

SouthCoast Health Welcomes Surgeon, Emma Walker, DO



With a keen interest in both science and helping others, Savannah native, Dr. Emma S. Walker knew becoming a physician was the perfect job for her. On her journey to achieve this goal, Dr. Walker received her Bachelor of Science in Microbiology and Pre-medical at Auburn University and then went on to the Drexel University College of Medicine in Philadelphia to get her Graduate Level Certificate in Medical Science. Following this, she attended the University of Medicine and Dentistry of New Jersey Graduate School of Biomedical Sciences in Stratford, New Jersey for a Masters of Biomedical Science degree. Dr. Walker received her medical degree at the same school's Osteopathic Medical School and fulfilled her General Surgery residency at Inspira Health Network at the Inspira Medical Center Vineland in Vineland, New Jersey.

After finishing up her education and obtaining the experience needed to start her career, it was time for Dr. Walker to select a medical specialty. Her "lightbulb moment" came after working in the emergency room and witnessing first-hand the emotional and physical stress patients face when going through health emergencies. From this experience, Dr. Walker knew she wanted to pursue a field of medicine that entailed all aspects of working up the diagnosis, performing the surgical procedure to

remove the disease, and helping her patients feel better. General Surgery proved to be the ideal specialty for her to pursue.

"General Surgery allows me to work with a wide variety of patients, from all walks and stages of life.

I'm given the opportunity to use a wide variety of knowledge and technical skills every day I come into work.

This can be challenging, but also super rewarding."

In particular during her residency training, Dr. Walker remembers vividly when her diverse medical training allowed her to help a critically injured gunshot victim who came into the trauma center. She took the 30-year-old back to the operating room and assisted in repairing his multiple wounds.

"I was with him during the entire process. I helped perform the surgery when he first came in, was tasked with discussing his injuries with his family, watched him fight to heal from the procedure, eventually have his breathing tube taken out, and finally be able to make it out of the trauma ICU," said Dr. Walker. "After almost witnessing his death countless times, the feeling of helping him make it to the other side of the healing process was indescribable."

To this day, Dr. Walker treasures the opportunity to help a wide variety of patients with a diverse array of health issues. For her, taking the time to help the patient understand their disease process or illness, how surgery can treat the problem, and what to expect after surgery is a critical part of her job.

"The most important thing for me is to put my patient first," Dr. Walker explained. "I love to sit down with the patient and walk them through everything about the surgery they're to receive, so they're entirely informed. If I need to draw anything out or explain everything multiple times, I will gladly do it. When a patient leaves my office at ease and with an understanding of both the problem and the procedure recommended, it hits home for me."

Outside of the office, Dr. Walker loves spending time with her husband, their dog, and cat. She also enjoys reading, painting, and sewing.

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SouthCoast Health Family Physician Retires after 40 years

After practicing medicine in Savannah for nearly 40 years, Dr. Leonard Wojnowich of SouthCoast Health will be hanging up his stethoscope as a family medicine physician.

“Throughout his career, Dr. Wojnowich has displayed tireless dedication to SouthCoast Health, his colleagues, and patients,” says John Marrero, Administrator of SouthCoast Health. “He’ll be missed greatly at SouthCoast, and we wish him happiness in retirement.”

Upon receiving his Doctor of Medicine degree from the University of North Carolina at Chapel Hill in Chapel Hill, N.C., Dr. Wojnowich began his family practice residency at Memorial Medical Center in Savannah in 1979. He soon fell in love with the city, and he has remained in Savannah ever since.

“It was a quaint little town back then, and I’ve loved watching it transform through the years,” Dr. Wojnowich says. “There’s so much history in Savannah, and I have a great deal of affection for the city.”

As his love for Savannah began to grow, so did his passion for family medicine. Dr. Wojnowich served as chief of staff at St. Joseph’s/Candler Hospital before becoming a founder member of SouthCoast Health in 1996.

“The wonderful thing about family medicine is you’re able to take care of the whole family, from newborns to grandparents,” Dr. Wojnowich says. “I have several generations of family members who have been with me almost 40 years. I’ve seen them grow up. You develop a special relationship with families, and many become dear friends.”

