

Employee of the Year

Congratulations to Evonne Smith, Lab Assistant at Bldg. 2, on receiving Employee of the Year! SouthCoast Health gives this award to recognize employees who show exemplary individual achievement, teamwork, great customer service and performance in their jobs and other related duties. These employees embody excellence and integrity.

Evonne has been with SCH over 18 years, she always makes sure that the patients come first. Evonne goes out of her way to personally ensure that the patients needs are met. She is very thorough and completes all assigned task in a timely manner. She is always willing to assist co-workers and other staff members with whatever their needs are. Evonne is the go to person for difficult blood draws, patients will wait for her if she is busy with another patient. Congratulations Evonne Smith on a job well done!

The Entertainment Committee (Melanie Gunter, Sandra Rucker, Harvey Knowles, Rose Smith, Janice Graves and Peron Scott), would like to thank each and everyone that attended SCH's 2017 Holiday Party. We hope you enjoyed your night!



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SouthCoast Health Welcomes Our November New Hires



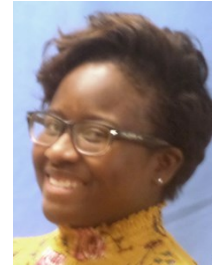
Dida Gaines
Patient Representative,
Cardio



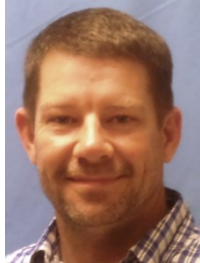
Alex Monzon
Patient Representative,
HH Imaging



Bryan Newsome
Patient Representative,
Imaging, Bldg. 1



Nyasia Wright
Patient Representative,
Surgery



Dean Jenkins
PACS Administrator,
Admin



Alexis Perry
Patient Representative,
Eisenhower, Bldg. 1



Shamecka Walton
Patient Representative,
RH 89

HR CORNER

Looking to move up without moving out???

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

- Accountant
- Practice Manager-Bldg. 2
- Unit Secretary-OB
- Patient Representative-RH Peds
- PRN Referrals Specialist
- LPN-Main Campus/ID
- Medical Assistant-Allergy/Cardio/
Bldg. 1/Chatham Ctr.
- Medicare Wellness Nurse-Chatham Ctr.
- Lab Assistant-RH
- PTE Nurse Practitioner-RH Peds
- CT Tech
- PTE Echo Tech
- Physical Therapy Asst.
- Physical Therapy Tech
- Patient Care Coordinator-Pooler

***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.

SouthCoast Health January 2018 Customer Service Activity

Patient Focus Words Of The Week

Each week for the month of January 2018, we will focus on a new word to display towards our co-workers and patients.

January 1st-5th	Compassion Smiling, Help Others, Listening, Caring
January 8th-12th	Empathy Understanding, Consideration
January 15th-19th	Health & Wellness Promote Health, Exercising, Eating well
January 22nd-26th	Respect Admiration, Encouragement, Please & Thank you

CUSTOMER SERVICE 101

The 5 New Year's Resolutions That Will Have the Most Impact on Your Overall Health

The new year is fast approaching, which means it's time to make New Year's resolutions. While it may be tempting to go for the usual goals, like exercise more or lose weight, sometimes unstructured goals like that make it impossible to follow through.

"It's great that everyone starts to think about their health and total well-being during this time of the year," SouthCoast Health's Dr. Chris Oldfield said. "But the key to creating successful New Year's resolutions that truly have an impact on your health is by creating smaller, tangible goals divided into steps."

If you've tried and failed for years to complete health-related New Year's resolutions, it might just be the goals you're making. To help, we've put together five New Year's resolutions that will have a positive impact on you and your health.

1. Change Your Outlook

When trying to change your health and lifestyle habits, it's easy to adopt the "it's all or nothing" mentality. However, that line of thinking can make it easier for mistakes and frustrations. Instead of broad goals like cutting out all sugar from your diet, focus on smaller decisions that benefit both you and your body instead. Each smart and positive decision you make towards becoming your healthiest self is a fantastic step in the right direction, and gets you closer to your goal.

