

“ Purpose is the fire in
the belly that draws us
toward work that
truly matters. ”

Finding Purpose in Our Work

Letter from Lori

Over the past few months, I've been sharing thoughts on our values—community, purpose, integrity and joy. This month, I'm focusing on purpose, and I'll admit this one has been the hardest for me to articulate.

For me, purpose is more than just the reason we do our jobs. It's an internal force that fuels our commitment to health care. It's the pull toward work that is meaningful, fulfilling and necessary. It's knowing that what we do every day—whether directly caring for patients or supporting those who do—makes a real difference in people's lives.

I have chosen health care not once, but twice in my life. After an initial career in the field, I spent a decade in roles outside of health care, including working in state government, running a political campaign and even serving as the general manager of a professional basketball team.

While each of those roles had its moments of fun, none of them provided me the sense of connection and impact that health care does. So, the second time I was running a basketball team, I finally said, "This is crazy—I'm going back to my career of choice." And that's exactly what I did.



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Finding Purpose in Our Work (Continued)

Purpose, to me, is the fire in the belly that draws us toward work that truly matters. It's more than a job or a career—it's a calling. It's why we push through difficult days, why we invest in learning and improving, and why we show up for our patients, our colleagues and our community every single day.

I see this sense of purpose all across Bothwell. It's in the way our nurses make sure patients feel safe and cared for. It's in the dedication of our Environmental Services team, ensuring a clean and safe environment. It's in our schedulers who work to fit in a last-minute patient appointment, and in our providers who take the time to really listen. Purpose is everywhere—it's what binds us together in our mission to care for our family, friends and neighbors.

I challenge you to take a moment and reflect on your own purpose. What drew you to health care? What keeps you here? And when have you felt the strongest sense that what you do matters? I'd love to hear your thoughts and experiences.

Stay well. Be well.

ADDRESSING A QUESTION

Hospital Third Floor Use

The question of reopening the hospital's third floor for inpatient care has come up in a variety of settings—during retiree lunches, in employee surveys and from physicians and ED staff, especially during respiratory season when hospitalizations rise.

Our challenge is not physical space, it's staffing and inpatient demand.

On average, we have about 50 patients a day in the hospital. If we don't have the appropriate number of nurses due to call-ins or simply no one available to work, we sometimes must limit the number of admissions to ensure safe care. Even though we may cap admissions, patient transfers out, due to unstaffed beds, have been minimal.

Health care is shifting toward outpatient services, and our hospital of the future will likely be around 60 beds. While we're licensed for 108 beds, reopening the third floor is not needed due to decreased need or demand for inpatient care.

Our focus remains on recruiting more nurses to staff the beds we have. Once we are able to do that, we are confident we will be able to consistently meet our community's hospitalization needs.

Mission, Vision and Values

Our Mission

Together, we work to provide compassionate and safe care to our family, friends and neighbors, while remaining proudly independent.

Our Vision

Our health care team will be our region's first and most trusted choice for care.

Our Values

Our values inspire our behaviors, which create who we are to each other every day.

- **Community** – Our community is our family.
- **Purpose** – Our purpose, your care.
- **Integrity** – Integrity is our reputation.
- **Joy** – Joy is our strength.



601 East 14th Street
Sedalia, MO 65301

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BOARD PROFILE

Dr. Michael Murders

Tell us a little about yourself.

I am Vice President for Academic and Student Success at State Fair Community College. My career has been focused on leadership, education and training. Prior to joining SFCC in 2022, I served as Chief of Training Support for the 338th Training Squadron at Keesler Air Force Base in Mississippi, as Vice President of Academic Affairs for South Arkansas Community College in El Dorado, Arkansas and as Chief Academic Officer at Arkansas Tech University-Ozark Campus in Ozark, Arkansas. I am retired from the United States Air Force after serving 20 years during multiple combat deployments.

I enjoy serving on Bothwell's board as well as holding leadership roles in three Rotary clubs and being an active member of several area Chamber of Commerce organizations and volunteering at multiple community food bank programs. My late wife, Leslie, and I have three daughters, three sons-in-law and nine grandchildren.

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"From hospital leadership to medical staff and community partners, everyone plays a role in ensuring that Bothwell continues to thrive."

The Bothwell Board of Trustees meets on the fourth Tuesday of each month at 5:30 pm in the hospital board room.

Members are appointed by the City of Sedalia Mayor and reviewed and approved by City Council. There are nine board seats, and five members are required to reside within City of Sedalia limits.

GET WELL. STAY WELL. BOTHWELL.

BOARD PROFILE (Continued)

Dr. Michael Murders



How long have you been on the board and what offices/committees have you held?

I've been on the Bothwell board for two years this month. I am a member of the Board Quality Oversight Committee.

Why did you say yes to joining the board?

My entire life and careers have been encompassed in service. Like higher education, having a hospital and medical services is critical to the growth and economic endeavors of a community. I said yes to joining the board because I believe in Bothwell's mission to provide high-quality, compassionate health care to our community. I wanted to contribute my experience and perspective to help guide growth, ensure its financial and operational strength and support the dedicated medical professionals who serve our patients. Health care is vital to the well-being of our community, and I saw this as an opportunity to make a meaningful impact.

What are you most proud of accomplishing so far, and what else do you hope to accomplish during your term?

It was an honor to be available and participate at the Honor Walk for the Fifth Street fire victim ... a truly touching and emotional experience that highlights that even in loss how many can be saved through donation.

I'm most proud of our board's efforts to enhance patient care, strengthen hospital operations and support our health care professionals. Whether it's improving infrastructure, expanding services or ensuring financial sustainability, every decision we make is about providing better care to our community. Looking ahead, I hope to help further develop strategic initiatives that will attract top medical talent, invest in cutting-edge technology and foster a culture of excellence in patient care.

What have you found most interesting or surprising about your board experience so far?

The most interesting aspect has been seeing the behind-the-scenes dedication and collaboration that goes into running a hospital. The level of commitment from the leadership team, medical staff and fellow board members is truly inspiring. I've also been surprised by the complexity of health care governance—balancing patient needs, regulatory compliance and financial stewardship is a challenging but rewarding responsibility.

Is there anything else you want to share?

Being on the board has reinforced the importance of collaboration. From hospital leadership to medical staff and community partners, everyone plays a role in ensuring that Bothwell continues to thrive. It's inspiring to work alongside such dedicated professionals who share a commitment to excellence in health care. It has been a privilege to serve and be part of the team.

EMPLOYEE ASSISTANCE PROGRAM

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Safety Rounding Tracker

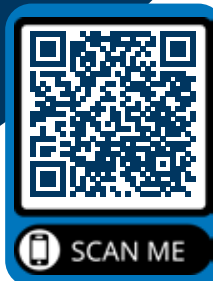
Period 32: 02/01/25 – 05/31/25

Since May 2021, the Senior Leadership Team (SLT) has been regularly rounding on all departments and clinics. SLT members connect with frontline staff and ask questions ... all with the goal to enhance a climate of trust, discuss progress on performance metrics, identify issues that need solutions, recognize accomplishments, remove barriers to communication and process improvements, strengthen accountability and provide opportunity for SLT members to learn about quality and safety in all departments. The Rounding Tracker charts what was discussed and the status of solutions. The tracker will appear regularly in the Billboard.

ORIGINATING DEPARTMENT	ROUNDED	DESCRIPTION	ASSIGNED TO	ASSIGNED TO (ADDITIONAL)	PROGRESS	START	OUTCOME
DIETARY	Lisa	Staff would like a panic button to call for help at cash register, if needed.	Lisa	---	50%	3/12/24	Waiting on quote for Lynxicon button
PT/OT	Lisa	Patient training on entering a personal vehicle after discharge	Lisa	---	100%	1/28/25	Patients will receive detailed instructions on how to enter car after being discharged
WOUND CENTER	Dr. Phil	Below on 8 hours of provider staffing	Marvin	---	75%	1/18/24	Marvin working out a solution with Dr. Dallo
PCU	Dr. Phil	Difficulties charging drugs from Omnicell. The system will charge for two vials even if only one is pulled out. They suggested that the machine charge on scan instead of charge on dispense.	Dr. Phil	Cole S.	50%	1/30/24	Dr. Phil talking to Cole about creating a multidisciplinary group and creating a charter. It will go live after implementation of Expanse.
OR	Michele	Creation of a multidisciplinary group to develop a more permanent solution with directing OR patients in the morning	Michele	---	50%	2/6/24	Sign was placed upfront, yet still needs additional work
CCU	Michele	Wallpaper is coming off the wall in CCU.	Michele	Rudy/Lucas	50%	7/23/24	Bid has been received. Will start painting wall when ongoing projects are complete.
WINCHESTER	Lori	Window seal broken	Lori	Rudy	50%	9/24/24	Window ordered in September. Estimated arrival time is 3 months.
RADIOLOGY	Steve	MRI Safe Walkers	Marvin	---	50%	12/24/24	MRI Safe Walkers arrived on January 2, 2025

HOT TOPICS

Hot topics are the ones generating interest and debate in the Café, in break rooms, in offices or hallways. Whether you call them water-cooler conversations or “hey, what’s going on” questions, here’s where you’ll find answers and information.



