

MARCH 2021

BILLBOARD



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



ONE YEAR LATER

A Letter from Lori

One year has 365 days, 8,760 hours and 525,600 minutes. For some of us, the last year's days, hours and minutes feel like a slow crawl; while for others, they feel like a blurring foot race that we're still running. While our experience has been extremely busy (that's putting it mildly, really), the passing of the year is an opportunity to reflect on where we started and where we are now.

This month, we marked several milestones in our yearlong COVID-19 journey. Last **March 3** we started sharing educational information on the Bothwell Facebook page about virus facts and symptoms, on **March 13** we launched a COVID-specific resource page on our website, and on **March 16** in accordance with policy, we activated our **Command Center** to implement emergency management planning, response and recovery capabilities in response to the pandemic.

Initially, the Command Center group was composed of hospital leadership, medical staff and health care partners including JoAnn Martin, Pettis County Health Center administrator; Chris Stewart, Katy Trail Community Health chief executive officer; Eric Dirck, Pettis County Ambulance District chief; and Benton County Health Department representatives.

This smallish group met virtually to share information with each other, and we called these meetings **Command Center Debriefs**. Over time, we added other partners including Bothwell board members; Dr. Joanna Anderson, State Fair Community College president; Dianne Simon, E. W. Thompson Inc. vice president; and



SEE WHAT'S INSIDE!

WELCOME NEW EMPLOYEES

STEMI READY

JANUARY EMPLOYEE OF THE MONTH

LUB DUB RETURNS

AND MORE!

[READ MORE ON NEXT PAGE ►](#)

ONE YEAR LATER (CONTINUED)

A Letter from Lori

Bill Moberly, Mid-American Regional Council, to broaden our reach. Today, our group numbers more than 100.

During our first debrief, six goals were set and have been the focus of each of our **74** meetings. Many of you can recite them by heart; I know I can.

1. *The only ill people in our buildings are patients.*
2. *We will keep those who are not ill, well.*
3. *We will test those who need to be tested and meet the clinical needs of patients.*
4. *We will coordinate our efforts with our partners and activate science-based responses.*
5. *We will have the staffing resources to provide a safe environment and care.*
6. *Stay financially viable — so that we are here in the future.*

When we saw that vaccines were going to become available, we added to goal three, *“We will work with our partners to vaccinate our community.”*

While I prepare the PowerPoint presentations and lead each debrief, there are many people who have their fingerprints on each meeting. Dr. Jared Engles, anesthesiologist, has been stalwart in providing up-to-date graphs of virus data, and Rita Mergen, Employee Health, regularly submits employee health information. Other contributions come from Maggie Willard, COVID Resource Coordinator; Lynh Best, Performance Improvement director; as well as critical information from the lab, about our supply chain and more. Chief Medical Officer Dr. Phil Fracica, who we all know to be wicked smart, researches and reports on the latest clinical information about the virus, which in the beginning literally changed daily. I am sure I am missing many, but you get the picture.

For everyone on the meeting, our roles are clear: *question and seek clarity; learn from each other, spread information through the organization, be the source of truth, and be a good example.* I wanted to hear from

members to get their feedback on the value of the debriefs and what they have most learned from them. Here are a few snippets.

“The debriefs have been helpful with communication with community and county leaders especially when our numbers in the community became very high. I think it has united our community health partners more.”

—Dianne Williams, Medical/Surgical/Pediatrics director

“I learn from the debriefs about both state and local conditions. We have also benefited from the clinical expertise of Dr. Fracica, and we are able to talk about current and future collaborations.”

—Chris Stewart, Katy Trail Community Health Center chief executive officer

“It’s good to know what departments are struggling and in what areas. I think the thing I have learned the most is updated procedures regarding testing/vaccination that I share with the Anesthesia/Surgical Committee.”

—Dr. Jared Engles, anesthesiologist

“I have shared information from the PowerPoints with the SFCC COVID-19 Response Team. The information helped guide some of our actions and provided a sense of community that ‘we’re all in this together.’ I like Lori’s sense of humor that she incorporates into the debriefs, which has helped during the intense and overwhelming times when the pandemic was spreading rapidly.”

— Dr. Joanna Anderson, State Fair Community College president

[READ MORE ON NEXT PAGE ►](#)

ONE YEAR LATER (CONTINUED)

A Letter from Lori

I am grateful for everyone's contributions, participation and appreciation for the information shared in the debriefs. It has been a collaborative and unifying effort in so many ways. While we talk about serious topics and issues, we have managed to have a sense of humor and laugh along the way, too. There are two special segments of the presentation titled, "We read so you don't have to." and "It could be worse." in which Dr. Fracica and I curate the weird, surprising and

sometimes unbelievable COVID news happening in real time. I'm compiling a top 10 list of the best to share at the last meeting. That should be a fun one.

