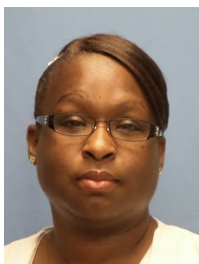


## Employee of the Quarter

The Employee of the Quarter Program recognizes SouthCoast team members for outstanding accomplishments and/or contributions to SouthCoast Health and its mission statement. Eligible employees must display superior performance, innovative improvements, excel in his/her quality of work, and contribute to SouthCoast's 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.



### Michelle Diah - LPN, Bldg. 1

Michelle is dedicated to meeting the needs of her patients. She makes sure that the patients understand the directions they are given. She stays focused and on task even when the day is demanding & stressful. Michelle always assist in other stations when needed, she mentors her co-workers and encourages them. Michelle worked during both of the last two hurricanes when all of SouthCoast was closed. Michelle strives for excellence in patient care.



### John Redmond - Technology Solutions Engineer

John always puts the customer and team first, showing the highest degree of courtesy and sensitivity to their needs. John is very skillful at resolving difficult or emotional customer situations. He often goes out of his way to make sure commitments are met. John's goal is not only to always get the user functioning as quickly as possible, but to make sure the user doesn't continue to experience the issues by recommending necessary changes and helping facilitate those changes.



### Elizabeth Street - MA, Chatham Center

Liz takes pride in her job, she is a planner and makes sure that everything is ready for the work day. She displays professionalism and thoughtfulness. She will not stop until she finds a solution to any problem. She will follow up with the patient or manager to make sure the issue has been resolved. She does her best to make the patients feel at home and at ease. Liz is very proficient and can always find a short cut to make things easier.

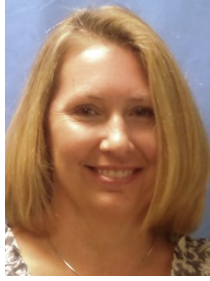
#### IN THIS ISSUE:

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- HR Corner
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- Anniversaries & Birthdays
- Year End Reminders

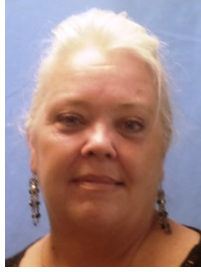
# SouthCoast Health Welcomes Our November New Hires



**Tanya Swanigan**  
Chronic Care Coord.,  
Eisenhower Dr., Bldg. 2



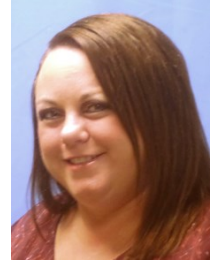
**Amy Whitis**  
Clinical Coordinator,  
Main Campus



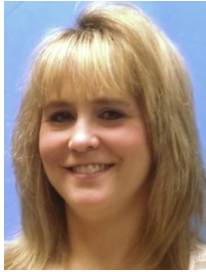
**Kelle Kessler**  
Patient Representative,  
Chatham Center



**Candace Williams**  
Patient Representative,  
PRN Pool



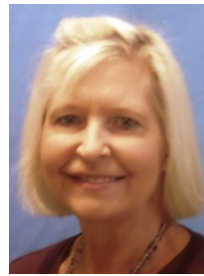
**Angela Diaz**  
Clinical Informatics Mgr.,  
Admin



**Michelle Donnelly**  
Patient Representative,  
Eisenhower Dr., Bldg. 1



**Shawna Sanders**  
ACO MOA,  
Eisenhower Dr., Bldg. 2



**Marisa Aguilar**  
Ultrasound Tech,  
Imaging



**Breaynia Brantley**  
Scheduler,  
Pooler

## HR CORNER

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

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

- Clinical Informatics Analyst
- SQL Database Administrator
- Patient Representative-RH 89/HH Imaging
- PRN Referrals Specialist
- Lab Assistant-RH
- LPN-Main Campus
- Medical Assistant-Allergy
- PTE Nurse Practitioner-RH Peds
- Registered Nurse-Cardiology
- PRN Ultrasound Tech
- PACS Administrator
- Physical Therapy Tech

\*\*\*Internal candidates, please be aware that you must inform your current supervisor if you are interested in another position and would like to apply for it.

## CUSTOMER SERVICE 101

SouthCoast Health's Customer Service Ambassadors will be bringing some new and exciting activities to help promote great Customer Service and boost morale throughout the company.