**KNOW A CRNA?
YOU COULD EARN
UP TO \$15,000!**

Culture of Safety Survey Coming Survey Opens March 12

A **safety culture** is the product of individual and group beliefs, values, attitudes, perceptions, competencies, and patterns of behavior that determine the organization’s commitment to quality and patient safety.

— *The Joint Commission*

The Culture of Safety survey is for all employees and will be available from **March 12–25**. The survey is confidential and anonymous and will only take 15 minutes to complete.

The survey’s purpose is to give all employees the opportunity to share their perceptions of our current safety culture and what’s getting in the way of safe patient care.

- With 75% participation, all employees will receive an ice cream treat
- With 95% participation, there will be an organization-wide pizza party

Watch for survey flyers with QR codes for hospital and clinic surveys or watch your email for the links.

For questions or additional information, contact Human Resources at 660.827.9540.

Certified Registered Nurse Anesthetists (CRNAs) are nurses who specialize in administering anesthesia and related care and work in the hospital with our anesthesiologists and surgeons.

If you’re a Bothwell employee and know a CRNA looking for a new opportunity, consider referring them through the CRNA referral program.

Who’s eligible to make a referral?

- All employees except Senior Leadership Team members and HR personnel
- Referring employee must be free of corrective action and have been employed by Bothwell for a minimum of six months
- Referred candidates must be new to Bothwell and have not previously worked at Bothwell in the past 36 months, not currently involved in any active recruitment process and applying for a benefits-eligible position

Upon a successful candidate being hired, three payouts of \$5,000 will be made to the referrer at the 30-, 90- and 180-day milestones.



From the Expert

Obstructive Sleep Apnea: Symptoms and treatments

Gabriel Anders, DO

Bothwell Pulmonary Specialists

As a physician living and practicing in Sedalia, I am privileged to treat many patients in this city and surrounding communities. One of the areas of focus is sleep disorders. The most common sleep disorder I encounter is obstructive sleep apnea (OSA), which is when the airway becomes partially or completely blocked during the night and can lead to pauses in breathing or shallow breathing.

Symptoms may include snoring, gasping/choking during sleep, frequent nighttime urination, excessive daytime sleepiness, morning headaches, dry mouth upon waking and difficulty concentrating.

Left untreated, OSA can cause significant health issues such as high blood pressure, heart attacks, heart failure, abnormal heart rhythms, stroke, weight gain, worsening diabetes and worsening depression and anxiety. It can also lead to an increased chance of falling asleep at the wheel! The good news is that there are many safe and effective treatments for OSA.



[READ MORE ►](#)

Honor Walk

Recognizing Liz's Legacy

On the evening of Feb. 19, employees, board members and first responders gathered in silent tribute for an Honor Walk, a powerful ceremony that recognizes patients who give the ultimate gift—life through organ donation.

This walk was in honor of Liz, a woman whose kindness and generosity touched everyone she met. Whether it was through her work as a certified nurse assistant, her devotion to her family, or the simple act of brightening someone's day, Liz lived with an open heart.

Thank you to everyone who was a part of this story—whether it was providing her care, participating in the Honor Walk or simply holding space for the moment.

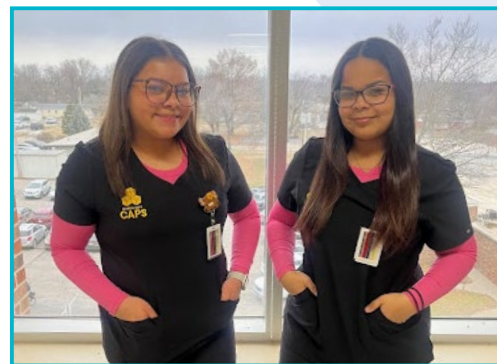
Liz's Honor Walk video and story have been shared with her family's permission on the Bothwell Facebook page.



[WATCH THE VIDEO ►](#)

Queen City CAPS

My name is **Jaela McCullough** and my partner is **Brigette Pyeatt**. We are both juniors in the Medicine and Healthcare strand of CAPS. I, Jaela, am interested in Oncology Nursing, specifically Pediatrics. My partner Brigette Pyeatt is interested in respiratory therapy and hopes to work her way up and become an Anesthesiologist. We both have big hearts and wanted to bring them together on a project. Our Passion Project is what we call "Encouragement." We have proudly partnered with the Med/Surg Unit 2 Southwest department, Skyline Elementary School and Smith-Cotton High School HOSA to create something special for patients and nurses. As mentioned, I am highly interested in Pediatrics, these tiny humans are so special and I wanted to include them in our project. Additionally, Brigette and I have been focused on mental health projects because caring for patients/nurses and their mental health matters so much. We are traveling to Skyline Elementary to help third and fourth graders make cards. They will design the cards and leave a heartwarming message inside. Smith-Cotton High School's HOSA is also donating fuzzy socks and chapsticks for us to make little goodie bags. We believe everyone, not just the patients, needs a little encouragement. Our main goal is to let people know that no matter what they are going through, they are not alone, and that someone out there believes that they are doing amazing. Spreading love, happiness and positivity is something we want to continue to do with the rest of our future projects this semester.



CAPS Associate Jaela McCullough (left) and
CAPS Associate Brigette Pyeatt (right)



Bothwell CEO Lori Wightman (left) and
CAPS Associate Kenley Anderson (right)

My name is **Kenley Anderson**, and I am a junior at Smith-Cotton High School. This year, I have been fortunate to experience incredible opportunities through the CAPS program. One of the highlights has been the honor of attending two of the three Strategic Planning Committee meetings, where I had the privilege of gaining firsthand insight into the decision-making processes that will shape the next three years of the hospital and our community. My main takeaway from the meeting was the capacity at which the Bothwell staff cares. Though the room was full of diversity ranging from doctors, nurses, administration, community partners, students, etc., everybody came in with one goal in mind, the people. It was refreshing to see such a devoted group of people working together with open honesty on how to make Bothwell the best place it can be for both staff and patients. Thank you to **Lori Wightman** for inviting me and listening to my perspectives.

In addition, I have spent a lot of time in Women's Health and Labor and Delivery as I am interested in becoming a Certified Nurse Midwife. This year I have been able to shadow the births of three babies! Thank you to my preceptors in both the hospital and clinic who have made my year at CAPS one to remember!

RECOGNITION

Recognition acknowledges exemplary individual and team efforts, how we volunteer in support of our community and kudos. From awards to shout-outs, this is the place to celebrate and show appreciation.



Employee of the Month February

Jenice Serrano, RN in Post Anesthesia Care Unit, is our February Employee of the Month for always maintaining a winning attitude and taking superior care of her patients. Serrano was nominated by Rik Hill, CRNA, for helping two patients in different areas of the hospital.



“Recently a patient came from a local long-term care facility for a surgical procedure,” Hill said. “Upon the patient’s arrival, Jenice noticed his underclothes were tattered and soiled and he didn’t have a coat. Jenice immediately went to the supply of donated coats in the hospital and acquired one for the patient. She also took it upon herself to buy underclothes for the patient and hand-delivered them to the facility. This was all done for a patient with dementia who would not have known of her gift.”

In the second situation, a non-English speaking patient was receiving pre-procedure information via a phone interpreter. Though Jenice was not working in this department, she talked with the patient in their language, explaining the procedure and staff responsibilities.

“Jenice constantly shows this shining attitude to her patients, which really helps put people at ease in moments of increased stress,” Hill said. “This attitude is reflected wherever she is working and is an excellent example of courtesy and professionalism. Jenice exemplifies the Bothwell Four Key Basics, and in her case, we should add a heart of gold.”

Congratulations, Jenice, on being named February Employee of the Month!

**Submit your Employee
of the Month
nominations online!**



**Scan the QR code or find
the link on the intranet**

Nominations should include specific situations, behaviors or events where **exemplary** behavior was demonstrated by a teammate.

