



SouthCoast Health Celebrates 20 Years of Service

July 2016 marks the 20 year anniversary of SouthCoast Health. What began 20 years ago with 16 physicians has grown to the largest multi-specialty physician group in the region with more than 120 medical providers, over 600 employees and 18 locations throughout the Coastal Empire and Low Country.

Many things have changed over the years, but our mission remains the same – to provide quality healthcare with a dedication to complete patient wellbeing. “Improving the health of the communities and people we serve has been our focus, but we also recognize the importance of constantly innovating and adapting to keep up with the landscape of medicine and the health and wellness of our patients,” said John Marrero, Administrator of SouthCoast Health.

Leading the Way

Over the years, SouthCoast Health has been a leading medical group in our region. We were the first in the community to incorporate electronic medical records into our practice. We were also the first in the region to offer 3D mammography to our patients. Recently, SouthCoast Health introduced the first High Risk Breast Cancer Clinic in our area.

National Recognition

SouthCoast Health physicians are among the best in the region, nationally recognized for quality in the areas of diabetes care and heart/stroke. In addition, SouthCoast Health attained the highest level of recognition by the National Committee for Quality Assurance for Patient-Centered Medical Home. This honor distinguishes excellence in health care and puts the patient at the center of a team-based approach to quality health care.

All Because of You

The employees at SouthCoast Health are the true reason our organization has been able to grow, lead the way and obtain the quality measures that we are nationally recognized for. Whether you have been a part of our team for 20 years, 10 years or even 1 year, you play a significant role in the life of SouthCoast Health. It is all because of YOU!

Thank you for your dedication to SouthCoast Health and to the people that we serve. It has been 20 years, but we are just getting started!



IN THIS ISSUE:

- 20 Years Of Service
- Employee of the Quarter
- SCH Employee Spotlight
- SCH Acknowledgements
- SCH In The Know
- Birthdays & Anniversaries
- SCH Reminders
- HR Corner
- Munch & Learn



Thank You For 20 Years of Service

Congratulations! This month marks your twentieth year with SCH.

We thank you for your enduring loyalty and dedication. We truly appreciate the years and long service you committed to SCH.

Dr. Theodore Geffen	Bldg. 1
Dr. Robert Grant	Bldg. 1
Dr. Wallace Holland	MDVIP
Dr. Robert Jones	310 Peds
Dr. Harresh Dulamal	Chatham Ctr.
Dr. Jules Victor	MDVIP
Dr. Ben Watson	Bldg. 2
Dr. Leonard Wojnowich	MDVIP
John Marrero	Admin
Cherie Bowers	310 Peds
Cecile Brazzell	Chatham Ctr.



Sarah Butterfield	Admin
Bonnie Fargason	310 Peds
Stacy Donovan	Bldg. 1
Pam Gould	Cardio
Barbara Lutz	Bldg. 1
Therese Sheehan	Bldg. 2
Scott Snyder	Lab
Deborah White	Pooler
Andrea Cardinal	Bldg. 1
Bonnie Wilson	Bldg. 2
Sallie Cunningham	Admin

SCH Acknowledgements...



Please join SCH in extending best wishes to Debra Roth, who is retiring from the Infectious Disease dept. Debra has been with SCH for over 18 years!

Here's to wishing you as much success in your retirement that you have had with the company. Thank you for your years of dedication!



Thank you to everyone who participated in the Customer Service Leaders Monthly activity! All location BINGO winners were entered for the drawing.

And the winners are:

Hinesville/Bannout
Bldg. 1-Team Butterfly
Surgery

Congratulations!!!

SCH Reminders...

Please be mindful of any licensures or certifications that are due to expire!

All Clinical Personnel, you are responsible for updating your TB, Hep B and CPR certifications before the expiration date. CPR classes are offered one Saturday out of each month at no cost to the employee.

If your certification has expired, you will be responsible for \$35 fee!

If your uniform is tattered, battered, faded or ripped...it's just a hop and a skip to Peron's Gently Used Closet!

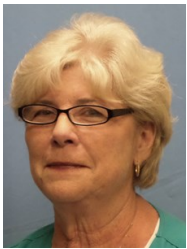
For the month of July, you can purchase a set for \$15.00, normal price is \$10.00 for each item.

To see if your size is in stock, please contact Peron Scott at 912-303-3550/ext. 8550.



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.



