

Employee of the Quarter

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



LaTangi Craddock—Certified Medical Asst./RH Peds

Tangi is always very compassionate and caring to our patients needs. She makes herself available to help her co-workers, she keeps a positive attitude and always wears a smile. Tangi is always 100% with her procedures and labs. She assists with ways to increase quality of care and satisfaction for our patients. Tangi sets a very good example for her co-workers to follow.



Lanecia Givens—Licensed Practical Nurse/Bldg. 1

Lanecia is a very compassionate person. She goes above and beyond to make sure her patients needs are met, making them feel like part of the SCH family. Lanecia is patient, thorough and timely. She willingly takes on heavier loads without complaining. She works well with her co-workers to get the job done. Lanecia goes out of her way to make sure continuity of care is ensured.



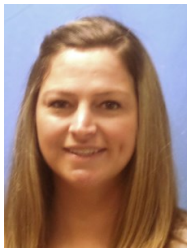
Jamila Joshua—Scheduler/Imaging Dept.

Jamila takes the time to listen and do what is needed to ensure the patients or physicians get the appropriate imaging studies done. She works diligently to ensure problems with orders or schedules are addressed. Jamila is always willing to work extra hours to get the job done. She works with her peers to assist them to stay on track and still manages to complete her work without any complaints.

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Welcome To SouthCoast Health-March New Hires



Brandi Anderson
Licensed Practical Nurse,
RH Peds



Juan Hughes
Health Informatics Trainer,
Admin



Antionette Moore
Certified Medical Asst.,
RH 89



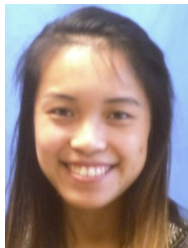
Cathryn Gordon
Patient Representative,
RH 89



Toshiba Cooper
Patient Representative,
Hinesville 203



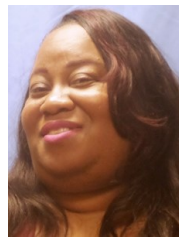
Ebony Murphy
Certified Medical Asst.,
PRN Pool



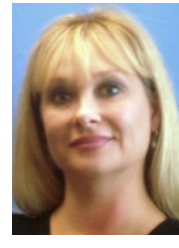
Joanne Wu
Patient Representative,
PRN Pool



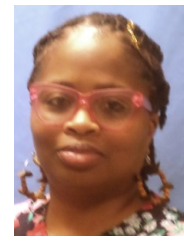
Page Edwards
Patient Representative,
Eisenhower, Bldg. 1



Lakesia Passmore
Certified Medical Asst.,
Eisenhower, Bldg. 1

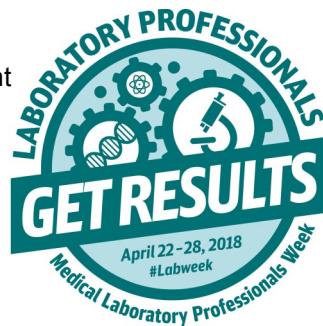


Nancy Riner
Wellness Nurse,
Pooler



Julita Wright
Certified Medical Asst.,
Eisenhower, Bldg. 1

Lennette	Griner	Director
Leah	Fumicello	Lab Supervisor
Phyllis	Greene	Lead Lab Assistant
Katrina	Adkins	Lab Assistant
Brandice	Bankston	Lab Assistant
Kelly	Brickey	Lab Assistant
Rodean	Brown	Lab Assistant
Shelley	Deer	Lab Assistant
Jessica	Dunham	Lab Assistant
Jacqueline	Gales	Lab Assistant
Kenya	Gloyd	Lab Assistant
Mary	Griffin	Lab Assistant
Jasmine	Hazel	Lab Assistant
Chris	Kimble-Hall	Lab Assistant
Jenifer	Malloy	Lab Assistant



Angel	Mikell	Lab Assistant
Quinlin	Moore	Lab Assistant
Jordan	Murphy	Lab Assistant
Britney	Murray	Lab Assistant
Sanonia	Rufus	Lab Assistant
Stephanie	Singleton	Lab Assistant
Evonne	Smith	Lab Assistant
Tanya	Smith	Lab Assistant
Liana	Winstanley	Lab Assistant
Dawn	Calaway	Medical Lab Technician
Treasure	Esteves-Foreman	Medical Lab Technician
Kathrin	Kimmons	Medical Lab Technician
Jordan	Dickerson	Medical Technologist
Cara	Martin	Medical Technologist
Scott	Snyder	Medical Technologist

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
 - Self-Pay Rep.
 - Medical Office Asst.
 - Telecommunications Engineer
 - Patient Care Coordinator-Pooler
 - PTE Mammographer
- PRN Lab Asst.
 - Physical Therapy Asst.
 - LPN-RH 89/ID
 - Medical Assistant-OB/Bldg. 1
 - PTE Nurse Practitioner-RH Walk-In Clinic
 - Triage Nurse-Peds/Cardio

SCH Extras...

