



**BOUNDARY**  
Community Hospital

**ISSUE #11**  
**DECEMBER, 2023**

# SPARK NOTES

Welcome to SPARK Notes, your local BCH employee monthly newsletter. At SPARK notes, you can expect to find all of the latest happenings in your local community; both inside and outside of the hospital doors.

It's the most  
wonderful time  
of the year.

If you would like your department events, news, family photos, pets, etc, to be featured in the employee newsletter, please email them to [elizabeth.l@BCCH.org](mailto:elizabeth.l@BCCH.org)





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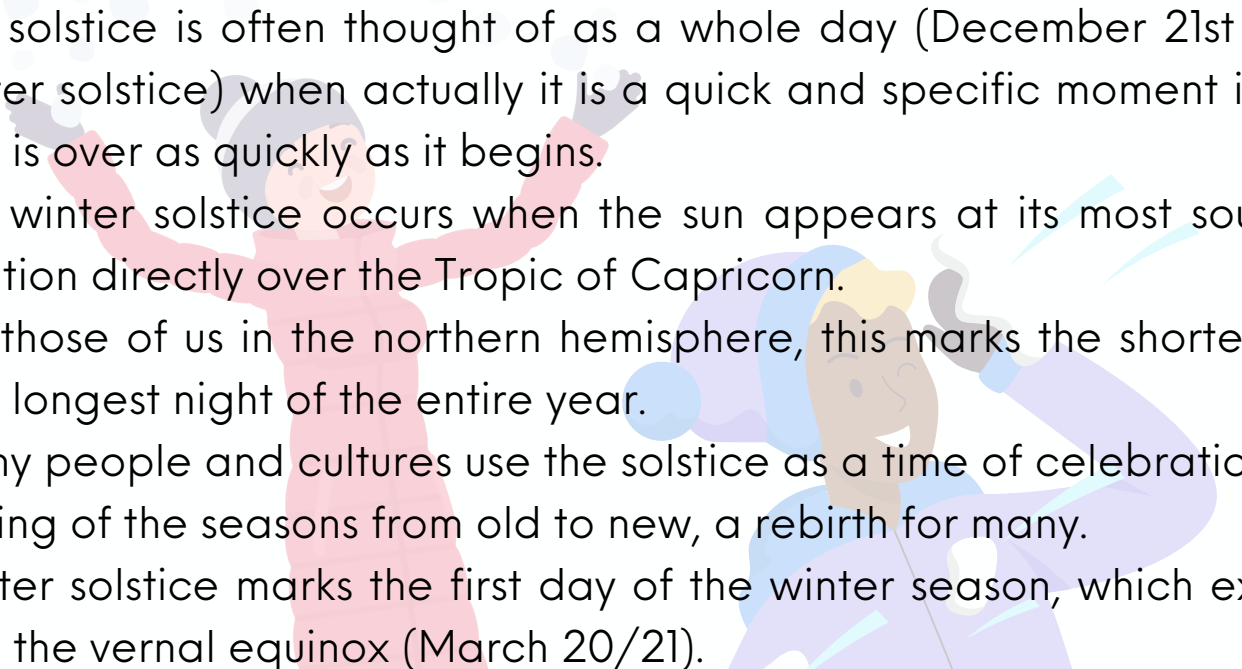
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# Hello WINTER

## INTERESTING FACTS ABOUT WINTER SOLSTICE

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- 1.The solstice is often thought of as a whole day (December 21st being winter solstice) when actually it is a quick and specific moment in time that is over as quickly as it begins.
  - 2.The winter solstice occurs when the sun appears at its most southerly position directly over the Tropic of Capricorn.
  - 3.For those of us in the northern hemisphere, this marks the shortest day and longest night of the entire year.
  - 4.Many people and cultures use the solstice as a time of celebration- the turning of the seasons from old to new, a rebirth for many.
  - 5.Winter solstice marks the first day of the winter season, which extends until the vernal equinox (March 20/21).

The days are officially getting longer which is a cause for celebration in itself!



