

OCTOBER
2021



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At The
Hospital:
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Events at
ESH and
Community
Center**

Vision

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PAIN MANAGEMENT SOLUTIONS AT ESH

Dr. Dennis Hamilton works with individual's needs

For residents that are experiencing pain, tingling, or numbness, the Excelsior Springs Hospital's Outpatient Clinics offers a Pain Management solution with treatment through Dr. Dennis Hamilton's care. Dr. Hamilton is board certified and has been offering Orthopedic Pain Management for more than 30 years.

Dr. Hamilton explained that as we age, the discs in our spine have a tendency to deteriorate over time. When the deterioration occurs the individual experiences pain along their spine. Individuals could develop spinal stenosis, which is a narrowing of the canal where the nerve endings come out of the spinal cord, then running to your arms and legs. Most can be treated with spinal injections but every case has to be assessed before beginning treatment.

Nonsurgical treatment is always approached first, but a spinal cord stimulator can be used for those who have had one or more surgeries and are still experiencing pain. This option sends a low level of electricity directly into the spine to bring relief. Another solution may be a vertiflex implant, which is a procedure that restores the space surrounding the nerves.

With awareness of the growing opioid epidemic, Dr. Hamilton says that in some cases, the deterioration may be so severe that prescribing opioids is necessary. Working with each individual's needs in mind, Dr. Hamilton establishes a health plan that will seek to resolve ongoing pain issues.



"The nursing staff, clinics, and operating room here are as good as any in the Kansas City area," Dr. Hamilton said. Having grown up in a small rural community in South Bend, Indiana, Dr. Hamilton expressed his love for serving the smaller communities.

Dr. Hamilton's Pain Management Clinic is offered the 2nd and 4th Mondays of the month. To make an appointment with Dr. Hamilton, please call 816-629-2700. For more information, visit https://bit.ly/ESH_DrHamilton.

Hello and happy October!

What a great time of year it is – falling leaves, pumpkins and a change of season. Even if you aren't quite a winter fan, these cooler days sure are welcome.

Our Excelsior Springs Hospital team has focused our attention on our PEOPLE throughout the year. October is the time to showcase some of our best highlights. With the help of our Excelsior Springs Healthcare Foundation, we are recognizing 12 individuals this year, for their service and Commitment to Caring. The Foundation, under Dr. Kent Powell's leadership has been an integral part of our Employee Awards and recognition. Following social distancing guidelines, we have continued to find ways to celebrate our successes as we highlight the good that is happening in our organization.

With over 25 nominations, the Committee had their work cut out this year. Each of our nominees and award winners will be highlighted in video clips that have been captured this week during celebrations at the hospital. The videos will be shown during our 2nd annual "A Night at the Hospital" event. The event link will be live on our Hospital's website, beginning at 7:00pm on Thursday, October 21st. Join us from your living room for a great night of awards, prize drawings, fun auction items to bid on and a final drawing for \$1000!

2021 continues to be an interesting year for us all. As the COVID-19 pandemic continues, we find ourselves to be in a great position to help. Our



Commitment to Caring over this year was realized in many ways as we turned our services outward to give back to the Community. Our event will showcase many of those great partnerships.

For a community hospital, we have some lofty goals and continue to push for new programs, providers and opportunities. I am proud of the commitment that our 300+ team members provide every day. We are proud of our communities and honored to help – in any way and always.

Thank you for your support. Hope to see you virtually on October 21st!

Kristen DeHart, ESH CEO

COMMITMENT TO CARING AWARD NOMINEES

UP AND COMING AWARD

Brandon McWilliams, Briana Deal, Brianna Tucker, Chance Storm, Dr. Dennison Hamilton, Jean Ann Thompson, Joyce Teegarden, Nancy Jones, Raschelle Dotson

COMMITMENT TO CARING AWARD

April Mackey, Colleen Jackson, Courtney Jones, Felisha Summers, Holly McMillan, Janet Newell, Maria Abernathy, Nicole Shields, Petisha Davis, Samantha Henson

DIRECTOR OF THE YEAR

Angela Ochoa, Deann Schoenfield, Erica Eckersley, Jennifer Pantleo, Keith Vanbebber, Lisa Fielder, Tonya Deason

YOU ARE CORDIALLY INVITED TO THE 2ND ANNUAL

A NIGHT AT THE HOSPITAL

Virtual Gala

OCTOBER 21, 2021

7:00-8:30PM

*A Night of Celebration
Empowering Strength & Hope*

**FOR VIRTUAL TICKET
INFORMATION, VISIT
ESHOSPITAL.ORG/NIGHTATESH**

Sponsored By:



**HEALTH CARE
FOUNDATION**

**WITH YOUR SUPPORT LAST
YEAR, WE WERE ABLE TO RAISE
\$51,728 FOR EQUIPMENT IN OUR
OUTPATIENT CLINICS! THIS
YEAR, ALL PROCEEDS WILL GO
TOWARDS THE PURCHASE OF
MEDICAL EQUIPMENT FOR THE
EXCELSIOR SPRINGS HOSPITAL!**

October brings opportunities for involvement



Hospital Builds Awareness

Above, staff at Excelsior Springs Hospital took a walk around the hospital campus in memory of the 132 lives lost daily in the United States for **Suicide Awareness Month**.

At left, Courtney Jones poses with umbrellas that are being given to anyone having a mammogram at ESH in October.

OCTOBER F.U.S.E Events

The Excelsior Springs Hospital and Excelsior Springs Community Center have partnered to improve wellness and offer prevention methods for a better health in our community. Classes held at the Community Center, 500 Tiger Drive.

