

FREE SUMMER LECTURE SERIES WITH DR. VICTOR ROSENFELD



Dr. Victor Rosenfeld, SouthCoast's Neurology and Sleep Expert will be hosting a free summer lecture series for our patients and community. Beginning Aug, 3, Dr. Rosenfeld's lectures explore several hot neurological topics, including Sleep Disorders, Migraines, and Fibromyalgia. These sessions take place at the Savannah campus (1326 Eisenhower Drive, Building 1, Savannah).

"The nervous system is the most complex system of the body," Dr. Rosenfeld said, "and there can be a multitude of causes for any particular neurologic symptom, which makes my job like that of a detective."

With his lecture series, Dr. Rosenfeld pulls back the curtain on his detective skills. It kicks off with a session entitled Update on Sleep Medicine. As an acclaimed sleep medicine specialist, Dr. Rosenfeld examines several subjects, including sleep apnea, restless legs, insomnia, parasomnias, hypersomnia, and sleep strategies.

A pair of lectures follow on Aug. 31 and Sept. 28. These focus on Migraines and Fibromyalgia, respectively. Each lecture begins at 6:30 p.m.

"I'm incredibly grateful for the opportunity to step outside of the office and talk about these topics with an audience," said Dr. Rosenfeld. "The first step of overcoming a condition or illness is awareness. Hopefully these lectures will allow me to take that step with others."

Series Schedule

AUG 3:
Update on
Sleep Medicine

AUG 31:
Headaches:
Diagnosis & Treatment

SEPT 28:
Fibromyalgia Update

All presentations are at **6:30 PM** at SouthCoast Health's Savannah campus, **1326 Eisenhower Drive, Building 1, Savannah**

IN THIS ISSUE:

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No more dash (-)
Our website address is now

WWW.SOUTHCOASTHEALTH.COM

Please update all forms and materials that currently have
SouthCoast-Health.com on them.

SOUTHCOAST HEALTH WELCOMES A NEW MEMBER TO OB/GYN...

Matthew Hedtke, Practice Manager for SCH OB/GYN, Graduated from Clemson University as a proud Tiger with a B.S. in Sociology and went on to begin his graduate studies at the Medical University of South Carolina for a joint degree in Health Administration and Health IT, after completion of 1 year, he transferred to the University of Minnesota's Carlson School of Management to complete his Master's of Healthcare Administration. During the past 14 years, Matthew has gained experience in numerous specialties and business models including faith-based non-profit primary care, physician-owned specialty, as well as most recently at Memorial's perinatology department.



Matthew enjoys spending time with his wife, Nancy, and three children, two daughters (13 and 8) and one son (2). He enjoys the outdoors and camping, Clemson Tiger and Packer football, as well as running and an occasional obstacle course race. Matthew is very excited about joining the SouthCoast team and looking forward to the many challenges and opportunities that are forthcoming and bringing his servant leadership approach to the OB/GYN team.



HR CORNER

Looking to move up without moving out???

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

- Sr. Manager of Health Information
- Office Manager- Hinesville
- PTE Patient Rep.-Hinesville/HH
- Senior Lab Assistant
- PRN MA/LPN
- LPN-Main Campus/310 Peds
- Chronic Care Coord. Supervisor
- Medical Lab Tech
- PTE Rad Tech
- PRN Nuclear Med Tech
- PTE/FTE Nurse Practitioner

SCH In The Know...

On Monday, August 21, 2017, all of North America will be treated to an eclipse of the sun. Anyone within the path of totality can see one of nature's most awe-inspiring sights - a total solar eclipse. This path, where the moon will completely cover the sun and the sun's tenuous atmosphere - the corona - can be seen, will stretch from Lincoln Beach, Oregon to Charleston, South Carolina. Observers outside this path will still see a partial solar eclipse where the moon covers part of the sun's disk.

The first point of contact will be at Lincoln Beach, Oregon at 9:05 a.m. Totality begins there at 10:16 a.m. Over the next hour and a half, it will cross through Oregon, Idaho, Wyoming, Montana, Nebraska, Iowa, Kansas, Missouri, Illinois, Kentucky, Tennessee, Georgia, and North and South Carolina. The total eclipse will end near Charleston, South Carolina at 2:48 p.m. From there the lunar shadow leaves the United States at 4:09. Its longest duration will be near Carbondale, Illinois, where the sun will be completely covered for two minutes and 40 seconds.



SCH Health Tips...

Don't have the time and energy to cook a big dinner at the end of a busy day? Fortunately, healthy cooking doesn't have to be time-consuming or difficult. On days like these, it's important to have your kitchen stocked with a few essentials that can be whipped into a quick and healthy meal.

