

EMPLOYEE OF THE QUARTER

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



Amanda Allen - Senior Accountant, Administration

Amanda always strives to provide accurate data and detail explanations when needed, to assist practice managers and providers better understand financial data. Because Amanda asks appropriate questions and continually reviews data provided to assist in ways to improve financial data, she has an understanding of SCH that goes beyond the accounting department. Amanda has been active in championing our new budget system, working at length to help ensure the budget has quality and meaningful data.



Katie Height - Medical Assistant, Pooler

Katie takes initiative to get the job done, she is always willing to help and make sure that not only her work, but the work of her team is done. She is frequently pulled to assist with other physicians and in the lab; and always willing with a smile. Katie does a great job ensuring quality measures are up to date on her patients. She takes pride in her work to make sure that her patients get the best quality of care. Awesome, team player is the best way to describe Katie!



Teresa Hamby - LPN, Savannah Campus, Building 1

Teresa will do whatever is asked of her. She goes above and beyond her scope of duties to make sure the office runs smoothly. Teresa is the person that physicians, employees and patients can go to when they need anything done expeditiously. She will work tirelessly to get the desired end result. Teresa has displayed the ability to multi-task while working as interim clinical coordinator & PA nurse. Teresa is a positive employee with a can do attitude.

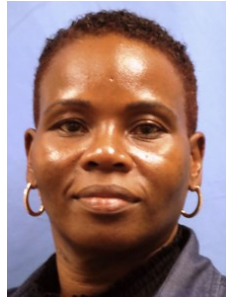
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SouthCoast Health Welcomes Our November New Hires



ShaRhonda Cody
Patient Representative,
Physical Therapy



Philisa LeGrier
Clinical Coordinator,
Main Campus



Terra Woods
Unit Secretary,
OB



Timberly Briggs
Unit Secretary,
OB



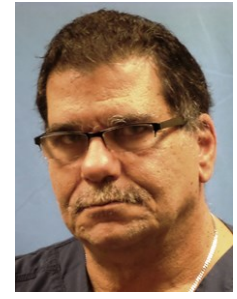
Antonese Minor
Medical Assistant,
Cardio



Robert Young
System Admin II,
IT



Ashley Morgan
Opt Tech,
Eye Care



John Rudis
Registered Medical Asst.,
Richmond Hill 89

HR CORNER

Looking to move up without moving out???

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

- Assistant Practice Manager
- Facility Maintenance Manager
- Patient Representative-Cardio
- PTE/FTE Scheduler-Call Center
- PTE Scheduler-Imaging
- Scheduler-HH Imaging
- Mammographer-Imaging
- PRN Mammographer-HH Imaging
- PTE Nurse Practitioner-Urgent Care
- Wellness Nurse-Chatham Center
- Medical Assistant-Surgery/Cardio
- LPN-310 Peds
- Medical Asst./LPN-Urgent Care
- PRN Lab Assistant

***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.

SCH Employee Spotlight...



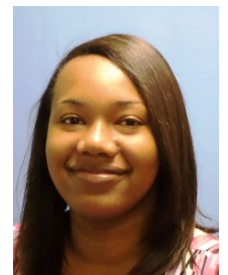
Davida Williams, CMA

Kudos goes out to Davida Williams, CMA for recognition from a Chatham Center patient. The patient informed Dr. Updegraff on how wonderful Davida is and how great her "Bedside Manners" are, she stated that Davida made her feel at ease and this was one of her best visits ever.

Let's bottle that up and share it with all of our patients!

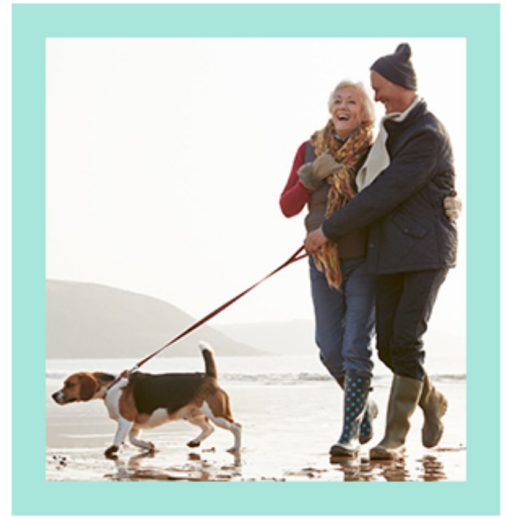


Congratulations also goes out to J'Lisia Thompkins for being named "Radiographer Of The Year", by Ogeechee Technical College...Way To Go !!!



