

JULY  
2021



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# Vision

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*The importance of sleep...*

## What emergency room doctor Brad Hoffman says you need to know

With new strains of COVID-19 becoming more widespread, Excelsior Springs Hospital Emergency Department Director Dr. Brad Hoffman took a moment between caring for patients to address those concerns, but also discuss the importance of another aspect of health that is often overlooked, which is sleep.

Sleep impacts us all individually but the inherent ramifications of a lack of sleep exist, too, and could impact others. "When you sleep six hours or less a night, it affects your driving, your ability to focus while at work, your productivity, as well as your physical and mental health," Dr. Hoffman said. "Too often we disregard the importance of adequate, consistent sleep."

Dr. Hoffman recommended the book "Why We Sleep" by Matthew Walker, an English scientist



and professor of neuroscience and psychology at the University of California, Berkeley. Walker is a public intellectual focused on the subject of sleep. What Dr. Hoffman likes about the book is that it was not only entertaining, it was also "eye opening" and does a good job of putting in layman's terms the benefits and repercussions of sleep.

"The amount of sleep you get can impact your immune system, making it less responsive if it lacks

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# Happy July!

I have always loved July because of summer, sunshine, fireworks and my birthday! This month has provided many great gifts! Our hospital has new heating and air conditioning units, and we are all enjoying the comforts of great air circulation! Our Lawson Clinic had a great opening in July and hosted tours during the Lawson City Picnic! Next up on the agenda is improvements with our security systems. We continue to grow with new employees, new specialists, new partnerships, fresh perspectives and new equipment that is continuing to bring improved health care closer to home!

June was a banner month for the hospital, seeing more patients in the ED and in our Outpatient specialty clinics. We are excited to receive feedback from many of our patients – sharing great stories of care, compassion and being able to have services right here! Our commitment is to continue to bring more services to you and keep our community safe and healthy! Thank you for your support of our hospital, clinics, and ancillary services Home Health and Hospice.

Speaking of safe.... unfortunately, COVID has continued to prevail, and the new variant is stronger than ever. We are required to follow the Clay County Public Health and CDC guidelines, and highly encourage everyone 12 and older consider getting vaccinated (including those that have had COVID in the past). The Delta strain is much different than what we saw last year – affecting younger ages - children, teens and early adults, is highly contagious, with sudden onset of symptoms and those that are affected are getting and staying sick. Regardless of your beliefs on vaccinating or not, wearing masks in public places, practicing



Kristen DeHart, CEO, Excelsior Springs Hospital

proper handwashing and again – keeping your distance will provide the very best chances we have to get past this! Please do your part to help stop the spread!

If there are questions or suggestions that you have, our team would love to hear from you! Cheers for a safe and healthy summer!

*- Kristen DeHart*

## ***The importance of sleep*** continued from page 1

immune system, making it less responsive if it lacks adequate rest,” Dr. Hoffman explained. “Sleep goes right along with exercise, eating well, and the other aspects of life that keep us healthy.”

Dr. Hoffman also recommended the impor-

tance of talking to your family doctor about immunizations.

When it comes to COVID-19, he says, “Get immunized. Get educated and trust the people who have dedicated their lives to science. It’s that simple.”

# CARES funding helps ESH breath easier



New ventilation equipment being lowered into place at ESH will improve air quality to fight COVID transfer.

The Excelsior Springs Hospital has utilized its allocated CARES funding to upgrade ventilation throughout the hospital and ventilate the new Lawson Primary Care Clinic properly. The project's goals included improving the air quality for covid precautions and better security for the purposes of social distancing.

"What we've really had are three projects with two phases," explained Environmental Health and Safety Director for the Excelsior Springs Hospital Richard Acuna. "The projects entailed buying the air handling units, installing them, and then setting up controls. The first phase was to secure the external parts of the project, which are now complete, and the next phase will be working internally to connect everything."

Despite the short timeframe that they've had to work in, the construction is being designed in a way that brings little disruption to the workings of the hospital. This is so health services aren't spared for the sake of doing the work. Another aspect of the work is the infection prevention process of the construction. In best practice for a healthcare setting, barrier walls are being used to separate construction from the public, as opposed to using plastic. In addition to this, the construction space is also treated with ultraviolet air scrubbers to keep any contamination out of public areas.

"The new Lawson Primary Care is an example of

post-covid standard for clinical spaces," stated Acuna. "It's really bringing those hospital type standards into a clinical space, improving infection prevention for all."

The Lawson Primary Care space was fitted for HEPA filtration and also includes UVD lighting for ridding COVID in the air. The system essentially takes air from each space inside the clinic and ventilates it outside. Meanwhile, the air being brought into the space is treated first, guaranteeing continued fresh air for everyone there.