For the month of January we will present four words (Compassion, Empathy, Health & Wellness and Respect) to express to our patients and also to co-workers. Be on the lookout for more information pertaining to this.

For any questions or concerns please see one of our Customer Service Ambassadors (CSA).

**Sheleia Taylor/Pooler**  
**Nicole Dunn/Eisenhower Campus**  
**Melanie Gunter/Admin**  
**Matt Hedtke/OBGYN**  
**Peron Scott/Admin**

**Erica Jackson/Admin**  
**Tiffani Cook/Pooler**  
**Jada Ramsey/Rincon Peds**  
**Jessica Dunham/Lab**  
**Phyllis Greene/Lab**

**Felecia Griffin/Imaging**  
**Latrice Rayborn/Nephrology**  
**Jeannette Pickell/Bldg. 2**  
**Nikki Robinson/MDVIP**  
**Jessica Capers/Savannah Peds**

# Get to Know: Dr. Wasil Khan, Allergist



Dr. Wasil Khan's journey to become an allergist was not the typical one. While obtaining his Ph.D. in graduate school, Dr. Khan's program curriculum overlapped with a few medical students. After witnessing how these medical students got to use the knowledge he was already learning in real life practice, Dr. Khan decided he didn't want to be left out of the fun. He strove to be involved in both phases of the process.

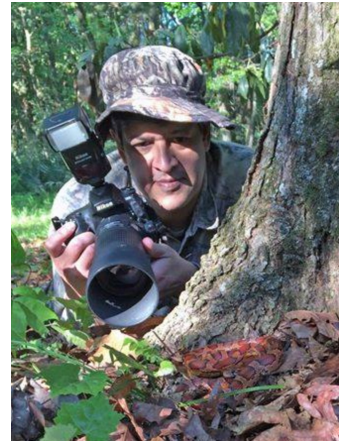
After several years of education, Dr. Khan earned his Doctor of Medicine degree from the Medical University of South Carolina in Charleston, South Carolina. He now works as an allergist with SouthCoast Health and is an active member of several medical societies such as the American Academy of Allergy, Asthma and Immunology, American College of Allergy, Asthma and Immunology, Medical Association of Georgia,

Medical Society of Georgia, and the South Carolina Society of Allergy, Asthma and Immunology.

However, it's not just Dr. Khan's knowledge and education that makes him impressive. His passion and dedication for building strong relationships with patients makes him a compassionate, caring, and quality physician.

*"Patient care is absolutely the most satisfying part of what I do." Dr. Khan stated. "When I walk into the hospital rooms of my patients and I see 'I'm so glad to see you' look on their faces, it always puts a lump in my throat."*

Outside of the doctor's office, Dr. Khan is an avid outdoorsman and naturalist who enjoys observing and photographing the natural world.



**Dr. Khan sees patients throughout the SouthCoast Health's territories:**

**MONDAYS**

**RICHMOND HILL, 89 INTERCHANGE DR**

**TUESDAYS**

**SAVANNAH PEDIATRICS, 310 EISENHOWER DR.**

**WEDNESDAYS**

**HINESVILLE, 790 VETERANS PARKWAY, SUITE 102**

**THURSDAYS**

**SAVANNAH PEDIATRICS, 310 EISENHOWER DR**

**FRIDAYS**

**SAVANNAH, 1326 EISENHOWER DR, BLDG 2**

**TO REACH DR. KHAN'S OFFICE DIAL 912.527.5335**

***Happy Holidays from  
Santa's Elves at Building 1***



# ***FIGHT AGAINST MINDLESS EATING DURING THE HOLIDAYS***

The holiday season is synonymous with delicious food, relaxing, travel, and celebration. But staying healthy? Not so much. For those actively working on their healthy eating habits, this time of year can be especially frustrating. Well-known holiday foods don't exactly encourage positive eating habits.

"It's totally possible to eat healthily and responsibly during the holiday season if you go into this time of year with a plan," SouthCoast Health Registered Dietitian, Elizabeth Hesley, said. "Even a few days of reckless eating can put diet goals off track for a while, so it's important to be prepared and fight against those urges."

If you're working on maintaining healthy eating habits, follow these tips to stay on track.



