

September
2022



Vision

A Publication of Excelsior Springs Hospital | Excelsior Springs, MO



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Newly Hired Doctors Bring Holistic Approach to Treatment

The Excelsior Springs Hospital is just at the beginning of an expansion in specialists and health professionals that will bring better, more inclusive care to the community. Fortunate for the hospital is that the Primary Care Clinic has hired not one, but two D.O.'s that are a husband and wife team, Dr. Nolan Gartin and Dr. Heather Wilson. "We have training in mind, body, and spirit," Dr. Wilson explained. "We love the history of Excelsior Springs and that there are healing springs here."

Dr. Gartin and Dr. Wilson has a specialty in osteopathic medicine, which is a more holistic approach to care. Referred to as "D.O.'s, these physicians are able to prescribe medication and perform surgery, the same as medical doctors, but their approach isn't necessarily just a prescription. Holistic medicine encompasses more than just a treatment of health problems themselves, their



focus is to find the root problem that a person is having health complications from and treat that.

"We want to get you off of the pills. That's our goal," said Dr. Gartin. "We enjoy spending time getting to know our patients and learn more about their lives. By getting to know them we can better assess what their needs are as a whole person. We do a lot of educating and explaining to our patients options for them to consider and why those suggestions are being made. We believe in offering options for an individual and then letting them

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Happy September!

When I first joined Excelsior Springs Hospital five years ago, the community discussions always came around to this - "We need more Doctors". Those discussions have always stayed at the front of my mind – and with the help of great resources, timing and persistence, I am excited to share our news! We are pleased to introduce new Physicians and programs at ESH. Featured this month are Dr. Heather Wilson and Dr. Nolan Gartin. Dr. Wilson and Dr. Gartin are Primary Care Specialists and bring a fresh perspective to our Primary Care Clinics. Dr. Wilson and Dr. Gartin have relocated from Minnesota and are excited to be back in Kansas City, near family and friends. Their offices will be located within the Excelsior Springs Primary Care offices located at Excelsior Springs Hospital.

Also joining our team last week is Dr. Josh Umscheid, specializing in Pediatrics. Dr. Umscheid has recently relocated from Louisville, Kentucky where he completed a one-year fellowship in non-surgical orthopedics. Dr. Umscheid's clinic will be based in the Outpatient Specialty Clinic, located near the front of the hospital. This very important service line will be ready to accept referrals within the next few weeks!

September is also a very important time of the year – the month puts Suicide Awareness at front and center. Our focus this year is on resiliency – how we can face a problem or challenge, overcome it and get back to life a little bit stronger and



Kristen DeHart, CEO, Excelsior Springs Hospital

a little bit wiser. ESH has many great resources to help you or a loved one learn about or manage mental health concerns. We are proud to partner with the Senior Life Solutions, the Excelsior Springs SAFE Coalition, our ESSD partners and other local community partners. Life is important – every life matters. Please let us know how we can help.

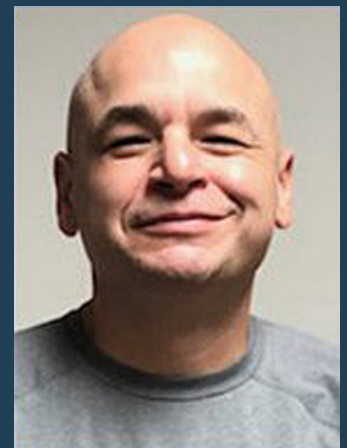
I look forward to introducing our newest physicians to our community. As always, If there are questions or suggestions that you have, our team would love to hear from you! Prayers and cheers for a great start to Autumn! Be Safe!

Kristen DeHart

PEER SPOTLIGHT

J. R. BARAJAS - Maintenance Mechanic

- *Thank you for working the weekend to accomplish your transfer project!*
- *Getting the rooms painted before the flooring comes in to be installed.*
- *Thank you for getting us all moved so swiftly and going the extra mile to ensure we were set up well -- much appreciated!*



Hospital Hosts First Active Intruder/Hostage Tabletop Exercise



From left, Collette Culver, RN, BSN, Kristen DeHart, ESH CEO, Mark Bullimore, ESSD Director of Communications, Chief Gregory Dull, ESPD, Chief Joe Maddick, ESFD, and Jeff Kimsey, ESSD Director of Safety and School Security.

