

NATIONAL DOCTORS DAY – MARCH 30TH

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|------------------------------------------|-----------------------------------------|----------------------------------------|--------------------------------------|
| Dr. Nenad Avramovski— Infectious Disease | Dr. Kenneth Griffin-Eisenhower BI | Dr. Adam Novack-Eisenhower B2 | Dr. Hy Sussman-Hilton Head |
| Dr. Firas Bannout- Hinesville 20I | Dr. Douglas Hanzel- Pulmonology | Dr. Neil Odom-OB | Dr. Hiem Thong- Eisenhower BI |
| Dr. Sidney Bolch, III- Cardiology | Dr. Melanie Helmken-OB | Dr. Christopher Oldfield-Eisenhower BI | Dr. Sabin Tomus-Hinesville 203 |
| Dr. Keith Cobb-RH 89 | Dr. Amanda Hendricks- Rincon Pediatrics | Dr. Bhavesh Patel- Eisenhower B2 | Dr. Jules Toraya- OB |
| Dr. Michael Cohen-Pooler | Dr. Stephen Hendrix-Pulmonology | Dr. Douglas Perry- RH 89 | Dr. Kristen Updegraff-Chatham Center |
| Dr. Ana Concepcion-Eisenhower B2 | Dr. Richard Hightower, Jr.- Pooler | Dr. Geoffrey Peters- Cardiology | Dr. Jules Victor, III-Eisenhower B2 |
| Dr. Julio Cortes- Eisenhower BI | Dr. Edward Hoffman- RH 89 | Dr. Robert Remler-Eisenhower BI | Dr. Andrew Wade- Imaging |
| Dr. Ryann Cowart-Eisenhower BI | Dr. Wallace Holland, Jr.- RH 5A | Dr. Micah Riegner- 310 Pediatrics | Dr. Benjamin Watson-Eisenhower B2 |
| Dr. Stephanie Croll-Eye Care | Dr. Ornela Ifti-Eisenhower BI | Dr. Scott Rojas-Infectious Disease | Dr. William Webb-RH Pediatrics |
| Dr. Leland Dampier-Pooler | Dr. Christa Jillard-Surgery | Dr. Victor Rosenfeld-Neurology | Dr. Robert Weeks- Eisenhower B2 |
| Dr. Regina Dandy-RH 89 | Dr. Robert Jones- 310 Pediatrics | Dr. Richard Roth-Infectious Disease | Dr. Garrett White-Nephrology |
| Dr. Harresh Dulamal-Chatham Center | Dr. Wasil Khan-Allergy | Dr. Edward Sammons-Eye Care | Dr. Michelle Wilson- Pooler |
| Dr. Nelson Elam- RH Pediatrics | Dr. Todd Lanier- Imaging | Dr. Jami Scanlon-Rincon Pediatrics | Dr. Leonard Wojnowich- Eisenhower BI |
| Dr. Nizar Eskandar-Nephrology | Dr. Lucas Lewin-Eisenhower BI | Dr. Glen Scarbrough-OB | Dr. Stephen Yeager- Surgery |
| Dr. David Estle- Imaging | Dr. Jeffrey Mandel-Surgery | Dr. Keith Seibert-RH Pediatrics | |
| Dr. Nathan Fergus-Imaging | Dr. Margaret McCormack-Eisenhower BI | Dr. Patricia Shapiro-Imaging | |
| Dr. Braxton Fields-Imaging | Dr. Scott McGlynn- Cardiology | Dr. Craig Skalla-Podiatry | |
| Dr. Roy Flood-Cardiology | Dr. Helen McIntosh- OB | Dr. Russell Sliker-Pooler | |
| Dr. Caroline Freeman-Eye Care | Dr. Thomas Moriarity- Eisenhower BI | | |
| Dr. Theodore Geffen-Eisenhower BI | Dr. David Mozer-310 Pediatrics | | |
| Dr. Robert Grant- Eisenhower BI | Dr. Troy Murphy- Chatham Center | | |



National Doctors' Day is held every year on March 30th in the United States. It is a day to celebrate the contribution of physicians who serve our country by caring for its' citizens. The first Doctor's Day observance was March 30, 1933 in Winder, Georgia. On March 30, 1958, a Resolution Commemorating Doctors' Day was adopted by the United States House of Representatives.