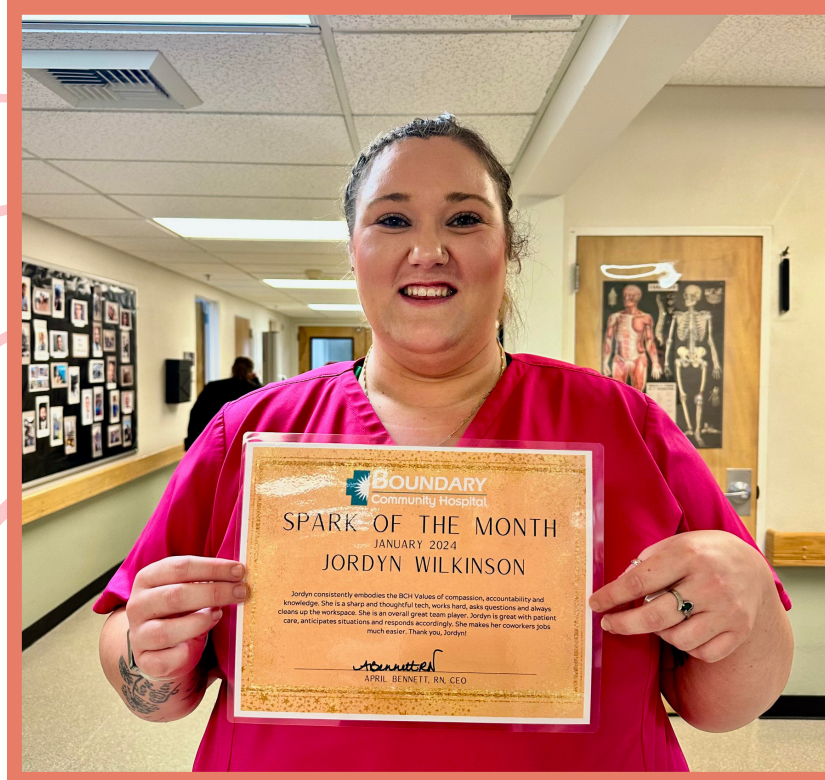
# What Does it Mean to Be a SPARK?

As soon as you become a Boundary Community Hospital employee, you become a SPARK. As a SPARK, you hold an important responsibility to be the best version of yourself that you can be. In return, you are able to have great relationships in both your work life and your social life. You will begin to see yourself grow in many different areas. At BCH we believe in these key values that each of us as SPARKS demonstrate:

**I....INTEGRITY**  
**C....COMPASSION**  
**S....STEWARDSHIP**  
**P....PROFESSIONALISM**  
**A....ACCOUNTABILITY**  
**R....RESPECT**  
**K....KNOWLEDGE**



# JANUARY SPARK OF THE MONTH JORDYN WILKINSON



**Jordyn consistently embodies the BCH Values of compassion, accountability and knowledge. She is a sharp and thoughtful tech, works hard, asks questions and always cleans up the workspace. She is an overall great team player. Jordyn is great with patient care, anticipates situations and responds accordingly. She makes her coworkers jobs much easier. Thank you, Jordyn!**



# Look at us *Sparkle*



Throughout this year, the BCH Sparkle Board was filled with many amazing moments. The support and gratitude we have for one another as coworkers shows. Moments big and small, simple and momentous, the board has been emptied and sparkle cards returned to their owners to serve as examples of the kind of employees that we have at BCH.

With 2024 right around the corner, let's keep up the support and continue recognizing our coworkers with these small yet impactful gestures.

\*There is a Sparkle Box located right next to the board in the staff cafeteria. Virtual cards can be emailed to Liz Lorden- [elizabeth.l@bcch.org](mailto:elizabeth.l@bcch.org).



# GOOD CATCH

Boundary Community Hospital proudly participates in the Good Catch Program. Employees are encouraged to take a stand and prevent patient harm, whenever a situation arises.



**Melissa Morrow- Good Catch!**

# ***Boundary Community Hospital December Employment Anniversaries***

Thank you for your dedication and commitment to our Community Hospital. Providing outstanding care would not be possible without each and every employee that shows up to work every day, ready to make a difference. Your work is appreciated and does not go unnoticed. THANK YOU!!!

