

the connection point

FOR THE PHYSICIANS & STAFF OF SOUTHCOAST HEALTH

MARCH 2018

National Doctors' Day 2018



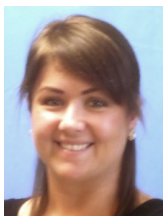
Dr. Nenad Avramovski— Infectious Disease	Dr. Roy Flood-Cardiology	Dr. Thomas Moriarity— Eisenhower B1	Dr. Keith Seibert-RH Pediatrics
Dr. Firas Bannout— Hinesville 201	Dr. Theodore Geffen-Eisenhower B1	Dr. David Mozer-310 Pediatrics	Dr. Russell Sliker-Pooler
Dr. Sidney Bolch, III— Cardiology	Dr. Robert Grant— Eisenhower B1	Dr. Troy Murphy— Chatham Center	Dr. Patricia Shapiro-Imaging
Dr. Scott Callaghan-Neurology	Dr. Kenneth Griffin-Eisenhower B1	Dr. Adam Novack-Eisenhower B2	Dr. Craig Skalla-Podiatry
Dr. Keith Cobb-RH 89	Dr. Douglas Hanzel— Pulmonology	Dr. Neil Odom-OB	Dr. Hy Sussman-Hilton Head
Dr. Michael Cohen-Pooler	Dr. Melanie Helmken-OB	Dr. Christopher Oldfield-Eisenhower B1	Dr. Hiem Thong— Eisenhower B1
Dr. Ana Concepcion-Infectious Disease	Dr. Amanda Hendricks— Rincon Pediatrics	Dr. Daniel Osimani-Cardiology	Dr. Sabin Tomus-Hinesville 203
Dr. Julio Cortes— Eisenhower B1	Dr. Richard Hightower, Jr.— Pooler	Dr. Bhavesh Patel— Eisenhower B2	Dr. Kristen Updegraff-Chatham Center
Dr. Stephanie Croll-Eye Care	Dr. Edward Hoffman— RH 89	Dr. Douglas Perry— RH 89	Dr. Jules Victor, III-Eisenhower B2
Dr. Leland Dampier-Eisenhower B1	Dr. Wallace Holland, Jr.— RH 5A	Dr. Geoffrey Peters— Cardiology	Dr. Andrew Wade— Imaging
Dr. Regina Dandy-RH 89	Dr. Christa Jillard-Surgery	Dr. Robert Remler-Eisenhower B1	Dr. Benjamin Watson-Eisenhower B2
Dr. Harresh Dulamal-Chatham Center	Dr. Robert Jones— 310 Pediatrics	Dr. Micah Riegner— 310 Pediatrics	Dr. William Webb-RH Pediatrics
Dr. Nelson Elam— RH Pediatrics	Dr. Wasil Khan-Allergy	Dr. Scott Rojas-Infectious Disease	Dr. Robert Weeks— Eisenhower B2
Dr. Nizar Eskandar-Nephrology	Dr. Todd Lanier— Imaging	Dr. Victor Rosenfeld-Neurology	Dr. Garrett White-Nephrology
Dr. David Estle— Imaging	Dr. Jeffrey Mandel-Surgery	Dr. Edward Sammons-Eye Care	Dr. Michelle Wilson— Pooler
Dr. Nathan Fergus-Imaging	Dr. Margaret McCormack-Eisenhower B1	Dr. Jami Scanlon-Rincon Pediatrics	Dr. Leonard Wojnowich— Eisenhower B1
Dr. Braxton Fields-Imaging	Dr. Helen McIntosh— OB	Dr. Glen Scarbrough-OB	Dr. Stephen Yeager— Surgery

SouthCoast Health's Welcomes Two New Nurse Practitioners



Paige Pardue, is from Elizabethtown, Kentucky. She graduated in 2014, from Western Kentucky, with an Associates degree in nursing. Shortly after relocating to Savannah, she completed her Bachelors and Masters degree at South University. Paige will be working at our Eisenhower location, Bldg. 1.

Paige spends her free time relaxing on the boat, cooking, exercising and watching Netflix. She will be marrying her wonderful fiancé this coming September, they have one cat that seems more like their child.



Jeanine Onischuck, is originally from Ft. Lauderdale, FL. She received her BSN in 2007, from the University of Central Florida, and her MSN in 2015, from the University of California. Jeanine will be working at our Urgent Care Clinic in Richmond Hill.