Throughout his career, Dr. Wojnowich cites many lessons learned. However, one of the most valuable takeaways, he says, is the importance of listening to patients.

“The main thing is you have to be able to listen and not put your opinions out there right away,” he says. “Patients come from all walks of life and have their own experiences. Just listen for a while to hear where they’re coming from, what their problems are, and what their environment is, and then you can concentrate on taking care of their medical needs.”

The gift of retirement will allow Dr. Wojnowich to focus on some personal needs, from immersing himself in hobbies such as photography and scuba diving to volunteering at clinics that serve the needy. When he’s not riding his Harley-Davidson motorcycle, he hopes to be tinkering on his 1967 Corvette Stingray. In addition, he hopes to participate in medical service trips to third world countries and to continue teaching at Mercer Medical School.

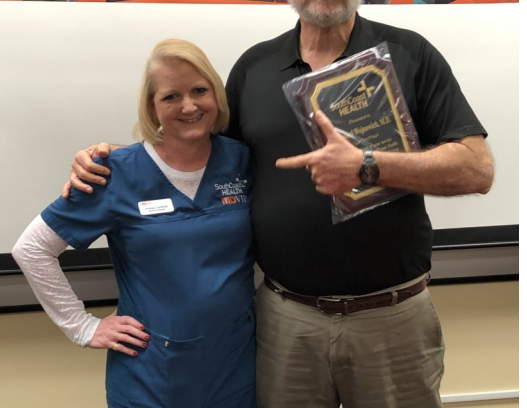
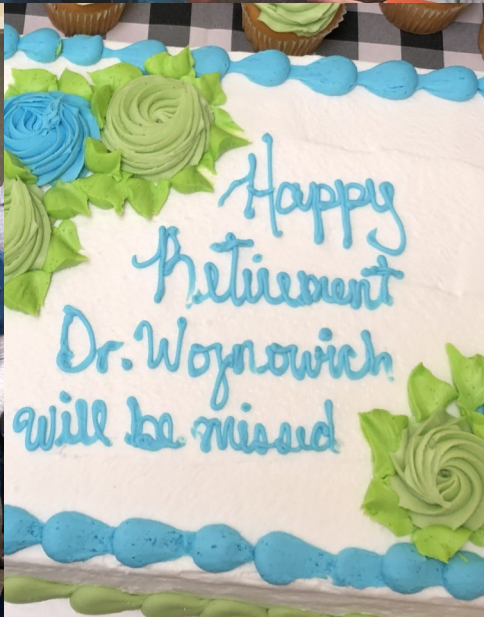
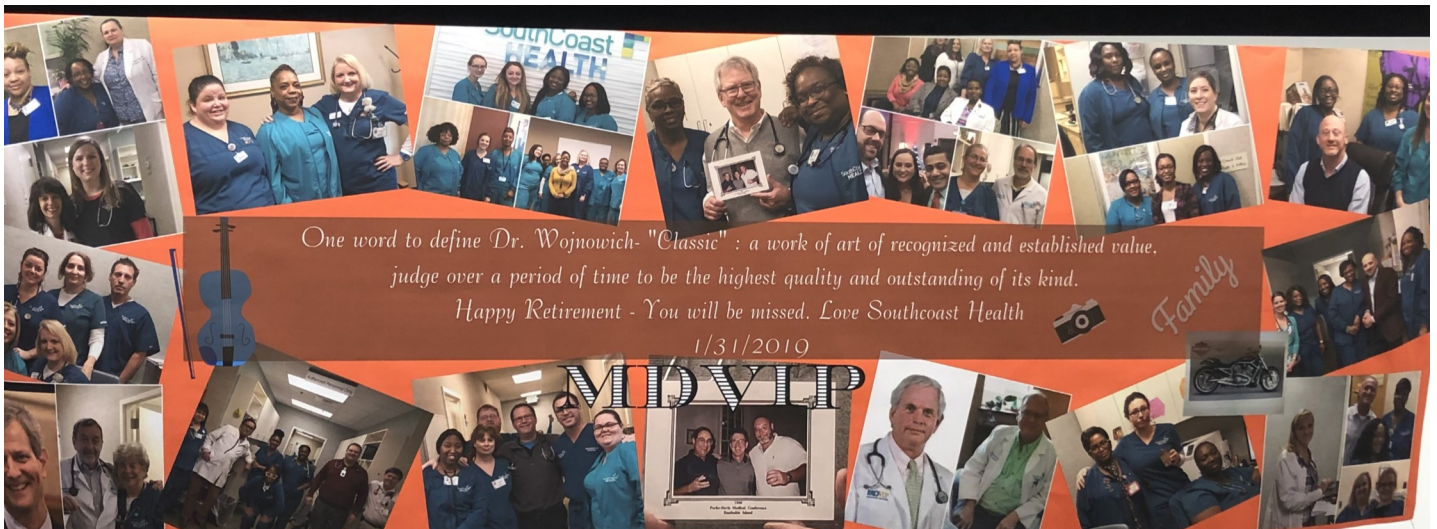
Most importantly, he says, is the opportunity to spend time with his children and grandchildren. According to Dr. Wojnowich, the 24-7 physician lifestyle can be challenging when it comes to work-life balance, and he looks forward to making up for lost time.

