs)**
- **STREP THROAT** • **INFLUENZA** • **MRSA**

- **Sepsis is your body's life-threatening response to an infection.**
- **Sepsis is usually easy to treat if it is detected early.**
- **Sepsis kills 270,000 people each year in the U.S.**

If you've had an infection or suspect an infection, and develop a combination of these symptoms, seek medical attention right away:

T	I	M	E ™
TEMPERATURE higher or lower than normal	INFECTION may have signs or symptoms of infection	MENTAL DECLINE confused, sleepy, difficult to rouse	EXTREMELY ILL severe pain, discomfort, shortness of breath

Take the **TIME** to learn the signs at sepsis.org.

 **SEPSIS ALLIANCE**

Made possible in part by an unrestricted educational grant from Merck and Co., Inc. Special thanks to the UK Sepsis Trust

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PERSONNEL NEWS

Welcome Dr. Brianna Kroeger



Dr. Brianna Kroeger has returned home and joined Bothwell TLC Pediatrics as a general pediatrician. Kroeger will care for children ages birth to 18 treating their routine illnesses and health conditions and providing wellness checkups. She will also care for newborns in the hospital and authorize hospital admissions when necessary.

A graduate of Smithton High School, Kroeger received her medical degree from the University of Missouri School of Medicine in Columbia. She completed her residency at University of Missouri Women's and Children's Hospital where she rotated through a wide variety of pediatric specialties from the NICU to general pediatrics. Kroeger also earned a bachelor's degree in Biological Sciences from Missouri University of Science and Technology in Rolla and an associate degree from State Fair Community College.

Kroeger said she knew at an early age she was interested in health care and especially caring for children.

"Growing up I always had a strong interest in and aptitude for science; the inner workings of the human body fascinated me," she said. "I also had a passion for helping others, especially those who were sick. I have always loved working with children and went into medical school with a strong inclination that I would end up in pediatrics. My medical school rotations reinforced that the specialty is right for me."

Keith Morrow, Bothwell's Clinic Operations vice president, said Dr. Kroeger is joining a busy pediatric clinic that includes Dr. Assad Shaffiey, Dr. Stephanie Lind and Nurse Practitioner Sarah Price.

"We're thrilled to have Dr. Kroeger join the Bothwell TLC Pediatrics team and start seeing patients," he said. "She received an excellent foundation of training during her residency at Women's and Children's Hospital where she cared for many pediatric ailments. She also grew up in the area and did several clinical rotations at Bothwell, which gives her a built-in advantage of knowing the community and local resources."

With a lifetime of interest in caring for children and families, Kroeger said she's excited to take on new patients and is glad to be back home and closer to family.

"I am particularly passionate about helping children because of their innocence and resiliency that never ceases to amaze me," she said. "I love working with families to help them raise healthy children, and it's such a blessing to be a part of their life and their growth. I was born at Bothwell and grew up in the Smithton countryside. Taking a job here is like coming full circle."

To make an appointment to see Dr. Kroeger, call Bothwell TLC Pediatrics at 660.829.5852.

PERSONNEL NEWS

Welcome Karen Walters, FNP-BC



Karen Walters, a board-certified Family Nurse Practitioner, has joined Bothwell Health Center-Truman Lake in Warsaw and will care for patients of all ages.

As a nurse practitioner, Walters will provide patient care under the guidance and supervision of a collaborating physician. She can evaluate and treat illnesses and injuries, order and interpret labs and tests, prescribe and monitor medications and refills, and perform annual health exams, well-woman and physicals.

Walters received a master's degree in Nursing from Cox College in Springfield, Missouri, and has been a nurse for more than 20 years. She earned a bachelor's degree in Nursing from Columbia College in Columbia, Missouri, and her experience includes working in hospital critical care units, in public health and community care.

"Working in diverse areas has allowed me the opportunity to understand the individual needs of patients and families," Walters said. "I know this

valuable experience will accentuate the care I provide to patients in the Warsaw clinic."

Walters will work with Dr. Sarah Hasek, Nurse Practitioner Chelsea Casteel and Physician Assistant Jaime Reed to provide medical care to babies, children, teens, adults and seniors in Warsaw and surrounding communities.

Keith Morrow, Bothwell's Clinic Operations vice president, said adding Walters to the medical team means more options for people in the area to be seen for care.

"We're excited to add Karen to the Warsaw team," Morrow said. "She has extensive care experience in a variety of settings including case management and finding community resources, which will be beneficial to our patients."

Walters said she believes health care management is a team effort and is excited to start meeting and caring for patients.

"I went into family medicine to help people and community partners improve their health care needs and education," she said. "Healthy people build healthy communities, and I'm passionate about supporting the holistic care of an individual and sensitive to understanding patient needs."

When she's not working, Walters enjoys outdoor activities, reading and teaching, and she likes to travel and listen to the ocean. At home, she enjoys cooking, baking and family time with her four children and six grandchildren.

PERSONNEL NEWS

Responsibility Updates

Jennifer Evert, LPN, Infection Control, has accepted the additional position of Emergency Management Services manager.

Amber Allain, ENT, Family Health and Neurology clinics director, has assumed responsibility of the Employee Wellness and Walk In clinics due to Melissa Guffin's departure. Amber will work on building the new leadership structure for these two clinics that have surpassed our expectations over the last four years. This growth will allow us to expand walk-in services in the coming months at a second location on Sedalia's east side.

FUN IN THE COMMUNITY

Bothwell Represents at Piccadilly

The Sedalia Area Chamber of Commerce hosted its annual Piccadilly in late September with the theme, "Piccadilly at the Movies." Several team members and others attended and had fun representing Snow White and the Seven Dwarves, Sandy, Patty and Cha-Cha DiGregorio from Grease and Cruella Deville from 101 Dalmations.