Supplemental benefit plans through Colonial Life (disability, life, accident, cancer, identity theft, etc.)

Did you miss open enrollment or want to make a change in your plan?

You may now enroll, cancel or change your supplemental policies with Colonial Life on a quarterly basis.

Changes will take effect on the first payroll of each quarter (January, April, July, October).

Meet with a Colonial Life representative (912-443-0181) or contact HR.

SCH Employee Spotlight...



Congratulations to Stacy Donovan, who is now the Practice Manager for our Main Campus, Bldg. 2 location.

Stacy has been a part of the SCH family since 2000, where she started out as a Receptionist, then promoted to Administrative Assistant in 2007.

We look forward to watching Stacy grow in her new position.

SCH Health In The Know...

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%. You will have the option to keep at your current deferral, lower it or increase it. Anyone 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.

Forms can be found on the SCH website under Human Resources Information/Employee Benefits/401k/Change Contribution Form.

7 Daily Habits That Keep You Calm

Between meeting deadlines, navigating traffic, and getting food on the table, your stress levels are at an all-time high. But chronic tension has been shown to wreak havoc on your health. Follow these measures to create calm and boost your well-being:

Get moving!

Do some jumping jacks, go for a run, or race up a flight of stairs. You can't feel stressed when you exercise. In fact a study in the European Journal of Public Health showed that participating in a fitness program lowered levels of the stress hormones cortisol and epinephrine in a group of women.

Take a deep breath

Abdominal breathing increases the amount of oxygen in your blood, triggering the brain to decrease the concentration of stress hormones. Inhale deeply and let your abdomen rise as you fill your lungs with air. Now slowly let the air out as you feel your stomach fall.

Get your z's

It's tempting to skimp on sleep when you have a long to-do list. But sleep deprivation puts the body into a state of high alert, revving the production of stress hormones and raising blood pressure.

Be your own best friend

People often blame themselves when things don't go their way. But that can aggravate feelings of stress. The next time you hear your inner critic, find something positive to tell yourself.

Be grateful

People who are thankful are healthier and happier. Adopting an attitude of gratitude is as simple as jotting down several things you feel thankful for in a journal or telling others you appreciate them.

CUSTOMER SERVICE 101



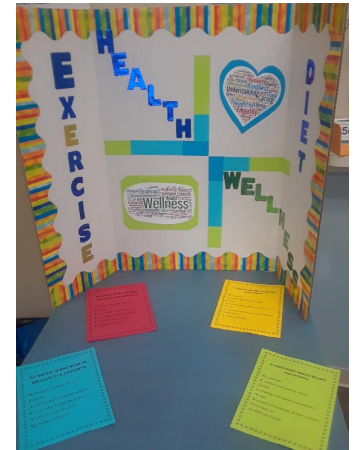
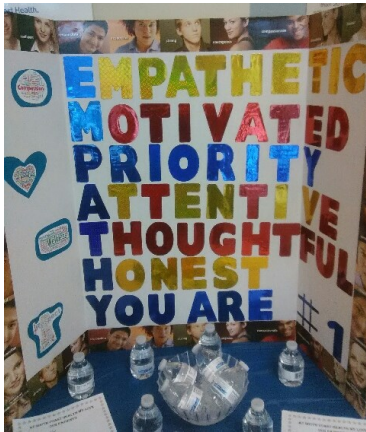
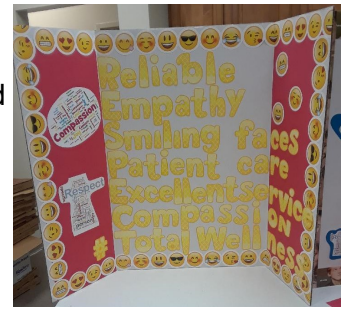
For the months of April –July, we will present a different Focus word each month to display towards our co-workers and patients. We encourage each location to be creative with displaying each Focus word.

