



“ Even in a time of
change, it’s a good
time to be part
of Bothwell. ”

Looking Ahead with Purpose and Perspective

Letter from Lori

In a few months, Steve Davis will retire from his role as Chief Financial Officer after 40 years of dedicated service. We like to say Steve bleeds Bothwell teal. He was born in the hospital and has spent his entire career working here. He is a true champion for our mission and one of his greatest gifts is his ability to relate to everyone he meets. His leadership has helped Bothwell remain financially stable in an increasingly complex and uncertain environment. Steve’s upcoming retirement marks the beginning of a thoughtful search for the next leader to help guide Bothwell’s financial future.

Over the next several weeks, we’ll welcome two candidates to campus as part of the interview process. One will visit on June 2 and the other on June 16. Each candidate brings experience as a CFO in an independent hospital. That’s critically important to us. In a large system, CFOs often focus on analysis planning. In an independent hospital, the CFO is part strategist, part operator and part problem-solver. It’s a big job, and we’re taking the time to find the right fit.



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601 East 14th Street
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Looking Ahead with Purpose and Perspective (Continued)

This transition is a good moment to talk about how we think about money. Like many rural hospitals, we operate with a really tight budget. Some days it feels hand-to-mouth. Yet unlike many of our peers, we don't carry long-term debt. That sets us apart and is a major reason we've remained fairly stable.

Our current debt service coverage ratio (DSCR), which is a financial metric that measures our ability to meet our debt obligations, is 3.17. Any number greater than 1.0 indicates the organization has enough income to cover its debt obligations. We've avoided borrowing, which gives us breathing room. Now we need to build cash. One of the ways we measure that is our number of days of cash on hand. Right now, we have about 15. One day of cash equals around \$450,000, which means it takes \$450,000 a day to operate BRHC. To reach 30 days—the minimum to begin the first phase of our facility master plan—we need to have \$6.75 million in the bank.

To put it in perspective, this is why capital spending this year is limited and why we rely on philanthropy and grants. Every dollar we save or leverage from partners and donors gets us closer to the future we're working to build.

That future includes a partial replacement hospital. We've been planning carefully and to move forward, we need a strong financial foundation. The goal is not just to get by; it's to grow and serve this region for generations to come. This is why one of the important traits we're looking for in our next CFO is an understanding of what it means to lead at Bothwell and what it takes to run a rural hospital.

The work we've done to stay financially stable has not always been easy, yet it has been right. That's why, even in a time of change, it's a good time to be part of Bothwell. We're positioning well for what comes next.

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.

GET WELL. STAY WELL. BOTHWELL.

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.



SCAN ME

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

New Hyperbaric Oxygen Chambers Now in Use at Wound Healing Center

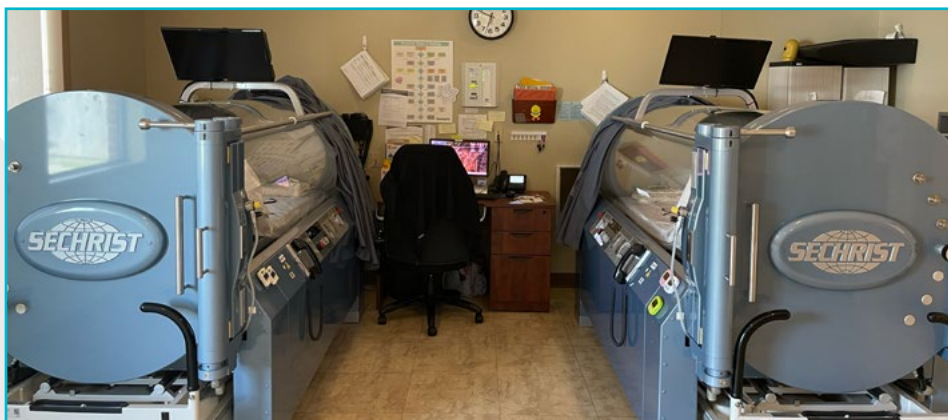
On April 10, the Bothwell Wound Healing Center received two brand new Sechrist hyperbaric oxygen chambers, enhancing the center’s ability to treat patients with chronic wounds and other conditions.

Bothwell has offered hyperbaric oxygen therapy (HBOT) since opening the Wound Center in January 2013. The therapy delivers 100 percent oxygen at pressures higher than sea level and is used to treat more than a dozen medical conditions, including diabetic foot ulcers, radiation injuries, necrotizing infections, compromised skin grafts and certain types of ischemia.

Each treatment lasts about two hours, and most patients receive between 30 and 40 treatments, as determined by their physician.

Bothwell Wound Healing Center has a certified hyperbaric oxygen nurse, and safety is always the top priority. The chambers undergo daily, weekly and monthly safety checks to ensure patient safety before every dive.

For more information about HBOT or treatment for chronic wounds, contact the Bothwell Wound Healing Center at 660.827.2525.



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

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

Who’s eligible to make a referral?

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

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



From the Expert

Advanced Skin Care, Close to Home

Christopher Dallo, MD

As a board-certified dermatologist practicing in Sedalia, I've seen firsthand how challenging it can be for individuals in rural communities to access timely, high-quality dermatologic care. My mission is to change that reality by bringing advanced, patient-centered skin care to the people of Sedalia and the surrounding region.

In rural America, patients often face barriers that delay skin evaluations and treatment—long travel distances, limited specialist availability and a general lack of awareness around skin health. These challenges can lead to late-stage skin cancer diagnoses and worsening of chronic conditions that could otherwise be treated early and effectively.



