Bothwell™
Regional Health Center

JANUARY 2026

BILLBOARD

A Monthly Newsletter for Employees and Friends of Bothwell Regional Health Center



> "This funding ... will help us implement, scale and evaluate cutting-edge digital health care technologies ..."



Community Project Funding Approved: Bothwell Named Rural Innovation Hub

Letter from Lori

Last April, we submitted a federal Community Project Funding (CPF) request through Congressman Mark Alford's office. A CPF, previously known as an earmark, is a congressional program that directs federal dollars to local, vetted projects with a clear public benefit. The request has been approved, signed by the President of the United States and appeared in the Congressional Record. It includes **$750,200** to form an innovation hub in Sedalia.

This funding will help us create a research and implementation center with help from BioSTL's Center for Rural Health Innovation to implement, scale and evaluate cutting-edge digital health care technologies to enhance health care access and economic vitality in rural Missouri. We will serve as the center's hub and work with teams from Western Missouri Medical Center in Warrensburg, Golden Valley Memorial Healthcare in Clinton and Citizens Memorial Hospital in Bolivar.

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GET WELL. STAY WELL. BOTHWELL.

Bothwell™
Regional Health Center
601 East 14th Street
Sedalia, MO 65301

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SUBMISSIONS
Content is due by the 15th of each month for that month's issue to jgregory@ecallis.com or jkgregory@brhc.org.

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Bothwell Regional Health Center is an equal opportunity employer and accredited by the Joint Commission.

Community Project Funding Approved: Bothwell Named Rural Innovation Hub (Continued)

This is not general operating money. It is targeted support to plan, test and evaluate digital health tools that improve access and outcomes and can pay for themselves. Our application outlined funding to pay for a program administrator and overhead costs as well as direct financial support of start-up costs for several BioSTL-affiliated innovations.

The federal funding is intended to cover the expense of evaluating innovative new technology with the expectation that if the experience is favorable, hospitals will choose to continue to use technology that pays for itself with improved outcomes, efficiency and financial return on investment.

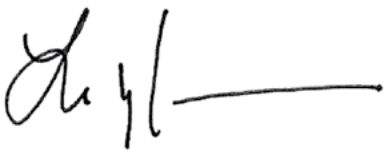
We are planning now to make this regional innovation center a reality.

Kirstie Schultz, IS clinical informatics specialist, and **Dr. Phil Fracica,** chief medical officer, met BioSTL's team at its Global Health Innovation Summit in August 2025 and saw options that are ready for use in rural settings. Kirstie said:

> *"One of the things that really stood out to me at the BioSTL Health Innovation Summit was how different innovators are approaching health care. Some were focused on internal improvements like cost efficiency or better documentation processes, while others were creating tools for patients at home—like easier ways to do testing remotely or in a rural health care setting without having to drive long distances for care or robots that are designed to support vulnerable and/or elderly adults, such as ElliQ.*
>
> *Seeing ElliQ in action was my favorite part. I'm passionate about advocating for and supporting elderly adults and their need and right to remain independent as long as possible, and it was inspiring to see technology that helps them stay independent, supports their mental health and gives families peace of mind.*
>
> *I'm really excited to see innovators working to eliminate barriers to quality health care, making sure that everyone – even those in rural communities—can get the care and resources they need."*

Alongside clinical innovations, this work will also include rural health sustainability. During our recent meeting with BioSTL, they offered to work with us on evaluating and implementing organization-wide AI solutions. We are looking forward to being on the cutting edge of innovation in rural care.

Stay well. Be well.



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.

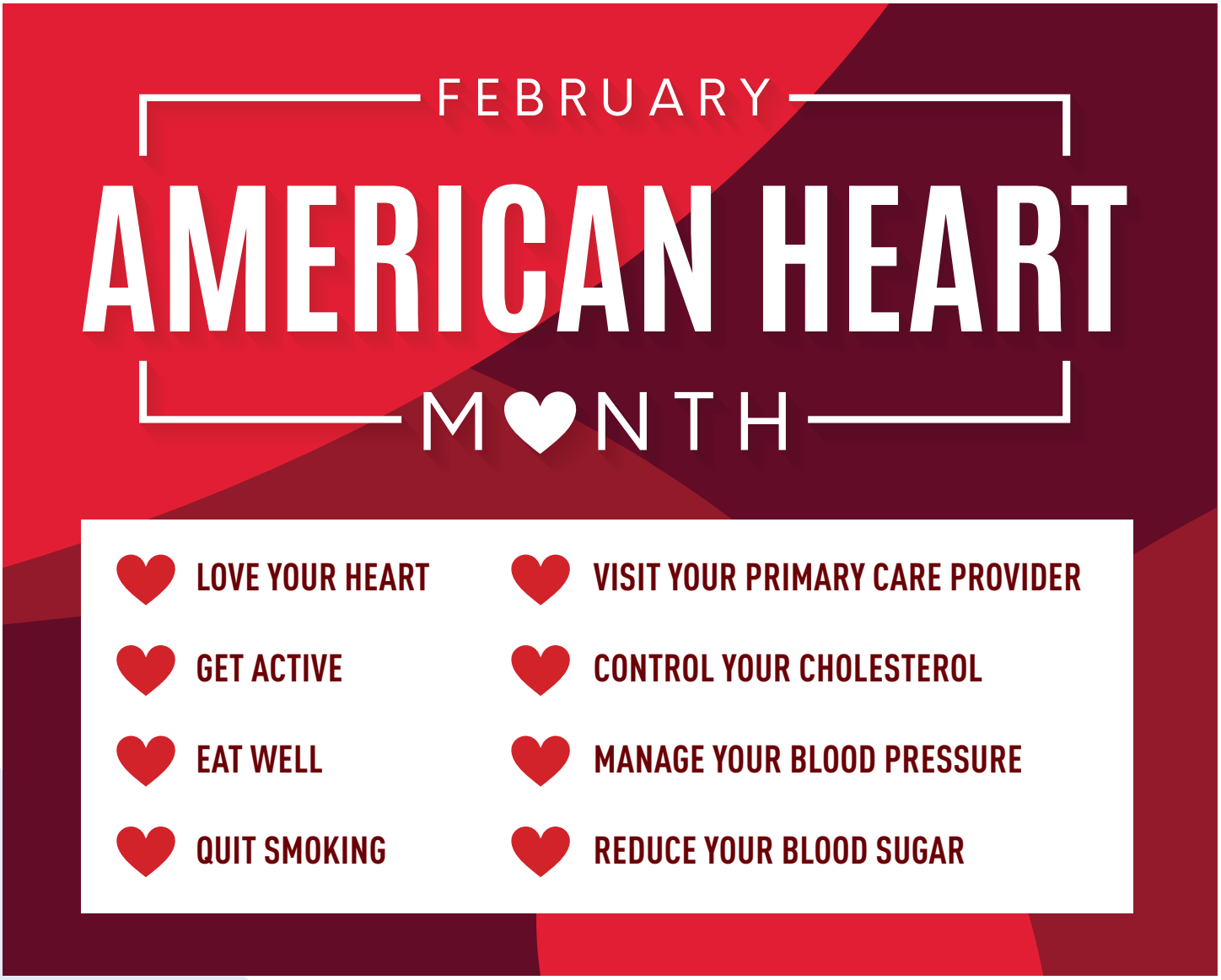
Our Vision

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.



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.

Bothwell™ Regional Health Center

From the Expert

Understanding Why the Flu Vaccine is Important

Philip Fracica, MD



Philip Fracica, MD

I have had the privilege of serving as Chief Medical Officer at Bothwell Regional Health Center for the past 10 years. My medical training includes Internal Medicine as well as Pulmonary and Critical Care Medicine. For more than 30 years, I have also been closely involved in hospital pharmacy operations, infection prevention, patient safety and health care quality improvement at multiple institutions. I am grateful for the opportunity to share information about the importance of influenza vaccination and hope to provide insight that may not be widely understood.

READ MORE ▶





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:
7:30 am–4 pm Monday–Friday; closed for lunch 11–11:30 am

Timekeeping Requirements

To support accurate payroll, regulatory compliance, and the financial sustainability of BRHC, we are providing several important reminders regarding timekeeping and PayCor processes.