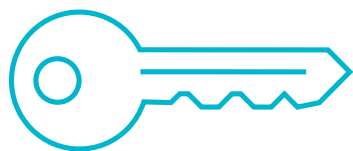
Part of the OASIS Recognition and Awards team’s new processes is to include the names of those who were considered for the Employee of the Month award. Nominees receive a copy of their nomination along with a certificate of consideration.

Congratulations to the other February nominees!

- Terrance Cline
- Dana Staus
- Amber Brodersen
- Jeremy Vesperman
- La’Chelle Moore
- Cassie Schmieg

Key Awards

January



Laura Phillips

Kyle Hull

Denise Goins

Brandon Mucke

Cassie Schmieg

Dana Staus

Brandon Cornine

Cindy Gail

Cheryl Hill

Natalya Antonov

Isabel Juan

Sarah Hopper

Theresa Shroyer

Tara Przybylski

Jessica Sullins

Veronika Mezentsev

Olga Silchuk

Ramil Ishmukhametov

Saudi Robbins

Addison Miesner

Kami Jetmund

Submit your KEY Award
nominations online!



Scan the QR code or find the link
on the intraweb

Given based upon excellence demonstrated
in the four Key Basics for actions that
promote quality patient care and increase
patient satisfaction.

DAISY Award Winner

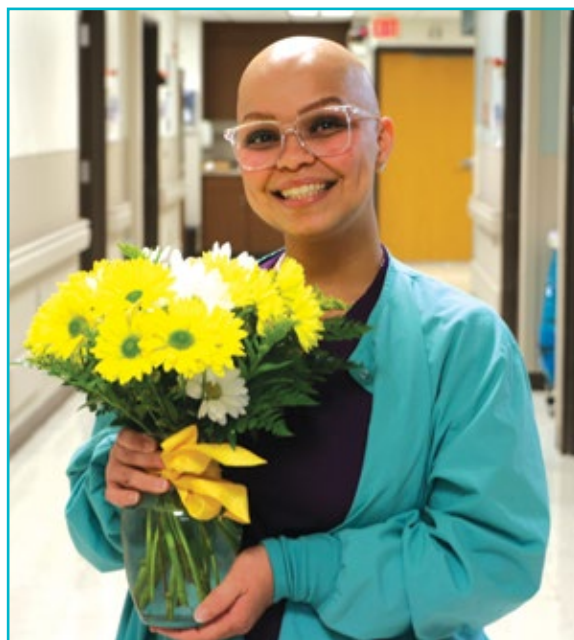
Congratulations, Jenice Serrano

Bothwell Regional Health Center recently presented its latest
DAISY Award for Extraordinary Nurses to **Jenice Serrano**.

The DAISY Award is for patients and their families to nominate nurses
who give outstanding, compassionate and skillful care. Serrano is a
Registered Nurse and works in the hospital's Post Anesthesia Care
Unit (PACU); she was nominated by recent patient, Sandra Gibson.

"I was there to have my gallbladder removed and things went
differently than expected, yet Jenice went above and beyond taking
care of me and my daughter," Gibson said. "When I was admitted,
Jenice came to check on me before leaving to go home and brought
my daughter lunch. It's clear she gives her all in everything she does,
and she made us feel so special and cared for. Jenice is a keeper and
an amazing nurse."

READ MORE ►



Shout Outs

Each year, there are recognition days, weeks or months that are created to bring awareness to medical professionals. Take some time in March to thank the people in these departments for the important work they do.

- **March 12:** Registered Dietitian Nutritionist Day
- **March 30:** National Doctors' Day
- **March 10–16:** Patient Safety Awareness Week



March is Colorectal Cancer Awareness Month!

Do you know...

- Screening for colorectal cancer begins at age 45.
- The Defense Health Agency offers a stool-based test called Fecal Immunochemical Test (FIT) as an alternative to a colonoscopy.

March is also National Nutrition Month

Here are 11 nutrition tips from The Academy of Nutrition and Dietetics. To learn more, visit <http://www.eatright.org/>.

1. Eat a breakfast that includes lean protein, whole grains, fruits and vegetables. Get creative with your choices, including items like eggs, low-fat cheese, a whole wheat tortilla, low-fat plain yogurt, fruit and whole grain cereal.
2. Make half your plate fruits and vegetables. Fruits and veggies add color, flavor, texture, vitamins, minerals and dietary fiber to your plate.
3. Be mindful of your portion sizes.
4. Stay active
5. Review nutrition facts to be aware of sugar, salt and fat content.
6. Prepare healthy snacks. Try raw veggies with low-fat cottage cheese, hummus or a tablespoon of nut or seed butter with an apple or banana.
7. Drink more water, and quench your thirst with water instead of drinks with added sugars.
8. Get cooking! Preparing food at home can be healthy, rewarding and cost-effective.
9. Eat seafood twice a week. Seafood – fish and shellfish – contains a range of nutrients, including healthy omega-3 fats.
10. Experiment and add variety to your menus with weekly budget-friendly meatless meals. Many recipes that use meat and poultry can be made without them. Vegetables, beans and lentils are all great substitutes.
11. Slow down at mealtimes. Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can positively affect your food intake.

You Knocked Our Socks Off

Centralized Scheduling team members **Seth Hoffstetter**, **Tasha Stokes** and **Kimberly McMillin** each received a “You Knocked Our Socks Off” award at this month’s board meeting for the teamwork and quick-acting skills they displayed when a recent call came into the call center.

Hofstetter received a call from a patient who wanted to schedule an appointment and who was struggling to breathe or speak. He immediately asked Dylan Young, Centralized Scheduling team lead, if he should call 911. Stokes jumped in to help and called 911 while Hofstetter stayed on the phone with the patient. After hearing the patient’s name, McMillin recognized the family from church and asked the patient for permission to call the patient’s sister to go to the residence immediately.

Members of the Sedalia Fire Department arrived at the patient’s home and thanked Hofstetter and his teammates for staying on the phone with the patient and for calling them as the patient needed emergency care. Young said all three schedulers worked great together to ensure the patient received the proper care.

“Seth did amazing staying calm and keeping the patient calm,” he said. “All three team members should be recognized for their teamwork and going above and beyond their line of work.”

Thank you Seth, Tasha and Kimberly for your quick actions that helped this patient get the help they needed.



Front row, from left to right, Lori Wightman, CEO, Seth Hoffstetter, Kimberly McMillin and Tasha Stokes; back row, Austin Freed, Registration manager and Steve Davis, CFO



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PERSONNEL NEWS

Look here for updates on new hires, promotions, retirements, achievements, birthdays and other staff-related news. Our organization is a busy and vibrant place to work. Personnel news helps keep everyone informed about our greatest asset ... our people.



New Physicians

Donald Peghee, MD

Bothwell OB/GYN Associates

Education:

MD – University of Kansas School of Medicine

Residency – Texas Tech University Health Sciences Center, Amarillo

About: Dr. Peghee has been practicing medicine since 2006 and has extensive experience in hospital and clinic settings. He offers a full range of obstetric and gynecological services, including preventive care, pregnancy and delivery management, complex gynecologic conditions and hormone therapy using bioidentical hormones. Dr. Peghee said his passion for obstetrics and gynecology began early in his career after assisting in his first delivery.

“It was like witnessing a miracle,” he said. “That experience inspired me to dedicate my career to women’s health and ensuring patients receive the best possible care.”

Fun Fact: Outside of medicine, Dr. Peghee enjoys spending time with his family, traveling, sports and playing pool.



IT PAYS TO HAVE FRIENDS!

Refer a friend and make extra money

Earn rewards while sharing the Bothwell love with friends and family in the Employee Referral Program!

- All employees can take part in the referral program with the exception of the Senior Leadership Team and HR personnel.
- Department/Clinic Directors are eligible if the person referred is someone outside of your own department(s).
- Referring employees must be free of corrective action and have been employed by Bothwell for a minimum of six months.
- Referred candidates must be new to Bothwell and have not previously worked here within the past 36 months, not currently involved in any active recruitment processes and applying for a benefit-eligible position.

**Three payouts of \$250 each will be made to the referrer at the employee’s 30-, 90- and 180-day milestones.*

More information and the referral form can be found on the IntraWeb > HR Corner and on the public website at www.brhc.org/careers/additional-information/. This new program was developed by the Referral and Onboarding OASIS team.