[READ MORE ►](#)

United Way Day of Action

Bothwell is participating in the United Way of Pettis County's Day of Action on **Saturday, June 21** from 7 am to noon. The event begins at Housel Park, where teams will gather before heading out to complete clean-up and service projects across the community.

With over 50 projects planned and nine teams already signed up, more volunteers are needed to make a meaningful impact. If you are interested in joining, contact Heather Sadler in Health Information Management at hsadler@brhc.org.



Merit Pay Increase Approved

A **2.5% merit pay increase** has been approved by the Board of Trustees and will go into effect beginning **June 1**. Merit increases are based on employee performance and are part of Bothwell's ongoing effort to recognize and reward strong contributions to our organization.

Thank you for all you do to support our patients, team and community.



Updates: Meditech Expanse Upgrade

Expanse Go Live Set for June 24 at 3 am

The countdown is on! Expanse will go live on Monday, June 24 at 3 am. Training for departments begins June 2, and every team will have a schedule and resources specific to their needs.

Each department will have a different approach for training. As we get closer to go live, more information will be shared with all users about what to expect and how to prepare.

In the meantime, connect with your director or department superuser to stay up to date on your team's training plan. Let's work together to make this a smooth and successful launch.

Patient and Family Advisory Council Begins with Meaningful Conversation

Bothwell's newly formed Patient and Family Advisory Council (PFAC) held its meeting on May 21, bringing together patients, family members and staff to share ideas and perspectives on improving the care experience at Bothwell.

The PFAC creates space for open dialogue between patients and hospital leadership, ensuring that decisions about care and services are shaped by those who use them. At this meeting, council members engaged in thoughtful discussion on communication, culture and the importance of human connection in health care.

One topic brought forward was Bothwell's "No Violence Tolerated" signage. Members shared that the raised hand image felt abrupt and uninviting, and that the overall message came across as too forceful—more likely to escalate tension than ease it. Words like "stop" or "no excuse" might even feel like a challenge. Most concerning was the impression one member had of the sign was "Stop, you are in the wrong place."

The group also reflected on how to better support staff, not just through messaging—through culture, action and consistent leadership presence. It was a reminder that change doesn't always come from programs or posters. It comes from people.

Like other hospitals, we increasingly look for ways to deter patients and visitors from engaging in aggressive or violent behavior toward staff. Signage is one way to convey a message, yet as the PFAC discussion demonstrated, how we convey the message is important. Our current sign, given the feedback, may be having the opposite effect we intended.

As a result of the conversation with the PFAC, the "No Excuse for Abuse" signs with the palm facing outstretched hand, will or have been removed from the ED, hospital and clinics. We will design a new sign with advice from literature and previously published guidance from the Missouri Hospital Association.

With energy, insight and honesty already shaping discussion, the PFAC is positioned to become a meaningful part of Bothwell's commitment to patient-centered care and continuous improvement.

Dr. Kuhlmann Featured in Fox News Health Article

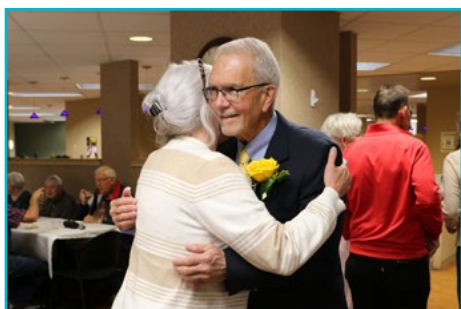
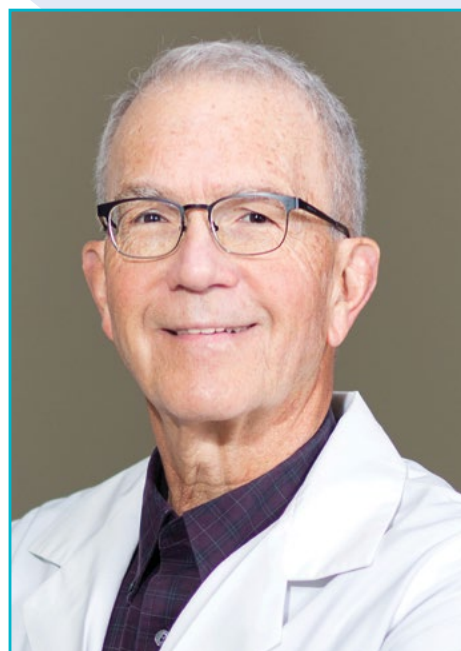
Dr. David Kuhlmann, medical director of Sleep Medicine at Bothwell and spokesperson for the American Academy of Sleep Medicine, was featured in a recent **Fox News** article discussing the science and health effects of hitting the snooze button.

In the piece, Kuhlmann explained that snoozing may feel helpful in the moment, although it can disrupt sleep cycles and impact energy and mood throughout the day. He also noted that frequent snoozing could be a sign of poor sleep quality or an underlying sleep disorder.



