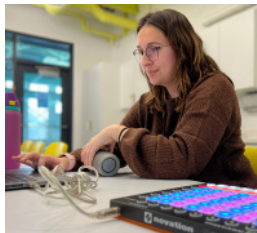


November
2022

Vision

A Publication of Excelsior Springs Hospital | Excelsior Springs, MO



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30th Annual Gala & Auction



Dr. Brad Hoffman, Director of Emergency Department, was one of ten honored during the evening.

For the first time in two years, the Excelsior Springs Health Care Foundation held their Annual Gala in person, returning to the historic Elms Hotel and Spa. This year was the 30th year for the celebration. Foundation President Kent Powell, DDS, gave an update on the Health Care Foundation

and thanked sponsors for their support in bringing the event financial success.

Excelsior Springs Hospital CEO Kristen DeHart offered updates on new services and physicians that have just been hired. She then presented the

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The New Faces of Excelsior Springs



**Dr. Nolan Gartin,
DO
Family Medicine
816-630-6722**



**Dr. Joshua Umscheid,
MD, FAAP
Pediatrician
816-629-2700**



**Dr. Heather Wilson,
DO
Family Medicine
816-630-6722**



**Dr. Roshan Dasari,
MD, MPH
Behavioral Health
816-629-3551**

“Thanksgiving is a great time of year.”

Thanksgiving is a great time of year. I am so very thankful for our team members. They continue to provide excellent services to our community members, developing over time and changing with the constant evolution that healthcare demands.

I am also very thankful for our community members, staff and all that helped with our Foundation's Night at the Hospital event, held last month. It was amazing to be back in-person and able to celebrate our successes and outstanding caregivers! Overall, the Foundation raised nearly \$28,000 that will be very helpful with future needs.

And a very special thank you to our veterans, both staff and community members. We appreciate your sacrifices, thank you for your bravery and for protecting our freedom.

As we go into the last few weeks of the year, my wish is for our community to be safe, happy and healthy, and that conversations around the holidays focus on food, family, football and the spirit of the season. Thank you for your support of our hospital and our teams. We are thankful for you!

Happy Thanksgiving,

Kristen DeHart



Kristen DeHart, ESH CEO

Tiger Tunes Offers Kids Creative Outlet

In a partnership with Tri-County Mental Health Center, the hospital has been offering what they call “Tiger Tunes,” on the first Wednesday of the month after school at the Excelsior Springs Community Center. This program offers youth to experiment with a series of different types of musical instruments and sound machines.

Madalyn Gerber is a School Based Music Therapist through Tri-County that works in our local elementary schools, in addition to conducting Tiger Tunes at the Community Center. After having majored in music therapy from KC in 2020, she has been leading an Expressive Therapy Team that consists of activities like art, music, and recreational therapy.

Madalyn says what she enjoys most is helping students find a better connection with themselves and their emotions. She wants to help them find healthy coping skills and offer a safe place for them to share with an adult. She works to bring out the creative side to show them that there are outlets for dealing with their emotions in ways that are healthy.

The U.S. Department of Health and Human Services, reports that one in five children and adolescents experience mental health problems during their school years. Examples include stress,



Madalyn Gerber brings “Tiger Tunes” music therapy to local youth.

a learning disability, and alcohol and substance abuse. Serious mental health problems, such as self-injurious behaviors and suicide, are on the rise, particularly among youth. Tri-County’s three most common diagnoses for children 19 and under in the Northland are attention-deficit hyperactivity disorder, major depression, and anxiety disorders.

To participate in the school-based program, counselors take referrals from teachers and parents. The Tiger Tunes session at the Community Center is open for any youth wanting to participate. You do not need to be a member of the Community Center to join. This program and others are being offered through a series of Wellness Classes being sponsored by the Excelsior Springs Hospital.

