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Umscheid
to provide
Pediatric
Clinic



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Dermatology
Outpatient
Clinic opens
under care of
Dr. Tarantino

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New Physicians introduced at Chamber Luncheon



Excelsior Springs Hospital CEO Kristen DeHart greeted attendees and then introduced newly hired physicians, from left in above photo: Dr. Roshan Dasari, MD, MPH, Medical Director for Psychiatrist and Behavioral Health; Dr. Joshua Umscheid, MD, General Pediatrics, Non-Operative Pediatric Orthopedics; Dr. Heather Wilson, DO, Family Practice with Integrative Medicine; and Dr. Nolan Gartin, DO, Family Practice.

Kristen reminded everyone that the Primary Care physicians are accepting new patients. Also mentioned was Dr. Tarantino, who is providing dermatology services through the hospital's Outpatient Clinics. The program has been in great demand.

The Hospital's Community Pharmacy is now filling on average 100 prescriptions a day. They have expanded the hours they are open 7 a.m.

to 7 p.m. The pharmacy has also added delivery to the Lawson Primary Care to better serve the community. Kristen stated that the hospital is continuing to expand services to bring care closer to home.

Excelsior Springs Hospital Primary Care physicians identified a local need for youth mental health services, when all referrals were out of town. With financial help of \$350,000 from the Clay County Children's Services Fund, the hospital is establishing a psychiatry program that will offer direct and immediate mental health care to youth and adults, too.

Kristen said, "The goal is to be able to offer mental health services to an area where there are limited resources and children are put on wait lists to get critical care they need."

After years, Pediatrics returns to Excelsior Springs

Since 2017 there have been no pediatricians operating in Excelsior Springs. Residents wanting to see a pediatrician have been forced to take their business to Liberty in order to get what they need. That has all changed with the newly hired Dr. Josh Umscheid, who not only brings pediatrics but also orthopedic (non-surgery) and sports medicine to the community.

Coming from a family of physicians, Dr. Umscheid also has two brothers working in the health industry, one who just started a pediatric practice in Arizona and another who practices in Parkville and just made him an uncle. Born and raised in Wichita, Kansas, Dr. Umscheid is Board Certified in General Pediatrics, where he enjoys working with newborns through adolescents. He specializes in non-operative pediatric orthopedics, where he treats sports injuries, clubfoot and other growth deformities, neuromuscular disorders, and uncomplicated fracture arc. He hopes to offer health clinics focused on pediatrics, sports medicine, scoliosis, club foot, and others.

In addition to these specialties, Dr. Umscheid will be building the hospital's pediatric program from the ground up. From writing protocols to screeners, there is a lot that needs to be in place for it to all work. He will also be working in coordination with Dr. Rashan Dasari, who is leading the new behavioral health program on the hospital's campus. Their ability to parallel each other as they each establish a foundation for their programs to work together and address all the needs of the



Dr. Josh Umscheid

community.

"I'm looking forward to rebuilding the community's pediatric population here, to save them the time of having to seek care out of town," Dr. Umscheid said. "This gives me an opportunity to do all the things I've learned, like sports medicine, which is a passion. We have really appreciated all of the support from the community. It has been refreshing to just hear, 'what can we do to help.' My wife and I are excited about plugging into the community!"

Dr. Umscheid's wife, Maura, is a dietitian and will also be working for the hospital. He revealed

that he met his wife by sending her referrals time and time again, until eventually, she caught on. The hospital welcomes them both to Excelsior Springs.

HEALTH & WELLNESS CALENDAR

October

All Classes held at the Community Center

- 11** *Meet The Need Community Support & Volunteer Opportunities*
11:30 AM
- 20** *ESH Hospice & HH Services and Volunteer Opportunities*
11:30 AM
- 21** *Pain Management: Diabetic Neuropathy*
11:30 AM
- 24** *Protecting Against Flu Season: Angela Ochoa*
11:30 AM

Dr. Tarantino and Team bring Dermatology Services



Dr. Isadore S. Tarantino and wife, Chelsey Tarantino, RN pictured center with team assistants.

Dermatology services are highly in demand in Excelsior Springs and in the past citizens may have had to wait 4-6 months to get care. Dr. Isadore S. Tarantino has just been hired through the hospital's Outpatient Services and has set his goal to reduce those wait times. With a dermatological practice in Overland Park, KS, Dr. Tarantino brings his team with him, including his wife, Chelsey, who is a RN and Nurse Practitioner student.

Working in a rural area comes naturally to Dr. Tarantino after growing up in a similar setting in Southern California. With the understanding that there is a lack of resources, Dr. Tarantino has made his goal to provide the best optimal care to those living here. He's eager to start working through the patient list so he can meet people and address their needs. His experience so far has been pleasant. He says, "People here are gracious, are sweet, and show gratitude."