Here are some healthy staples to keep in your kitchen for nights when time is tight. When you shop, think about the basic foods you need to Create a Healthy Plate which is: ½ non-starchy vegetables, ¼ lean protein, ¼ whole grains or starchy foods, and some fruit and/or dairy on the side.

Vegetables

- Frozen vegetables – keep a few of your favorites in the freezer
- Fresh vegetables – keep some basic salad ingredients like greens, a few tomatoes, a cucumber and a bell pepper
- Reduced-sodium canned tomatoes are great for adding to pastas, casseroles and more
- Other canned vegetables that you like such as artichoke hearts, roasted red peppers, etc.

Fruit

- Fresh fruit makes a good side at dinner, or even a dessert
- Keep some berries or grapes around which are easy to wash and serve in a bowl
- Canned fruit – choose varieties canned in juice, not syrup
- Lemons and limes – juice from these citrus fruits makes a great flavoring for vegetables, fish or chicken

Starchy Foods

- Reduced-sodium canned beans – choose from black, kidney, navy, garbanzo and more
- Quinoa, quick-cooking whole barley, whole grain pasta, whole wheat cous cous
- Pre-cooked brown rice – all you need to do is heat it up in the microwave
- Whole wheat tortillas or corn tortillas

Dairy

- Skim or 1% milk – unsweetened soymilk or almond milk are also options, especially for lactose intolerance
- Light/non-fat yogurt (regular or Greek) – note that flavored varieties will have more carbohydrate than plain

Protein Foods

- Rotisserie chicken – use it throughout the week in salads, pastas, sandwiches or tacos
- Frozen fish filets
- Frozen chicken breasts
- Eggs

Some Extras to Have Around

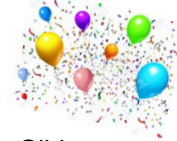
- Olive oil
- Balsamic vinegar
- Various spices and dried herbs
- Salsa
- Salt and pepper
- Light salad dressing
- Nuts – add to salads and other vegetable dishes
- Trans-free margarine
- Minced garlic (jarred)

Quick & Nutritious Dinner Ideas

1. Make a salad for your entrée. Chop up your favorite non-starchy vegetables and serve them over a bed of greens. Add some rotisserie chicken breast, cottage cheese or another reduced-fat cheese. Have your salad with a side of whole wheat garlic bread or some fresh fruit.
2. Try chicken tacos. Use rotisserie chicken or defrost and roast up some frozen chicken. Fill a corn or whole wheat tortilla with shredded chicken, tomatoes, lettuce, fresh cilantro and black beans. If you want, top it all with a spoonful of salsa and some non-fat plain Greek yogurt.
3. Try pasta primavera (vegetables with pasta). Add frozen vegetables to pasta during the last 3 minutes of cooking. Drain the water and then toss with a two tablespoons of light salad dressing and cooked diced chicken. Or, toss in pasta sauce if you prefer a red sauce.
4. Stir fry is another easy option! Keep a frozen vegetable stir-fry medley in your freezer. Sauté on the stove with vegetable oil. Add some frozen shrimp or heated chicken and serve over brown rice, quinoa or whole farro.
5. Make a veggie flatbread. Sauté some frozen or fresh veggies and pile them onto a premade whole wheat pizza crust (or a whole wheat pita will also work!) and top with reduced-fat mozzarella cheese and tomato slices. Bake in the oven until the cheese melts.
6. In the morning, toss some canned beans, canned tomatoes, tomato sauce, and frozen corn in a crockpot with some cumin, chili powder and garlic. Cover and cook on low for 6-8 hours to make a chili that will be ready when you get home. You can also add other vegetables that you have on hand like diced onions, bell pepper or carrots.



August 2017



ANNIVERSARIES

1 Years

Dr. Roy Flood
 Sarah Ellis
 Christina Marsh
 Jamie Mincey
 Demetrica Brooks
 Derek Drake
 Robin Kennedy
 Selena Moore
 Amara Hunt
 Melissa Givens
 Nancy Carter
 Davida Williams
 Mary Ellen Rizzo

2 Years

Tracy Cobb
 Christy Martin

3 Year

Geanita Adkins
 Dwanda Harris
 Teal Castle
 Sierra Graveley
 LaSarah Jones
 Megan Balcom
 Melanie Combs
 Shamika Tolbert
 Chavatica Taylor

4 Years

Sannette Pusha
 Pamela Jefferson
 Antionette Wright
 Miracle Burns
 Vanessa Brown

5 Years

Dr. Craig Skalla
 Kalen Rogers
 Marina Spelas
 Margaretta Scott
 Yadira Figueroa
 Jeannette Pickell