Scott Darling, DO, RPVI, RVT

Bothwell Wound Healing Center, Bothwell Hospital

Education:

DO – A.T. Still University/Kirksville College of Osteopathic Medicine

Internship – Michigan State University College of Medicine – Bi-County Community Hospital

Residency – University Missouri–Kansas City, Family Practice

Residency – Northeast Regional Medical Center, Dermatology



About: Through a collaborative agreement with Bothwell and Dr. Scott Darling with Total Skin Center in Liberty, Missouri, area residents will have access to venous and lymphatic care. As a specialized dermatologist, Dr. Darling is experienced in diagnosing and treating legs with swelling, ropy veins, spider veins and other skin conditions. Additionally, he can diagnose and treat lipedema, a condition associated with lymphedema, which results in fat deposition and tenderness in the arms and legs.

More: Dr. Darling will see patients at the Wound Center every other week. To make an appointment to see him, call Total Skin Center at 816.792.3400.

KNOW YOUR EDUCATIONAL BENEFITS



Contact Human Resources to learn more!

Welcome to These New Team Members!

Paige Graham

*Women's Health and
Newborn Care*

Jeffrey Lamb

Environmental Services

Blaine Brodersen

Nursing Administration

Irene Slivinskiy

Progressive Care Unit

Kayley Woolery

*Medical and Surgical Unit /
2 Southwest*

Ashley Tucker

Linen

Kristin Brownlee

Admitting

Abigail Sanders

Bothwell Ear, Nose & Throat

Courtney Lawson

Bothwell Diagnostic Center

Abigail Moody

Admitting

Alyssa Sullens

Quality Management

Tracey Jackson

Bothwell Dermatology

Christina Repp

Admitting

Peter Huskamp

Admitting

Beth Richardson

Progressive Care Unit

Coleen Case

Clinic Billing

Katrina Randleman

Linen

Megan Duppass

Nursing Administration

Maria Briones

Nursing Administration

Jennifer Yates

Same Day Surgery

Kimberly Crank

Same Day Surgery

Yelena Gubarik

Nursing Administration

Macy Hulse

Nursing Administration

Robert Lairmore

Linen

David Waters

Housekeeping

Tamiko Hunter

*Medical and Surgical Unit /
2 Southwest*

Vivian Kolaski

Emergency Department

Brooke Epple

Emergency Department

Jaden Velando

*Nursing
Administration*

Cody Knutson

Radiology

Lynette Black

*Susan O'Brien Fischer
Cancer Center*

Vanessa Martinez

Bothwell TLC Pediatrics

Carleigh Smith

Same Day Surgery

Alayah Waddell

Housekeeping

Danielle Howard

Central Cardiac Monitoring



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

Helping Family, Friends and Neighbors

New Employee Spotlight: Kendra Bloess

Social Worker **Kendra Bloess** has found her “forever” job.

Bloess joined the **Population Health** team in November after working at E.W. Thompson Health and Rehabilitation Center for six years.

“I received my degree in Social Work in 2013 and really wanted to use my education more fully,” she said. “I just love helping people. I know people who work at Bothwell who love their jobs, so I applied for this position.”

In her role as the first social worker in Population Health, Bloess contacts clinic patients after their appointments to help them find resources for non-medical issues that are adversely affecting their health and well-being.

Through the ToRCH program, nurses at several clinics are screening patients for social determinants of health (SDOH) to identify those who have additional needs.

ToRCH is a rural health program sponsored by the Missouri HealthNet Division, which manages the Missouri Medicaid program. It is a model of care that directs resources to rural communities committed to addressing the non-medical factors that impact their health outcomes. SDOH factors include safe housing, transportation, access to healthy foods and opportunities for physical activity.

If a patient has answered the screening questions that they need help in these areas, Bloess calls them, explains the ToRCH program and offers assistance.

“It could be they don’t have money to buy food, they have a pest problem in their home or they don’t have transportation to get to appointments,” Bloess said.

Hospital social workers also screen ED patients and inpatients. If someone needs closer monitoring, they let Bloess know so she can follow up with them in the clinic.

Elizabeth Green, ToRCH program manager, said they want to expand the SDOH screenings to all clinics.

“We’ve been piloting the screenings and Kendra’s follow-up process,” she said. “As we refine our processes and understand what resources we need, we’ll start doing the screenings in more clinics. ToRCH is all about connections, and we’ve been working hard to create relationships with community-based organizations in Pettis County. Kendra is doing a wonderful job being a liaison between our patients and those partners.”

Bloess and her husband, Dru, live in Sedalia and have two daughters. In her free time, she enjoys working out, reading and spending time with my family.

“It’s so gratifying to help people with their overall health,” she said. “A lot of people don’t know what resources are available so it feels great to deliver that message, create relationships with people and know we’re all looking out for our patients and helping them.”

Learn more about new department **Population Health** in Department and Clinic News on page 22.



HAPPY BIRTHDAY

March

Angelica Ulmer	1	Sonjia Sapp.....	12	Zachary Nadolny	23
Haley Schuber	1	Abigail Sanders.....	14	Colin Farrell	24
Katrina Randleman	2	Christina Watring.....	14	Lacole Manolias.....	24
Amy Parker.....	3	Jaclyn Webb	14	Sydney Nichols	24
Susan Lamb	3	Michael Parrish	14	Amanda Shoemaker.....	25
Sydney Lindgren.....	3	Brooke Epple	15	Bethany Beesley	25
Jennifer Zolecki	4	Kaitlyn Gerlt.....	15	Erin Hawkins.....	26
Katherine Hesse	5	Elizabeth Hogan	17	Marla Zimmerman.....	26
Madysen Brown	5	Theresa Acklin	17	Dr. Michael Yuhas.....	26
Josefina Theisen	6	Amber Brodersen	18	Peggy Clark-Stanger	26
Kathleen McLees	6	Brenda Sprinkle.....	18	Kelly Liams.....	27
Lynda Beasley.....	6	Brooke Buso	18	William Gravitt	27
Reagan Hockett	6	Dr. Assad Shaffiey	19	Carleigh Smith	28
Christie Harrell.....	7	Denise Goins.....	19	Devlyn Fry	28
Delaney Meyer	8	Gary Schilb.....	19	Lori Gano	29
Michael Snow	8	Jennifer Raines.....	20	Shawna Sapaugh.....	29
Stacey Soendker	8	Kirstie Schultz.....	20	Kayley Woolery.....	30
Megan Stamps	9	Kristina Musgrave	20	Kimberly McMillin.....	30
Dr. Misty Todd	9	Rachel Gamill.....	20	Nike Draine	30
Kristin Largent	10	Ashley Pyle.....	21	Amber Allain	31
Malleasa Staus	10	Esther Sheremeta	21	Rachel Harris	31
Heather Hawkins	11	M'Lissa Reimer.....	21		
Melanie Davis.....	11	Michael Simon	21		
Autumn Smith	12	Roman Gorbulia	21		
Daniel Cowgill.....	12	Gaybriel Prince	22		
Patricia Fitzpatrick	12	Pamela Berg.....	22		
		Camron Hooper	23		
		Jennifer Evert	23		
		Karolina Kondratyuk	23		



COMMITTEE UPDATES

Meetings ... meetings ... meetings. There are currently over 50 standing committees working on a variety of topics and issues that keep Bothwell moving forward. From the Board of Trustees to the Patient Family Council, important work happens in committees every day.

Walkers 101

Patient Safe Handling Committee

There are many factors to consider when choosing a walker. We tend to use the term “walker” to encompass every mobility assistance device, yet there are standard walkers, wheeled walkers, hemi walkers and rollators, which have different features and suit unique needs. Overall the height, weight, strength and width of the patient should all play a role in walker selection.



Height

Most walkers can be adjusted to accommodate a patient 5'3" to 6'4" tall. If your patient is shorter than 5'5" tall you should consider a junior-sized walker that typically can be adjusted to a patient 4'10" to 5'5" tall.

Tiny differences in height can impact usage, even an inch or two in the wrong direction can mean posture problems and difficulty using the walker. A too-short walker can cause a person to stumble; a too-tall walker is just as hazardous.

CONTINUED ON NEXT PAGE ►



May 12-16

**HOSPITAL WEEK
UNDER THE BIG TOP**

**Step right up
and plan to join
in for fun, food
and games!**

Watch for more details to come.

*Sponsored by the
Employee Engagement Committee*

With relaxed arms, the person's wrist level should be at the height of the walkers handles when fully standing in the walker. They should be able to grip the handles of the walker securely. This should allow a patient's elbows to bend at a 15- to 20-degree angle, which is a loose bend rather than straight out or at 90 degrees.

Weight

If a heavier person uses a walker with a low weight rating, it could present a fall hazard. The walker could bend or even snap, causing injury to the user. Therefore, paying close attention to weight limits is vital. Do not just go by size/width of equipment. Just because they fit in the device does not mean it meets their weight capacity.