19th

**Eat Better; Eat Together Education:
11:30 AM**

28th

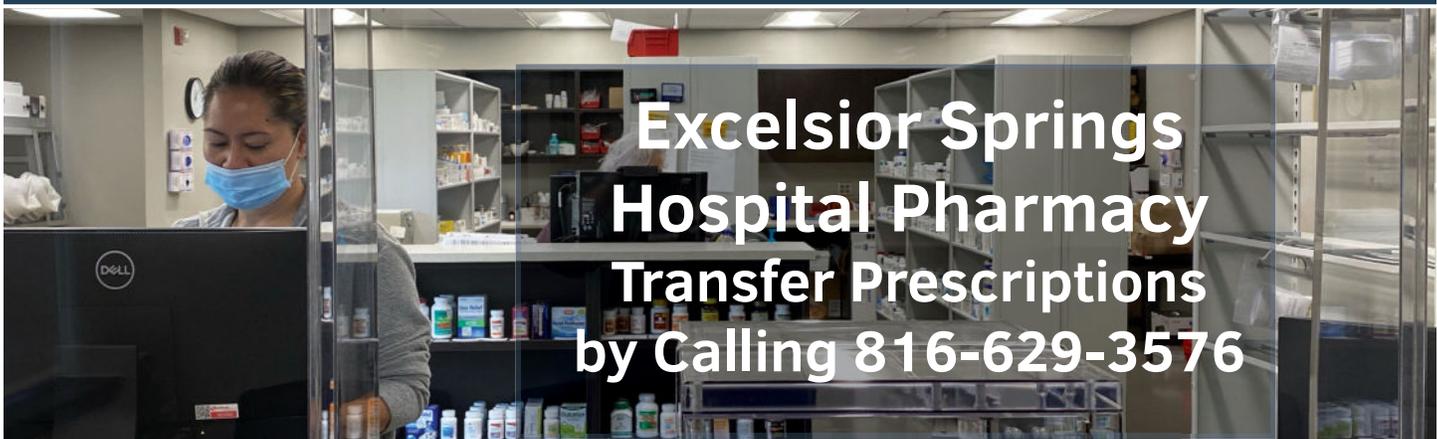
**Demystifying the Advanced Directives.
Learn the what, who, when and why of
these important written statements:
11:30 AM**



SPECIALTY PHYSICIAN CLINICS - OCTOBER 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 Pain Management - Dr. Hamilton
4 Surgery Clinic - Dr. Nespor Oncology Clinic - Dr. Beeki	5 ENT Clinic - Dr. Coffman Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	6 Dermatology - Dr. Tonkovic	7 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell Urology - Dr. Aberger	8 Pain Management - Dr. Hamilton
11 Cardiology - Dr. Madrigal Pain Management - Dr. Hamilton Surgery Clinic - Dr. Nespor	12 Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	13 Urology - Dr. Kozminski	14 Orthopedics - Dr. Justice Podiatry - Dr. Shemwell Pulmonology - Dr. Patel	15 Dermatology - Dr. Tonkovic Pain Management - Dr. Hamilton
18 Surgery Clinic - Dr. Nespor Oncology - Dr. Beeki	19 ENT Clinic - Dr. Coffman Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	20	21 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell	22 Pain Management - Dr. Hamilton Urology - Dr. Aberger
25 Cardiology - Dr. Maragos Pain Management - Dr. Hamilton	26 Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	27 Urology - Dr. Kozminski	28 Orthopedics - Dr. Justice Podiatry - Dr. Shemwell Pulmonology - Dr. Patel	29 Pain Management - Dr. Hamilton

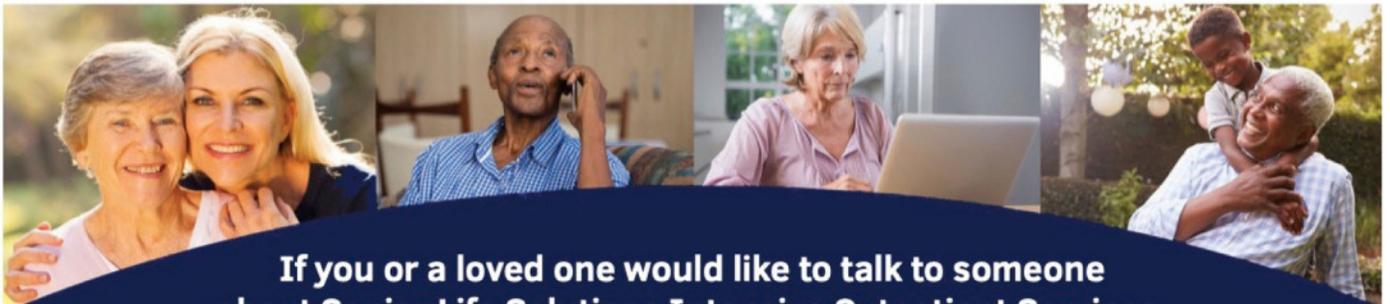


Emotional Support From the Comfort of Your Home

Receive emotional support in real-time using your telephone or computer, without the need to meet in person. Our Teletherapy services are private, efficient, flexible, and keep you safe in your home.

Senior Life Solutions is designed to help individuals experiencing any of the following:

- Physical limitations requiring emotional support
- Fear of leaving home/isolation
- Recently experienced a traumatic event
- Lost a spouse or close family member
- Caretakers who need emotional support
- Loss of interest in previously enjoyed activities
- Changes in appetite
- Difficulty sleeping
- Feeling loss of independence
- Loss of energy



If you or a loved one would like to talk to someone about Senior Life Solutions Intensive Outpatient Services, contact us at:

816-629-2629

All phone calls are confidential.

Our staff includes a board-certified psychiatrist, licensed social workers and therapists, and a registered nurse.