

## 2019 ATLANTIC SEASON

## 2019 Atlantic Tropical Cyclone Names

The 2019 Atlantic hurricane season runs from June 1 to November 30. The areas covered include the Atlantic Ocean, Gulf of Mexico and the Caribbean Sea.

The National Weather Service defines a hurricane as a "tropical cyclone with maximum sustained winds of 74 mph (64 knots) or higher."

- A hurricane watch indicates the possibility that a region could experience hurricane conditions within 48 hours.
- A hurricane warning indicates that sustained winds of at least 74 mph are expected within 36 hours.

Andrea  
Barry  
Chantal  
Dorian  
Erin  
Fernand  
Gabrielle

Humberto  
Imelda  
Jerry  
Karen  
Lorenzo  
Melissa  
Nestor

Olga  
Pablo  
Rebekah  
Sebastien  
Tanya  
Van  
Wendy

\*Names provided by the World Meteorological Organization

For 2019, NOAA (National Oceanic and Atmospheric Administration) predicts a likely range of 9 to 15 named storms (winds of 39 mph or higher), of which 4 to 8 could become hurricanes (winds of 74 mph or higher), including 2 to 4 major hurricanes (category 3, 4 or 5; with winds of 111 mph or higher). NOAA provides these ranges with a 70% confidence. An average hurricane season produces 12 named storms, of which 6 become hurricanes, including 3 major hurricanes.

Please note that NOAA's outlook is for overall seasonal activity and is not a landfall forecast. You should always make the appropriate preparations for each season regardless of the official outlook.

- Determine Your Risk
- Assemble Disaster Supplies
- Secure Your Home
- Develop An Evacuation Plan
- Get An Insurance Check-up
- Complete A Written Plan

### 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 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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# SouthCoast Health Welcomes Our May New Hires



**Betty Frazier**  
Ultrasound Tech,  
Imaging



**LaCrystal Johnson**  
Patient Representative,  
Eisenhower, Bldg. 1



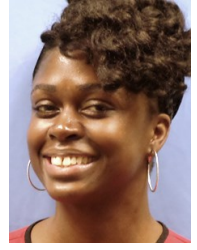
**Kelly Kowalski**  
Patient Representative,  
Richmond Hill 89



**Lovisa Lovewine**  
Wellness Nurse,  
Chatham Ctr.



**Tre'saun Perry**  
Lab Assistant,  
Lab



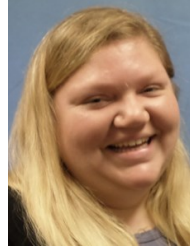
**Ayeshia Simmons**  
Lab Assistant,  
Lab



**Lesia Trice**  
Licensed Practical Nurse,  
Eisenhower, Bldg. 1



**Angel Williams**  
Patient Representative,  
Cardiology



**Tami Franklin**  
Lab Assistant,  
Lab



**Dhvani Patel**  
Patient Representative,  
Imaging



**Kiara Pipkin**  
Patient Representative,  
PRN Pool

## HR CORNER

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

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

- **Manager of Projects/Standardization**
- **Manager of Information Systems**
- **Facility Maintenance Worker**
- **Patient Representative-Surgery**
- **PTE Patient Representative-Urgent Care/Pooler**
- **Advance Care Plan Coordinator**
- **Ophthalmic Tech-Eye Care**
- **Radiology Tech**
- **Lab Assistant**
- **LPN-Peds**
- **Medical Assistant-Bldg. 1/Surgery**
- **PTE Medical Asst.-Urgent Care/Pooler**
- **PTE Nurse Practitioner-Urgent Care/Pooler/Hinesville**

\*\*\*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. If you are full/part-time, you must wait 90 days before you can transfer.

\*\*\* Apologies goes out to Madison Tyran, LPN who was left off the list for Nurses Week last month. Madison is the Wellness Nurse for the Main Campus and is in the process of obtaining her RN license.

# athenahealth

SouthCoast Health would like to thank all of the staff 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.

# How to Help Someone Having an Asthma Attack

It is estimated that one in 13 people have asthma, which means more than 26 million Americans have it. Since this medical condition has been on the rise since the 1980s for people of all ages, it's very likely that you or someone you know has experienced an asthma attack.

These situations can be extremely frightening with common symptoms being severe wheezing, non-stop coughing, rapid breathing, chest tightness, pressure on the chest, tightened muscles, inability to talk, sweat, paleness, and even blue lips.

"Any asthma attack has the potential to become life-threatening," SouthCoast Health's Dr. Wasil Khan stated. "The more people who know what to look out for and what to do in those situations, the more lives that are saved."