Having taken time to reflect, I'm immensely proud of the work the Command Center group has accomplished over the last year, and I'm grateful we've kept our goals at the forefront while maintaining our sanity and forming new friendships.

EXERCISE YOUR RIGHT APRIL 6

Democracy is based upon the conviction that there are extraordinary possibilities in ordinary people. —Harry Emerson Fosdick

Tuesday, April 6 is an election day in Pettis County. In my time here I have never seen a county political scene more active. I believe it's because people are interested in issues and activities they have control over. While all ballot issues are important, there are two in this cycle that are especially important to Bothwell. Three seats are open on the **Pettis County Health Center** Board of Trustees and two seats are up for grabs on the **Pettis County Ambulance District** Board of Directors; both of these organizations are key health care partners.

I encourage you to educate yourself on all the candidates and **vote on April 6.**

STAY WELL. BE WELL.



EMPLOYEE FEATURE

Infection Preventionist Joins Bothwell Team

Bothwell Regional Health Center welcomes new Infection Preventionist (IP) Jennifer Evert. As an IP, Evert's top priority is patient safety. She ensures health care workers and patients are doing everything possible to prevent infections. This includes health care workers washing their hands, receiving appropriate vaccinations, following safe injection practices, monitoring and educating that masks, gloves and other personal protective equipment are worn at the right times, proper cleaning of rooms and equipment, and more.

According to the U.S. Centers for Disease Control and Prevention (CDC), one in 25 hospitalized patients will get an infection as a result of the care they receive. This is why IPs are so crucial to health care systems. Evert will look for patterns of infection within the facility, educate health care teams, advise hospital leaders and other professionals, compile infection data, develop and update infection control policies and procedures, and collaborate with leadership on infection control concerns. Evert will also report information to the CDC's National Healthcare Safety Network (NHSN), the nation's most widely used health care-associated infection tracking system.

Evert is a Registered Nurse working to become a certified Infection Control Nurse by the end of July. It is required to work two or more years as an IP to obtain this certification.

"I became a nurse to help others, but infection control sort of fell in my lap," Evert said. "I was working as the Education Coordinator when I was asked to take over the Infection Control program. After that, I was hooked."

Evert expressed appreciation and interest when investigating possible health care-acquired infections, especially during a pandemic. She is dedicated to staying up-to-date on current infectious diseases and looks forward to providing education to the staff and leaders at Bothwell Regional Health Center.

Evert is from Holden, Missouri and new to Bothwell. She is rural at heart and loves the outdoors, riding horses, gardening and canning homegrown vegetables while spending time with her husband of 26 years and her seven-month-old grandson and preparing for her daughter's wedding in May.



Infection Preventionist (IP) Jennifer Evert

"I became a nurse to help others, but infection control sort of fell in my lap. I was working as the Education Coordinator when I was asked to take over the Infection Control program. After that, I was hooked."



WE'RE HERE FOR YOUR BEST SLEEP

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

Call Bothwell Sleep Center at 660.827.9573 to learn more.



HOSPITALIST JOINS THE BOTHWELL TEAM

Welcome Dr. Bruce Owens

Dr. Bruce Owens has joined Bothwell Regional Health Center as a hospitalist. He earned a Doctor of Osteopathic Medicine from the University of Health Sciences at Kansas City, Missouri in 1987. Dr. Owens served his Internal Medicine Residency at St. Luke's Hospital and University of Missouri in Kansas City. He earned his board certification with the American Board of Internal Medicine in 1991 and keeps up his recertifications.

Dr. Owens is a part of numerous medical societies, including the American Medical Association, American College of Physicians, American Heart Association, National Board of Osteopathic Medicine and more.

More recently, Dr. Owens has served as a hospitalist at Western Missouri Medical Center in Warrensburg, Mosaic Life Care St. Joseph, and Lee's Summit Medical Center.

A hospitalist is a physician who specializes in caring for patients only while they are admitted to the hospital. Bothwell's team of hospitalist physicians works closely with other providers and specialists to provide in-patient care.

EMPLOYEE FEATURE

Welcome Back Tammy Jackson

Tammy Jackson has returned to Bothwell Regional Health Center after 20 years to serve as the Director of Critical Services. Jackson's first 15 years of her career began at Bothwell where she mainly worked in the Emergency Department (ED) and Critical Care Unit (CCU).

Bothwell is excited to have Jackson rejoin the team and help provide exceptional care to the community. "I figured after being gone for 20 years, that I would have to prove myself all over again," said Jackson. "I have been welcomed with open arms and respected for my opinion."

As the Director of Critical Services, Jackson oversees and assists the managers of the ED, CCU, Progressive Care Unit (PCU) and Women's Health and Newborn Care. She offers support with long- and short-term strategic planning of goals and direction for clinical and administrative nursing. Her main focus, to ensure the best quality care is given to patients, aligns perfectly with Bothwell as a patient-focused health system.

