

## 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.



### Pat Shareef - Medical Assistant, Eisenhower Campus/Bldg. 1

Pat always makes herself accessible to her peers, management and patients. She willingly accepts extra assignments and provides patient care with a smile, not only for her patients, but other providers as well. Pat is always punctual and completes task before designated deadlines. She promotes synergy within the team by encouraging others to communicate and keep a positive attitude. Pat continuously displays a cooperative and harmonious nature.



### Kelly Stahl - LPN, Richmond Hill 89

Kelly is extremely knowledgeable in her field and is considered the "Go To" clinical staff person, due to her exceptional patient care skills. She readily assist her co-workers whenever the need arises. Kelly also manages the workflow in her clinical station and ensure that her physician stays on task. Kelly's ability to remain self-motivated and proactive with encounter creations and patient care is much appreciated.



### Cheryl Jackson - Medical Assistant, Hinesville

Cheryl is a valuable employee, she exemplifies great team building strength and is always pleasant and professional with patients, co-workers and management. She not only takes the clinical lead in Tomus office, but is always willing to help in Bannout's office when needed. Whenever Cheryl presents a potential problem, she offers a solution as well. She devotes herself to her position and hastily execute her duties and responsibilities.

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# HAPPY NATIONAL DOCTORS DAY!



Dr. Abby Abisogun-Eisenhower B1  
Dr. Akinniran Abisogun-Cardiology  
Dr. Nenad Avramovski— Infectious Disease  
Dr. Firas Bannout— Hinesville 201  
Dr. Sidney Bolch, III— Cardiology  
Dr. Walter Bowden-Eisenhower B1  
Dr. Scott Callaghan-Neurology  
Dr. Keith Cobb-RH 89  
Dr. Michael Cohen-Pooler  
Dr. Ana Concepcion-Infectious Disease  
Dr. Julio Cortes— Eisenhower B1  
Dr. Stephanie Croll-Eye Care  
Dr. Leland Dampier-Eisenhower B1  
Dr. Regina Dandy-RH 89  
Dr. Harresh Dulamal-Chatham Center  
Dr. Nelson Elam— RH Pediatrics  
Dr. Nizar Eskandar-Nephrology  
Dr. Nathan Fergus-Imaging

Dr. Braxton Fields-Imaging  
Dr. Roy Flood-Cardiology  
Dr. Theodore Geffen-Eisenhower B1  
Dr. Robert Grant— Eisenhower B1  
Dr. Kenneth Griffin-Eisenhower B1  
Dr. Douglas Hanzel— Pulmonology  
Dr. Amanda Hendricks— Rincon Pediatrics  
Dr. Richard Hightower, Jr.— Pooler  
Dr. Edward Hoffman— RH 89  
Dr. Wallace Holland, Jr.— RH 5A  
Dr. Christa Jillard-Surgery  
Dr. Robert Jones— 310 Pediatrics  
Dr. Wasil Khan-Allergy  
Dr. William Knight-Eisenhower B1  
Dr. Todd Lanier— Imaging  
Dr. Jeffrey Mandel-Surgery  
Dr. Margaret McCormack-Eisenhower B1

Dr. Thomas Moriarity— Eisenhower B1  
Dr. David Mozer-310 Pediatrics  
Dr. Troy Murphy— Chatham Center  
Dr. Adam Novack-Eisenhower B2  
Dr. Steven Novack-Eisenhower B1  
Dr. Christopher Oldfield-Eisenhower B1  
Dr. Daniel Osimani-Cardiology  
Dr. Bhavesh Patel— Eisenhower B2  
Dr. Douglas Perry— RH 89  
Dr. Geoffrey Peters— Cardiology  
Dr. Robert Remler-Eisenhower B1  
Dr. Micah Riegner— 310 Pediatrics  
Dr. Scott Rojas-Infectious Disease  
Dr. Victor Rosenfeld-Neurology  
Dr. Edward Sammons-Eye Care  
Dr. Jami Scanlon-Rincon Pediatrics  
Dr. Keith Seibert-RH Pediatrics

