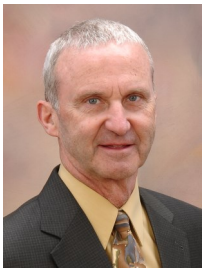


## SouthCoast Health Welcomes Dr. Scott Callaghan and Dr. Sarah Jarrell

SouthCoast Health is excited to welcome **Dr. Scott Callaghan, a neurologist,** and **Dr. Sarah Jarrell, an obstetrician and gynecologist,** to its team of physicians.

Dr. Callaghan sees patients at 1326 Eisenhower Dr, Building 1 in Savannah and at 89 Interchange in Richmond Hill. Dr. Jarrell serves out of the Candler Hospital Campus at 5353 Reynolds St., Suite 300 in Savannah.

“At SouthCoast Health, we pride ourselves in building an esteemed team of enthusiastic medical professionals, each with a deep passion for the respective fields,” said SouthCoast Health Administrator John Marrero. “We’re honored to have both Dr. Callaghan and Dr. Jarrell as the latest additions to our roster.”



**Dr. Callaghan** received his Doctor of Medicine degree from the University of Medicine and Dentistry of New Jersey, School of Osteopathic Medicine and is board certified by the American Board of Psychiatry and Neurology and the American Board of Neuromuscular and Electrodiagnostic Medicine. Dr. Callaghan began his career as a neurologist at Yellowstone Neuroscience Center in Billings, Mont. and worked there for five years. He followed that position with a five-year stint at Coastal Neurosciences, P.C. in Somers Point, NJ. He spent the past 15 years with Neurological Associates of St. Paul, P.A. in St. Paul, Minn. Dr. Callaghan participates in the American Academy of Neurology’s Continuum: Lifelong Learning in Neurology program. His office phone number is 912.691.3640.



**Dr. Jarrell** received her Doctor of Medicine from Mercer University School of Medicine. She performed her residency in Obstetrics and Gynecology in Savannah at Memorial Health. Soon after, Dr. Jarrell joined SouthCoast Health. She earned memberships in several prestigious medical organizations: the Georgia OBGyn Society, the American Medical Association, and the Council on Resident Education in Obstetrics and Gynecology of the American College of Obstetricians and Gynecologists (CREOG-ACOG). We are currently scheduling appointments, Dr. Jarrell’s official start date will be August 1st. Her office number is 912.355.4427.

\*\*\* Apologies goes out to Michelle Brunelli, LPN at 89 Interchange-who was inadvertently left off the list for Nurse’s Week\*\*\*

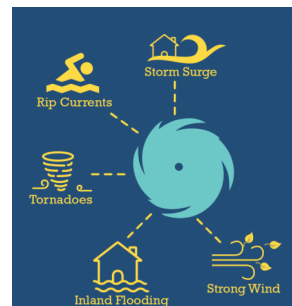
### IN THIS ISSUE:

- Prepare For Hurricane Season
- HR Corner
- SCH In The Know
- SCH Health Tips
- Anniversaries & Birthdays
- Alerts

# Prepare Now for Hurricane Season...June 1st—November 30th

When hurricanes threaten our communities, most of us know to stock up on groceries and stay indoors. With advance planning, communities can better take a hit from nature and recover more quickly. Don't wait for a storm to threaten-by then it may be too late.

Find out today what types of wind and water hazards could happen where you live, and then start preparing now for how to handle them. Hurricanes are not just a coastal problem. Their impacts can be felt hundreds of miles inland. It's easy to forget what a hurricane is capable of doing. The U.S. has not been directly impacted by a major hurricane (Category 3 or higher) in more than a decade. However, hurricanes such as Ike, Sandy and Isaac reminded us that significant impacts can occur without it being a major hurricane. Many people are suffering from hurricane amnesia in the forms of complacency, denial and inexperience. This remarkable hurricane streak is going to end, and we have to be ready for it to happen this season.



The first thing you need to do is find out if you live in a storm surge hurricane evacuation zone or if you're in a home that would be unsafe during a hurricane. If you are, figure out where you'd go and how you'd get there if told to evacuate. You do not need to travel hundreds of miles. Identify someone, perhaps a friend or relative who doesn't live in a zone or unsafe home, and work it out with them to use their home as your evacuation destination. Be sure to account for your pets, as most local shelters do not permit them. Put the plan in writing for you and those you care about.



You're going to need supplies not just to get through the storm but for the potentially lengthy and unpleasant aftermath. Have enough non-perishable food, water and medicine to last each person in your family a minimum of one week. Electricity and water could be out for at least that long. You'll need extra cash, a battery-powered radio and flashlights. Many of us have cell phones, and they all run on batteries. You're going to need a portable, crank or solar powered USB charger.