Jackson attended the University of Central Missouri where she obtained a bachelor's degree in Nursing. She continued her education at William Woods University and earned her Master of Business Administration. Jackson is an advocate for continuing education not only personally, but helping others stay up-to-date on the newest nursing trends in hopes to mentor and motivate future leaders.

"I learn something new every day," she said. "One would think after 33 years of nursing it would slow down, but it's not even close."

In fact, Jackson said that although the differences between certain types of care, like PCU and CCU mainly revolve around the patient's needs, nurses have to be prepared for anything. While some PCU patients may take a lot of care, in general CCU patients need a little more specialized and bedside nursing care.

Jackson is a Sedalia native, born at Bothwell Regional Health Center, as were her two daughters. Married for over 30 years, Jackson and her husband, Bob, love spending time with their 10-year-old grandson, especially in the summer weekend months lounging by the poolside and splashing around in the water. She is an avid reader, traveling about the world between the pages of a book. Jackson starts each day energized after exercising and de-stresses after a long day with yoga.

Jackson said she has found the true purpose of all staff in health care is to give exceptional care to the community of friends and family.

"I am so thankful to be given this position, and hope I can make a difference in the quality of care," she said.



Tammy Jackson, Director of Critical Services

"I am so thankful to be given this position, and hope I can make a difference in the quality of care".

FRACICA PUBLISHED IN TEXTBOOK

Chief Medical Officer and Daughter Collaborate

Dr. Philip Fracica, Bothwell Regional Health Center chief medical officer, and his daughter, Dr. Elizabeth Fracica, Senior Resident in Neurology at Johns Hopkins Hospital in Baltimore, Maryland, recently authored a chapter in a textbook sponsored by the American College of Medical Quality (ACMQ).

ACMQ is the organization for health care professionals who are responsible for providing leadership in quality and safety outcomes and improving the quality and safety of patient care.

The textbook, “Medical Quality Management: Theory and Practice, Third Edition” is a summary of the latest information on health care quality. It provides knowledge about the theory and practical applications for each of the core areas that comprise the field of medical quality management as well as insight and essential briefings on the impact of new health care technologies and innovations on medical quality and improvement.

Fracica was the senior author of the chapter on Patient Safety in the second edition of the textbook. For the revised third edition, Dr. Elizabeth Fracica, who received her medical degree from Mayo Medical School and a Master of Public Health from Johns Hopkins, collaborated with him on the revision.

The Patient Safety chapter covers several standard strategies that consistently improve the safety and reliability of processes including reduced reliance on memory with automation; algorithms and easily-accessible references; simplification through reduction of unnecessary process steps and hand-offs; and standardization to reduce variation.

“This text is an important guide for all health care executives and medical directors, physicians and clinical professionals, as well as students,” Fracica said. “I was honored to be asked to be a contributing author. The fact that I was able to work with my daughter was really special, and we enjoyed collaborating on a professional level about a topic that we both care about. Patient safety is a crucial focus of the health care industry.”

Lori Wightman, Bothwell CEO, said the hospital is fortunate to have access to Fracica’s level of expertise.

“Dr. Fracica has a wealth of patient care and physician leadership information,” she said. “He does a wonderful job serving as the leader of our medical providers and communicating the latest medical and quality management initiatives to the Bothwell team. We are proud of him for being part of this publication.”



Dr. Philip Fracica

FROM THE BOTHWELL{NESS} COMMITTEE Benefits of Running and Walking

BOTHWELLNESS

You've probably heard the age-old adage, "running and walking is not only good for your health but good for your soul too." Numerous studies have been conducted that highlight the importance of regular exercise for overall well-being and two of the most beneficial exercises are running and walking.

Both running and walking provide many physical and mental health benefits. You can either run or walk every single day, or you can incorporate a walk or run every other day into your varied exercise routine. Experts suggest that brisk walking for about 30 minutes at a moderate speed each day can burn 150 to 200 calories. Additionally, a long walk or run can clear your thoughts and calm you down.

Here are even more benefits of running and walking.

