



SUMMER 2018

# Foundation News

Our mission is to develop relationships and resources to support Bothwell Regional Health Center's mission and improve the health of our communities



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## Letter from the Board President



**Stafford Swearingen**  
2017 Board President  
Bothwell Foundation

“This year we will be setting our sights higher as the needs are ever increasing... We thank you for all that you do to help keep and improve health care in our community.”

My goodness, what a busy and productive winter and spring we have had at the Bothwell Foundation!

As each year draws to a close, we send out a request to be considered in one's annual year-end giving thoughts. In December 2017, we re-instated the Foundation newsletter and included a request for donations. The board discussed what we thought would be a reasonable goal and settled on a modest \$9,000. To our delight, our friends saw fit to surpass our expectations. Over \$10,000 was generously donated to various funds within the Foundation. This year we will be setting our sights higher as the needs are ever increasing.

On February 1st, the Foundation hosted an event in the lobby of the hospital to unveil our new donor wall. Since its inception in 2005, the Bothwell Foundation has raised over \$3.5 million for the benefit of healthcare in Pettis and Benton Counties. For a number of years, the Foundation Board has been wrestling with the idea of how to best recognize our many loyal supporters. The donor wall was born. The donor wall, located off the main lobby of the hospital, will be updated annually to reflect increases in cumulative giving of the Foundation's benefactors. New testimonials will also be rotated throughout the year and displayed on the wall. Please take a moment the next time you're visiting the hospital to read some of the reasons why people support our organization.

For the first time in what seems like forever, the weather for our Lub Dub event cooperated this year! Mild temperatures and especially no rain made for a fantastic morning on April 28th which led to record shattering attendance. 725 people registered and 688 actually participated. All of these generous athletes and sponsors allowed us to raise over \$35,000 for the Camye Callis Gaspard heart fund. This event continues to grow at a pace that wows even its organizers. We are eternally grateful to all of the support our communities show for this fun event.

On November 3rd, the Foundation will once again be hosting our bi-annual benefit. This event will kick-off the community phase of a campaign to raise funds for the purchase of a new stereotactic system and equipment for the radiology department. This new equipment will allow for a more precise biopsy of a suspected tumor in the breast. Currently the hospital contracts with an outside company to bring in a truck twice a month with this equipment. Through our benefit we want to purchase this equipment for the hospital to give the doctors quicker access to a diagnosis. So mark your calendars to join us in support of better access to health care in our town.

Finally, do not forget to check out our FB page for all hospital and foundation events, ways to help, and ways to volunteer.

We thank you for all that you do to help keep and improve health care in our community.

**Stafford Swearingen**  
2017 Board President



# Bothwell's Fight Against Breast Cancer

**B**othwell Regional Health Center is continuing its fight against breast cancer. In 2014, the Bothwell Foundation hosted a benefit and raised funds to purchase a 3D Mammography machine. This was the first step towards improving the fight against breast cancer.

In 2017, the Bothwell Foundation approved funding for a new service that will be offered at the Susan O'Brien Fischer Cancer Center in Fall 2018 – AccuBoost Brachytherapy. AccuBoost allows the radiation oncologist to deliver a high dose of radiation to the lumpectomy site from different directions. This procedure offers Bothwell Regional Health Center radiology oncologist, Dr. William Decker, with another option to treat breast cancer patients with a higher, more concentrated dose of radiation with fewer treatments. This method also helps limit unintentional exposure to otherwise healthy tissue, minimizing radiation related side effects. Bothwell Regional Health Center will be the only site in the state of Missouri to offer this treatment for breast cancer patients.

In 2018, the Bothwell Foundation is starting the journey to purchase our own stereotactic breast biopsy system. If a lump or abnormality is detected during a mammogram, additional tests are needed to be performed. This is where the stereotactic breast biopsy system comes in. It is used in the process to determine if a lump or abnormality is benign or cancerous. Stereotactic breast biopsy uses mammography – a specific type of breast imaging that uses low-dose x-rays — to help locate a breast abnormality and remove a tissue sample for examination. It's less invasive than surgical biopsy, leaves little to no scarring and can be an excellent way to evaluate calcium deposits or tiny masses that are not visible on ultrasound.