In 1990, legislation was introduced in the House and Senate to establish a national Doctor's Day. Following overwhelming approval by the United States Senate and the House of Representatives, on October 30, 1990, President George Bush signed S.J. RES. #366 (which became Public Law 101-473) designating March 30th as "National Doctor's Day." On National Doctors Day, SCH would like to say "thank you" to our physicians for all that they do for us and for our loved ones!

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news



Dr. Sliker voted Pride of Pooler Favorite Physician Winner

SouthCoast Health physician Dr. Russell Sliker is the recipient of Pooler Today Magazine's, Pride of Pooler Reader's Choice award in the physician category.

All of the "Pride of Pooler" award recipients were published in the February/March issue of Pooler Today.

Dr. Sliker has previously received two NCQA recognitions – one for diabetes and one for patient-centered medical home. SouthCoast Health Family Medicine is honored to have Dr. Sliker on its team and will continue to work hard to provide the best care for its patients.



Dr. Seibert selected as Favorite Pediatrician in Bryan County

SouthCoast Health pediatrician Dr. Keith Seibert is the recipient of "2017 Bryan's Favorites," Favorite Pediatrician from Bryan County News.

All of the "2017 Bryan's Favorites" award recipients were published January 25, 2017, and included the favorite people, businesses, places, and public servants chosen by the readers of the Bryan County News.

Dr. Seibert previously has been named "Best Physician" in Bryan County Now in 2016 and 2014, and also by Savannah Magazine the same year. He was a "Bryan's Favorite" pediatrician in the Bryan County News in 2015 as well. SouthCoast Health Pediatrics is proud to have such a well-liked physician such as Dr. Seibert on its team.

SOUTHCOAST HEALTH WELCOMES DR. KEITH COBB to the RICHMOND HILL CAMPUS.

SouthCoast is pleased to welcome Dr. Keith Cobb to the Richmond Hill office at 89 Interchange Drive. Dr. Cobb joins the primary care team at this location, including Dr. Perry, Dr. Hoffman and Dr. Dandy. Dr. Cobb is board certified by the American Board of Internal Medicine. He is welcoming current and new patients at his new location. His office number is 912.527.5301.



Looking to move up without moving out???

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

- Healthcare EMR Trainer
- Switchboard Operator
- Referrals Specialist
- Patient Representative-Bldg. 2
- Manager of Clinical Services
- PRN MA & LPN-PRN Pool/RH 89
- LPN-Imaging/Bldg. 1
- RN/LPN Cardio
- MA-Rincon/Infec. Disease/310 Peds/Bldg. 1

SCH Health Tips...

When you make a decision to embrace a healthy lifestyle by eating better, exercising regularly and getting enough rest, a little help from your friends can go a long way. A growing body of research suggests that the people we invite into our lives have a much greater effect on our ability to make healthy choices than you might have expected.

Your chances of becoming obese increase significantly if you're around obese friends and family members. You will eat more if you're eating with someone who eats more than you usually do. This kind of "social contagion" is one reason sticking with a healthy lifestyle can be challenging. But relationships also have a beneficial side.



When you see a friend succeed at reaching a health goal, whether it's achieving a healthy weight, running a 5K or reducing stress in their lives, you are more likely to pursue a similar goal. In fact, a recent study showed the success of a friend or family member is the best way to get others to participate in wellness programs. People are looking for positive reinforcement to reach their health and fitness goals. Here's how to harness the power of the positive in those around you.

Pay attention.

Notice positive changes in your family and friends and ask about them. Whether it's weight loss, more energy or different food choice, if you've noticed the change, they're doing something that's working. They'll be flattered that you spoke up and will likely give you some pointers.