1. It helps you get fit and burn more calories: While exercising burns calories when you are working out, the good news is, the burn continues after you stop exercising. Walking or running boosts "afterburn," which is the number of calories you burn after exercise. So, all you need to do is walk or run moderately briskly to enjoy the benefits long after you stop exercising.
2. It helps you live longer: A study published in the Archives of Internal Medicine, found that runners and brisk walkers tend to live longer than those who do not perform these exercises regularly. Another study by the Journal of the American College of Cardiology found that running or walking for even five to 10 minutes a day can substantially reduce the risk of death from all disease, including cardiovascular disease.
3. It improves your mood: If you exercise regularly, you've probably experienced what's called a "runner's high". This is caused by the release of feel-good hormones called endocannabinoids. A study published in 2012 in the Journal of Adolescent Health found that just 30 minutes of running during the week for three weeks boosted sleep quality, mood and concentration. Regular exercise also protects you from depression and helps you cope with anxiety and stress.
4. It boosts your Vitamin D levels: Running and walking outdoors is an excellent way to boost your Vitamin D levels. Around 41.6 percent of Americans are deficient in this vitamin. Deficiency in Vitamin D can result in cardiovascular disease, bone pain, muscle weakness, and cancer.
5. It helps keep your eyes healthy: Research conducted in 2013 reported that those who walked or ran an average of five miles per day had a 41 percent lower risk of developing cataract and age-related vision loss or blindness.
6. It is good for old age: Remaining active, specifically running or walking as you age, helps improve mobility and other health parameters in older adults. According to a study published in the Journal of the American Medical Association, those older adults who had a habit of walking or running in their youth were more mobile and independent during their old age.
7. It helps fight the common cold: Even a quick, 30-minute workout can stimulate and boost your immune system and prevent you from catching a cold. Also, running and walking for about 30 to 45 minutes every day can improve a person's immunity and help them fight off most diseases and illnesses.
8. It improves sleep in postmenopausal women: Many post-menopausal women experience hot flashes and sweats at night. Walking and running helps these women fall asleep more easily.
9. It can reduce your risk of cancer: While running and walking cannot cure cancer, it can help prevent it. Studies also show that running helps improve your quality of life while you are undergoing chemotherapy.

Whether you're a beginner or a veteran when it comes to running or walking, you will find that the exercise is good for your body and mind.

See page 13 for details on the Bothwell Foundation's Lub Dub—a 5K, 10K or 30-day challenge running and walking event!

Source: <https://www.superjocknjill.com/blog/benefits-of-walking>

SEDALIA CHAMBER RECOGNITION Bothwell Receives President's Award

At its annual awards banquet March 25, the Sedalia Area Chamber of Commerce presented the President's Award to area health care organizations for their work responding to the COVID-19 pandemic.

The organizations included Bothwell Regional Health Center, Pettis County Health Center, Katy Trail Community Health and American Family Care.

Members of the Bothwell team attended the dinner, and Rose McMullin, chief nursing officer, accepted the award for Bothwell.

The Bothwell Foundation's 2020 Wear Red for Women event also received the Special Project of the Year award. Dianne Simon, event co-chair, Lauren Thiel-Payne, foundation executive director, and Hannah Sartin, marketing director, accepted the award on the committee's behalf.



**Congratulations to everyone
for these special community
recognitions!**

Pictured on the left: Rose McMullin, Bothwell Chief Nursing Officer

Pictured on the right: From left, Debra Andresen, Sedalia Area Chamber of Commerce executive director; Dianne Simon, Wear Red event co-chair, Lauren Thiel-Payne, Bothwell Foundation executive director, and Hannah Sartin, Bothwell marketing director. Photo courtesy of the Sedalia Democrat.

STEMI CERTIFICATION EARNED Bothwell Designated a Level III STEMI Center

Bothwell Regional Health Center is pleased to announce the Missouri Department of Health and Senior Services, Time Critical Diagnosis Unit has designated Bothwell as a Level III Missouri ST-elevation myocardial infarction (STEMI) Center through March 2024.

STEMI is a serious type of heart attack where one of the heart's major arteries that supplies oxygen-rich blood to part of the heart muscle is blocked. Patients experiencing a STEMI need immediate emergency care to reopen the blocked artery and transported quickly to a STEMI Center.

STEMI centers must meet multiple standards to provide definitive and timely treatment for STEMI patients. These centers specialize in STEMI cases and ensure patients are diagnosed quickly.

Rose McMullin, RN, Chief Nursing Officer, said, "We are proud of our team at Bothwell for not only providing excellent care but becoming a designated STEMI Center for those in need of immediate emergency care."

According to the Missouri Department of Health and Senior Services, Time Critical Diagnosis Unit, Level III STEMI Centers play an important role in providing important patient care in non-metropolitan areas.

"Bothwell is here for patients and our communities," said Lori Wightman, Bothwell CEO. "Achieving certifications like STEMI shows our focus on improving heart attack care and saving more lives."

Bothwell follows best practices in STEMI care, resulting in improved outcomes for patients experiencing this life-threatening emergency.

If you or someone you know shows signs of a heart attack, contact 911 immediately. These signs can include pain or discomfort in the chest, arm or shoulder, shortness of breath, feeling lightheaded, nausea or vomiting, or jaw, neck or back pain.

STAY HEALTHY AND ACTIVE SAVE MONEY!

BOTHWELL ROCKS HEALTH AND WELLNESS PROGRAM

As a Bothwell employee, you are encouraged to take an active role in your health and wellness. The Bothwell Rocks Health and Wellness program is designed to increase awareness of your current health status and focus on activities that promote a healthy lifestyle.

The program must be completed once every calendar year to maintain favorable medical insurance premiums for the next year.*

The Bothwell Rocks Health and Wellness forms can be found on the IntraWeb or in the Human Resources office.



