

## SouthCoast Health Welcomes Four New Physicians



**Abby Abisogun, MD, ECNU**  
**Endocrinology**

1326 Eisenhower Drive, Bldg. 1, Savannah

*"One of the most important lessons I learned as a medical student was how crucial it is to listen to your patient. I believe that by simply taking time to listen, a doctor can provide healing", Dr. Abisogun.*



**Akinniran Abisogun, MD, FACC, RPVI**  
**Cardiology**

1326 Eisenhower Drive, Bldg. 2 Savannah

*"If you make the right moves, you can really help extend someone's life. It's a real honor to be able to do that", Dr. Abisogun.*



**William Knight, MD**  
**Family Medicine**

1326 Eisenhower Drive, Bldg. 1, Savannah

*"I love taking care of all ages. It's such a fulfilling thing to be able to address every family member's health problems and better their lives," Dr. Knight.*



**Leslie Sizemore, MD**  
**Family Medicine**

1000 Towne Center Blvd, Ste 701, Pooler

*"Whether it's through treatment or compassion, improving a patient's quality of life is the most rewarding part of my job," Dr. Sizemore.*

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# A Better Quality of Life Starts with the Best.



## CONGRATULATIONS TO OUR BEST OF SAVANNAH WINNERS!

### Allergist

Wasil Kahn (*runner-up*)

### Cardiologist

Roy D. Flood Jr. (*winner*)

### Family Medicine/General Practitioner

Kristen A. Updegraff (*winner*)

Leland R. Dampier III (*runner-up*)

### Foot Specialist

Craig K. Skalla (*winner*)

### General Surgeon

Jeffrey S. Mandel (*winner*)

### Infectious Disease

Nenad Avramovski (*winner*)

Scott E. Rojas (*runner-up*)

### Internal Medicine

Robert W. Grant (*runner-up*)

### Nephrologist

Nizar S. Eskandar (*winner*)

Garrett White (*runner-up*)

### Neurologist

Victor W. Rosenfeld (*winner*)

Scott D. Callaghan (*runner-up*)

### Nurse

Barbara Lutz (*runner-up*)

### Nurse Practitioner

Tammie E. Walz (*runner-up*)

### Nutritionist

Elizabeth Hesley (*winner*)

### Ophthalmologist

Stephanie D. Croll (*runner-up*)

### Optometrist

Edward D. Sammons (*winner*)

### Osteopathic Physician

Troy A. Murphy (*runner-up*)

### Physical Therapist

Lisa M. Bettio (*winner*)

### Radiologist

Nathan P. Fergus (*winner*)

### Urgent/Immediate Care Clinics

SouthCoast Health (*runner-up*)



## CONGRATULATIONS TO OUR BEST OF LIBERTY WINNER!

### Family Physician

Firas Bannout (*winner*)

# Welcome To SouthCoast Health-August & September New Hires



**LeChelle Huff**  
Patient Representative,  
Rincon



**LaTonya Jackson**  
Patient Representative,  
Surgery



**Karen Heetland**  
Licensed Practical Nurse,  
Richmond Hill Peds



**Janae Carter**  
Certified Medical Asst.,  
Hinesville



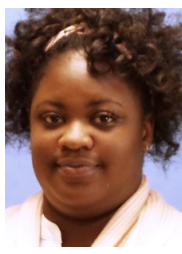
**Amber Groover**  
Licensed Practical Nurse,  
Richmond Hill Peds



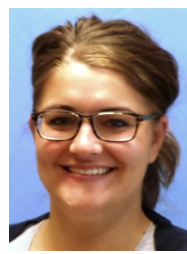
**Iris Ledesma**  
Medical Asst.,  
Richmond Hill 89



