

Rebecca Marshburn Sellers, MD joins team at Richmond Hill Campus

As far back as she remembers, Dr. Rebecca Sellers says she knew she wanted to be a doctor.

Aware of this, her father –a family physician in her rural hometown of Homer, Ga.– asked his daughter if she would like to celebrate her 10th birthday by witnessing a miracle. She agreed and soon found herself in the delivery room watching her dad preside over a childbirth.

The shocking-yet-pivotal experience only furthered her trajectory, and she began becoming even more aware of her father’s impact on the town’s residents. He was a cornerstone of the community, and the go-to guy for many in need of a wide range of medical care.

“I was really inspired by the good work he’s done, and there really aren’t many specialists nearby,” Dr. Sellers says. “So he’s an all-encompassing physician. My goal is to be that way, too; very well-rounded and see a broad-based population.”

Dr. Sellers, however, has developed her own voice and style as a physician, and refers to patient care as an “art.”

“Something I would do one way, my father or one of my colleagues might do another,” she says. “I’ve learned there are a lot of different ways you can approach and deal with a particular problem, be it medicinal or homeopathic.”

She strengthens her problem-solving arsenal by reading medical journals and staying in tune with the latest developments in family medicine and related specialties. Dr. Sellers belongs to the American Academy of Family Physicians and Society of Teachers of Family Medicine. As a medical conference speaker and research author, she often shares her knowledge with others.

While Dr. Sellers carves her own path as a physician, she continues abiding by many of the core physician values she saw in her father. Establishing a strong relationship with patients through trust and communication are fundamental elements for successful care, she says.

“I have a very patient-centered approach to how I practice,” she says. “I listen to the patients’ thoughts, feelings, and opinions. Sometimes they will have suggestions on behavioral modifications instead of or in addition to the medicine they can receive. Listening builds trust, and if someone can’t trust their physician, it’s going to be difficult for them to take the advice or recommendations they’re given.”

In her spare time, Dr. Sellers enjoys running, snow skiing, birdwatching and live music. Both she and her husband, a nurse practitioner, are avid world travelers.

Dr. Sellers will begin on September 3, 2019 at 89 Interchange Drive in Richmond Hill. Her schedule is now open for patients.



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SouthCoast Health Welcomes Our July New Hires



Patricia Wright
Patient Representative,
PRN Pool



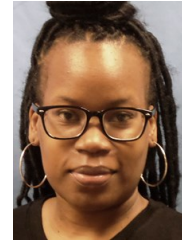
Watisha Palmer
Certified Medical Asst.,
Bldg. 1



Daphne Fields
Scheduler,
Bldg. 1



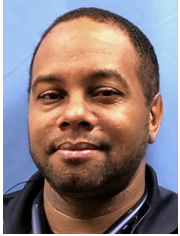
Kelly Van Dyke
Certified Medical Asst.,
RH 89



Latrell Busby
Registered Medical Asst.,
RH Peds



Kris Gardner
Registered Medical Asst.,
Surgery



Tyrone Testman
Network Support Spec. II,
IS



Katie Boyuk
Registered Nurse,
Cardio



Terianna Rawls,
Lab Assistant
Lab



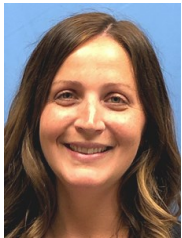
Jamel Swinton
Patient Representative,
PRN Pool



Alex Akers
Certified Medical Asst.,
RH 89



Barbie Fitting
OptTech,
Eye Care



SouthCoast Health is pleased to welcome **Kira Yosua, PA-C**. Kira will be serving as the provider for Urgent Care in the Hinesville office. She is originally from Pottstown, Pennsylvania. She received her degree as a Physician's Assistant from King's College in Wilkes-Barre, Pennsylvania. Kira is married to Michael who is currently in the Army. They have 2 children, Owen and Avery. She enjoys running, cooking, traveling and hiking.



SouthCoast Health is pleased to announce that **Nurse Practitioner Pam Stewart** will be serving as a provider at the Richmond Hill Campus, 89 Interchange Drive. Pam has been working with SouthCoast as a part time provider at our Urgent Care in Richmond Hill. She graduated in 1996 from Armstrong Atlantic State University with her BSN. She received her MSN from University of Phoenix in 2009, and her MSN-FNP from South University in 2018.

SouthCoast Health Names New Chief Financial Officer



SouthCoast Health is pleased to announce that Patricia Hunt, CPA has been appointed as Chief Financial Officer. She began her post on August 1, 2019, succeeding longtime CFO, Gary Davis who retired.

For the past 4 years, Patricia has served at SouthCoast Health as Controller. Administrator, John Marrero says: "We are excited to have Patricia in her new role at SouthCoast Health. She is a proven leader with a passion to lead our organization into the future."

