



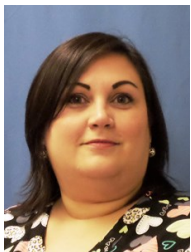
Employee of the Quarter

The Employee of the Quarter Program recognizes SouthCoast team members for outstanding accomplishments and/or contributions to SouthCoast and its mission statement. Eligible employees must display superior performance, innovative improvements, excel in his/her quality of work, and contribute to the SouthCoast core values. Nominations are submitted by the SouthCoast management team and then reviewed by the Executive Committee. The Executive Committee recognizes three employees from the following categories: clinical, administrative support, and clerical staff. Employee of the Quarter winners are eligible for Employee of the Year.



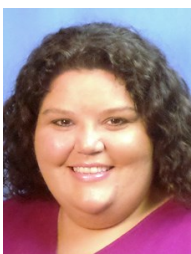
Christina Burgdorf—Senior HR Generalist

Christina ensures that staff/providers are enrolled in the proper benefits and deductions are properly set up, she ensures FMLA paperwork is given to staff and follows up on return date. She takes the time to answer any questions staff/providers have on benefits and is compassionate with staff when dealing with serious matters. Christina works closely with our insurance broker to ensure the Company is providing the best benefits & cost to the staff. She meets deadlines and is highly detailed and has saved the company a considerable amount of money by her attention to detail.



Patricia Vicens—Patient Representative

Patricia always does an excellent job assisting patients, staff, and physicians. She has on many occasions assisted patients with insurance & billings issues, she goes above and beyond to make sure that all needs of the patients are met. She does a great job in meeting the Company's mission by providing excellent customer service to everyone. Patricia works at exceeding efficiency by assisting in improving the service provided to our patients. She always works with a smile, she is a customer service leader and mentor.



Jessica Jones—Licensed Practical Nurse

Jessica always gives 100% to our patients and to other employees. She is always looking for ways to improve office morale and ways to make our patients feel important. She is detailed and strives for accuracy. Jessica always ask co-workers if they need help & is always willing to volunteer to help out. Jessica makes sure that all calls and messages are returned and that patients are satisfied with and understand their plan of treatment. Jessica loves people and enjoys her job!

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Physician Spotlight...

Dr. Wasil Khan relocates his practice! Dr. Khan's home office will now be located at SouthCoast Health's medical campus in Savannah in Bldg. 2. In addition, he will be scheduling pediatric patients at SouthCoast's pediatric office in Savannah.

Dr. Khan will continue to see patients at his current locations in Richmond Hill and Hinesville. For appointments please contact Dr. Khan at 912-527-5335/ fax 912-527-5336.



Dr. Wasil Khan

1326 Eisenhower Dr. Bldg. 2/Savannah
310 Eisenhower Dr./Savannah
89 Interchange Dr./Richmond Hill
790 Veterans Pkway, Ste. 102/Hinesville

Friday
Tuesday
Thursday
Monday & Wednesday

"Dr. Khan is so up to date when it comes to medicine He always has time to spend w/his patients. Thankful for doctors like him."

"Excellent services. My health has improved mainly because Dr. Khan really cares, listens & works with you until he finds the answers to all your healthcare needs."

"He's amazing. A real person & extremely informed doctor. Very knowledgeable. Willing to think outside the box. Great doctor. Good staff. Very impressed & I've seen a lot of doctors."

SCH Welcomes Dr. Freeman!



Dr. Caroline Freeman

SouthCoast Health is pleased to welcome the newest member to the eye care department, Dr. Caroline Freeman. Dr. Freeman comes to us from Texas. She attended the University of Georgia, and completed her Doctor of Optometry from Houston College in 2014. Dr. Freeman specializes in contact lenses, diabetic eye exam and dry eye.

Dr. Freeman likes to cook, fish, travel and spend time with her husband and dog!

She will see patients in Bldg. 1 on Wednesday, Thursday and Friday; and in the Hinesville office on Monday. To schedule appointments, please call 912-527-5200.

A big shout out goes to the top three winners of The Biggest Loser challenge in Bldg. 1!