6 Years

Jowona Smith
 Harvey Knowles
 Latangi Craddock

7 Years

Candace Manning

8 Years

Tiffany Clay
 Annie White

9 Years

Melinda Williams
 Quinlin Moore

10 Years

Amy Karlewicz
 Christine Vacheresse

11 Years

Dr. Kristen Updegraff
 Regina Smith

12 Years

Dr. David Estle
 Angela Curry

13 Years

Dr. Nenad Avramovski
 Dr. Jeffrey Mandel
 Elizabeth Gonzalez

15 Years

Adrienne Lynch
 Takara Lewis

16 Years

Lisa Bettio

17 Years

Rocky Semken

19 Years

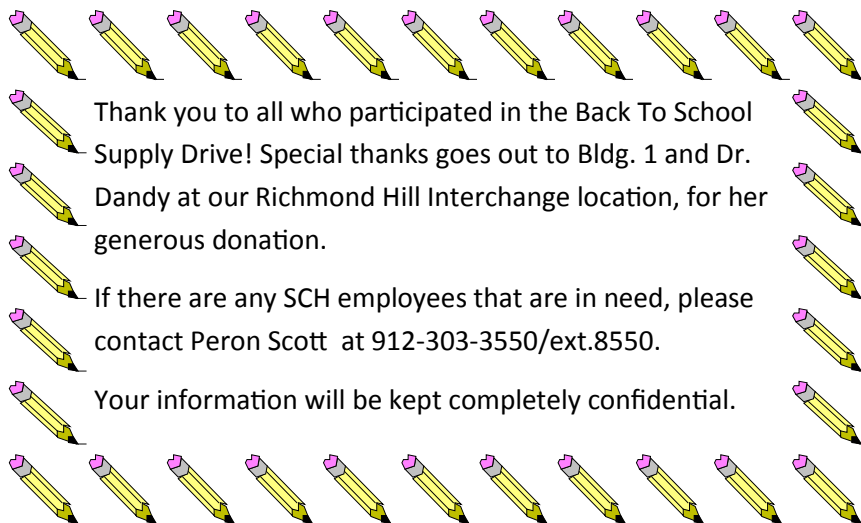
Daryn Moxley
 Tammy Morris
 Karen Crawford

20 Years

Dr. Douglas Perry

BIRTHDAYS

1 Janice	Graves	15 Sharon	Gibbons
1 Eric	Betts	15 Shana	Macon
1 Courtney	Pierre	15 Alexis	Byrd
2 Geanita	Williams	15 Tahpenes	Bradley
2 Kashina	Haynes	15 Suzanne	Cosby
3 Dr. Nelson	Elam	16 Peron	Scott
3 ShaRhonda	Mathis	16 Deena	Sprayberry
3 Treasure	Esteves	16 Dianna	Flagella
3 Bria	Coney	18 Donna	Lewis
4 Sheleia	Taylor	19 Carolyn	Scott
4 Mary Anne	Betts	19 Theresa	Curry
4 Shamika	Tolbert	19 Eugenie	Charles
5 Julie	Harmon	20 Sarah	Ellis
5 Olympia	Davis	21 Daryn	Moxley
6 Dr. Scott	McGlynn	22 Dr. Firas	Bannout
6 Kathrin	Kimmons	23 Mindy	Barrett
6 Crystal	Carter	25 Reina	Mike
6 Javier	Bruno	25 Amber	Mills
8 Sandra	Rucker	26 Shaniqua	Moore
8 Danielle	Felton	27 Kerri	Cook
9 Darlene	Yarbrough	27 Courtney	Morton
10 Jackie	Tariq	27 Krystle	Diaz
10 Niesha	Burns	29 Pamela	Jefferson
11 Mike	Wilson	30 Aaron	Keith
12 Tammie	Walz	30 Jennifer	Price
12 Teresa	Chiariello	31 Megan	Brotz
12 Jessica	Forkey		
12 Dr. Scott	Rojas		



Thank you to all who participated in the Back To School Supply Drive! Special thanks goes out to Bldg. 1 and Dr. Dandy at our Richmond Hill Interchange location, for her generous donation.

If there are any SCH employees that are in need, please contact Peron Scott at 912-303-3550/ext.8550.

Your information will be kept completely confidential.

SCH Employee Spotlight...

Barbara Lutz, RN for Dr. Grant has received high compliments for all the hard work she does. Mr. & Mrs. Traer, who travels from Townsend, GA, to see the "Grant-Lutz" team, greatly appreciates Barbara's professionalism, efficiency, pleasant and expeditious manner she shows to them each and every time.

Thanks For All That You Do!