Patricia is originally from Savannah and graduated from Calvary Day School. She received her Accounting Degree from Auburn University in Auburn, Alabama and began her career in public accounting with tax and audit experience. She transitioned to healthcare finance in a hospital setting in 1998 and now has over 20 years of experience in the healthcare industry.

"I look forward to continuing to work with the physicians and staff in my new position and will strive to achieve the level of quality and service that you have come to expect," says Patricia.

Patricia and her husband, Anthony, reside on Wilmington Island. They have a daughter, Jessica, age 23 and twin boys, Logan and Dylan, ages 15.



In order to continue to assist employees to save for their retirement, SouthCoast will increase the auto enroll and auto escalation amounts beginning October 1, 2019. Currently auto enroll for the 401(k) plan is three percent (3%). On October 1st anyone that has completed the eligibility requirements to participate in the plan will have four percent (4%) deferred to their retirement account. Voya will send the eligible participant an enrollment packet about 1 month prior to their eligibility date to select the funds the participant wants their money to go into. Keep in mind, this is not a requirement but a way to help save for the future.

Beginning July 1, 2020 SouthCoast will increase the auto escalation maximum amount from seven percent (7%) to twelve percent (12%). Each July if a participant is not at the maximum level, they will see an increase to their deferrals by a one percent(1%) increment. For example, if a participant is currently putting seven percent (7%) toward their 401(k), next July 1st, SouthCoast will increase it to eight percent (8%). However, if you are currently contributing twelve percent (12%) or more, this will not affect your account. This helps you in the long run to save for the future in small increments opposed to large amounts at one time.

SouthCoast participants *always* have a choice in deferring money into their retirement plan. Participants can allow the increase to occur and do nothing, you can fill out a form to keep it the same or lower the contribution, or stop contributing all together. This is your plan, not SouthCoast's. We are just using a tool/resource to help you save for retirement.

You can find the form under the SCH website/employee login/ human resources/employee benefits/401(k)



If your uniform is tattered, battered, faded or ripped...it's just a hop and a skip to SCH's Gently Used Closet. Each item is \$10.00, if it still has the tag on it the price will be \$12.00. For inquires, please contact Peron Scott at 912-303-3550/ext. 8550.

Clerical

- XS Shirts/Pants
- Med Shirts/Skirt/Pants
- 2XL Shirts/Jackets/Pants
- 3XL Shirts/Jackets/Pants

Clinical

- XS/XXS Shirts/Jackets/Pants
- Small Shirts/Jackets/Pants
- Med Shirts
- Lar Shirts/Jackets/Pants
- 2XL Pants
- 3XL Jackets
- 4XL Shirts

Men's Clinical

- Med Shirts
- XL Shirts/Jackets/Pants
- 2XL Shirts/Jackets



August 2019



ANNIVERSARIES

1 Year

Dr. William Knight
Dr. Akinniran Abisogun
Shadonta Deal
DeShaylay Harris
Allison Mitchell
Maria Garcia
Sabrina Tandy
Sharman Orr
Shandelin Jackson