## **1. WATCH PORTIONS**

As tempting as it is to pile your plate high with all of the mouth-watering holiday foods, it is not beneficial to our health. Use sensible, small portions of the foods that you want to eat the most, and reach for the healthy things first. Putting greens, fruits, and lean proteins on your plate before other foods will help you get the nutrients your body needs versus loading down on high-calorie foods. Another great trick is using small plates and glasses, which encourage correct portion sizes and makes it harder to overeat.

## **2. PREPARE**

Know your holiday schedule beforehand and plan accordingly, especially if you'll be traveling. For example, if you have multiple events to fit into one weekend, plan to eat smaller portions at each meal so you're able to participate at each event but not completely stuffed at the end of the day. If it's the opposite and you have one big meal on your schedule, make sure to eat a good breakfast before heading out to avoid the temptation to overeat.

Similarly, if you're traveling, it pays to plan ahead. Prep healthy snacks and meals to bring along. This way it won't be as tempting to eat something unhealthy from the airport or at a fast food restaurant along the way.

Finally, eat a small, healthy snack before heading out to any holiday parties or shopping trips. Having something healthy in your system beforehand will help you avoid grabbing something less balanced at the food court or at the party.

## **3. FOCUS ON WHAT YOU'RE EATING**

Mindless eating is a major problem for those working on their wellness habits. It especially can be a large obstacle to overcome during the holidays. It's incredible easy to not be focusing on what you're eating when distracted by family, friends, conversation, or holiday specials on TV.

Nevertheless, here's why this step really matters:

- It encourages you to eat slower, which fills you up quicker than if you were eating fast.
- It keeps you accountable as you are focusing more on the amount of food going into your body.
- If you're aware of where you're standing in relation to the appetizers or snacks, you'll be less likely to indulge in those often-unhealthy foods.
- You'll be less likely to not eat when you're full.

## **4. KEEP TRACK OF WHAT YOU'RE EATING**

It's tempting to not write down what you're eating or avoid using your favorite food tracker apps during the holiday break. However, it's important to do the opposite. Continue with these habits to keep yourself accountable.

## **5. CHOOSE INDULGES WISELY**

Of course, you shouldn't completely deprive yourself of yummy holiday treats this time of year! The trick is to limit yourself from eating too much. Pick only one dessert to enjoy, or, if you'd like, take small bites of the multiple desserts from friends and family willing to share. Limiting yourself will keep you from overeating and stay on track for your diet goals.

## **6. KEEP UP WITH EXERCISE**

Just because it is the holidays, does not mean we should avoid exercising. It is always a temptation to take a long nap after the big meal but this is counterproductive to a healthy lifestyle. Taking a walk after a big meal will help aid in digestion and help you stay on track with weight management.

Fight against mindless eating and be proactive in your eating decisions this holiday season. Follow the tips above, and you'll be enjoying the holiday season AND staying healthy.

## ***SCH In The Know...***

SouthCoast Health wants to enhance our employees ability to save for retirement. As a result, SouthCoast will auto enroll all eligible employees into the 401K retirement plan on 1/1/2018. Eligible employee definition: 21 years of age, employed for 12 months and worked a minimum of 1,000 hours in the past year. We will defer 3% of your salary on a pre-tax basis into an account for you at Voya. The default mutual fund we use is the T Rowe Target Date fund that is based upon your approximate retirement year at the age of 65. If you are not currently in the plan or have stopped contributions, Voya will mail you documents regarding the auto enrollment in late November. At this point, you may opt to stay at the 3%, increase or lower the deferral amount or opt out completely. In January 2015 we started auto enrollment for all newly eligible employees and have found it to be a great success.

In order to continue to help our employees to save for retirement, SouthCoast will use the auto-escalation feature of the plan and increase deferrals each July 1<sup>st</sup> starting in 2018 by 1% up to a maximum of 7%. Again, you will have the option to keep at your current deferment, lower it or increase it. Human Resources can provide you with paperwork to make the change. Any one currently contributing below 7% to their retirement plan, will automatically be auto escalated in increments of 1%. Anyone contributing above 7% will not be affected.

Please remember, you may always change your deferral amount to increase it, lower it or cease contributing to the plan.