Dr. Patricia Shapiro-Imaging  
Dr. Leslie Sizemore-Pooler  
Dr. Craig Skalla-Podiatry  
Dr. Russell Sliker-Pooler  
Dr. Hy Sussman-Hilton Head  
Dr. Hiem Thong— Eisenhower B1  
Dr. Sabin Tomus-Hinesville 203  
Dr. Kristen Updegraff-Chatham Center  
Dr. Jules Victor, III-Eisenhower B2  
Dr. Andrew Wade— Imaging  
Dr. Emma Walker-Surgery  
Dr. Benjamin Watson-Eisenhower B2  
Dr. William Webb-RH Pediatrics  
Dr. Robert Weeks— Eisenhower B2  
Dr. Garrett White-Nephrology  
Dr. Michelle Wilson— Pooler  
Dr. Stephen Yeager— Surgery



## APPLAUD & REWARD YOUR MED LAB TEAM

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  
Mary Ellen Griffin, Lab Assistant

Jasmine Hazel, Lab Assistant  
Shandelin Jackson, Lab Assistant  
Lisa Jones, Lab Assistant  
Chris Kimble-Hall, Lab Assistant  
Jenifer Malloy, Lab Assistant  
Angel Mikell, Lab Assistant  
Quinlin Moore, Lab Assistant  
Jordan Murphy, Lab Assistant  
Lacara Murray, Lab Assistant

Evonne Smith, Lab Assistant  
Tanya Smith, Lab Assistant  
Liana Winstanley, Lab Assistant  
Brittany Wooten, Lab Assistant  
Maria Buttermore, Medical Technologist  
Cara Martin, Medical Technologist  
Scott Snyder, Medical Technologist  
Amanda Tyran, Medical Technologist  
Dawn Gabrielson, Medical Lab Technician

# SouthCoast Health Welcomes Our February and March New Hires



**Chynna Davis**  
Patient Representative,  
PRN Pool



**Katelyn Malcuit**  
Certified Medical Asst.,  
PRN Pool



**Erin Holston**  
Patient Representative,  
Allergy



**Vandi Ryan**  
Licensed Practical Nurse,  
Chatham Ctr.



**Parris Cummings**  
Certified Medical Asst.,  
Hinesville



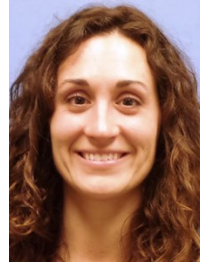
**Brooke Keith**  
Scheduler,  
Eisenhower, Bldg. 1



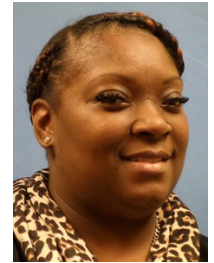
**Malaysia Ferrell**  
Patient Representative,  
PRN Pool



**Nellie Moore**  
Patient Representative,  
Eisenhower, Bldg. 1



**Amanda Tyran**  
Medical Technologist,  
Lab



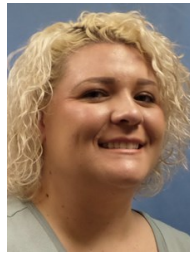
**Lakiesha Davis**  
Certified Medical Asst.,  
Eisenhower, Bldg. 1



**Lisa Allen**  
Medical Assistant,  
Surgery



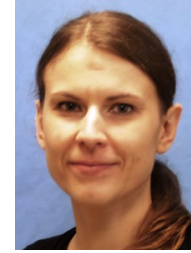
**Tara Smalley**  
Certified Medical Asst.,  
Pooler



**Laurie Baxter**  
Registered Nurse,  
Cardio



**Brandy Bradley**  
Licensed Practical Nurse,  
Pooler



**Maria Buttermore**  
Medical Technologist,  
Lab



**Caroline Gully**  
Ultrasound Tech,  
Imaging

## SouthCoast Health's Main Campus Welcomes A New Nurse Practitioner



**Paul Lascuna**, claims Pensacola, FL, as his hometown. Paul stated that after being in the military for 20 years, home is what you make it! He received his Bachelor of Science in Nursing from Troy University, his Master of Science in Family Nurse Practitioner from Texas Tech University Health Sciences and his Doctorate in Nursing Practice from the University of Alabama...Roll Tide! The US Army provided Paul the opportunity to complete graduate school and he chose FNP to help people with chronic illnesses, hoping to improve patient outcomes through comprehensive quality care.