Front row, from left, Lori Wightman, CEO; Leisha Nakagawa, Foundation/Marketing assistant; Kara Sheeley, Radiation Oncology director; Sarah Anderson, BIMS medical assistant, and Ashley Klein

Back row, from left, Dana Kelchner, Marketing/Communications; Meghan Woolery, Toni Warren, BIMS/Pulmonology/Azan/Urology clinics director; Jennifer Owen, BIMS LPN; and Lauren Thiel-Payne, Bothwell Foundation executive director



Cruella found some of the 101 dalmatians at the Wood & Huston Bank table! (No puppies were harmed at this event.)



DeeDee Gilmore, Cancer Center FNP, and Shawna Sapaugh, BIMS DNP, channeled characters from the 1978 movie Grease.

FACILITIES UPDATE

New Patient Beds on 2SW

It was a red-letter day on Sept. 27 when 29 new patient beds for 2 Southwest were delivered to the hospital as part of the ongoing bed replacement plan. The new beds have built-in scales and features that increase patient safety and comfort and are quieter (no more up/down pumping noises to disturb patients).

Chief Nursing Officer Michele Laas worked with SFCC Dean of Health Sciences Allison Brosch to donate 10 of the existing beds to the Nursing program that will replace their older, mechanical beds allowing students to practice their clinical work using more modern equipment.

Thank you to the Facilities team and nursing staff for their work moving out the old beds and moving in the new!



RECOGNIZING OUR VETERANS

Veterans Day is Nov. 11

We will honor all of our veterans again this year. In an effort to make sure all appropriate individuals are included, please contact Linda Watterson or at extension 8876 by Oct. 7. Please provide the following information regarding your service:

- Employee Name
- Branch of Military
- Rank
- Dates of Service (if not currently active duty)
- Military Photograph

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

The following employees are already on the military listing (you only need to contact Linda if information needs updating).

- Rob Ayers
- Lynh Best
- Bob Blacklock
- Kevin Butler
- Gerald Campbell
- Dr. Mike Carozza
- Tiffany Crowell
- Cheryl Currier
- Andrew Darrah
- Dr. William Decker
- Tom Fairfax
- Gweneth Fields
- Dr. Stephen Foster
- Timothy Jackson
- Alexander Kresse
- Tony Labuary
- Todd Nappe
- Bill Parris
- Stephen Ready
- Mike Shipp
- Randy Smith

KUDOS AND CONGRATS

New CNAs in the House

Amanda Cormican, Uchenna Enahoro, Heather Walker and Sophie Widel recently completed Bothwell's CNA class and passed their state exams. We are so proud to have them on our team as Certified Nursing Assistants!



Amanda Cormican



Uchenna Enahoro



Heather Walker



Sophie Widel



Well-deserved congratulations to Laura Weisenburger, Nursing Education educator/recruiter, on recently completing her Master's in Business Administration degree. Well done, Laura!

GET PAID TO LEARN

New CNAs in the House

Want to be a Certified Nurse Assistant? We offer paid on-the-job training, classroom work from the comfort of your home and hands-on training. Full- and part-time positions are available. To apply or learn more information about classes offered, call Laura Weisenburger, Nursing Education educator/recruiter, at 660.829.7758.

YOU KNOCKED OUR SOCKS OFF ED Team Delivers Exceptional Care



We received a note from the daughter of a 93-year-old patient who recently visited the Emergency Department. The patient presented with illness and was ultimately diagnosed with mild pancreatitis and CHF exacerbation. The patient's daughter, who is also a physician in another system, expressed her gratitude for the excellent care that Barb Grechus, RN, Dr. Daron Olmsted and others gave her mother.

"Nurse Barb, Dr. Olmsted and the entire staff were wonderful," she said. "Kind, knowledgeable and great communication skills. Kudos to your staff; we are grateful for BRHC."

Thank you, ED team, for showing compassion and care for this patient and her daughter!

Front row, from left, Dr. Phil Fracica, chief medical officer; Tammy Jackson, Critical Services director; Lori Wightman, CEO, Dr. Daron Olmsted, Barb Grechus, RN; Michele Laas, chief nursing officer; Back row, Lesley Jackson, ED manager; Keith Morrow, Clinic Operations vice president; and Steve Davis, chief financial officer

YOU KNOCKED OUR SOCKS OFF So Long and Thank You, Dr. DeSpain

Sept. 29 marked Dr. John DeSpain's last day serving dermatology patients in Sedalia. Dr. DeSpain began seeing patients one day a week at the Healing Arts Center in September 2019 through an agreement with Bothwell and MMG Dermatology in Jefferson City.

We received the following comments and compliments regarding Dr. DeSpain's caring and positive attitude.

"Dr. DeSpain leaves a positive impression on every patient he sees. He is truly a gem and wonderful physician. One of his nursing home patients made sure her follow-up appointment was in September so she could be sure to give him a hug before he left since she would not be able to see him again. He was her favorite doctor, and she is distraught he will not be back.

We have heard from a lot of patients that they have seen many physicians that were unable to diagnose them but after just one visit with Dr. DeSpain he was able to figure out what was going on with them and treat the problem.

Dr. DeSpain's schedule is always packed full of patients since he is only in Sedalia once a week. He would often come to the front to room his own patients when his nurse was busy helping other patients just to keep the flow going. He also would work in patients when a physician called with a request as well as give advice when asked about patients from other physicians."

We appreciate Dr. DeSpain caring for patients in this area for the past three years; he will be missed. He will continue seeing patients at MMG Dermatology in Jefferson City.



From left to right: Keith Morrow, Clinic Operations vice president; Amber Allain, clinics director; Gerald Young, hearing instrument specialist; Dr. DeSpain; and Lori Wightman, CEO



WE'RE HERE FOR YOUR BEST SLEEP

Do you suffer from?