All employees are required to clock in and out using one of the following approved methods:

BRHC time clocks
or
The PayCor link on the Intraweb

These are the only authorized methods for recording work time. Clocking in or out by any other means is not permitted.

All employees must understand that being clocked in while not working or not physically present is considered fraudulent and may result in immediate termination.

Employees working at clinics or working remotely must use the PayCor link on the Intraweb to record their time. Please note:

- Employees may work remotely only if they have an approved remote-work agreement with BRHC.
- Remote employees must clock in and out using the PayCor link on the Intraweb.
- Clocking in from home without authorization or outside approved processes are prohibited.

Meal Periods

Employees scheduled to work more than six hours are required to take a 30-minute uninterrupted meal period. Please make sure your meal period is taken and properly recorded each shift.

Overtime Approval

To support the financial sustainability of BRHC, it is essential that overtime be monitored and approved in advance.

- Employees must follow departmental procedures for requesting overtime.
- Overtime may not be worked without prior leadership approval, except when required for immediate or urgent patient care
- Unauthorized overtime creates impacts the organization's financial health.

If you have questions about your department's overtime approval process, please speak with your leader.

PayCor Resources on the Intraweb

The Intraweb includes several helpful PayCor tools:

- PayCor login link
- Clock in/out link
- PayCor Knowledge Base, which provides step-by-step written instructions for common tasks

To ensure accurate payroll and proper recordkeeping:

- All employees must submit time off requests directly through PayCor.
- Using the correct process helps prevent payroll errors and avoids delays or denials in time-off approvals.

Thank you for your attention to these important requirements and for your continued commitment to accuracy, accountability, and excellent patient care. If you have questions or need assistance navigating PayCor, please refer to the Knowledge Base or contact Human Resources or your leader.

Health Care Night at the Fred

FEB 11

Wednesday, Feb. 11
5:30 pm Lady Roadrunners vs. Mineral Area College
7:30 pm Men's Roadrunners vs. Mineral Area College
Fred E. Davis Multipurpose Center, 3201 W. 16th St.

All Bothwell employees are invited to the games as SFCC recognizes and celebrates health care organizations, highlights SFCC programs that support them and engages with members of the community in a campus athletic event.

FREE ADMISSION FOR BOTHWELL EMPLOYEES!

Advance tickets are required and include free admission and a hamburger or cheeseburger from concessions. Tickets are available for pickup in Human Resources, or email Melissa Guffin at mguffin@brhc.org to request tickets via campus mail.

Bothwell Mentorship Program

Our new mentorship program pairs a more experienced individual (the mentor) with a less experienced one (the mentee) to help mentees develop skills, achieve goals and navigate their careers by offering advice, support and a network of contacts from the mentor.

Mentor applications are available on The Pulse under the HR page or from Melissa Guffin in Human Resources. Mentee applications will open Feb. 1. Please return completed mentor applications to Melissa.

Who Can Be a Mentee?

- Open to all employees at any time in employment. A dedicated mentorship page will be available on The Pulse with program details and mentee sign-up instructions.

Who Can Be a Mentor?

- BRHC employment for at least 3 years (exceptions may be approved by the Super Mentor Team)
- Full-time or PRN Level 3 or 4 status
- Two peer references (one same department, one different department) and one leadership reference, each in a sealed, signed envelope (Current or former SEAs are exempt from reference requirements yet still need HR clearance)
- HR approval with no corrective action in the last year

Mentor-Mentee Pairing

- Mentors and mentees are matched across departments to keep the role distinct from a preceptor and encourage collaboration, and new-hire interest sheets guide matching.

Mentor Training

- Mentors must complete a HealthStream training before application processing. A structured mentor course will be offered on a regular schedule set by the Super Mentor Committee.

Program Commitment

- Plan for a minimum of one check-in a month for the first 3 months. Pairs may continue or conclude afterward with an updated agreement. Leaders will allow protected time for meetings, similar to SEA commitments. Mentors send a monthly email check-in to the Super Mentor Committee to support engagement and track success.

Supporting the Employee Recognition Luncheon

To help reduce costs while keeping our Employee Recognition Luncheon a meaningful celebration, we're funding this year's event through donated support. All contributions will be coordinated through the Bothwell Foundation so donations are captured, tracked and credited as a Foundation contribution (and tax deductible). Ways to help: Donate service pins. If you have service pins you no longer use or need, consider donating them back to support the event. Drop them off at Human Resources.

A Letter from the Board President to our Credit Union Members

Dear Valued Member,

We're taking this opportunity to thank you for your continued support and to sincerely apologize for any inconvenience or uncertainty you may have experienced over the past several months.

During this time, we have been working diligently to restructure our credit union to ensure long-term stability and to maintain the dependable, member-focused service you rely on. As a small credit union, these changes were necessary to strengthen our operations and position us for a successful future.

As part of this restructuring, we are pleased to welcome our new manager, Cher Long, whose experience and leadership will help guide our organization forward. We have also strengthened our staff and volunteer teams to better support our members.

We are sincerely grateful to these volunteers for their time, dedication and service to our credit union.

What We've Been Doing to Serve You Better

To improve functionality, efficiency and the overall member experience, our employees and volunteers have participated in extensive one-on-one training and support with:

- Cornerstone Resources
- Millennium Corporate Credit Union
- APT Consulting
- Missouri Division of Credit Unions

These efforts are focused on strengthening operations, improving compliance and enhancing the services we provide to our members.

Next Steps

As we continue moving forward, our next steps include:

- Ongoing and extensive training for employees and volunteers
- Attending conferences to expand networking and industry knowledge
- Embracing opportunities offered by our current partners to expand services and improve organizational management

We acknowledge the challenges that occurred and appreciate our members' patience as we took steps to correct them. Please know that all volunteers and employees continue to do everything possible to ensure these changes work for the better, and we truly appreciate your continued trust.

If you have any questions or concerns, please feel free to contact us at:

Phone: (660) 827-9518 **Email:** bhecu@iland.net

As we look ahead, we are excited for the New Year and the positive changes underway. We are confident these improvements will allow us to better serve you and strengthen our credit union well into the future. Be watching for some exciting new opportunities coming your way!



Sincerely,
Julie May
President of Board of Directors
Bothwell Hospital Employees Credit Union

EMPLOYEE STAFF
Cher Long, Manager
Grace Sims, Administrative Assistant
Kristin Largent

VOLUNTEER LEADERSHIP TEAMS

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Elizabeth Hackett

Board of Directors
Julie May, President
Melanie Davis, Vice President
J.D. Lewis, Treasurer
Teresa Frazier, Secretary

Supervisory Board
Lori Hazell, President
Jamie Poppinga, Secretary
Robert Wideman

Scan To Visit Us Online

Queen City CAPS



Ella Hart

My name is **Ella Hart,** and I am a 17-year-old CAPS student with a strong interest in the Emergency Department. I am drawn to emergency medicine because of the fast-paced environment and the excitement of never knowing what each day will bring. I love that emergency medicine allows you to work with patients of all ages and see a wide variety of situations, while also learning how differently people react during stressful or traumatic moments. I consider myself very good at connecting with others, being empathetic and communicating with patients when they need support the most. During my time in CAPS, I have seen many incredible and eye-opening things, but one of the most impactful experiences for me was witnessing a code, along with several other moments that truly changed my perspective for the better. These experiences made me fall in love with trauma care and solidified my interest in emergency medicine. I would also like to give a special shout out to Erin Emo, RN, who I really enjoyed shadowing. During my time with them, I was able to learn hands on, experience everything possible and always felt supported, especially during more traumatic situations.



Aidan Fiet

My name is **Aidan Fiet,** and I am an 18-year-old senior. I am interested in pursuing a career as a Physician Assistant because of the flexibility the job offers and the wide range of departments PAs are able to work in. After shadowing in different clinical areas, my interest in this field has grown even stronger, as I was able to see how PAs play an important role in patient care while working closely with both doctors and patients. During my time in CAPS, I hope to gain hands-on experience and a better understanding of my future career path in health care. I have always been inspired to pursue the medical field because I enjoy helping people and consider myself good at working with others. While completing my rounds, I have had the opportunity to observe orthopedic surgery and general surgery, which gave me valuable insight into the teamwork and precision required in the operating room. I would also like to give a special shout out to Wayne Smither, who recently retired, for ensuring I could shadow him and gain real experience of what it is like to be in the operating room as a CNRA.

