

ISSUE #12
JANUARY, 2024

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.

“The best way out
is through”

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



CONTENTS

IMPORTANT NEWS

COMMUNITY HIGHLIGHTS

EMPLOYEE SPOTLIGHTS



Page 1
SPARK Meaning

Page 2
**SPARK of the
Month**

Page 3
Sparkle Moments

Page 4
Get to Know Our CNO

Page 5
**January Employment
Anniversaries**

Page 6
**BCH Employment
Opportunities**

Page 7
Provider Spotlight

Page 8-9
Safety First

Page 10
Festival of Hears

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



BOUNDARY
Community Hospital

SPARK OF THE MONTH

FEBRUARY 2024

ROBIN OWENS

ACTIVITIES COORDINATOR, ECF



Robin consistently embodies the BCH Values of Compassion, Integrity, Professionalism and Knowledge. She is kind and helpful to her coworkers from the smallest of problems to the biggest. She is always willing to come in when there is a call-in and has such a great attitude with patients. Thank you for everything that you do, Robin!

Sparkle Moments

Cassy Schleif-

Change is hard-Paycom is harder. Cassie has gone above and beyond for countless employees, and I know I am super grateful for her patience and dedication!

-ED Team

Kris Holdren-

She helps me every day with honing my skills for my job. I am very grateful for her help.

-Sam

Rosemary DiVittore-

Rosemary goes above and beyond for our patients. She is exceptionally thorough and ensures we have all their information and records, some of which are quite challenging to obtain. This has improved patient care. She is great to work with.

Pim & Pam--

Thank you so much, for getting dinner out to our hungry alc patients & ECF Residents, then staying to clean the kitchen, all in the midst of our flooding crisis!! You ladies went above and beyond!

-Night Housekeeping

Bryce Cordle-

I met our new CNO today. During a TSE in the ED, I found him toileting a dementia patient, singing to him and calming his VERY agitated state. If that isn't "caring for our community every day" then I don't know what is. Welcome Bryce!!

-ED Team

Eric Bender-

Eric takes "informed consent" to a whole new level...using age/comprehension level to explain things like, "hyperkalemia is like making Kool-Aid." Our patient understood Kool-Aid and began to relax.

-ED Team

Bryce Cordle-

Thank you for jumping right in during or flooding crisis and making sure all ran as smoothly as possible, while staying cool, calm & collected. You're a great addition to our team!

-Night Housekeeping

GET TO KNOW ME

Bryce Cordle is our new Chief Nursing Officer here at BCH. Many of us have already met Bryce, so let's learn just a little more about him.

Can you tell us a little bit about yourself?

I have spent the vast majority of my life in the Panhandle of Idaho, although I was born in Missoula. I married my wife Kristina in 1996 when I was in the middle of Nursing School. We have been blessed with 6 children and currently have 4 grandchildren (with more being promised). We have lived on Boundary County for the past 22 years and built a home on Deep Creek.

Can you tell us a little bit about what you do at BCH?

As the Chief Nursing Officer here at BCH I am responsible for ensuring that we are offering the best patient care possible. I also have a strong interest in ensuring we are working together as a great team and supporting each other constantly. I want to know that you have what you need to do the best job possible, and I want to support your success! I am also responsible for our Quality and Risk Management programs, and the data collection and reporting that go along with those programs.

How long have you been in nursing and where did you receive your education?

I have been in Nursing for 25 years. Just saying that makes me feel old! I started out as a LPN at North Idaho College and went on to obtain an ADN from Excelsior College in New York. I received a BSN from Western Governors University in 2020.

What advice would you have for somebody who is interested in pursuing a career in nursing?

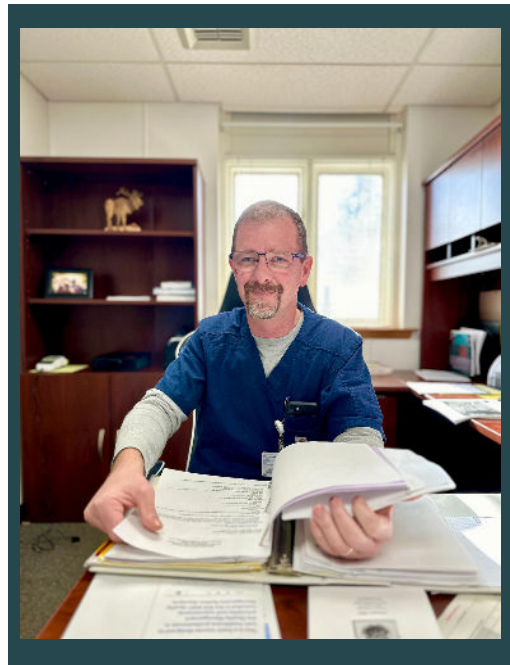
Nursing is a great job, but make sure you take some time to understand what the job really is. Most people don't really understand what it is to be a nurse unless you have spent a bit of time checking it out. Once you have decided that this is what you want to do then pick a great school and get into it. The opportunities available in Nursing are excellent!

What are some of your favorite hobbies?

I enjoy camping with my family, hunting, exploring new country, fishing and watching my kids and grandkids learn new things. I love spending time with my wife doing whatever she wants to do.

What is your favorite part of living in Bonners Ferry?

Bonnors Ferry has such a great, community oriented feeling. I love the pace of life here and the ability to both enjoy people and get away from them in the same place. Oh yeah- also the mountains- the mountains are phenomenal!



Did you always know you wanted to work in healthcare?

I never dreamed I would be a nurse when I was growing up. Nobody in my family was involved in any type of healthcare occupation. I wanted to be a trucker, a police officer or a logger. Someone once said "We make our plans and God laughs". So true... I first saw the huge need for healthcare during a mission trip in Honduras. That changed my life, and sparked my interest in Nursing.

