

DECEMBER
2020



Vision

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Page 2
**Senior staff
participate
in strategic
planning**

Also in this issue:

- Mayor's Proclamation
- Hospital CEO Recognized
- Outpatient Clinics Calendar
- Winter Blues and Social Isolation



*Wishing You a Warm and
Peaceful Holiday Season!*

**Memorial "Trees of Life"
benefit ESH Hospice**

Thank you for your support.

Empowering Strength and Hope

Senior staff engages in strategic planning



Excelsior Springs Hospital has been quite busy in 2020. But sometimes, being busy can cause challenges with a hospital's future planning. With so many changes in the organization this year, the leadership team opted to use some outside help to define its focus.

Chief Executive Officer Kristen DeHart explained, "We worked with Performance Dashboard to assimilate focus for the hospital. The Senior Team was invited to start the process after completing a Clifton Strength test. The results from the 177 question test was enlightening."

DeHart talked about her own enlightenment. Going into the process, she felt that her role as CEO required her to own all of the hospital operational processes, to know all of the answers and to be able to lead the team through the process. Using the Clifton Strength assessments, she realized that she was surrounded by a team that have a multitude of strengths and talents that they bring to the team. As a "developer", DeHart could play her role in building the team, investing in the people, and receive a personal reward in return for helping

others succeed.

Using the time to prioritize, senior staff realized that between them, there were countless current projects, many that were close to completion. Taking the time to prioritize the list and establish timelines, the team quickly discovered that more than half of the projects were close to completion. With a mantra of "Empowering Strength and Hope", the team quickly came to the consensus that that the priority for the organization is its people. Focus on employees, staff and physician engagement, safety in the environment and recognition are the leading priorities.

In speaking with Bob Craven, who has been serving on the Hospital Board for over 30 years and is currently serving as President, said, "When we lost our previous CEO, there were two years that the board spent in finding a replacement. We took our time and by doing so we have chosen a great asset in having Kristen lead the organization. She's very active in the communities and on boards throughout the region representing the

Continued Next Page

Planning continued from page 2

hospital and finding partnerships that will bring success.”

Craven went on to praise the senior team, especially the new Chief Financial Officer Cameron Meyer, “Cameron has worked countless hours to find funding resources and options that have provided amazing returns.”

The innovation in bringing in the DaVinci robot for surgeries has made a great difference. Where before there were 5-10 surgeries a week, now there are sometimes 10-30 for a big difference. Investing in the Outpatient Clinics, bringing the Primary Care physicians onto the hospital campus, and opening a pharmacy at the first of the year, are all huge milestones that have moved the organization forward.

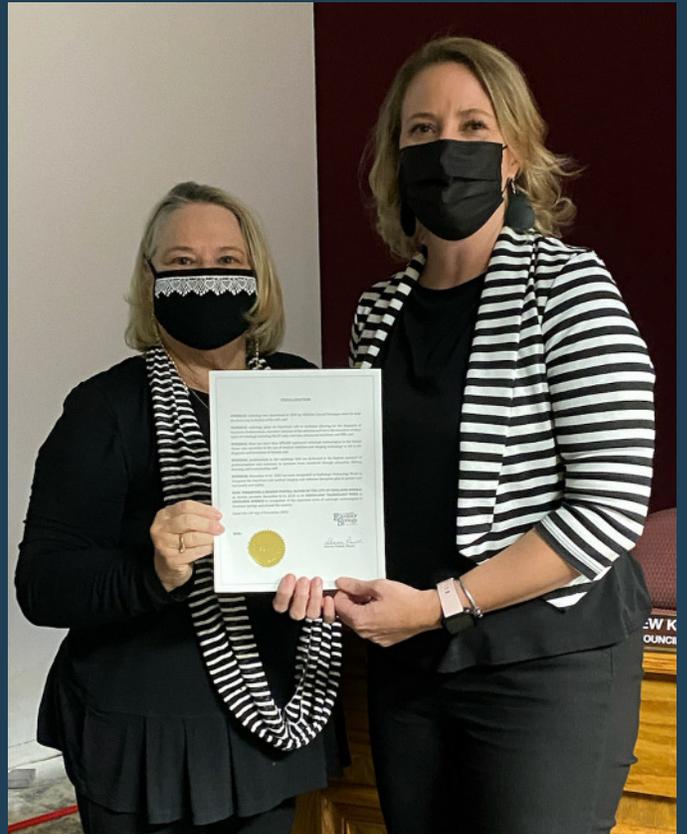
“Now there is a team effort. What impressed me most about the leadership team is that they all seem to like one another and enjoy being with each other. There’s now continuity and coordination between departments,” Craven said. “Kristen has been a breath of fresh air and her team brings about fresh and innovative ideas that will secure that ESH is here in the long run.”