[READ MORE ►](#)

Celebrating Dr. Robert Frederickson



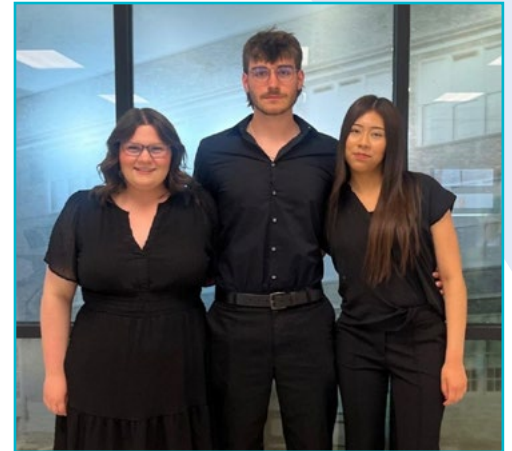
Queen City CAPS

Returning Associate Profiles

For **Elizabeth Rodriguez's** second-year plan, she plans on seeking job opportunities in the Dietetics department. With this job, she hopes to gain more patient experience and develop skills for her future career. She will also be shadowing at the Pettis County Health Center. Her goal is to explore her interests more and focus on community projects to help her community.

Kelton Barth-Fagan's year two mission is to actively explore how he can make a real impact in the health care field. Starting by connecting with hospital CEOs to build valuable relationships and expanding his network, he wants to step into a lion's mindset—bold, driven and fearless to connect with opportunities to help him in his endeavors of becoming a flight nurse.

Building on the foundational experiences of her first year, **Kenley Anderson** is now aiming to work at an OB/GYN clinic, where she hopes to gain hands-on exposure to women's health and deepen her understanding of clinical care. Through CAPS, she is excited to continue developing her professional skills, learning from experienced providers and exploring a career path that aligns with her compassionate nature and long-term goals in medicine.



Returning CAPS associates (left to right): Kenley Anderson, Kelton Barth-Fagan, Elizabeth Rodriguez

Celebrating our EMS Partners

National EMS Week annually recognizes the dedication and contributions of emergency medical services (EMS) professionals in the United States and was celebrated the week of May 18. We collaborated with MU Air to host a cookout near the helipad.

We appreciate all of our EMS partners!



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.

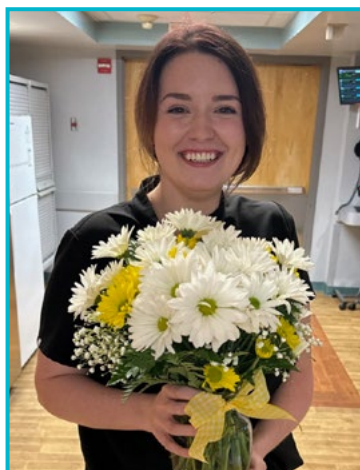


DAISY Award Winner

Congratulations, Emma Stone

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

The DAISY Award is for patients and their families to nominate nurses who give outstanding, compassionate and skillful care. Stone is a Registered Nurse and works in the hospital's Critical Care Unit (CCU); she was nominated by a recent patient's family member, Bailey Poynter.



"Emma was so kind and caring for my brother," Poynter said. "She did amazing care and explained everything to where we could understand. She made all of us feel like we were with a friend instead of a provider. She played with my daughter, which made her so happy. I am so thankful Emma was the nurse for my brother. She was an angel in a very dark place, for us she made light. I hope everyone gets a nurse like Emma. We may have lost my brother but Emma made sure he was comfortable and well taken care of. Thank you Emma for all that you do."

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



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

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

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

Congratulations to the other May nominees!

- Jennifer Johnston
- Alyson Wilson
- Sarah Fredrickson
- Stephanie Roberts
- Tamara Johnson
- Christel Harms

Key Awards

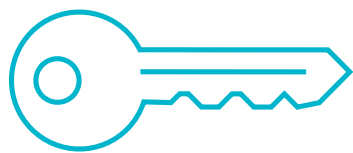
April

Cody Knutson

Jamie Benton

Candace Kadtke

Alicia Staus



Kailey Bonham

Zachary Nadolny

Kathy Booze

Gina Staus

Oma Brooks

Lynh Best

Charlene Meadows

Shout Outs

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

- **June 1:** National Cancer Survivors Day
- **June 9–15:** Men's Health Week
- **June 12–18:** CNA Week
- **June:** National Safety Month



Submit your KEY Award nominations online!



Scan the QR code or find the link on the intranet

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



Employee of the Month

May

A hospital's heart is often found in the people who take the time to listen, explain and treat every patient with the care they would give their own family. This month's Employee of the Month is a shining example of that human connection, showing that even in routine exams, kindness can leave a lasting impact.

Hannah Marshall in Ultrasound is our May Employee of the Month for her extraordinary compassion and attentive care. Hannah was nominated after a patient shared how much of a difference she made during a stressful time.

The patient's journey began with a routine mammogram that led to additional ultrasound imaging and multiple follow-up exams. Throughout this process, Hannah performed most of the scans and consistently showed warmth, patience and professionalism. Her careful explanations and thoughtful approach helped ease the patient's concerns and made her feel respected and supported.

Hannah's dedication reflects the best of Bothwell's values, reminding us all that respect and compassion are at the heart of excellent patient care.

Congratulations Hannah, on being named May Employee of the Month!

Champions of Care

Eric Rader and Population Health Team Honored by MHA

Congratulations to **Eric Rader** in Facilities Management for being named the 2025 Missouri Hospital Association Health Care Worker Champion. When freezing rain created dangerous conditions, Eric went above and beyond by coming to the hospital overnight and working through the early morning to keep the campus safe and operational.

His efforts ensured that staff, patients and visitors could safely access the hospital without delay or risk, proving that health care is a team effort from those at the bedside to those behind the scenes. Thank you, Eric, for your commitment to keeping care moving—no matter the weather.



