

National Nurse Week, May 6– 12, 2016

National Nurses Week is celebrated annually from May 6, through May 12, the birthday of Florence Nightingale, the founder of modern nursing.

Often described as an art and a science, nursing is a profession that embraces dedicated people with varied interests, strengths and passions because of the many opportunities the profession offers. As nurses, duties can include working in emergency rooms, school based clinics, physician offices and homeless shelters, to name a few. Nurses serve in many roles – from staff nurse to educator to nurse practitioner and clinical coordinators – and serve all of them with passion for the profession and with a strong commitment to patient safety. SCH would like to recognize all of our wonderful nurses!

Nanci Ahearn, NP	Pamela Barker, RN	Mary D'Ottavio, LPN	Christie Jackson, LPN	Kena Richardson, LPN
Idris Ali, NP	Lori Benson, RN	Andrea Davis, LPN	Crystal Johnson, LPN	Janet Speicher, LPN
Alisha Bennet, NP	Nancy Hanzel, RN	Valerie Davis, LPN	Jessica Jones, LPN	Kelly Stahl, LPN
Susan Brown, NP	Ifunanya Ifezulike, RN	Tonya Dawkins, LPN	Aaron Keith, LPN	Nicole Starnes, LPN
Mary Buck, NP	Barbara Lutz, RN	Shawn DeLucia, LPN	Dwayne Kicklighter, LPN	Jackie Tariq LPN
Tracy Cobb, NP	Therese Sheehan, RN	Michelle Diah, LPN	Jameka Kirkland, LPN	Amy Thomas, LPN
Haley Dickerson, NP	Linda Warner, RN	Bonnie Fargason, LPN	Margaret Landrito-Barfield, LPN	Lacey Thompson, LPN
Gretchen Eichenlaub, NP	Jessica Waters, RN	Dianna Flagella, LPN	Wanda Leach, LPN	Lesia Trice, LPN
Carisa Elmore, NP	Renata Yeager, RN	Qahneisha Fogle, LPN	Laura Lewis, LPN	Christine Vacheresse, LPN
Alania Greene, NP	Michelle Young, RN	Lisa Gaylord, LPN	Tyra Lynn, LPN	Jennifer Van Meter, LPN
Leslie Lawson, NP	Vera Allen, LPN	Lauren Givens, LPN	Pamela Mahnke, LPN	Kay West LPN
Elizabeth Lee, NP	Megan Balcom, LPN	Ebonee Green, LPN	Christy Martin, LPN	LaShell West-Dixon, LPN
Dawn Mace, NP	Pearl Balcom, LPN	Vera Green, LPN	Amber Mills, LPN	Annie White, LPN
Courtney Morton, NP	Carolyn Blanton, LPN	Kiara Griffin, LPN	Katina Moody, LPN	Sharon Wiley, LPN
Judy Ochsner, NP	Jennifer Bouck, LPN	Melissa Griffin, LPN	Amanda Palmano, LPN	Tracey Will, LPN
Courtney Pierre, NP	Jackie Brown, LPN	Rachel Hall, LPN		Heather Yuill, LPN
Jennifer Price, NP	Veltrice Buckhannan, LPN	Teresa Hamby, LPN		
Karen Reed, NP	Jacque Camacho, LPN	Jessica Harbuck, LPN		
Rachel Schwartz, NP	Cheryl Carey, LPN	Michelle Hicks, LPN		
Kendra Seagraves, NP	Crystal Carter, LPN	Heather Hogan, LPN		
Christine Swords, NP	Sherri Castillo, LPN	Jonell Holmes, LPN		
Tammie Walz, NP	Melanie Combs, LPN	Sarah Holton, LPN		
Sarah Warren, NP	Rachel Cox, LPN	Judy Irvin, LPN		
Shelia Williams, NP	Angela Curry, LPN			



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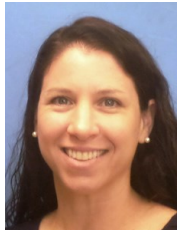
SCH Employee Spotlight...

SouthCoast Health would like to introduce our two newest team members!

Dawn Mace, Family Nurse Practitioner will be located at the main campus-1326 Eisenhower Drive, Bldg. 1. Dawn is a great example of being loyal to the SCH family, she worked in the capacity as an RN for many years at our Chatham Center and Pooler locations and has now returned as a FNP. She received her BSN, from the University of Scranton and her MSN, from Simmons College. Dawn is very smart, efficient and motivated and graduated in the top of her class! She is married with two boys.