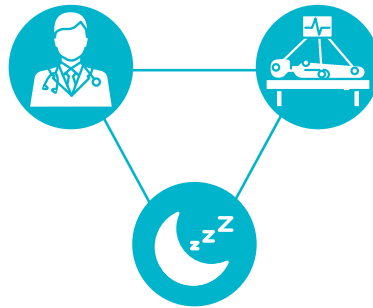
- Snoring
- Difficulty staying asleep
- Unrefreshing sleep
- Morning headaches
- Daytime sleepiness
- Frequent urination at night

You don't have to dream of good sleep. If you're an employee with Bothwell insurance, you may qualify for a free home sleep study!*

During a home sleep study, you sleep with the equipment and return it the next day. Our medical professionals analyze and communicate the results with you within two weeks.

Call Bothwell Sleep Center at 660.827.9573 to schedule your appointment and start sleeping better.

*Office visit and appropriate copay required. If you're unable to do the sleep study at home, the study becomes a Sleep Center study and goes toward your deductible and coinsurance.



BothwellTM
Sleep Center

GET WELL. STAY WELL. BOTHWELL.

Sedalia | Warsaw
brhc.org

DEPARTMENT SPOTLIGHT

Bothwell Walk In and Employee Wellness Clinics

Let's get to know each other better! Department Spotlight is a new addition to the Billboard aimed at highlighting a department each month, what they do and who they support. Next up are the Walk In and Employee Wellness clinics formerly led by Director Melissa Guffin.

What do these departments do?

The Walk In Clinic provides acute services to patients on a walk in basis while the Employee Wellness Clinic treats work comp injuries and provides services for pre-employment as needed by our local employers

How would you describe your team?

We are a quick-acting and responsive group that works hard to anticipate and fulfill the needs of all the patients that cross our threshold each and every day!

What other departments does this department support?

All of our staff members are cross-trained for both clinics and float between both clinics on a daily basis.

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

We do a little bit of everything and in a fast-paced environment so it takes a lot of organizing and multi-tasking to get through each day.

What is a recent accomplishment in the department you are proud of?

The teamwork that all came together during the Covid surge at the beginning of 2022. We had some pretty rough days but each and every day we all worked together to take care of everyone who came to see us.

What do members in this department like to do for fun?

We like to eat, so we try to do a carry-in at least once a month to celebrate and eat together as a team.

Anything else you want to share about your department?

We appreciate everyone's patience with us as our team works to serve the community's walk-in health care needs.



From left: Elena Langford, medical assistant; Emily Kusgen, DNP, FNP-BC; Belinda Harper, FNP; Mike Shipp, PA; Melissa Guffin; and Christine Friedrich, NP

Not pictured: Jena Sterrett, Ashley Standlee, Sherry Schwartz-Banner, Holly Douglas, Kassie Wehmeyer, Kayley Woolery, Katelyn Purchase and Terrie Wooten

AUGUST EMPLOYEE OF THE MONTH

Katie Jackson

Hospitals throughout Missouri and the United States are experiencing a critical lack of nurses in nearly every specialty, and Bothwell is no exception. Every day, our nurses are called on to do more than they ever have in the past to provide quality patient care and ensure everyday work continues efficiently and effectively.

Katie Jackson, certified Surgical Technologist, is among the many nurses at Bothwell who not only show up to be there for patients and coworkers but who excel at their jobs.



Grace Thompson, Surgical Services CNA, and Rebecca Leiter, Surgical Services RN, both nominated Jackson for Employee of the Month for always being willing to help even if the task isn't in her job description and for taking on new responsibilities.

"Katie always jumps in to help clean and turn over surgery rooms, keeping turnover times at a minimum," Thompson said. "She always strives to provide a safe environment for our patients and is so willing to help her coworkers with anything."

Leiter said Jackson has been a key player in the organization of the surgery instrument room.

"We were tasked to make instrument communication between our department (Surgical Services) and Sterile Processing," she said. "Katie did the relabeling and brought the cardex up to date. On a day-to-day basis, she stays aware of what instruments will be needed for the next surgery day, updates the surgery board with that information and communicates to the charge nurse when she sees conflicts."

Congratulations, Katie, on being named August Employee of the Month!



KEY AWARDS

Leah Mahin

Heather Woolery

Melissa Dillon

Andrea Garcia

Kirstie Schultz

Rebecca Starkey

Stacey O'Connell

Lucas Sheeley

Maria Nguyen

Katie McLees

Jennifer Hofstetter

Eleesha McMillin

Morgan Shockley

Calla Wiegel

Dr. Stanley Wilson

Jennifer Hofstetter

Kristen McCullough

Dr. Even Stout

Suzy Trapino

Mikayla Martin

Angela Leiter

Dr. David Kuhlmann

Patty Bock

Janet Torres

Tyler Williams

Dawn Gehlken

Linda Jeffress

NEW EMPLOYEES

August

Aaron Adams
Radiology

Linda Allen
Clinic Billing

Dr. Jonathan Beary
Bothwell Neurology

Madison Boersma
2 Southwest

Kimberly Burchett
Central Scheduling

Lindsey Carr
Housekeeping

Toni Catron
Sterile Processing

Alecia Chavies
Pathology

Jessie Corbin
Security

Davide D'arpino Fusar Poli
Dietary

Desiree Denton
Same Day Surgery

Sherri Egbert
Surgery

Amy Frame
Bothwell Walk In Clinic

William Gravitt
Housekeeping

Leyten Halvorsen
Linen

Kylah Hawkins
Dietary

Teresa Hendershot
CT Scan

Jasmine Kennedy
Nursing Administration

Dr. Brieanna Kroeger
Bothwell TLC Pediatrics

Jessica Lindsay
Bothwell Lincoln Family Medicine

Luis Medina
Housekeeping

Amanda Merrill
Pathology

Kiara Murphy
Dietary

James Noble
Centralized Scheduling

Brian Smith
Dietary

Raven Smither
Dietary

Alaina Spencer
2 Southwest

Ashley Standlee
Bothwell Walk In Clinic

Travis St Cyr
Security

Jena Sterrett
Bothwell Walk In Clinic

Shelby Strickland
Security

Tegan Tucker
Emergency Department

Whitney Turpin
*Bothwell Orthopedics &
Sports Medicine*

Quentin Williams
Pathology

Cory Williams
Anesthesia

Kayley Woolery
Bothwell Walk In Clinic

EMPLOYEE ENGAGEMENT NEWS

Fall for Fall Fun

Help us defend our first-place finish in last year's Scarecrow Contest sponsored by Sedalia Parks and Recreation! Volunteers are needed to help assemble the scarecrow for this year's competition based on the winning design and that will be placed in the garden area at the hospital's front entrance.