Currently, Bothwell leases a mobile stereotactic breast biopsy system that comes every two weeks. If patients miss the time period the system is here, they have to wait for the system to return. Waiting causes additional anxiety for patients and leads to many physicians referring their patients out of town to have the test performed in a more timely fashion.

"By purchasing our own machine, we would be able to perform the test on patients right away and get their results to them sooner. They would no longer have to wait for the procedure and would be able to stay in Sedalia to receive care," said Marc Dougherty, Bothwell Regional Health Center Radiology Director.

An additional piece of new equipment and technology that Bothwell Regional Health Center will acquire this year is a breast coil that will be used in conjunction with the MRI machine to help enhance our current diagnostic capabilities. The breast coil is sensitive to things that mammography may not pick up.

With the addition of this new equipment and technology, Bothwell Regional Health Center will now have four different tools to detect breast irregularities: MRI, ultrasound, mammography and stereotactics.



This Fall the Bothwell Foundation hopes to raise \$300,000 to purchase the system and coil that can be used here full time. The Bothwell Benefit, held November 3, 2018, at The Venue, Sedalia's newest meeting space in downtown Sedalia, will kick-off the fundraising campaign. To find out how you can make a difference, visit [www.brhc.org/2018campaign](http://www.brhc.org/2018campaign) or call 660-829-7786.



## FACT:

**On average, Bothwell Regional Health Center performs more than 5,000 mammograms a year. Approximately 7-10% of those mammogram patients will need additional tests.**

## DONOR SPOTLIGHT: Callis/Gaspard Family



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**“Lub Dub was started to help others so their families might not have to go through what we did.”**

Nothing makes you realize the devastation of heart disease more than when it strikes someone you love. Jim Callis has seen this from two sides – as a former chairman and member of the hospital’s board of trustees and as a father.

As some of you may know, his daughter Camye Callis Gaspard, a mother of four, died of undiagnosed heart disease at the young age of 41. The Bothwell Foundation’s memorial heart fund was created in memory of Camye.

This fund along with the Lub Dub Run was started “to help others so their families might not have to go through what we did,” Jim recently shared with the Sedalia Democrat. The funds donated to the Camye Callis Gaspard Memorial Heart Fund and the proceeds from the Lub Dub Run help to make early detection and treatment of heart disease accessible right here at home.

“Bothwell has been near and dear to me and the timing just worked out to start Lub Dub and use the proceeds to go into the heart fund,” Jim shared. In addition to serving on the hospital’s Board of Trustees, Jim was also a charter member of the Bothwell Foundation Board of Directors.

Lub Dub is kind of an odd term, but it represents the sound of a healthy beating heart. Many local residents along with visitors from surrounding

communities join to get their hearts lub-dubbing in the annual walk and run. Each year members of both the Callis family and the Gaspard family join the crowd and converge at the 15th street parking lot south of the hospital in Sedalia.

Cliff Callis, Mark Callis and David Gaspard along with Jim can usually be seen with their families, co-workers and friends participating in this great cause. Through their support of the fund and Lub Dub, the Foundation has been able to purchase multiple pieces of equipment for use in the hospital. Along with these items in the hospital, AEDs have been purchased for use in each Bothwell clinic as well as various community buildings in the area.

The Callis family has been such a great support to the hospital as well as the Foundation and for this we want to say “Thank You!”





## Join the 2005 Founders Circle!

**T**he Bothwell Foundation's 2005 Founders Circle is a supportive group of individuals who commit to making a \$20.05 or more gift each month to advance health care here at home.

Almost every month various departments throughout the hospital request funds from the Foundation to replace existing equipment with new and state-of-the-art equipment that will put Bothwell Regional Health Center at the forefront of medical technology and enrich patient care. Requests are also presented to provide funding for continuing education for staff so that our healthcare providers can be kept up-to-date on the latest information available. This allows our nurses and other clinical staff to offer the safest and best possible care, experience, and health care for you and your loved ones.

