

NOVEMBER
2021



Vision

A Publication of Excelsior Springs Hospital | Excelsior Springs, MO



Page 3
**Lawson Flu
Vaccination
Clinic held**



Page 4
**Nutrition
counseling
new at ESH**

Also in this issue:

Message from ESH CEO
Health and Wellness Calendar
Outpatients Clinic Calendar
Annual Tree of Life Memorials

Excelsior Springs Health Care Foundation Over \$25,000 raised in Virtual Event



On Thursday, October 21, 2021, the Excelsior Springs Health Care Foundation raised \$27,781.23 after expenses from the second virtual event, A Night at the Hospital. Proceeds raised from the event will go to purchase medical equipment for the hospital. Traditionally, the Foundation would have held an in-person annual dinner this time of year, but due to the Delta variant of the COVID-19 virus, this year's event, like last year's, was

produced virtually in an abundance of caution for everyone's health.

A ticket to the event got you a live streamed show featuring partnerships the hospital has created over the past year. Attendees were treated to an introduction to Tina Cook, the new Community Outreach Coordinator. Also featured were Jesse Hall with the Excelsior Springs Community Center,

Continued Page 4

A time for thanks!

Just a few days ago, I looked out across our yard and was disappointed. Our trees were muted a bit, brown after the hard freeze and just dull. But fast-forward about 3 days and WOW! The colors have just popped into the most technicolor experience! The drive to work each day is an amazing gift to experience and the sunsets outside of the hospital are truly an impressive work of art. Sometimes, we get so caught up in what our timelines and agendas are, that we fail to slow down and enjoy what's happening all around us. I encourage you to take the time to experience this beautiful season.

Thanksgiving is a great time of year. I am so very thankful for our team members. They continue to provide excellent services to our community members, developing over time and changing with the constant evolution that healthcare demands. This week, our Rise to Shine Committee showered our hospital with great reminders and gifts for how thankful we are for our teammates. We appreciate their extra commitment and creativity!

I am also very thankful for our community members, staff and all that helped with our Foundation's Night at the Hospital event, held last month. We miss being able to celebrate in person but celebrate the generosity and giving spirit. Overall, the Foundation raised nearly \$28,000 that will be used to purchase much needed equipment for our Out-patient specialty area.

And a very special thank you to our veterans, both staff and community members. We appreciate



ate your sacrifices, thank you for your bravery and for protecting our freedom.

As we go into the last few weeks of the year, my wish is for our community to be safe, happy and healthy, and that conversations around the holidays focus on food, family, football and the spirit of the season. Thank you for your support of our hospital and our teams. We are thankful for you!

Happy Thanksgiving,

Kristen DeHart, ESH CEO



Winter Blues & Isolation

As cold weather moves in, so can feelings of depression and isolation. This winter, take steps to warm up and combat the winter blues.

You are not alone. If you would like more information, education, or would like to discuss support, please call 816-629-2629.

Hospital visible in community outreach/education



Excelsior Springs Hospital sponsored the Excelsior Springs Area **Chamber of Commerce** luncheon during October, providing updates on new physicians, new hours for ES Community Pharmacy (7:30 a.m. - 7 p.m.), and new services including the addition of S.A.F.E. offices at the hospital campus.



Excelsior Springs Hospital participated in the Clay County Health Department **Meet and Greet** on November 4. The event was held at the Excelsior Springs Community Center.



Excelsior Springs Hospital Lawson Clinic provided a drive through **Flu Vaccination Clinic** on November 4.

Dietitian Kate Casey joins staff

New Outpatient Nutrition Counseling service at ESH



Kate Casey, Dietician

We are excited to announce that we are now offering Outpatient Nutrition Counseling with new team member Dietitian Kate Casey. She is a native from the area, having graduated from Kearney High School in 2012, and then went on to study nutrition and dietetics at the University of Missouri. With nearly five years of health care experience, Kate is an experienced dietitian. She is currently working on her Certificate of Training in Obesity in Pediatrics and Adults.

Someone may need to consult their diet, not just for physical health, but also in prevention of and treatment of chronic diseases. Kate will be able to give you first hand guidance using resources such as meal planning, grocery shopping, cooking tips, label reading, navigating restaurant menus, and more. Kate will meet with you initially to establish a plan that is tailored to your needs.

During a session, a patient can expect to go over any labs that may have been done, current medications, what your typical daily diet looks like, your amount of physical activity in a given day or week, and any previous diet knowledge that you may have. Throughout consultation, Kate will provide you with nutrition counseling.

