

CARING. PEOPLE. QUALITY. INTEGRITY.

McLeod Provides Greater Access to Services with Regional Clinics

Through regional office locations and rotating providers, McLeod specialty clinics offer appointments to patients in the communities where they live. Located in Carolina Forest, Cheraw, Dillon, Hartsville, Manning and Sumter, McLeod Specialists provide care in Cardiology, Electrophysiology, Nephrology, Otolaryngology (ENT), Urology, General Surgery and Vascular Surgery.

McLeod Health Carolina Forest

McLeod Health recently opened the second building in the 43-acre expansion designed to provide services to meet the healthcare needs of residents within and around the Carolina Forest area. With the completion of this two-story facility, the McLeod Health Carolina Forest campus offers physician services in cardiology, family medicine, neurology, otolaryngology (ENT), urology, general surgery and vascular surgery. Seven facilities will comprise the Carolina Forest campus, providing access to primary care and specialty medical services.

McLeod Medical Park Sumter

McLeod Medical Park Sumter was established in 2016 with the relocation of McLeod Cardiology Associates. The spacious and centrally located facility allows residents of Sumter, Clarendon, and Lee counties to receive care from specialists in cardiology, general surgery and urology.

McLeod Medical Park Hartsville

In January of 2018, McLeod Health will establish McLeod Medical Park Hartsville located at 1319 South Fourth Street in Hartsville. Services will include physical therapy and rehabilitation through McLeod Sports Medicine and Rehabilitation, as well as rotating physician appointments in cardiology, vascular, and orthopedics and future subspecialties.



McLeod Health Carolina Forest Medical Office Building Two is located on 107 McLeod Health Boulevard at the intersection of Highway 31 and International Drive, Myrtle Beach, SC.



McLeod Medical Park Sumter is located at 540 Physicians Lane, Sumter, SC.



McLeod Medical Park Hartsville is located at 1319 South Fourth Street, Hartsville, SC.

McLeod Health Announces New Chief Human Resources Officer



Debbie Locklair

Senior Vice President for the organization.

In this new role, Locklair's responsibilities include the management of compensation and benefits for McLeod Health employees, the Human Resources Information Systems and providing leadership to the Recruiting, Employee Relations and Organizational Learning teams.

Locklair previously served as Interim Administrator for McLeod Health Clarendon and McLeod Health Cheraw. Prior to these positions, she served as the Administrator for McLeod Health Dillon for ten years.

Locklair began her career at McLeod in 1989 as a Social Worker and Discharge Planner for the Neonatal Intensive Care Unit. In 1992, she was named Director of Discharge

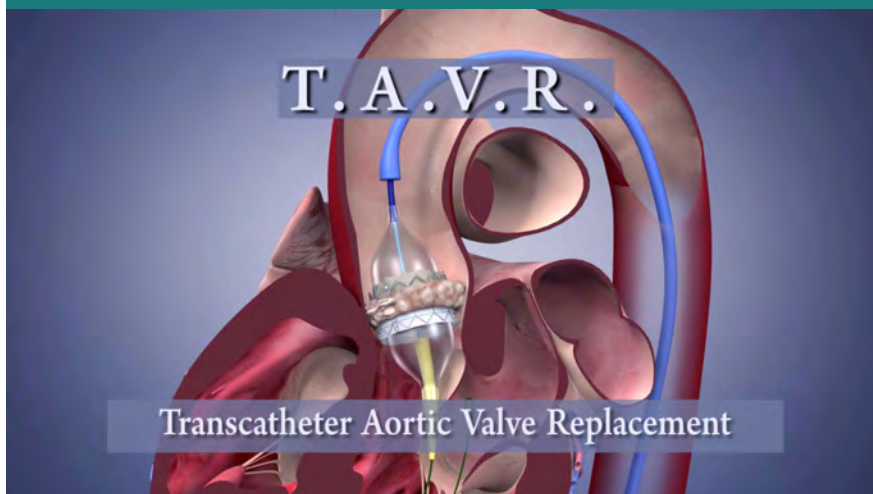
McLeod Health announces the promotion of Deborah D. Locklair to Chief Human Resources Officer. Locklair most recently served as Regional Administrator for McLeod Health with oversight of McLeod Health Clarendon, McLeod Health Cheraw and McLeod Health Dillon. Board certified as a Fellow of the American College of Healthcare Executives, she is also a

Planning, a position she held until 1994 when she assumed leadership as the Administrator of McLeod Health Darlington and Vice President of McLeod Health. In 2003, she became Administrative Chief of Staff for McLeod President and Chief Executive Officer Rob Colones. In this position, she represented the office of the President of McLeod Health to both internal and external publics, as well as assisted in the review of correspondences, documents and contracts with outside organizations.

