

Hurricane Season 2018-What To Expect and How To Prepare



What To Expect?

With the Atlantic Hurricane Season officially commencing on June 1 and lasting until November 30, residents should stay informed of what's expected and how they can prepare.

The U.S. National Oceanic and Atmospheric Association (NOAA) has forecasted for there to be 10-16 named storms this season, including five to nine hurricanes and one to four major hurricanes of Category 3 or higher intensity. This is said to be near or above average than past years.

How can residents prepare?

Individuals and communities can prepare now by evacuation planning, checking insurance coverage for homes and vehicles, making copies of important documents, and putting together a hurricane kit in their homes and cars. These kits can include water and food that won't spoil, batteries, flashlights, entertainment for kids, weather radios (non-electric), back up battery packs for electronics, an extra pair of closed shoes, an extra set of clothes, sunscreen, bug spray and anything else you think you might need in the case of a power outage.

Employee Hurricane Evacuation Information Sheet

As an employee it is important to know when and where to report back to work if a hurricane hits our area. SCH has provided some basic information to help keep you informed.

The following toll free number will be used as a communication tool. There will be a message on this number with vital information about returning to work and how to reach your manager, if the need arises.

Toll Free 1-855-260-1605

or if in Atlanta area call (404) 524-4070

SCH Facebook Communication in Case of Emergency

SouthCoast Health Disaster Team members will post messages via the SouthCoast Health Facebook page as a means to keep employees informed of vital information in case of a disaster or emergency evacuation.

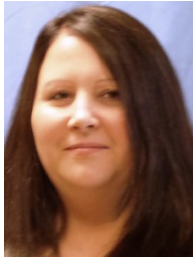
To access the SouthCoast Health Facebook page:

1. From any computer with internet access type in the URL address: <https://www.facebook.com/SouthCoastWellness> and you will be able to see information the SCH team has posted regarding evacuation, closing/opening of locations, etc.
2. You do not need a Facebook logon to access this page. However, without an account you cannot post a message only read messages.

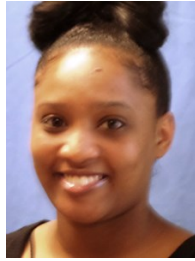
IN THIS ISSUE:

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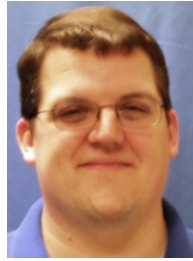
Welcome To SouthCoast Health-May New Hires



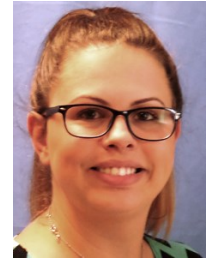
Crystal James
Certified Medical Asst.,
OB/GYN



Tiara Jones
Mammographer,
Imaging/Savannah



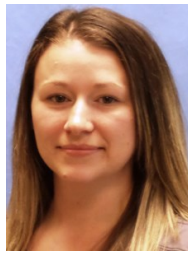
Donald Kirkland
MRI Tech,
Imaging/Savannah



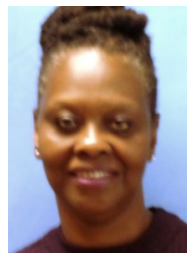
Kelly Miner
Licensed Practical Nurse,
RH Peds



Brittany Sommers
Certified Medical Asst.,
Hinesville/Tomus



Bailey Kimbrell
Lab Assistant,
Main Campus



Beverly Young
Patient Representative,
PRN Pool



Brooke Robertson
Ultrasound Tech,
Imaging/Hilton Head

SouthCoast Health's Urgent Care Welcomes A New Nurse Practitioner



SouthCoast welcomes Mary Jean Middleton, Nurse Practitioner for Richmond Hill Urgent Care.

Mary Jean is originally from Greenwood, Indiana. She and her family moved here due to her husband's military career. Mary Jean obtained her Bachelor's Degree from Indiana University in 2012 and her Master's Degree in Nursing from Tennessee State University in 2017. She has worked in Critical Care as an RN in Tennessee and in Neonatal ICU at Memorial Hospital here in Savannah.

Mary Jean and her husband has one three year old son, who loves to spend time outdoors; they also have a miniature schnauzer name Sherbet. In her free time, Mary Jean loves to practice yoga, crafts and reading.

Welcome aboard Mary Jean!

HR CORNER

Looking to move up without moving out???