- 1st Place Melissa Griffin Marshlick lost 10% of her body weight
- 2nd Place Stacy Donovan lost 6.5% of her body weight
- 3rd Place Shamika Tolbert lost 3.5% of her body weight

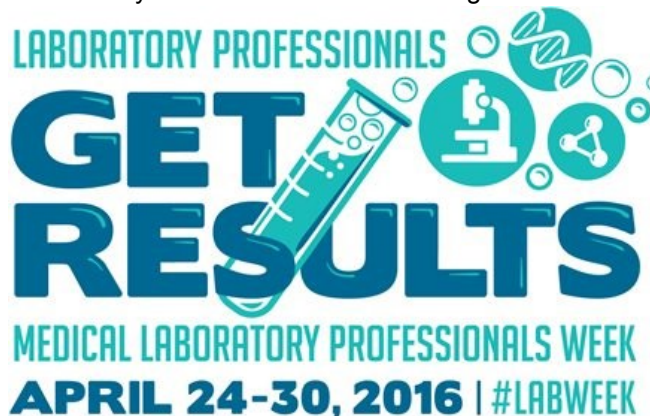
Congratulations to all of the participants!



SCH Employee Spotlight...

Lennette	Griner	Director
Christina	Feal	Supervisor
Katrina	Adkins	Lab Assistant
Brittini	Barrett	Lab Assistant
Shayna	Bondzinski	Lab Assistant
Kelly	Brickey	Lab Assistant
Rodean	Brown	Lab Assistant
Tonialee	Davis	Lab Assistant
Phyllis	Greene	Lab Assistant
Carin	Hazeley	Lab Assistant
Kathrin	Kimmons	Lab Assistant
Kimberlee	London	Lab Assistant
Quinlin	Moore	Lab Assistant
Ayeshia	Simmons	Lab Assistant
Ngu	Doan	Lab Assistant
Chris	Kimble-Hall	Lab Assistant
Lacie	Lanier	Lab Assistant
Donna	Nix-Apodaca	Lab Assistant
Ennice	Reddick	Lab Assistant

Evonne	Smith	Lab Assistant
Tanya	Smith	Lab Assistant
Dawn	Calaway	Medical Lab Technician
Calvin	Thompson	Medical Lab Technician
Kimberly	Malm	Medical Technologist
Cara	Martin	Medical Technologist
Scott	Snyder	Medical Technologist



Congratulations to the HR Team, 1st place winners and Pooler, 2nd place winners for the Customer Service acrostic poem, SMILE (SouthCoast Health Making an Impact on the Lives of Every patient)!

*Melanie Gunter, HR Director,
Christina Burgdorf, SR. HR Generalist, Shari Dyal, Payroll Administrator, Janet Moore, HR Coordinator & Peron Scott, HR Administrator*



Leah Stanley, MA & Dava Griggs, MA



Good Job! Good Job!

A patient of Dr. Wilson's expressed how great Deb is. "Deborah is always pleasant, quick, and efficient. She knows her job well and does it well. As a patient I really love to see employees take pride in their work and know their job. I really appreciate someone like Deborah."

Job well done !



Our very own Pharmacist, Melissa Groover raised \$1,000 to be released from the MDA (Muscular Dystrophy Association) Lock-up! Congratulations to our raffle winners, Nicole Starnes (Sonicare toothbrush) & Amanda Palmano (\$50.00 gift card).

Thanks to all who participated for this great cause!



SCH is pleased to announce the promotion of Cody Deese from Network Support Specialist II to Network Administrator II! Cody has been a dedicated employee with the IS Department since April 2015. Cody's strong communication skills, research capabilities and consistency helped to make this transition very easy.

Kudos to Cody!

SouthCoast Health, once again is going green! Staff members will be able to access the Newsletter via the website beginning in May. For the first 3 months you will receive an EMR or email message informing you that the newsletter is posted on the employee portal under the Newsletter link. Managers will still receive a colored copy to post in breakrooms.



SCH Health Tips...

My neck, My back, My head.....!!!

How to avoid and relief stress:

Get enough sleep

The brain does better with rest, and so does the heart. Mental and physical fatigue causes stress and hinders your productivity. Exhaustion leads to poor decision making, impatience and also illness.

Add exercises to your day

Simple walking or stretching throughout the day will help to avoid repeated stress injuries . A simple document holder can prevent neck injuries from repeatedly turning head to the side to see a document.