“I would definitely tell young doctors to balance their lives,” he says. “Make sure to take care of your own health, and cherish time with your family, in addition to taking care of your patients.”



Dr. Geffen, Nurse Andrea Cardinal, Dr. Wojnowich

Dr. Leonard Wojnowich Retirement Party



SouthCoast Health Wins Four Categories for the 2019 Bryan's Favorites Competition



SouthCoast Health is pleased to announce four category winnings for the 2019 Bryan County News competition, "Bryan's Favorites." Readers of the publication voted SouthCoast Health as the Best Medical Group.

SouthCoast Health pediatricians, Dr. William Webb was voted Best Physician and Dr. Nelson Elam was voted Best Pediatrician. In addition, Crystal Carter, LPN at SouthCoast Health Pediatrics in Richmond Hill was voted Best Nurse. Dr. Keith Seibert was voted runner up for Best Pediatrician.

"We are extremely proud to see our quality of care is appreciated and acknowledged in the local Bryan County community," SouthCoast Health Administrator John Marrero said. "Congratulations to all our team members at our Richmond Hill locations. Delivering **the best** healthcare requires a team effort. We are so honored that our patients have recognized our hard work."

BEST PHYSICIAN



BEST PEDIATRICIAN



BEST MEDICAL GROUP



BEST NURSE



SouthCoast Health Welcomes Our January New Hires



Joe Gaddis
CT Tech,
Hilton Head Imaging



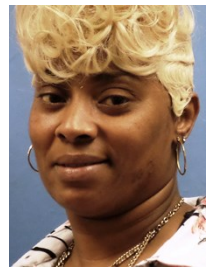
Keerstin Whitaker
Scheduler,
Pooler



Karen Boylan
Scheduler,
Hilton Head Imaging



Chelsea Walker
Scheduler,
RH Peds



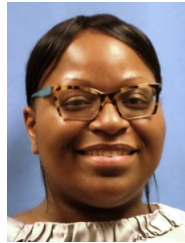
La'Trelle Bacon
Certified Medical Asst.,
RH Urgent Care



Tyrese Daughtry
Medical Assistant,
PRN Pool



Tyler Chase
Rad Tech,
Savannah Imaging



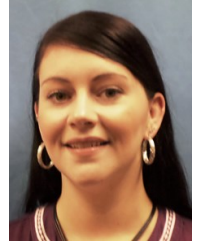
LaCressa McCall
Patient Representative,
Eisenhower, Bldg. 1



Jessica Richard
Medical Assistant,
Surgery



Shonetta Williams
Licensed Practical Nurse,
RH Peds



Jackie Parker
A/P Specialist,
Admin

HR CORNER

Looking to move up without moving out???

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

- Assistant Practice Manager
- Manager of Information Systems
- Facility Maintenance Manager
- Patient Representative-Allergy
- Mammographer-Imaging
- Ultrasound Tech-Imaging
- PTE Nurse Practitioner-Bldg. 1
- PTE/FTE Advance Care Plan Coordinator
- Triage/Wellness Nurse-Chatham Center
- Medical Assistant-Pooler/Bldg. 1
- LPN/RN-Cardio
- Licensed Practical Nurse-Chatham Ctr.
- PTE CMA/LPN-310 Peds
- PRN Medical Asst./LPN-Urgent Care
- PTE/FTE Medical Technologist
- 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.

