

DECEMBER  
2021



# Vision

A Publication of Excelsior Springs Hospital | Excelsior Springs, MO



Page 3  
**Ethan Kent**  
new program  
director for  
ESH Senior  
Life Solutions



Page 4  
**Social  
distancing**  
focus of  
rehabilitation  
expansion

## Also in this issue:

Message from ESH CEO  
Health and Wellness Calendar  
Outpatients Clinic Calendar  
2021 Tree of Life Memorials

## Dr. Mike Kozminski proudly trains son doctors



Dr. Kozminski in the operating room with three of his four sons at the University of Michigan.

With over 30 years of experience, Dr. Mike Kozminski, MD, has been practicing urology since completing medical school in 1984 at the University of Michigan Medical School. He became a board certified urologist while practicing in St. Joseph. While only offering care in Excelsior for the last 2-3 years, Dr. Kozminski and his partner Dr. Michael Aberger have been offering services to the Northwest Missouri Outreach Clinics for some time.

Specializing in diagnosing and treating conditions that affect the male reproductive system, Dr. Kozminski can also assist both males and females with urinary tracts. Some common disorders that he can treat are urinary tract infections (UTI), stress incontinence, benign prostatic hyperplasia, kidney stones, erectile dysfunction, kidney cancer, prostate cancer, testicular cancer, and cystitis. He can also perform vasectomies and vasectomy

*Continued Page 3*

# Merry Christmas and Happy Holidays!

December is always a bit zany, and our team at ESH has been extremely busy this month. We are wrapping up our holiday celebrations and continuing to see even more patients than ever during this final week before Christmas. I feel so blessed that our Rise to Shine committee has provided some great activities for our staff to decompress and enjoy the holidays a bit. Thank you to all who participated in the festivities!

I was honored to accept the Excelsior Springs Area Chamber of Commerce's Board Chair Award, on behalf of the hospital. The work that our team has continued to provide to the community over the year, related to COVID-19, vaccination clinics, boosters and our drive-through testing was highlighted. What an honor to be recognized for work that we love to provide. Thank you to the Chamber for your support over the year.

With COVID again on the rise, our drive-through testing site, emergency room and inpatient services are busier than ever. Our entire staff is committed to making sure that our community and surrounding communities have options available for easy and inexpensive access to care. I am proud of our team members for continuing this critical mission.

And lastly, the holidays for some may be difficult this year. Perhaps with a loss of a loved one,



Kristen DeHart, CEO, Excelsior Springs Hospital

illness, sadness, addiction or just some seasonal blues that sometimes accompany the season, I pray that you find peace from those around you or help from our community resources. ESH is continuing to bring much needed healthcare and resources. We wish you the best and hopes that 2022 will be a fresh and fabulous new year!

Merry Christmas,

*Kristen DeHart, ESH CEO*

## ESH receives Chamber award

The Chamber Board Chair Award was presented to Excelsior Springs Hospital by the Excelsior Springs Chamber of Commerce at the December luncheon. ESH received the award for the great lengths they have gone to keep us safe throughout the pandemic. Pictured are Kristen, left, with Chamber President Janet Blauvelt.



# Senior Life Solutions welcomes back Ethan Kent

When previous director Lindsey Hash was promoted earlier this past month to join the corporate team as a Regional Clinical Supervisor, the new Senior Life Solutions Program Director position was offered to Ethan Kent. If his name sounds familiar that may be because he's worked with the program in the past as a program therapist. In more recent years he's been serving as the Program Director for the Senior Life Solutions program at Ray County Memorial Hospital but is glad to have had the opportunity to return and serve here once again.

"My goal is to focus on mental health education," said Ethan. "I want people to know that it is not normal to be depressed as an older adult. That it is not a normal part of aging. I also want them to know that they're not alone. That there are people going through similar situations."

As a certified advanced grief counselor, Ethan has 19 years experience working in the mental health field. After graduating from K-State with a Bachelor of Science in Family Studies and Human Services, he went on to earn his masters degree in social work practicing as a therapist.

Ethan believes that self care is important and tries to model that to his program participants by kayaking, traveling, and leading an active life outdoors. The benefit of the program is to help others live a full life.

If you or someone you know is suffering from symptoms of depression and anxiety related



aging including loneliness, coping with loss, hopelessness, decreased energy, crying, difficulty sleeping, restlessness, low self-confidence, sadness, or have experienced life transitions, the Senior Life Solutions program may be able to help.