Leave work behind when you go home

Clear your mind of work related problems, dwelling on them will just add additional stress, Enjoy your time off!!



Reduce stress by prioritizing and organizing

Create a balanced schedule, try to leave earlier in the morning to set the work flow for the day and prioritize tasks and tackle in order of importance.

Break bad habits

Flip your negative thinking: if you find downfalls in every situation and interactions, you will be drained of energy and motivation. Be Positive!

Don't try to control the uncontrollable: many things that happen at work are out of control, particularly the behavior of other people, or policies. Look for humor in situations!

**HR
CORNER**

Looking to move up without moving out???

... check out some of the job openings available right here at SCH!

- Front Desk (Full-time & Evening Hrs.)
- Nurse Practitioner Pooler
- PACS Administrator
- PRN Optician
- AP Specialist
- MA RH89
- PRN MA & LPN
- MA/LPN Cardio
- Lab Assistant
- Part-time Med Tech
- PRN Pharmacy Tech



April 2016

ANNIVERSARIES

1 Year

Michelle Williams
Tahpenes Bradley
Jessica Gibbs
Jennifer Price
Tonya Spikes
Paige Youmans
Cody Deese
Chiquita Kelley
Alania Greene

2 Years

Dr. Wasil Khan
Jacque Camacho
Alexis Gibbs
Amanda Hardee
Ashley Button
Katie Mueller
Lakia Roseman
ShaRhonda Mathis
Roberta Crawford

3 Years

Idris Ali
Vera Allen
Letha Brown
Tysha Hamilton
Daniel Mathis
Cynthia Saunders
Hannah Russell
Anslee Davis

4 Years

Aaron Keith

5 Years

Brittany Horton
Christine Swords

6 Years

Rodean Brown

7 Years

Michael Wilson
Leah Stanley

8 Years

Kena Richardson
Rose Smith

9 Years

Latarsha Jefferson

10 Years

Sharon Fields

11 Years

Dr. David Mozer

12 Years

Reina Mike

13 Years

Kimberly McFarlin
Darlene Jasper
Tara Green

14 Years

Glynis Thompson
Phyllis Greene

16 Years

Shari Dyal

17 Years

Linda Warner

18 Years

Carla Johnson

19 Years

Gary Davis

BIRTHDAYS

1 April	Miller	16 Hannah	Russell
1 Rebecca	Wells	16 Victoria	Smith
1 Rachael	Crawford	17 Alexis	Gibbs
2 Kimberly	King	18 Kimberly	Velasquez
2 Dr. Melissa	Cobbs	19 Takara	Lewis
2 Aubrey	Stacy	19 Dolores	Omspacker
3 Amy	Mascunana	19 Courtney	Willis
3 Vi	Khuu	21 Kendra	Burns
5 Quanya	Walthour	21 Hollye	McAdams
6 Diana	Garcia	21 Jillian	Heck
6 Sherri	Castillo	22 Dr. Edward	Hoffman
9 Tiffany	McGowan	22 Mary	Cook
10 Katina	Phillips	22 Renata	Yeager
11 Dr. Jules	Victor, III	23 Monica	Oglesby
11 Justice	Hall	24 Michelle	Henderson
11 Ecclesia	Djalleta	25 Anne	Fregeau
13 Dr. Joe	Griffin	25 Jennifer	Van Meter
13 Dr. Adam	Novack	25 Sabrina	Smith
14 Tonya	Spikes	25 Amy	Thomas
14 Jennifer	Deen	27 Dionne	Wilds
15 Bonnie	Fargason	28 Dr. David	Delnostro
16 Deborah	White	28 Tracey	Will
		30 Wendy	Floyd



Wednesday, April 27, 2016

Join in on the competition against your coworkers for a healthy lifestyle and weight loss!

SCH In The Know...

Start Date: April 1st **End Date:** June 24th

- Individual with highest total percentage of weight lost, wins!
- 3 month (12 weeks) challenge
- Office leaders needed to collect and record weights
Must weigh in on electronic scale
- Participants privately weigh in every Friday morning
- Receive healthy weight loss tips throughout competition
- Visits with Dietitian are covered by most health insurance
- All active participants will receive 100 Healthtrax Points