By becoming a member of the 2005 Founders Circle, you will have a direct impact on the health and wellness of our community. Your donations will help provide on-going support to make these grants to the hospital possible and make a difference in our community.

### Membership Benefits:

- Recognition as 2005 Founders Circle Member in Bothwell Foundation's newsletter and on our website
- Personal invitations to Bothwell Foundation events
- Year-end charitable tax receipt
- Annual "Members Only" private reception/tour with Bothwell Foundation and Bothwell personnel to celebrate the difference your donations made

For more information or to become a member, contact the Bothwell Foundation office at **660-829-7786** or visit **[www.brhc.org/2005founderscircle](http://www.brhc.org/2005founderscircle)**.



## The Gift of Giving

If there are those on your gift-giving list that have reached a stage in their lives where they don't want or need material gifts, why not make a donation in their honor to the Bothwell Foundation? Once a gift is made, the honoree will be notified regarding your gift.

### Donations to the Bothwell Foundation help:

- Provide quality, state-of-the-art healthcare services right here at home;
- Bring current healthcare technology and equipment to the communities we serve;
- Educate the next generation of local healthcare professionals;
- Provide assistance to patients that need help the most.

To make a gift in someone's honor, please contact the Bothwell Foundation office at 660-829-7786.



## Dollars Making Sense

- So far, more than \$8,000 in scholarships for nurses and those entering the medical field has been given since January 2018. These gifts from the Foundation help ensure well-trained medical personnel for today and the future.
- So far this year, \$1,300 in gas cards has been provided for patients that would otherwise not be able to afford to drive back and forth for treatment.
- In 2018, more than \$1,100 has been donated for area hospice providers to help patients find comfort in the final stages of life.



## Foundation Funded Halo Sleep Sacks Arrive at Bothwell

**O**n average, 500 babies are born at Bothwell Regional Health Center each year. Thanks to donations made throughout the year to the Bothwell Foundation, every baby born at Bothwell will go home with their very own HALO SleepSack.

"We want to provide a sleep sack to every new mom to encourage safe sleeping practices and promote the use of sleep sacks at home," said Janet Bombella, director of Women's Health at Bothwell.

By providing sleep sacks, Bothwell Regional Health Center is taking a step toward helping to reduce sudden unexpected infant death (SUID), which affects about 3,500 babies a year nationally. One factor in dropping SUID rates is through risk-reduction programs that focus on safe sleep practices. The HALO SleepSacks, which are recommended by the American Academy of Pediatrics, are designed to keep the baby warm at night while reducing the risk of suffocation that can be caused by loose blankets or soft bedding.

"People often over-bundle their babies," said Bombella. "They think babies need to

be layered up more than adults do. But in most cases, babies are comfortable if we're comfortable. The sleep sack lets them move their feet and kick, but it won't move or get tangled up or over their face."

The Centers for Disease Control and Prevention also offer these sleep-safe practices:

- Share a room but not a sleep surface with your baby for the first 6-12 months of a baby's life.
- Place baby to sleep on her back on a firm and flat mattress.
- Keep baby's sleep surface free of soft objects that could obstruct breathing, including plush toys, blankets and bumpers.
- Don't smoke, especially anywhere near your baby.
- Offer your baby a pacifier at bedtime.
- Keep baby's room well-ventilated and don't overdress your baby, to prevent overheating.
- Breastfeed if possible.
- Ensure your baby's up-to-date with vaccinations.



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"We want to provide a sleep sack to every new mom to encourage safe sleeping practices and promote the use of sleep sacks at home."

*New parents, Clyde and Candice Ditto of Sedalia, have their first child, Everett, wrapped up in a Halo Sleep Sack that the Bothwell Foundation funded. The Ditto's are the first parents to utilize the newly remodeled rooms in Women's Health.*



## Letter from the Executive Director

It is hard to believe that we are already half way through the year! It has been a busy six months – from the unveiling of our donor wall to the completion of another successful Lub Dub event. We are excited about the second half of the year and are planning ahead for future events and projects.

