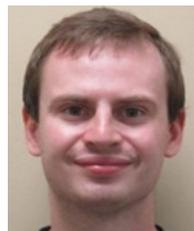


JANUARY
2022



Vision

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ES Hospital works to meet testing demand



With COVID-19 cases surging across the nation, Excelsior Springs is no different, as the omicron variant “spreads like wildfire”, bringing with it a demand for tests and hospital space. Since the surge began in the last week of December, Excelsior Springs Hospital staff have mobilized to form a drive-thru testing site.

The site is being run by staff members who have volunteered to run the testing site on top of their other duties. At its highest, the site was testing more than 400-600 patients a day. At the time, the state was sending COVID-19 tests to hospitals and health care systems, but amid the influx of cases, the hospital is only able to offer 100-150 per day because tests are getting harder to come by. This has required the hospital to set appointment times

for those needing testing, which fill up fast.

To put it in perspective, the tests administered for just one day at the end of December exceeded the amount of tests administered for the entire month of October. Excelsior Springs Hospital CEO Kristen DeHart says, “2,000 tests used to last for more than a month, now it only lasts a few days.”

Chief Nursing Officer Sarah Gonzalez and DeHart ask that the public remain vigilant against the virus to keep yourself and others safe. Citizens can do this by wearing masks in public, washing hands regularly, and getting vaccinated or boosted.

“I remain incredibly proud of our team and all we’re doing here at Excelsior Springs Hospital,” DeHart concluded.

Happy New Year!

While the holidays always seem to be busy, the month of January is nearly insane at Excelsior Springs Hospital! Wrapping up the old year, while starting up the new causes twice as much work it seems! Adding in additional patients in all areas of the hospital, new service lines, community education and the wrap up of the hospital's annual audit, we are busier than ever.

A huge shout-out to all of our team members this month as we continue to provide COVID testing options through our drive-through – one of the few locations in the Northland still providing testing. It certainly takes a village to provide this service. Many of our staff are doing their full-time jobs while providing additional support to the COVID testing. We continue to get many compliments about our staff, the service provided, the professionalism, commitment, love and passion that our team shares with every interaction.

Speaking of sharing...have you seen the new ESH – Everyone Shines Here cards? These cards are available to anyone to share a story – a moment observed or experienced when one of our team members “shined”. In its first month, our offices have been flooded with Shine Cards. We appreciate those that take the time to recognize the positive work that our team members are doing. Thank you!

COVID continues to be a hot topic in town. Our drive-through testing site, emergency room and



inpatient services are busier than ever. Our staff remain 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.

My New Year's Wish for our community is good health, well-being, safety and clarity as the new year begins. We continue to grow with services and support to bring much needed resources to our community. Our partnerships are growing. We wish you the best and hopes that 2022 will be a fresh and fabulous new year!

My best wishes,

Kristen DeHart, ESH CEO

PEER SPOTLIGHT

"Thanks for being there to help me when I have been stressed and needed the help. Thanks so much for helping with the extra work right now! I am grateful and happy to have such as awesome team member."

"Getting lots of great comments from patients about how great you are. Excellent work!"



Jacob Cox



EXCELSIOR SPRINGS HOSPITAL

2021 HIGHLIGHTS

FEBRUARY

- HOSPITAL HOSTS A VACCINATION CLINIC FOR COVID-19 AND IMMUNIZES 240 AREA EMERGENCY WORKERS, HEALTHCARE WORKERS, AND AREA CITIZENS.
- CEO KRISTEN DEHART OFFERS STATE OF THE HOSPITAL LAYING GROUNDWORK FOR THE YEAR AHEAD

APRIL

- CONNECTED CARE EXPANDS TO EXPRESS CLINIC
- HOSPITAL REACHES 3,000 MARK FOR ADMINISTERING COVID VACCINES TO COMMUNITY
- CFO CAMERON MEYER GIVEN HOSPITAL HERO AWARD FOR TURNING AROUND HOSPITAL FINANCES

JUNE

- DR NESPORY RECEIVED LIFETIME ACHIEVEMENT AWARD FOR 1,100 ROBOTIC SURGERIES AND COUNTING
- HEALTH CARE FOUNDATION RAISES \$37,000 DURING ANNUAL GOLF TOURNAMENT