Work together.

Working out with a friend is an excellent way to stay motivated. By holding each other accountable and helping to push each other past plateaus, you'll achieve your health goals sooner and have a good time doing it.

Avoid temptation.

Standing strong together in the face of a luxurious dessert or calorie-laden alcoholic beverages is much easier than going it alone. Supporting each other's decision to stick to the healthy path will serve you both well.

Be an example.

If you're already living a healthy lifestyle, share your wisdom with those around you. Passing along lessons you've learned about keeping fit could help your friends and family achieve their own health goals and it could motivate you to take on some new challenges.

Friends lower your risk of developing heart disease, increase cancer survival chances and help you live longer. They also can keep you on the straight and narrow when it comes to living your healthy lifestyle.

March 2017

ANNIVERSARIES

1 Year

Asia Wilson
Daisy Rodriguez-Morgan
Kimberly Malm

2 Year

Reaquila Scriven
Lawanna Grant
Charles Singleton
Dianna Flagella
Carina Tahmalwash
Olympia Davis
Yvette Chaplin-Riley
Susie Brown

3 Years

Lakesha Page
Robert Hill

4 Years

Lacey Thompson

5 Years

Elaine Harn

6 Years

Calvin Thompson

8 Years

Fred Payne

9 Years

Sarah Warren
Sandra Vranich
Janice Howell
Donna Lewis
Jessica Waters

11 Years

Tammy Lee
LaShonda Bailey

12 Years

Lisa Mew

13 Years

Crystal Brown

15 Years

Mariella Beavers

16 Years

Dawn Calaway

18 Years

Monica Oglesby

BIRTHDAYS

1 Elizabeth	Street	20 Letha	Brown
1 Keshia	Vail	21 Janice	Howell
2 Dr. Roy	Flood	21 Dr. Victor	Rosenfeld
2 Shari	Dyal	21 Rachael	DeRing
2 Nancy	Hanzel	21 Megan	Kesner
2 Melissa	Parks	21 Desneiges	Gonzales
4 Tracy	Lanier	21 Consquela	Latson
5 Elizabeth	Gonzalez	23 Laura	Devisscher
5 Margaret	Vargas	24 Linda	Warner
6 Dr. David	Estle	24 Nikki	Robinson
7 Cara	Martin	24 Ch'loe	Lee
7 Kimberly	Malm	25 Vanessa	Brown
8 Brittany	Stroud	25 Susan	Townsend
9 Tiffany	Clay	25 Megan	Wofford
10 Cherie	Bowers	26 Contina	Williams
10 Sarah	Warren	26 Samantha	Carter
11 Brooke	Stubbs	26 Christy	Chaney
11 Shunvella	Lee	27 Kelly	Dantis
11 Antionette	Brown	27 Tara	Green
12 Michelle	Diah	28 Delphine	Kelly
12 Rebecca	Robinson	28 Patricia	Woods
13 Leah	Stanley	28 Calvin	Thompson
14 Jamila	Joshua	28 Lisa	Gaylord
14 Qahneisha	Fogle	28 Jasmine	Parker
15 Lindsey	Westendorf	28 Brittany	Kaylor
15 JLisia	Thompkins	30 Audrey	Marshall
16 Jessica	Wren	31 Barbara	Lutz
16 Ashley	Shaw	31 Shatobia	Bisard
19 Dr. Richard	Roth		

SCH In The Know...



HAPPY ST. PATRICK'S DAY

Be Smart. Stay Safe.

SouthCoast Health employees are eligible for the Working Advantage discount program.

Register for your FREE account today!

- Go to www.workingadvantage.com
- Select the **Register** button at the top of the page
- Select **Employees Click Here**
- Enter **Member ID # 745831589**

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Save up to 60% on movie tickets, theme parks, ski resorts, hotels, museums, zoos, attractions, aquariums and more!

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Earn Rewards

Look for the Advantage Point symbol and earn points to be redeemed for movie tickets, gift cards, and more.