To complete the program, do the following:

✓ Receive an annual physical/wellness appointment from your personal health care provider.

✓ Participate in at least two fitness, nutrition or wellness activities in 2021. Examples include:

- Use of fitness tracker such as a FitBit or Garmin
- Organized activities including Lub Dub, Tough Mudder, recreational sports league, exercise class, etc.
- Sessions with a personal trainer
- Nutrition classes
- Physical activities such as a workout DVD, yoga, pilates, couch to 5K, walking, running, yard work, gardening, etc.
- Weight loss and management like participating in Weight Watchers
- Going to a gym two to three times per week
- Smoking cessation
- Stress management such as breathing exercises or meditation
- Other activities as approved by Human Resources

* Changing governmental regulations may change potential savings.



GET WELL. STAY WELL. BOTHWELL.

PATIENT SAFE HANDLING INITIATIVE

Bariatric Equipment at Bothwell

The bariatric population in the United States is continually growing. Missouri ranked 17th in 2017 for the highest bariatric population rate with 32.5 percent. A person is considered a bariatric patient when they have a body mass index (BMI) that is equal to or greater than 30 and should be using bariatric equipment. This specialized equipment refers to medical equipment that is designed with heavier weight capacities, higher durability and in larger sizes than standard devices.

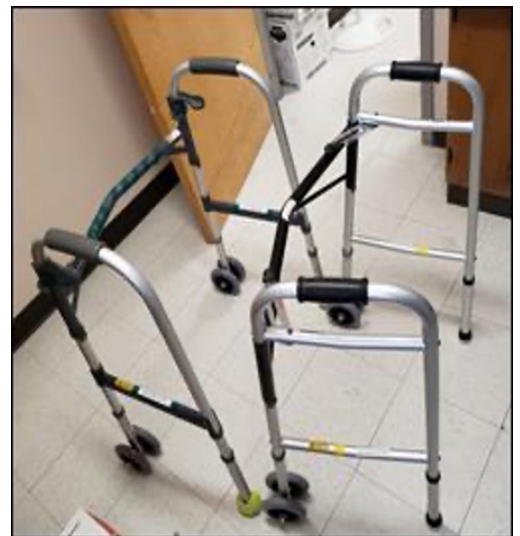
While the number of obese adults increases, the supply of heavy-duty products has grown to meet the demand. As a result, there is a higher rate of injury or potential injury to health care workers. Bariatric equipment is a necessary investment for obese patients. Bothwell has purchased specialized equipment to accommodate the growing need.

Types of bariatric equipment can include walking aids, manual wheelchairs, crutches and specialty beds. Bothwell currently has bariatric walkers and crutches to be used for anyone weighing more than 250 pounds and specialty beds that are wider and longer to better accommodate the patient's size while assisting with bed mobility. This equipment should contain labels that help identify the weight capacity of the device.

Here is a checklist to help distinguish a bariatric-rated device from a standard device.

- Typically labeled with a **yellow** label indicating weight capacity in pounds.
- If a **yellow** label is not present, check the manufacturer's label.
- If no label is present, **do not use the equipment**.

Talk with your manager regarding equipment needs or bring your ideas to the Fall Team and Safe Patient Moving Handling Committee.





Kendra Baumgartner

JANUARY EMPLOYEE OF THE MONTH Kendra Baumgartner

On the verge of giving up, a breastfeeding mother found the support, encouragement and care she needed from Kendra Baumgartner.

Baumgartner, RN in the Women's Health and Newborn Care Lactation Department, is Bothwell's January Employee of the Month. She was nominated by Janice Johnson, RN, Lactation Consultant.

According to the U.S. Centers for Disease Control and Prevention, 60 percent of mothers do not breastfeed for as long as they intend. This can be for a variety of reasons, but mainly how challenging it truly is to breastfeed.

Baumgartner stepped up and filled in for Johnson when she was sick and unable to assist a breastfeeding mother. Johnson said Baumgartner was able to support the mother who had been struggling with latching.

"I would not be breastfeeding now if Kendra had not helped me," the mother said. "She held me when I cried and helped me get my son to eat, and I can't thank her enough."

Breastfeeding provides not only a strong bond between mother and baby but substantial health benefits. By offering the strength and comfort the mother needed, Baumgartner helped improve the baby's and mother's health for years to come.

The dedication to patients at Bothwell is unmatched. "The mother said on my follow-up call, both Donna and Kendra did an exceptional job taking care of her," Johnson said. "Keep up the good work, Kendra!"

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

HAVE YOU RECOVERED FROM COVID-19?

Give convalescent plasma.

Lab confirmed
positive swab or
antibody test
for COVID-19

Symptom free
for 14 days

Donate up to 8 times
Save up to 24 lives

TO GIVE CONVALESCENT PLASMA

- Go to savealifenow.org/cpdonor and complete the online registration form.
- Upload your lab confirmed positive swab or antibody test for COVID-19.
- A Community Blood Center representative will call you to make your appointment.