Call your insurance company or agent and ask for an insurance check-up to make sure you have enough homeowners insurance to repair or even replace your home. Don't forget coverage for your car or boat. Remember, standard homeowners insurance doesn't cover flooding. Whether you're a homeowner or renter, you'll need a separate policy for it, and it's available through your company, agent or the National Flood Insurance Program at [www.floodsmart.gov](http://www.floodsmart.gov). Act now as flood insurance requires a 30-day waiting period.



If you plan to ride out the storm in your home, make sure it is in good repair and up to local hurricane building code specifications. Many of these retrofits do not cost much or take as long to do as you may think. Have the proper plywood, steel or aluminum panels to board up the windows and doors. Remember, the garage door is the most vulnerable part of the home, so it must be able to withstand the winds.

## Employee Hurricane Evacuation Information Sheet

As an employee it is important to know when and where to report back to work if a hurricane hits our area. SCH has provided some basic information to help keep you informed.

The following toll free number will be used as a communication tool. There will be a message on this number with vital information about returning to work and how to reach your manager, if the need arises.

Toll Free 1-855-260-1605

or if in Atlanta area call (404) 524-4070

## SCH Facebook Communication in Case of Emergency

SouthCoast Health Disaster Team members will post messages via the SouthCoast Health Facebook page as a means to keep employees informed of vital information in case of a disaster or emergency evacuation.

To access the SouthCoast Health Facebook page:

1. From any computer with internet access type in the URL address: <https://www.facebook.com/SouthCoastWellness> and you will be able to see information the SCH team has posted regarding evacuation, closing/opening of locations, etc.
2. You do not need a Facebook logon to access this page. However, without an account you cannot post a message only read messages.

# HR CORNER

## Looking to move up without moving out???

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

- Quality Improvement Mgr.
- Office Manager– OB
- Patient Care Coordinator
- Medical Asst.-RH Peds/RH 89
- Lab Assistant
- PRN MA/LPN
- LPN-Main Campus/310 Peds
- Medical Lab Tech

### SCH In The Know...

#### 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. All supplies will need to be turned in by July 21st, in order to be

distributed before the first day of school on August 3rd.

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.

SCH Gently Used Closet will be having a summer sale! June 5th- June 19th, you can purchase a set for \$15.00 (must be shirt/pants or jacket/pants). Individual pieces can be purchased for \$7.00 each.

**SUMMER SALE  
CLEARANCE**  
HURRY, quantities are limited!

#### Clerical

XS/XXS shirts/pants  
Large shirts/pants/jackets  
XL pants  
2XL shirts/jackets

#### Clinical

XS/Small shirt/pants/jackets  
Medium shirts/pants/jackets  
Large pants/jackets  
2XL shirts/pants/jackets  
3XL jacket

#### Men's Clinical

Medium pants/Large shirts/jacket

### SCH Health Tips...



## 7 Common Exercise Errors

Don't let these missteps short-circuit your fitness efforts

Are you sabotaging your exercise goals? Avoid these common mistakes.

**Mistake No. 1:** Not keeping an exercise chart or journal. A record tells you how far you've come and when it's time to go to the next level. Noting improvements in your heart rate will also provide motivation. Check it 15 to 60 minutes after exercising -- you'll see a decrease in this number as your heart gets stronger.

**Mistake No. 2:** Not writing down goals. Studies show that people who chart short- and long-term goals accomplish more of them.

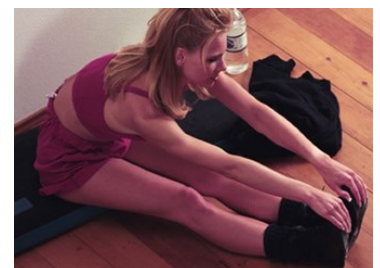
**Mistake No. 3:** Strength-training the same muscles on consecutive days. This prevents proper recovery and growth. Allow one to two days before working the same muscle groups.

**Mistake No. 4:** Holding your breath. Proper breathing is almost as important as proper form. Exhale as you lift, and inhale as you lower.

**Mistake No. 5:** Not eating enough protein. To lose weight and tone up, your plan should include cardio, strength training and a lower-calorie diet that's high in protein -- about three-quarters of a gram per pound of your ideal body weight. More protein enhances the effects of exercise and decreases fat without muscle loss.

**Mistake No. 6:** Being distracted during workouts. Reading or watching a complex TV show can actually slow your pace. Instead, listen to energetic music or try a sitcom (just be sure to place the screen at eye level for better performance).