Keep reading below to learn more about this medical occurrence and what you can do if you face it. If you find this blog while the asthma attack is occurring, stop reading now and call 911.



## What is Asthma?

Before going into the details on how to help, it'll be beneficial to explain exactly why an attack might be happening.

Asthma causes the airways to spasm, creates tightness in the chest, inflames the lining in the airways, and also produces phlegm. All of these symptoms lead to overall difficulty in breathing.

Generally, what causes these attacks are triggers specific to each person. If you are aware of your asthma triggers you can do your best to avoid them, however, sometimes run-ins are inevitable. A few common triggers are allergens (like pollen, pets, dust), pollution, exercise, stress, respiratory infections, tobacco, and strong irritating smells.

## The Steps for Helping Someone Who is Having an Asthma Attack

These situations can be frightening, so take a deep breath, stay calm, and use these following steps to help you and the person suffering from an attack:

- Encourage them to stay calm, which will also help you to remain calm. Panicking will only make the situation far worse.
- If it's cold outside, DO NOT take them out for a breath of fresh air. This will only make the symptoms worse. But if it is good weather and warm, then a change of environment might make them feel better.
- Make sure the person is sitting and with the correct posture. Being slumped over will only make it worse.
- Loosen any tight clothes that might constrict their breathing.
- Walk them through taking several slow and steady breaths.
- If they have an inhaler, now would be the time to use it.
- If they don't have an inhaler or if the inhaler is failing to bring relief, feel free to call 911. These medical professionals are trained to properly handle emergency situations.
- If the attack is happening due to an allergic reaction, use an EpiPen in the proper way if the person has access to one.

If you have any more questions or concerns about asthma, the expert allergy and immunology department at SouthCoast Health is here to help.

# June 2019



## ANNIVERSARIES

### 1 Years

Casie Walker  
Jordan Manuel  
Loletta Hayes  
Jessica Young  
Catherine Davis-Wright  
Catherine Towers  
John McCreery  
Norman Stryker  
Amy Presley  
Nychelle Walker  
Analeigh Casey  
Jessica Weaver  
Ashley Woodruff  
Michelle Wallace

### 2 Years

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

### 3 Years

Shatobia Bisard  
Kejuanna Manor-Singleton

### 4 Years

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

### 5 Year

Jovoanda Reed  
Jacqueline Tootle  
Anistashia Knight  
Susan Townsend

### 6 Years

Carolyn Blanton  
David Van Vleck

### 7 Years

Nikki Williams  
Nancy Pugh

### 8 Years

Allison Durden  
Katina Moody  
Saquana Rhodes  
Joseph Schultz

### 9 Years

Heather Johnson

### 11 Years

Michelle Diah  
Dolores Omspacker

### 12 Years

Christina Burgdorf

### 13 Years

Lakesha Lee  
Bahiyah Hunt  
Niesha Burns

### 14 Years

Kawanza Jackson-Austin

### 15 Years

Karen Payton  
Lynn Leibfried

### 16 Years

Dr. Geoffrey Peters  
Nicole Dunn

### 18 Years

Pat Shareef

### 19 Years

Felecia Griffin

### 20 Years

Alice Womble

### 21 Years

Salena Grissette

## BIRTHDAYS

1	John	Marrero	15	Trina	Scott
3	Whitney	Croft	15	Dr. Kristen	Updegraff
4	Marisa	Greenlee	15	Jennifer	Strawn
4	Dr. Garrett	White	15	Dr. Christa	Jillard
5	Dr. Margaret	McCormack	15	Delores	Haggins
6	Heather	Cary	16	Paige	Youmans
7	Dawn	Mace	17	Sue	Hunnings
7	Saquana	Rhodes	17	Felicia	Waters
7	Dauida	Williams	19	Carla	Johnson
8	Chakeima	Bigham	21	Dr. Stephanie	Croll
9	Stacy	Donovan	21	Teresa	Hamby
9	Dr. Robert	Remler	22	Ayeshia	Simmons
9	Karen	Reed	22	Dr. Jeffrey	Mandel
9	Alicia	Jordan	22	Nychelle	Walker
9	Tyrena	Gleaton	25	Tanya	Smith
10	Dr. Scott	Callaghan	25	Kirstin	Stafford
12	Lauren	Givens	25	Melanie	Gunter
12	Elizabeth	Hesley	25	Dr. Sabin	Tomus
13	Lynn	Leibfried	26	Angela	Diaz
13	Mikayla	Davis	30	Jane	Kor
14	Shanae'	Bulloch			



Sunday June 23, 2019



Public service must be more than doing a job efficiently and honestly. It must be a complete dedication to the people and to the nation.