Patients can expect for their first session to last a little longer than subsequent sessions. Follow up sessions will consist more of a review of goals that are set, measuring your progress, planning for next lifestyle changes, and providing additional information as needed.

There will need to be a referral from your physician before starting the dietitian process. Appointments are available Monday through Friday. For scheduling questions, please call 816-629-2700 or learn more on our website at <https://eshospital.org/dietitian-services>.

HEALTH AND WELLNESS CALENDAR NOVEMBER 2021

17th

Podiatry and Foot Care: What you need to know. Provided by Dr. Shemwell: 11:30 AM

19th

Tips for a Healthy Thanksgiving Meal, plus fun recipes: 11:30 AM

30th

Teaspoon of Wellness Tuesday. Mindfulness and Mandalas: 10:30 AM

All classes will be held at the Excelsior Springs Community Center, 500 Tiger Drive.

ESHCF Virtual Event

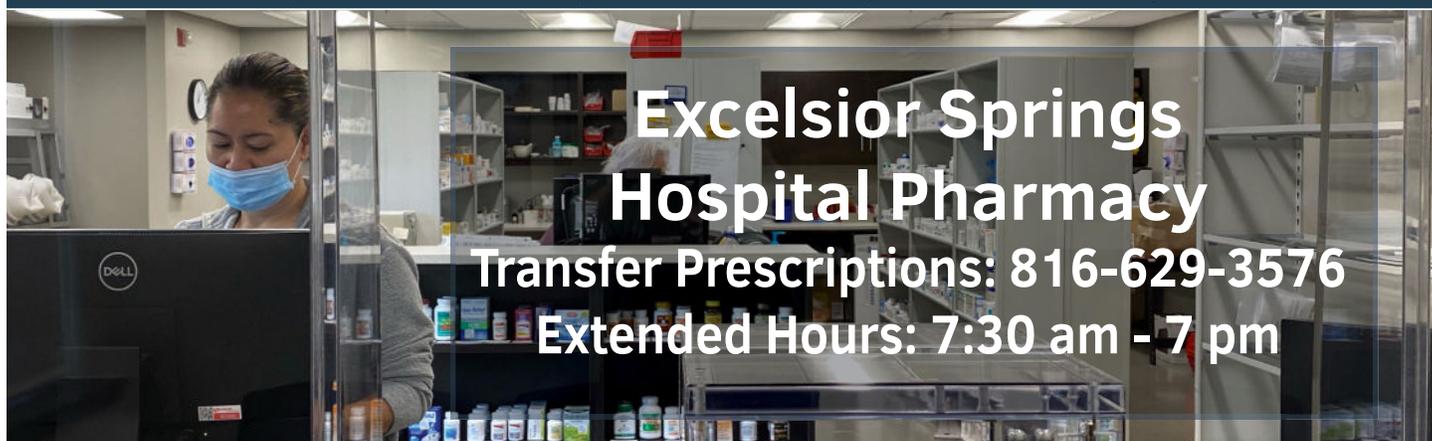
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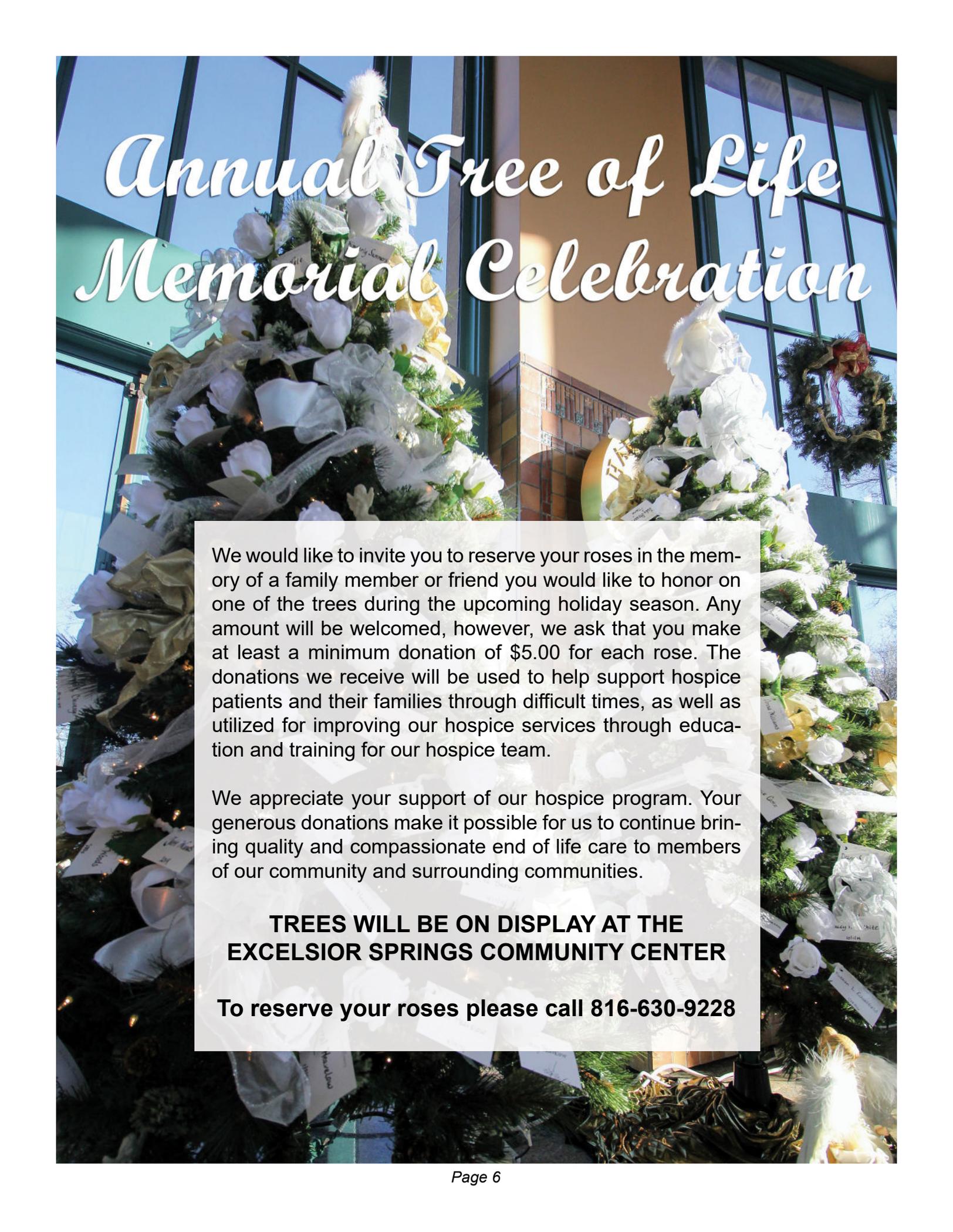
Dr. Travis Hux with the ES School District, Sara Noblet with Good Samaritan Center, and Julia Mees with ES SAFE. Each year the Foundation recognizes members of hospital staff by presenting Commitment to Caring Awards. To see a list of awardees, visit <https://eshospital.org/nightatesh>.