Bothwell Shows Up in Missouri Case Law

It's not every day a hospital's name becomes part of a court decision other organizations can point to later. In *Brandes v. Bothwell Regional Health Center,* Missouri's Western District Court of Appeals affirmed summary judgment for Bothwell. In plain terms, the court agreed Bothwell was not legally responsible under the facts of the case.

Why it matters beyond this one situation: when an appellate court issues a decision like this, it becomes part of Missouri case law. That means the ruling can be cited in future cases and used as guidance when hospitals are working through similar questions.

The decision reinforced a practical standard during winter weather. The court emphasized that hospitals are not required to "win the race against the weather," and clarified that having a snow removal policy, by itself, does not create legal liability.

The big takeaway for us: our day-to-day work can shape how certain practices are understood across Missouri, even outside our walls.

Presented by Diatribe KC MO Inc.

BOWLS AGAINST DIABETES COOK-OFF AND COMMUNITY MEAL



COOKS NEEDED!

COOKS WANTED!!

American Legion: 2016 W. Main Street. Sedalia, MO 65301 | February 28, 2026 | 10:00AM-3:00PM

CASH PRIZES! $25 ENTRY FEE

Calling all COOKS! Come show off your best chili or soup recipe and help support our community! Join us in raising awareness for diabetes and help provide a warm community meal!

Saturday, February 28th, 2026

- **Doors Open at 9:00 AM. All Cooks must have tables prepared by 11:30AM (Tables Provided).**
- **Soup Judging: 11:30AM - 12:30PM**
- **Community Meal: 1:00PM - 3:00 PM (Doors will open to the community for a meal once judging is completed)**
- **Winners Announced : 2:30PM**
- **Clean Up must be complete by 3:00PM**

Cash Prize Amounts:

1st Place - $200
2nd Place - $100
3rd Place - $50



REGISTER TO BE A COOK ABOVE!

Contact: Samantha Davis
816-872-9354
www.diatribekc.com

DIATRIBE

GET WELL. STAY WELL. BOTHWELL.

Showing Up for Each Other

In mid-January, **Laura Weisenburger** and the Perioperative Services team had a simple idea to support **Jamie Barklage** during a personal loss: pink bouffant caps for the team to wear as a visible sign of love and solidarity.

It turned out to be harder than expected.

Lori Smith and **Rick Langdon** in Materials Management took the request to heart. When availability was limited and vendors came up short, they kept going, exploring every option until they could make it happen.

Perioperative Services is deeply grateful for their dedication and willingness to go above and beyond for another department and, more importantly, for a grieving team member. Their persistence turned a small idea into a powerful gesture of support.

Afterward, Jamie shared, “It’s my Bothwell family that has helped me make it through.”

This is what putting people first looks like: leaders who notice, teammates who act and departments working together to care for each other.

















Showing Up for Each Other (Continued)









KNOW YOUR EDUCATIONAL BENEFITS

Stipend

Tuition Reimbursment

Loan Forgiveness

Bothwell™
Regional Health Center

Certification Incentive

Scholarships

Contact Human Resources to learn more!

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

January



Cassie Caedo

Certified Nurse Midwife, Bothwell OB/GYN Associates

Compassion, expertise and a willingness to go above and beyond define our January Employee of the Month. Certified Nurse Midwife Cassie Caedo exemplifies what it means to provide exceptional care to our patients and to anyone who turns to Bothwell in a moment of need.

Recently, a concerned mother contacted the hospital seeking guidance for her daughter, who was believed to be in active labor. The family lived outside the area, the daughter was not an established patient and they were unsure whether they could safely reach her physician in Columbia.

Cassie, who was on call at the time, was contacted and immediately stepped in to help. With genuine concern and calm reassurance, she took the time to speak with the family, assess the situation and guide them through the next steps. Her willingness to help, paired with her clinical judgment and compassion, helped ease the family's stress and ensured they received timely care.

Shortly thereafter, the family arrived at the hospital, where Cassie and the Labor and Delivery team were ready to care for them. Thanks to the support and coordination shown from the very beginning, the patient was safely admitted and welcomed her baby with a dedicated team by her side.

Cassie's actions reflect the very heart of Bothwell: meeting people where they are, offering support in moments of uncertainty and providing outstanding care without hesitation.

Congratulations, Cassie, on being named January Employee of the Month!

Submit your Employee of the Month Nominations Online!

Scan the QR Code or Find the Link on the Intraweb

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 January nominees!

- Courtney Staus
- Whitney Hartley
- Leisha Nakagawa
- Carrie French
- Skyler Haase
- Kayla Huddleston
- Michael Catron
- Stephanie Louiselle

Key Awards

December

Alyson Wilson
Abby Steinman
Lynh Best
Veronika Mezentsev
Natalia Antonov
Jesmi Reyes
Jennifer Evert
Rosa Lairmore
Carla Humphreys
Becky Duncan
Leslie Stevenson
Mindy Vesperman
Cindy McKeon
Jessica Moon
Skye Tuttle
CJ Palmer
April Ream
Brianna Murray
Lisa Theisen
John Lairmore
Andrew Darrah
RoseAnne Livengood
Dr. Fracica
Rick Langdon
Pam Bruns
Shelbi Bishop
Teresa Friedlander
Mike Snow
Serena Cronk
Tony Labuary
Randy Smith
Kirsten Darrah
Becky Eldenburg
Brandon Cornine
Kirstie Schultz
Melissa Bates
Michael Catron
Kendra Bloess
Olga Silchuk
Donna Bell
Addison Miesner
Kyle Hull

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 Values for actions that promote quality patient care and increase patient satisfaction.

Shout Outs

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



- Age-Related Macular Degeneration (AMD) / Low Vision Awareness Month
- American Heart Month
- Gallbladder Cancer and Bile Duct Cancer Awareness Month
- International Prenatal Infection Prevention Month
- National Cancer Prevention Month

- **Feb. 2:** Rheumatoid Arthritis Awareness Day
- **Feb. 2–8:** PeriAnesthesia Nurse Awareness Week
- **Feb. 4:** World Cancer Day
- **Feb. 6:** National Wear Red Day
- **Feb. 7:** National Black HIV/AIDS Awareness Day
- **Feb. 7–14:** Congenital Heart Defect Awareness Week
- **Feb. 7–15:** Cardiovascular Professionals Appreciation Week
- **Feb. 8–14:** Cardiac Rehabilitation Week
- **Feb. 8–14:** Heart Failure Awareness Week
- **Feb. 8–14:** Sepsis Survivor Week
- **Feb. 9:** International Epilepsy Day
- **Feb. 9–13:** Ambulatory Care Nurses Week
- **Feb. 14:** National Donor Day
- **Feb. 18:** Critical Care Transport Nurses Day
- **Feb. 20:** National Caregivers Day
- **Feb. 22:** National Heart Valve Disease Awareness Day
- **Feb. 22:** World Encephalitis Day
- **Feb. 23–Mar. 1:** National Eating Disorders Awareness Week
- **Feb. 28:** Rare Disease Day

Shining Stars at Bothwell

Career Journey Spotlight

Each month we will highlight a team member who has grown in their role through new certifications, expanded skills or career advancement at Bothwell. Help us recognize the stars who make great care possible. Submit your nominations to lirwin@brhc.org or jkgregory@brhc.org.



What was your first role at Bothwell?
I first started as a dietary aide in 2016.

What is your role today?
I am a registered nurse on PCU working as a charge nurse.

What was your journey from when you started at Bothwell to now?
I first started working in dietary when I turned 16 and took one of the first CNA classes that Bothwell offered in 2018. I continued to work as a CNA and ward clerk while I was in nursing school. Once I got my LPN, I started working on PCU as a nurse intern until 2022. I have worked on PCU as an RN since 2022 and recently became charge nurse.