The scarecrow needs to be in place by Oct. 14, and judging takes place between Oct. 17–20, with winners announced on Oct. 21.

To help out, email [Annette Smith](#) or [Linda Watterson](#).



EMPLOYEE ENGAGEMENT NEWS

Children's Scarecrow Coloring Contest

Please stop by Human Resources to pick up a coloring page for your family member. Entries are due on or before Oct. 9.

EMPLOYEE ENGAGEMENT NEWS

Coming in October!

OPEN DOOR DRIVES: OCT 31-NOV.3

BIRTHDAY BAGS!

In honor of Bothwell's 92nd birthday on Oct. 29, we will collect birthday bags and goodies for Open Door. The bags will be distributed to children of families who receive food distribution.

Departments are encouraged to collect birthday gift bags and the following items. Feel free to create an entire gift bag(s) or donate any item(s).

- Cake mix
- Cake pan (regular or disposable to match cake mix)
- Candles
- Frosting
- Small gift items (especially needed for 13-18-year-old boys and girls)
 - \$2 or \$5 bills
 - Body spray, deodorant
 - Books
 - Candy, gum, mints
 - Cards, games, fidget spinners
 - Earbuds
 - Hair accessories
 - Nail polish, lip balms, lotion
 - Restaurant/gas gift cards
 - Toys, Nerf balls
 - Warm gloves, hats
 - Water bottles



FILL THE TRUCK!

Need to clean out and have items to donate?
Let's fill the Open Door truck!

YES, THESE ITEMS WILL BE ACCEPTED

- Baby items
- Bedding and pillows
- Belts
- Blankets
- Books
- Bras, underwear, socks
- Candles and candle holders
- CDs, DVDs, records
- Clothing
- Coats
- Crafting, office and school supplies
- Décor of any kind
- Dishes
- Electronics (TVs, DVD players, Stereos, CD Players, etc.)
- Fabric
- Frames
- Furniture
- Hats
- Health and beauty items
- Jewelry and accessories
- Knick Nacks
- Lamps
- Laptops and tablets
- Luggage
- Pans
- Pictures
- Purses and bags
- Scarves
- Sheets
- Silverware
- Small appliances
- Swimsuits
- Toys

NO, THESE ITEMS WILL NOT BE ACCEPTED

- Car seats
- Electric blankets
- Fish tanks
- Hazardous chemicals
- Mattresses
- Printers



COLLECTION

Oct. 31 — Nov. 3: Café Collection Bin
(birthday bags and small truck items)

9 am — 3 pm, Nov. 3: Truck
(truck will be parked on west end of 14th Street)

These initiatives are sponsored by the Bothwell Employee Engagement Committee.

EMPLOYEE ENGAGEMENT NEWS

It's Christmas Parade Float Planning Time

The theme for this year's Sedalia Chamber Christmas Parade on Dec. 3 is "A Superhero Christmas," and we are now accepting design ideas for our float entry. (This float entry will also be entered in the Lincoln Christmas Parade happening on Dec. 10.)

Submit your ideas by Oct. 15 and volunteer to help by emailing cochair [Annette Smith](#) or [Linda Watterson](#).

**FLOAT DESIGNS
DUE BY OCT. 15**

EMPLOYEE ENGAGEMENT NEWS

Open Door Food Drive



Clinic donations



All donations

We gathered 387 pounds of food during our recent Open Door Food Drive.
Thank you to everyone who participated!



EMPLOYEE SCRUB CLOSET

NOW OPEN!

Scrubs can be expensive work attire. To help those in need whether because of personal or emergency situations, the Employee Scrub Closet can help.

To request items, visit Human Resources from 7:30 am to 4:30 pm Monday through Friday.

- Lightly used scrub tops
- Lightly used scrub pants
- Lightly used scrub jackets
- Bothwell logo shirts
- New scrubs

Donations are still being accepted and can be taken to HR on the hospital's ground floor. Items must be in good, like-new condition.

This initiative is sponsored by the Bothwell Employee Engagement Committee.



GET WELL. STAY WELL. BOTHWELL.

EMPLOYEE ENGAGEMENT NEWS

Cole Camp Fair Fun

Members of our Employee Engagement Committee and other team members knocked our Cole Camp Fair parade entry out of the park on Sept. 9. Thank you to everyone who pulled together to come up with the entry idea, worked out all the many details, and decorated Dr. David Roehrs's truck to have a wonderful representation at this September Cole Camp tradition!



Front row, from left to right: Debbie Spencer, Kathleen Rothwell, Teresa Luyet, Sara Gare, Taylor Ditzfeld, Wendy Fairfax and Annette Smith

Second Row, from left to right: Dr. David Roehrs, Rita Mergen, Jessica Braun, Amber Yearout, Tom Fairfax and Michele Laas

Truck front row: Deidre Esquivel and Dr. Misty Todd

Center truck row: Carson Meyer

Back truck row: Marc Dougherty and Dr. Matthew Roehrs

Not pictured: Jami Sleeper, Leisha Nakagawa (supplies), Dana Kelchner (signs), Andy Laas; apologies for any omissions

If you are interested in joining the Employee Engagement Committee, which meets at 2 pm on the second Thursday of each month in the Chapel Learning Center, please contact Annette or Linda for more details.