For more information, call 816-629-2629.

## ***Kozminski and sons*** continued from page 1

reversals.

Due to his advanced expertise and experience in the field, he's been giving back to his alma mater in recent years by being an Assistant of Urology at the University of Michigan. There he works with students that are learning the field of urology and help them to gain the experience they need to be successful in treating patients. What has made that experience monumental for Dr. Kozminski is that of his four sons, three

of them have gone on to become doctors, two in urology, at the University of Michigan. For six years he was able to assist with their training, as well. He said his most proud moment was being able to do a surgery and work with them all at the same time.

If you are interested in scheduling an appointment with Dr. Kozminski, please call 816-629-2700.

*In a post-pandemic world*

## New rehab/therapy space provides better client care



Our post-pandemic world has certainly had an impact on our health systems, including the need to continue health services safely for those who are in need of primary or rehabilitation care. Thanks to CARES funding, the hospital has had the means to expand their rehabilitation space to allow for better social distancing and offer additional services for residents here.

With the new space also came some much needed new equipment. The DST Dynamic Stair Trainer offers patients the ability to gradually regain strength and practice using stairs or walking at an incline. Electronic elevating steps rise from a flat plane to 6.5" allow adjustment per client, per session. Hand rails are height adjustable to accommodate youth to senior citizens. Options can broaden the client usage and the machine is

proven to accelerate rehabilitation by motivation and pride in daily accomplishment.

In addition to this, the space also includes a new pediatric room, space for the outpatient clinics, and office space for the insurance authorizations. Outpatient Rehabilitation Services help individuals recovering from orthopedic injuries, back and neck injuries, post-operative care, sports related injuries, dizziness and balance disorders, concussions, neurological disorders and other medical conditions. Their comprehensive services include Physical, Occupation, and Speech Therapy with a highly trained staff with a variety of specifications and certifications.

For more information about Rehabilitation Services at Excelsior Springs Hospital, call 816-629-2770.

# SPECIALTY PHYSICIAN CLINICS - DECEMBER 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 Dermatology - Dr. Tonkovic	2 Orthopedic Clinic - Dr. Cornett Podiatry Clinic - Dr. Shemwell Pulmonology - Dr. Patel	3 Pain Management - Dr. Hamilton Urology Clinic - Dr. Aberger
6 Oncology Clinic - Dr. Beeki Surgery Clinic - Dr. Nespor	7 ENT Clinic - Dr. Coffman Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	8 Orthopedic - Dr. Justice Urology Clinic - Dr. Kozminski	9 Podiatry Clinic - Dr. Shemwell	10 Pain Management - Dr. Hamilton
13 Cardiology - Dr. Madrigal Pain Management - Dr. Hamilton Surgery Clinic - Dr. Nespor	14 Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	15	16 Orthopedic Clinic - Dr. Cornett Podiatry Clinic - Dr. Shemwell Pulmonology - Dr. Patel	17 Dermatology - Dr. Tonkovic Pain Management - Dr. Hamilton Urology Clinic - Dr. Aberger
20 Oncology Clinic - Dr. Beeki Surgery Clinic - Dr. Nespor	21 ENT Clinic - Dr. Coffman Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	22 Pain Management - Dr. Hamilton Urology Clinic - Dr. Kozminski	23 Podiatry Clinic - Dr. Shemwell Pulmonology - Dr. Patel	24 
27 Cardiology - Dr. Maragos Pain Management - Dr. Hamilton Surgery Clinic - Dr. Nespor	28 Rheumatology - Dr. Scott	29	30 Orthopedic Clinic - Dr. Cornett Podiatry Clinic - Dr. Shemwell	31 



**Excelsior Springs  
Hospital Pharmacy**  
Transfer Prescriptions: 816-629-3576  
Extended Hours: 7:30 am - 7 pm

# Health and Wellness Calendar

## January 2022

### January 7th

11:30 AM

Basic Principles of Infection Control

### January 13th

6:30 PM

Healthy Habits: How to set and maintain wellness goals

### January 18th

10:30 AM

Teaspoon of Wellness: Fight the Winter Blues

### January 21st

11:30 AM

Dr. Hamilton to present: Technical Advancements with Pain Management

### January 28th

11:30 AM

Swing into Recovery: Understanding the Swing Bed Program

**YOUR YEAR IS WAITING**

*Go get it!*



All classes are held at the ES Community Center

