

theconnectionpoint

FOR THE PHYSICIANS & STAFF OF SOUTHCOAST HEALTH NOVEMBER 2016

National Radiologic Technology Week, November 6-12, 2016

Tahpenes	Bradley	Rad Tech	Natisha	Nichols	Nuclear Med Tech
Samantha	Carter	Rad Tech	Ann	Pritchett	Nuclear Med Tech
Teresa	Chiariello	Rad Tech	Thomas	Zecchin	Nuclear Med Tech
Carolyn	Collins	Rad Tech	Isandra	Barnes	Ultrasound Tech
Jerry	Crosby	Rad Tech	Karen	Collins	Ultrasound Tech
Ecclesia	Djalleta	Rad Tech	Christina	DeLoach	Ultrasound Tech
Brittany	Edge	Rad Tech	Gillian	Dwyer	Ultrasound Tech
Hollie	Ellington	Rad Tech	Brittany	Fauk	Ultrasound Tech
Jillian	Epperson	Rad Tech	Kaci	Holloway	Ultrasound Tech
Angela	Grayson	Rad Tech	Cynthia	Sanks	Ultrasound Tech
Anistashia	Knight	Rad Tech	Carrie	Shaw	Ultrasound Tech
Tammy	Taylor	Rad Tech	Amanda	Stafford	Ultrasound Tech
J'Lisia	Thompkins	Rad Tech	Angel	Thomas	Ultrasound Tech
Kristen	Vining	Rad Tech	Susan	Townsend	Ultrasound Tech
Daphne	Wall	Rad Tech	DJenie	Bayard	Mammographer
Dawn	Young Robertson	Rad Tech	Patricia	Herrin	Mammographer
Karen	Crawford	CT Tech	Brittany	Horton	Mammographer
Gina	Minally	CT Tech	Nancy	Pugh	Mammographer
Richard	Noble, II	CT Tech	Mary	Rizzo	Mammographer
Rocky	Semken	CT Tech			
Kim	Velasquez	CT Tech			
Kim	Butler	MRI Tech	*Sylwia	Mora	Clinical Coordinator
Carla	Johnson	MRI Tech	*Julie	Wammock	Office Manager



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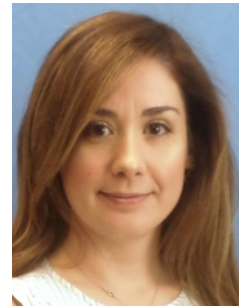


SouthCoast Health Welcomes A New In-Patient Care Physician

Dr. Ornela Ifti, our newest Provider is originally from Michigan, but grew up in Europe. She received her BS in Cell Biology and Physiology from Wayne State University in Detroit, Michigan and her Medical Degree from St. George's University in True Blue, Grenada.

Dr. Ifti, completed her residency at Memorial Health and decided to make Savannah her home. She is also looking forward to taking a few classes at SCAD.

Dr. Ifti loves traveling, painting and drawing and also, enjoys doing yoga. She has a Saint Bernard and a Husky that lives with her parents in Michigan and she is hoping to find a new puppy to adopt.



Dr. Ornela Ifti

Please welcome Dr. Ifti to the SCH family!

SCH Employee Spotlight...



SouthCoast would like to acknowledge Pricilla Parker's hard work and dedication as she prepares for her retirement!

Pricilla began working for SouthCoast Health as a Certified Medical Assistant in October of 2001. She transitioned

to a Referrals Specialist in 2002, Pricilla then moved on to the Imaging department doing Insurance Verification, where she has worked for the past eight years.

Thank you for 15 great years Pricilla!

Special Offer for SouthCoast Health Employees

Disney on Ice presents Dream Big

November 17-20, 2016-Savannah Civic Center

Disney on Ice would like to offer SCH employees prime seats at a very special price. There are 3 ways to order reduced tickets:

1. Logon to www.GroupTicketsPlus.com and reference SouthCoast for the organization
2. Order through E-Tix/Enter code: GTWKND
3. Bring company ID or copy of paystub to the box office and mention GTP



HEALTHTRAX

Be sure to have all of your wellness items submitted to HR for Healthtrax points by **Wednesday, December 7th**. The last incentives to HSAs will be included on the December 16th payroll. Logon to www.healthgram.com to see your current points and items you have completed. Please remember that you must complete the online HRA (Health Risk Assessment) & Wellness Agreement each year in order to earn the HSA incentive.