Health Care Worker Champion
Eric Rader

Bothwell's Population Health team, led by Leslie Harris, has been honored as the 2025 Missouri Hospital Association Health Care Team Champion. Bothwell is one of Missouri's ToRCH (Transformation of Rural Community Health) pilot sites, and the Population Health team is a lifeline for Medicaid patients facing barriers to care.

By helping patients find doctors, secure transportation and connect to resources, the team prevents crises before they happen and ensures people get the right care at the right time. Their work is changing lives and creating a healthier community beyond the hospital walls. Congratulations to the team on this well-deserved recognition.



Health Care Team Champions
Population Health Team



[READ MORE ►](#)

ED Team Recognized for Life-Saving Care and Quick Action

A recent note from a family member praised Bothwell's **Emergency Department (ED)** for their exceptional care and attention to detail during a visit involving her mother-in-law. Although the patient initially presented with coughing and chest pain, the intake staff asked key questions, including about back pain, which led to the immediate recognition of a heart attack.

The patient was quickly triaged, tested and transferred to MU for cardiac care—all within three hours of arrival to the ED. Follow-up testing confirmed she had also tested positive for Influenza B, but the heart condition may have gone undiagnosed if not for the staff's careful assessment.

The family shared their gratitude for the ED team's professionalism and compassion, writing, "The care and attention given to her during this visit was exceptional and my family will be forever grateful."

Midwest Transplant Network Honors Bothwell Donor Hero Team

On May 12, Bothwell hosted Tara Whittington from Midwest Transplant Network for a special celebration recognizing the staff and departments involved in February's Donor Hero case.

The event was held outside the CCU waiting room area, where Tara shared her gratitude for the care, compassion and teamwork shown by Bothwell staff during the donor process. She expressed how much it meant to the Midwest Transplant team that Bothwell team members were so helpful throughout the entire process.

It was a powerful reminder of the role every team member plays in supporting patients and families during critical moments, and we are grateful to Midwest Transplant Network for honoring our team.



Bothwell in the Community

Some of our Bothwell team members volunteered their time at the annual Sedalia School District 200 free physical days. Thanks to all of them for supporting our community's students!

From left, Dr. William Woolery; Dr. Dan Woolery; Leah Hermanson, NP; Shawna Sapaugh, DNP, FNP-C; and Dr. Dalton Lohsandt. Not pictured, Dee Dee Gilmore, FNP; and Lindsey Edwards, PA-C.



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 June 16

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



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.



To see all physicians and providers and their services, visit brhc.org/find-provider/.

New Physicians

David Buvat, MD

Hospitalist

Education: MD – Central University of Venezuela, Caracas

Residency: Internal Medicine – Lincoln Medical and Mental Health Center, New York

Professional Certification:

Advanced Cardiac Life Support, American Board of Internal Medicine and Basic Life Support

About: Practicing medicine has been Dr. Buvat's lifelong passion, sparked by a fascination with human anatomy and disease from a young age. He said he once dreamed of becoming a "physioneurosurgeon," a term he made up as a child to describe his future in medicine.

Dr. Buvat joined Bothwell as a hospitalist in search of a new professional challenge and a more connected, community-centered environment. "I was very favorably impressed," he said. "I believe this opportunity allows me to practice good medicine in a cohesive and caring setting."

Fun Fact: Dr. Buvat enjoys working out and focuses on free-weight training and bodybuilding in his spare time.



Moves and Retirements

Patti Fitzpatrick, Environmental Services, is retiring after 12 years of dedicated service to Bothwell. Help us celebrate her contributions at a retirement party on **Thursday, June 12 from 2 to 3 pm** in the Bothwell Café.

Melanie Davis, Cardiac Rehab, is retiring after 36 years of dedicated service to Bothwell. Join us in honoring her hard work and commitment at a retirement celebration on **Thursday, June 19 from 2 to 3:30 pm** in the Bothwell Café.

Donna Ramey, Women's Health & Newborn Care, is retiring in July after an incredible 44 years of service to Bothwell. Join us in celebrating her dedication and career at a retirement tea on **Thursday, July 10 from 2 to 3:30 pm** in the Bothwell Café.

EMPLOYEE PERK!

The T-Mobile logo, consisting of a magenta square with the word "T-Mobile" in white, where the "T" is stylized with a white dot.

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!

**Correction: The previous issue featured an incorrect photo for Kinser Hogan. Our apologies for the mix-up.*



Lisa Alicea
Centralized Scheduling



Julia Brown
Emergency Department



Shelby Carney
Bothwell Walk In Clinic



Tanya Claxton
Patient Financial Services



Xiomara Corpier
*Medical & Surgical
Unit/2 Southwest*



Kathie Dew
Infusion & Procedure Center



Tera Glowczewski
Emergency Department



Winter Hammond
Bothwell Family Health



Sarah Hill
*Bothwell Family
Medicine Associates*



Amy Hoag
Admitting



Kinser Hogan*
Facilities Management



Valentyna Kravets
Environmental Services



Gerald Langille
Environmental Services



Liliya Logvinenko
Nursing Administration



Cassidy J. Mangus
Dietary Services



Kyla Marshall
Respiratory Therapy



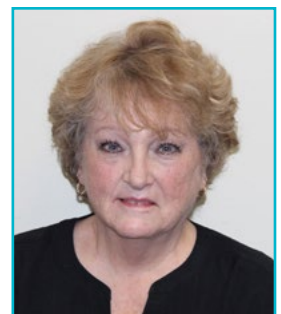
Tatiana Monroy
Progressive Care Unit



Esther Pichinevsky
Environmental Services



Kaitlyn Riley
Critical Care Unit



Patricia Sharpsteen
Centralized Scheduling

Welcome to These New Team Members! (Continued)