Even when faced with the pandemic, the Leadership team has had a strong focus on financial stability and despite the challenge, the hospital has fared well. They’ve continued program development, recruitment and constructions that has helped to achieve a part of their vision in continuing to bring healthcare to our community.

“I am confident that we are on a great path that will improve our performance, and most importantly, be here for generations of healthcare to come for our community,” DeHart said.

With a revised mission statement, the senior leadership team has released a new mission statement for the community that it serves saying, “Excelsior Springs Hospital is a community-driven health system providing superior care through our team of passionate health professionals. We partner with our community to offer personalized, innovative health, and wellness choices close to home.”

Mayor’s proclamation honors radiology



Mayor Sharon Powell, left, presented Tonya Deason, Director of ESH Radiology, with a Proclamation in recognition of the field of radiology at the November 16 city council meeting.

The proclamation reads as follows:

WHEREAS, radiology was discovered in 1895 by Wilhelm Conrad Roentgen when he took the first x-ray in history of his wife; and

WHEREAS, radiology plays in important role in medicine allowing for the diagnosis of fractures, broken bones, and other ailments of the skeleton and led to the invention of other types of radiology including the CT scan, real-time ultrasound machines, and MRI; and

Continued on page 4

Hospital CEO recognized

Excelsior Springs Hospital CEO Kristen DeHart was presented with the Excelsior Springs Business Women of Missouri Activist Award for recognition of her outstanding community leadership. Kristen, pictured left, worked to reorganize the hospital, helped bring COVID-19 testing to Excelsior Springs and Lawson, partnered with the Excelsior Springs Community Center to establish Wellness programs, and advocated for the passage of Proposition B, which will provide healthcare to thousands of Missouri residents.

ESBWM President Courtney Cole presented the award, given annually to a local woman.



PRE-REGISTER:
HEARTTOHEART.ORG/CLAYCOVID/

DECEMBER COVID TESTING DATES

Excelsior Springs

Friday, Dec. 4, 2020, 9 am - 12 pm
Woods Memorial Church "Hitch Lot"
Downtown Excelsior Springs from South St.

Friday, Dec. 11, 2020, 9 am - 12 pm
Crescent Lake Church, St. Louis Ave.

Friday, Dec. 18, 2020, 9 am - 12 pm
Woods Memorial Church "Hitch Lot"
Downtown Excelsior Springs from South St.

Kearney

Monday, Dec. 14, 2020, 10:30 am - 1:30 pm
United Methodist Church, State Route 92

Monday, Dec. 28, 2020, 10:30 am - 1:30 pm
United Methodist Church,
State Route 92



Proclamation continued from page 3

WHEREAS, there are more than 300,000 registered radiologic technologists in the United States who specialize in the use of medical radiation and imaging technology to aid in the diagnosis and treatment of disease; and

WHEREAS, professionals in the radiologic field are dedicated to the highest standard of professionalism and continues to maintain these standards through education, lifelong learning, and credentialing; and

WHEREAS, November 8-14, 2020 has been designated as Radiologic Technology Week to recognize the important role medical imaging and radiation therapists play in patient care and health care safety:

NOW, THEREFORE, I, SHARON POWELL, MAYOR OF THE CITY OF EXCELSIOR SPRINGS, do hereby proclaim November 8-14, 2020 to be RADIOLOGIC TECHNOLOGY WEEK in EXCELSIOR SPRINGS in recognition of the important work of radiologic technicians in Excelsior Springs and around the country.