Paul and his beautiful wife, have six lovely children. Paul describes himself as fun, fun and more fun! He enjoys playing tennis, golf and is highly active in the music department at his church.

Welcome Aboard Paul!

# athenahealth

SouthCoast Health would like to thank all of the participants for their continuous hard work and dedication in making the Privia/Athena project a success! We ask for your continued support and patience in this journey.



# Healthy meal ideas for hectic days

Eat well on even your busiest days with these simple plan-ahead tips.



Do your intentions to eat well seem to fly out the window when you have a packed schedule? Stay grounded with these simple tips, no matter how long your to-do list is:

- **Make an effort to eat as a family at least once a day.** A pleasant meal that isn't rushed promotes family bonding and improves the likelihood of eating a well-balanced meal. Be flexible with timing: You may need to eat dinner early or make a plan to always sit down together just for breakfast to accommodate everyone's

hectic schedule.

- **Cook ahead.** When you have time to cook, make a double batch and freeze leftovers for quick meals on busy days. For instance, simmer enough pasta for two days. Serve it hot one night with meat sauce, then chilled in a salad with tuna and low-fat salad dressing the next.
- **Stock your pantry with foods for simple meals.** Good examples are whole-wheat pasta, fresh and frozen vegetables, fresh and canned fruits, 100 percent whole-wheat bread, lean deli meats, salsa, canned dried beans, and low-fat or fat-free yogurt and cheese.
- **Go for health and convenience.** Some convenience foods are designed to be healthy and lower in calories. A healthy frozen entree or side dish is an option on busy days. Read labels for calories, fat and sodium. Stock healthy versions of quick foods like instant brown rice.
- **Look for shortcuts.** Simplify your meal prep and save time by buying pre-cut fruits and vegetables, precooked meats, shredded low-fat cheeses, packaged salads, and frozen or canned vegetables. There's nothing quicker than fresh fruit, but fruit canned in its own juice (not sugary syrup) is also OK. Rinse canned vegetables with water to remove excess sodium.
- **Keep a list of simple menu ideas.** Recipes that include common staples and take 20 minutes or less come in handy on days when you're rushed.

It always helps if you plan meals ahead, but if your house is stocked with healthy choices you can wing it and still eat well. Remember that healthy eating doesn't have to be complicated or involve hard-to-find ingredients.

## 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 Worker
- Patient Representative-Surgery/RH 89
- PTE Patient Representative-Urgent Care/Pooler
- Advance Care Plan Coordinator
- Medical Assistant-MDVIP/Surgery
- Annual Wellness Nurse-Chatham Ctr.
- Lab Assistant
- PTE Medical Asst.-Urgent Care/Pooler
- PTE Nurse Practitioner-Urgent Care/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.



# March 2019



## ANNIVERSARIES

### 1 Year

Juan Hughes  
Antoinette Moore  
Jeanine Onischuck  
Ebony Murphy  
Toishiba Cooper  
Page Edwards  
Nancy Riner

### 2 Years

Dr. Donald Cobb  
Tanya Mullings  
Angie Jones  
Cassandra Stewart  
John Redmond  
Madison Tyran