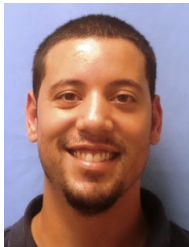
Barbara Lutz—RN/Dr. Grant, Bldg. 1

Barbara delivers great personable customer service to her patients. She provides guidance and directions to the patients as if they were her own family. She diligently monitors her patients treatment plan and execution of care. Barbara prioritizes her day/week to ensure that lab, consult and referral tracking is done timely, she then follow up with patients to confirm the quality of their referred visit. Barbara has developed a routine of utilizing SCH available systems to review quality measure needs or deficiencies. Her goal is to ensure everyone's care is monitored and maintained to the best of her and their provider's ability. Barbara is also celebrating 20 years of service with SCH!



Emily Kilgore—Rad Tech, Bldg. 1

Emily has a great rapport with patients and is extremely knowledgeable of her job. She is always pleasant, upbeat and punctual. She brings exceptional ideas on how to enhance the workflow. Emily is conscientious of following exam protocols to ensure the best possible care for patients. Emily is an exemplary employee; she consistently does an excellent job, always willing to support and educate patients before & after procedures. She is crossed trained and is able to work in multiple modalities of the Imaging department.



Javier Bruno—Physical Therapy Asst., Bldg. 1

Javier carries a very positive and bright attitude towards everyone. He is always willing to help anyone with a smile. Javier strives to provide all patients the best care possible in order to get them back to their normal activities as quickly as possible. He approaches problems with an open mind and make sure they are taken care of. Javier has been a great asset in helping with the development of the Vestibular program.

SCH In The Know...

Healthtrax Points

Please remember that you must complete the online HRA (Health Risk Assessment) in order to earn the HSA incentives. Logon to www.healthgram.com to see your current points and items you have completed!

It's that time of year that we all have been waiting for, annual reviews! With increases coming forward, we often think about new items we can purchase or other things that we couldn't afford before.

This year, let's challenge each other to increase our 401k contributions to help secure our future and for those seasoned staff members...retirement! It may surprise you how significant your retirement accumulation may be simply by increasing the percent of your salary that you save each month in your 401k. Contribution change forms can be accessed at the link below.

www.southcoast-health.com/files/employee-access/human-resources/employee-benefits/change-contribution-form.pdf

HR CORNER

Looking to move up without moving out???

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

- Manager of Quality Initiatives
- Medical Office Asst./Care Coord.
- Care Coordinator-LPN
- Nurse Practitioner-Bldg. 1/Peds
- Front Desk-Surgery
- LPN-Cardio/Surgery
- PCC-Hinesville
- MA-Pooler/Bldg. 1
- PRN Clerical & Clinical-RH 89
- Mammographer
- PRN LPN-Baxley

SCH Employee Spotlight...



It's been a long road, but you all made it. Congratulations to all who completed the 12 weeks of the Biggest Loser Challenge! You all have completed a journey that many probably thought wasn't possible. You may not have been in the top three, but you all are winners!

We all know that losing weight does take focus and dedication, it's also important to remember that losing weight isn't really a start-and-end process. Sure, you have a weight-loss goal to reach, but once you get there, you don't just stop eating right and working out. No way! You keep it up because it's a healthy lifestyle that's livable and lovable—and it makes you feel great. So keep up the good work.

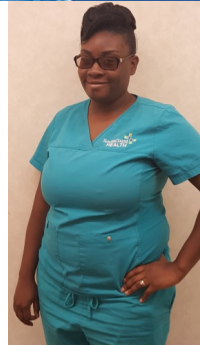
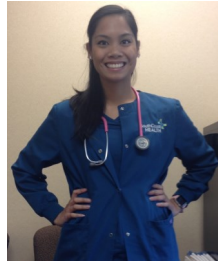


Jowona Smith
6 dress sizes



Margaret Barfield 11.75 lbs.

Obstetrics and Gynecology



Paige Youmans 11.2 lbs.



Scott Snyder
1st Place
Lab

Christina Feal
2nd Place
Lab

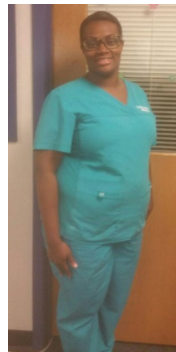
Jeanette Pickell
3rd Place/Bldg. 2



Alena Horton
7 lbs.



Kay West 1.63% of body wt.
Pearl Balcom 1.59% of body wt.



Saquana Rhodes, 11 lbs.
310 Peds



Kena Richardson 18 lbs.
RH Peds



Dava Griggs 11%
of body wt.



ADMIN OFFICE
Trina Scott 12.2 lbs.