Unfortunately, active intruder drills are something that we have all become accustomed to in some way. While each organization may have their own emergency drills and plans in place, having those local organizations meet together to make a plan has never been done before. Collette Culver, RN, BSN, has just been hired by the Excelsior Springs Hospital as the Director of Emergency Preparedness and she made her first goal bringing all community emergency responders together for the first time.

On August 25th, the large Community Room at Excelsior Springs Hospital was filled with hospital department heads, police officers, school security officers, emergency responders, and other community leaders. The tabletop offered an opportunity for local agencies to present their plans of response in an active intruder or hostage situation and then allow for discussion. By learning each other's procedures, they would be able to better plan for their role in such an unfortunate situation.

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Return To In-Person Health Care Foundation Gala

Supporters will be gathering in person again after a two year hiatus during the pandemic, to celebrate the Excelsior Springs Health Care Foundation's annual gala. They will be gathering on October 27th with a social starting at 6:00pm at The Elms Hotel and Spa.

Guests will enjoy a formal event with a seated dinner, entertainment, and fun games throughout the evening. In addition to this fun, they will also be awarding their Up and Coming Awards, Com-

mitment to Caring Awards, and the Director of the Year Award.

Proceeds from the event will go directly to the Excelsior Springs Hospital's rapidly expanding services, as well as innovations in patient treatment and care.

Sponsorships, auction donations, and ticket information can be found online at eshospital.org/night-atesh or by contacting Christine Riegel, Foundation Director, 816-629-2739.

Active Intruder/Hostage

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Ms. Culver started by making reference to the recent threats surrounding Warrensburg Regional Medical Center in July. In that instance, emergency responders practiced their safety procedures in real time, despite in the end it only being a rumor. "What if that were us?" she asked.

Excelsior Springs Police Chief Gregory Dull explained the differences between a hostage situation and one with an active shooter. He walked through what to expect law enforcement's response to be on the scene and how other agencies play in to their role in what's happening. Questions surrounding panic buttons and what they do or don't do were answered. Clarity was given to those who were picturing themselves in the situation and what they would want to know.

"In my 32 years of working for the fire department, this is the first time this discussion (tabletop) has happened," Excelsior Springs Fire Chief Joe Maddick expressed before starting. "It is long overdue."

Chief Maddick spoke to a problem with all emergency responder fields, which is staff shortages. It's easy for a small department to become overwhelmed. Our community relies heavily on the mutual aid offered by neighboring communities, such as Kearney, Lawson, Wood Heights, and Orrick.

Excelsior Springs School District Director of Safety and School Security Jeff Kimsey spoke of



the ALICE training that not only district staff have experienced, but also students. His first word of advice was to evacuate in that situation. To do whatever you could to get out. Even during intruder drills at the high school, students were safely going through windows (unplanned) to escape.

When given the scenario of an active shooter being in our hospital, trainees were told to not approach someone, even if they are hurt, if the threat has not gone away. Upon hearing that, Chief Nursing Officer Sarah Gonzalez spoke of how hard that would be, saying, "I would be trying to save a life."

The tabletop ended with discussion surrounding communications used and opportunities to provide quicker access for those responding to a scene. While this was the first tabletop, it certainly won't be the last. After all, Ms. Culver is just getting started here.

Newly Hired Doctors

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make their own decision."

Previously having a practice in Nebraska, one of the things they enjoyed most was treating multi-generational families. Often families have similar health concerns, so keeping all those concerns in mind, they can offer better treatment for all of the family members.

Originally from the area, the couple have 43 acres of land, are bowhunters, and also love fishing for bass. They recognize that they're coming into the community at a time of growth and are excited for the relationships that they will make here.



Newly hired physicians from left, Dr. Joshua Umscheid, M.D., Dr. Nolan Gartin, D.O., Dr. Heather Wilson, D.O., ESH CEO Kristen DeHart, and Dr. Roshan Dasari, M.D., M.P.H.

Hospice Volunteers Make A Difference



Excelsior Springs Hospital has started recruiting for Hospice Volunteers again. If you, or someone you know is interested in learning more about being a Volunteer, please reach out to Tiffany Danneman, LMSW, Director of Social Services.

VOLUNTEERS with **BIG HEARTS** are needed in Caldwell, Clay, Clinton, and Ray Counties.