<b>Becky Blackmore</b>	<b>2022</b>
<b>Kelsey Carter</b>	<b>2022</b>
<b>Cassie Hiatt</b>	<b>2020</b>
<b>Shelia La Savage</b>	<b>2021</b>
<b>Carolyn Mackey</b>	<b>1999</b>
<b>Kristene Mccalmant</b>	<b>2020</b>
<b>Mechelle Mellem</b>	<b>2013</b>
<b>Jeff Petersen</b>	<b>2015</b>
<b>Holly Ponti</b>	<b>2021</b>
<b>Petra Timmermans</b>	<b>2001</b>
<b>Shayne Walker</b>	<b>2021</b>
<b>Jordyn Wilkinson</b>	<b>2022</b>





# Provider Spotlight

## Dr. Botkin



**Boundary Community Hospital is filled with many talented doctors and providers. Among the talent is Doctor Gregory Botkin who has worked at BCH since March of 1997. Let's learn a little bit more about him!**

**Dr. Botkin, can you tell us a little bit about what you do?**

Since beginning employment here in March of 1997, I have worked in several departments. Initially, I was employed full-time as an emergency department physician. As the years passed and the needs of the hospital changed, my duties shifted. I have worked the outpatient clinics, as an acute care hospitalist, and as an attending physician in the ECF. My hours are now mostly spent in patient care in the ECF, although I am still admitting and attending patients on the acute side several days each month, I wear a few administrative hats as well, and for years I taught ACLS.

**How long have you been a doctor for and where did you go to school?**

I attended medical school at the University of Oklahoma, graduating (barely) in 1986 with a reputation for mischief, unorthodoxy and resistance.

**What is your favorite/most interesting part of your job?**

My favorite part of my job is the camaraderie I enjoy with the other employees here. I feel like I go to work every day with amazing and beautiful human beings. Also, I still enjoy the challenges of patient care, and the lovely (mostly) souls we care for.

**Did you always know you wanted to be a doctor?**

I never had any plans or dreams about practicing medicine. I started university in the forestry department at the University of Montana. I still want to be a forester.

**What advice would you give to new doctors entering the field or aspiring doctors beginning college?**

Advice for new or aspiring physicians and nurses: if medicine is not truly a vocation, don't do it. Learn how to say no. Read broadly, especially the humanities. Get outside often.

**What are some of your favorite hobbies?**

Travel, writing, hiking, slow-motion athletics.

**How long have you lived in Bonners Ferry and what is your favorite part of living here?**

I came to Bonners Ferry in the heavy snow winter of '96-'97. My favorite things about this area include the wonderful people of our county, the bookstore, Iron Mikes, the wildlife, and wilderness accessibility.

# BE IN THE KNOW...

## BCH Job Openings

Whether you are looking to transfer internally or have a friend/ family member looking for a job- it is nice to be informed of current positions in our community! Here is a list of current job opportunities at BCH.

\*Note-positions are subject to change. For the most accurate description of our job openings, please see a member of HR and visit the official BCH Website.

- CNA Extended Care Full-time Positions
- CNA/Extended Care/Part-time/Evenings and Nights
- CNA/Extended Care/Per Diem
- Dietary Aide/Nutrition Services
- Dietary Aide/Nutrition Services/On the Job Training/Parttime
- HIM Tech I/Medical Records/Full-time
- LPN/Extended Care Facility/Full-time
- Occupational Therapist/Full-time
- Phlebotomist/Full-time
- Physical Therapist/Full-time
- Respiratory Therapist/Per Diem
- Revenue Cycle Director/ Full-time Exempt
- RN/Med/Surg/Fulltime/Days/Nights



# PHOTOS & TIDBITS

The final annual Holiday party hosted by the BCH Social Committee turned out to be successful. Thank you to everybody who was working that day and able to attend!

Starting in January we will have a brand new program called The Helping Hearts Program. The purpose of Helping Hearts is to provide limited financial assistance to Boundary Community Hospital employees in times of disaster, personal emergencies or hardships. BCH employees who have reached at least 60 days of employment are eligible to apply for the Helping Hearts program. This program is limited to one BCH employee per household and cannot exceed more than \$500 per rolling calendar year. The Helping Hearts Committee which is comprised of Executive Team members will review anonymous applications and make decisions regarding the dispersal of funds.