July 2016

ANNIVERSARIES

1 Year

Dr. Nathan Fergus
Shamonnica Smith
Karen Dewberry
Tammy Frye
Shalicia Shepherd
Shanay Wiley
Rebecca Robinson
Amy Thomas

2 Years

Dr. Leland Dampier
Brittini Barrett
Ytेशia Jackson
Rebecca Wells
Angela Bradley
Dr. Braxton Fields
Dr. Sabin Tomus
Haley Dickerson
Rachael Crawford
Felicia Waters
Amy Mathis
Ashley Shaw
Treasure Esteves

3 Years

Dr. Garrett White
J'Lisia Thompkins
Nikki Robinson

4 Years

Dr. Jami Scanlon
Lillie Simmons
Angela Grayson

5 Years

Keshia Lanigan
Gillian Dwyer

6 Years

Dr. Victor Rosenfeld

7 Years

Emily VanBrackle
Jessica Harbuck

8 Years

Kimberly Baker
Latosha Lee

9 Years

Kimberly Butler
Dana Mason
Virginia Simmons

10 Years

Dr. Todd Lanier
Avis Knowles
Daphne Wall
Minh-Hieu Tran

11 Years

Sharon Wiley
Jackie Tariq

12 Years

Dr. Christopher Oldfield
Dr. Stephen Yeager
Jackie Owens
Renata Yeager
Patricia Patrick

13 Years

Dr. Troy Murphy
Contina Williams

14 Years

Michael Bennett
Julie Harmon
Stephanie Story

15 Years

Michelle Riley

17 Years

Brenda Lewis
Dr. Robert Weeks

18 Years

B.J. Sanders
Dr. Robert Remler

20 Years

Dr. Theodore Geffen
Dr. Robert Grant
Dr. Wallace Holland
Dr. Robert Jones
Dr. Harresh Dulamal
Dr. Jules Victor
Dr. Ben Watson
Dr. Leonard Wojnowich
John Marrero
Cherie Bowers
Cecile Brazzell
Sarah Butterfield
Bonnie Fargason
Stacy Donovan
Pam Gould
Barbara Lutz
Therese Sheehan
Scott Snyder
Deborah White
Andrea Cardinal
Bonnie Wilson
Sallie Cunningham

BIRTHDAYS

1 Cherie	Scaggs	15 Lori	Benson
2 Kawanza	Jackson-Austin	15 Jacqueline	Tootle
2 Melanie	Combs	16 Marlyn	Rivera
3 Hope	Harris	16 Catherine	Whiddon
3 Heather	Yuill	16 Kyra	Rollyson
4 Robin	Parfitt	16 Melissa	Groover
5 Timothy	Harper	17 Nicole	Dunn
5 Naomi	Cleveland	17 Alania	Greene
5 Jessica	Capers	18 Julie	Phipps
6 Jocelyn	Mainor	18 Dr. Ryann	Cowart
6 Miracle	Burns	20 Elizabeth	Lee
6 Claudia	Rayas-Villatoro	20 Kimberly	Baker
7 Grissel	Moyet	22 Dr. Regina	Dandy
8 Brittany	Edge	23 Robbie	Williamson
8 Edward	Kowalewski	24 Dr. Robert	Jones
8 Anistashia	Knight	24 Margaret	Landrito-Barfield
8 Gabrielle	Steward	24 Jessica	Gibbs
9 Amanda	Allen	25 Melinda	Butler
10 Dr. Stephen	Yeager	25 Natisha	Nichols
11 Dwayne	Kicklighter	25 Christina	Curry
13 Christine	Swords	26 Lane	Boston
13 Dr. Michael	Cohen	27 Dr. Benjamin	Watson
13 Melissa	Griffin Marshlick	27 Tiffani	Cook
14 Demetria	Pace	28 Reaquila	Scriven
14 Latangi	Craddock	29 Thomas	Zecchin
15 Michael	Bennett	30 Christina	Wigley
		30 Michelle	Hicks

BACK TO SCHOOL SUPPLY DRIVE



The month of July will be our Back To School Drive month! We are asking for gently used uniforms, book bags and school supplies. These items will also be available to any of the SCH staff that may be in need, your information will be kept completely confidential. You can contact Peron Scott at 912-303-3550/ext.8550.

Munch & Learn

Topic: The Benefits of Drinking Water & Staying Hydrated

Tuesday, July 19th	Admin Bldg. (Conference Room)	12:30 pm-1:00 pm
Wednesday, July 20th	Chatham Center (Breakroom)	1:00 pm-1:30 pm
Friday, July 22nd	Bldg. 2 (Upstairs Breakroom)	12:30 pm-1:00 pm

10 Essential Benefits of Drinking Water, Staying Hydrated

A fish without water can't breathe, and *we can't live without water either!* Staying hydrated is one of the most important ways to stay healthy and maintain a proper body weight, but most of us are dehydrated without realizing it.