Neico Silkwood
Respiratory Therapy



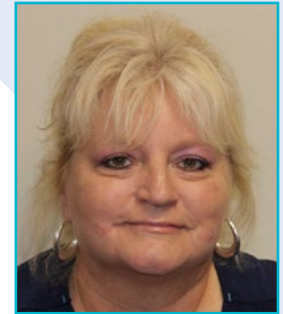
Briana Sport
Environmental Services



Alesha Summers
*Medical & Surgical Unit/
2 Southwest*



Allison Taber
Admitting



Denice Walski
Emergency Department



Ayanna Warren
Bothwell Walk In Clinic



Hannah Wieberg
*Health Information
Management*



Victor Zimmerschied
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.



HAPPY BIRTHDAY



LAST DAY to Donate for Ringo's Birthday Drive

In honor of Ringo's 4th birthday, we've been collecting donations for the Sedalia Animal Shelter — and **today (May 30)** is the final day! Drop off items like pet food, cleaning supplies and blankets in the HR Office or with Melissa Guffin. Thank you to everyone who's helped support animals in need!



June

Kermit Stultz.....	1	Krista Yates.....	9	Stephanie Louiselle.....	21
Joe Velando.....	1	Regina Lawson.....	9	Lynh Best.....	21
Lauren Watkins.....	1	Paige Graham.....	10	Andrea Roe.....	22
Dr. Michael Carozza.....	1	Khristian Green.....	11	Jenice Serrano.....	22
Amy Johnson.....	2	Gerald Campbell.....	11	Erica Rader.....	22
Paul Williams.....	3	Theresa Woodward.....	11	Sherry Schwartz.....	23
Elizabeth Patterson.....	3	Lisa Shaw.....	11	Lily Meier.....	23
Ashley Fisher.....	4	Madison Callahan.....	12	Andrea Kiso.....	23
Lisa Scotten.....	4	Kylie Musgrave.....	13	Stephanie Gleason.....	23
Shelda Jean.....	4	Janice Young.....	13	Chele Trammell.....	23
Aaron Pate.....	5	Millie Cavanagh.....	13	Tera Glowczewski.....	24
Dr. Robert Frederickson.....	5	Stacey Robinson.....	13	Toni Warren.....	26
Laura Hoppe.....	6	Sheila Trent.....	13	Amy Hamlin.....	26
Mary Cameron.....	6	Kim Cox.....	15	Michael Jones.....	27
Erica Pyles.....	6	Mary Thomas Black.....	15	Amy Hoag.....	27
Mary Patterson.....	7	Christal Chapin.....	16	Kathie Dew.....	27
Mariela Hoang.....	7	Lisa Tanguay.....	16	Leslie Archambault.....	27
Glenda Richardson.....	7	Melissa Southard.....	16	Andrew Brinton.....	27
Linda Lower.....	8	Hayley Perkins.....	16	Rod Perez.....	27
Trudy Clawson.....	8	Adam White.....	17	Serena Cronk.....	28
Sherri Egbert.....	8	Shelby Osburn.....	17	Heraldo Cruz.....	29
Rebekah Thompson.....	8	Conni Cooper.....	17	Kenley Anderson.....	30
Ann Defusco.....	8	Patrick Bernhoft.....	17	Courtney Tanner.....	30
Tonya Jasper.....	8	Todd Nappe.....	17	Rachel Mittenburg.....	30
Stephanie Galloway.....	8	Rebecca Embry.....	18		
Lucas Sheeley.....	8	Erin Smith.....	18		
Sarah Knott.....	9	Kathy Woolery.....	18		
Austin Freed.....	9	Tanya Claxton.....	18		
		Travis St. Cyr.....	19		
		Dr. Kenneth Azan.....	19		
		Brandon Mucke.....	19		
		Janel Locke.....	19		
		Leslie Harris.....	20		
		Terri Deer.....	20		
		Sara McLemore.....	20		



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.

Do You Work Out?

Bothwell{ness} Committee

Did you know that if you provide proof of your workouts or movement eight times per month that you can be recognized for your efforts?

Email your screenshots or records of your workouts/movement to mguffin@brhc.org.

Are you interested in walking/jogging/running a 5K, 10K or half marathon in 2025? Reach out to Jilene Streit at jstreit@brhc.org or Melissa Guffin at mguffin@brhc.org for assistance in tailoring a plan to meet your goals and needs!



EMPLOYEE ENGAGEMENT ACTIVITY

Our next employee engagement activity is all about spreading kindness.

From May 1 to June 30, stop by the Bothwell Café hallway and visit the kindness truck display. Pick an ice cream cone from the truck and complete the act of kindness listed on it.

Help us keep kindness moving all summer long!



Father's Day Fishing Derby

In cooperation with

June 13, 6–8:30 pm

Clover Dell Park

Dinner: 6–7 pm; FREE hot dogs
for the first 300 attendees provided by Bothwell Regional Health Center

Fishing: 7–8:15 pm

Prizes will be awarded for biggest, longest and smallest fish. Fifty fishing poles will be available to borrow courtesy of the Missouri Department of Conservation, and worms will be provided on a first come, first served basis.