Dated this 16th day of November 2020.
Sharon Powell, Mayor

SPECIALTY PHYSICIAN CLINICS - DECEMBER 2020

All clinics are subject to change due to the recent COVID-19 pandemic.
We encourage patients to call 816-629-2700 prior to your scheduled appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 ENT - Dr. Coffman Rheumatology - Dr. Scott	2 GI Clinic - Dr. Coleman	3 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell	4 Dermatology - Dr. Tonkovic
7 Surgery - Dr. Nespor	8 Rheumatology - Dr. Scott	9 GI Clinic - Dr. Coleman	10 Orthopedics - Dr. Justice Podiatry - Dr. Shemwell	11 Interventional Pain - Dr. Hamilton
14 Cardiology - Dr. Maragos Oncology - Dr. Beeki Surgery - Dr. Nespor	15 ENT - Dr. Coffman Rheumatology - Dr. Scott	16 GI Clinic - Dr. Coleman	17 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell	18 Dermatology - Dr. Tonkovic
21 Surgery - Dr. Nespor	22 Rheumatology - Dr. Scott	23	24 <i>Christmas Eve</i>	25  <i>Merry Christmas</i>
28 Cardiology - Dr. Madrigal Surgery - Dr. Nespor	29 Rheumatology - Dr. Scott	30	31 Podiatry - Dr. Shemwell <i>New Year's Eve</i>	

Now Online!

AUXILIARY GIFT SHOP

Seasonal Decor Items Great for Gift Giving!
Your tax-free purchase helps fund needed items for hospital departments.

<https://eshospital.org/gift-shop>



Winter Blues and Social Isolation

Senior Life Solutions is here to help.



With the holidays approaching and colder winds moving in, feelings of loneliness and depression may accompany the change in season. For many, this year may present added challenges due to stress and social isolation brought on by the COVID-19 pandemic. The weight of winter blues may feel heavier, especially for the elderly population.

According to the American Psychological Association, more than 12 million Americans over age 65 live alone. Beyond the feelings of stress and anxiety that may accompany wintertime and the upcoming holidays, families are facing the death of loved ones, grave illnesses, prolonged isolation, and loss of income due to the pandemic. These stressors can make the holiday blues feel even bluer this year, and Excelsior Springs Hospital's Senior Life Solutions program is here to help older adults in the community.

Lindsey Hash, Program Director for Senior Life Solutions said, "This time of year can be a reminder of lost loved ones, lack of access to family traditions, or other changes that may bring about stress and anxiety. These feelings may be exacerbated by the stressors of the pandemic. Many seniors in our community who are practicing social distancing due to COVID-19 may not see their family during the holidays this year. As a community, we must step up and identify individuals in need of support."

Senior Life Solutions is an intensive outpatient group therapy program designed to meet the unique needs of older adults typically ages 65 and older struggling with depression and anxiety often related to aging. They focus on helping seniors in the community navigate difficult life transitions and regain their quality of life not just during the holi-

day season, but year-round.

For many, the holiday blues will bring temporary feelings of depression or anxiety during the holiday season; however, for some those feelings will linger. Individuals who are already struggling with their emotional health should take steps of extra self-care during this time.

Below is a list of suggestions that may help counteract the holiday blues:

- Get enough sleep or rest
- Spend time speaking with supportive people on the phone
- Don't drink alcohol if you are feeling down
- Take walks
- Stay within budget
- Set reasonable expectations
- Do something you enjoy whether it be walking the dog, or sewing a new scarf
- Enjoy all the wonderful food but don't binge
- Find a local organization who is organizing a phone bank to call seniors who are isolated by COVID-19
- Celebrate a loved one's life by sharing positive memories
- Forgive yourself, we all make mistakes

For some, the holidays can bring on temporary depression, and for others, it may be chronic.

For more information on how we can help, call 816-629-2629.



**Senior Life
Solutions®**