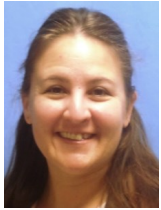
Jeanine and her husband have one son and two boxers. She enjoys spending time with her family, traveling, running, reading, yoga and photography.

SouthCoast Health looks forward to working with Paige and Jeanine!

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Welcome To SouthCoast Health-February New Hires



Tiffany Gray
Accountant,
Admin



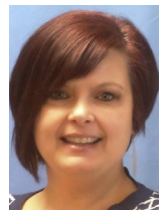
Chloe Bukowiec
Unit Secretary,
OB



Sabrina Williams
Medical Asst.,
Eisenhower, Bldg. 1



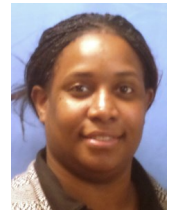
Elizabeth Lightle
Opt Tech.,
Eye Care



Maureen Smith
Licensed Practical Nurse,
RH 89



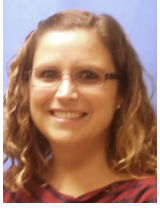
Tasha Cotton
Unit Secretary,
OB



Cassandra Satterwhite
Certified Medical Asst.,
RH Peds



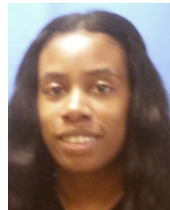
Karen Hunnicutt
Echo Tech,
Savannah Imaging



Bridget Wilkes
Echo Tech,
Savannah Imaging



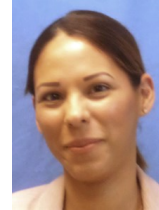
Bhumika Amin
Rad Tech,
HH Imaging



Stephanie Singleton
Lab Asst.,
OB



Lynda Tuten
Patient Rep.,
HH Imaging



Sheyla Bermudez
Scheduler,
Pooler



Joshella Pastures
Registered Medical Asst.,
Cardiology

SCH Employee Spot-

Having aging loved ones, I've found, it's rare to find medical employees that respond to them with the care and concern as is given to their younger and healthier counter parts. Then I met Lanecia.

My loved one had gone from office ,to hospital, to rehabilitation facility, back to the hospital and back home again. This was over a three months time span. All kinds of procedures were done and several doctors were seen, but trying to find out which doctor did what can be like finding a needle in a haystack.

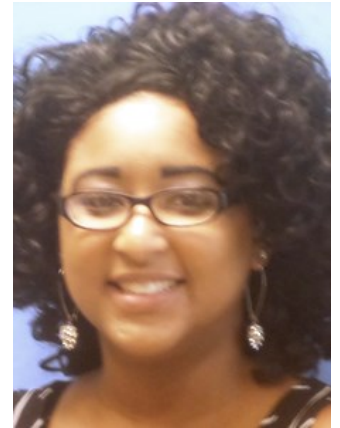
No one seemed to be able to help! However, one Friday, Lanecia promised to do her best to help me find the surgeon's name that did surgery on my father. After several phone calls, she directed us to the right place and the right doctor.

Thank you Lanecia!

So many times when service is poor and complaints are made, employees are reprimanded and grieved. I am recommending that when the time comes to recognize your employees that you will consider Lanecia. The personal rapport saved for a stress free weekend.

By the way, my father is coming along much better. You see, timing is everything and seconds save health and lives. Word of mouth is the best advertisement. I'm telling everyone I know about the timely efficient help at South Coast.

Again, thank you Lanecia,



HR CORNER

Looking to move up without moving out???

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

- Practice Manager-Bldg. 1/2
- Medical Office Asst.
- Telecommunications Engineer
- Patient Care Coordinator-Pooler
- PTE Lab Asst.
- LPN-RH 89/ID
- Medical Assistant-Cardio/OB/Bldg. 1
- Medicare Wellness Nurse-Pooler
- PTE Nurse Practitioner-RH Walk-In Clinic
- Triage Nurse-OB

SouthCoast Health Announces the Opening of Infusion Center

SouthCoast Health is happy to announce the opening of a new infusion center. The infusion center is located at 1326 Eisenhower Drive, Building 2, Second Floor. Initially, the center will offer infectious disease and neurological infusions. Additional infusions will be available in the near future to meet the needs of our patients.