Pre-registration by June 11 is strongly encouraged.

Visit www.sedaliaparks.com/special-events for details or stop by Sedalia Parks and Recreation at 1800 W. Third St. or call 660.826.4930.



**SEDALIA
PARKS &
RECREATION**



Fresh Floral Class

June 16, 6 pm

Join us for a fun evening of floral arranging at State Fair Floral. This event is open to Bothwell employees and is for adults only.

Choose from small, medium or large arrangements priced at \$45, \$65 or \$85. Payment is due at the time of reservation. To sign up, contact Melissa at mguffin@brhc.org or ext. 9406.

Small



Medium



Large



Paint the Town

July 24, 6 pm

Bothwell Education Center

“Brush up” on your painting skills and create a piece of art with our friends from Paint the Town. Cost is \$30 per painter. Open to employees only. Payment is due at the time of reservation. To sign up, contact Melissa at mguffin@brhc.org or ext. 9406.



\$30

per painter*

***This class is not open to the public**

Save the Date

Retiree Alumni Luncheon

July 29, 11:30 am

This year's Bothwell Retiree Alumni Luncheon will be held at First United Methodist Church. The event, which is for retired and former employees, includes lunch, updates from the Auxiliary and hospital leadership, and time to reconnect with former coworkers and friends.



**BOTHWELL
HOSPITAL
EMPLOYEES
CREDIT UNION**

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Fundamental Elements to Prevent Measles Transmission

Emergency Preparedness Committee

Measles is most commonly acquired from persons in the household or community; however, spread of measles can also occur in health care settings.

While the most important measure to prevent measles transmission in all settings is ensuring community immunization, core measles prevention in health care settings requires a multi-faceted approach including:

- Ensuring health care personnel (HCP) have presumptive evidence of immunity to measles
- Rapidly identifying and isolating patients with known or suspected measles
- Adhering to Standard and Airborne Precautions for patients with known or suspected measles
- Routinely promoting and facilitating respiratory hygiene and cough etiquette

Ensure that All Health Care Professionals Have Presumptive Evidence of Immunity to Measles

- Presumptive evidence of immunity to measles for HCP includes:
 - » Written documentation of vaccination with two doses of measles virus-containing vaccine (the first dose administered at age ≥ 12 months; the second dose no earlier than 28 days after the first dose); OR
 - » Laboratory evidence of immunity (measles immunoglobulin G [IgG] in serum; equivocal results are considered negative); OR
 - » Laboratory confirmation of disease; OR
 - » Birth before 1957
- Consider vaccinating HCP born before 1957 who do not have other evidence of immunity to measles.
- During a measles outbreak, two doses of measles virus-containing vaccine are recommended for all HCP, regardless of year of birth.

Minimize Potential Measles Exposures

Upon arrival to a health care setting:

- Utilize existing triage stations for rapid identification and isolation of patients with measles.
- Persons with signs or symptoms of measles should be identified, provided a face mask to wear, and separated from other patients prior to or as soon as possible after entry into a facility.

Adhere to Standard and Airborne Precautions

Health Care Personnel

- HCP without acceptable presumptive evidence of measles immunity should not enter a known or suspected measles patient's room if HCP with presumptive evidence of immunity are available.
- Respiratory Protection
 - » HCP should use respiratory protection (i.e., a respirator) that is at least as protective as a fit-tested, NIOSH-certified disposable N95 filtering facepiece respirator, regardless of presumptive evidence of immunity, upon entry to the room or care area of a patient with known or suspected measles.

Questions About Measles Immunity?

If you're unsure of your measles immunity status, here's what you need to know:

Can I get tested for immunity through Employee Health?

Not at this time. Staff can ask their primary care provider to order a measles titer test.

Will insurance cover the vaccine?

The measles vaccine is covered under BRHC's insurance plan. Coverage may vary for those with different insurance providers. BRHC will only cover for the vaccine if there is a confirmed outbreak or state mandate.

Can I get vaccinated through Employee Health?

Yes — if you provide documentation of no immunity.

Which clinics offer the measles vaccine?

The following Bothwell clinics offer the vaccine: Family Medicine Associates, Cole Camp Clinic, Lincoln Family Medicine and TLC Pediatrics.

For questions, contact

Jennifer Evert at

jevert@brhc.org.

Source: https://www.cdc.gov/infection-control/hcp/measles/index.html#cdcreference_1

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.



Avoiding Health Care Worker Fatigue

Human Resources

Health care facilities are 24 hour-a-day/seven day-a-week operations. As a result, health care workers are vulnerable to fatigue. Our goal is to reduce accidents resulting in injuries caused by fatigue. Fatigue can be managed by following these tips.