Locklair received her Bachelor of Science degree in Health Science from Furman University in Greenville, South Carolina. She also completed her Master of Education degree specializing in Counseling from Francis Marion University. On a state level, Locklair serves on the Board of Trustees of the South Carolina Hospital Association and the Board of Directors for the South Carolina Office of Rural Health Board. She also serves on a variety of health care leadership boards including the South Carolina Chapter of the American College of Healthcare Executives and the Vision Council for SC DHHS Healthy Outcomes Program. In 2017, she was named Vice Chair of the Board of Directors for Healthy Learners. Locklair is a Graduate of Leadership South Carolina (LSC) and served on the Board of Trustees for LSC for four years.

A native of Olanta, South Carolina, Locklair lives in Florence with her husband, Dale. They have three children and six grandchildren. Locklair enjoys international travel and being outdoors as well as spending time with her family.

Count on Health: T.A.V.R.



In this Count on Health video, McLeod Cardiothoracic Surgeon Scot Shultz, MD, explains how to replace a heart valve with a needle, not a knife using the Transcatheter Aortic Valve Replacement (T.A.V.R.).

Please click on the image to view the video.

McLeod Employee Shares Success with Financial Peace University



Michael and April Orange

In January 2017, April Orange, Program Director for the McLeod School of Medical Technology, along with her husband, Michael, decided to take advantage of the free offering of Financial Peace University at McLeod Regional Medical Center. At the time, she had no idea how much this class would transform her attitude toward money.

Financial Peace University (FPU) is a nine-week program that teaches individuals practical ways to take control of their financial future, covering topics like relationships and money, saving, budgeting, getting out of debt, investing, and much more.

The principles are taught through video by nationally-known financial counselor and New York Times Bestselling Author, Dave Ramsey, and facilitated by a McLeod Health FPU Coordinator.

When April learned that McLeod would be hosting a class through the Living Well portion of The Compass, she and her husband immediately signed up to participate.

“We were in debt due mostly to student loans and a solar system we purchased the summer before,” explains April. “Both my husband and I made decent money, but we could not see where it was going. After looking deeper into our financial situation, we realized that we were not leaving anything for our young daughter. We want to leave a legacy of wealth and give our children and grandchildren a good start.”

April and Michael immediately began taking small steps to reduce their debt.

“We sold things, learned where to shop for bargains, and became more creative with meals and entertainment, such as a family game night instead of going to the movies,” says April. “We also committed to a budget using the envelope system that Dave teaches about in the class.”

Before each pay period, April and Michael discuss their budget and assign every dollar in an effort to hold each other accountable. To date, the couple has paid off \$45,000 in debt.

“Through this class, we learned how to use money wisely,” says April. “We are so glad we took advantage of this wonderful opportunity.”

About Financial Peace University

Beginning in January 2018, Financial Peace University will again be available for employees of McLeod Health. Classes are free of charge for those who graduate.

The average family pays off \$5,300 in debt and puts \$2,700 in savings during the nine-week program, adding up to an \$8,000 financial turnaround.

Classes will begin on the Florence campus with a weekly session on Tuesdays from 6:00 p.m. to 8:00 p.m. To learn more about this opportunity before committing to the program, a preview session will be held on Tuesday, January 2 from 6:00 p.m. to 8:00 p.m.

Classes will run from January 9 through March 6. Additional classes will be offered on other campuses throughout 2018 based on demand.

To register for Financial Peace University or to express interest in attending a future session, contact Organizational Learning at (843) 777-4521.

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Anywhere.

McLeod
TeleHealth.org

DOWNLOAD THE APP

McLeod Health Clarendon Recognizes Ah-Ha Project Winners

McLeod Health Clarendon recently recognized winners of the Ah-Ha Project, created by Service Excellence. Employees can enter the drawing by sharing a significant moment – an Ah-Ha moment – in their patient care experiences. Employees can also nominate a co-worker who has made an impact in their healthcare experience.



Evelyn Dennis (far left), 2 East



Cynthia Pearson (second from right), 2 East



*Maggie Ridgeway (left),
Emergency Department*



*Stuart Smith (right),
Radiology*

McLeod Cheraw Orthopedic Surgeon Appears on WCRE



Dr. Thomas DiStefano, a McLeod Health Orthopedic Surgeon, recently appeared on the WCRE Morning Show in Cheraw. Dr. DiStefano spoke with Jane Pigg about common orthopedic conditions and treatment options.

McLeod Welcomes New Physicians



Please click on the image above to learn more about Dr. Hanna Benchekroun and other new physicians at McLeod.

For optimal viewing, please open the Flickr album in Google Chrome or Mozilla Firefox.

Foundation Angels Provide Grants to McLeod Loris



The McLeod Loris Angels, a women's healthcare philanthropy group, benefitting McLeod Loris, granted close to \$1,700 raised by members of the association. This funding will go toward departmental improvements and provide additional support for patients.