## **SCH... DATES TO REMEMBER & UPCOMING EVENTS!**

For the month of December, staff will be allowed to dress down each Friday (1st, 8th, 15th, 22nd & 29th), by donating a \$5.00 toy (unwrapped) or \$3.00 cash for Toys For Tots/Mysterious Santa.

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



**SCH 2017 Annual Holiday Party will be held at the Savannah Trade & Convention Center this year, December 9th at 7:00 pm!**

**New DJ...New Fun!!!**

**Please bring a toy for "Toys for Tots" for a chance to win a prize!**

**Semi-Formal Attire**

SCH cares about the well being of our employees! We ask that you do not over indulge in alcoholic beverages! Make sure you have a designated driver!

SCH would like to thank all of you who donated to United Way and Second Harvest. As always Your contributions were well deserved for organizations that help our community in more ways than one.

179 lbs. of food and \$334.00 in cash was donated to Second Harvest. The total contributions for United Way including employee donations and SCH donation for the Turkey Trot was over \$21, 000.00. SCH staff also donated \$881 to All Hands Volunteers for the Hurricane victims... Way To Go SCH!!!



# December 2017



## ANNIVERSARIES

### 1 Year

Caitlyn Porter  
 Rolanda Smith  
 Courtney Miles  
 Madison Brown  
 Michael Moore  
 Sonya Baker  
 Tonya Dubose

### 2 Year

Holly Keller  
 Shanira Robinson  
 Valerie Figueroa

### 3 Year

Lisa Gaylord  
 Carolyn Collins

### 3 Years

Gretchen Eichenlaub  
 Deena Sprayberry

### 4 Years

Lisa Spikes  
 Marlyn Rivera  
 Beverly Flanagan

### 7 Years

Dr. Stephanie Croll  
 Shelia Williams  
 Patricia Herrin  
 Kristy Bowlin

### 8 Years

Amber Mills  
 Jocelyn Mainor

### 10 Years

Robbie Williamson

### 11 Years

Eric Betts  
 Tracy Lanier

### 12 Years

Trina Scott

### 13 Years

Dr. Richard Hightower

### 14 Years

Gloria McCoy

### 15 Years

Regina Bryan

### 16 Years

April Miller  
 Tracey Will

### 19 Years

Sonya Kersey

## BIRTHDAYS

1	Alisha Bennett	18	Dr. Julio Cortes
1	Jamie Crawford	18	Kimberly Butler
2	Dr. Melanie Helmken	18	Cynthia Saunders
2	John Capel	19	Margaretta Scott
4	Brittany Wooten	20	Brenda Lewis
5	Shanira Robinson	20	Taylor Grundy
6	Jackie Brown	20	Qanita Minter
6	Alsaysha Hejny	20	Karen Collins
7	Antionette Wright	20	Jill Blackburn-Shrum
8	Kristin Chmela	21	Quinlin Moore
9	Pat Shareef	24	Kejuanna Manor-Singleton
9	Mariella Beavers	25	Rocky Semken
9	Patty Patrick	25	Donna Kirksey
9	Airiel Rhodes	26	Evonne Smith
11	Glynda Anderson	26	Katrina Adkins
11	Karen Payton	26	Nancy Pugh
12	Valencia Jenkins	26	Monica Brown
12	Teal Castle	26	Sandrine Whitlock
12	Dr. Lucas Lewin	27	Dr. Jami Scanlon
13	Carrie Shaw	28	Shonique Wright
13	Jenifer Malloy	28	Kimberly Cook
14	Kenya Gloyd	29	Daphne Wall
16	Joseph Schultz	29	Regina Smith
16	Dr. Leland Dampier	29	Asia Wilson
16	Shasha McDonald	31	Dr. Geoffrey Peters
17	Gwen Sparger	31	Katelyn Vitzthum

## IMPORTANT

### Year-End Reminders

**\*\*\* Please remember to update your address on My Profile, W-2's will be mailed the last week of January\*\*\***

**Please remember to complete your LMS courses, by December 12th!**

**Open Enrollment  
for 2018 Benefits**

**DEADLINE  
DEC. 8TH**



### 2018 CPR Dates

Jan 13	July 14
Feb 10	Aug 11
Mar 10	Sept 8
Apr 14	Oct 13
May 12	Nov 10
Jun 9	Dec 8

*\*Recertification will be provided by SCH at no cost to the employee, provided current certification has not expired. If it is expired, employee will be responsible for cost.*