**Mistake No. 7:** Ignoring flexibility and balance training. Both are key to overall fitness.





# June 2017

## ANNIVERSARIES

### 1 Years

Paige King Wright  
Shatobia Bisard  
Samantha Helms  
Consuela Latson  
Kejuanna Manor-  
Singleton  
Linda Derst  
Shanice Crawford

### 2 Years

Dr. Anna Concepcion  
Quanya Walthour  
Jennifer Shore  
Cheryl Jackson  
Chris Kimble-Hall  
Tammy Taylor  
Sandra Latta  
Jessica Capers  
Melissa Groover  
Melanie Summerell  
Taylor Holland

### 3 Year

Ecclesia Djalleta  
Jacqueline Tootle  
Jovoanda Reed  
Anistashia Knight  
Susan Townsend

### 4 Years

Carolyn Blanton  
Monica Brown  
David Van Vleck  
Sarah Rowe

### 5 Years

Dr. Lucas Lewin  
Nikki Williams  
Nancy Pugh

### 6 Years

Allison Bird  
Jillian Epperson

Saquana Rhodes  
Katina Moody  
Joseph Schultz

### 7 Years

Leroy Reid  
Heather Hogan

### 9 Years

Dr. Scott McGlynn  
Michelle Diah  
Dolores Omspacker

### 10 Years

Christina Burgdorf

### 11 Years

Lakesha Lee  
Bahiyah Hunt  
Niesha Burns

### 12 Years

Kawanza Jackson-  
Austin

### 13 Years

Karen Payton  
Lynn Leibfried

### 14 Years

Dr. Geoffrey Peters  
Nicole Dunn

### 16 Years

Pat Shareef

### 17 Years

Felecia Griffin

### 18 Years

Alice Womble

### 19 Years

Salena Grissette

## BIRTHDAYS

1 John	Marrero, III	13 Melanie	Summerell
4 Marisa	Greenlee	14 Shanae'	Bulloch
4 Dr. Garrett	White	15 Trina	Scott
5 Dr. Lawrence	Odom	15 Dr. Kristen	Updegraff
5 Dr. Margaret	McCormack	15 Jennifer	Strawn
7 Dawn	Mace	15 Dr. Christa	Jillard
7 Saquana	Rhodes	16 Paige	Youmans
7 Paige	King Wright	16 Della	Henderson
7 Davida	Williams	17 Sue	Hunnings
8 Chakeima	Bigham	17 Cynthia	Sanks
9 Stacey	Donovan	17 Harvey	Knowles, Jr.
9 Dr. Robert	Remler	17 Felicia	Waters
9 Karen	Reed	19 Carla	Johnson
9 Alicia	Deien	21 Dr. Stephanie	Croll
9 Dr. Glen	Scarborough	21 Teresa	Hamby
9 Rarsharlina	Shamah	22 Ayeshia	Simmons
9 Tyrena	Gleaton	22 Dr. Jeffrey	Mandel
10 Kandra	Greaves-Ramirez	25 Tanya	Smith
10 Dr. Scott	Callaghan	25 Melanie	Gunter
11 Emily	VanBrackle	25 Dr. Sabin	Tomus
12 Lauren	Givens	28 Dr. Jules	Toraya
13 Lynn	Leibfried	29 Brianna	Polite



### Alerts...

ATTENTION!!! All nurses, SCH has elected to use the e-verify notification system through Nursys, <https://www.nursys.com/EN/ENDefault.aspx>. Licensure holders will be notified of expirations by the email address we have on file.

Please be mindful that it is your responsibility to update all licensures and certifications with HR!





**We're Hiring**

# **JOBFAIR**

*On Site Interviews*

Wednesday, June 28  
10am - 12pm & 5pm - 7pm

**SouthCoast Health**  
1326 Eisenhower Dr, Building 1  
Savannah, Georgia 31406

Our e-learning system HealthCare Source will now require all staff to use a password along with their Employee ID . You will continue to use your Employee ID in the top field but will have a password in the 2<sup>nd</sup> field. You will type in your last name and the initial of your first name in the 2<sup>nd</sup> field.

Employee ID: 1234

Ex. Linda Hoyt You will type: hoytl

It will then prompt you to reset your password to something you want. See below for directions

HealthcareSource NetLearning

SouthCoastHEALTH

Our browser support policy is changing. Learn more...

SouthCoast Health

1105

\*\*\*\*\*

Login

[Forgot Password?](#)

HealthcareSource® Quality Talent. Quality Care.™

American Heart Association. Life is why.™

GUIDELINES 2015 CPR & ECC

Bridge the gap between the 2015 AHA Guidelines for CPR & ECC and your providers basic, advanced, and pediatric life support renewal courses with the brand new Guidelines for CPR and ECC In-Service course!

Email [solutions@healthcaresource.com](mailto:solutions@healthcaresource.com) for more information

The best web browsers to view courses are: Chrome, Safari, Microsoft Edge and Internet Explorer 11.

HealthcareSource  
Version 8.5.50.0

HealthcareSource NetLearning

Monday, June 05, 2017 01:36 pm

Welcome, SHARILYN DYAL

Password Expired

Your password has expired, you must choose a new password

Current Password

New Password

Confirm New Password

SAVE CANCEL

HealthcareSource® Version 8.5.50.0