### 3 Years

Asia Wilson

### 4 Years

Nikki Grant  
Olympia Davis  
Dianna Flagella  
Susie Brown

### 5 Years

Robbie Hill

### 7 Years

Elaine Harn

### 10 Years

Freddie Payne

### 11 Years

Sarah Warren  
Sandra Vranich  
Janice Howell  
Donna Lewis

### 13 Years

LaShonda Bailey

### 14 Years

Lisa Mew

### 17 Years

Mariella Beavers

### 18 Years

Dawn Gabrielson

## BIRTHDAYS

1	Elizabeth	Street	16	Jessica	Wren
1	Keshia	Vail	18	Sygrid	Robertson
1	Dr. Roy	Flood	21	Janice	Howell
1	Paul	Mitchell, Jr	21	Dr. Victor	Rosenfeld
2	Shari	Dyal	21	Rachael	DeRing
3	Philisa	LeGrier	21	Melody	Power
4	Tracy	Lanier	21	Roena	Owens
4	Stacy	Allen	23	Laura	Devisscher
7	Cara	Martin	23	Senorthia	Miller
7	Breaynia	Brantley	24	Nikki	Robinson
8	Brittany	Stroud	24	LeChelle	Morris
9	Tiffany	Clay	24	Shadonta	Deal
10	Cherie	Bowers	25	Vanessa	Brown
10	Sarah	Warren	25	Susan	Townsend
10	Dr. Leslie	Sizemore	26	Contina	Williams
10	Paul	Lascuna	26	Samantha	Vancleave
11	Brooke	Stubbs	27	Ashi'a	Lee
12	Michelle	Diah	27	Tara	Smalley
13	Leah	Stanley	28	Delphine	Kelly
14	Jamila	Joshua	28	Lisa	Gaylord
15	Lindsey	Westendorf	28	Jasmine	Parker
15	JLisia	Thompkins	28	Yvette	Williams
15	Karen	Heetland	30	Audrey	Marshall
15	Dr. Abby	Abisogun	31	Barbara	Lutz
16	Ashley	Shaw	31	Shatobia	Bisard

### *SCH Reminders...*

**Please be mindful that at least six LMS courses will be due by May 31st and all courses are due by December 13th. Please remember that completing the courses are part of the employee's job & responsibility!**

**Also, remember that it is the employee's responsibility to have their TB completed annually and renew any licenses, certifications and CPR before the expiration date.**

## 2019 Health Care HR Week

The third week of March, is designated to recognize human resources professionals in health care organizations across the nation for their important role across the continuum of care. The American Society for Healthcare Human Resources Administration (ASHHRA), created this to recognize the contributions HR teams make for organizations to be successful.

**"Team member asking if we could call his mother to let her know that he did in fact work for us because she couldn't believe he actually got a job - he was over 40 and still lived at home."**

*~ASHHRA Member*

Healthcare HR professionals face a number of issues in the shifting landscape of workforce management, compensation and benefits, employee relations, talent management, wellness and much more. Take the timeout to let a SouthCoast Health HR team member know how much you appreciate their hard work and dedication.



**Melanie Gunter  
Shari Dyal  
Carla Parker**

**Peron Scott  
Christina Burgdorf**

# April 2019

## ANNIVERSARIES

### 1 Year

Caitlin Thomson  
Chris Carithers  
Sygrid Robertson  
Beverly Mitchell  
Melanie Koperna  
Arquisha Kinyua  
Ashley Hughes  
Liana Winstanley

### 2 Years

Khadijah Dunham  
Kinjal Patel  
Mary Ellen Griffin  
Eugenie Charles  
Cynthia Driggers

### 3 Years

Marla Miller  
Tiffani Cook  
Dawn Mace  
Rachel Schwartz

### 4 Years

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

### 5 Years

Dr. Wasil Khan  
Amanda Hardee  
Lakia Roseman

### 6 Years

Cynthia Saunders  
Hannah Russell

### 7 Years

Aaron Keith

### 8 Years

Christine Swords

### 9 Years

Rodean Brown

### 10 Years

Leah Stanley

### 11 Years

Kena Richardson  
Rose Smith

### 12 Years

Latarsha Jefferson

### 14 Years

Dr. David Mozer

### 15 Years

Reina Mike

### 16 Years

Kimberly McFarlin  
Darlene Jasper

### 17 Years

Glynis Thompson  
Phyllis Greene

### 19 Years

Shari Dyal

### 21 Years

Carla Johnson

### 22 Years

Gary Davis

## BIRTHDAYS

1	April	Miller	15	Helen	Racz
1	Rebecca	Wells	16	Hannah	Russell
2	Ebbony	Murphy	18	Kim	Velasquez
3	Chastity	Stewart	18	Casie	Hickox
3	Brandy	Bradley	19	Takara	Lewis
4	Gale	Brantley	19	Dolores	Omspacker
5	Quanya	Walthour	19	Liana	Winstanley
6	Diana	Garcia	21	Hollye	McAdams
10	Katina	Phillips	21	Erin	Holston
10	Antonece	Singleton	22	Mary	Cook
10	Leah	Fumicello	22	Renata	Yeager
11	Dr. Jules	Victor, III	22	Dr. Edward	Hoffman
11	Stefany	Lightcap	23	Chris	Carithers
13	Dr. Joe	Griffin	24	Michelle	Henderson
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
14	Carole-Ann	Hughes			



SCH In The Know...



**NATIONAL PET DAY**  
April 11, 2019