 Community
Blood Center
816.968.4081 savealifenow.org



COMMUNICATION CORNER

Noise Removal on Webex

Turn on noise removal

Leave the noise behind

Feel confident and professional, even when you're working from home with kids running around or dogs barking at squirrels. We've got you covered with noise removal technology that gets rid of all those pesky noises so you can speak up confidently, background noise-free.

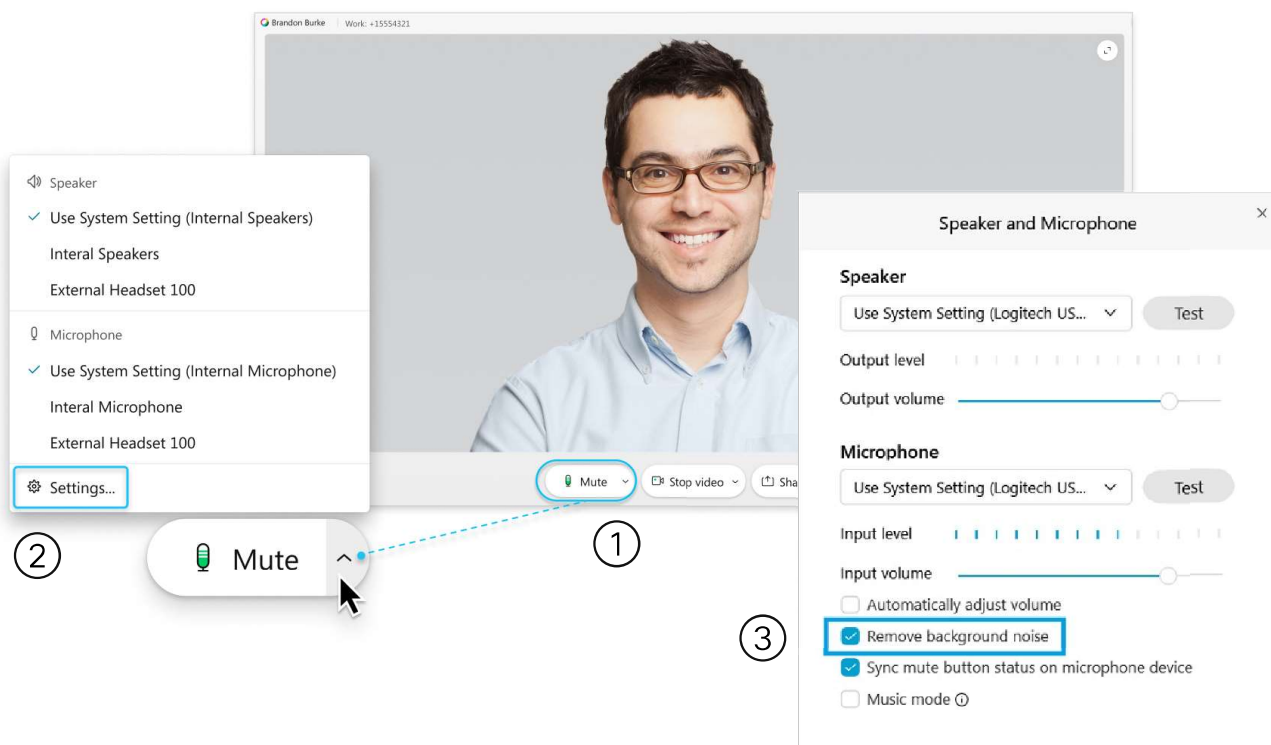
Need more help?

Get rid of the noise on:

- [Devices](#)
- [Webex Meetings](#)
- [The Webex app](#)

How to turn it on

Open the audio options before or while you're in a meeting and select the **Settings** button to check **Remove background noise** from the list. It's that easy!



FOUNDATION NEWS

Virtual Lub Dub 5K/10K Walk/Run AND 30-Day Challenge

A promotional billboard for a virtual walk/run challenge. The background is a blurred image of a person's legs running on a paved path. The text is overlaid in various colors and fonts. At the top left, it says 'APRIL 24 - MAY 22, 2021' in white. Below that, 'BOTHWELL FOUNDATION' is written in white on a red banner. The word 'VIRTUAL' is in large, bold, blue letters. Below it, 'LUB DUB' is written in white on a red banner, with a white heartbeat line graphic between the words. Further down, '5K/10K WALK/RUN' and '30-DAY CHALLENGE' are written in white on a black background. At the bottom, a red banner contains the text 'REGISTER ONLINE AT BRHC.ORG/LUBDUB'. Below this, in black text, it says 'FOR ADDITIONAL INFORMATION'. Then, 'VISIT BRHC.org' in red and 'CALL 660.829.7786' in red. At the very bottom, in black text, it says 'Proceeds benefit the Camye Callis Gaspard Memorial Heart Fund.' There are red chevron graphics on the left and right sides of the billboard.