AUGUST

- HOSPITAL WELCOMES TINA COOK AS COORDINATOR FOR CLINICAL AND COMMUNITY EDUCATION
- LAWSON PRIMARY HIRES LAWSON ALUMNA JANNA MURPHY, FNP
- REP. DOUG RICHEY ARRANGES 5 RESPIRATORS TO BE DONATED

JANUARY

- HOSPITAL AWARDED BUSINESS OF THE YEAR BY THE EXCELSIOR SPRINGS CHAMBER OF COMMERCE
- HOSPITAL IS AWARDED MHA DISTINGUISHED SERVICE AWARD
- NEW OUTPATIENT CLINICS OFFERED: EAR, NOSE, AND THROAT/ DERMATOLOGY/ IPV MANAGEMENT

MARCH

- DR ROBERT L. BUZARD PENS OPEN LETTER ENCOURAGING VACCINES
- ESH PARTNERS WITH ES COMMUNITY CENTER AND PROVIDES MEMBERSHIPS FOR ALL EMPLOYEES

MAY

- LAWSON PRIMARY CARE MOVES TO LAWSON'S DOWNTOWN DISTRICT
- HOSPITAL CELEBRATES HOSPITAL WEEK AND WELCOMES NEW HOSPITALIST DR HANNAH ANDERSON

JULY

- LAWSON PRIMARY CARE CLINIC OPENS DURING ANNUAL LAWSON PICNIC
- CARES FUNDING USED TO UPGRADE VENTILATION AND IMPROVE AIR QUALITY
- OUTPATIENT CLINICS BEGIN OFFERING UROLOGY, PULMONOLOGY, AND RHEUMATOLOGY



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

- 11th** Advancements in Pain Management - Presented by Dr. Hamilton, 11:30 AM
- 17th** Healthy Habits with Dietician Kate Casey, 6:30 PM
- 18th** Teaspoon of Wellness: Fight the Winter Blues - Presented by Tri-County, 10:30 AM
- 23rd** NKC Wound Center: Comprehensive Care for Hard to Heal Wounds, 11:30 AM

CONTINUED...

OCTOBER

- HEALTH CARE FOUNDATION HOLDS 2ND VIRTUAL EVENT IN LIEU OF DINNER DUE TO VIRUS AND RAISES OVER \$25,000
- COMMITMENT TO CARING AWARDS ARE PRESENTED

DECEMBER

- ESH OFFERS DRIVE-THRU TESTING AMID COVID-19 OMICRON SURGE, HOSPITAL •EMPLOYEES VOLUNTEER TIME TO PROVIDE TESTING SERVICE TO COMMUNITY
- ESH SEES RECORD AMOUNT OF CASE NUMBERS DUE TO COVID-19 OMICRON SURGE

SEPTEMBER

- DR BRAD HOFFMAN OFFERS THE SCIENCE BEHIND THE VACCINES IN EFFORT TO ENCOURAGE COLLEAGUES TO GET VACCINATED AGAINST COVID
- FUSE COMMUNITY HEALTH EDUCATION EVENT SERIES BEGINS