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

I love the reality that we can make a difference in the lives of people. Both at the bedside and as a team. I still really enjoy patients and helping them understand their diagnosis and the path to recovery. I love hearing their stories and helping them feel better. At the same time I love seeing us improve as an organization, making sure that we are truly offering excellent care to every patient who trusts us with their healthcare needs.

January 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!!!

Gina Gallette	2013
Claudia Erickson	2017
Eric Bender	2023
Jolene Leduc	2023
Chris Currie	2011
Alisa Yount	2014
Gary Hines	2019
Rosemary Divittore	2023
Marie Reichert	2021
Tina Allen	2021
Christopher Bryant	2023
Melenie Hanson	2012
Melanie Helms	2023
Jim Lathrop	2023
Zin Ponce	2020

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.

- Activity Aide-Full-Time
- Certified Medical Coder- Full-Time
- CNA Extended Care-Per Diem
- CNA Extended Care-Part-Time
- CNA Med Surge- Per Diem
- HIM Manager- Full-Time
- Licensed Practical Nurse/ or Registered Nurse-Full-Time
- Medical Records Clerk/ HIM Tech I- Full-Time
- Occupational Therapist-Full-Time
- PFS Manager- Full-Time
- Physical Therapist-Full-Time
- Physical Therapist- Per Diem
- Registered Nurse/Med Surge- Full-Time Days
- Registered Nurse/ Med Surge-Full Time Nights
- Registered Respiratory Therapist- Per Diem
- Revenue Cycle Director- Full-Time

PROVIDER SPOTLIGHT

DR. PRUITT



Boundary Community Hospital is filled with many talented doctors and providers. Among the talent is Doctor Mark Pruitt. Let's learn a little bit about him!

Can you tell us a little bit about yourself?

I grew up in Cottage Grove, Oregon which is a small logging town. My wife is Stephanie, and we have four children- 2 boys and 2 girls spanning between 4 -12 years old.

What do you do here at BCH?

Emergency Department Physican. I evaluate and treat all patients who desire emergency treatment.

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

AT Still University – Kirksville College of Osteopathic Medicine. Kirksville Missouri. Graduated in 2014. Residency in Chillicothe Ohio.

Did you always know you wanted to be a doctor?

No. I wanted to be an aerospace engineer. I gained the desire to be a doctor while on a 2-year church mission in West Africa where I saw the consequences of inadequate healthcare.

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

The relationships that you form with others will affect your career more than academics. Network, be approachable, and stay in contact with others.

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

I enjoy finding the root cause of a problem and being able to give actionable advice on how to fix it.

What are some of your favorite hobbies?

Sailing. Studying sailing. Practicing sailing. Daydreaming about sailing...

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

6 years. My favorite part about living here is the environment with the mountains and pines.

THANK YOU FOR ALL THAT YOU DO!



SAFETY FIRST

Stress

What it is and why we need to manage it

According to the World Health Organization , **stress** is defined as a state of worry or mental or physical tension caused by a difficult situation.

Since the beginning of time, we have experienced stress in one form or another. Stress begins in our brains. Our amygdala interprets uncomfortable or dangerous feelings, sounds and images then sends a message directly to the hypothalamus. The hypothalamus acts as the command center in our brains and sends signals to the rest of our body through the automatic nervous system. This is when we start to recognize stress in our bodies. Our hear rate speeds up, breathing can increase, our bodies may tense up and adrenaline is released into the bloodstream.

Over time, stress can have drastic and harmful effects on our body and mind. Health conditions such as muscle tension, digestive issues, hypertension, trouble sleeping, weight loss or gain, heart disease, susceptibility to cancer or strokes, and many others have been shown to be symptoms of chronic stress.

Stress today can look different for everybody. It can be a difficult medical diagnosis, not being able to pay your bills, a separation from a partner, a big move, death of a loved one or any other number of life events. Unfortunately, stress is unavoidable. We will all face many difficult situations in our lives, that much is certain. How we respond to stressful situations can be critical in the overall management of life and its unavoidable stressors.



Stress Continued....

Since we cannot avoid stress, the next best thing is to manage it. Research has shown that the following are some of the most helpful ways to manage and mitigate stress.

Sleep: Getting enough sleep is likely one of the best ways to improve and maintain stress. Our brains and bodies cannot function properly if not given adequate time to rest.

Exercise: Exercise releases endorphins which is our most prominent feel-good hormone. When going through a difficult time, any sort of physical activity will likely help to improve and regulate your mood.

Medication: Fortunately, modern medicine provides us with amazing tools right at our fingertips. Medication has been developed that can specifically help with mood and stress management.

Avoid mind altering substances: Substances such as recreational drugs and alcohol can often be extra harmful when our bodies and minds are already in difficult places. It is best to limit or eliminate substances that negatively affect us.

Talk it out: We should not have to go through life alone, especially when we are going through a difficult time. Having a family member or friend to talk to can be incredibly beneficial.

Eating a Balanced Diet: Over processed foods can have a more negative effect on us than we realize. Eating whole foods is going to help our bodies and brains function to the best of their abilities.

Prayer/Meditation/Mindfulness: However you choose to let your problems go, it can be one of the best ways to relieve stress. There is no doubt that certain situations are out of our control. Accepting that and knowing how to let it go can be incredibly powerful.





PLEASE JOIN US FOR A DINNER GALA
WITH LIVE AUCTION & DESSERT DASH
FUNDS RAISED BENEFIT BOUNDARY COMMUNITY HOSPITAL

Festival of Hearts Gala
Cocktail Hour
Chateau Briand with Sweet Potato Puree

Vegetarian option available

February 17, 2024 @ 5:00 pm
\$100/plate



<https://www.boundarycommunityhospital.org/festival-of-hearts/>