**Latavia Waddell**  
Referrals Specialist,  
310 Peds



**Tamara Jefferies**  
Patient Representative,  
Eisenhower, B1



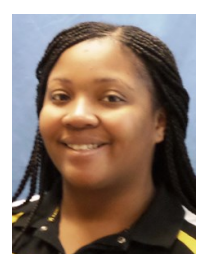
**Jessica Matheny**  
Registered Nurse,  
Cardio



**Schanequa Scott**  
Certified Medical Asst.,  
OB



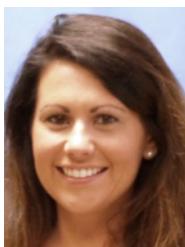
**Shadonta Deal**  
Patient Representative,  
Eisenhower, B1



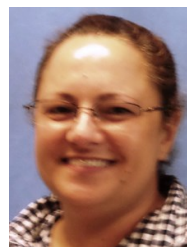
**DeShaylay Harris**  
Certified Medical Asst.,  
Richmond Hill Peds



**Aja Reynolds**  
Certified Medical Asst.,  
OB



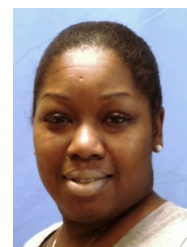
**Lauren Andrews**  
CT Tech,  
Imaging/HH



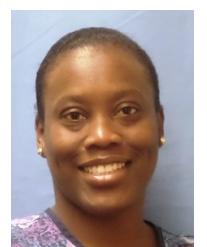
**Maria Garcia**  
Certified Medical Asst.,  
Richmond Hill 89



**Allison Mitchell**  
Patient Representative,  
Surgery



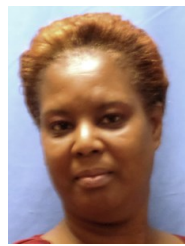
**Ashiya Sheppard**  
Certified Medical Asst.,  
OB



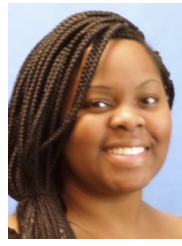
**Vera Allen**  
Licensed Practical Nurse,  
Eisenhower, B1



**Sabrina Tandy**  
Patient Representative,  
Imaging



**Shandelin Jackson**  
Lab Assistant,  
Eisenhower, B1



**Sharman Orr**  
Patient Representative,  
310 Peds



**Courtney Singleton**  
Patient Representative,  
Imaging/HH



**Sharon Smith**  
Unit Secretary,  
OB

## *SCH Up and Coming...*

For the month of October, staff will be allowed to dress down each Friday (5th, 12th, 19th and 26th), by donating \$3.00 cash for United Way.

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

November will be dress down Friday's to support Second Harvest-\$3 per Friday





OCTOBER 19TH 5:00PM-11:00PM    OCTOBER 20TH 10:00AM-11:00PM    OCTOBER 21ST 11:00AM-5:00PM

**SouthCoast Health** is looking for volunteers to serve as hosts at our booth for this year's Great Ogeechee Seafood Festival in Richmond Hill. If you are interested in serving at least 3 hours, please contact Eric Betts at Admin. 912-303-3579/ext. 8579

*SCH Health Tips...*

**10 ways to cut 500 calories a day**

No matter what type of diet you follow, to lose weight, you need to burn more calories than you take in each day. For most overweight people, cutting about 500 calories a day is a good place to start. If you can eat 500 fewer calories every day, you should lose about a pound a week .

Try these 10 ways to cut 500 calories every day. It is easier than you may think.