Watch for signs of fatigue

- Mental lapses
- Slowed reaction time
- Difficulty staying focused
- Impaired judgment
- Communication failures
- Memory lapse
- Mistakes

Physical symptoms

- Heavy, tired or sore eyes
- Excessive yawning
- Nodding off

Manage fatigue

- When you feel fatigue setting in
- Interact with others to stay alert
- Move around or exercise
- Get some fresh air if possible
- Make sure lights are fully illuminated

Practice good sleep habits

- Avoid caffeine, alcohol, nicotine and exercise two hours before going to sleep
- Don't go to bed hungry or with an extremely full stomach
- Sleep in a cool, dark, quiet room
- Get at least seven hours of sleep per night
- Wake up at the same time every day

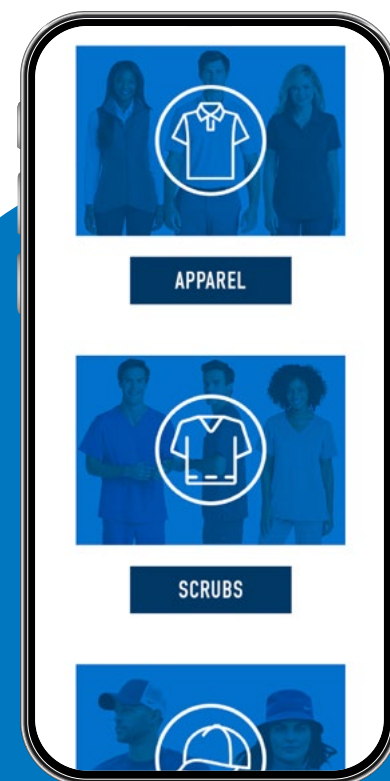
Source: Midwest Employers Casualty

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 ►

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

LEAD Team Spotlight: Bottom-line Battalion

This month we're spotlighting the Bottom-line Battalion, one of the Service Excellence LEAD Teams working to improve the patient experience across the organization.

Team Members: Rachel Harris, Austin Freed, Tom Fairfax, Saudi Robbins, Natalie Paxson

Captain: Jennifer Evert

Co-Captain: Bob Blacklock

This team is focused on identifying and addressing the underlying, system-wide factors that influence how patients respond to the Press Ganey Survey. Rather than isolating one-time issues, they're digging into the common denominators that affect experience organization-wide.

Their goal is to help improve survey participation and engagement, ensuring more voices are heard and more opportunities for improvement are captured.

SERVICE EXCELLENCE COUNCIL

Michele Laas, Chair

Justin May, Vice Chair

Amber Allain,
OASIS Super Coach

Maggie Schaffer,
LEAD Team Coordinator

Heather Sadler,
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Toni Catron,
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Marvin Smoot,
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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*

OASIS TEAMS

Referral and Onboarding

Retention

Keywords

Service Standards/

Internal Support

Awards and Recognition

Throughput

**SERVICE EXCELLENCE
INITIATIVE ►**



DO YOU KNOW SOMEONE IN YOUR ORGANIZATION WHO HAS GONE **ABOVE & BEYOND** THE CALL OF DUTY?

Nominate them today in one of the following categories:

- ♦ Exceptional Nurse
- ♦ Exceptional Employee - Clinical
- ♦ Exceptional Employee - Non-Clinical
- ♦ Empowering Manager
- ♦ Customer Focused Physician
- ♦ Customer Focused Provider
- ♦ Empowering CNO
- ♦ Motivating Administrator
- ♦ Inspiring Chief Executive Officer/President
- ♦ Service Excellence Advisor 1st Year
- ♦ SEA Super Coach
- ♦ Service Excellence Advisor Team
- ♦ OASIS Team Captain
- ♦ OASIS Super Coach
- ♦ OASIS Team
- ♦ Service Excellence Council
- ♦ Exceptional Implementation Coordinator
- ♦ Service Excellence Ambassador
- ♦ DO IT Improvement Project
- ♦ Medical Clinic of Choice
- ♦ Hospital Provider of Choice
- ♦ Outstanding Staffing Fix Transformation
- ♦ Outstanding Swing Bed Transformation

SEE YOUR IMPLEMENTATION COORDINATOR FOR MORE DETAILS

For Year II+ Service Excellence Initiative™ Clients

All nominations must be approved by your Service Excellence Council. Please see your Implementation Coordinator for submission and internal deadline details.



Deadline for submission to the HealthCare Service Excellence Conference is Friday, August 15th, 2025.

To see the criteria for each of the Summit Award Categories, please contact your Implementation Coordinator.

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 Pulmonary Specialists – “All the staff are always awesome! I always get right in and right out. I never have to wait a long time.”

Outpatient Services – “Cassie and the other nurse who checked my blood pressure could not have been greater!!”

Bothwell Family Medicine Associates – “Dr. Cahill is the BEST doctor I have ever had ... she listens and she sees my medical care as teamwork which I appreciate VERY much!”

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

Online reviews help others feel good about choosing Bothwell. Every positive interaction with a patient is an opportunity to invite them to share their experience with others.

How to write a positive review on Google



The hospital and all the clinics each have Google Business Profile page. Search Bothwell Regional Health Center or the clinic name and when the page comes up on the right, scroll down and select “write a review.”

How to write a positive review on Facebook



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

TOP 5

REASONS TO USE YOUR BOTHWELL EMPLOYEE PHARMACY!

- 1 SAVE MONEY
- 2 SCRIPT TRANSFER IS EASY
- 3 CONVENIENCE
- 4 IT'S FOR ALL EMPLOYEES
- 5 MORE THAN SCRIPTS

Want to learn more?

Call Pharmacist Jessica Moon at 660.827.9495 or stop by the pharmacy on the hospital's ground floor. Hours are 7:30 am–4 pm Monday–Friday; closed for lunch 11–11:30 am

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.



Cancer Perks to Continue its Mission with Bothwell Foundation



Cancer Perks Beginning Exciting New Chapter

Founded by Whitney Cromley in 2015, Cancer Perks is a local nonprofit organization that has supported area cancer patients for a decade with comfort bags and emergency assistance for unexpected needs. Inspired by the belief that small acts of kindness can make a big impact, Cancer Perks has touched the lives of hundreds of patients in Sedalia and surrounding communities.