Most walkers accommodate a patient up to 250 lbs. Someone heavier or overweight needs a heavy-duty device. Every walker that is in use at Bothwell should have a yellow label on them to indicate the weight capacity. It is up to the department that orders the device to ensure the device is labeled with the weight capacity. This should apply to walkers, wheelchairs and commodes. We have walkers rated at 400, 500, 650, 700 and 750 pounds.

Width

A walker needs to be wide enough that the user can walk within the supportive frame.

Strength

Muscle weakness or other conditions that leave patients weak need to be considered. Ensure patients have adequate strength to push the device, hold onto and steer a walker and/or operate hand brakes. If it takes two or more people or a patient is max assist, a mechanical device should be utilized.

If you determine your patient is in need of a walker during your admission assessment, please obtain one for the patient. Make sure it is appropriate for the patient based on criteria above. If you are unsure which device is the best, please obtain an order for physical therapy to come and evaluate to determine the most appropriate device.



Succulent Garden Class

March 10, 6 pm

The 518 Provisions
520 S. Ohio, downtown Sedalia



Join us for a delightful evening as we partner with State Fair Floral to bring you a succulent garden workshop!

Whether you're a seasoned gardener or a curious beginner, this event is perfect for anyone looking to explore their creative side and bring a touch of nature into their home.

Our gardens start at just \$30 with an option to upgrade to a more elaborate design for \$50. Enjoy the company of fellow plant enthusiasts and create your own personalized succulent masterpiece.

Call Melissa Guffin, Employee Engagement coordinator, at ext. 9406 to reserve your spot! Payment due upon booking.

BINGO Night

March 28, 6 pm, Café

- For Bothwell staff and invited guests, adults only
- Prizes for winners; bring a snack/dish to share or have dinner in the Café before games start at 6:30 pm

RSVP by noon on March 24 to Melissa Guffin, Employee Engagement coordinator, at mguffin@brhc.org or ext. 9406



March Madness Bracket Challenge

FREE to participate! Prizes will be awarded!

Watch for more details and how to participate!

Easter Cookie Class

With Crumb Coat by Carianne Chappell

April 5, 10 am

Bothwell Education Center

- Decorate six delicious sugar cookies
- Class size is limited to 30 participants-first come, first served
- Limited to Bothwell team members and their invited guests only
- Payment due upon booking to reserve/confirm your spot.

To RSVP, contact Melissa Guffin, Employee Engagement coordinator, at ext. 9406 or mguffin@brhc.org

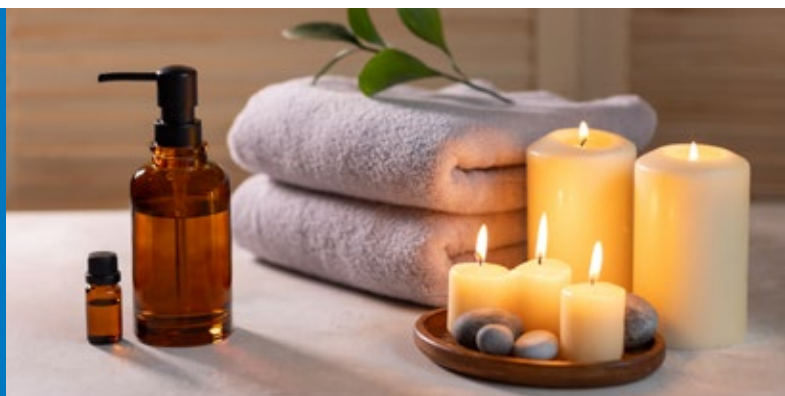


Save the Date: Mom & Me Spa Day

May 17, 10 am-12 pm

More details to come!

Sponsored by the Employee Engagement Committee





Kindness is Golden

Throughout March and April employees are encouraged to fill out a heart to recognize a teammate for a job well done, extending kindness or grace to a patient or coworker and/or going the extra distance. A flyer and hearts will be in mailboxes soon.

Write a short “why” message on the front of the heart and the person’s name on the back who is receiving the accolade and drop it in inter-office mail to Melissa Guffin, Employee Engagement coordinator, in Human Resources.

Hearts will be posted near the Café for everyone to view the great things we do daily at Bothwell.

All messages will be sent to the recipients upon completion of this engagement project!



Bothwell{ness} Health Tips

Bothwell{ness} Committee

Health Benefits of Berries

- Eye health
- Cancer prevention
- Heart health
- Weight management
- Fight inflammation



Wall Sits

Benefits of isometric exercise:

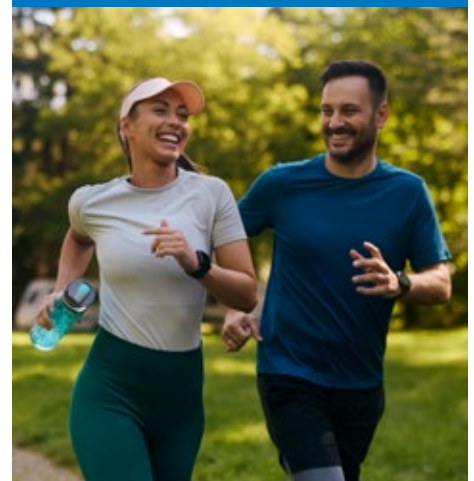
- Tones and strengthens muscles
- Increases stamina and endurance
- Improves posture
- No equipment needed
- Great for core strength

Three Steps to Behavior Change

1. Start small and choose one goal at a time until it becomes a habit, then move on.
2. Use positive self-talk, rewarding yourself for small achievements
3. Surround yourself with supportive people. Ask friends to help participate in your new healthy actions, but don’t depend on them. Be prepared to act on your own.

Are you interested in walking/jogging/running a 5K, 10K or half marathon in 2025?

Reach out to Jilene Streit at jstreit@brhc.org or Melissa Guffin at mguffin@brhc.org for assistance in tailoring a plan to meet your goals and needs!



Source: 
AssuredPartners

DEPARTMENT AND CLINIC NEWS



Find updates specific to particular departments including announcements on projects, achievements, changes and upcoming events. Communication between departments and to everyone in the organization is key to a well-oiled machine.

Department Spotlight

Population Health

Let's get to know each other better! Department Spotlight highlights a department, what they do and who they support. Next up is Population Health, led by Director **Leslie Harris**.

What does this department do?

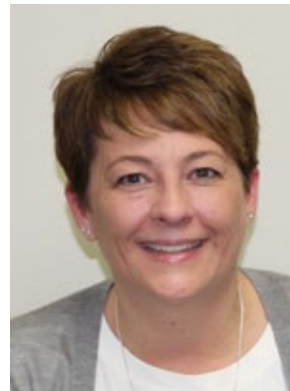
Populations Health's nucleus is improving the health and well-being of our communities. We do this by two primary initiatives: Our core POP team and the Transformation of Rural Community Health (ToRCH) program.

POP Core Team: A few areas of attention are preventative care by scheduling Annual Wellness Visits, yearly screenings and follow-up appointments for patients recently discharged from the hospital with hopes to reduce readmissions. The goal is to educate patients on the importance of early detection and encourage proactive health care, emphasizing the value of seeing their health care team before illness arises. We work with Aledade, our Accountable Care Organization (ACO) for Medicare and managed care Medicare, commercial and Medicaid health plans to meet the individual measures and gaps in our patients' care that they have recognized and communicated.

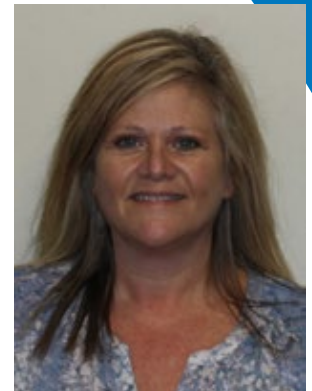
ToRCH: Funded by the Missouri HealthNet Division, in addition to working toward improving the health and wellness of our Pettis County Medicaid population, ToRCH addresses social determinants of health by connecting patients with resources for non-medical issues that adversely affect their health and well-being through Social Determinants of Health (SDOH) screenings.