The Great
Central U.S.
Shake Out



The Great ShakeOut Oct. 20 | 10:20 am Earthquake Preparedness Drill

On Oct. 20, employees in all hospital departments and outpatient clinics will participate in the Great Central U.S. ShakeOut along with millions of other people in Missouri and 13 states surrounding us.

The purpose of the ShakeOut is to practice how to protect patients, visitors and ourselves when an earthquake happens. **Talk with your director and know what to do on the day of the drill.**

DRILL ANNOUNCEMENT

PBX staff will announce "Earthquake Drill" on the hospital intercom at 10:20 am on Oct. 20. Clinic staff should plan to participate at the same time.

WHAT TO DO DURING THE DRILL

1. DROP, COVER AND HOLD ON

- Stop where you are, drop onto your hands and knees and cover your head and neck with one arm and hand.
- If a sturdy desk or table is nearby, crawl underneath it for shelter. If no table or desk is nearby, crawl against a wall or next to low furniture for sideways protection

2. IF YOU'RE WITH A PATIENT OR VISITORS, STAY WITH THEM

- If possible, direct them to drop to the floor and under a piece of furniture and hold on. If furniture is not available, everyone should get down on the floor and cover their head with arms.
- Instruct patients with mobility devices (walkers, wheelchairs) to lock the wheels, get as low as possible, and to cover their heads
- If a patient is in a bed, roll them to their side and protect their head with a pillow

3. IF YOU'RE OUTSIDE

- Move away from buildings, overhead wires and trees and sit down with arms over head and neck for protection

4. STAY DOWN

- Wait until PBX staff announces the drill is complete with an "all clear" message



WHAT TO DO AFTER THE DRILL

1. Facilities staff will canvas the hospital for "damages" and report them to the Command Center, which will be located in Human Resources (HR) on the ground floor of the hospital
2. Directors in the hospital will report "injuries" to the Command Center in HR
3. Clinics will contact Toni Warren to report "damages or injuries" who will then report the information to the Command Center in HR.

PATIENT SAFE HANDLING INITIATIVE

Fall Prevention — It's Everyone's Responsibility

Fall prevention is a multi-disciplinary effort including physicians, physical and occupational therapists, patients, their families, and nurses. Because RNs and LPNs spend so much time with patients, a lot of the responsibility falls on them during direct care.

The general role of nurses in fall prevention includes:

- Completing and documenting patient fall risk screening and assessment
- Documenting and ensuring patient-specific fall prevention practices are utilized (ie gait belt, weight bearing, assistive device, non-skid socks etc)
- Monitoring the patient's medical condition for any changes or medication effects
- Reporting falls
- Obtaining medical orders from the physician as needed. Clarifying weight-bearing orders are provided for all amputations, fx and ortho surgeries.
- Supervising nursing aides
- Educating the patient and family on fall prevention
- Obtaining the supplies (cane, walker, bed alarm, lifts etc.) needed to prevent patient falls

Nursing aides also play a part in preventing patient falls including:

- Evaluating the patient's environment for safety during patient care tasks.
- Including utilization of proper assistive devices and patient safe handling equipment
- Performing care plan tasks and reporting to nurse when tasks are complete
- Reporting any changes in a patient's medical condition to a nurse

BOTHWELL{NESS} T-SHIRT DESIGN CONTEST

We Have a Winner!

Congratulations to Jackie Webb, Centralized Scheduling manager, who won the Bothwell{ness} Committee's T-Shirt design contest. The tee will be available for ordering next month.



FROM THE BOTHWELL{NESS} COMMITTEE

Nov. 30 is Deadline for BRHC Wellness Program

What is the BRHC Wellness program?

It is an annual program designed to create awareness of your current health status, increase your focus on activities that promote a healthy lifestyle, and allow you to have favorable medical insurance premiums for the following year.

What does this mean?

You receive a participation rate for your health insurance premiums because of your involvement with improving your health.

How do I complete the program?

It is simple and requires only two forms to be completed that were emailed to All Users on Sept. 23 or the forms can be found on the IntraWeb.

The first form is the **Activity Validation Form**. This allows you to list two activities involving fitness, nutrition or wellness you accomplished in 2021. Some examples of fitness, nutrition or wellness activities are:

- Completion of a quarterly challenge – or two
- Use of fitness tracker, eg., FitBit or Garmin
- Organized activities, e.g. Bothwell Foundation Lub Dub, Tough Mudder, recreational sports league, exercise class, etc.
- Sessions with a personal trainer
- Nutrition classes
- Physical activities, e.g. workout DVD, yoga, pilates, couch to 5K, walking, running, yardwork, gardening, etc.
- Weight loss and management, e.g. Weight Watchers participation
- Going to gym two to three times per week
- Smoking cessation program
- Stress management, e.g., breathing exercises, meditation

The second form is the **Annual Physical Examination Verification**. This requires you to visit your personal health care practitioner as they will need to complete part of the form to verify your visit.

Questions? Contact Laura Darrah, Human Resources benefits specialist, at ldarrah@brhc.org or 660.827.9541.

FROM THE BOTHWELL{NESS} COMMITTEE

Healthy Recipes for the Win!

Whiskey Chicken

I made this and it was quick, easy and delicious over rice and with a salad!

Servings: 2

Nutrition Facts (per serving):

288 calories / 24.3g carbs / 28.8g protein / 1.6g fat

Ingredients

- 2 skinless, boneless chicken breast halves – cut into ½ inch pieces
- 2 tablespoons soy sauce
- ¼ teaspoon garlic powder
- 1 cup pineapple juice
- 3 tablespoons bourbon whiskey
- ⅛ teaspoon ground black pepper
- 1 tablespoon brown sugar

Instructions

1. Sauté chicken in a large skillet over medium high heat until cooked through (no longer pink).
2. In a small bowl, combine the soy sauce, garlic powder, pineapple juice, whiskey, pepper and sugar. Stir until sugar is dissolved and pour over chicken. Let simmer for 10 to 15 minutes, or until sauce is thickened to taste.

REMINDER:

The Q2 Challenge “Healthy Food for Fuel” Ends TODAY.



