

Jonathan Lanham, MD Joins Cardiology Team



When Dr. Jonathan Lanham was a child, he had two fantastic role-models, his parents. His mom was a grade school science teacher, and his dad worked in medical sales in the cardiology field. It's no wonder that Dr. Lanham grew up with a fascination for all things science. He looked up to his parents and their medical friends while they lived in Morgantown, West Virginia, and he was exposed to healthcare by shadowing his dad in the hospital setting and even the operating room at times.

Dr. Lanham started off his undergraduate career knowing he would become a doctor. He received his bachelor's degree in biology from the West Virginia Wesleyan College. He later went to the West Virginia University School of Medicine to obtain his medical degree, complete his medical residency in Internal Medicine, and achieve his fellowships in both Cardiovascular Disease and Interventional Cardiology.

"Cardiology blends outpatient preventive care, as well as inpatient critical care and emergency care. We can impact people in a very meaningful way, with oftentimes an immediate recovery," Dr. Lanham said in regards to why he chose cardiology as his specialty. "We have, as cardiologists, life changing treatments and can extend people's lives using approaches that were never dreamed of 20 to 30 years ago. Patient care is very rewarding, and the relationships we build with our patients are second to none. In today's healthcare setting, patients need an advocate and someone to listen to their concerns. I pride myself in those areas."

Dr. Lanham said, "What I love the most about being a cardiologist is that I get to teach my patients about their heart. I love educating and spending time with my patients and ensuring they understand everything. I try to take the time to explain to my patients what is wrong with their heart, what they can do to improve, and how we can treat their condition. I think it's important for every patient to have at least a basic understanding of what is wrong and what we are doing to address their problem and their symptoms."

Outside of the office, Dr. Lanham stays busy with his wife Angela and their three children. When he is not spending time with his family, he likes to be outdoors and play golf. In fact, Dr. Lanham even received athletic scholarships to his college thanks to his talent with golfing. "That was certainly a long time ago, my golf game is not great anymore, but I still love to play."

Dr. Lanham will be working out of the SouthCoast Health Savannah Campus Building 2.

IN THIS ISSUE:

- [SCH Welcomes Dr. Lanham](#)
- [New Hires](#)
- [Best of Savannah Winners](#)
- [Volunteers Needed](#)
- [Retirement](#)
- [Anniversaries & Birthdays](#)
- [HR Corner](#)
- [Manager of the Year](#)

SouthCoast Health Welcomes Our September New Hires



Rick Gasper
IT Support Manager,
Admin



Stephanie Kling
Lab Supervisor,
Lab



Brad Mingledorff
Licensed Practical Nurse,
RH 89



Melissa Thompson
Registered Nurse,
Cardio



Savarda Wright
Scheduler,
Bldg. 1



Brittany Johnson
Medical Asst.,
PRN Pool



Tranai Bennett,
Certified Medical Asst.,
Pooler



Adrienne Frazier
Certified Medical Asst.,
Bldg. 1



Asia Tynes
Physical Therapy Tech,
Physical Therapy



Ashanay Washington
Patient Representative,
PRN Pool



CONGRATULATIONS TO OUR BEST OF SAVANNAH WINNERS!



Cardiologist

Roy D. Flood, Jr. (*runner-up*)

Family Medicine/General Practitioner

Kristen A. Updegraff (*winner*)

Foot Specialist

Craig K. Skalla (*runner-up*)

General Surgeon

Jeffrey S. Mandel (*winner*)

Infectious Disease

Nenad Avramovski (*runner-up*)

Internal Medicine

Robert B. Remler (*winner*)

Nephrologist

Nizar S. Eskandar (*winner*)

Neurologist

Victor W. Rosenfeld (*runner-up*)

Nutritionist

Elizabeth Hesley (*winner*)

Optometrist

Edward D. Sammons (*winner*)

Physical Therapist

Lisa M. Bettio (*runner-up*)

Radiologist

Andrew A. Wade (*runner-up*)

VOLUNTEERS NEEDED



OCTOBER 18TH 5:00PM-11:00PM OCTOBER 19TH 10:00AM-11:00PM OCTOBER 20TH 11:00AM-5:00PM

SouthCoast Health is looking for volunteers to serve as hosts at our booth for this year's Great Ogeechee Seafood Festival in Richmond Hill. If you are interested in serving at least 3 hours, please contact Eric Betts at Admin.



Retirement 401k Plan ↗

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.