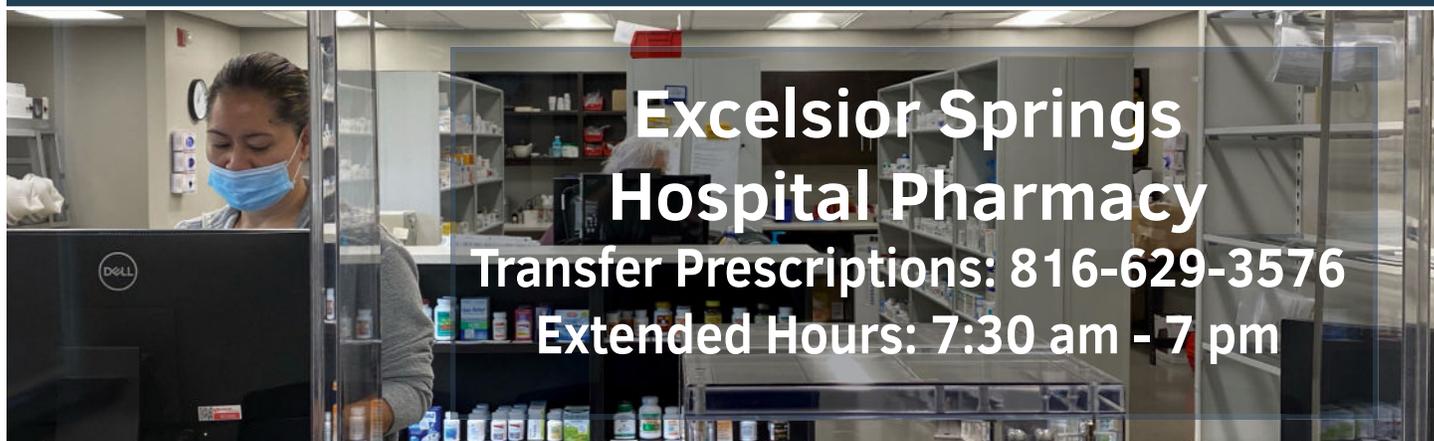
NOVEMBER

- OUTPATIENT NUTRITION COUNSELING BEGINS
- HOSPITAL SPONSORS ES CHAMBER LUNCHEON
- HOSPITAL HOLDS ANNUAL HOLIDAY FOOD DRIVE FOR MEET THE NEED'S PANTRY
- DR SHEMWELL HOLDS EDUCATIONAL CLASS ON FOOT CARE
- MEET AND GREET WITH CLAY CO. HEALTH DEPT. AT COMMUNITY CENTER

SPECIALTY PHYSICIAN CLINICS - FEBRUARY 22

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. Chaudhry Rheumatology - Dr. Scott	2 GI Clinic - Dr. Cornette Dermatology - Dr. Tonkovic	3 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell Pulmonary - Dr. Patel	4 Pain Management - Dr. Hamilton Urology - Dr. Aberger
7 Cardiology - Dr. Maragos Oncology - Dr. Beeki Surgery - Dr. Nespor	8 Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	9 Urology - Dr. Kozminski	10 Orthopedics - Dr. Justice Podiatry - Dr. Shemwell Pulmonary - Dr. Patel	11 Pain Management - Dr. Hamilton
14 ❤️ Pain Management - Dr. Hamilton Surgery Clinic - Dr. Nespor	15 ENT - Dr. Coffman Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	16 GI Clinic - Dr. Cornette Urology - Dr. Kozminski	17 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell Pulmonary - Dr. Patel	18 Dermatology - Dr. Tonkovic Pain Management - Dr. Hamilton Urology - Dr. Aberger
21 Cardiology - Dr. Madrigal Oncology - Dr. Beeki Surgery - Dr. Nespor	22 Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	23 GI Clinic - Dr. Cornette	24 Orthopedics - Dr. Justice Podiatry - Dr. Shemwell	25 Pain Management - Dr. Hamilton Pulmonary - Dr. Patel
28 Pain Management - Dr. Hamilton Surgery Clinic - Dr. Nespor				



THIS YEAR, MAKE MENTAL HEALTH A PRIORITY

Many people make resolutions this time of year; work out more, read more books, watch less TV, etc. We hope to inspire a new goal this year: Boost your mental health! *Mental Health First Aid (MHFA)* recommends **five strategies to boost your mental health** in 2022. Check them out below:



- 1 Make Time for Self-Care.** While it can be difficult at times to practice self-care, it is one of the best ways to recharge and improve your mental health. Create a list of activities you enjoy & schedule them into your calendar like any other appointment.
- 2 Be Kind to Yourself.** Change can be challenging and often takes time. Allow yourself to have feelings and forgive yourself for mistakes. You are here and doing your best, and that's what counts.
- 3 Make sleep a priority.** Studies have found that sleep and mental health are connected. This year, try to go to sleep a little bit earlier every night and give your body the rest it needs.
- 4 Limit your screen time.** Spending too much time on your phone or computer can impact your quality of sleep, your relationships and even lead to feelings of depression and anxiety. Be conscious of how much time you're spending online and make adjustments if needed.
- 5 Learn more about mental health.** One of the best ways to improve your mental health is understanding it. There are tons of resources online and locally to find great information.

We are your hospital's emotional wellbeing program designed for patients typically 65 and older experiencing depression and/or anxiety.

If you would like more information, education, or would like to discuss support, please call



816-629-2629