Photo Credit: France C

<https://www.allrecipes.com/recipe/25491/whiskey-chicken/>

Tammy Jackson, Director of Critical Services

Cheesy Zucchini Crisps



Servings: 2 to 4 (makes 12 crisps)

Ingredients

- Vegetable oil spray
- 1 small zucchini (6 ounces)
- ⅓ cup panko bread crumbs
- ¼ cup shredded cheddar cheese
- 1 large egg, lightly beaten
- ½ teaspoon garlic powder
- ⅛ teaspoon salt

Instructions

1. **HEAT AND GREASE:** Adjust oven rack to upper-middle position and heat oven to 425 degrees. Line baking sheet with parchment paper and spray with vegetable oil spray.
2. **SHRED:** Place dish towel on cutting board, and place box grater on top. Shred zucchini on large holes of box grater.
3. **SQUEEZE:** Gather ends of towel together, twist tightly, and squeeze over sink to drain as much liquid as possible. Transfer zucchini to bowl.
4. **MIX:** Add panko, cheddar, egg, garlic powder, and salt to bowl with zucchini. Stir mixture with rubber spatula until combined.
5. **PORTION AND FLATTEN:** Use 1-tablespoon measuring spoon to scoop and drop zucchini mixture onto baking sheet in 12 mounds (about 1 heaping tablespoon each). Gently press each mound to flatten into thin circle.
6. **BAKE:** Bake crisps until edges are browned, 14 to 16 minutes. Use oven mitts to remove baking sheet from oven and place baking sheet on cooling rack. Let crisps cool for 10 minutes.

Jana Kennedy, Clinical Chart Abstractor/PRN Respiratory Therapy

<https://www.americastestkitchen.com/kids/recipes/cheesy-zucchini-crisps>

FROM THE BOTHWELL{NESS} COMMITTEE

Healthy Recipes for the Win!

Summer Fresh Fruit Salad

Ingredients

- 2 cups fresh peaches, cut into bite-size pieces
- 2 cups fresh pineapple, cut into bite-size pieces
- 2 cups fresh strawberries, quartered
- 3 cups green grapes, halved
- 2 cups fresh cherries, halved
- 2 cups fresh blackberries (I leave these whole)
- 4 tablespoons freshly squeezed lime juice
- 6 tablespoons honey
- ¼ teaspoon kosher salt

Instructions

1. Combine honey and lime juice together, mixing well. Let it set while you prepare all the fruits. In a large bowl combine all the fruits. Sprinkle the salt over the fruit and drizzle with the honey-lime juice. Toss until well coated. Chill until ready to serve.
2. This is really good on a hot day. It is cool, refreshing and nutritious. I love fresh fruit in the summer especially. My family enjoyed it so much that they had me make it twice last weekend.

Jan Devore, Patient Access Specialist

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 (formerly Bothwell Rocks Health and Wellness).

- Schedule your annual wellness exam by calling Bothwell Employee Wellness Clinic at 660.827.7979.
- 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.
- Research the number of hours of sleep each night recommended for your age, and track your sleep for two weeks to ensure you're getting enough shut eye to stay fresh and focused. Turn results in to bothwellness@brhc.org.

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

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

GET WELL. STAY WELL. BOTHWELL.

Peace ♥ Love ♥ Remembrance

Pregnancy and Infant Loss Remembrance Day

Oct. 13 | 6:30 pm | Free

Everyone in the community is welcome as we recognize and remember all babies who are no longer here. The event is a time for parents, families and friends to come together and be surrounded by peace and love.

- Remarks by Certified Nurse Midwife Tracey Arwood, Bothwell OB/GYN Associates
- Wave of Light Ceremony
- Refreshments
- Event will be held outside, southeast of Bothwell Education Center at 600 E. 14th St., Sedalia



"Peace. Love. Remembrance."
T-shirts available to purchase at the event.

FOUNDATION NEWS Pinktober 2022



With just a **\$5 donation** to the Bothwell Foundation, you can wear jeans and pink on **Wednesday, Oct. 26** and support cancer care in our community!

Funds will go to Gene Loveall Cancer Services Fund that provides gas cards for patients who may travel for their treatment, cases of Ensure, funds for prescriptions, or any other needs patients may have. Funding is also used to provide free mammograms.

Employees may drop donations in the box outside the mailroom on the hospital's ground floor, take donations to the foundation office on the hospital's second floor or pay online at brhc.org/foundation-giving/donate/. Click the Donate Online button and in the "My donation is for" dropdown menu, select Gene Loveall Cancer Services Fund.

BE CASUAL FOR CANCER CARE READY!

If you missed ordering T-shirts, the black Pinktober T-shirt can be purchased from any Central Bank Sedalia location beginning Oct. 7 while supplies last.



\$20



SEDALIA

Friday, Oct. 14 and 28
8 am – Noon
Bothwell Diagnostic Center
990 S. Winchester Dr.

WARSAW

Friday, Oct. 21
8 am – Noon
Truman Lake Clinic
1765 Commercial St.

Both facilities will administer 3D mammograms, which can detect more cancers, and appointments are required. To make an appointment, call 660.829.8888 and mention "Free Mammo Day."



* Screening mammograms are reserved for women 40 and over. No physician order required.

FOUNDATION NEWS

K9 Security Officer Campaign

The foundation's newly formed Special Prospects and Annual Support committees are actively raising funds in the community to support the purchase of a K9 security officer for Bothwell.

Watch for additional information on this initiative as the campaign progresses!