This summer, Cancer Perks will officially become a Bothwell Foundation committee, with Cromley serving as committee chair. The committee will work with foundation staff and collaborate closely with the Susan O'Brien Fischer Cancer Center team to provide Perk Bags to patients starting their treatment journey and assist with urgent needs through patient needs referrals.

While the official transition takes effect on July 1, the mission of Cancer Perks is already continuing every day. We are excited to grow this meaningful work within the foundation and provide hope and support to even more people.

For more information, visit brhc.org/cancer-perks or contact the Bothwell Foundation at 660.829.7786.

BOTHWELL FOUNDATION BOARD OF DIRECTORS

James Mahlon White, President

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Heather Cantrell

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Lori Wightman, Bothwell CEO

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What Your Mama Never Told You Recap

The Bothwell Foundation Community Relations committee hosted another “What Your Mama Never Told You” seminar on May 15 in Cole Camp.

There were over 25 women in attendance who enjoyed refreshments and had the opportunity to hear from **Dr. Misty Todd**, **Dr. Stephanie Schirding** and **Nurse Practitioner Pamela Eckhoff** with Bothwell Cole Camp Clinic on a wide range of women’s health topics.



Scholarships Now Available

The Bothwell Foundation manages several scholarship funds that create financial opportunities for students and employees pursuing their education in specific health care programs.

Applications are now available for the general scholarship, the Nevin Almquist Physical Therapy scholarship and the Hickman Excellence Award and are due in the foundation office by **June 30**.

Find applications online at brhc.org/foundation-giving/scholarships/.

Memorials and Donations

Betty Canida – Michael and Joy Simon

Leona Payne – Michael and Joy Simon

Donna Baker – Michael and Joy Simon

Ronnie Logan – Michael and Joy Simon

Serena Griffiths – Michael and Joy Simon

Jerry Page – Darren Grove and Lori Wightman

John Watterson – Darren Grove and Lori Wightman

Rodrigo Perez – Darren Grove and Lori Wightman

Virginia Hursman – Darren Grove and Lori Wightman

AUXILIARY NEWS

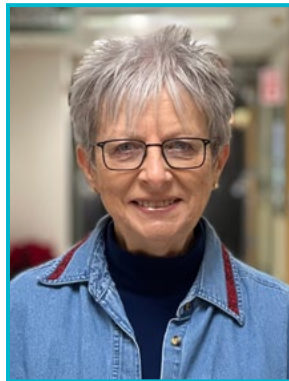
Our volunteers are a vital part of the services we provide to our patients and their families. Through their supportive and significant contributions, they add a personal touch to the hospital, making it a warm and friendly place.



June's Amazing Volunteer

Sharon Klein

Sharon joined the Auxiliary in early 2020 at the urging of her daughter Katie and fellow auxilian Joyce Monroe. While the onset of the pandemic kept her from volunteering right away, Sharon has worked in the Gift Shop for several years.



She graduated from Smithton High School and six months later married her high school sweetheart, Norm. Sharon and Norm live in Sedalia and will celebrate their 57th wedding anniversary in November. They have two daughters, four grandchildren and two great grandsons.

Sharon worked for the Division of Family Services for 25 years. After retirement, she volunteered with the Sedalia School District. She loved talking with the students and said she heard stories from the children that probably shouldn't have been told!

Sharon and Norm like traveling and recently visited Charleston, South Carolina, and Oregon is the only state they have not visited. Sharon is also active in her church, Calvary Baptist. She sings in the choir, teaches Sunday School and is the church clerk.

Sharon's positive attitude is why we are honored to celebrate her as our Amazing Volunteer for June!



Scrub Sale
July 24
9 am – 5 pm

Bothwell Café



Scholarship
Application
Now Available

The Auxiliary will once again award two \$2,500 nursing scholarships for students and employees. Applications are due **June 30** and can be picked up in the Gift Shop on the hospital's first floor.

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.

JUNE

Pettis County Baby Café

Two hours each week

Bothwell Hospital

Women's Health and Newborn Care

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

Father's Day Fishing Derby

June 13, 6–8:30 pm

Clover Dell Park

See page 17 for more information.

CPR/AED and First Aid Class

June 14

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.

Fresh Floral Class

June 16, 6 pm

State Fair Floral

See page 17 for more information.

Certified Nurse Assistant (CNA) Class

June 16

On-site training for current employees who want to be CNAs

Contact Becky Eldenburg at reldenburg@brhc.org

Cancer Support Group

June 17, 4 pm

Susan O'Brien Fischer Cancer Center

Virtual option available, call 660.829.7792 for details

JUNE (CONTINUED)

United Way Day of Action

June 21, 7 am–Noon

Event begins at Housel Park

Contact Heather Sadler at hsadler@brhc.org

JULY

Pettis County Baby Café

Two hours each week

Bothwell Hospital

Women's Health and Newborn Care

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

Cancer Support Group

July 15

Susan O'Brien Fischer Cancer Center

Virtual option available, call 660.829.7792 for details

Six-Week Grief Recovery Group

Next Class Starts July 22, 6:30–9 pm

Bothwell Hospital, Room 385

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

Auxiliary Scrub Sale

July 24, 9 am–5 pm

Bothwell Cafe

Hosted by the Bothwell Auxiliary

Paint the Town

July 24, 6 pm

Bothwell Education Center

See page 18 for more information.