Here are a few great examples -- instead of reaching for a soda, fill up a glass of water. Instead of parking close to work, park further away to increase your steps for the day. The more you make decisions similar to this, the closer you get to your goals.

2. Make Exercise a Part of Other Routines

It's hard to fit in time to go to the gym, but cardio is the key to a happy and healthy heart. A great way to get up and moving every day is by sneaking in exercise whenever possible. Actively choose to walk more by using tricks like a smaller cup of water, which means more walking for refills, visiting a coworker's desk instead of emailing them, using the stairs instead of the elevator, and going for short walking breaks during work. If you do three, ten minute walks throughout the day, you've completed thirty minutes of cardio.

3. Focus on Quality over Quantity when it Comes to Dieting

If you're tempted to start a complicated diet, focus instead on **what** you're putting in your body over how **much** you're putting in. Focus on eating more leafy greens, sweet fruits, healthy proteins, and fiber rich foods. Vow to cook more of your own foods so you can lower the intake of salt, fats, and unwanted chemicals. Striving for tangible steps like this will have a much more positive impact on your body versus attempting a diet that will leave you feeling frustrated and hungry.

4. Unplug

While phones and the advance of technology are an important part of society, they also have a negative impact. Research found that using your phone for long periods of time can increase your risk of depression, society anxiety, job burnout, and even allergies. If your bedtime routine includes playing on your phone, then it also impacts your quality of sleep.

The solution? Shoot to spend at least one hour each day completely unplugged. Use that time instead to focus on loved ones, practice a favorite hobby, or just relax. Opt for books before bedtime to avoid your phone and blue light interrupting your sleep cycle. If this idea disturbs you or makes you uncomfortable, you just might have an unhealthy phone addiction.

5. Follow Through and Receive Yearly Check-Ups

Make it a New Year's resolution to get up-to-date on all of your yearly check-ups, especially if it's been a while since your last one. Visit your primary care doctor for a physical and blood testing, visit your dermatology for a full body check, visit your dentist for a cleaning and inspection, and either visit your gynecologist or urologist for an exam. Keeping up with all of these yearly exams could potentially save your life by preventing disease from developing.

SCH Bids Farewell to Dr. Lewin



What are the Symptoms of High Blood Pressure?

Looking for a list of symptoms?

If you are looking for a list of symptoms and signs of high blood pressure (HBP or hypertension), you won't find them here. This is because most of the time, there are none.

Myth: People with high blood pressure will experience symptoms, like nervousness, sweating, difficulty sleeping or facial flushing.

Truth: High blood pressure is a largely symptomless "silent killer." If you ignore your blood pressure because you think a certain symptom or sign will alert you to the problem, you are taking a dangerous chance with your life.

In most cases, high blood pressure does not cause headaches or nosebleeds

- The best evidence indicates that high blood pressure does not cause headaches or nosebleeds, except in the case of hypertensive crisis, a medical emergency when blood pressure is 180/120 mm Hg or higher. If your blood pressure is unusually high AND you have headache or nosebleed and are feeling unwell, wait five minutes and retest. If your reading remains at 180/120 mm Hg or higher, call 9-1-1.
- If you are experiencing severe headaches or nosebleeds and are otherwise unwell, contact your doctor as they could be symptoms of other health conditions.

Other inconclusively related symptoms

A variety of symptoms may be indirectly related to, but are not always caused by, high blood pressure, such as:

- **Blood spots in the eyes** Blood spots in the eyes (subconjunctival hemorrhage) are more common in people with diabetes or high blood pressure, but neither condition causes the blood spots. Floaters in the eyes are also not related to high blood pressure. However, an eye doctor (ophthalmologist) may be able to detect damage to the optic nerve caused by untreated high blood pressure.
- **Facial flushing** Facial flushing occurs when blood vessels in the face dilate. It can occur unpredictably or in response to certain triggers such as sun exposure, cold weather, spicy foods, wind, hot drinks and skin-care products. Facial flushing can also occur with emotional stress, exposure to heat or hot water, alcohol consumption and exercise — all of which can raise blood pressure temporarily. While facial flushing may occur while your blood pressure is higher than usual, high blood pressure is not the cause of facial flushing.
- **Dizziness** While dizziness can be a side effect of some blood pressure medications, it is not caused by high blood pressure. However, dizziness should not be ignored, especially if the onset is sudden. Sudden dizziness, loss of balance or coordination and trouble walking are all warning signs of a stroke.