In addition to this unique ventilation system, the system is also considered a "smart" system, which is more energy efficient and also reduces the carbon footprint. It's advanced technological features also allows for contact tracing to occur for all employees. Through a tracking system in their badges, they will quickly be able to tell who was in what space for any given amount of time, in order to directly isolate only those workers who would have come into contact with a patient suffering any contagious disease.

"Installing these systems into the hospital's infrastructure will help to reduce costs over time and provide both patients and health care workers an environment where everyone feels safe," Acuna concluded. "It's the future for healthcare systems and now we have it right here."

# ESH introduces new Outpatient Clinic physicians



**DR. MIKE KOZMINSKI, MD, FACS** has joined the Outpatient Clinics specializing in Urology. He completed his residency and earned his doctorate from the University of Michigan.

Dr. Kozminski is a member of the American Urologic Association, Buchanan County Medical Society, and Missouri State Medical Association. He is a diplomate of the American Board of Urology and National Board of Medical Examiners.

Dr. Kozminski treats prostate diseases, kidney and bladder cancer, kidney stones, impotence, hernias, vasectomy and reversals, incontinence, male infertility, urinary tract infections, hematuria, laparoscopic and provides minimally invasive surgery.

Dr. Kozminski, along with partner, Dr. Michael Aberger, below, see patients four days per month, including surgeries.

**DR. MICHAEL ABERGER, MD** has joined the Outpatient Clinics specializing in Urology. He completed his residency at the University of Kansas Medical Center in urologic surgery. Dr. Aberger earned his doctorate from the Medical College of Wisconsin.

Dr. Aberger is a member of the American Urologic Society since 2012, is a diplomate of the American Board of Urology and the National Board of Medical Examiners.

He treats prostate diseases, kidney and bladder cancer, kidney stones, impotence, vasectomy and reversals, incontinence, male infertility, urinary tract infections, hematuria, pelvic organ prolapse, overactive bladder and female urology.



**DR. NEHA CHAUNDHRY, DO** has joined the Outpatient Clinics specializing in Rheumatology, seeing patients weekly on Tuesday. She completed her residency at NOVA Southeastern University in South Florida. Dr. Chaundhry earned her doctorate from the Midwestern University - Chicago College of Osteopathic Medicine.

Dr. Chaundhry treats abnormal ANA, fibromyalgia, giant cell arteritis, gout, inflammatory myopathies, lupus, osteoarthritis, osteoporosis, polymyalgia rheumatica, Raynaud's Phenomenon, rheumatoid arthritis, scleroderma, spondyloarthritis, and vasculitis.

**DR. SAMIRAN PATEL, MD, FCCP** has joined the Outpatient Clinics specializing in Pulmonology, seeing patients every other Thursday. He completed his residency at University of Arizona Health Sciences Center, Tucson, AZ. Dr. Patel earned his doctorate from the M.P. Shah Medical College, Saurashtra University, Jamnager, India.

Dr. Patel is a member of the American College of Chest Physicians and American Thoracic Society.

Dr. Patel treats asthma, bronchitis, COPD, emphysema, insomnia, pneumonia, pulmonary embolism, pulmonary hypertension, sleep disorders and other conditions.



# SPECIALTY PHYSICIAN CLINICS - JULY 2021

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 Orthopedic - Dr. Cornett Pulmonology - Dr. Patel Podiatry - Dr. Shemwell	2
5  Observation	6 ENT Clinic - Dr. Coffman Rheumatology - Dr. Chaudry Rheumatology - Dr. Scott	7 Dermatology - Dr. Tonkovic GI Clinic - Dr. Coleman	8 Orthopedic - Dr. Justice Podiatry - Dr. Shemwell	9 Pain Clinic - Dr. Hamilton
12 Oncology - Dr. Beeki Surgery Clinic - Dr. Nespory	13 Rheumatology - Dr. Chaudry Rheumatology - Dr. Scott Urology - Dr. Aberger	14 GI Clinic - Dr. Coleman Urology - Dr. Kozminski	15 Orthopedic - Dr. Cornett Podiatry - Dr. Shemwell Pulmonology - Dr. Patel	16 Dermatology - Dr. Tonkovic Pain Clinic - Dr. Hamilton
19 Surgery Clinic - Dr. Nespory	20 ENT Clinic - Dr. Coffman Rheumatology - Dr. Chaudry Rheumatology - Dr. Scott	21 Urology - Dr. Aberger	22 Podiatry - Dr. Shemwell	23 Pain Clinic - Dr. Hamilton
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—FRANK GUZZETTA



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