Employees who are currently contributing to the Social Committee via payroll deduct will have the option of discontinuing their contributions or allowing them to shift to the new employee program, Helping Hearts. Starting 1/1/24 all contributions to the Social Committee will automatically transfer to the Helping Hearts program. Employees who wish to enroll, change or cancel their deductions to Helping Hearts will need to complete the attached form and return it to Human Resources. Changes will be processed the following pay period after the form is received. To learn more about the Helping Hearts program please visit PolicyTech. [Helping Hearts Program v.1 \(policytech.com\)](https://policytech.com)



# SAFETY FIRST...

## Seasonal Affective Disorder (SAD)

It happens every year; the days become shorter and nights longer. The sky is gloomy and the air cold. Winter has settled in. If we're lucky; the snow will stick, and our quaint little town will become a snowy winter wonderland.

Seasonal Affective Disorder is a type of depression that typically occurs around the onset of winter and late in the fall. A significant decline in serotonin seems to be the main culprit of SAD. Serotonin is an important chemical in our brain that has a large role in affecting our overall mood. Serotonin is most heavily produced by warm sun exposure and through movement of our bodies; both of which can slow down drastically in the wintertime.

The warning signs of seasonal affective disorder aren't always noticeable straight away, but can often compound over weeks and months.

- A shift in your normal mood- feeling sad or depressed.
- A change in appetite- craving more sugar and carbohydrates.
- Loss of interest in normally pleasant activities.
- Shift in sleep habits- either sleeping more or less than usual.
- Loss of energy and motivation and feeling more fatigued.
- Mood changes- feeling more easily irritated, angry or sad.

Even if you have lived in a place like northern Idaho your entire life, you may not always be able to escape some of the symptoms that accompany seasonal depression.

Luckily, winter does not last forever and there are plenty of ways to combat the change in our lifestyle and mood.

- Healthy eating habits- it is so easy to overlook how much our diet affects many other areas of our lives. For example, sugar releases serotonin, which is why we get that addictive and temporarily satisfying rush after consuming sweets. Unfortunately, the rush is always short lived, creating the strong impulse to keep consuming. Magnesium is an essential mineral created by our bodies which aids in performing many important functions, including regulating our blood sugar levels. If we are low on magnesium, that could be one of the reasons our sugar cravings are so strong.



# SAD Continued....

- **Exercise-** even if it isn't much. Studies have shown that we should be getting at least thirty minutes of physical activity per day in order to maintain a healthy and balanced lifestyle. In the wintertime, many of us are likely getting a lot less than 30 regular minutes per day. Walking is one of the easiest ways to get exercise yet is often overlooked. Even if we do a few laps around the building or up and down the halls, it is crucial for our health and will likely improve multiple other areas of our lives.
- **Supplements-** do not be afraid to supplement important minerals. Ideally, we can get the majority of the minerals we need through a nutrient dense diet. However, with inflation, and busy schedules, this is not always consistently possible for everybody.
- **Reach out -** the holiday season and wintertime can be incredibly isolating for many individuals. Not to mention the minimal sunlight and cold weather. If you are feeling especially down or depressed this time of year, remember that you are not alone. It is important to keep a circle of people who you trust to keep your well-being in mind. Whether it is family, friends or coworkers, have somebody in your corner for when the going gets tough.
- **Enjoyable hobbies-** Having hobbies that we do purely for pleasure is a great way to pass the time and make the long winter nights more enjoyable. Whether its crafting, puzzles, baking, etc. having hobbies is an important part in maintaining individuality, creativity and happiness.



# NEW YEAR NEW ME?

The excitement of the new year is upon us. A fresh slate. 365 days to finally become the best version of ourselves.

For many, the new year signifies fresh opportunities to do all of the things we have been wanting to do. But for just as many, the new year does not hold as much importance.

Whether you choose to make resolutions or not, the new year can be a fun time to make changes, big or small.

We asked a handful of BCH employees if they believe in resolutions, and if so- what are they?





# WELL WISHES LANA

**Lana Herzinger has been an important part of the BCH operation for 12 years. She now begins the next chapter of her journey- retirement!! Thank you to those who were able to come by and send Lana off with your presence and well wishes, she has extended her gratitude to everybody.**