SCH Rock Your Ugly Sweater...

Bldg. 2 & Cardio



Richmond Hill Peds



Pooler



Managers Meeting



Admin



Thank you to all of the participants & Congratulations to all of the winners

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 1st 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.

Thank you to all who donated to Toys For Tots, it was a huge success this year. SouthCoast Health helped make a lot of children happy this year!

SCH Reminders...

Please be mindful of any licensures or certifications that are due to expire!

All Clinical Personnel, you are responsible for updating your TB, Hep B and CPR certifications before the expiration date. CPR classes are offered one Saturday out of each month at no cost to the employee.

If your certification has expired, you will be responsible for the \$35 fee!

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.
HR Policy 119.*

LMS Courses will be available on Friday, December 29, 2017!

Six courses will be due by June 8th and all courses are due by December 14th.

Please remember that completing the courses are part of the employee's job & responsibility!

January 2018



ANNIVERSARIES

1 Year

Dr. Scott Rojas
Kristy Kearson
Courtney Goodgame
Ch'loe Lee
Crystal Hammond
Tyrena Gleaton

2 Year

Jacquelyn Stafford
Gina Minally
Angel Evans

3 Year

Kyra Rollyson
Carrie Shaw
Qahneisha Fogle

4 Years

Dr. Hy Sussman
Julie Phipps
Teresa Steed
Valencia Jenkins
Miesha Ash
NeShea Jones

5 Years

Alisha Bennett
Valerie Davis

6 Years

Jennifer Strawn
Maria Etzle

7 Years

Elizabeth Lee
Elizabeth Street
Laura Lewis

8 Years

Natisha Nichols

9 Years

Dr. Amanda Hendricks

13 Years

Mary Anne Betts

14 Years

Marie LeBlanc
Sheleia Taylor
Linda Hine

17 Years

Tiffany Thomas
Jonell Holmes

18 Years

Linda McCracken

BIRTHDAYS

1 Dr. Douglas Perry	16 Amara Hunt
1 Dr. Hiem Thong	16 Crystal Hammond
1 Kimberly McFarlin	17 Dr. Leonard Wojnowich
1 Dr. David Mozer	17 Crystal Brown
3 Tracy Bork	17 Taylor Holland
3 Cody Deese	17 Mary Rizzo
5 Jada Ramsey	17 Heather Seibert
5 Khadijah Dunham	18 Derek Drake
6 Sarah Butterfield	19 Lakesha Page
6 Dr. Helen McIntosh	19 Christina Cairney
6 Sonya Dorsey	20 Casandra Stewart
7 Pam Barker	20 Candice McBride
9 Carol Davis	21 Heather Gonzalez
9 Rachel Cox	21 Dr. Micah Riegner
9 Jennifer Perkins	22 Dr. Christopher Oldfield
10 Erica Jackson	22 Staci Walker
10 Nicole Starnes	23 Rachel Toraya
10 Crystal Moore	23 Jessica Brady
10 Asia Letman	24 Dr. Theodore Geffen
11 Tikesha Robinson	25 Lisa Mew
12 Allison Zipperer	27 Dr. Robert Grant
12 Lisa Spikes	27 Carmen Sumlin
13 Samantha Bodnar	27 Jordan Murphy
14 Dr. Stephen Hendrix	29 Angela Wright
14 Dean Jenkins	29 Paula Larry
15 Kelly Brickey	29 Audrey Djuric
16 Candace Manning	30 Kristen Vining
16 Amanda Hardee	31 LeAnn Wistner

*** Apologies goes out to Lisa Spikes, Marlyn Rivera and Beverly Flanagan-their years of service is 5 years
Gretchen Eichenlaub and Deena Sprayberry-their years of service is 4 years.

IMPORTANT Year-End Reminders

*** Please remember to update your address in Employee Self Service on SCH website,
W-2's will be mailed the last week of January***



SouthCoast Health 2017 Holiday Party