APRIL 24 - MAY 22, 2021

BOTHWELL FOUNDATION

VIRTUAL

LUB DUB

5K/10K WALK/RUN

30-DAY CHALLENGE

REGISTER ONLINE AT BRHC.ORG/LUBDUB

FOR ADDITIONAL INFORMATION

VISIT BRHC.org CALL 660.829.7786

Proceeds benefit the Camye Callis Gaspard Memorial Heart Fund.

FOUNDATION NEWS Scholarships Available



Nursing Scholarships Available!



Apply for the Pat Gaunt
Leadership in Nursing
Scholarship today!



TO BE ELIGIBLE, APPLICANTS MUST:

- Work for Bothwell Regional Health Center *or* sign a contractual agreement stipulating he/she will work at Bothwell Regional Health Center for an agreed-upon period of time.
- Have a financial need.
- Entering the job market or training to improve job performance in a nursing career.
- Seeking a one-year certificate, two-year associate degree, working towards a four-year Bachelor's degree, or seeking to improve current nursing qualifications.
- A permanent resident of Pettis or adjacent counties.
- Must be a US citizen.

**Applicant may be a group or department of nurses seeking assistance to attend an educational conference or seminar. This includes bringing seminar speakers on-site to Bothwell Regional Health Center.*

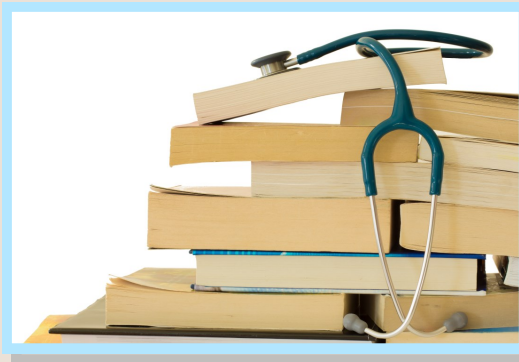
Application Deadline: April 30, 2021

Applications available under "Foundation Forms" on Bothwell IntraWeb, www.BRHC.org or by calling the Bothwell Foundation office at (660) 829-7786.

FOUNDATION NEWS Scholarships Available



Scholarships for Health Care Careers Available!



Apply for the Medical Careers
Scholarship today!

*Speak to your guidance counselor for
more information.*

TO BE ELIGIBLE, APPLICANTS MUST:

- Pursue post-secondary education in a health-care related area of study.
- Successfully completed a high school education or earned a general equivalency diploma.
- Be accepted into an accredited post-secondary educational institution and be enrolled in a health-related course of study.
- Be a US citizen.
- Be a resident of the Bothwell Regional Health Center market area (Pettis and Benton County).

**The Bothwell Foundation will award multiple \$500 scholarships in 2020.*

Application Deadline: May 21, 2021

Applications are available at your school, www.brhc.org/foundation/scholarships.aspx or by calling the Bothwell Foundation office at (660) 829-7786.

FOUNDATION NEWS Scholarships Available



PHYSICAL THERAPY SCHOLARSHIP AVAILABLE

Apply for the Nevin Almquist Physical Therapy Scholarship today!

The Bothwell Foundation encourages students to pursue a career in physical therapy and return to the communities we serve to help meet health care needs in our region.

The foundation's Nevin Almquist Physical Therapy Scholarship seeks to reward high-achieving students and help them with the expenses of post-secondary education.



ELIGIBILITY REQUIREMENTS:

- Applicant must be a U.S. citizen and a resident of the Bothwell Regional Health Center market area (within 100 miles of the Pettis and Benton County area).
- Applicant must have successfully been accepted into an accredited PT program and demonstrate a 3.0 or higher GPA.
- For Bothwell employees, applicant must be a PT/PTA employed by BRHC to use the fund toward PT relevant CEU course.

SCHOLARSHIP PARAMETERS:

The Bothwell Foundation will provide two scholarships:

- One – \$1,000 scholarship awarded to a student pursuing a Physical Therapy education.
- One – \$500 scholarship awarded to a Bothwell Regional Health Center Physical Therapist of Physical Therapist Assistant to use toward PT relevant CEU courses.

The scholarship is a one-time award and is not renewable. However, a recipient may reapply for another scholarship in a succeeding school year.

**Applicant may be asked to interview with the Scholarship Committee.*

APPLICATION DEADLINE: MAY 21, 2021

Applications available under "Foundation Forms" on Bothwell Intranet, www.brhc.org or by calling the Bothwell Foundation office at (660) 829.7786. Additional documentation is also required.

AUXILIARY NEWS

Gift Shop Reopens; New Items Featured

After being closed in February, the Bothwell Gift Shop reopened March 1. Hours are 9 am to 5 pm Monday through Friday, 10 am to 2 pm Saturday and 1 to 5 pm Sunday.