- **Swap your snack.** Many people reach for a snack or two in between meals. Snacking is fine, just be sure to choose lower-calorie options. The key is to have some healthy snacks ready when hunger hits. Instead of a 3-ounce bag of flavored tortilla chips (425 calories), choose a cup of air-popped popcorn (31 calories), a cup of grapes and a low-fat cheese stick (180 calories) or a small apple and 12 almonds (160 calories). Choosing healthy snacks twice a day will save you 500 calories.
- **Cut one high-calorie treat.** Try to nix one high-calorie food item each day. Whether it is a donut in the morning, a brownie or bag of chips at lunch, or chocolate cake after dinner, you will save 250 to 350 calories or more. To burn another 150 calories take a 40-minute brisk walk after lunch or dinner.
- **DO NOT drink your calories.** One 12-ounce regular soda has about 150 calories, and a 16-ounce flavored latte can pack 250 or more. Even fruit smoothies have lots of calories, as many as 400 in a 16-ounce serving. A couple of sweet drinks a day can easily add up to 500 calories or more. Choose water, sparkling water, or black coffee or tea instead and save your calories for foods that will help you feel full.
- **Skip seconds.** Taking a second helping can add up to unwanted calories. It is easy to keep filling your plate when you serve food family style on the table. Instead, fill your plate once and keep extras in the kitchen. Or, if you still do not feel satisfied, add a second helping of vegetables, fruit, or salad.
- **Make skinny substitutions.** Substitute lower-calorie options for some of your high-calorie favorites. For example, if a recipe calls for a cup of sour cream (444 calories) or heavy cream (821 calories), use plain low-fat yogurt instead (154 calories).
- **Ask for a doggie bag.** The portions at most restaurants are much larger than recommended serving sizes. Instead of cleaning your whole plate, ask the server to put half in a container for you to take home for another meal. You can also share an entrée with a friend, or make a meal out of an appetizer and a large salad. Just be sure to go easy on the dressing and high calorie toppings.
- **Just say "no" to fried food.** Frying food adds lots of unhealthy calories and saturated fat to any dish. Instead of fried chicken or fish, choose grilled, broiled, or poached instead. And skip the French fries. A large serving of fries alone can add almost 500 calories to a meal. Instead, see if you can substitute for the vegetable of the day or a side salad.
- **Build a thinner pizza.** Skip the meat toppings, extra cheese, and deep-dish crust, and have a couple slices of thin-crust vegetable pizza instead. You will save a little over 500 calories.
- **Use a plate.** Eat all food from a plate or bowl, including snacks. When you snack out of a bag or box, it is easy to eat more than you intend to. This is especially true if you are sitting in front of the TV. You may be surprised to learn that a large bag of chips will run more than 1000 calories. Instead, place one portion in a bowl, and put the rest away.
- **Avoid alcohol.** Cutting back on alcohol is an easy way for many people to trim calories. Alcohol does not have any nutritional value, so when you imbibe (drink) alcohol, you are getting empty calories, up to 500 for some mixed drinks made with syrupy sweeteners, fruit juices, and ice cream or heavy cream. If you do order a drink, choose a 12-ounce light beer (103 calories) or a 5-ounce glass of wine (120 calories).

# August 2018



## ANNIVERSARIES

### 1 Years

Sarah Jarrell  
 Katelyn Vitzthum  
 Whitney Croft  
 Alex Ramos-Caraballo  
 Mikayla Davis  
 Raven Anderson  
 Adrienne Redmond  
 Brittany Wooten  
 Shelley Deer  
 Frances Heffinger  
 Bernadette Smith

### 2 Years

Dr. Roy Flood  
 Christina Marsh  
 Jamie Mincey  
 Demetrica Brooks  
 Nancy Carter  
 Davida Williams

### 3 Years

Tracy Cobb

### 4 Year

Geanita Adkins  
 LaSarah Jones  
 Teal Castle  
 Megan Balcom  
 Shamika Tolbert  
 Melanie Combs

### 5 Years

Sannette Pusha  
 Pamela Jefferson  
 Antionette Wright  
 Miracle Burns  
 Vanessa Brown

### 6 Years

Dr. Craig Skalla  
 Jeannette Pickell  
 Kalen Rogers  
 Marina Spelas  
 Margaretta Scott  
 Yadira Figueroa