Medication Request

If you have a particular medication you would like for us to infuse, please contact Liz Boston, Infusion Center Manager at 912-354-5543. Our goal is to meet all the needs of SouthCoast Health patients; however, we must first ensure the medications are available and cost effective to our organization.

Patient Referrals

For patients that need infusion therapy, please follow stat office referral procedures.

For infectious disease infusions, refer to the Infectious Disease department.

For neurological infusions, refer to Dr. Rosenfeld.

If the patient is in the hospital, call an ID specialist for a consult.

Infusing Hours

Monday - Friday

9:00am - 5:00pm



**MAN & WOMAN
OF THE YEAR®**
leading the way to make **someday today**

Team G.A.P. Giving Awareness & Purpose, is a team created to support The *Leukemia and Lymphoma Society*. We are joining LLS in their mission to find cures and ensure access to treatments for blood cancer patients.

Angela Young whose mom, is a lymphoma survivor and a SouthCoast Health patient, inspired her to participate in this campaign through her journey to becoming a "survivor". Her successful journey is possible because of the progress made in treating lymphoma and leukemia patients.

Team G.A.P, mission is to close the gap. Critical treatment innovations have originated through blood cancer research – radiation, chemotherapy, stem cell transplantation, and new targeted therapies.

SouthCoast Health will have two dress down days (March 16th & 23rd), for donations to the Leukemia & Lymphoma Society, donations will be \$3.00 for each Friday. With your support, LLS can continue funding critical research in the fight against blood cancers as well as provide outstanding patient services.

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



*Angela Young pictured
with her Mom
a Lymphoma Survivor*

101 on Allergies in the Savannah Area, by Dr. Wasil Khan



Soon after the first of the year in the Savannah area, plants ramp up production of a yellow, powdery substance called pollen. It coats our cars, driveways, and other surfaces, and fills the outdoor air we breathe into our noses and lungs.

When Does Allergy Season Start?

Different plant species begin pollinating at different times of the year, with some trees starting as early as late January in our area. By late February, tree pollination is in full swing. Grasses soon follow, and continue through the early part of summer, after which there is a period of about eight weeks when pollen levels fall, only to rise again with the onset of weed pollination in August. Weeds continue pollinating until a hard freeze arrives, usually in winter.

Why Do Some People Suffer from Allergies?

For most of us, the pollen we breathe in causes no problems, but for those of us who have developed an allergy to pollen, it can trigger sneezing, congestion, itching of the eyes and upper airway, and even chest tightness with shortness of breath. That's because people with pollen allergies have immune systems that have taken an abnormal stance against pollen, producing an overreaction when pollen is encountered by the surface of our eyes, airway, or skin. These reactions involve the release of chemicals like histamine upon pollen exposure, producing allergic symptoms.

How do I Manage my Allergy Symptoms?

Management of pollen allergies begins by first determining if the problem causing symptoms is indeed an allergy. Other medical conditions can produce symptoms similar to those caused by allergies, and management strategies targeted towards treating allergies may be ineffective for treating these other conditions. Determining whether allergies are playing a role in producing symptoms is best accomplished by visiting an allergist who is certified by the American Board of Allergy and Immunology.

Once a pollen allergy has been identified, a helpful management plan can be put in place. Components of effective plans include decreasing pollen exposure, using appropriate medications to manage allergy symptoms if complete avoidance is not feasible and even decreasing the allergy through a process called immunotherapy or allergen desensitization. This last option is useful when the allergen is not avoidable, medications are not adequately effective or cause side effects, or if there is a desire to reduce medication requirements.

What are the Different Types of Pollen

The most allergy-inducing pollens are those that are relatively small in size. This characteristic allows them to be easily windborne, and to effectively enter our respiratory tracts where they cause allergic sensitization and symptoms. Larger pollens like those produced by pine trees are small enough to be spread by the wind, but their larger size makes them less effective allergens because they are too large to easily enter sensitive areas of our respiratory tracts. Therefore, and contrary to popular belief, pine pollen allergy is uncommon. Smaller pollens like those produced by oak trees are much more bothersome allergens and are out at the same time as pine pollen. These smaller, less visible, pollens produce the symptoms while the larger, visible, pine pollens undeservedly receive the blame. Plants with pollen too large to be easily wind carried rely on insects like bees and butterflies to transport them. Such plants often have large showy flowers with pleasant fragrances to attract insects for this job. So, plants like roses and camellias are rarely allergy inducing because their pollens are large and insect carried.

