

April
2022



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Parkinson's
Awareness
Month



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ESH
Supports
Community
Events

Vision

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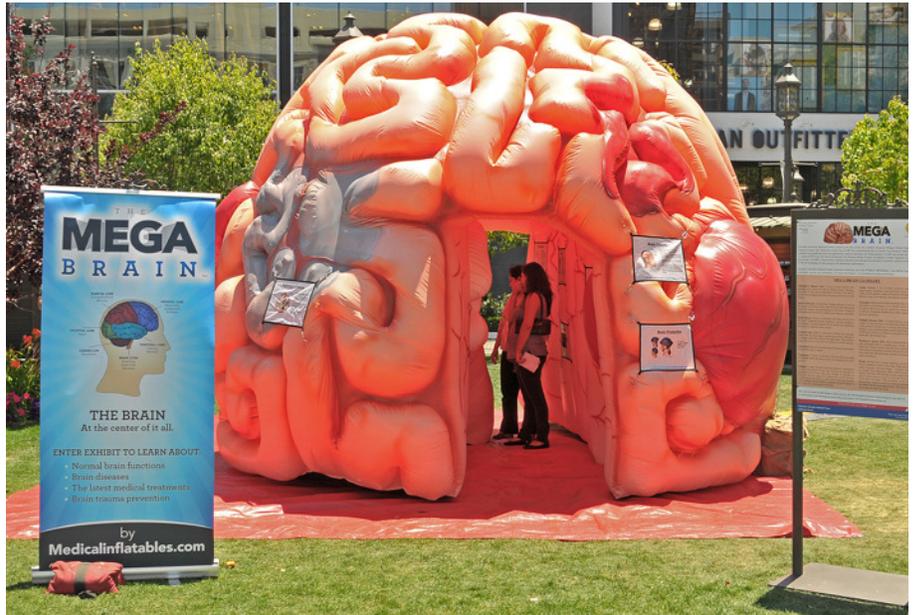
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ES Hospital, ES Community Center and SAFE sponsor First Community Health Fair on April 30

The Excelsior Springs Hospital is partnering with the Excelsior Springs Community Center and SAFE to bring the first ever Health Fair on Saturday, April 30th from 9am-3pm in the Community Center's parking lot. With over 40 different vendors planning to attend, the hospital is promising opportunities for education, music, food trucks, activities for kids, and more.

"We are thrilled to have so many organizations participating," said Tina Cook, organizer of the event and Clinical and Community Education Coordinator for Excelsior Springs Hospital. "We hope that everyone is able to make it out to have some fun while also learning about valuable community resources."



**Learn about the brain in the
Mega Brain Inflatable Exhibit!**

Participating organizations to date include:

Excelsior Springs Community Center
Excelsior Springs Parks and Recreation
Excelsior Springs SAFE
Tri-County Prevention
Youth with Vision
Thrive Excelsior
Synergy Services
Excelsior Springs Hospital
Mid-Continent Public Library, Excelsior Springs

MU Extension
Master Gardeners
Excelsior Springs School District Health
Swope Health KidsCare
DOTS
Excelsior Springs Police Department
Excelsior Springs Job Corps
ESSD Parents As Teachers

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Hello and Happy Spring!

What a difference a year makes! Last year, our team was spending every spare minute providing vaccinations to our community members. Today, thankfully, we continue to see a decline in COVID-19 numbers in the community. Our team is feeling total joy mixed with encouragement. It's exciting to be back in person for many events, seeing families getting back together and enjoying the start of spring sports. I still encourage you to remain committed to staying and playing safe. We have learned so much from the last two years and through it all, I am so very proud of our team for staying vigilant and dedicated to keeping our community safe.

Our Excelsior Springs Hospital team has been out and about this past month, attending the Excelsior Springs Chamber of Commerce Dinner, participating in the Good Samaritan 5K Tortoise and Hare Walk/Race and Fence Stile Vineyards Wine Run. Also, the Hospital has been actively engaged with Excelsior Springs SAFE, Rotary and the Excelsior Springs THRIVE events. Tina Cook, Clinical and Community Education Coordination has been extremely busy with countless sessions and guest speakers at the Community Center. We look forward to attending the Excelsior Springs Mayor's Prayer Breakfast in April.

I hope that you are making plans to attend the Community Health Fair on Saturday, April 30th from 9:00 am – 3:00 pm. The ES High School and Community Center have generously offered their parking lots for the event, and we are incredibly excited to have over 40 services representing all facets of health and wellness in our community. There are many city events happening on April



30th – come and spend a day in Excelsior!