PLANSOURCE®

SCH Employees...You can now change your HSA Contributions by logging onto PlanSource! Once you logon, click on the green **"Update My Benefits"** button, then choose HSA benefit change.



Go RED for Women

2019 is in full swing! The holiday rush is long behind us, and the new year brings new resolutions and opportunities. As we prepare to “Go Red for Women” in February, SCH Cardiology has a few reminders about women in heart disease:

Heart disease is the number one killer of women in the United States.

Heart disease encompasses strokes, heart attacks, and congestive heart failure, among other diseases. These ailments represent the largest health risk to women, even greater than all types of cancer combined.

Symptoms of heart disease may be subtle, particularly in women.

Classic descriptions of heart disease often involve dramatic onset of chest pain . However, more subtle presentations such as nausea, fatigue, and difficulty breathing can be the initial signs of heart disease in women. If you have these symptoms(particularly if you smoke, are diabetic, or have a strong family history of cardiac disease) you may need to be evaluated for heart disease

Early awareness and appropriate screening can be life-saving!

Heart disease can be identified early with proper awareness. Knowledge of cardiac risk factors such as hypertension, elevated cholesterol, diabetes, tobacco abuse, and family history of cardiovascular disease is paramount. If you have one or more of these problems, heart disease may be present. There are many useful diagnostic tests for the identification of heart disease. Examples include stress testing, echocardiography (an ultrasound of the heart) and cardiac CT scans. In certain instances, more invasive testing such as cardiac catheterization may be needed. Historically, women have been less likely to undergo these tests.

Incorporate heart healthy habits into your daily routine for 2019!

- Know and record your blood pressure, weight, and cholesterol level.
- Make smart dietary choices that emphasize fruits and vegetables and avoid excessive salt and high-fat foods.
- Find ways to exercise consistently. A minimum of 30 minutes of aerobic exercise, such as simply walking, at least 5 days per week is recommended.
- Avoid tobacco and control your weight!

SouthCoast Health can facilitate your cardiovascular health. Together we can identify, treat, and control many cardiovascular problems Contact your primary care physician or our Cardiology team for more information. **Go Red!**



TRACK YOUR SUCCESS WITH HEALTHGRAM TRAX

SouthCoast Health encourages a healthy and active lifestyle as part of the wellness initiative. Continuing this year, SouthCoast has partnered with Healthgram to provide a Wellness Reward system with incentive options to reward those who are living a healthy and active lifestyle. Participants will have an opportunity to earn additional Health Savings Account (HSA) dollars by participating in the program outlined below.

Healthgram will be able to track all completed requirements through an online checklist called Healthgram Trax. Participants will be able to access Trax by logging onto members.healthgram.com. All mandatory requirements have to be met to earn points towards HSA rewards.

The incentive points translate to the amount of HSA dollars you can earn. The incentives and earned HSA dollars apply to plan members only and will be loaded as you achieve points monthly. Contributions will be made in \$100 increments for a maximum possible contribution of \$500.

100 – 199 points =	\$100 HSA Contribution
200 – 299 points =	\$200 HSA Contribution
300 – 399 points =	\$300 HSA Contribution
400 – 499 points =	\$400 HSA Contribution
500 points =	\$500 HSA Contribution

HOW TO ACCESS HEALTHTRAX

Conveniently located within your Healthgram member portal, this tool allows you to monitor your participation in the SouthCoast Wellness Program through a simple points system and help you reach your goals. From your Healthgram Trax dashboard you can review your points, see what modules you still need to fulfill, and what modules you have submitted to HR to earn more points.

From either the Dashboard or Health Trackers page, you will be able to access your HealthTrax program. From here, you can view the modules required for your program (1), and track submitted data to HR to work towards your total points (2).