Dr. Tarantino explained his goal is to diagnose, treat, and cure skin conditions. Service will start

with a head to toe skin check, identifying any dermatological issues such as eczema or acne. He said that there is a large amount of skin cancers being found here. He is surprised at the amount of undiagnosed skin cancers that he is finding. Most situations can be identified, treated, and will not need any further care. However, there are still some skin diseases that will need ongoing care. Dr. Tarantino is able to perform skin biopsies for testing and also perform surgery, if needed.

Dr. Tarantino is board-certified through the American Board of Dermatology for General Dermatology, in addition to also being board-certified and fellowship-trained through the American College of Mohs Surgery. During his fellowship training, Dr. Tarantino trained under the world-renowned dermatologic surgeon, Dr. Leonard Goldberg, a second-generation trainee of Dr. Frederic E. Mohs, who developed the Mohs surgical technique. Over the course of Dr. Tarantino's Micrographic Surgery

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“What a great time of year it is — falling leaves, pumpkins and a change of season.”

Even if you aren't quite a winter fan, these cooler days sure are welcome. Our Excelsior Springs Hospital team has continued to focus our attention on our PEOPLE throughout the year. October is the time to showcase some of our best highlights. With the help of our Excelsior Springs Healthcare Foundation, we are recognizing 10 individuals this year, for their service and Commitment to Caring. The Foundation, under Dr. Kent Powell's leadership has been an integral part of our Employee Awards and recognition. With over 25 nominations, the Committee had their work cut out this year. Each of our nominees and award winners will be recognized during our hospital's annual Gala on Thursday, October 27th. We are excited to be in-person again this year and thrilled to celebrate the many great successes and amazing individuals that make this hospital what it is! The Gala will also have many great silent and live auction items — most donated from our staff and community members. Your generosity supports so many great things for our hospital. I hope to see you at the Gala on October 27th!

I am thrilled to introduce Dr. Joshua Umscheid to our community. Dr. Umscheid brings Pediatrics to Excelsior Springs with a passion also for non-surgical orthopedics! We love his energy and enthusiasm for our littles in the community and can't wait to get started! We also feel great that Maura Woolsey, Registered Dietician joined ESH about the same time! Maura's passion also brings her in line with our children and their health — and being married to Dr. Umscheid is a plus for all of us! We love seeing the two of them together!



Kristen DeHart, ESH CEO

And another powerful duo is at ESH every Wednesday ... Dr. Isadore Tarantino brings Dermatology to ES, and with him, is his wife Chelsey, who is an RN and a lead for the Dermatology program. I can share stories for hours that our Providers are saving lives. Please read both Doctor's stories in this Vision letter. I am honored to work with each of them every day!

Our Commitment to Caring over this year was realized in many ways as we turned our services outward to give back to the Community. Our event will showcase many of those great partnerships. For a community hospital, we have some lofty goals and continue to push for new programs, providers and opportunities. I am proud of the commitment that our 300+ team members provide every day. We are proud of our communities and honored to help — in any way and always. Thank you for your support.

Kristen DeHart



The Excelsior Springs Health Care Foundation is happy to be celebrating the Annual Gala in person again after hosting the event virtually for the past two years. The event will take place on October 27, 2022 at The Elms Hotel and Spa with a social beginning at 6:00 p.m. and dinner at 7:00 p.m. All proceeds from the event will go directly to funding the Excelsior Springs Hospital's rapidly expanding services and innovations in patient treatment and care.

Attendees will enjoy a formal event with a seat-

ed dinner, entertainment, and live auction. The gala is an opportunity for the hospital to present awards to their employees who are exceptional. The

Up and Coming Awards, Commitment to Caring Awards, and Director of the Year Award will all be given that night.

In addition to the festivities, there will also be a Silent Auction and Raffle for \$500.

Sponsorships are currently being accepted for the event. Purchase tickets and sponsorship packages at <https://eshospital.org/nightatesh>.

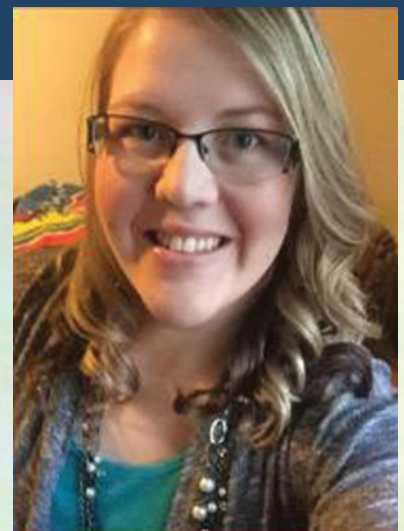
PEER SPOTLIGHT

Lindsay Wells **Information Technology Tech**

• Thank you for all your help with computer issues lately! From phone calls late at night on the weekends to me interrupting a meeting (sorry). Just wanted to let you know that you are all ROCKSTARS and I appreciate you!