### 7 Years

Latangi Craddock

### 8 Years

Candace Manning

### 9 Years

Tiffany Clay  
 Annie White

### 10 Years

Melinda Williams  
 Quinlin Moore

### 11 Years

Amy Karlewicz  
 Christine Vacheresse

### 12 Years

Dr. Kristen Updegraff  
 Regina Smith

### 13 Years

Dr. David Estle

### 14 Years

Dr. Nenad Avramovski  
 Dr. Jeffrey Mandel

### 16 Years

Adrienne Lynch  
 Takara Lewis

### 17 Years

Lisa Bettio

### 18 Years

Rocky Semken

### 20 Years

Daryn Moxley  
 Tammy Morris  
 Karen Crawford

### 21 Years

Dr. Douglas Perry

## BIRTHDAYS

1 Janice Graves	15 Sharon Gibbons
1 Eric Betts	15 Shana Macon
1 Courtney Pierre	15 Tahpenes Bradley
2 Geanita Williams	15 Suzanne Cosby
2 Joyce Foster	16 Peron Scott
3 Dr. Nelson Elam	16 Deena Sprayberry
4 Sheleia Taylor	16 Dianna Flagella
4 Mary Anne Betts	18 Donna Lewis
4 Shamika Tolbert	18 Nancy Riner
5 Julie Harmon	19 Carolyn Scott
6 Kathrin Kimmons	19 Eugenie Charles
6 Crystal Carter	19 Kelly Miner
6 Javier Bruno	20 Raynelle Cooper
7 Arquisha Kinyua	21 Daryn Moxley
8 Danielle Felton	22 Dr. Firas Bannout
9 Darlene Yarbrough	23 Mindy Barrett
10 Jackie Tariq	23 Brittany Sommers
10 Niesha Burns	25 Reina Mike
10 Cheryl Smith	25 Amber Mills
10 Frances Heffinger	26 Shaniqua Moore
11 Mike Wilson	27 Kerri Cook
12 Tammie Walz	27 Courtney Morton
12 Teresa Chiariello	29 Pamela Jefferson
12 Jessica Forkey	30 Aaron Keith
12 Lacara Murray	30 Jennifer Price
12 Dr. Scott Rojas	31 Megan Brotz
13 Melanie Koperna	31 Iris Ledesma

## HR CORNER

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

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

- Patient Representative-RH Peds
- PTE Patient Representative-Urgent Care
- PRN Patient Representative
- Systems Administrator Tier II
- LPN-Peds (Rincon/310 Eisenhower)
- PTE Rad Tech
- Medical Assistant-Surgery/Bldg. 1/2
- Medical Asst./LPN-Urgent Care
- PTE Nurse Practitioner-Urgent Care (Hville/RH/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.



# September 2018



## ANNIVERSARIES

### 1 Years

Jill Blackburn-Shrum  
Isolda Ng  
Ksena McCoy  
Madison Fontaine

### 2 Years

Linda LaForce  
Jessica Dunham  
Kerri Cook  
Ashley McBride  
Amanda Woods

### 3 Years

Dr. Margaret McCormack  
Dr. Christa Jillard  
Marisa Greenlee  
Jessica Forkey

### 4 Year

Caleb Davis  
Lauren Givens  
Beth D'Ottavio  
Jessica Brady

### 6 Years

Tyra Lynn  
Peron Scott

### 7 Years

Dr. Adam Novack  
Erica Jackson

### 8 Years

Jennifer Bouck

### 9 Years

Wendy Floyd

### 10 Years

Diana Garcia  
Cara Martin  
Mary Buck

### 12 Years

Dr. Andrew Wade  
Janet Speicher

### 14 Years

Dr. Micah Riegner  
Dr. Nelson Elam  
Carmen Sumlin

### 15 Years

Dr. Bhavesh Patel  
Sharon Gibbons  
Christine Johnson

### 16 Years

Delphine Kelly  
Chris Curry  
Naomi Roberts  
Pam Barker

### 20 Years

Dr. Julio Cortes  
Dr. Joe Griffin  
Dr. Hiem Thong  
Tonjia Patterson  
Tammie Walz