2 Years

Adrienne Redmond
Frances Heffinger
Shelley Deer
Bernadette Smith

3 Years

Dr. Roy Flood
Demetrica Brooks
Francine Carter
Davida Williams

4 Years

Tracy Cobb

5 Year

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

6 Years

Pamela Jefferson
Sannette Pusha
Antionette Wright
Miracle Burns

7 Years

Dr. Craig Skalla
Jeannette Whitted
Kalen Rogers
Yadira Figueroa
Margaretta Scott

8 Years

Latangi Craddock

9 Years

Candace Manning

10 Years

Tiffany Clay
Annie White

11 Years

Melinda Williams
Quinlin Moore

12 Years

Chris Vacheresse

13 Years

Dr. Kristen Updegraff

15 Years

Dr. Nenad Avramovski
Dr. Jeffrey Mandel

17 Years

Adrienne Lynch
Takara Lewis

18 Years

Lisa Bettio

19 Years

Rocky Semken

21 Years


Daryn Moxley
Tammy Morris
Karen Crawford

22 Years

Dr. Douglas Perry

BIRTHDAYS

1 Eric	15 Suzanne	Cosby
2 Geanita	16 Peron	Scott
3 Dr. Nelson	16 Deena	Sprayberry
4 Sheleia	16 Dianna	Flagella
4 Shamika	16 Barbara	Fitting
4 Katie	18 Donna	Lewis
5 Julie	18 Nancy	Riner
5 Olympia	19 Carolyn	Scott
5 Dr. Steven	19 Eugenie	Charles
6 Crystal	20 Raynelle	Cooper
6 Javier	20 Laurie	Baxter
6 Joy	21 Daryn	Moxley
7 Arquisha	21 Sharhonda	Cody
8 Danielle	22 Dr. Firas	Bannout
8 Chynna	23 Mindy	Barrett
10 Jackie	23 Brittany	Sommers
10 Niesha	25 Reina	Mike
10 Frances	25 Dhvani	Patel
10 Kwajiana	27 Kerri	Cook
12 Tammie	27 Courtney	Morton
12 Teresa	28 Vandii	Ryan
12 Jessica	29 Pamela	Jefferson
12 Britney	30 Travis	Keith
12 Dr. Scott	30 Jennifer	Price
13 Melanie	31 Megan	Brotz
15 Sharon		
15 Shana		
15 Tahpenes		
15 Eric	15 Suzanne	Cosby
15 Betts	15 Suzanne	Cosby
15 Williams	15 Suzanne	Cosby
15 Elam	15 Suzanne	Cosby
15 Taylor	15 Suzanne	Cosby
15 Tolbert	15 Suzanne	Cosby
15 Nunnally	15 Suzanne	Cosby
15 Harmon	15 Suzanne	Cosby
15 Davis	15 Suzanne	Cosby
15 Novack	15 Suzanne	Cosby
15 Carter	15 Suzanne	Cosby
15 Bruno	15 Suzanne	Cosby
15 Hunter	15 Suzanne	Cosby
15 Kinyua	15 Suzanne	Cosby
15 Felton	15 Suzanne	Cosby
15 Davis	15 Suzanne	Cosby
15 Tariq	15 Suzanne	Cosby
15 Burns	15 Suzanne	Cosby
15 Heffinger	15 Suzanne	Cosby
15 Washington	15 Suzanne	Cosby
15 Walz	15 Suzanne	Cosby
15 Chiariello	15 Suzanne	Cosby
15 Forkey	15 Suzanne	Cosby
15 Murray	15 Suzanne	Cosby
15 Rojas	15 Suzanne	Cosby
15 Koperna	15 Suzanne	Cosby
15 Gibbons	15 Suzanne	Cosby
15 Macon	15 Suzanne	Cosby
15 Bradley	15 Suzanne	Cosby



The wait is finally over...employees can now sync a fitness device or phone with Healthgram to track steps and earn Healthtrax points. Get an average of 3,000 steps per day for a month and earn 25 points.

Looking to move up without moving out???

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



- Practice Manager-Hinesville
- Medical Asst./Scribe-Cardio
- Radiology Tech
- Medical Asst./LPN-Pooler/RH Peds
- Certified MA/LPN-Peds
- Optician
- Registered Dietitian
- LPN/RN-Endo
- PTE Medical Asst.-Urgent Care/Pooler
- Registered Nurse-Cardio
- PTE Physical Therapy Tech
- PTE Nurse Practitioner-Urgent Care/Pooler

SCH employees can now apply for open positions without having to complete the standard application. There is a shorter version of the application for internal candidates on the SCH website under Employee Self Service/Recruiting. Internal applications will be open for three days, before switching to standard. For questions or concerns please contact the HR Department.

***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.

7 QUESTIONS

to ask at your annual physical

Back-to-school physicals don't have to be just for kids. As you make their appointments, make one for yourself to stay up-to-date on lab levels and risk factors. Make the most of your check-up by asking these 7 questions:

What screening tests do I need—and when?

Ask your doctor what they recommend for you, based on your age, gender, and unique risk factors and when the dates of your last screenings.

Are my blood pressure and cholesterol normal?

High blood pressure and cholesterol readings are the first signs that you may be courting heart disease. Ask your doctor if you're in the healthy range, and if not, what to do about it. Improving your diet and increasing your exercise may make a difference, or you may need to consider medications that reduce the risks of heart attacks and stroke.

Do I still need these medications?

There's no need to waste money on medications that aren't helping you. Spend a few minutes reviewing everything you take, including medications prescribed by specialists you see, as well as vitamins and over-the-counter drugs. Discuss these with your doctor at your next visit.

Is my weight healthy?

Studies show that fewer than 50 percent of people who are overweight speak with their doctor about weight. Extra pounds can raise your risk for many problems, including heart disease, cancer, and joint issues. Although it can be hard, consider asking your doctor for help with addressing your weight.

Do I need any shots?

Adults need vaccines just as children do. In addition to an annual flu shot, the CDC recommends boosters for things like tetanus and diphtheria. Once you hit older ages, you may be eligible for vaccinations, such as shingles and pneumococcus.

Am I at risk for any diseases?

Let your physician know of any new conditions that your immediate or extended family has been diagnosed with. Discuss what the early warning signs are and preventive measures if you have concerns.

Are supplements helpful?

Whether you need a supplement depends on what it is and what condition you're taking it for. Fish oil capsules, vitamin D, and calcium are examples of supplements that may be needed and have good evidence behind them. Others have a mixed record.

Ask your doctor for recommendations based off your health records. Keep in mind that supplements are largely unregulated; if your doctor okays one for you, ask what brand is best.