How Can I Avoid Allergies?

There are some simple measures to follow that will help reduce exposure to allergenic pollens. Avoid prolonged outdoor activities during times of day when pollination is heaviest. These are usually mornings and evenings. Pollens are more prevalent on warm, dry, windy days, and less so on rainy, humid days. Wearing a mask outdoors during heavy pollen periods can be helpful. Don't dry clothing outdoors where pollen can deposit on it and rinse off after spending time outdoors. Keep windows in vehicles and homes shut and run the air conditioning to filter out airborne pollens.

If these measures do not adequately control symptoms, or if following them is too much of an inconvenience, consider enlisting the help of an ABAI certified Allergist in exploring further helpful options. Call 912-355-4427 or ask your primary care physician for a referral to the SouthCoast Health Allergy Department.

March 2018

ANNIVERSARIES

1 Year

Dr. Donald Cobb
Tanya Mullings
Jessica Miles
Casandra Stewart
John Redmond
Angie Jones
Christina DeLoach
Tyran Madison
Melissa McKissick
Christina Cairney

2 Year

Asia Wilson

3 Year

Nikki Grant
Charles Singleton
Olympia Davis
Dianna Flagella
Yevette Chaplin-Riley
Susie Brown

4 Years

Lakesha Page
Robert Hill

5 Years

Lacey Thompson

6 Years

Elaine Harn

9 Years

Fred Payne

10 Years

Sarah Warren
Sandra Vranich
Janice Howell
Donna Lewis

12 Years

LaShonda Bailey

13 Years

Lisa Mew

14 Years

Crystal Brown

16 Years

Mariella Beavers

17 Years

Dawn Calaway

BIRTHDAYS

1 Elizabeth	Street	16 Ashley	Shaw
1 Keshia	Vail	16 Jessica	Wren
1 Dr. Roy	Flood	16 Amy	Whitis
1 Paul	Mitchell, Jr	20 Letha	Brown
2 Shari	Dyal	21 Janice	Howell
2 Tanya	Swanigan	21 Dr. Victor	Rosenfeld
3 Raquel	Evans	21 Rachael	DeRing
4 Tracy	Lanier	21 Lindsey	Phillips
4 Stacy	Allen	23 Laura	Devischer
5 Georgia	Hickox	23 John	Redmond
6 Dr. David	Estle	24 Nikki	Robinson
7 Cara	Martin	24 Ch'loe	Lee
7 Breaynia	Brantley	25 Vanessa	Brown
8 Brittany	Stroud	25 Susan	Townsend
9 Tiffany	Clay	26 Contina	Williams
10 Cherie	Bowers	26 Samantha	Vancleave
10 Sarah	Warren	26 Alexander	Ramos-Caraballo
11 Brooke	Stubbs	27 Ashi'a	Lee
11 Toni	Brown	28 Delphine	Kelly
12 Michelle	Diah	28 Patricia	Woods
13 Leah	Stanley	28 Lisa	Gaylord
14 Jamila	Joshua	28 Jasmine	Parker
14 Qahneisha	Fogle	30 Audrey	Marshall
15 Lindsey	Westendorf	31 Barbara	Lutz
15 JLisia	Thompkins	31 Shatobia	Bisard

SCH Reminders...

Just a reminder that Payroll Forms (i.e. Direct Deposit, Federal/State Withholdings, Vacation Time Donation and Payroll Calendar) can be found on the SCH website under Human Resources Information.

Net Learning courses must be completed by all staff. A minimum of six courses must be completed by June 8th and all courses need to be completed by December 14th.



As part of SouthCoast's new employee recognition program, the HR department will begin sending out work anniversary certificates along with service year pins showing the milestone the employee has hit.



We have 5, 10, 15 and 20 year service pins. In the next few weeks, we will send out a certificate along with a service year pin that is the closest milestone the employee has already hit. (Ex. If the employee has been employed by SouthCoast for 12 years, the employee will receive a 10 year service pin and a certificate.)



Spring Forward



Daylight Savings Time begins Sunday

March 11, 2018



Happy St. Patrick's Day!