New items for purchase include copper tree sculptures from Cave Folk Creations. The trees are hand-crafted and designed by Dr. Douglas Kiburz, physician at Bothwell Orthopedics and Sports Medicine, and Kevin Daniel. Selections include the Nurse Tree and Trees of Life, and prices are \$40 or \$50. Cash, check or payroll deduction is available.

The gift shop is operated by the volunteer-led Bothwell Auxiliary. Revenues are donated to the hospital for various projects and medical equipment. The Bothwell Gift Shop is located on the first floor of the hospital near the main entrance. The phone number is 660.827.9548.



These hand-crafted copper tree sculptures are now available in the Bothwell Gift Shop.

KEY AWARDS

Elayne Gordon
Sydney Lindgren
Jesse Craig
Rachel Umlauf
Brianna Murray
Maria Cervantes
Shelby Carney
Steve Hughes

Cheryl Glines
Kinna Cramer
Judy Davis
Sonjia Sapp
Kristy Starke
Brooke Allee
Kaslyn Gail
Caty Delarosa

FOUNDATION NEWS

Memorials and Donations

In honor of the Senior Leadership Team

Leora Bremer

"I am grateful for all you do every day, but especially during this pandemic.

You have continued to provide excellent care to patients even under the most difficult of situations.

Peace and blessings to each of you."

In memory of Olga Theresa Azan

Bothwell Medical Staff

In memory of Beth Palmer

Red Cross Volunteers

In memory of Jack Vuelemans

Red Cross Volunteers

In memory of June Rissler

Red Cross Volunteers

In memory of Bill Morris

Tracy Morris

David and Vicki Oberkrom

Rhonda Ahern

In memory of Charles Matz

Robert Leftwich

Novak & Powell Financial Services

Jeffrey Bellamy

Crossroads Building Co

NEW EMPLOYEES

February

Steven Bailey

Housekeeping

Sara Bass

Housekeeping

Jessica Bronson

Pathology

Jessica Cawthon

Housekeeping

Dr. Terry Chance

Behavioral Health

Amy Davis-Evans

2 Southwest

Jennifer Evert

Quality Management

Lindsey Graham

Bothwell Orthopedics &

Sports Medicine

Nick Gray

Materials Management

Sabrina Hampshire

Emergency Department

Juanita Hartman

Laundry

Susan Howe

Dietary

Linda Jeffress

Surgery

Lori Naber

Dietary

Eva Ramirez Manrique

Admitting

Galina Sagan

Pharmacy

Vicky Simbro

Surgery

Priscilla Tatman

Health Information

Management

Briana Williams

Dietary

APRIL BIRTHDAYS



Brad Nicholson..... 1	Liz Ambrose 11	Jamie Nolting 23
Julie Mateja 1	Nicole Boesch 11	Hannah Meyer 23
Kim Perez..... 1	Amanda Gates 12	Shandell Robinson 23
Dr. David Oberkrom..... 1	Brandon Cornine 12	Whitney Clawson..... 24
Dennis Gerken 1	Chad Hoagland..... 12	Jana Hilton 24
Renne Maher..... 2	Jolene Landsberg..... 12	Rebecca Leiter 25
Leah Bargfrede 2	Jordan Prothero 12	Marilyn Richardson 25
Mackenzie Walker..... 2	Diana O'Connor..... 13	Erin Fredrickson 25
Seth Stotts 2	Dr. Jared Engles..... 13	Katlynn Dedrick..... 25
Linda Long..... 3	Megan Ferguson 14	Rebecca Balch 26
Keith Morrow 3	Sarah Anderson 15	Whitney Stevens..... 26
Renae Barb 3	Nikki Gambling..... 15	Janna Miller 26
Galina Saga..... 3	Alexsis Barnett..... 16	Kathy Johnson 27
Tia Demand 4	Jessica Sullins 16	Lesley Jackson 27
Kaslyn Gail..... 4	Ronda McMullin..... 17	Brianna Murray..... 27
Maddy Kindle..... 5	Bev Crawford 19	Victorie Hoover..... 28
Eric Walton..... 6	Bailey Barnes..... 19	Gina Stau..... 28
Lawrie Knox 6	Terrance Cline..... 20	Kaela Reeves..... 28
Regan Woolery 6	Rachael Free 20	Eva Ramirez Manrique 28
Hannah Stemberger..... 7	Leslie Shapley..... 21	Carla Humphreys..... 29
Peggy Rawdon..... 8	Amy Davis-Evans 21	Keri Talbott 29
Gloria Washburn..... 8	Tammy Johnson..... 22	Sharon Larsen 29
Chiquita Williams 8	Travis Glenn 22	Abby Murray..... 29
Rebecca Dowell 9	Kelly Burnett..... 22	Grace Thompson 29
Dee Bowers..... 11	Brandy Chamberlin 22	