Bothwell Regional Health Center has some lofty goals for future improvements and the Bothwell Foundation will partner with the hospital to help these goals become reality. We are thinking ahead of things we can do now to make a difference in our community and for the health of future generations to come.

This fall we will begin a campaign with a goal to raise \$300,000 to purchase a new stereotactic system and breast coil that will give us additional tools to help diagnose breast cancer more effectively and sooner. According to the center for disease control, one in eight women will develop breast cancer over the course of their lifetime. The purchase of these new devices will give Bothwell Regional Health Center four different tools we can use to detect breast cancer more effectively and earlier – MRI, stereotactic, ultrasound and mammography.

In order to help us reach our goal, we have several projects that we are working on:

- **PINKTOBER:** In October, we encourage businesses to partner with the Bothwell Foundation during our second annual Pinktober Campaign. Breast cancer fundraising and awareness activities will be occurring all month long to help us raise funds.
- **BOTHWELL BENEFIT:** On November 3, 2018 we will be hosting the Bothwell Foundation Benefit at The Venue in Downtown Sedalia. Join us for “A Night of Mystery and Intrigue” that allows guests to enjoy an entertainment-filled evening while being able to raise funds for the stereotactic system.
- **FUNDRAISING:** Finally, we will be conducting employee and community campaigns that will allow you to contribute to these efforts.

Our overall goal is to provide people in our community with exceptional health care, while staying close to home. We would not be able to provide services or achieve any of these things without the support from our many donors and volunteers. Thank you for continuing to support the Bothwell Foundation and for helping us to continue to make a better community.

**Lauren Thiel**  
Executive Director



**Lauren Thiel**  
Executive Director

“Our overall goal is to provide people in our community with exceptional health care, while staying close to home. We would not be able to provide services or achieve any of these things without the support from our many donors and volunteers.”



# 2018 Bothwell Foundation Events

APRIL 28, 2018

## 2018 Lub Dub

BOTHWELL FOUNDATION  
**LUB DUB**  
5K/10K WALK/RUN  
APRIL 28 • 2018



The 11th Anniversary Lub Dub 5K/10K was held at Bothwell Regional Health Center on April 28, 2018. More than 700 participants and volunteers came out to enjoy the beautiful day and helped us raise funds for the Camye Callis Gaspard Memorial Heart Fund. This year's event raised more than \$35,000 to improve heart health in our community. Many thanks to all our sponsors and volunteers that helped make this year's event the best yet!

### Special thanks to our 2018 sponsors:

**Presenting Sponsor:** Missouri Heart Center  
**Start Line Sponsor:** Central Bank of Sedalia  
**Finish Line Sponsor:** McCarthy Toyota  
**Design Sponsor:** Callis Integrated Marketing  
**Finisher Medal Sponsor:** LammTech  
**Tribute Wall Sponsor:** Crossroads Hospice  
**Photo Area Sponsor:** ProEnergy  
**Food Area Sponsor:** McDonalds & Tyson Foods, Inc.  
**Aid Station Sponsor:** Tyson Foods, Inc.  
**Registration Sponsor:** Owens Corning  
**Volunteer Sponsor:** Starline  
**Lil Lub Dubber Kids Run Sponsor:** Tyson Foods, Inc.  
**Friends of Lub Dub Sponsors:** Culligan Water, Dugan's Paint and Flooring, Guardsman Security, Healthy U, Insurance & Benefits Group, Katy Trail Health System, My Bloomin' Business, Rick Ball Ford, Septagon Construction  
**Inkind:** BobFM and KKKX, County Distributing, Culligan Water, McDonalds, Panera Bread, Pepsi, Starbucks, Yummy's Donuts



## SAVE THE DATE Pinktober

Join us for our second annual Pinktober campaign! We encourage businesses and community members to partner with the Bothwell Foundation to help create awareness and raise funds for breast cancer treatment through the Gene Loveall Cancer Services Fund. This year, our goal is to raise \$15,000 that will go towards the purchase of a stereotactic breast biopsy system.