SPECIALTY PHYSICIAN CLINICS - NOVEMBER 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 Oncology - Dr. Beeki Surgery - Dr. Nespory	2 ENT - Dr. Coffman Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	3 Dermatology - Dr. Tonkovic	4 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell Pulmonology - Dr. Patel	5 Pain Management - Dr. Hamilton Urology - Dr. Aberger
8 Pain Management - Dr. Hamilton Surgery - Dr. Nespory	9 Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	10 Urology - Dr. Kozminski	11 Orthopedics - Dr. Justice Podiatry - Dr. Shemwell Pulmonology - Dr. Patel	12 Pain Management - Dr. Hamilton
15 Cardiology - Dr. Madrigal Oncology - Dr. Beeki Surgery - Dr. Nespory	16 ENT - Dr. Coffman Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	17	18 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell	19 Dermatology - Dr. Tonkovic Pain Management - Dr. Hamilton
22 Pain Management - Dr. Hamilton Surgery - Dr. Nespory	23 Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	24 Urology - Dr. Kozminski	25 	26 Pain Management - Dr. Hamilton
29 Cardiology - Dr. Madrigal Surgery - Dr. Nespory	30 Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	<i>Giving Tuesday - November 30</i> Please consider a donation to the Excelsior Springs Health Care Foundation! https://www.eshospital.org/donate/		





Annual Tree of Life Memorial Celebration

We would like to invite you to reserve your roses in the memory of a family member or friend you would like to honor on one of the trees during the upcoming holiday season. Any amount will be welcomed, however, we ask that you make at least a minimum donation of \$5.00 for each rose. The donations we receive will be used to help support hospice patients and their families through difficult times, as well as utilized for improving our hospice services through education and training for our hospice team.

We appreciate your support of our hospice program. Your generous donations make it possible for us to continue bringing quality and compassionate end of life care to members of our community and surrounding communities.

**TREES WILL BE ON DISPLAY AT THE
EXCELSIOR SPRINGS COMMUNITY CENTER**

To reserve your roses please call 816-630-9228