Our Foundation's Golf Tournament will be held on June 3th, 2022. If you are a golfer, we have a great day planned for you! If you do not play the game, you have a chance to win cash prizes with our new event this year --- the golf ball drop! For just a small contribution that supports our Excelsior Springs Healthcare Foundation, you could be the winner of \$1500!

As always, I would love to hear from our community members and invite you to call, email or let me know of any questions you might have about the hospital and our services. We are busier than ever and appreciate your support of our Excelsior Springs Hospital.

Kristen DeHart

PEER SPOTLIGHT

CHERYL HUFF

- *Thank you for training me ... I appreciate all your help*
- *Thanks for keeping this office running. You're a blessing.*
- *Thanks for keeping it all together for us!*



Tee Up for Health Care Foundation Golf Tournament

The Excelsior Springs Health Care Foundation is excited to announce the 30th Annual Golf Tournament to take place at the Excelsior Springs Golf Course on Friday, June 3, 2022. They're excited to offer a day filled with fun, golf, and networking! All proceeds from the event will go to programs and medical equipment for our community hospital.

You'll enjoy a round of golf and then have lunch on the beautiful course! The four person scramble includes a round of golf, cart, one mulligan per person, raffle tickets, putting contest, all hole prizes, lunch, and drinks. Cash prizes will be awarded per flight.

In addition to the fun that you and your team will have on the course, the Golf Ball Drop fundraiser is also coming back this year! You do not need to play golf to participate in the drop, it is open to the public! The fundraiser sells no more than 1,000 golf balls that are numbered and released at the same time way above the green! The ball that is



CEO Kristen DeHart hands out prizes during 2021 tournament.

a hole in one, or the closest to the hole will win \$1,500! There will be a second prize of \$500 that will go to each of the three winners and a third prize of \$100 each for five winners.

If you don't have a team, don't worry! You can send in your registration and we will find a team for you! Team Registration and Sponsorships are now being accepted online at <https://eshospital.org/golf>.



All Classes will be held at
the Community Center
500 Tiger Drive

APRIL

Health & Wellness Calendar

- 15th** ESH Overview & Spring Into Health presented by Tina Cook, 11:30 AM
- 19th** Healthy Habits presented by Kate Casey, Dietician, 6:30 PM
- 25th** ESH - Infection Prevention & YOU! Presented by Angela Ochoa, 11:30 AM
- 29th** THRIVE Excelsior: We want to hear from you! 11:30 AM

More Than 10 Million People Worldwide Are Living With Parkinson's Disease

April is National Parkinson's Awareness month. Excelsior Springs Hospital has specialized therapies in our rehabilitation program, including a LSVT-BIG Parkinson's Disease Certified Therapist.

The LSVT-BIG treatment approach is research based intensive structured exercise for people with Parkinson's disease. It involves the concept of neuroplasticity which is the brain's ability to reorganize itself by forming new neural connections throughout life.

Neuroplasticity rehabilitation, working on the brain's capacity to change and adapt, is aimed at trying to rebuild connections among the nerve cells. This "re-wiring" of the brain can make it possible for a function previously managed by a damaged area to be taken over by another undamaged area.

The LSVT-BIG approach aims to address the

"internal" aspects of Parkinson's disease symptoms, leading to significant functional improvements. Patients are shown specific exercises that involve large amplitude and exaggerated movement patterns that lead to smoother, larger and safer movements which ultimately improve quality of life. The goal of all of this work is that patients will learn to use their "big movements" automatically, in everyday living. This will be a result of long term carry-over of the amplitude training. By maintaining larger movements, patients will move better, with more confidence and safety.

For more information on our program, please visit our website at <https://eshospital.org/services/rehabilitation/specialized-therapies>.



Community Health Fair

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Excelsior Springs Fire Department
Altrusa International of Greater KC
City of Excelsior Springs, Community Development
Narcotics Anonymous (NA)
LevelUp Kids
Northland Health Care Access
Lawson Assembly of God
Lawson Baptist Church
MARCH Mediation
Tri-County Expressive Therapies
Rebuilding Together Kansas City
Good Samaritan Center
Easter Seals Midwest Home Visitation
Clay County Public Health Center
Children's Mercy Hospital
Big Brothers Big Sisters KC
TAT Health Solutions (Diabetes prevention)
50 Grams Food Truck
Donnell's Kitchen Playlist Food Truck

Lifetime Achievement



Dr. Douglas Nespory has received a lifetime achievement award from Intuitive for going over the 1,000 mark on da Vinci robotic surgeries!!

The Excelsior Springs Hospital team is honored to have such a wonderful, caring physician at our hospital. If you would like to schedule an appointment with Dr. Nespory, call 816-781-4007.

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





Good Samaritan Center 5k



Parks & Rec



ES Chamber



Fence Stile 5k

We Love Our Community!