### 2017 Participants:

- Central Bank of Sedalia
- Moore's Greenhouse and Flower Shop
- Yeager's Cycle

**Interested in participating or learning more?**

Contact the Bothwell Foundation office at 660-829-7786 for more information.



## 2018 Bothwell Benefit



### SAVE THE DATE

#### DATE & TIME:

November 3, 2018 at 6:30 p.m.

#### LOCATION:

The Venue, 219 S. Ohio, Sedalia, MO

#### DESIGNATION:

Stereotactic breast biopsy system (*used for breast cancer detection*)

To purchase tickets or for additional information, visit [www.brhc.org/2018benefit](http://www.brhc.org/2018benefit) or call 660-829-7786.



## 2018 Bothwell Foundation Events

APRIL 30, 2018

### 2018 Kickin' It For a Cure Game

The Smith-Cotton Girls Soccer Team held their Annual Kickin' It For a Cure Game to raise funds for our Gene Loveall Cancer Services Fund.

**This year, the game raised more than \$4,400.**



MAY 5, 2018

### Jim Spring Memorial Golf Tournament

Benton County residents will have access to additional automated external defibrillators (AEDs) thanks to the Jim Spring Memorial Golf Tournament. As part of the tournament held in early May, the Bothwell Foundation donated \$2,000 to help fund additional AEDs to benefit the community. This year, the tournament raised enough funds to purchase 8 AEDs to be used throughout Benton County.

*Left to right: Bothwell Foundation board president, Stafford Swearingen, presents a \$2,000 check to Jim Spring Memorial Golf Tournament planning team member, Heidi Schmidt. The donation will be used to help purchase AEDs that will be placed throughout Benton County.*



JUNE 2, 2018

### National Cancer Survivor's Day Celebrated

In observance of National Cancer Survivor's Day, on June 2, Bothwell Regional Health Center Susan O'Brien Fischer Cancer Center located within the Canon Cancer Center and the Bothwell Foundation hosted its inaugural event to celebrate and honor patients who have survived cancer. More than 70 survivors and their loved ones were present at the "Hope Grows Here" event hosted at the Celebration Center.



# 2018 Donations

The Bothwell Foundation wants to extend a special "Thank You" to everyone who supported the Foundation from December 1, 2017 through May 31, 2018.

Mr. and Mrs. Larry Allen  
 Ms. Debbie anderson  
 Mr. Christopher Arbuckle  
 Mr. Kyle Asbury  
 Ms. Nichole Aulisio  
 Mr. Tom Bailey  
 Ms. Billie Barnes  
 Mr. Rafael Barragan  
 Ms. Jody Baslee  
 Ms. Carolyn Bauer  
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 Ms. Shelby Bergman  
 Ms. Carol Ann Best  
 Mr. Dover Biery  
 Mr. and Mrs. Jack Blackwell  
 Mr. Stephen Blalock  
 Ms. Melissa Boesch  
 Ms. Kelly Bolin  
 Ms. Janet Bombella  
 Mr. Damon Bopp  
 Ms. Alice Borchers  
 Ms. Margaret Borchers  
 Ms. Jennifer Bottcher  
 Ms. Dee Bowers  
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 Mrs. Leora Bremer  
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 Mr. and Mrs. Steve Bruner  
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 Ms. Jami Cramer  
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 andrew Darrah  
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 Mr. and Mrs. Park Denny  
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 Mr. and Mrs. Jeremy Dillon  
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 Mr. and Mrs. Jeffrey Durrill  
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 Mr. and Mrs. Jeffery Karigan  
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 Mr. and Mrs. Brian Kiernan  
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 Mr. and Mrs. Ben Vanderlinden  
 Mr. Jeremy Vesperman  
 Ms. Melinda Walk  
 Ms. Shelley Walker  
 Mrs. Ashley Walters