Pumpkin Contest Winners:

1st place - Witch Hazel's Cleaning Service by Environmental Services

2nd place - Mammy by Radiology

3rd place - Hay Happy Cow-Loween by the Island Misfits



Update on Pink Ribbon Fund



Director of Cardiopulmonary Erica Eckersley reported that there were 310 t-shirts sold this year for the Pink Ribbon Fund. The fund provides financial support to those who are in need to eliminate barriers to people from getting the care that they need. Over \$6,000 was raised.

30th Annual Gala Continued from Page 1

hospital's Up and Coming Award, Commitment to Caring, and Director of the Year awards. Each year hospital employees are nominated for the awards. This year's Commitment to Caring award was given to Dr. Brad Hoffman, ER Physician, Jacent Hood, Radiology, and Kristina Busby, Nursing. Those nominated included Maria Florez-Archer, Radiology, Samantha Henson, Radiology, Courtney Jones, Radiology, Amanda Romazon, Director of Finance, Chris Wier, Nurse Practitioner, and Nate Williams, ES Parks and Recreation.

The Up and Coming Awards were given to Krysta Beattie, Financial Counselor, Michelle Harvey, Primary Care Receptionist, Theresa Horn, Nutritional Services Manager, Sheila Lunn, Benefits Coordinator, and Kelley Miller, House Supervisor and Nursing were all. Those nominated in the category included Aaron Collins, CPD Buyer, Shannan Conner, Speech Therapist, Skylar Donaldson, Outpatient, Jamie Farris, Nursing, and Shannon Spiking, Nursing.

New last year, the health care foundation also recognizes a Director of the Year. This year Jerad Blocker, Plant Operations Director and Lisa Fielder, Director of Med/Surge/ED were both awarded. Those nominated included Tonya Deason, Director of Radiology, John Freeman, Environmental Services Manager, and Deeann Schoenfield, Revenue Cycle Director.

In addition to the award presentations, a Live Auction auctioneered by Chip Glennon was held. Throughout the night Molly Roberts of Molly Roberts Studio in downtown Excelsior Springs worked on a painting in the lobby of The Elms. This allowed attendees to step out and see her progress over time. Traditionally, her painting is then sold as the last Live Auction item of the night. There were many bids going back and forth, but it was Hospital Director of Laboratory Services Frank Sanchez that won the bid at \$1,000!

Funds raised from the event will be used for medical equipment throughout the hospital.

Hospital Partners with Clay County Health Center for Great American Smoke-out



On Tuesday, November 8, 2022, a presentation offering information and resources in regard to smoking cessation was given at the Excelsior Springs Community Center's Senior Center. As part of a Great American Smoke-out effort, Julia Mees, Director for Excelsior Springs SAFE, pictured left, presented along with Teresa Tunstall of Clay County Health Center, pictured right.

Hospice Tree of Life White Roses Help Patients and Their Families

Reserve your Hospice "Tree of Life" white roses to be displayed on the two rotating Christmas trees at the Excelsior Springs Community Center. These trees will display beautiful white silk roses in memory of a loved one that has gone before us.

The donations we receive will help hospice patients and their families who may be struggling to make ends meet.

To reserve your rose, contact Tiffany Cook, Administrator of Home Health & Hospice at 816-630-9228.

PEER SPOTLIGHT

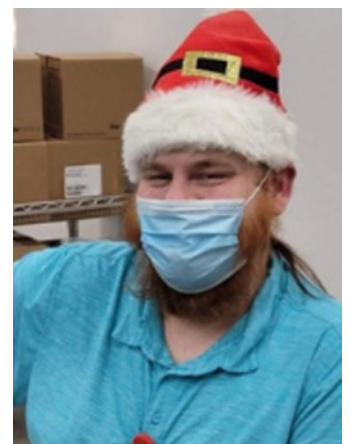
Aaron Collins Central Supply Buyer

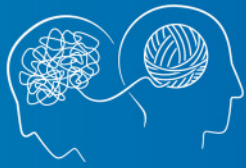
• Thanks for always running us our supplies when needed and helping us out with our pumpkin hauling to the Cafe.