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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)



September 2019



ANNIVERSARIES

1 Year

Dr. Abby Abisogun
 Dr. Leslie Sizemore
 Dr. Steven Novack
 Dr. Walter Bowden
 Benjamin McLaughlin
 Katie Nunnally
 Nakita Wade
 Lori Lumbatis
 Heather Cary
 Melody Power

2 Years

Ksena McCoy
 Madison Fontaine

3 Years

Linda La Force
 Ashley McBride
 Amanda Woods

4 Years

Dr. Margaret McCormack
 Dr. Christa Jillard
 Marisa Greenlee
 Jessica Forkey

5 Year

Caleb Davis
 Lauren Givens
 Beth D'Ottavio
 Jessica Brady

7 Years

Tyra Lynn
 Peron Scott

8 Years

Dr. Adam Novack
 Erica Jackson

9 Years

Jennifer Bouck

10 Years

Wendy Floyd

11 Years

Cara Martin
 Diana Garcia

13 Years

Dr. Andrew Wade
 Janet Speicher

15 Years

Dr. Micah Riegner
 Dr. Nelson Elam
 Carmen Sumlin

16 Years

Dr. Bhavesh Patel
 Sharon Gibbons
 Christine Johnson

17 Years


Delphine Kelly
 Chris Curry
 Naomi Roberts
 Pam Barker

21 Years

Dr. Julio Cortes
 Dr. Joe Griffin
 Dr. Hiem Thong
 Tonjia Patterson
 Tammie Walz

BIRTHDAYS

2	Sharon Wiley	18	Phyllis Greene
4	Nizar Eskandar	18	Jeanne Kindred
4	Jeannette Whitted	20	Jonell Holmes
5	Vera Green	20	Michelle Williams
6	Dawn Gabrielson	21	Tonjia Patterson
6	Toni Hadden	21	Dr. Wasil Khan
7	Scott Snyder	21	Holly Keller
7	Marie LeBlanc	21	Toni Harris
7	Jameka Kirkland	21	Wanda Randolph
7	LaCrystal Johnson	22	Dr. Troy Murphy
8	Beverly Mitchell	22	Sherry Harrelson
10	Ariele Albritton	22	Patricia Hunt
10	Kendra Manning	23	Dr. Edward Sammons
11	Jovoanda Reed	23	Dr. William Knight
12	Kristy Bowlin	23	Lovisa Lovewine-Larck
12	LaSarah Jones	25	Malaysia Ferrell
12	Haley Conaway	26	Caleb Davis
13	Therese Sheehan	26	Caroline Gully
13	Sabrina Tandy	27	Madison Fontaine
14	Dr. Harresh Dulamal	27	Audrey Taylor
14	Catherine Davis-Wright	28	Candace Williams
15	John McCreery, Jr	28	Alissa Johnson
15	Kelly Kowalski	29	Jacqueline Swearingain
16	Tammy Morris	30	Carla Parker
16	Kimberly Zorbo	30	Nellie Moore
17	Tyra Lynn		



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!



- Assistant Practice Manager
- Insurance Verification Spec.
- AR Pending Insurance Rep
- PTE Ophthalmic Tech
- Medical Asst./LPN-RH Peds
- Registered Dietitian
- Registered Nurse-Cardio
- Medical Scribe-Cardio
- Medical Asst.-Chatham Center/RH 89
- LPN-Infectious Disease
- Nurse Practitioner-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.

Manager of the Year

I would like to invite you to nominate a supervisor or manager that you believe is an exceptional manager. You may also nominate a supervisor or manager in any department. Your nomination will be taken into consideration when the Executive Team looks at the criteria and determines who deserves to be Manager of the Year. Please have your submissions into HR by November 18th. Nominations past this date will not be accepted. Thank you!

Manager of the Year

Nomination Form

2019

Please nominate one manager/supervisor for his/her contributions that exceed expectations for the criteria below. Important- Include supporting remarks to tell why the nominee is deserving of the award.

Manager's Name: _____ **Department/Location:** _____

Nominator's Name: _____

Please elaborate how this nominee:

1. How he/she models professional and competent work ethics.
2. Participates in the advancement of SouthCoast Health's mission and goals.
3. Practices effective communication both verbally and written.
4. Empowers members of their work team to grow and be successful and recognizes their efforts.
5. Exhibits a positive attitude towards providers, employees, patients, and work demonstrated by availability, cooperation, courtesy, friendliness, helpfulness, and presence on the job.
6. Participates beyond the scope of regular duties.
7. Creates a lasting positive impact on department/organization on a consistent basis.

***Please include any testimonials from patients, colleagues, or others.*