**"Alone we can do so little;  
 together we can do so  
 much."**  
 – Helen Keller

Ms. Margaret Walters  
 Ms. Virginia Ward  
 Mr. and Mrs. John Warder  
 Mr. Dale Wasson  
 Ms. Mary Watkins  
 Ms. Gloria Wells  
 Mr. Shawn West  
 Ms. Dorothy White  
 Mr. and Mrs. Danny Whitfield  
 Ms. Karen Wienberg  
 Ms. Illa Mae Yeater  
 Mrs. Sarah Young  
 Ag Coop Services, Inc  
 Benton County Enterprise  
 Bichsel Jewelry  
 Bothwell Hospital Employees Credit Union  
 BRHC Nurse Managers  
 Bryant Motors  
 Central Missouri Electric Cooperative  
 City Of Edgerton  
 Commerce Bank  
 Crossroads Hospice Charitable Foundation  
 Ditzfeld Container and Trash Service  
 Dugan'S Paint and Flooring  
 Duke Manufaturing  
 Four Seasons Living Center  
 Guardsman Security & Investigation, Inc.  
 Guberburger Properties Llc  
 Hair Simplicity  
 Healthy U  
 Insurance and Benefits Group, Llc  
 Inter-State Studio & Publishing Co.  
 Katy Trail Community Health  
 Kempton Enterprises Llc  
 La Monte Community Bank  
 Lammtech  
 Landmann Title Co.  
 Marshalls, Inc.  
 Mccarthy Toyota  
 Mcginnis Family Trust  
 Missouri Bank  
 Mr. Pools Llc  
 My Blooming Business  
 Pettis County Health Center  
 Pittsburgh Corning  
 Rick Ball Ford  
 Septagon Construction Company, Inc  
 Starline, Inc.  
 Tyson Company Store  
 Wagenknecht Farms  
 Wilken Music Company



## 2018 Board Members



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*President*



**James White**  
*Vice President*



**Rick Schlesselman**  
*Treasurer*



**Terri Paul**  
*Secretary*



**Jimmy Robertson**  
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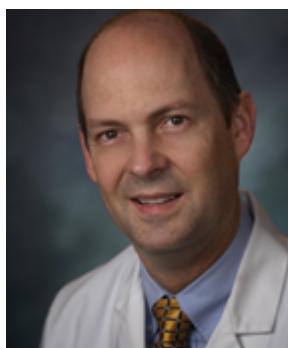
**James P. Buckley**



**David Callis**



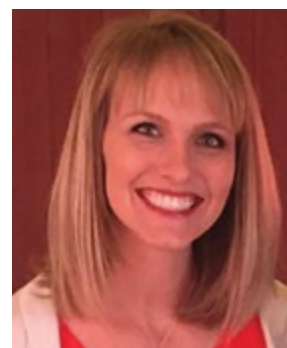
**Cara Canon**



**Dr. William Decker**



**David Floyd**



**Katelin Hladik**



**Vicki Oberkrom**



**John Warder**

### Bothwell Foundation Staff

Foundation support staff salaries are paid for by Bothwell Regional Health Center so that your full donation can be used to benefit healthcare needs.

#### Director

Lauren Thiel

#### Administrative support

Ann Green

#### Accounting support

Rachel Owens



601 E. 14th Street  
Sedalia, MO 65301

## Stay Connected!

Please contact us with any questions,  
comments or to share your story.

**We ♥ to hear from you!**

660-829-7786 or [LThiel@brhc.org](mailto:LThiel@brhc.org)

**Facebook**

Bothwell Foundation

## How to Donate



[www.brhc.org/  
DonateOnline](http://www.brhc.org/DonateOnline)



601 E. 14th St  
Sedalia, MO 65301



660-829-7786

Our mission is to develop relationships and resources to support Bothwell Regional Health Center's mission and improve the health of our communities.

2018

## S A V E   T H E   D A T E

**October 1-31, 2018**  
Pinktober

**November 3, 2018**  
Bi-Annual  
Foundation  
Benefit

**November 27, 2018**  
Giving Tuesday