Enjoy the Holidays-Without Gaining Weight

Between pumpkin-spiced lattes, pies, cookies and all your

favorite holiday comfort foods, it's no wonder that Americans gain one to two pounds on average between Thanksgiving and New Year's Day. Unfortunately that extra weight seldom comes off when spring rolls around, and over the years, the small gains add up.

It's much more difficult to shed weight than it is not to gain it in the first place. The key to managing your weight is to try to maintain healthy practices-good food choices, exercise, and stress management-in the days leading up to and following the holidays.

Tips for tackling those holiday parties and feast:

1. Prior to the event, eat a light, healthy breakfast or snack (depending on when the meal is served). Preferably containing protein to help curb hunger and allow you to make better choices. Think: an apple with a teaspoon of peanut butter.
2. Use a smaller plate to keep portions moderate. Even if you end up going back for seconds, your overall intake will still be less.
3. Offer to bring a healthy dish so there's a safe menu option. Focus on foods that are healthy and filling, such as a salad with lots of vegetables and low-fat dressing.
4. Limit alcohol and high calorie beverages, such as eggnog.

Low-calorie options include diet soda or white or red wine and seltzer water with a splash of lemon or lime.

5. Try to wait at least two hours before you go back for seconds. That way your sense of fullness has time to register and you're less likely to overeat.
6. Eat slowly, taking the time to enjoy your meal.
7. To keep calorie counts under control, consider using chicken stock, fat-free yogurt, light cream cheese and low-fat milk in place of higher-fat ingredients.
8. By the same token, substitute non-fat yogurt or applesauce for oil in baked goods.
9. Roast or grill for rich flavor with fewer calories. Try roasting sweet potatoes with a sprinkle of cinnamon sugar and a small amount of butter for a delicious substitute for the traditional calorie-laden casserole.
10. Experiment with healthier desserts, such as chocolate-dipped strawberries for a colorful finale. If you want to offer pie, choose the healthier pumpkin pie. Just be sure to make it with non-fat evaporated milk, and top with fat-free whipped topping.

Healthy eating isn't all, of course. Plan to keep up our exercise routine during the holidays-it's good for your waistline and your mental health. And instead of using your time to make cookies and candy, spend it on non-edible projects like making wreaths. After all, every holiday gathering does not have to revolve around food!

HR CORNER

Looking to move up without moving out???

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

- Senior Staff Accountant
- Nurse Practitioner-Peds/Pooler
- Patient Rep. - Nephrology
- PTE Scheduler-Pooler
- PRN Lab Assistant
- Lab Supervisor
- PRN MA/LPN-RH 89/Hinesville/Bldg. 1
- LPN-Hinesville
- Technology Solutions Engineer
- Ophthalmic Tech
- EMR Trainer
- Medical Assistant-Pooler
- Echo Tech

SCH... DATES TO REMEMBER & UPCOMING EVENTS!

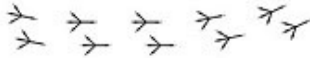
For the month of November, staff will be allowed to dress down each Friday (4th, 11th, 18th and 25th), by donating non-perishable/non-expired food or \$3.00 cash for Second Harvest.

For the month of December, SCH will be supporting Toys For Tots and Mysterious Santa! We are asking that you donate a \$5.00 toy (unwrapped) or \$3.00 cash. Dress down days for December will be 2nd, 9th, 16th, and 23rd.

Please keep in mind that tops and jeans should be acceptable attire for the work place.