Why did you choose health care?
I chose health care because I knew that I wanted to help people in some way. Working as a nurse has helped me impact people in a positive way when they need help the most.

What drew you to Bothwell?
What drew me to Bothwell is that it is local and close to home. Bothwell offered many opportunities while I was earning my degree that helped me gain experience as a nurse.

What training/education/certifications do you have?
I currently have my BSN and am BLS, ACLS and PALS certified.

How has Bothwell supported your growth?
Bothwell has given me the opportunities to expand my knowledge and skill set through each position change that I have made. Through each one, I was slowly introduced into the patient care setting and was able to learn along the way how to care for patients through various roles.

Who mentored or encouraged you, and what did they do that helped most?
When I was first contemplating going into the health care field, I was unsure if I wanted to. I was able to job shadow various departments and the one that stuck out to me the most was when I job shadowed a nurse who used to work here on 2SW, Sarah Massung. She was so kind and thoughtful in the care she was giving to her patients on a particularly busy day. She showed me exactly what I was wanting to do while working in the health care setting. Another person who encouraged me throughout my entire nursing journey has been my mother, Kristy Musgrave, who is also a nurse on 2SW. She has been there to answer every question and every struggle and embodies the leader that I strive to be while in the charge nurse role. Both of these amazing individuals showed me the purpose of being a nurse and I try to incorporate those traits in my care to the best of my ability each day.

How do you incorporate our core values into your work?
I incorporate our core values into my work by giving the best patient care that I am able to while being a listening ear when patients need it most. I advocate for them to the best of my abilities to ensure they are adequately and safely cared for.

What advice would you give someone starting where you started?
My advice to give someone where I started would be to try and learn as much as you can. There is always something to learn and you can use that to help someone who may need it.

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.

Moves and Retirements

Steve Davis Retires After 40+ Years

After 40+ years of service, Steve Davis has retired from Bothwell. Steve began his career on Aug. 5, 1985, and wrapped up his last day on Jan. 9, 2026. He has been making plans for retirement and is looking forward to putting those plans in motion. After decades of steady leadership, retirement is well deserved.

Steve was born at Bothwell and spent his entire career here, most recently serving as Chief Financial Officer. Colleagues across the organization appreciated his thoughtful guidance, steady presence and the way he connected with people in every department.

During this transition, the CFO position is vacant. Departments that reported to Steve have been distributed among other senior leaders, and Carrie Scott has stepped into an assistant CFO role to help support the work moving forward.

We are grateful for Steve's years of service to Bothwell and the community. We wish Steve and his family the very best in retirement.

Eric Walton, System Administrator, retired effective Dec. 31, 2025, after 41 years of service to Bothwell. Over four decades, Eric helped keep our technology and phone systems running reliably and he was a resource for teams across the organization. For IT support as responsibilities are reassigned, contact the HelpDesk at 9197 or Tom Fairfax at 9169.

Teresa Friedlander, Materials Management, is retiring after 44 years of dedicated service. Join us for her retirement celebration from 2 to 3 pm, **Tuesday, Feb. 3** in the Bothwell Café.

Please join us from 2 to 3 pm **Thursday, Feb. 19** in the Bothwell Café to celebrate **Brad Cluff,** Environmental Services, as he retires after 13 years of dedicated service.

EMPLOYEE PERK!

T-Mobile

The T-Mobile Employee Discount Program is up and running. To learn more about personal discounts available to Bothwell employees, promotional discounts, offering and incentives on equipment, please contact the T-Mobile Work Perks team at 855.570.9947 or visit t-mobile.com/perks.

Mention you are a Bothwell Regional Health Center employee to receive this offer.



Welcome to These New Team Members!



Anthony Angesou
Environmental Services



Sergey Boklach
Centralized Cardiac Monitoring



Mackinzie Brines-Beach
Environmental Services



Olga Ceban
Nursing Administration



Madilyn Dauber
Women's Health & Newborn Care



Keyona Davis
Progressive Care Unit



Destiny De Leon
Pharmacy



Lainey Hughes
Nursing Administration



Ashley Johnson
Patient Financial Services



Aubrey Johnson
Emergency Department



John Kinyon
Environmental Services



Aminata Koita
Emergency Department



Linda Leon-Lopez
Bothwell Family Medicine



Angelica Lopez
Admitting



Linda Lower
2 Southwest



Eric Morales Jr
Materials Management

Welcome to These New Team Members!



Emily Pantyukhina
Nursing Administration



Richard Rhone
Dietary



Liudmila Stekhova
Bothwell TLC Pediatrics



Faith Tremmel
Progressive Care Unit

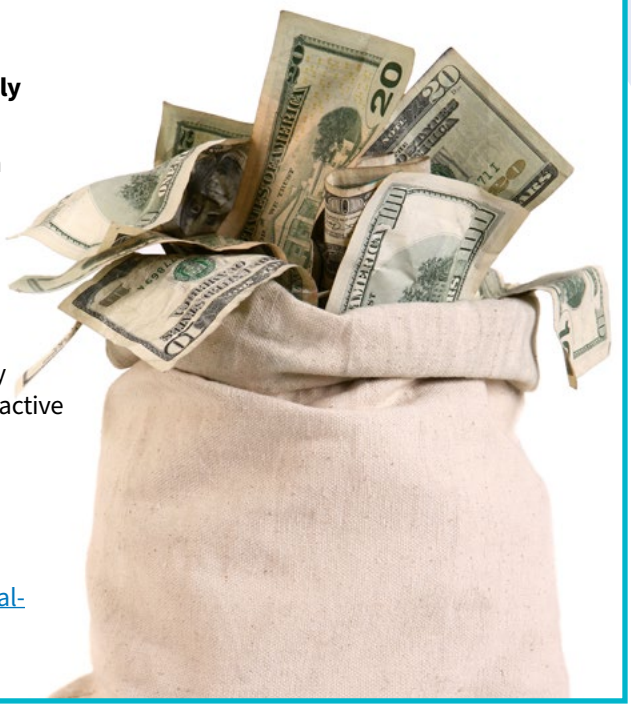
Refer a Friend and Make Extra Money

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

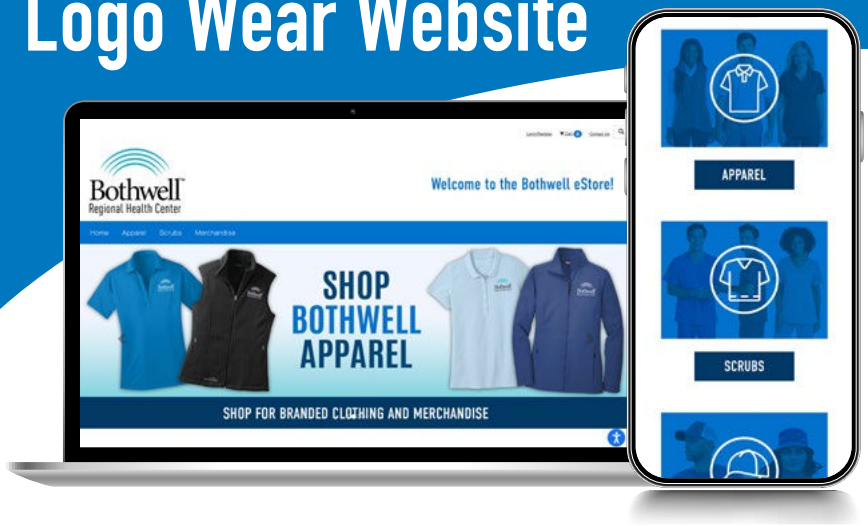
- All employees can take part in the referral program with the exception of the Senior Leadership Team and HR personnel.
- Department/Clinic Directors are eligible if the person referred is someone outside of your own department(s).
- Referring employees must be free of corrective action and have been 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.



Logo Wear Website



Shop the Bothwell eStore for branded apparel and merch!

Shop for clothing, scrubs and hats at brhc.org/estore. The eStore link can also be found on the intraweb.

Site may not open in Internet Explorer; use Chrome or Firefox instead.