The screenshot shows the HealthTrax dashboard for a 2016 SouthCoast HealthTrax program. It features a progress bar at the top right indicating 100% completion for 10 points earned and 20 required modules completed. The dashboard is divided into three main sections: REQUIRED MODULES, PARTICIPATION MODULES, and COME JOIN US!.

REQUIRED MODULES (1):

- Health Risk Assessment: 50 Points
- Wellness Agreement: 50 Points

PARTICIPATION MODULES:

- Engage: Eating/Healthy on a Budget: 20 Points
- Engage: Finding Activity in Busy Schedule: 20 Points
- Engage: Heart Healthy Diet: 20 Points
- Engage: Maintaining a Healthy Weight: 20 Points
- Engage: Physical Activity: 20 Points
- Physical: 50 Points
- Prevention Management: 100 Points

COME JOIN US!:

- Gen Membership: 75 Points

Red circles with numbers 1 and 2 highlight the 'REQUIRED MODULES' and 'COMING SOON' sections respectively.

February 2019



ANNIVERSARIES

1 Year

Tyeshia Hamilton
Sabrina Williams
Cassandra Satterwhite
Tiffany Gray
Elizabeth Lightle
Paige Jordan
Bridget Wilkes
Karen Hunnicutt
Stephanie Singleton

2 Year

Jessica Wren
Danielle Felton
Maegan Broussard
LaJoy Thomas
Ebony Williams
Shanae' Bulloch
Jordan Murphy
Arielle Albritton

3 Year

Heather Yuill
Emily Anderson
Kathrin Kimmons

4 Year

Antonece Singleton
Teresa Hamby
Jasmine Parker

5 Years

Dr. Regina Dandy
Chelsea Olson
Kelly Stahl
Crystal Carter

6 Years

Alicia Jordan
Qanita Minter

7 Years

Mindy Barrett
Sheree White

8 Years

Karen Reed
Dyshan Brown

10 Years

Dr. Firas Bannout
Dr. Nizar Eskandar
Kristin Keel
Dedra Rice

11 Years

Sherrina White

12 Years

Cheryl Gay
Richard Noble
Gwen Sparger

16 Years

Carolyn Scott

17 Years

Dr. Sidney Bolch
Mary Cook
Jean Spell

18 Years

Cynthia Lamp
Sue Hunnings

BIRTHDAYS

2	Nefertari	Hayes	16	Cheryl	Jackson
3	Latarsha	Jefferson	16	Caitlin	Thomson
4	Nitha	Bendele	16	Antonese	Minor
4	Ashley	Hughes	18	Pamela	Dukes
5	Chris	Curry	18	Dr. Douglas	Hanzel
5	Christina	Burgdorf	18	Heather	Johnson
7	Avis	Knowles	18	Shelia	Williams
7	Lakia	Roseman	18	Heather	Boulineau
7	Bridget	Wilkes	19	Chris	Kimble-Hall
8	Carolyn	Collins	20	Dr. Sidney	Bolch, III
9	Amanda	Woods	20	Gloria	McCoy
10	Sandra	Vranich	20	Shaquanda	Sims
10	Dr. Russell	Sliker	22	Bonnie	Wilson
10	Mackenzie	Derst	22	Ashley	Moran
10	LaJoy	Thomas	24	Julita	Wright
10	Elise	Dean	24	Dr. Walter	Bowden
11	Dr. Amanda	Hendricks	26	Dr. Andrew	Wade
11	Pamela	Stewart	26	Rashonda	Milton
12	Cheryl	Gay	27	Marsha	Zacher Jones
12	Nikki	Williams	27	Lauren	Andrew
12	Mary Ellen	Griffin	27	Tyrese	Daughtry
13	Ben	McLaughlin	28	Bonnie	Johnson
14	Katina	Moody	28	Dr. Nenad	Avramovski
14	Brandice	Bankston	28	Yteshia	Jackson
14	Jessica	Richard	28	Elaine	Harn
15	Cha'cora	Beasley			



SCH Reminders...

*** SCH employees are allowed to wear red and pink accessories for the week of February 11th-15th to support American Heart Month!
Please be mindful of inappropriate attire...(no hats allowed).



February 13th is World Radio Day! February 28th is National Chili Day!