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

- Practice Manager-OB
- Insurance Verification Specialist
- Patient Representative-Surgery/Pooler/Rincon
- PRN Patient Representative-Bldg. 1
- Referrals Specialist
- Security Solutions Engineer
- Systems Administrator Tier II
- Clinical Coordinator-Main Campus
- LPN-Peds/ID/Bldg. 1
- Medical Assistant-Peds/Chatham Ctr./Pooler
- Registered Nurse-Cardio

***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

The Focus Word for the month of June is Health and Wellness

Often it's the small steps that bring about big changes, especially when it comes to improving your health and wellness. If you're ready to develop some healthier habits, these tips are a great place to start:

- 1.) Schedule a wellness check/eye exam/dental exam— and stick to it.
- 2.) Challenge yourself to eat at least one fruit or vegetable with every meal, every day for a week. Then try it again the next week.
- 3.) Challenge yourself to drink at least two glasses of water each day.
- 4.) Take a group fitness class – Zumba, Indoor Cycling, Cardio Dance or go for a brisk 20 minute walk ever day.
- 5.) Pack a nutritious lunch to bring to work every single day for a week. Then try it again another week.
- 6.) Ask your doctor about recommended screenings: Mammograms, prostate checks, colonoscopies, skin cancer screenings, etc.
- 7.) Change your air filters, at home and in your car. Doing so will reduce the amount of dust, dirt, and allergens you're breathing in.
- 8.) Work on your posture when sitting down. Sitting up straight can prevent back problems and reduce back pain.
- 9.) Wash your hands regularly, using plenty of soap and warm water. Sing "Happy Birthday" twice to make sure you're doing it long enough.
- 10.) If you work in an office, get up every 90 minutes and stretch, then take a brisk walk around the building.



A positive attitude is contagious.
Don't wait to catch it, be a carrier!

SCH Employee Spotlight...



Applauses goes out to Lakia Roseman, in our Hinesville location for a job well done! Tammy Morris in our Accounts Receivable department wanted to point out how great of a job Lakia did by communicating necessary information and being a team player. Lakia...SCH appreciates your hard work and dedication!

Retirement 401k Plan ↗

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 deferment, 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.



June 2018



ANNIVERSARIES

1 Years

Crystal Moore
Elizabeth Hesley
Stacy Allen
Jordan Dickerson
Angela Tillman
Carole-Ann Hughes
Stefany Lightcap
Nitha Bendele
Audrey Djuric
Elise Dean
Suzanne Cosby
Heather Siebert
Asia Letman

2 Years

Shatobia Bisard
Kejuanna Manor-
Singleton
Mackenzie Derst

3 Years

Dr. Ana Concepcion
Quanya Walthour
Jennifer Shore
Cheryl Jackson
Chris Kimble-Hall
Sandra Bryant
Jessica Capers
Taylor Holland

4 Year

Jacqueline Tootle
Jovoanda Reed
Anistashia Knight
Susan Townsend

5 Years

Carolyn Blanton
David Van Vleck
Sarah Rowe

6 Years

Nikki Williams
Nancy Pugh

7 Years

Allison Durden
Saquana Rhodes
Katina Moody
Jillian Knight
Joseph Schultz

8 Years

Heather Johnson

10 Years

Michelle Diah
Dolores Omspacker

11 Years

Christina Burgdorf

12 Years

Lakesha Lee
Bahiyah Hunt
Niesha Burns

13 Years

Kawanza Jackson-Austin

14 Years

Karen Payton
Lynn Leibfried

15 Years

Dr. Geoffrey Peters
Nicole Dunn

17 Years

Pat Shareef

18 Years

Felecia Griffin

19 Years

Alice Womble

20 Years

Salena Grissette

BIRTHDAYS

1 John	Marrero, III	13 Mikayla	Davis
3 Whitney	Croft	14 Shanae'	Bulloch
3 Jasmine	Smith	15 Trina	Scott
4 Marisa	Greenlee	15 Dr. Kristen	Updegraff
4 Dr. Garrett	White	15 Jennifer	Strawn
4 Marjorie	Crenshaw	15 Dr. Christa	Jillard
5 Dr. Lawrence	Odom	16 Paige	Youmans
5 Dr. Margaret	McCormack	17 Sue	Hunnings
7 Dawn	Mace	17 Cynthia	Sanks
7 Saquana	Rhodes	17 Harvey	Knowles, Jr.
7 Davida	Williams	17 Felicia	Waters
8 Chakeima	Bigham	19 Carla	Johnson
9 Stacy	Donovan	21 Dr. Stephanie	Croll
9 Dr. Robert	Remler	21 Teresa	Hamby
9 Karen	Reed	22 Dr. Jeffrey	Mandel
9 Alicia	Deien	25 Tanya	Smith
9 Dr. Glen	Scarborough	25 Jacquelyn	Stafford
9 Tyrena	Gleaton	25 Melanie	Gunter
10 Kandra	Greaves-Ramirez	25 Dr. Sabin	Tomus
10 Dr. Scott	Callaghan	26 Angela	Diaz
12 Lauren	Givens	29 Sawanda	Sirmans
12 Elizabeth	Hesley	29 Chloe	Bukowiec
13 Lynn	Leibfried		



SCH In The Know...



Attention SCH employees...The Entertainment Committee is looking for two Creative, Motivating, Enthusiastic and Committed members to join our team. During the months of July-December we will meet at least once a month at the Admin office.

If you are interested please send inquires to Peron.Scott@pscott@southcoastmedical.com or via EMR.