VISIT SITE ▶





February

Valentina Garnik 1
Janeane Barrow 1
Ashley Updyke 2
Reilly O'Shea 2
Sandra Jerome 3
Patricia King 4
Russell Dedrick 4
Dr. Jonathan Beary 6
Rodolfo Reyes 6
Rachael Morgan 6
Annabelle Isenberg 6
Marcia Newland 7
Pamela Thompson 7
Heather Sadler 8
Lindsey Thomas 8
Barbara Debates 8
Amanda Ward 8
Carrie French 9
Cole Simoncic 9
Kaitlyn O'Dell 9
Scott Maples 11
Kristina Sviderko 11
Mike Shipp 12
Robin Schroeder 12
Jenny Force 12



Laqueta Smith-Bentley 12
Christel Harms 12
Rebecca Humphries 12
Vivian Kolaski 12
Randy Doane 13
Rashelle Barnett 13
Jill Weller 13
Dr. Douglas Kiburz 14
Dawn Hoff 14
Teresa Ficken 14
Erica Marin 14
Leslie Fields 15
Teresa Mitchell 15
Jeanne Tunis 15
Lori Bressie 16
Anita Sumner 17
Sandra Clark 17
Megan Elwood 17
Dr. Gabriel Anders 17
Vladislav Surguy 17
Lola Jones 18
Amanti Brown-Mitchell 18
Lori Wightman 19
Cathy Seifner 20
Chelsea Casteel 21
Lauren Thiel-Payne 21
Skyler Borman 21
Candilynn Schnakenberg 22
Sarah Cordes 22
Cade Chiles 22
Mika Killion 23
Saudi Robbins 23
Heather Smith 23
Aleksandr Olefir 23
Amy Holdman 23
Keirsten Lorenz 23
Cecile Bircher 24
Sharon Clark 24
John Johnson 24
Valery Woodmansee 24
Chelse Beck-Vannatter 24
Glenda Rice 25
Elaine Collins 26
Jena Sterrett 26
Michelle Powers 26
Dr. Shawn Crook 27
Angelica Lopez 27
Keyona Davis 27
Mackenzie Humphrey 27
Jade Stevenson 27
Belinda Harper 28
Michael Catron 28
Anita Logvinenko 28
Breanna Thoennes 29

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.

Event News

Employee Engagement Committee

Gather with us to enjoy crafts and treats and take pictures with the Easter Bunny. RSVP to Melissa Guffin at ext. 9541 or mguffin@brhc.org.



EMPLOYEE ASSISTANCE PROGRAM

- 24/7 Support, Resources and Information
- Confidential Emotional Support
- Work–Life Solutions
- Legal Guidance
- Financial Resources
- Confidential Counseling
- Free Online Will Preparation
- Help for New Parents

No-cost, confidential solutions to life's challenges.

Your ComPsych Guidance/ Resources program offers someone to talk to and resources to consult whenever and wherever you need them.

Here when you need them.

Call: 877.595.5281

Online: guidanceresources.com

Web ID: EAPBusiness

TTY: 800.697.0353

App: GuidanceNow

Fall Prevention Campaign

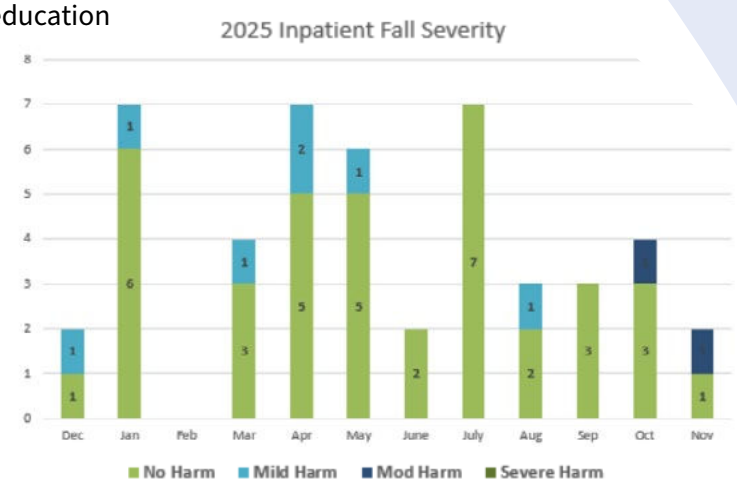
Patient Safe Handling Committee

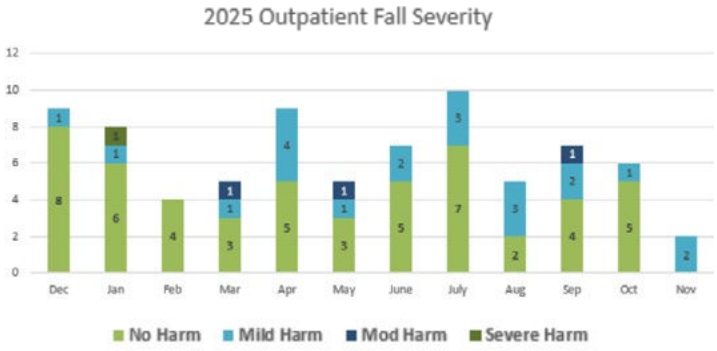
Joint Commission has identified falls as a leading sentinel event type reviewed from 2019 to 2023. Their analysis of falls with injury in sentinel event database identified the majority of contributing factors as not following fall risk assessments, lack of competency in recognizing abnormal clinical signs and symptoms, inadequate staff to staff communication during handoffs and lack of shared understanding of plan of care.

Research and event reporting can help in understanding the root cause of falls and assist in ensuring the standard of care includes safety measures and fall prevention interventions. When setting up fall reduction programs, multiple hospital have identified the top areas of concern. Lessons learned from fall prevention reviews nationwide have identified these as the top priorities to fall reduction.

- Complete fall risk assessment on patients and provide education
- Review meds for high fall risk medications
- Implement the use of low bed position
- Implement a toileting schedule
- Nonskid footwear for all patients
- Use of gait belt with all transfers and ambulation
- Arming/checking functionality of bed and chair alarms
- Educating all travel nurses on bed exit alarm use
- Purposeful hourly rounding and bedside shift report
- Placing high risk patients in view or having staff constantly monitor
- Weekly multidiscipline fall prevention debrief

With implementation of these standards, organizations have decreased the fall numbers. Implementing these effective fall prevention strategies is critical to ensuring a culture of improved patient safety. Success was not realized quickly and required thoughtful, intentional and collective efforts by a multidisciplinary team focus.





Bothwellness Health Tips

Bothwellness Committee

Heart Health and Holistic Well-Being Tips

Small Choices Add Up

- Build a "heart-smart plate" when you can. Aim for half fruits/vegetables, a quarter protein, a quarter whole grains. Add healthy fats when available (nuts, avocado, olive oil, fish).
- Do a two-minute "circulation reset" each hour. March in place, calf raises, shoulder rolls or a quick hallway lap. It counts.
- Take the stairs for one flight. If your knees and breathing tolerate it, one flight a day is a win.
- Hydrate on purpose. Keep a water bottle in your line of sight. If you're drinking caffeine, pair each coffee or soda with water.
- Watch sodium without going extreme. Choose lower-sodium options when you can, and balance saltier meals with fruit, veggies and water.

During a Shift: Quick Heart-Friendly Habits

- Try "park far, walk fast." If you have the option, add a brisk three to five minute walk before you go inside.
- Use breaks for recovery, not scrolling. Even five minutes with eyes closed, slow breathing or quiet helps your nervous system reset.
- Do a "posture check" at the computer. Relax shoulders, unclench jaw, feet flat. Tension adds up.

Stress and Burnout: Protect Your Energy

- Name it early. If you notice irritability, brain fog, dread or feeling numb, treat it as a signal, not a personality flaw.
- Use a 60-second breathing reset. Inhale four seconds, exhale six seconds. Repeat five times. Longer exhales help the body shift out of stress mode.
- Take micro-breaks on hard days. Step away for 90 seconds, stretch, drink water or breathe. Small resets prevent bigger crashes later.
- Choose one boundary to practice. Example: take lunch away from your workstation, decline one non-urgent add-on or stop checking work messages once you're home.
- Check in with a coworker. A quick "How are you holding up?" can change someone's whole shift.