Without sufficient water in your body, your cells get congested, your skin can't detox, and your bladder and kidneys won't work properly. You'll feel tired and eat more, too. Staying hydrated is one of the most important things you can do to stay healthy.

Here's why.

The Importance of Drinking Water, Staying Hydrated

When you feel thirsty, your body is likely already insufficiently hydrated. While you can make a habit of drinking water first thing in the morning to help stay hydrated, as many ancient medicinal arts suggest, sipping water throughout the day is also important. Remember to opt for pure, clean, filtered water whenever possible. You would be surprised to find out how disgusting tap water can be.

You should also never consider sweet juices, soda, tea, or coffee as substitutes for pure water. They simply won't hydrate you as well. Both sugar and salt as well as caffeine dehydrate the body. If you can't kick the morning coffee habit, be sure to drink a tall glass of water along side of it to make sure you aren't dehydrating yourself further as the sun is just coming up.

Drinking more water is one of the safest, healthiest ways to detox the body. What's more, when you drink more often, you will feel satiated, leading to weight loss from over-eating less often. Often when you feel hungry, this signal from the body is actually telling you that you need to drink more, so try a glass of water first, and then eat something if you are still feeling hunger pangs.

10 Benefits of Proper Hydration

- **1. Combat Fatigue** – You can't run on all four cylinders if you are dehydrated. Water is one of the most important sources of energy for your body. It helps cells complete important enzymatic activities which contribute to good sleep, restoration of bodily systems, and the production of ample energy to get you through your day.
- **2. Reduce High Blood Pressure** – When the body is fully hydrated, the blood is approximately 92% water. This helps to keep the blood moving freely through the veins and arteries, helping to prevent high blood pressure along with other cardiovascular ailments.
- **3. Halt Allergies and Asthma** – When the body is dehydrated, it creates more histamines – organic nitrous compounds which help to regulate our immune response. If we have too many histamines circulating, we will feel congested and have difficulty breathing, along with other allergic reactions caused by the body's response to foreign bodies.
- **4. Reduce Acne, Dermatitis, Psoriasis, and Premature Aging of the Skin** – With proper hydration, the skin practically glows. Without it, our skin cannot properly rid itself of toxins and so it becomes irritated, inflamed, and congested, causing a host of unsavory results ranging from itching, blackheads, redness, acne, and general blotchiness.
- **5. Stop High Cholesterol** – When the body hasn't had enough water, it will start to produce more cholesterol so that cells can still function properly.
- **6. Eliminate Digestive Disorders** – Water can help eliminate and reduce the incidence of ulcers, bloating, gas, gastritis, acid reflux, and IBS. You also will experience less frequent constipation since water helps matter move more quickly through the intestinal tract. A well-hydrated body simply purges toxins and metabolic wastes better.
- **7. Flush Out Unwanted Bacteria from the Bladder and Kidneys** – People who are well hydrated experience less frequent bladder or kidney infections since water helps to flush out any unwanted microbes that try to accumulate in these eliminative organs. These organs are especially sensitive to disease without proper hydration since they are responsible for eliminating stored toxins and bodily waste.
- **8. Speed Up Joint and Cartilage Repair** – Most of the padding in our cartilage is made up of water, so if we don't drink enough of it, our bones will feel stiff and our joints will take a beating. Joint repair after workouts or injuries is also expedited by proper hydration.
- **9. Stop Gaining Unwanted Weight** – When our cells are depleted of water, they cannot create energy we need to function, and so they send a signal to the brain to 'get more goods.' This means you will eat more, and likely carry some extra unwanted pounds. To avoid this, simply stay hydrated and your cells will stay happy and not send 'fat signals' to the brain. Further, and more obviously, replacing other drinks with water will help naturally keep the weight off. Some water with lemon each morning can be especially beneficial.
- **10. Slow the Aging Process** – Finally, all of our organs require copious amounts of water to function properly. If we stay dehydrated for long stretches, every cell, organ, and system in the body has to work harder, which means we will age faster. Drinking enough water literally keeps you young feeling, looking, and acting – for longer.

Try drinking water with a little lemon and sea salt after a workout instead of sports drinks that are full of refined sugar. Instead of drinking soda, replace this beverage with water. Try adding some lemon, orange or cucumber wedges or even letting a pitcher of water infused with herbs like mint, holy basil, or sage steep in the refrigerator overnight. The result is delicious and healthy.

Another tip: **Bottled water is deceiving.** It is less regulated than tap water and costs 2,000x more. If you're on the go, grab a bottle, but otherwise, opt for purified, filtered water.