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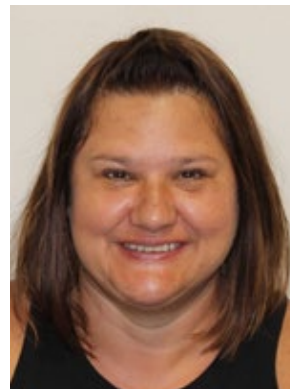
TEAM MEMBERS



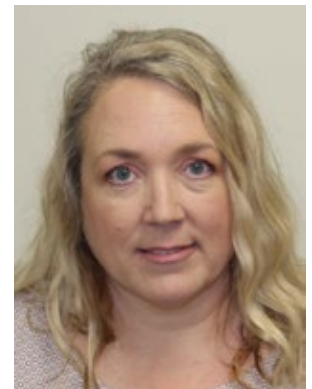
Leslie Harris



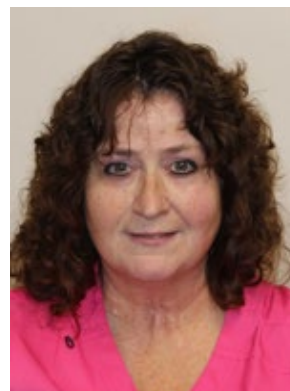
Elizabeth Green



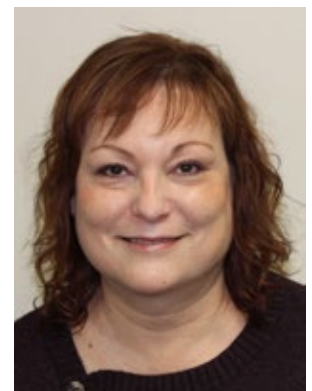
Leslie Stevenson



Teresa Mitchell



Joy Knox



Debbie Bredehoeft

Department Spotlight (Continued)

Population Health

SDOH screenings encompass the environmental conditions where individuals are born, live, work, learn, play, worship and age. These screenings are conducted during clinic visits, emergency room visits or hospital stays. This grant is currently only available for our Pettis County residents who have Medicaid or a managed care Medicaid health plan. We are working collaboratively with all our community partners to be a source of truth of resources that are available in our county. This will help patients get needed services quicker and maximize all of our resources.

Both initiatives have specific measurable goals put in place that complement each other while achieving their own success. These measures will be calculated to determine areas of risk factor, health trends, regulations and support needs in our community.

How would you describe your team?

Our team is composed of individuals from diverse backgrounds, including skilled nursing homes, hospital and clinical nursing, office settings and leadership. This diversity brings a wide range of skills and experiences, all united by a shared compassion and commitment to building a strong foundation for our department and to help improve the overall wellness of our community.

What other departments does this department support?

We collaborate with most departments within our organization and many community partners. Our goal is to bridge gaps in our community members' health and well-being by working together to address both medical and non-medical factors affecting health.

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

Our department operates from a dedicated shell space in the Healing Arts Center, which we value as a collaborative environment. However, many within Bothwell may not be aware of our existence or the scope of our work in Population Health.

Is there anything else you want to share?

If anyone is interested in learning more about ToRCH, visit brhc.org/torch.

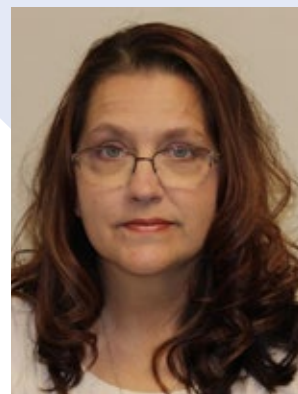
DIRECTORS

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

TEAM MEMBERS



Ray Ross



Rebecca Embry



Courtney Staus



Kendra Bloess



Jennifer Walker



M'Lissa Reimer



Kiersten Labus

Three Locations. One Exciting Event.

Progressive Open Houses and Ribbon Cuttings

WEDNESDAY, MARCH 26



3 PM

**Bothwell
Specialty Services**
3131 Brianna Blvd.



4:15 PM

**Bothwell Family
Medicine Associates**
Healing Arts Center, first floor
3700 W. 10th St.



5 PM

**Bothwell
OB/GYN Associates**
3401 W. 10th St.
*Light refreshments provided
at this location*



Dr. ShiAnne Farris and **Dr. Misty Todd** with the Bothwell-University of Missouri Rural Family Medicine Residency recently visited the Missouri Capitol to testify before a Senate Hearing Committee on behalf of the Missouri Academy of Family Physicians. Their voices are helping shape policies that impact family medicine and rural communities across the state.

Thank you, Dr. Todd and Dr. Farris, for championing the future of rural health care.

Acute Stroke Ready Status

Risk and Regulatory Compliance

Last month, we completed our Acute Stroke Ready Hospital Intra-Cycle Evaluation. The surveyor was complimentary of our program based on our discussion and the application we submitted. The purpose of the evaluation was to audit the program and ensure we are in compliance and to receive suggestions from the surveyor. Those suggestions included:

- Participate in mock code stroke activations
- Participate in mock transfers in collaboration with EMS partners and receiving facilities
- Consider assigning roles for caregivers involved in code strokes (similar to ACLS)
- Review our clinic practice guidelines in regard to Aneurysmal Subarachnoid Hemorrhage and Intracerebral Hemorrhage
- Consider lowering our door to needle goal from 60 to 45 minutes

**Thank you to everyone involved with this mid-cycle evaluation.
We appreciate your help and support.**

Avoiding Slips, Trips and Falls

Human Resources

The goal is to keep health care workers safe by promoting safety awareness. Every day slips, trips and falls seriously injure more people than any other type of accident, outside of automobile accidents. Look for these common hazards and take time for these simple precautions:

Slippery Surfaces

- Beware of wet or soiled floors, especially in the lobby, hallways, patient rooms and the cafeteria.
 - » Clean up spills immediately when you can or get help.
 - » Place warning signs in front of the wet area or get someone to do it.
- During rainy or icy weather
 - » Wipe off shoes on mats provided in the lobby and at entrances.
 - » Encourage employees and visitors to use umbrella covers when provided.

Tripping Hazards

- Keep all cords out of the way or covered. Pay special attention to:
 - » IVs in patient rooms
 - » Monitors in the ED and OR
 - » Electrical cords in office areas
- Keep all desk drawers, file cabinets and doors closed, specifically in office areas and at nurses' stations.
- Return patient monitoring and patient transfer equipment to their proper place after use.
- Watch your step, especially in cluttered or obstructed work areas, areas with uneven surfaces, on sidewalks, and in parking lots and garages.

Footwear

- Wear shoes with slip-resistant soles, particularly in patient care areas and in the cafeteria.
 - » Avoid high-heeled shoes, smooth soles and clogs.

Source: *Midwest Employers Casualty*

Sponsorship and Donation Guidelines

Marketing and Communications

As an essential organization within the region, Bothwell Regional Health Center is committed to being a robust and active partner to our community organizations. One of the ways we do this is by providing support and sponsorship dollars to a select number of events and activities for organizations that improve the lives of those who live and work in the areas we serve.

SLT recently approved sponsorship and donation guidelines to help identify which financial requests, including charitable donations, event sponsorships and in-kind donations, best serve Bothwell's interests, our patients and local communities.

[READ FULL GUIDELINES ►](#)

SERVICE EXCELLENCE INITIATIVE



The SEI is our three-year journey to enhance patient satisfaction and boost employee morale by providing a 5-star hospital and clinic experience to our patients and a relationship-based, kindness-driven culture. This space will be used to share news, activities and progress toward our goals.

Our Goal

Be the best choice to work, to practice, to receive care.



SERVICE EXCELLENCE INITIATIVE

PROVIDING A 5-STAR EXPERIENCE FOR ALL

Ready to Launch Year Two

In the final week of January, **Lynn Sullivan**, Custom Learning Systems implementation specialist, joined our team to officially launch year two of the Service Excellence Initiative aimed at achieving a 5-star status as an employer and a provider.

The launch kicked off with a celebratory Service Summit held at the Ballroom of Hotel Bothwell. During this celebration we recognized the success of year one and honored those who exemplified outstanding service, including the SEAs, Summit Award nominees and Bragging Video Award recipients.

Following the summit, leadership participated in a workshop to outline the goals and expectations for year two. The Service Excellence Council also met to review and prepare for the upcoming workshop sessions, which will be led by SEAs.

This year, a number of key activities and teams are being introduced. New SEAs and Ambassadors received orientation to ensure they understand their responsibilities for the upcoming year. The OASIS Teams have been restructured and will focus on completing part two of their projects.

Additionally, we've formed three LEAD teams dedicated to improving specific areas of our Patient Satisfaction survey: Transition of Care, CG-CAHPS (for Clinics), and Denominators (focused on boosting survey participation). These teams will begin brainstorming and implementing strategies to drive improvements in patient experience and satisfaction.