BOTHWELL HOSPITAL EMPLOYEES CREDIT UNION

BECOME A MEMBER/OWNER TODAY!

What's Offered?

BHECU offers multiple account options to fit your needs AND low interest rates!

- Christmas Club
- Education
- Vacation
- Emergency
- Kids Accounts
- Certificate of Deposit (CD)

bhecu@iland.net

(660) 827-9518

600 E. 13th St.
Sedalia, MO 65301

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.

Bothwell™ Regional Health Center

Walk In Off Broadway Expands Hours to Improve Access to Care

Walk In Off Broadway's hours have expanded to 7 am to 7 pm Monday through Friday and 10 am to 4 pm on Saturdays, to give patients more options for same-day care through early morning, evening and weekend availability.

The walk-in clinic, located at 700 S. Hancock, provides convenient care for minor illnesses and injuries, including cold and flu symptoms, sore throat, ear pain, minor cuts and burns, sprains and strains and other non life-threatening conditions. Patients are seen on a walk-in basis and no appointment is needed.

How to File an Employee Injury Report

Human Resources

- Report the injury to your supervisor or the Patient Care Coordinator right away. Timely reporting helps us respond quickly and appropriately.
- Complete an Injury Report form within 24 hours. Forms are available on the intraweb, in every department and in Human Resources on the ground floor. The form is two pages. **The employee injury report is completed in addition to an event report.**
- Do not seek medical treatment on your own. Human Resources will assist you in getting care from an approved provider. Treatment obtained independently will not be covered. If you are injured after hours or on weekends, the Patient Care Coordinator can assist with treatment
- Follow modified duty instructions if assigned. If the treating physician authorizes modified duty, employees are required to accept it to remain eligible for lost-wage benefits.

For full details, visit the Work Related Injuries Policy on the intraweb.

EMPLOYEE PHARMACY

Open Monday – Friday
7:30 – 11 am and
11:30 am – 4 pm

Hospital Ground Floor
660.827.9495

CLINIC MEDICATION DELIVERIES

HELP US HELP YOU!

Please remember our delivery drivers have a schedule to follow to ensure time-sensitive materials are returned to the hospital on time.

1. If you receive a text message that your medication is ready, call ext. 9495 to tell us if you are working or not working that day.
2. If you are expecting medication and have not received a text message, call us.
3. If you have a new medication and want to start it the same day, call us. Morning deliveries go out by 8:30 am and afternoon deliveries go out by 12:30 pm. By notifying us, we can watch and get it processed ASAP. If not, we might miss seeing it sneak in.
4. If a new prescription is not received in time for same-day delivery, call us. We can put it on the inpatient pharmacy side for evening pickup. Inpatient pharmacy hours are 6:30 am – 10 pm Monday – Friday and 8 am – 4:30 pm on weekends.

ToRCH Success Stories

Population Health

About ToRCH

Transformation of Rural Community Health (ToRCH) is a rural health program sponsored by the Missouri HealthNet Division, which manages the Missouri Medicaid program. Bothwell Regional Health Center was named by the state in July 2023 to be one of six rural hospital community hubs to participate in the pilot project.

ToRCH is a model of care that directs resources to rural communities committed to addressing the non-medical factors that impact health outcomes to reduce preventable hospital admissions and emergency room visits. The program works by connecting Medicaid recipients in Pettis County to community-based organizations and services including medically tailored meals, home safety repairs, pest control, nutrition counseling and transportation so individuals can better manage their health and stay well at home.

Making a Direct Impact

Elizabeth Green knows what it means to support patients beyond the walls of a clinic.

Before becoming ToRCH Program Manager, Green was a director for several clinics, including Bothwell Medical Equipment (BME).

“I heard about the ToRCH program after Vice President of Clinics Marvin Smoot invited all clinic directors to a ToRCH advisory council meeting in summer 2024,” she said. “When I heard the program would help with in-home pest control I was elated because I knew we had several BME patients who could use this help.”

Green said after transitioning to the program manager role, she was determined to help as many patients as possible. After a year in the position, she received an email that a BME patient needed pest removal services.

“After discussing his needs with him, we set him up for pest removal as well as nutritious meals through SC Fuel,” she said. “Having the ability to help people on a daily basis is so rewarding, and I look forward to helping many more.”

Welcome to our Newest Nurse Residents

Education Department

Bothwell Regional Health Center welcomes its newest group of nurses as they begin their journey in patient care in our one-year Nurse Residency. In the program, these dedicated nurses will receive hands-on training and mentorship, equipping them with the skills and experience needed to provide high-quality care to the community. Their commitment to learning and growth will have a lasting impact on patients and families. Please join us in supporting and encouraging them as they take this next step in their careers.



Left to Right: Alondra Chavez-Portillo, State Fair Community College, Women’s Health and Newborn Care; Sophie Widel, State Fair Community College, Emergency Department; Kayley Woolery, State Fair Community College, 2SW; Sydney Mucke, State Fair Community College, 2SW; Courtney Tanner, State Fair Community College, Women’s Health and Newborn Care

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 place to work, to practice, to receive care.

SERVICE EXCELLENCE INITIATIVE

PROVIDING A 5-STAR EXPERIENCE FOR ALL

Monthly Update

Service Excellence Year 3 Implementation: Current Status and Next Steps

Patient Experience Data

We continue to work through the transition away from Press Ganey. Contract discussions with a new vendor are in progress, with the goal of ensuring we have meaningful, actionable patient experience data while remaining fiscally responsible.

Year 3 SEA Team Structure and Curriculum

- Year 3 SEA teams will include select SEAs from Years 1 and 2 who have been asked to return. This helps build on existing experience and maintain continuity.
- The Year 3 curriculum is being developed and will focus on hardwiring Service Excellence behaviors into daily practice. We will continue to leverage proven materials from Years 1 and 2 to support consistency and long-term sustainability.
- Team members interested in serving as an SEA in Year 3 are encouraged to speak with their manager or director.

Training Cadence and Delivery

Workshop delivery will shift to a three-month cadence to improve scheduling flexibility and allow for deeper engagement with the content. SEAs and Ambassadors will continue to support workshops, service huddles and ongoing improvement efforts.

OASIS Team Launch

OASIS teams, made up of leaders and Ambassadors, are scheduled to launch Tuesday, Feb. 10.

SERVICE EXCELLENCE COUNCIL

Michele Laas, Chair
Justin May, Vice Chair
Amber Allain, *OASIS Super Coach*
Maggie Schaffer, *LEAD Team Coordinator*
Kirsten Darrah, *SEA Super Coach*
Toni Catron, *Ambassador Super Coach*
Marvin Smoot, *Provider Super Coach*
Marc Dougherty, *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*
Lisa Irwin, *HR Liaison*

OASIS TEAMS

Referral and Onboarding
Retention
Service Standards/Internal Support
Awards and Recognition
Throughput

LEAD TEAMS

Transition of Care
CG-CAHPS
Denominators

SERVICE EXCELLENCE INITIATIVE ▶

Press Ganey Scores

Tracking Our Progress

Each month we share our latest patient experience scores by service line, plus a rolling average and our national percentile rank. These snapshots help us celebrate wins and stay focused on where to improve. Patient experience reflects the care we deliver, and posting the results keeps us accountable and aligned with our mission.

- **December Score:** Our most recent month's performance
- **Rolling Average:** Trend since June 2025
- **Percentile Rank:** How we compare nationally to similar hospitals and practices

SERVICE LINE	DEC. SCORE	ROLLING AVG (June–Dec. 2025)	PERCENTILE RANK (Dec.)
Outpatient	85%	83%	53rd
Inpatient	80%	67%	89th
Emergency Dept.	47%	53%	1st
Ambulatory Surgery	73%	79%	2nd
Medical Practice (Mean Score)	95%	94%	41st

Press Ganey Star Ratings



Current Overall Rating

Bothwell's current **overall** Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) star rating is **3 out of 5.** This places us in the middle of the national comparison group, showing consistency in many areas while highlighting opportunities for growth in others.

