

May
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Vision

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Empowering Strength and Hope at Health Fair



Empowering Strength and Hope was the theme of ESH's Booth at the first annual Community Health Fair. Pictured from left are Christy Marker, Lisa Fielder, Erica Eckersley, Frank Sanchez, and Donisha Colbert.

Last fall the Excelsior Springs Hospital and Excelsior Springs Community Center began a partnership that has since offered citizens numerous opportunities to learn about health services, resources, and information that is needed for them to get the care they need.

Through a series of what they call a "F.U.S.E." calendar (Foster, Understand, Share, and Empower) the hospital has been using its vast array of specialists to offer educational series with topics anywhere from Nutritional Healthy Habits to Advancements in Pain Medicine. Their partnership with the community center allows a central place to gather with citizens. It has also provided the senior citizens better access to the clinics, by scheduling them in the Senior Center during their lunchtime.

Tina Cook, RN-BSN, WCC, Coordinator of Clinical and Community Education, has been the power behind the scenes, organizing specialists and coordinating directly with the Community Center. It came as such a surprise to her when she started last fall that there had never been a health fair offered to the community before. Partnering with the Community Center, Excelsior Springs High School and SAFE, an outdoor health event for the spring was planned.

As the months went by the amount of health resources in the area signed on and by the time they held the fair, there were over 40 different groups participating. Even the Excelsior Springs Chamber Trolley was running to offer free transportation to the event. Despite the heavy wind, the day of the

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Good Day!

May is such a great time to be in healthcare, especially at Excelsior Springs Hospital! COVID cases are trending downward and we are especially excited to begin the process of getting back to normal. We have officially “closed” our drive-through COVID testing location as of May 1, 2022 and appreciate the service that this team provided over the past eight months to provide safe and reliable testing resources to over 8,500 people!

We celebrate National Nurses Week and National Hospital week during May. We are excited to celebrate and recognize our five, ten, fifteen, twenty and twenty-five years of service providers. Collectively, this special group represents over 240 years of service!

Additionally, the Excelsior Springs Hospital will be recognized during the May 16th City Council Meeting, with a proclamation, honoring the Hospital for its service being read by Mayor Sharon Powell that evening. We are so blessed to be surrounded by community members that support our mission and recognize the work that our team is doing.

It was great to see so many community members and services at the First Annual Spring into Health Fair, held on a very chilly and windy (!!!!) Saturday! We have the best teams ever, dedicated to providing community education, information, nutrition and entertainment. Our inaugural event was a hit – we are excited to start the planning for next year’s event!

Our commitment to our community continues



Kristen DeHart, CEO, Excelsior Springs Hospital

to bring health care options, access to care and education for all that we serve. We are excited to introduce new services to you all in the upcoming months and appreciate the ongoing commitment of our current providers.

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.

My best wishes for a safe and happy Memorial Day.

Kristen DeHart

Community Health Fair Continued from page 1

event offered health and wellness giveaways, live music, food trucks, and educational inflatables. Visiting with the hospital’s department managers, the public showed interest in their programs and it gave them an opportunity to enroll them.

“It was so much fun to see all our community and extended partners coming together to provide education and resources to Excelsior Springs,” said Tina. “Although the wind was quite brutal in the later afternoon, we were so pleased with the turnout that we had – estimating between 150-200 individuals and families coming through. We ap-

preciate our partnership with the Excelsior Springs Community Center and High School which provided us with a prime location to hold an event of this size.

“Connecting as part of a meaningful community is so important to our health and wellness, and we have one of the BEST communities around! THANK YOU to all who participated and served, and we look forward to future community projects that promote sharing, learning, and connectedness. Everyone belongs in the community, and we are thankful for YOU.”

EXCELSIOR SPRINGS HEALTH CARE FOUNDATION

30th Annual

GOLF TOURNAMENT

2022



HEALTH CARE
FOUNDATION

Excelsior Springs Golf Course

June 3, 2022
FRIDAY

SHOTGUN START
9AM

LUNCH WILL BE
SERVED AFTER

REGISTRATION eshospital.org/golf-tournament

Transitioning Patients from Hospital to Home

Excelsior Springs Hospital offers a service to our community that few people know about, but many could benefit from. The program is called Swing Bed. It is also referred to as Transitional Care. The swing bed program allows rural hospitals to use their beds for acute care or post-hospital skilled nursing. Swing bed refers to the change in level of care without switching rooms or moving to another facility. We also accept patients discharging from other acute hospitals or inpatient rehab facilities.



Swing bed patient room at ESH.

The goal of the Swing Bed program is to transition patients from hospital to home. The services we offer help you reach your maximum level of function prior to returning home. Most people believe these services are only offered in a nursing home type setting. They are unaware we offer these services right here in our hospital, close to home. If you or your loved one require any of the following services, Swing Bed may be right for you:

- Physical, Occupational, and Speech therapies. We offer up to 3 hours of rehab per day to help you get back on your feet.
- IV antibiotics.
- Wound care.
- Stroke rehabilitation.
- Rehabilitation following any surgery.