The Bothwell Security team, front row, left to right: Alona Reid, Marion Long, Ann DeFusco, Tim Jackson, Alex Kresse, Bob Blacklock and David Foland

Back row, left to right: Todd Nappe, Security director; Jessie Corbin, Shelby Strickland, Paul Gammill, Adam Schreck and Shannon Jeffries

HELP FUND A K-9 OFFICER AT BOTHWELL REGIONAL HEALTH CENTER



Pros of a K-9 Officer

- Increased sense of safety for patients, visitors and staff
- Positive PR for the hospital; education on violence in health care through community events
- Use as a de-escalation technique
- Reduction in use-of-force incidents
- Recruitment

2021 Security Stats

“” TOTAL CALLS TO SECURITY
14,357

CALLS TO POLICE FOR ASSISTANCE: 42

IMPAIRMENT FROM DRUGS/ALCOHOL: 309 ASSAULTS: 42

USE OF FORCE INCIDENTS: 29 COMBATIVE PATIENTS: 102

WEAPON SEIZURES: 64

PROJECT COST \$52,000

K9 and Training \$10,000—15,000

MSHP K9-equipped Vehicle \$30,000

K-9 Health Care \$2,000

Miscellaneous (food, kennel, etc.) \$4,000—5,000

FOUNDATION NEWS

Employee Giving Committee Formed

As part of the foundation's recent reorganization, an Employee Giving committee has been formed. The committee's purpose is to increase the number of employee donors to the foundation, and cochairs are Sarah Anderson, Bothwell Internal Medicine Specialists medical assistant, and Laura Weisenburger, Nursing Education educator/recruiter.

The committee will also implement appreciation and recognition programs and events for employees who support the foundation financially and become part of the EPIC (Employee Partners Invested in Caring) Club.

In March, the committee will host "The Most EPIC Week Ever" spirit week. Stay tuned and watch for more details on employee giving opportunities and this fun week!

Employee Giving Committee

- Sarah Anderson, Chair
- Laura Weisenburger, Chair
- Jamie Barklage
- Tom Fairfax
- Wendy Fairfax
- Sarah Hopper
- Tammy Jackson
- Rita Mergen
- Todd Nappe
- Ashley O'Bannon
- Jennifer Owen
- Rache Owens
- Kim Perez
- Lucas Sheeley
- Kara Sheeley
- Katie Touchstone
- Devin Wiley
- Michele Laas, SLT Representative

MEMORIALS AND DONATIONS

In memory of Larry Foster

Bothwell Regional Health Center

In memory of Robert Edwards

Susan Roe

In memory of Dr. James Gaunt

Bothwell Regional Health Center
Medical Staff

Bothwell Regional Health Center

Michael Simon

In memory of Alvera "Fritz" Harrell

BRHC Auxiliary

In memory of Helen Brazos

BRHC Auxiliary

In memory of Arthur Flowers

Lori Wightman

Stephen and Rena Galloway

Connie Fosnow

Center for Human Services: Robin Moran,
Dennis Hamilton, Molly Scheiner, Linda
Holland, Kim Anderson, Loletta Combs,
Bryon Jacques and David Kramer

In memory of Eliza Lee Ross

Michael Simon

Leora Bremer

In memory of Sam Sullivan

Patricia Copeland

AUXILIARY NEWS

Community Blood Drive Oct. 18

Sign up to donate blood from 10 am to 6 pm Oct. 18 at the Community Blood Drive! The Bothwell Auxiliary volunteers will be helping with the event, which is happening at First Christian Church at 200 S. Limit in Sedalia.

Appointments are preferred and can be made at savealifenow.org/group. To check for medical eligibility first, call 800.688.0900. For more information, call Auxilian Marge Watson at 660.221.4167.



SCRUB SALE



Oct. 21 | 9 am–5 pm | Bothwell Café

AUXILIARY NEWS

Volunteer Appreciation Luncheon

The Bothwell Auxiliary held its volunteer appreciation luncheon on Sept. 15. The day marked the first time the event was held since 2019 after being suspended due to Covid.

Auxiliary President Karen Kay Taylor presented Presidential Awards to members who volunteered their time in 2021 from 100 to 500-plus hours.

Bronze Recognition:

100-249 hours

Carol Ackerman - 123
Wilma Baslee - 116
Harry Burford - 203
Kay Butler - 149
Karen Cairer - 112
Christine Detherage - 203
Karen Hamilton - 182
Allen Ipsen - 240
Mona Ipsen - 132
Mary Luukkonen - 148
Sara Lyles - 211
Sandy Mayfield - 201
Shirley McCown - 195
Linda McCoy - 218
Terri Paul - 105
Donna Peakes - 152
Shirley Scrape - 203
Mary Jo Stevenson - 134
Minerva Taylor - 153
Janice Williams - 168
Gerald Wolf - 115
Sharon Woolery - 241

Silver Recognition:

250-499 hours

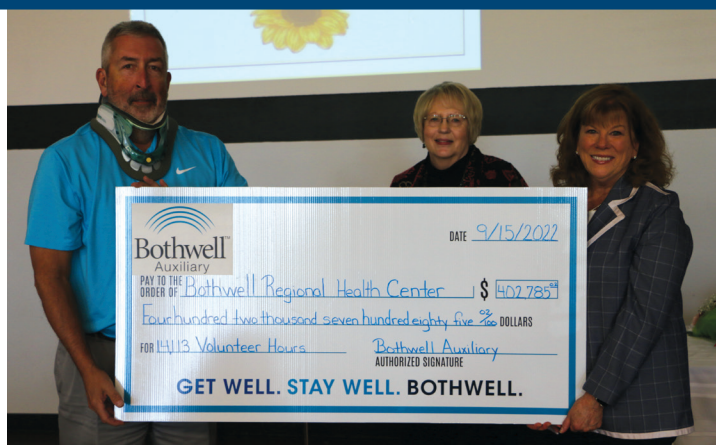
Mary Allee - 439
Steve Barnes - 264
Dale Bersano - 272
Jackie Butler - 421
Joyce Grinstead - 261
Freida Ingram - 259
Earlene Knight - 308
Joe Kolsky - 259
Joyce Kolsky - 300
Linda Lynde - 318
Virginia McCallister - 395
Judy Naylor - 330
Dorothy O'Rourke - 384
Carol Perkins - 291
Dorothy Poort - 315
Ruby Price - 334
Marcy Sandidge - 421
Karen Kay Taylor - 472
Marge Watson - 431

Gold Recognition:

500+ hours

Carlene Ficken - 526
Shirley Kindle - 510
Jim Monroe - 675
Joyce Monroe - 588

Thank you to the Human Resources team for organizing the event and to those who volunteered to help serve the meal!