• Thanks for your muscles today Aaron! You saved my back.

• Thank you for your continued willingness to help with whatever I need. Happy Supply Chain Week.

• Thank you for making inventory go so smoothly on Friday.





COMMUNITY EDUCATION

OLDER ADULTS & THE WINTER BLUES

Winter Blues, or SAD, is a seasonal disorder that typically occurs in the winter months. Unlike, regular depression, a person who suffers from winter blues only has the condition at certain times of the year. Winter Blues occur most often in late fall and winter.

Older adults are more susceptible to winter blues because of certain biological and social factors.

Three main factors contribute to the increased risk for older adults.

- **Lack of Sunlight:** As the days grow shorter, there is less sunlight which can affect a person's hormones and create an environment for depression. If an older person is unable to spend time outside, they may experience more hormonal disturbance leading to depressive symptoms.
- **Lack of Vitamin D:** Vitamin D is processed less efficiently in an older person's body. According to the **National Institutes for Health (NIH)**, older people are in the at-risk category for vitamin D deficiency.
- **Lack of Socialization:** In a study by the **National Academies of Sciences, Engineering, and Medicine (NASEM)**, it was stated that social isolation is felt by nearly one-fourth of adults aged 65. Older people who lack community or are housebound are at risk of depressive symptoms from loneliness. During the winter, when they may be housebound, this risk increases.



What Can Be Done to Help Older Adults?

Recognize and understand the signs and symptoms of Winter Blues. A few typical warning signs include:

- Feeling depressed most of the day, nearly every day
- Having low energy
- Having problems with sleeping
- Losing interest in activities you once enjoyed

If you or a loved one is experiencing these symptoms or are concerned about Winter Blues, reach out to your provider, or a member of our team.



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.**

SPECIALTY PHYSICIAN CLINICS - NOVEMBER 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Rheumatology - Dr. Chaudhry Urology - Dr. Kozminski	2 Dermatology - Dr. Tarantino GI Clinic - Dr. Winn Urology - Dr. Aberger	3 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell Pulmonary - Dr. Patel	4 Pain Management - Dr. Hamilton Rheumatology - Dr. Daud
7 Cardiology - Dr. Madrigal Oncology - Dr. Beeki Surgery - Dr. Nespor	8 Orthopedics - Dr. Walker	9 Dermatology - Dr. Tarantino GI Clinic - Dr. Cornette	10 Orthopedics - Dr. Justice Podiatry - Dr. Shemwell	11 Pain Management - Dr. Hamilton Urology - Dr. Aberger
14 Pain Management - Dr. Hamilton Surgery Clinic - Dr. Nespor	15 Rheumatology - Dr. Chaudhry	16 Dermatology - Dr. Tarantino GI Clinic - Dr. Cornette	17 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell Pulmonary - Dr. Patel	18 Pulmonary - Dr. Patel Pain Management - Dr. Hamilton Rheumatology - Dr. Daud
21 Oncology - Dr. Beeki Pain Management - Dr. Hamilton Surgery - Dr. Nespor	22 Rheumatology - Dr. Chaudhry	23	24 HAPPY thanks giving 	25 Pain Management - Dr. Hamilton
28 Cardiology - Dr. Madrigal Pain Management - Dr. Hamilton Surgery - Dr. Nespor	29 Rheumatology - Dr. Chaudhry	30 GI Clinic - Dr. Cornette Dermatology - Dr. Tarantino Urology - Dr. Kozminski		



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

Prescriptions / Transfers
Call 816-629-3576



STAY CLOSE TO HOME.

Some patients need extra care after major surgery, joint replacement, stroke, or an extended illness. Our qualified nursing, physical, occupational, and speech therapy staff are here to meet your needs.



For more information contact
Robin at 816.629.3553

SWING BED PROGRAM

Excelsior Springs Hospital's swing bed program also known as "skilled care" is available to qualified patients who may need a little extra care prior to returning home.