

DECEMBER
2022



Vision

A Publication of Excelsior Springs Hospital | Excelsior Springs, MO



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*Chiefs t-shirts
while supplies
last*

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*Merry Christmas & a Happy New Year
from your friends at
Excelsior Springs Hospital*

PICTURED: EXCELSIOR SPRINGS HOSPICE TREES OF LIFE

Merry Christmas and Happy Holidays!

December is always a bit zany, and our team at ESH has been extremely busy this month. We are wrapping up our holiday celebrations and continuing to see even more patients than ever during these few final weeks before the end of the year. I feel so blessed that our Rise to Shine committee has provided some great activities for our staff to decompress and enjoy the holidays a bit. Thank you to all who participated in the festivities!

2022 has been a great year for our hospital and all of our affiliated services offered. Our entire staff is committed to making sure that our community and surrounding communities have options available for easy and inexpensive access to care. I am proud of our team members for continuing this critical mission, embracing change and growth!

And lastly, the holidays for some may be difficult this year. Perhaps with a loss of a loved one, illness, sadness, addiction or just some seasonal blues that sometimes accompany the season, I pray that you find peace from those around you or help from our community resources. ESH is continuing to bring much needed healthcare and



Kristen DeHart, ESH CEO

resources. We wish you the best and hope that 2023 will be a fresh and fabulous new year!

Merry Christmas,

Kristen DeHart

Amanda Romazon, ESH Director of Finance

Amanda has been volunteering with the Christmas Committee and running the Annual Lighted Christmas Parade for 10 years now. Besides volunteering for the Christmas Committee, Amanda is also a member of the Quarterback Club and was recently inducted into the Excelsior Springs High School Hall of Fame. Amanda has been a resident of Excelsior Springs her whole life.

In her spare time, Amanda enjoys being the dugout DJ and scorekeeper for her daughter's competitive softball team.

Thank you, Amanda, for making Excelsior Springs sparkle during the holidays!



Behavioral Health Clinic Fully Staffed



Dr. Roshan Dasari, left, and Psychiatry and Behavioral Department staff members.

Dr. Roshan Dasari, MD, MPH, has hit the ground running after being hired just three months ago. His task has been to build a Psychiatry and Behavioral Health Department within the Excelsior Springs Hospital. In that short time, he has established relationships with Primary Care physicians to work alongside the Behavioral Health Department, in order to provide a more efficient overall health care for patients. On Thursday, December 1, 2022, at the Excelsior Springs SAFE (Substance Abuse Free Environments) meeting, Dr. Dasari introduced all seven of the hospital's new behavioral health professionals.

Still calling it a “work in progress,” Dr. Dasari explained the importance of bridging the gap between medical and mental health. Instead of treating them separately, the idea is to bring them together to treat the whole person. This holistic approach means moving away from the silos that currently exist and allows physicians to work together to treat both medical and mental health. Dr. Dasari's research shows that five out of ten patients receive treatment for depression, with 79% being diagnosed through their Primary Care Clinics. Working in tandem with a patient's primary care physician provides valuable information to Dr. Dasari and his team of mental health professionals. Working together, the shared information provides a more comprehensive and holistic approach for their patients.

This new clinic is being put in place after local data was shared and professionals could see the community's need for local treatment, but no local resources to help. It was shared that suicide is the 11th leading cause of death in Missouri and that US suicide rates show that one person dies from suicide every 14 minutes.

In December of 2021, the US Surgeon General Vivek Murthy issued a youth mental health crisis. It reads: “Mental health challenges in children, adolescents, and young adults are real and widespread. Even before the pandemic, an alarming number of young people struggled with feelings of helplessness, depression, and thoughts of suicide — and rates have increased over the past decade”.

Like national trends, Excelsior Springs' youth is no different and without local resources for mental health treatment, many students fall between the gap, possibly receiving no treatment at all. Using this information, Hospital CEO Kristen DeHart and SAFE Director Julia Mees applied for funding to establish a Behavioral Health Clinic to work alongside Primary Care to provide mental health services to any Excelsior Springs student in need of support. From this request, the hospital was awarded a \$350,000 grant from the Clay County Children's Services fund. Now, within just three months time, the clinic is staffed and will launch by the end of this year.

A Letter from your ESHCF Foundation Director



Dear Friend and Supporter of Excelsior Springs Hospital,

Happy Holidays!

My name is Christine Riegel, Foundation Director at Excelsior Springs Health Care Foundation. 2023 will mark the 31st year for the Excelsior Springs Health Care Foundation, a private, not-for-profit organization.

As a valued community member, I am writing to ask for your support again this year. Because of generous donations and sponsorships in the past from friends like you, we were able to purchase much-needed equipment for our community hospital. ***Please keep us in your thoughts this new year when deciding on a charitable donation.***

As you may recall, the following events are our biggest fundraisers:

- June 2nd – Thirty-first Annual Golf Tournament, Auction, and Golf Ball Drop at the beautiful Excelsior Springs Golf Club. All-inclusive golf tournament.
- October 26th - Annual Dinner and Auction at the Elm's Resort & Spa.

As a community member, you know how costly large initiatives like ours can be. With your connections, resources, and incredible history of charity work, I know that together we can make an enormous difference in our community hospital.

If you are ready to make a monetary donation online for 2023, visit:

<https://www.eshospital.org/donate/make-a-donation>.

Have a Safe & Happy New Year!