Patient feedback provides a clear picture of where we are excelling and where we can do better. Our strongest ratings continue to be in areas such as nursing communication, staff responsiveness, discharge information and cleanliness. At the same time, scores related to physician communication, medication explanations, quietness and likelihood to recommend show opportunities for improvement. Reviewing these results helps us celebrate progress while focusing on actions that matter most to patients.

Individual Measure Ratings

MEASURE TYPE	MEASURE NAME	STAR RATING
Domain	Communication with Nurses	★★★☆☆
	Communication with Doctors	★★★★☆
	Communication About Medicines	★★☆☆☆
	Discharge Information	★★★☆☆
Question	Cleanliness of Hospital Environment	★★★★☆
	Quietness of Hospital Environment	★★★☆☆
	Rate Hospital 0–10	★★★☆☆
	Recommend the Hospital	★★★☆☆

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.

Bothwell Regional Health Center

"I had a very good staff. The beds were comfortable new beds, a clean room and the food was amazing. I felt like I was in a 5-star hotel and I did not want to leave. My doctor and the entire staff were wonderful. I have bragged to all my friends and family." — Satisfied Patient

Bothwell Internal Medicine Specialists

"Dr. Anders is great. He takes the time to explain things and listens to my concerns." — Satisfied Patient

Bothwell Orthopedics & Sports Medicine

"My team of Dr. Edwards and RN, Laurie, make a wonderful team! I know I'm in the best care with them." — Satisfied Patient

Susan O'Brien Fischer Cancer Center

"I received outstanding care during my cancer treatment, and continue to receive outstanding care. I would highly recommend these services to friends and family." — Satisfied Patient

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.



GET PAID TO LEARN AND BE A CNA!

Want to be a Certified Nurse Assistant?

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

Next class starts Jan. 5

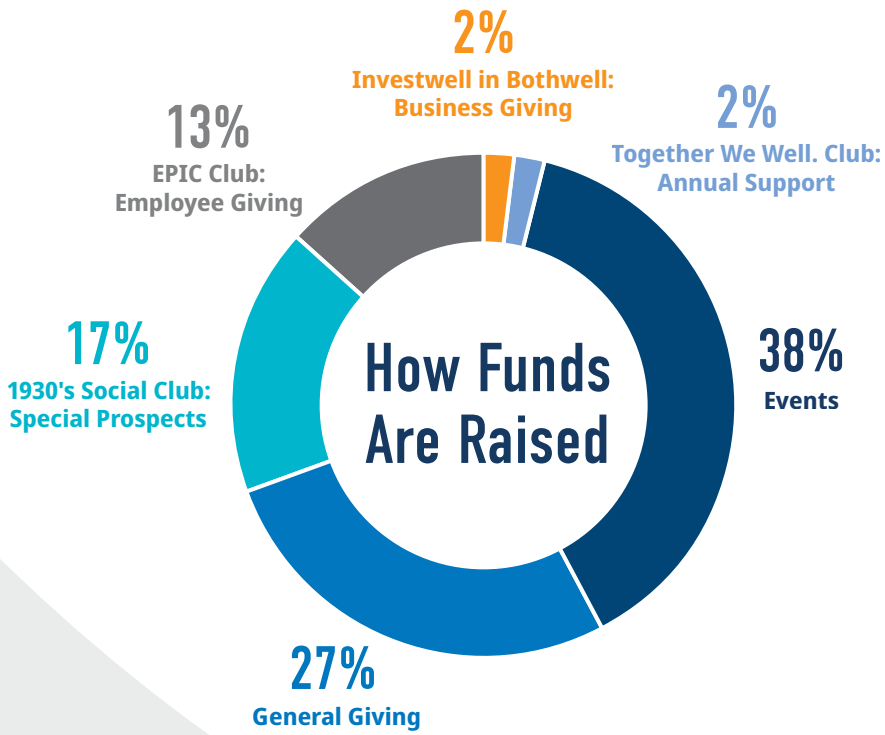
To apply or learn more information about classes, contact Becky Eldenburg reldenburg@brhc.org

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.

2025 Foundation Recap

- $652,098.28 raised in 2025
- 7 free community seminars
- 175 volunteers gave their time to support the foundation's events, program and patients
- 76 patients, families and employees received help through our assistance program
- 16,046 Auxiliary volunteer hours in 2025



BOTHWELL FOUNDATION BOARD OF DIRECTORS

James Mahlon White, President

Cliff Callis, Vice President

James P. Buckley, Treasurer

Heather Cantrell, Secretary

Lori Wightman
Bothwell CEO

Shirley McCown
Auxiliary President

Dr. Gregory Doak
Board of Trustees Liason

Scott Benbrook

Whitney Cromley

Dr. William Decker

Shelly Kempton

Diana Nichols

Kara Sheeley

Laura Weisenburger

Becky Williams

COMMITTEES

Annual Fund
Heather Cantrell, Chair

Business Relations

Community Relations
Diana Nichols, Chair

Employee Giving
Kara Sheeley and
Laura Weisenburger, Chairs

Committee Spotlight

Employee Giving

In the world of fund-raising, support by employees within an organization demonstrates to other donors there is a deep commitment to the Bothwell Foundation and its mission. Subscribing to this "it begins with us" philosophy, the Employee Giving committee was formed in 2022 and is a volunteer group of employees representing different departments and units.

The committee's goals are to create greater awareness among Bothwell employees about the foundation's purpose and to enlist their financial support to fund special projects that may help employees, patients, visitors or facilities.

To help raise money, the committee created the **Employee Partners Invested in Caring (EPIC) Club,** which includes employees who give a minimum annual gift of $26 ($1 per pay period) or more. Today, **740** employees are EPIC Club members who financially support initiatives that primarily help our own team. In 2025, EPIC Club members donated **$73,050,** and in 2024, **$48,129** was donated.

In 2025, donated funds continued to provide:

- **Cold weather gear** for employees who work in Facilities, Security, Materials Management, Emergency Department, Environmental Services and others who must work in the elements
- **A stocked food pantry** and over **$900** to employees in the form of groceries, food gift cards, diapers or baby formula
- Over **$4,000** to the Miracle on 14th Street Employee Assistance Fund that helps employees facing financial hardship

The club's latest project is to remodel the **outdoor courtyard** on the hospital's ground floor into a relaxing place for employees, patients and visitors to enjoy. The committee recently completed the bid documents and architectural elements to begin this work. This year, we plan to break ground and start phase one of the renovation.

EPIC Club members are recognized on the foundation's digital displays in the hospital's lobby and participate in members-only events including an annual Spirit Week, first day of summer sweet treat, an EPIC tailgate at the hospital and Healing Arts Center and the annual EPIC 12 Days of Christmas.

Thank you to our Employee Giving committee members, many of whom have been with the group since the beginning. They know and understand that patient revenue and government reimbursement no longer cover all hospital costs and how important private donations are to help continue our mission.

EPIC CLUB MEMBERS ▶

EMPLOYEE GIVING COMMITTEE MEMBERS

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

It's easy to join the EPIC Club! Find pledge cards …

- On the intraweb
- In the mail room
- In the foundation office on the hospital's second floor

For questions or more information, please contact Lauren Thiel-Payne, Bothwell Foundation executive director, at lthiel@brhc.org or Leisha Nakagawa, Bothwell Foundation specialist and volunteer coordinator, at lnakagawa@brhc.org.

Fund Spotlight

Wear Red

While many donations to the Bothwell Foundation are unrestricted that are used where the need is greatest, several restricted funds exist for specific needs. This month's fund spotlight is **Wear Red,** which was created in 2019/2020. The fund is used to purchase automated external defibrillators (AEDs) and AED replacement pads and batteries.

An AED is a portable, lightweight device that helps individuals and first responders treat sudden cardiac arrest by analyzing the heart rhythm and, if necessary, delivering an electrical shock to restore normal function.

Do you work with a church, nonprofit or a place where a lot of people get together and need an AED? Get on the Foundation's AED placement list. Reach out to Lauren at lthiel@brhc.org or call 660.829.7786.