SERVICE EXCELLENCE COUNCIL

Michele Laas, Chair

Brittani Geml, Vice Chair

Amber Allain,
OASIS Super Coach

Maggie Schaffer,
LEAD Team Coordinator

Heather Sadler,
SEA Super Coach

Kristen McCullough,
Ambassador Super Coach

Marvin Smoot,
Provider Super Coach

Dianne Williams,
Survey Super Coach

Mike Shipp,
CLS Education Coordinator

Kiwi Popyk,
Service Recovery Champion

Wendy Fairfax, *Scribe*

Rob Wideman,
DO IT/Service Huddle Champion

Shania Underwood,
Implementation Coordinator

Lori Wightman, *CEO*

OASIS TEAMS

Referral and Onboarding

Retention

Keywords

Service Standards/

Internal Support

Awards and Recognition

Throughput

SERVICE EXCELLENCE INITIATIVE ►

Year 2 Organization Chart

Service Excellence Advisors

Sierra Ashley	Tina Lowe
Karie Baldwin	Chelsie Luckie
Ashley Barnes	Amber Meinershagen
Odjie Bautista	Rita Mergen
Anna-Clara Eckhoff	Rachel Morgan
Mia Estrada	Emily Mullins
Carrie French	Rachel Norton
Tanner Fuemmeler	Stacey O'Donnell
Lori Gano	Jeri Perkins
Kaitlyn Gerlt	Brook Reed
Kaylei Gooch	Paige Shelton
Robin Goodwin	Meghan Shirky
Tyler Hanisch	Stephanie Shull
Lori Hazell	Jessica Smethers
Katherine Hesse	Pattie Snapp
Steven Hughes	Sandra Stephens
Kyle Hull	Rebekah Thompson
Lesley Jackson	Angelica Ulmer
Stephanie Johnson	Ashley Van Deusen
Joy Knox	Micah Waddle
Kristen Largent	Tammy Walker
Rose Ann Livengood	Brianna Welch

Service Excellence Ambassadors

Brittainy Lindstrom	Kirsten Darrah
Carrie Brown	Megan Elwood
Toni Catron	Debbie Billings
Cindy Harris	Devin Wiley
Deanna Atwood	Susan Lamb
Kasandra Wehmeyer	Shannon Jeffries
Kelsie Pirtle	Ronnie McClure
Kim Murphy	

Physician/APP Service Excellence Advisors

Dr. Evan Stout	Stacy Ward, FNP
Mindy Vesperman, FNP	Kayla Mather, FNP

OASIS Teams

Referral and Onboarding

Melanie Estes, <i>Team Captain</i>	Christy Goalder
Lisa Irwin, <i>Admin Team Liasion</i>	Christel Harms
Rudy Reyes	Beth Everts
Hollie Dubroc	Rick Langdon
	Lorenzo Walker
	Terri McCarthy

Retention

Kim Perez, <i>Team Captain</i>	Leslie Harris
Steve Davis, <i>Admin Team Liasion</i>	Mike Snow
Terri Deer	Cindy McKeon
Jenny Force	Laura Weisenburger
	Bailey McGinnis

Service Standards/Internal Support

Kara Sheeley, <i>Team Captain</i>	Brianna Murray
Marvin Smoot, <i>Admin Team Liasion</i>	Kaela Reeves
Nathan Porter	Natalie Sims
Diana O'Connor	Mary Holloman
	Lauren Thiel-Payne

Awards and Recognition

Julie May, <i>Team Captain</i>	Tammy Jackson
Marvin Smoot, <i>Admin Team Liasion</i>	Lucas Sheeley
Melanie Davis	Tracey Rapp
Marc Dougherty	Toni Warren
	Sarah Hopper

Throughput

Mike Shipp, <i>Team Captain</i>	Jessica Bronson
Michele Laas, <i>Admin Team Liaison</i>	Regina Lawson
Tony Leal	Tamara Johnson
Travis Glenn	Sandra Jerome
Brian Hermanson	Ashley Updyke
CJ Palmer	Shelby Osburn
	Christina Swank

Year 2 Organization Chart (Continued)

LEAD Teams		
Retention Kim Perez, <i>Team Captain</i> Steve Davis, <i>Admin Team Liasion</i> Terri Deer Jenny Force Leslie Harris Mike Snow Cindy McKeon Laura Weisenburger Bailey McGinnis	CG-CAHPS Erica Marin, <i>Team Captain</i> Susan Lamb Leah Mahin Patty King Rachelle Joronen Luci Manolias Madeline Harms	Denominators Jennifer Evert, <i>Team Captain</i> Tom Fairfax Natalie Paxson Rachel Harris Bob Blacklock Tony Leal Saudi Robbins Austin Freed

OASIS Team Spotlight: Retention



OASIS Retention Team Project

Develop a Leadership Guidebook to prepare our leaders to be successful in their roles by having a tool available that shows the who, how, when and why. This will also be helpful in being a united team that presents a united front.

– Kim Perez, *Director of Nursing Education, team captain*

From left, Bailey McGinnis, Terri Deer, Kim Perez, Laura Weisenburger, Cindy McKeon, Mike Snow, Leslie Harris and Jenny Force

Team Mission

Retain and develop our health care team to provide services that promote pride amongst our community, partners and neighbors.

Purpose

The Retainers OASIS team’s purpose is to identify strategies and actions to improve employee retention rates within the organization. Our goal is to create a supportive and engaging work environment that encourages long-term commitment from our employees.

2025 Team Members

- Kim Perez – Team Captain
- Laura Weisenburger – Assistant Team Captain
- Leslie Harris – Scribe/Attendance Keeper
- Terri Deer – Fun Coach
- Jenny Force – Timekeeper
- Bailey McGinnis – Technique Advisor
- Cindy McKeon – Referee
- Steve Davis – Fines Keeper/Admin Team Liaison
- Mike Snow – Referee
- Melissa Guffin – HR and OASIS Teams Liaison

***Bob Blacklock and Robin Wagenknecht were members of our team in 2024 and participated in our current project.*

OASIS Awards and Recognition Team Project

Rename the Former Chapel

As you may know, our new chapel was made possible through the generous support of a community member. To honor this contribution and the new space, we are renaming the former chapel and want your input.

Please take a moment to share your suggestions by completing this [short survey](#). Responses will be collected until March 7.

Thank you for being part of this OASIS team-led initiative and for helping us create a meaningful name for this space.



Patient Kudos and Compliments

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.

Same Day Surgery – *"The procedure and experience was very good. The staff, nurses and doctors were professional and friendly. Five stars!!"*

Orthopedics and Sports Medicine – *"When I went in to have surgery, it was like going into a NASCAR pit. People were all over and everybody was doing something to help! They were absolutely caring and concerning and worked very well together."*

Family Medicine Associates – *"I was pleasantly surprised by the quick and efficient service I was provided. My appointment was at 9 am, I got there about 20 minutes prior and checked in. I had not even gotten the paperwork filled out when they came to take me back to the room, in fact the tech had to wait for me to finish. I got in there and they did my MRI quickly and efficiently. I actually looked at my watch as I was getting dressed to go back to work and I was getting dressed at 9 am, which is when my appointment was supposed to start. Very impressed and very happy with the service."*

Orthopedics and Sports Medicine – *"Dr. Edwards is absolutely amazing! I have struggled with my ankles and feet for over two years and he had me diagnosed and fixed in one day. I am pain free for the first time in over two years and I can easily work a full day and five days in a row now without excruciating pain and swelling. I'll shout from the roof top that he is the best."*

Bothwell TLC Pediatrics - Sedalia – *"Worked with Dr. Emery, Dr. Tregler and Dr. Powell and they all were incredible and informative. They worked with me and talked over decisions while being kind and patient."*

Thank you for all you do to serve our patients and community each and every day. Each smile, touch, conversation and moment puts our patients at ease.

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 Google Business Profile page. Search Bothwell Regional Health Center or the clinic name and when the page comes up on the right, scroll down and select "write a review."

How to write a positive review on Facebook



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

FROM THE FOUNDATION

Bothwell Regional Health Center has been at the center of healing for Pettis and Benton counties for generations. The Bothwell Foundation was formed in 2005 to assist the health center and provide resources to keep health care local, state-of-the-art and close to home.



Spirit Week: March 3–7

All funds raised during the EPIC Club Spirit Week are used for improvements at the hospital and clinics or to support employees. This year, funds will be allocated toward remodeling the courtyard at the hospital and creating outdoor spaces at clinics into relaxing places for employees, patients and visitors to enjoy.