Dawn Mace, FNP



Rachel Schwartz will be working extended hours for our Pediatric locations. She comes to us with over nine years of nursing experience, graduating from Georgia Southern University with her BSN and recently graduating from Saint Louis University with her MSN. Rachel is also a certified Pediatric Nurse Practitioner and loves working with children! She is married with three children.

Please welcome both ladies to the SCH family!

Rachel Schwartz, CPNP

Kudos to all of SCH staff members who participated in the Susan Komen Race for the Cure Walk!



For those of you who are participating in SCH Biggest Loser Challenge, we know it's a slog maintaining that initial enthusiasm for ambitious goals, especially when results are slow or it rains for days on end, and all you want is the sofa, Modern Family, Empire and chocolate.

So how do you keep firing like a rocket? Here are a few ways to keep your motivation up and your healthy lifestyle on track. Keep up the good work!

Set specific goals

Chart your progress

Find a workout partner

Reward yourself

Keep a journal

Limit, don't eliminate

Healthy Snack Examples:

Banana, 1/2 grapefruit, Cherries, Apple, Mixed Berries
Veggies & Hummus or Guacamole
Whole Grain Toast w/Almond Butter or Avocado & Tomato
Whole Crackers w/Low Fat Cheese, Tuna or Nut Butter
1/4 cup Almonds, Cashews, Walnuts or Pistachios

Oatmeal
Celery w/Natural Peanut Butter
String Cheese
Whole Wheat Pretzels
Air Popped Popcorn (no butter)

Sm Sweet Potato w/salt & pepper
Hard Boiled Egg
Cottage Cheese w/fresh peaches
Unsweetened Apple Sauce
Edamame



HR CORNER

Looking to move up without moving out???

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

- Front Desk
- Nurse Practitioner Hinesville
- PRN Optician
- LPN Imaging/Bldg. 1/Hinesville
- MA Hinesville/Allergy
- PRN MA & LPN
- MA/LPN Cardio
- Lab Assistant
- PRN Pharmacy Tech
- Clinical Coordinator OB
- Echo Tech
- Rad Tech

SCH In The Know...

Georgia Board of Nursing State CE Requirements

CE Requirements for LPNs:

Effective March 31, 2017, all licensed practical nurses will be required to complete twenty (20) hours of continuing education as a condition of licensure renewal. Licensees who renew in March 2017 must satisfy one of the options between April 1, 2015 and March 31, 2017.

CE Requirements for RNs:

Effective January 31, 2016, all registered nurses will be required to complete continuing education competency requirements as a condition of licensure renewal. Georgia law provides five options from which licensees may choose in order to satisfy the continuing competency requirements. **For additional information please visit www.georgianurses.org.**



SCH Health Tips...

Pre-diabetes is a condition that often is unrecognized, putting many Americans at risk of developing full-blown type 2 diabetes.

Pre-diabetics have higher levels of sugar in their blood, though not as high as diabetics. This increases their chances of developing type 2 diabetes by 15 to 30 percent in the next five years and puts them at greater risk for heart disease and stroke. Some groups are at higher risk for pre-diabetes. These include:

- Those who are overweight, with a body mass index above 25.
- Those who are inactive.
- Those who are age 45 or older.
- Those with a family history of type 2 diabetes.
- African-Americans, Hispanics, American Indians, Asian Americans or Pacific Islanders.
- Those who developed gestational diabetes when pregnant or gave birth to a baby who weighed more than 9 pounds.
- Those who have polycystic ovary syndrome.
- Those with high blood pressure.
- Those whose HDL cholesterol is below 35 mg/dL or whose triglyceride level is above 250 mg/dL.

What are the symptoms?

In most cases, pre-diabetes does not present symptoms. In some cases, those with pre-diabetes notice darkened patches of skin on the neck, armpits, knees, elbows or knuckles. If the transition into type 2 diabetes has already begun, you may notice the following:

- Increased thirst
- Frequent urination
- Fatigue

Blurred vision

Your fate isn't sealed!

A diagnosis of pre-diabetes doesn't mean that diabetes is a fore-gone conclusion. In fact, there is a lot that can be done to prevent that outcome. Pre-diabetes can be a wake-up call for making some healthier lifestyle choices, which will help reduce your risk of developing other chronic diseases, too.