April **Compassion** Smiling, Help Others, Listening, Caring

May **Empathy** Understanding, Consideration

June **Health & Wellness** Promote Health, Exercising, Eating well

July **Respect** Admiration, Encouragement, Please & Thank you



Kudos to Pooler for their excellent team spirit, in the display of the Focus Words.

SouthCoast Health Biggest Loser Challenge

Join in on the competition against your coworkers for a healthy lifestyle and weight loss!

Start Date: April 13th **End Date:** June 29th

- Individual with highest total percentage of weight lost, wins!
- 3 month (12 weeks) challenge
- Office leaders need to collect and record weights
 - Must weigh in on an electronic scale
- Participants privately weigh in every Friday morning
- Visits with Dietitian are covered by most health insurance
 - All questions for the dietitian need to be directed to Carla Parker's EMR and the dietitian will answer them in a Munch and Learn. (Munch and Learn to be scheduled at a later date)
- All active participants will receive 100 Healthtrax Points

Prizes will be awarded to winners---see office manager for details

April 2018

ANNIVERSARIES

1 Year

Khadijah Dunham
Kinjal Patel
Mary Ellen Griffin
Eugenie Charles
Cynthia Driggers

2 Year

Marla Miller
Tiffani Cook
Adi Berry
Dawn Mace
Rachel Schwartz

3 Year

Michelle Williams
Tahpenes Bradley
Jennifer Price
Chiquita Kelley
Paige Youmans
Tonya Spikes
Cody Deese

4 Years

Dr. Wasil Khan
Amanda Hardee
Lakia Roseman

5 Years

Letha Brown
Cynthia Saunders
Hannah Russell
Anslee Teigue

6 Years

Aaron Keith

7 Years

Brittany Horton
Christine Swords

8 Years

Rodean Brown

9 Years

Michael Wilson
Leah Stanley

10 Years

Kena Richardson
Rose Smith

11 Years

Latarsha Jefferson

13 Years

Dr. David Mozer

14 Years

Reina Mike

15 Years

Kimberly McFarlin
Darlene Jasper

16 Years

Glynis Thompson
Phyllis Greene

18 Years

Shari Dyal

20 Years

Carla Johnson

21 Years

Gary Davis

BIRTHDAYS

1 April	Miller	14 Carole-Ann	Hughes
1 Rebecca	Wells	15 Bonnie	Fargason
2 Kimberly	King	15 Sakina	Edwards
2 Ebony	Murphy	15 Helen	Racz
3 Amy	Mascunana	16 Hannah	Russell
4 Gale	Brantley	18 Kim	Velasquez
5 Quanya	Walthour	19 Takara	Lewis
5 Tiah	Frazier	19 Dolores	Omspacker
6 Diana	Garcia	19 Liana	Winstanley
8 Tasha	Pinkney	21 Hollye	McAdams
9 Tiffany	McGowan	22 Mary	Cook
9 Colleen	Brown	22 Renata	Yeager
10 Katina	Phillips	22 Dr. Edward	Hoffman
10 Antonece	Singleton	22 Jordan	Dickerson
10 Leah	Fumicello	23 Chris	Carithers
11 Dr. Jules	Victor, III	24 Lakisha	Passmore
11 Stefany	Lightcap	24 Michelle	Henderson
13 Dr. Joe	Griffin	25 Shanice	Crawford
13 Dr. Adam	Novack	26 Thandeka	Carros
14 Tonya	Spikes	27 Dionne	Wilds
14 Ashley	McBride	28 Tracey	Will
14 Rolanda	Smith	30 Wendy	Floyd



*****Apologies goes out to Kenya Gloyd, whose name was misspelled in the February newsletter for her one year anniversary!**

A big thanks to all who participated in Leukemia & Lymphoma Dress Down Day...we collected over \$450.00!
Way to go SCH...you guys Rock!



As part of SouthCoast's new employee recognition program, the HR department has been sending out work anniversary certificates along with service year pins showing the milestone the employee has hit. Certificates and pins are sent during the month of the employee's anniversary.



We have 5, 10, 15 and 20 year service pins. You will receive 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.)



We look forward to building onto our recognition program in the future.