Daily Prize Drawings

Tuesday, March 4

- Owala Bottle
- \$50 Cash

Wednesday, March 5

- Bath Towel Package
- \$50 Aldi Gift Card
- \$50 Cash

Thursday, March 6

- ePro Select Cordless Vacuum
- \$50 Walmart Gift Card
- \$50 Sedalia Nutrition Gift Card
- \$50 Cash

Friday, March 7

- \$100 Kempf's Meat Gift Card
- \$50 Casey's Gift Card
- \$50 Walmart Gift Card
- \$50 Aldi Gift Card
- \$50 Cash

Monday, March 10

- 8 hours PTO
- Date Night Package – \$50 Kehde's Gift Card, \$50 Movie Theater Gift Card, \$25 Twisted Tango Gift Card
- \$100 Walmart Gift Card
- \$100 Aldi Gift Card
- \$100 Cash

Ways to Win

- Become an EPIC Club Member!
- Recruit a NEW EPIC Club Member!*
- Increase your Current Donation Amount!**

** For each person recruited, you receive ONE additional entry to the prize drawing. New employee joining must include name of the person who recruited them on their donation form.*

***Increase your current donation amount (by \$1.00 increments) and receive one additional entry in the daily prize drawings.*

EMPLOYEE GIVING COMMITTEE

Laura Weisenburger
Sarah Anderson
Tammy Jackson
Lesley Jackson
Kara Sheeley
Lucas Sheeley
Jami Sleeper
Kaslyn Gail
Jamie Barklage
Sarah Hopper
Kim Perez
Megan Elwood
Elizabeth Green
Tom Fairfax
Jilene Streit
Jenice Serrano
Ashley O'Bannon
Michele Laas



MARCH 3–7 • EVERYONE WELCOME!

MONDAY /// VIVA LAS VEGAS

- Employees wear work-appropriate Vegas attire
- Delivery of Vegas survival pack

TUESDAY /// ROYAL FLUSH

- Dress in your best poker outfits — red, black, green or white to represent classic casino vibes
- Roving poker tables coming to a department near you!

WEDNESDAY /// DOUBLE DOWN DENIM

- FREE dress-down day!
- Charcuterie boxes for Sedalia clinics and casino games will be available in the Healing Arts Center, second floor shell space, from 11 am–1 pm
- Charcuterie boxes for Benton County clinics will be delivered to them

THURSDAY /// NEON NIGHTS

- Rock neon from head to toe! Bright colors, glow sticks, etc.
- Dice Roll Challenge in front of the Cafeteria 11 am–1:30 pm and 5–6:30 pm

FRIDAY /// THE JACKPOT CELEBRATION

- We are celebrating the jackpot EPIC finale! Wear gold, silver or sparkle to celebrate the end of the week
- Sin City snacks and mocktails and Spin It to Win It in the Café from 2–4 pm (clinics and night shift will be delivered to them)



ALL WEEK!
BINGO • VEGAS TRIVIA
DAILY PRIZE DRAWINGS



DOCS AND BOBBERS



This one is just for the guys! Join us for a men's health talk from Bothwell physicians along with crappie spawn tips and tactics from a lake-area fishing expert.

THURSDAY, APRIL 17 AT 7 PM

Bothwell Health Center — Truman Lake
1765 Commercial St., Warsaw
Drinks and Appetizers

RSVP by April 14 to lnakagawa@brhc.org
or call 660.829.8855. Attend and be
entered to win a FREE guided fishing trip!



Fishing trip sponsored by:

Showcase!
SEDALIA


Bothwell
Foundation

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



Dr. Dalton Lohsandt
Bothwell Family Medicine



Dr. Gabriel Anders
Bothwell Pulmonary Specialists



Jason Smith
MO Fishing Guide

Memorials and Donations

The BSJ Cancer Fighting Team recently donated \$10,000 to the Bothwell Foundation's Gene Loveall Cancer Services Fund. Funds were raised through multiple events throughout the year in Warsaw, with the largest fundraiser, Quartermania, taking place in October. The donation supports purchasing cases of Ensure for patients, gas gift cards for transportation, a patient assistance fund and last year, the purchase of new recliners in the Bothwell Susan O'Brien Fischer Cancer Center oncology room.



From left, Denise Hinkle, Sharon Guess and Betty Reed, a 90-year-old pancreatic cancer survivor, with the BSJ Cancer Fighting Team and Lauren Thiel-Payne, Bothwell Foundation executive director.



Bothwell Foundation

April 26, 2025

LUB DUB
5K/10K Walk/Run
BOTHWELL FOUNDATION

brhc.org/lubdub

REGISTRATION NOW OPEN

All proceeds benefit the Camye Callis Gaspard Memorial Heart Fund

AUXILIARY NEWS

Our volunteers are a vital part of the services we provide to our patients and their families. Through their supportive and significant contributions, they add a personal touch to the hospital, making it a warm and friendly place.



We have amazing
volunteers at
Bothwell.
JOIN US!



February's Amazing Volunteer

Krista Eschbacher

Our Amazing Volunteer this month is **Krista Eschbacher**. Ronnie Alewel invited Krista to join the Auxiliary in 2018. She has volunteered over 200 hours in Joint Replacement where she enjoys seeing patients progress after hip or knee replacement.



Krista grew up in Quincy, Illinois, and a job transfer brought her to Sedalia. For over 44 years, she worked as a Procurement Specialist at Gardner Denver's Quincy and Sedalia plants.

Krista was married to Bill Dicks for 42 years when he passed away in 2018. Bill and Krista have a daughter, Lisa, and a son, John. John and his wife have two daughters, whom Krista loves to spoil.

In May 2020, Krista married Joe Eschbacher. They love to travel to Quincy to see friends, to Springfield to see the granddaughters, go on annual Christmas cruises and visit faraway places in other countries. Her favorite trip was to Egypt, Israel and Turkey. When someone says go, she packs immediately.

Krista is a member of St. Paul's Lutheran Church, Sedalia Business Women and the Ladies Shrine Group. She does not want to be an officer of any group, and says she is the "busy bee, not the queen bee." In her free time, Krista loves to cook and entertain.

Congratulations, Krista! We are so happy you are a part of the Auxiliary team.

Would you like to talk
to someone about
being a volunteer?

Contact Volunteer Specialist
Leisha Nakagawa

📞 660.829.8855

✉ lnakagawa@brhc.org



CALENDAR OF EVENTS



MARCH

EPIC Club Spirit Week

March 3–7

Succulent Garden Class

March 10, 6 pm

Register with Melissa Guffin at mguffin@brhc.org or ext. 9406

The Nutman Company Sale

Fine quality nuts, chocolates, snack mixes and candies

March 11, 8 am–4 pm

March 12, 8 am–2 pm

Bothwell Café

Proceeds benefit the United Way of Pettis County

CPR/AED and First Aid Class

March 15

CPR/AED: 8 am–12:30 pm

First Aid: 12:30–3:30 pm

Bothwell Education Center

To register or for more information, contact classes@brhc.org or call 660.827.9516.

Cancer Support Group

March 18, 4 pm

Susan O'Brien Fischer Cancer Center

Virtual option available, call 660.829.7792 for details

Six-Week Grief Recovery Group

Next Class Starts March 18, 6:30–9 pm

Bothwell Hospital, Room 385

brhc.org/resources/classes-support-groups/grief/

Gift Shop Pop-Up Auxiliary Sale

March 18, 6–8 pm

March 19, 6–9 am

Bothwell Auxiliary Gift Shop

Make a purchase, be entered for prizes!

Clinics Open Houses and Ribbon Cuttings

March 26, 3–5 pm

Bothwell Specialty Services, Bothwell Family

Medicine Associates and Bothwell OB/GYN Associates

MARCH (CONTINUED)

BINGO Night

March 28, 6 pm

Bothwell Café

RSVP by noon on March 24 to Melissa Guffin at mguffin@brhc.org or ext. 9406

APRIL

Easter Cookie Class

April 5, 10 am

Register with Melissa Guffin at mguffin@brhc.org or ext. 9406

Safe Sitter

April 12, 8 am–2:30 pm

Bothwell Education Center

\$45 – To register or for more information, contact classes@brhc.org or call 660.827.9516.

Cancer Support Group

April 15, 4 pm

Susan O'Brien Fischer Cancer Center

Virtual option available, call 660.829.7792 for details

Docs and Bobbers

April 17, 7 pm

Bothwell Health Center-Truman Lake

Sponsored by the Bothwell Foundation

RSVP to lnakagawa@brhc.org

Stop the Bleed Training Class

April 18, 8 am–Noon

Bothwell Education Center

FREE – To register or for more information, contact classes@brhc.org or call 660.827.9516.

Auxiliary Scrub Sale

April 24, 7:30 am–5 pm

Bothwell Café

Hosted by the Bothwell Auxiliary