• Thank you for helping me with my audio issues late Friday! I appreciate your cheerful attitude! #communication

• Thank you so much for all your help in our PayServ conversion. We wouldn't be able to identify places for improvement without your help! #excellence



Pink Ribbon Fund Supports Local Patients

Survivor Jessica Williams shares experience

October is Breast Cancer Awareness Month and the Hospital's Radiology Department is asking for donations to go to the Pink Ribbon Fund, which supports local men and women mammography services regardless of their financial situation. The fund was established in 2012 and to date has helped 12 local women with their breast imaging needs.

Local resident Jessica McWilliams was willing to share her experience after being referred to the fund through Dr. Chris Weir. She said, "Having the radiology services meant the world to me. I possibly wouldn't be here today without them. The imaging was very important to my health. It confirmed that I had breast cancer. The imaging saved my life! I would never want anybody to go through what I went through.

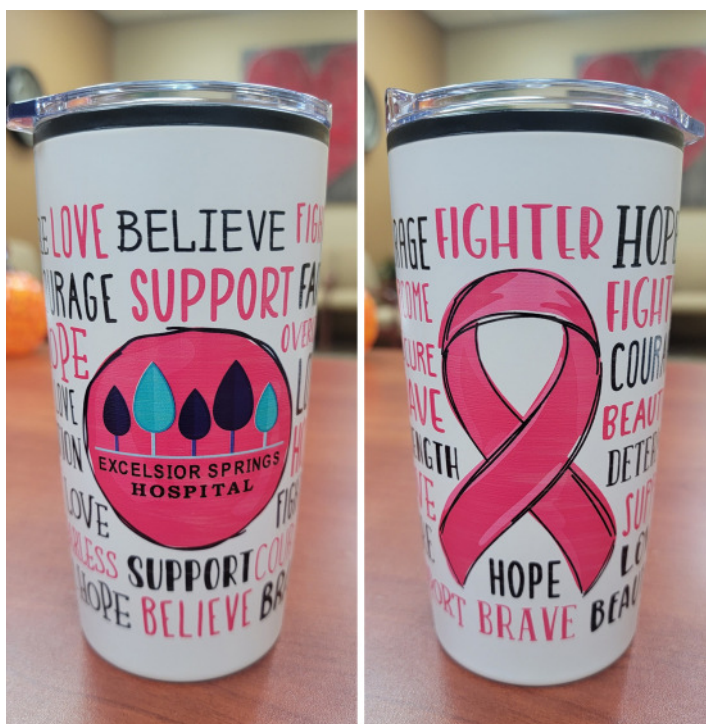
"Whether someone needs the funding because of precaution or because they found something, getting annual mammograms is very important and the Pink Ribbon Fund is a great way to get help with the costs.

"Again, without it, I may not have been here today. I am forever grateful for Courtney Jones, Tonya Deason, and Tiffany Danneman. They were so patient and kind and provided me with every-



thing I could possibly need. They helped save my life."

All of the proceeds for the Pink Ribbon Fund have been based on t-shirt sales and donations. The public can order a long or short-sleeved t-shirt and those getting mammography screenings will receive a pink tumbler (pictured at left), while supplies lasts. Donations may be made online at <https://bit.ly/eshdonate> or can be mailed to the hospital at 1700 Rainbow Blvd, attention Chris Riegel. To access funds, please call Erica Eckersley at 816-629-2761 for more information and an application.



Campus Ribbons



The pink ribbons around our campus are an opportunity to remember those we have lost and to spread the word with friends and family to make a mammogram appointment today by calling 816-629-2700. Walk-ins are welcomed.



FOR EXTRAORDINARY NURSING FACULTY

**HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES**

Say Thank You To Your Nurse

The Excelsior Springs Hospital is now participating in the DAISY award program that encourages others to nominate nurses who have shown great care. The DAISY (Diseases Attacking the Immune SYstem) Award is an international recognition program that honors and celebrates the skillful, compassionate care nurses provide every day.

The DAISY Foundation was established by the family of J. Patrick Barnes after he died from complications of the auto-immune disease ITP in 1999. During his hospitalization, they deeply appreciate the care and compassion shown to Patrick and his entire family. When he died, they felt compelled to say "thank you" to nurses in a very public way.

To nominate an extraordinary nurse, look for the forms at the hospital or submit an online nomination here: <http://daisynomination.org/4360>.

Dr. Tarantino and Team Continued from page 2



and Dermatologic Oncology (Mohs) fellowship, he trained extensively in Mohs and reconstructive surgery, where he gained mastery in treating skin cancer, including Mohs for melanoma, and facial reconstructive surgery.