Christine Riegel
Foundation Director
Administrative Coordinator

SPECIALTY PHYSICIAN CLINICS - DECEMBER 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div><div>★</div><div>Health and Wellness Seminar - December 15 Lawson Primary Care Chris Wier, Nurse Practitioner presented at 11:30 am Excelsior Springs Community Center</div></div></div>			<div>1<div>Orthopedics - Dr. Cornett Pediatrics - Dr. Umscheid Podiatry - Dr. Shemwell Urology - Dr. Kozminski Pulmonary - Dr. Patel</div></div>	<div>2<div>Pain Management - Dr. Hamilton Pediatrics - Dr. Umscheid</div></div>
<div>5<div>Cardiology - Dr. Maragos GI Clinic - Dr. Winn Pediatrics - Dr. Umscheid Surgery - Dr. Nespor</div></div>	<div>6<div>Rheumatology - Dr. Chaudhry Pediatrics - Dr. Umscheid</div></div>	<div>7<div>Dermatology - Dr. Tarantino GI Clinic - Dr. Cornette Pediatrics - Dr. Umscheid</div></div>	<div>8<div>Pediatrics - Dr. Umscheid Podiatry - Dr. Shemwell</div></div>	<div>9<div>Urology - Dr. Aberger Pain Management - Dr. Hamilton Pediatrics - Dr. Umscheid Pulmonary - Dr. Patel</div></div>
<div>12<div>Cardiology - Dr. Madrigal Oncology - Dr. Beeki Pain Management - Dr. Hamilton Pediatrics - Dr. Umscheid Surgery - Dr. Nespor</div></div>	<div>13<div>Orthopedics - Dr. Walker Pediatrics - Dr. Umscheid Rheumatology - Dr. Chaudhry</div></div>	<div>14<div>Dermatology - Dr. Tarantino GI Clinic - Dr. Cornette Pediatrics - Dr. Umscheid</div></div>	<div>15<div>Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell Pediatrics - Dr. Umscheid</div></div>	<div>16<div>Pain Management - Dr. Hamilton Pediatrics - Dr. Umscheid</div></div>
<div>19<div>Pediatrics - Dr. Umscheid Cardiology - Dr. Madrigal Oncology - Dr. Beeki Surgery - Dr. Nespor Pain Management - Dr. Hamilton</div></div>	<div>20<div>Pediatrics - Dr. Umscheid Rheumatology - Dr. Chaudhry Urology - Dr. Kozminski</div></div>	<div>21<div>Dermatology - Dr. Tarantino GI Clinic - Dr. Winn Pediatrics - Dr. Umscheid Urology - Dr. Aberger</div></div>	<div>22<div>Orthopedics - Dr. Justice Pediatrics - Dr. Umscheid Podiatry - Dr. Shemwell Pulmonary - Dr. Patel</div></div>	<div>23<div>Pain Management - Dr. Hamilton Pediatrics - Dr. Umscheid</div></div>
<div>26<div>Happy Holidays!</div></div>	<div>27<div>Pediatrics - Dr. Umscheid Orthopedics - Dr. Walker</div></div>	<div>28<div>Pediatrics - Dr. Umscheid</div></div>	<div>29<div>Pediatrics - Dr. Umscheid</div></div>	<div>30<div>Pediatrics - Dr. Umscheid</div></div>

***'Tis the Season
for Sick Kiddos!***

**NEW PEDIATRICS CLINIC
NOW AVAILABLE!
CALL 816-629-2700 TO SCHEDULE.**

BLOOD DRIVE

All presenting donors will take home a Chiefs T-shirt!



Excelsior Springs Hospital Monday, December 19th 9:00 AM - 1:00 PM

Community Room, 1700 Rainbow Blvd.

Appointments are preferred. Book your appointment today at savealifenow.org/group, enter **Group Code: KCND**. For additional details contact Chris Riegel at (816) 629-2739 or criegel@esmc.org.

Medical eligibility questions? Call 1.800.688.0900

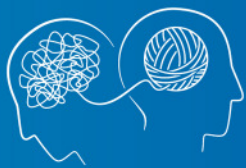
Appointments are preferred however walk-ins will be welcomed if space permits. Please remember to eat, drink, and bring your ID with your name and photo. Mask requirements may change depending on CDC guidelines. Visit savealife.org/coronavirus for complete COVID-19 safety protocols.



877.468.6844 • savealifenow.org #cbckc



Did you know you can now pick up your prescriptions at the Lawson Primary Care?
Prescriptions / Transfers
Call 816-629-3576



COMMUNITY EDUCATION

WAYS TO BEAT THE WINTER BLUES

Winter Blues are another name for S.A.D, Seasonal Affective Disorder. During the late fall and winter, many people experience depressive symptoms from less daytime sun and fewer opportunities to socialize.

Winter Blues symptoms include sleeping more than usual, loss in appetite, disinterest in usual activities, and more.

There are ways to lessen the risk of Winter Blues that anyone can try regardless of their age and circumstances.

Staying Bright When the Blues Come Calling

Below are ideas from **verywellmind** to keep the Winter Blues away!



- **Limit Your Exposure to the News:** As you spend more time indoors, it might be tempting to watch more news. However, a non-stop news cycle could cause negative feelings. Break up your time sitting in front of the news with other activities.
- **Eat Mood Friendly Foods:** Add more protein to your diet especially earlier in the day. Increase your intake of Vitamin D with foods like fatty fish, fish oil, and food fortified with Vitamin D like milk, orange juice and yogurt.
- **Establish a Good Sleep Routine:** Go to bed and wake up at the same time daily. Keep electronics out of the bedroom. Expose yourself to light as soon as you wake up.
- **Move Using the 10X10X10 Plan:** Instead of doing 30 minutes of movement all at once, divide it up into 10-minute increments that you can do throughout the day. Movement helps you feel energized and releases endorphins that improve your mood.

When it comes to Winter Blues, always know that your provider is here to help. You can also reach out to 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.**



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.