A check for \$402,785.02 that represents the value of all volunteer hours was presented by Auxiliary President Karen Kay Taylor to Bothwell CEO Lori Wightman and Board Chair Stafford Swearingen.



Auxiliary Shirley Kindle was named the BRHC Auxiliary Volunteer of the Year as voted on by her peers. Other nominees were Dorothy O'Rourke and Joe and Joyce Kolsky.



Staff volunteers from left to right: Kim Cox, Admitting supervisor; Linda Watterson, Human Resources specialist; Kara Sheeley, Radiation Oncology director; and Mary Holloman, Human Resources manager. Not pictured, Natalie Paxson, 2 Southwest unit manager

AUXILIARY NEWS

Volunteer Appreciation Luncheon (Continued)

Volunteers who have passed away since 2020 were also remembered by Chaplain Rob Ayers.

2020

Betty Burford
Jean Green
Marge Meyer
Lola Plummer
Jeanie Farkas
JoAnn Lambirth
Don Steen
Jack Veulemans

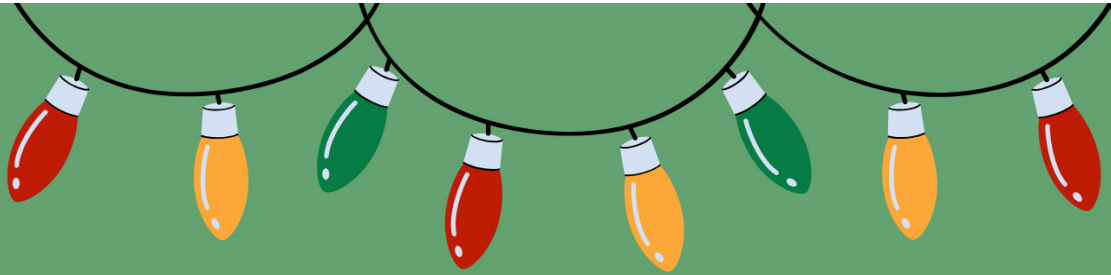
2021

Martha Bridges
Janice Cave
Sonja Corcoran
Anna Craig
Lucille E. Davis
Anne Hamilton
Shirley Kaiser
Linda Sanders

2022

Joan Cummings
Anna Lee Bail
Jane Stewart
Helen Brazos
Lavera "Fritz" Harrell





Christmas Club !

Stop by to pick up your Christmas
Club on

Thursday, October 13th 2022
from 9 am-5 pm.



**BOTHWELL HOSPITAL EMPLOYEES
CREDIT UNION
600 E 13TH ST
660-827-9518**





DOUBLE OWNER REWARDS!

Bothwell Hospital Employees Credit Union

Call x9518 or 660-827-9518

bhecu@iland.net / bhecu@iland.com

Score BIG savings on

ALL LOANS



WE LIKE TO DO GOOD DEEDS.
HERE'S OUR GIFT TO YOU.

Skip-A-Payment!

With all the activities at this time of year, many people wish they could take a break from their loan payments and use the money to get away or enjoy those special times.

WE'LL NOW YOU CAN!



OCTOBER BIRTHDAYS



Jessica Moon	1	Debbie Spencer	14	Sherry Elliott.....	25
Baylee Senesac.....	1	Lauren Cox.....	15	Janet Torres.....	25
Jasmine Godfrey	1	Diann Steele.....	15	Courtney Price.....	25
Amy Dey	2	Jan Devore.....	17	Donna Bell	25
Theresa Shroyer	2	Jeff Jenkins.....	17	Reagan Braverman	25
Tina Wheeler.....	3	Amy Kirkman	18	Dr. Bruce Owens	25
Chrissy Frame	3	Lee Anne Marquez De Guzman....	18	Ashley Barnes	26
Jessica Bronson	4	Katelyn Buxton	18	Carly Hovendick	26
Sara Gare	4	Alicia Saldivar-Devers.....	18	Tabbatha May	26
Jana Sprinkle.....	4	Mariia Tikhonova.....	18	Andrea Garcia	26
Melanie Estes.....	5	Rita Mergen.....	19	Kiara Murphy	26
Jay Case.....	6	Marion Long.....	19	Perry Keller	27
Amanda Wathen.....	7	CJ Rhoads.....	20	Lindsey Moon	27
Rik Hill.....	7	Mackenzie Hoffmann	20	Michelle Burgin.....	28
Cheryl Currier	8	Rachelle Joronen	20	Tammie Weber	28
Rosa Lairmore	8	Mickaela Williams.....	20	Justin May.....	28
Nicole Griph.....	8	Kirsten Darrah.....	20	Robin Wagenknecht	29
Dr. Alyssa Emery	8	David Ryakhmyatullof	20	Mindy Loges.....	29
Haley Knight	8	Shelbi Bishop.....	21	Delia Zimmerman	30
Kassie Wehmeyer	9	Bailey Johnson.....	21	Hollie Dubroc.....	30
Natalie Paxson.....	11	Donna Ramey	22	Sandra Roark	30
Debbie Billings.....	11	Dawn Gehlken	22	Alexander Hoff.....	30
Sarah Fredrickson	11	Annette Smith.....	22	Staci Ward	30
Tyler Williams	11	Andrew Darrah	23	Linda Eckhoff.....	31
Alexis Woolery	12	Vicki Howard.....	23	Jana Kennedy.....	31
Emily Kullman	13	James Steele	24	Amanda Merrill.....	31
Julie Mccammon	14	Ashley Schroder	24		
Kay Schnack	14	Tonya Fairman.....	24		