Turkey Trot



SouthCoast Health Presents The
8th ANNUAL UNITED WAY TURKEY TROT
Thanksgiving Day-Thursday, November 24, 2016
Daffin Park, Savannah, GA

8:00 am Kids K (ages 8 & under)
8:15 am Diaper Dash (ages 2 & under)
8:30 am 4 Mile Run / Walk

Register online at runsignup.com



Save The Date

SCH 2016

Masquerade Ball

December 10, 2016

6:00 p.m. until 12:00 a.m.

River St. Marriott

Appetizers

Dancing

Casino

Prizes

Photos

***** For a chance to win a great prize at the 2016 Masquerade Ball, SCH Entertainment Committee is asking that you bring an unwrapped toy to donate to "Toy for Tots" *****



November 2016

ANNIVERSARIES

1 Year

Brianna Polite
Sylwia Mora
Michelle Hicks
Jennifer Deen
Thomas Zecchin
Karen Collins
Andrea Davis

2 Year

Amanda Palmano
Paula Larry
Shaniqua Moore

3 Years

Kimberly Hamby
Jeanne Kindred
Jessica Jones
Ticara Beard

4 Years

Staci Walker
Toni Hadden
Pearl Balcom
Alena Horton

5 Years

Judy Irvin
Jennifer Perkins
Christina Curry

6 Years

Ashley Smith
Nanci Ahearn
Ashley Moran

7 Years

Vera Green

9 Years

Katina Phillips

10 Years

Jackie Brown

11 Years

Jameka Kirkland
Rachel Cox

12 Years

Taylor Grundy
Bonnie Johnson

13 Years

Anne Fregeau

14 Years

Dr. Keith Seibert
Glynda Anderson

15 Years

Heather Gonzalez

16 Years

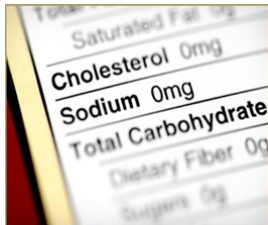
Angela Young

19 Years

Dionne Wilds

BIRTHDAYS

2 Ashley	Smith	14 Pearl	Balcom
2 Patricia	Herrin	15 Sherrina	White
2 Dr. Craig	Skalla	15 Mary	D'Ottavio
3 Melissa	Riley	16 Francina	Lynch
3 Kalen	Rogers	17 Lesia	Trice
4 Anslee	Davis	18 Janet	Speicher
4 DJenie	Bayard	20 Glynis	Thompson
5 Rose	Smith	20 Adrienne	Lynch
5 Mary	Buck	20 Amanda	Palmano
6 Robin	O'Hern	20 Melissa	Givens
8 Nicole	Hunt	20 Nancy	Carter
8 Angel	Evans	21 Michelle	Riley
8 Robin	Kennedy	22 Lakesha	Lee
10 Liz	Boston	22 Jin Ah	Park
10 Dyshan	Brown	22 Latavia	Starks
11 Dr. Thomas	Moriarity	23 Ashley	Braxton
11 Pamela	Mahnke	24 Allison	Bird
12 Dana	Mason	26 Andrea	Cardinal
12 Billie	Tillman-Wood	27 LaTeah	Moore
12 Tyasha	Hamilton	27 Teresa	Steed
13 Karen	Crawford	28 Shamonnica	Smith
13 Linda	McCracken	28 Karen	Dewberry
13 Janna	Howard	29 Donna	Nix-Apodaca
13 Gillian	Dwyer	29 Joy	Hales
13 Lindsay	Cribbs	29 Jessica	Dunham
		30 BJ	Sanders



Healthful information with SouthCoast Health's Dietitian Courtney Willis
Employees enrolled in SouthCoast Wellness Program, who attend this informative "Munch and Learn" session will receive "50" Lunch and Learn Healthtrax points.

Topics: * The Effects of Sodium * Possible Health Issues * Reading Labels in Grocery Stores

*** Sodium-Free Flavoring Tips * Food Preparation**

Location

Date/Time

Chatham Ctr

Wednesday, Nov. 2nd, 12:30 pm-1:30 pm

Bldg. 1

Thursday, Nov. 3rd, 12:00 pm-1:00 pm

Pooler

Friday, Nov. 4th, 12:00 pm-1:30 pm