Event Spotlight

Wear Red for Women Luncheon and Auction

The foundation hosts three significant events that help raise money for restricted funds or special projects: the **Wear Red for Women** luncheon and auction each February, the **Lub Dub 5K/10K Walk/Run** each April and a **Gala** every other year. These events take enormous amounts of time and effort by staff, foundation board members and volunteers.

In February, we're proud to host the seventh annual Wear Red for Women luncheon and auction that raises awareness of women's heart health issues and money for the Wear Red fund to purchase AEDs. Since the first event in 2020, more than 100 AEDs have been placed where people work, learn, pray or play in our community.

These life-saving devices have made many of our businesses, churches and public meeting places safer because they are available in the event someone experiences cardiac arrest. Administering defibrillation within the first three minutes can increase a person's survival rate by up to 70%, underscoring the importance of placing AEDs in public gathering spaces.

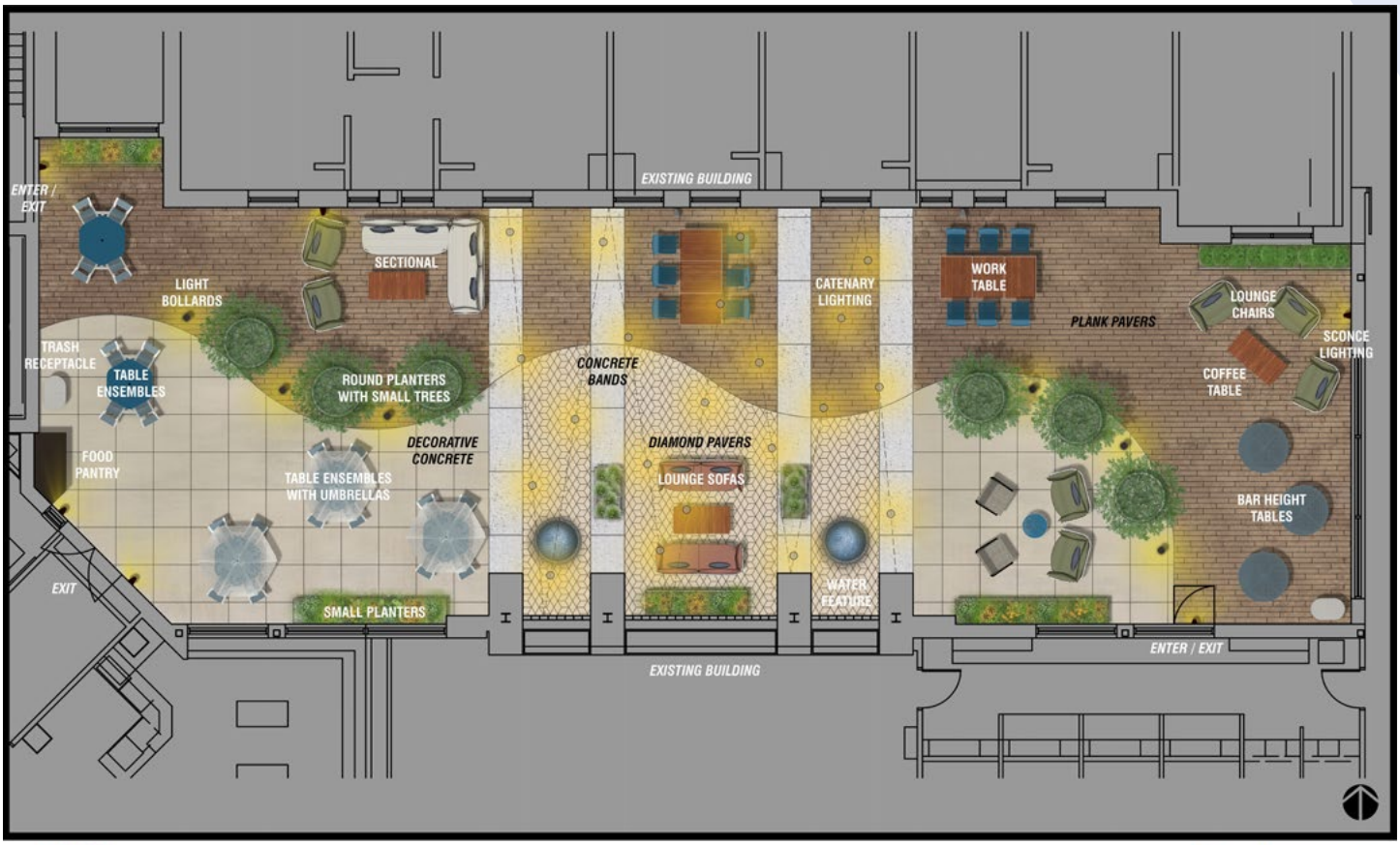


Project Spotlight

Outdoor Courtyard

Donations made to the EPIC Club this year will support the renovation of the outdoor courtyard on the hospital's ground floor. This large, multi-phase project will create a welcoming, flexible space with new landscaping and seating options for employees, patients and visitors.

Bar-height tables and work tables will offer convenient places for quick breaks, informal meetings or quiet moments to catch up on work. Lounge chairs, sofas, sectionals and coffee tables will encourage relaxation, conversation and connection. Thoughtfully designed table ensembles—with and without umbrellas—will provide comfortable gathering areas with options for sun or shade, creating an inviting outdoor environment where people can recharge and feel restored.



BOTHWELL REGIONAL HEALTH CENTER COURTYARD
SEDALIA, PETTIS COUNTY, MISSOURI

Renaissance Infrastructure Consulting

Funded by: epic — Employee Partners Invested in Caring

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.

Bothwell™ Auxiliary

Nothing Bundt Cakes Sale

FEB 11

- **Starting at 9 am until sold out**
- *Outside the Bothwell Café*
- Get one bundlet for $8 or 4 for $30

Indulge your cravings on **Wednesday, Feb. 11** with individually packaged Bundt Cakes. These personal-sized Bundtlets are perfect as an everyday treat or a delicious gift.

Flavors: Carrot Cake, Oreo Cookies & Cream, Confetti, Lemon, Strawberries & Cream, Red Velvet, Chocolate Chocolate Chip, Gluten-Free Chocolate Chip and Gluten-Free Lemon Raspberry

LIMITED EDITION: Biscoff Cookie Butter Cake and Dove Chocolate Raspberry



We have amazing volunteers at Bothwell.

JOIN US!

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

Designed to be an at-a-glance view of our upcoming events, activities or classes, check out what's on the Bothwell calendar in the next few months.

FEBRUARY

Pettis County Baby Café
Two hours each week
Bothwell Hospital
Women's Health and Newborn Care

For more details visit, www.facebook.com/PettisCountyBreastfeedingCoalition

Nothing Bundt Cakes Sale
Feb. 11, 9 am – until sold out
Outside the Bothwell Café
See page 31 for more information.

Cancer Support Group
Feb. 17, 4 pm
Susan O'Brien Fischer Cancer Center
brhc.org/resources/classes-support-groups/cancer/

Wear Red for Women
Feb. 27, 11:30 am – 1 pm
Auction & Luncheon at The Foundry

For more details visit, brhc.org/wear-red



MARCH

Pettis County Baby Café
Two hours each week
Bothwell Hospital
Women's Health and Newborn Care

For more details visit, www.facebook.com/PettisCountyBreastfeedingCoalition

Safe Sitter Class
March 7, 8 am–2:30 pm
Bothwell Education Center
$45 – To register or for more information, contact classes@brhc.org or call 660.827.9516.

Six-Week Grief Recovery Group
Starts March 10, 6:30–9 pm
Bothwell Hospital, Room 385
brhc.org/resources/classes-support-groups/grief/

Cancer Support Group
March 17, 4 pm
Susan O'Brien Fischer Cancer Center
brhc.org/resources/classes-support-groups/cancer/

Easter Day Gathering
March 28, 10 – 11:30 am
Bothwell Café
See page 19 for more information.

CPR/AED and First Aid Class
March 28
CPR/AED: 8:00 am – 12:30 pm
First Aid: 12:30 – 3:30 pm
Bothwell Education Center
$45 per person for either CPR/AED or First Aid, or $60 per person to take both classes.

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