Common issues treated in swing bed include:

- Fractures.
- Amputations.
- Neurological disorders.
- Generalized weakness due to chronic conditions.
- Debility following extended hospitalization.
- Post-surgical recovery.
- Education following newly diagnosed illnesses including Diabetes education, training for feeding tubes, colostomies, and wound care.

We can assist those requiring medically complex care.

Swing Bed is covered by Medicare, Advantage plans, and most commercial insurance.

Medicare provides 100 days of skilled nursing per benefit period with a qualifying stay. Admission requirements include a 3-night inpatient hospital stay within the last 30 days. Your care must be related to the diagnosis you were hospitalized for. You must require complex skilled nursing or rehab services, on a daily basis.


Medicare Advantage and commercial plans usually do not require a qualifying 3-night stay. They do however require authorization with your insurance company. Our Swing Bed Coordinator will submit all required documentation and conduct reviews on your behalf.

During your recovery at Excelsior Springs Hospital your care will be led by a team of professionals working together to get you back on your feet and return home with your family. This team includes the physician, nursing, rehab, cardiopulmonary, dietary, social services, case management, and most importantly, you. We will work closely with you, and your family to develop a plan of care that is focused on you and your unique needs.

For questions regarding the Swing Bed Program, please contact Misty Lawson at 816-629-2776.

SPECIALTY PHYSICIAN CLINICS - MAY 22

We encourage patients to call 816-629-2700 prior to your scheduled appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cardiology - Dr. Madrigal Surgery Clinic - Dr. Nesporý	3 Rheumatology - Dr. Scott	4 GI Clinic - Dr. Cornette Dermatology - Dr. Tonkovic	5 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell Pulmonary - Dr. Patel	6 Pain Management - Dr. Hamilton
9 Oncology - Dr. Beeki Pain Management - Dr. Hamilton Surgery - Dr. Nesporý	10 Rheumatology - Dr. Daud Rheumatology - Dr. Scott	11	12 Orthopedics - Dr. Justice Podiatry - Dr. Shemwell Pulmonary - Dr. Patel	13 Pain Management - Dr. Hamilton Urology - Dr. Aberger
16 Cardiology - Dr. Madrigal Surgery Clinic - Dr. Nesporý	17 Rheumatology - Dr. Scott	18 GI Clinic - Dr. Cornette	19 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell	20 Pain Management - Dr. Hamilton Urology - Dr. Aberger
23 Oncology - Dr. Beeki Pain Management - Dr. Hamilton Surgery - Dr. Nesporý	24 Rheumatology - Dr. Daud Rheumatology - Dr. Scott	25 GI Clinic - Dr. Cornette Urology - Dr. Kozminski	26 Orthopedics - Dr. Justice Podiatry - Dr. Shemwell Pulmonary - Dr. Patel	27 Pain Management - Dr. Hamilton
30 	31 Orthopedics - Dr. Walker Rheumatology - Dr. Scott			



MENTAL HEALTH AWARENESS MONTH

Celebrate your mental health in May!



According to Mental Health America (MHA), in 1949, they introduced Mental Health Week, which eventually became Mental Health Month, to help “educate Americans about mental illness and mental health.” Each year, organizations and programs like ours come together to reduce the stigma surrounding mental health, help improve access to care, educate communities on signs and symptoms, and highlight mental health progress globally. We encourage you to find time this month to try out the five tips below and begin developing a plan to create positive habits that will help support your mental health and build skills to face difficult situations as they arise.

1. Do your best to enjoy 15 minutes of sunshine, and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.
2. Send a thank-you note to show your appreciation for someone.
3. Take time to laugh-watch your favorite comedy or hang out with a funny friend. Laughter helps reduce anxiety.
4. Track gratitude and accomplishments by writing down three things you are grateful for and three things you accomplished each day.
5. Work your strengths. Do something you're good at to build self-confidence, then tackle a tougher task. Meet up with family and friends.

We are your hospital's program, designed to meet the unique needs of individuals typically 65 and older experiencing depression and/or anxiety related to life changes that are often associated with aging.

If you or someone you know could benefit from this program, don't hesitate to get in touch with us. Call us today.

816-629-2629

Supporting Community

Employees attend Annual Lawson Chamber Dinner



The Excelsior Springs Hospital recently sponsored a table at the Annual Lawson Chamber of Commerce Dinner. Pictured from left are Chris Wier, Cherith Wier, Troy Grizzle, Janna Murphy, and Laura Grigsby.



All Classes will be held
at the Community Center
500 Tiger Drive
Excelsior Springs
11:30 AM

10th

Urinary System Health
presented by Dr. Kozminski

23rd

Understanding Addiction,
presented by Dr. Strickland

19th

Supporting the next Generation's
Mental Health, presented by SAFE

24th

Mental Health Awareness,
presented by Senior Life Solutions