When he's not saving lives, Dr. Tarantino and his wife love to spend their time with their three children and pet yorkies. They enjoy Kansas City sporting events and traveling.

If you are interested in receiving dermatological care, please contact the Outpatient Clinic coordinators at 816-629-2700 to schedule an appointment.

SPECIALTY PHYSICIAN CLINICS - OCTOBER 2022

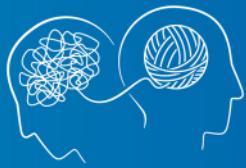
We encourage patients to call 816-629-2700 prior to your scheduled appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 GI Clinic - Dr. Winn Oncology - Dr. Beeki Surgery - Dr. Nesporý	4 Rheumatology - Dr. Chaudhry	5 Dermatology - Dr. Tarantino GI Clinic - Dr. Cornette	6 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell	7 Pain Management - Dr. Hamilton
10 Cardiology - Dr. Madrigal Pain Management- Dr. Hamilton Surgery - Dr. Nesporý	11 Rheumatology - Dr. Chaudhry Orthopedics - Dr. Walker	12 Dermatology - Dr. Tarantino Urology - Dr. Aberger	13 Orthopedics - Dr. Justice Podiatry - Dr. Shemwell Pulmonology - Dr. Patel	14 Pain Management - Dr. Hamilton Rheumatology - Dr. Daud
17 Cardiology - Dr. Maragos Pain Management - Dr. Hamilton Surgery - Dr. Nesporý	18 Rheumatology - Dr. Chaudhry Urology - Dr. Kozminski	19 Dermatology - Dr. Tarantino GI Clinic - Dr. Cornette	20 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell Pulmonary - Dr. Patel	21 Pain Management - Dr. Hamilton Urology - Dr. Aberger
24 Oncology - Dr. Beeki Pain Management - Dr. Hamilton Surgery - Dr. Nesporý	25 Rheumatology - Dr. Chaudhry Orthopedics - Dr. Walker	26 Dermatology - Dr. Tarantino GI Clinic - Dr. Cornette	27 Orthopedics - Dr. Justice Podiatry - Dr. Shemwell	28 Pulmonary - Dr. Patel Pain Management - Dr. Hamilton Rheumatology - Dr. Daud
31 Urology - Dr. Kozminski Tele Rheumatology - Dr. Chaudhry Surgery - Dr. Nesporý GI Clinic - Dr. Winn				



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

Prescriptions / Transfers
Call 816-629-3576



COMMUNITY EDUCATION

WINTER IS COMING: HOW TO PREPARE FOR THE WINTER BLUES AND S.A.D.

Summer is over, back-to-school sales have come and gone, and the darkness has begun creeping in earlier and earlier each day. There are endless reasons to love autumn — hello, cozy sweaters, and sweetened seasonal drinks — but with fall comes winter following close behind. Once winter hits, Seasonal Affective Disorder, or SAD, can become a difficult force to fight. You're no longer spending as much time outside. Meaning there are fewer people out and about. The feeling of isolation is all but a given.

According to *The Cleveland Clinic*, "You may not be able to prevent the first episode of SAD. But once your provider has diagnosed you with seasonal depression, you can take steps to better manage it or even prevent it from coming back."



Here are *The Cleveland Clinic's* **seven ways to fight SAD: also called "The Winter Blues,"**:

- **Use your lightbox:** Start using light therapy at the beginning of the fall before you feel SAD symptoms.
- **Get out:** Spend time outside every day, even if it's cloudy. Daylight can help you feel better.
- **Eat a well-balanced diet:** Even though your body may crave starchy and sweet foods, stick to nutritious choices. A healthy diet with enough vitamins and minerals can give you the proper nutrition and energy you need.
- **Get Moving:** Try to get 30 minutes of movement at least three times a week. Exercise relieves stress and anxiety, which can play a role in your SAD symptoms.
- **See friends:** Stay involved with your social circle and regular activities. They can provide support during the winter months.
- **Find help:** Consider seeing a mental health professional who's trained in CBT. This treatment can be very effective for seasonal affective disorder.
- **Talk to your healthcare provider:** Always keep your primary physician up to date on your symptoms, treatments, and goals. Remember you are not alone.

If you or someone you know is struggling with your mental health, give us a call. We are here to provide education, information, and support.



Our program is an intensive outpatient therapy 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.

Anyone can make a referral to our program, including self-referrals, primary care physicians, specialists, family members, friends, community groups, and nursing or residential facilities.

We are dedicated to improving the quality of life for the patients we serve. If you would like more information, education, or would like to discuss support for yourself or a loved one, **please call us at 816-629-2629.**