Opportunities include any of the following:

- Companionship/emotional support
- Respite/caregiver relief
- Bereavement visits/grief support
- Meal preparing assistance
- Light household tasks
- Help provide care for pets
- Writing letters to loved ones, scrapbooking
- Music, books, board games, cards, sewing, crafts
- Clerical/office work

For more information or to fill out an application, visit <https://www.eshospital.org/home-health/hospice-volunteer/>

*Must be 18 years or older. Must be able to provide at least 2-4 hours per month of services.

SEPTEMBER 2022 HEALTH & WELLNESS CALENDAR

All classes are held at ES Community Center

September 12th - 2:30 PM

Tiger Tunes presented by Tri-County

September 20th - 11:30 AM

Suicide Awareness & Prevention presented by Senior Life Solutions

September 23rd - 11:30 AM

ESH Outpatient Services: Big city services with a small town feel

September 29th - 11:30 AM

Medication Disposal presented by Tina Cook



All Seminars are open to the public. Provided by the Excelsior Springs Hospital, Community Center, Parks & Recreation and other partners.

SPECIALTY PHYSICIAN CLINICS - SEPTEMBER 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Orthopedic - Dr. Cornett Podiatry - Dr. Shemwell Urology - Dr. Kozminski	2 Pain Management - Dr. Hamilton
5 <i>HAPPY Labor Day</i>	6 Rheumatology - Dr. Chaudhry	7 Dermatology - Dr. Tarantino	8 Orthopedic - Dr. Justice Podiatry - Dr. Shemwell Pulmonary - Dr. Patel	9 Pain Management - Dr. Hamilton
12 Rheumatology - Dr. Daud Oncology - Dr. Beeki Pain Management - Dr. Hamilton Surgery - Dr. Nespor	13 Orthopedic - Dr. Walker Rheumatology - Dr. Chaudhry	14 Dermatology - Dr. Tarantino GI Clinic - Dr. Cornette	15 Orthopedic - Dr. Cornett Podiatry - Dr. Shemwell Pulmonology - Dr. Patel	16 Pain Management - Dr. Hamilton Urology - Dr. Aberger
19 Rheumatology - Dr. Daud Pain Management - Dr. Hamilton Cardiology - Dr. Madrigal Surgery - Dr. Nespor	20 Rheumatology - Dr. Chaudhry	21 Dermatology - Dr. Tarantino GI Clinic - Dr. Cornette	22 Podiatry - Dr. Shemwell	23 Pain Management - Dr. Hamilton Pulmonary - Dr. Patel
26 Surgery Clinic - Dr. Nespor	27 Rheumatology - Dr. Scott	28 GI Clinic - Dr. Coleman	29 Orthopedic - Dr. Justice Podiatry - Dr. Shemwell	30 Pain Management - Dr. Hamilton



Did you know you can
now pick up your
prescriptions at the
Lawson Primary Care?

Prescriptions / Transfers
Call 816-629-3576

SUICIDE IN OLDER ADULTS



According to many studies, suicide is one of the leading causes of death for men and women of all ages, but many older adults are particularly vulnerable to it. *The National Council on Aging* states, "While older adults comprise. Many factors contribute to older adults being vulnerable to the risk of suicide, including grief and loss of loved ones, chronic illness, isolation, and loss of independence.

So, what can we do to help the older adults we care about? *The National Council on Aging* suggests one of the most important things we can do is to know the warning signs:

- Loss of interest in things or activities that are usually found enjoyable;
- Cutting back social interaction, self-care, and grooming;
- Breaking medical regimens (such as going off diets and prescriptions);
- Experiencing or expecting a significant personal loss (spouse or other);
- Feeling hopeless and/or worthless;
- Putting affairs in order, giving things away, or making changes in wills;
- Stock-piling medication or obtaining other lethal means;

Other clues include a preoccupation with death or a lack of concern about personal safety. Remarks such as "This is the last time that you'll see me" or "I won't be needing any more appointments" should raise concerns. The most significant indicator is an expression of suicidal intent.

Knowing these warning signs helps you know when to intervene and has the potential to save the lives of those you love.

If you or someone you know is in an emergency, call 911 immediately. If you are in crisis or are experiencing difficult or suicidal thoughts, call or text the Suicide and Crisis Lifeline at 988.

For information, education, and support on this and other mental health topics, please contact our program (contact information listed below).



WE ARE YOUR HOSPITAL'S PROGRAM

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.

CONTACT US

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