## BIRTHDAYS

2 Sharon	Wiley	17 Toishiba	Cooper
2 Jasmine	Hazel	18 Phyllis	Greene
4 Dr. Nizar	Eskandar	18 Cheryl	Carey
4 Jeannette	Pickell	18 Jeanne	Kindred
4 Keishawna	Mikell	20 Jonell	Holmes
5 Vera	Green	20 Michelle	Williams
6 Debra	Gabrielson	21 Tonjia	Patterson
6 Toni	Hadden	21 Dr. Wasil	Khan
7 Scott	Snyder	21 Holly	Keller
7 Marie	LeBlanc	21 Toni	Harris
7 Jameka	Kirkland	21 Wanda	Randolph
8 Beverly	Mitchell	22 Dr. Troy	Murphy
9 Vera	Allen	22 Sherry	Harrelson
9 Sheyla	Bermudez Llanos	22 Patricia	Hunt
10 Ariele	Albritton	22 Jennifer	Hoffman
11 Diane	Davis	23 Dr. Edward	Sammons
11 Jovoanda	Reed	23 Gretchen	Eichenlaub
12 Kristy	Bowlin	23 Dr. William	Knight
12 LaSarah	Jones	23 Amanda	Skinner
13 Therese	Sheehan	26 Caleb	Davis
13 Sabrina	Tandy	27 Madison	Fontaine
14 Dr. Harresh	Dulamal	27 Audrey	Taylor
14 Judy	Ochsner	28 Candace	Williams
14 Catherine	Davis-Wright	28 LaTonya	Jackson
15 John	McCreery	29 Marina	Spelas
16 Tammy	Morris	29 Jacqueline	Swearingain
16 Kimberly	Zorbo	30 Maegan	Broussard
16 Alexis	Perry	30 Carla	Parker

Save The Date...

## Holiday Casino Royale

Join us for a night of music, Hors d'oerves

Casino games, and prizes.

Saturday, December 8, 2018

7:00 pm to Midnight



Savannah Marriott Riverfront

100 General McIntosh Blvd

\*Cocktail attire... dress to impress

\*Please bring a toy for 'Toys for Tots' for a chance to win a prize

Please RSVP at the following link-<https://www.surveymonkey.com/r/SCHP2018>

Link will be active November 1st - 30th



Human Resources would like to announce that Administration will be giving out a new award this year at the holiday party. As you know, each quarter, we have employees have a chance to win Employee of the Quarter and they are then in the running for Employee of the Year. This year, we would like to have a Manager/ Supervisor of the Year. I would like to invite you to nominate a supervisor or manager that you believe is an exceptional manager. Your nomination will be taken into consideration when the Executive Team looks at the criteria and determines who deserves to be Manager of the Year. Please have your submissions into HR by November 16<sup>th</sup>. Nominations past this date will not be accepted. Thank you!

## Manager of the Year

### Nomination Form

2018

Please nominate one manager/supervisor for his/her contributions that exceed expectations for the criteria below. Important- Include supporting remarks to tell why the nominee is deserving of the award.

Manager's Name: \_\_\_\_\_

Department/Location: \_\_\_\_\_

Nominator's Name: \_\_\_\_\_

**Please elaborate how this nominee:**

1. How he/she models professional and competent work ethics.
2. Participates in the advancement of SouthCoast Health's mission and goals.
3. Practices effective communication both verbally and written.
4. Empowers members of their work team to grow and be successful and recognizes their efforts.
5. Exhibits a positive attitude towards providers, employees, patients, and work demonstrated by availability, cooperation, courtesy, friendliness, helpfulness, and presence on the job.
6. Participates beyond the scope of regular duties.
7. Creates a lasting positive impact on department/organization on a consistent basis.

*\*\*Please include any testimonials from patients, colleagues, or others.*