J'Lisia Thompkins, RT (R)

5 New Year's Resolutions That Will Have the **MOST IMPACT** on



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 Family Medicine and Primary Care Physician 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, social 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 diseases from developing.

If you'd like to consult with a physician on which New Year's Resolutions would be best for you and your health goals, schedule an appointment with a SouthCoast Health team member today.

SCH Reminders...

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

LMS courses must be completed by December 14th!

Please be mindful that the following forms are available on the SCH website:

Direct Deposit Enrollment Form

Employee Withholdings Forms (Federal/State)

Vacation Time Donation Form

401k Change Contribution Form

Beneficiary Change Form

HSA Enrollment/Payroll Deduction Form

SCH... DATES TO REMEMBER & UPCOMING EVENTS!

For the month of December, staff will be allowed to dress down each Friday (7th, 14th, 21st, and 28th), by donating a \$5.00 toy (unwrapped) or \$3.00 cash for Toys For Tots/Mysterious Santa.

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



Holiday Casino Royale

*Join us for a night of music, Hors d'oeuvres
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*



SCH cares about the well being of our employees! We ask that you do not over indulge in alcoholic beverages! Make sure you have a designated driver!

A message from United Way...Thank you for the generous gifts, including the dress down day funds! Each year, the SCH staff is so kind to those in need in our community. We appreciate being part of your plan for supporting our neighbors.

The total contributions for United Way including dress down donations, bi-weekly contributions and SCH donation for the Turkey Trot was \$17, 894.00.

December 2018



ANNIVERSARIES

1 Years

Alexandra Monzon
Dean Jenkins

2 Year

Caitlyn Porter
Rolanda Smith
Courtney Miles
Tonya Dubose

3 Year

Shanira Robinson
Holly Keller
Valerie Figueroa

4 Year

Lisa Gaylord
Carolyn Collins

5 Years

Gretchen Eichenlaub
Deena Sprayberry

6 Years

Lisa Spikes
Beverly Flanagan
Marlyn Rivera

8 Years

Dr. Stephanie Croll
Shelia Williams
Patricia Herrin
Kristy Bowlin

9 Years

Amber Mills

10 Years

Kristin Keel

11 Years

Robbie Williamson

12 Years

Eric Betts
Tracy Lanier

13 Years

Trina Scott

14 Years

Dr. Richard Hightower

15 Years

Gloria McCoy

16 Years

Regina Bryan

17 Years

April Miller
Tracey Will

20 Years

Sonya Kersey

BIRTHDAYS

1	Alisha Bennett	17	Gwen Sparger
1	Cassandra Satterwhite	18	Dr. Julio Cortes
2	Dr. Melanie Helmken	18	Cynthia Saunders
2	Deidre Mobley	19	Margaretta Scott
3	Stephanie Singleton	20	Taylor Grundy
4	Brittany Wooten	20	Qanita Minter
4	Ashiya Sheppard	20	Karen Collins
5	Shanira Robinson	20	Jill Blackburn-Shrum
6	Jackie Brown	21	Quinlin Moore
6	Alsaysha Hejny	24	Kejuanna Manor-Singleton
7	Antionette Wright	24	Mandalyn Bedore
7	Schanequa Scott	25	Rocky Semken
9	Pat Shareef	25	Donna Kirksey
9	Mariella Beavers	26	Evonne Smith
9	Patty Patrick	26	Katrina Adkins
11	Glynda Anderson	26	Nancy Pugh
11	Karen Payton	26	Sandrine Whitlock
11	Tamara Jeffries	27	Dr. Jami Scanlon
12	Teal Castle	28	Shonique Wright
13	Carrie Shaw	29	Daphne Wall
13	Jenifer Malloy	29	Regina Smith
13	Heather Latham	29	Asia Wilson
13	Janiece Lopes	30	Ashley Robertson
13	Robert Young	30	Analeigh Casey
16	Joseph Schultz	31	Dr. Geoffrey Peters
16	Dr. Leland Dampier	31	Katelyn Vitzthum
16	Shasha McDonald	31	Jessica Weaver
16	Loletta Hayes		

2019
OPEN ENROLLMENT
IMPORTANT DATES

2019 CPR Dates

Jan 12	July 13
Feb 9	Aug 10
Mar 9	Sept 14
Apr 13	Oct 12
May 11	Nov 9
Jun 8	Dec 14

**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.*

Open enrollment meetings will be held the week of December 10th, at each location. Online enrollment will be December 10th-18th. You can logon at www.plansource.com/login to complete enrollment.