1. Get active. Exercise can reduce glucose levels and will help you shed any extra pounds. Strive to get in 30 minutes of moderate exercise five days a week.
2. Lose weight. Even losing just 5 to 7 percent of your body weight can make a real difference in whether you develop type 2 diabetes. That's about 10 to 14 pounds for a 200-pound individual.
3. Eat better. Load up on fiber, vegetables and whole grains while avoiding high-calorie foods like soda and full-fat dairy.

Rest easy. Getting enough quality sleep primes your body for success. Well-rested bodies allow you to lose weight more easily and they use insulin more efficiently.

Take charge of your health by making lifestyle choices that contribute to keeping you well.



May 2016

ANNIVERSARIES

1 Year

Terry Fonda
Dawn Young
D'Jenie Bayard
Amanda Allen
Gabrielle Steward
Nicole Starnes
Joy Hales
Patricia Hunt
Nicole Aguillard

2 Years

Dr. Lawrence Odom
Hollye McAdams
Brittany Belleperche
Angel Thomas
Morgan Gentry
Vi Khuu
Tanya Smith
Alexis Byrd
Joseph Hires
Brittany Stroud
Javier Bruno
Shawn Kong
Michelle Henderson
Sandra Rucker

3 Years

Catherine Whiddon
Sylvia Singleton
Dwayne Kicklighter
Dr. Edward Sammons

4 Years

Donna Nix-Apodaca
Lindsey Westendorf

5 Years

Dr. Michael Cohen
Heidi Peterson
Katrina Adkins

6 Years

Shana Macon
Tia Lindamood
Chakeima Bigham
Brittany Edge

8 Years

Jamila Joshua
Sherry Harrelson

10 Years

Dee Pace

11 Years

Teresa Chiariello
Jennifer Van Meter

13 Years

Kimberly Velasquez

14 Years

Brianne Lucas

15 Years

Tim Harper
Janice Graves

16 Years

Tina Smith

17 Years

Evonne Smith

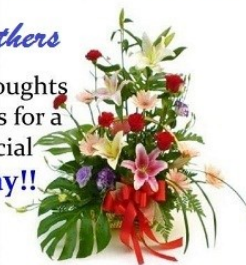
BIRTHDAYS

1 Heather	Fields	16 Lennette	Griner
2 Gary	Davis	16 NeShea	Jones
4 Dr. Todd	Lanier	16 Jennifer	Bouck
4 Salena	Grissette	16 Shawn	Kong
4 Naomi	Roberts	17 LaShell	West-Dixon
4 Laura	Lewis	17 Ashley	Patterson
4 Sheree	White	17 Andrea	Davis
4 Ann	Pritchett	18 Jessie	Violet
4 Valerie	Figueroa	19 Dedra	Rice
5 Maria	Etzle	19 Rodean	Brown
5 Dawn	Young	20 Alice	Womble
6 Dr. Braxton	Fields	20 Gina	Minally
6 Carisa	Elmore	20 Janennie	Moon
7 Joseph	Hires	21 Miesha	Ash
7 Chavatica	Taylor	21 Tracy	Cobb
8 Chelsea	Olson	21 Jessica	Work
8 Virginia	Simmons	23 LaShonda	Bailey
9 Sierra	Graveley	24 Sandra	Latta
9 Emily	Anderson	26 Fred	Payne
10 Kena	Richardson	27 Brianne	Lucas
10 Katerine	Height	27 Brittany	Horton
10 David	VanVleck	27 Lacie	Lanier
11 Regina	Bryan	28 Cynthia	Lampp
11 Christine	Vacheresse	28 Lacey	Thompson
12 Dr. Richard	Hightower, Jr	28 Mary	Sayer
12 Haley	Dickerson	29 Dr. Keith	Seibert
12 Hollie	Ellington	30 Felecia	Griffin
14 Sylvia	Singleton	30 Kay	West
15 Sannette	Pusha	30 Ennice	Reddick
		31 Daniel	Mathis

HAPPY MOTHER'S DAY 2016

to all mothers

With warm thoughts
& happy wishes for a
bright and special
Mother's Day!!



Best Wishes!

Reminders...



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.

ACKNOWLEDGE

Greet all patients w/Mr./Mrs./Ms.
Set the tone for the encounter.

IDENTIFY YOURSELF

Establish a rapport w/your patient.
Engage in positive conversation.

DURATION

Educate the patient regarding the office visit process and give them an approximate time frame. Update often.

EXPLAIN

Communicate w/ the patient, advise what your are doing & make sure they are comfortable during the visit.

BE THANKFUL

Thank your patient for choosing SouthCoast as a provider. It is always our privilege to serve them.