The grants include:

- McLeod Loris Hospitality Cart to provide comfort items to the patient's family during their stay in the hospital.
- New surgical equipment for the McLeod Loris Labor and Delivery department.
- A Basic Life Support (CPR) training DVD for Perioperative Services which will allow staff to easily maintain certification within the department.
- \$500 for McLeod Hospice to help indigent patients and families receive the resources needed to provide comfort care through the end of life process.

The purpose of the McLeod Loris Angels is to provide networking and healthcare-related educational opportunities for women who support the McLeod Foundation and to develop women's knowledge of the impact of philanthropy on healthcare.

Nursing Daisy Award In Recognition of Extraordinary Nurses at McLeod

To recognize those Nurses at McLeod Regional Medical Center who are true examples of Nursing Excellence, patients, family members and co-workers may nominate nurses for The DAISY Award for Extraordinary Nurses.

The award is part of the DAISY Foundation's program to recognize the super-human efforts nurses perform every day.

The not-for-profit DAISY Foundation is based in Glen Ellen, CA, and was established by family members in memory of J. Patrick Barnes. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune disease. The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

Nurses may be nominated for their strong clinical skills and the compassionate care they provide. Nomination forms are available on each nursing unit at McLeod Regional Medical Center or can be found at www.McLeodNursing.org.

The recipients to receive The DAISY Award are chosen by the DAISY committee led by nurses at McLeod Regional Medical Center. Awards are given throughout the year at presentations given in front of the nurse's colleagues, physicians, patients, and visitors. Each Honoree will receive a certificate commending her or him for being an "Extraordinary Nurse." The certificate reads: "In deep appreciation of all you do, who you are, and the incredibly meaningful difference you make in the lives of so many people." The Honoree will also be given a beautiful and meaningful sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Africa.

"We appreciate the day to day commitment our McLeod Nurses demonstrate in serving the patients who entrust us with their care," said Tony Derrick, Vice President of Nursing and Chief Nursing Officer, McLeod Regional Medical Center. "We are proud to be among the healthcare organizations participating in the DAISY Award program. Nurses are heroes every day. It's important that our nurses know their work is highly valued, and The DAISY Foundation provides a way for us to do that."



Merit Awards

MRMC



Shailah Haynes
Case Management
November 2017



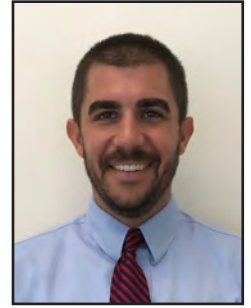
Michael Mackillop
Telecommunications
November 2017

Clarendon



Amanda Wilson
Nutrition Services
November 2017

Loris Seacoast



John Paul Rogers
Registration
November 2017

MPA



Denise Graham
McLeod Pediatric Associates of Florence
October 2017

Presented by Dr. Tom Spence, Physician; Leah Conner, Office Manager; and Brad Cole, Associate Vice President.

McLeod Dillon Recognizes Employees for Years of Service

McLeod Dillon recently recognized employees for their years of service during an Employee Service Awards Banquet. During the ceremony, four employees – Linda Bruce, Gwen Grice, Willie Holden, and Lynn Harden – were honored for their contributions to the organization.



Linda Bruce, left, and Gwen Grice, right, were recently honored for 45 years of service at McLeod Dillon.



Willie Holden, left, and Lynn Harden, right, were recently honored for 40 years of service at McLeod Dillon.

Cheraw



Mary Lynn Taylor
Operating Room
October 2017

Jerry Driggers
Radiology
November 2017

Retiree

Linda Hamilton
Patient and Family Services
McLeod Seacoast
32 years

Monthly Specials

McLeod Spa December Specials



20% off of Nail Services • Specially-Priced Holiday Packages:

Joy Ritual

Express Facial, Express Massage, and Spa Manicure

Merry Ritual

50-minute Nirvana Stress Relief Massage, Spa Manicure, and Spa Pedicure

Holiday Ritual

80-minute Nirvana Stress Relief Massage, Wild Lime Scalp Massage, Pure Results Facial, and Spa Pedicure

To schedule an appointment, call 777-3203 (Concourse) or 777-3200 (Health & Fitness Center).

Don't forget Tuesdays are Employee Days

Present your employee ID badge for 15% off any service or product.

(Not valid on gift certificate purchases.)

Visit: www.McLeodHealthFitness.org for a menu of services.

Holiday Closings/Hours of Operation

McLeod Regional Medical Center Concourse

- McLeod Choice Pharmacy will be closed December 25 and January 1.
- Starbucks, Freshens, and East Bay Deli will be open from 8:00 a.m. to 5:00 p.m. on December 24.
- Starbucks will be open from 8:00 a.m. to 5:00 p.m. on December 25 and from 6:00 a.m. to 8:00 p.m. on January 1.
- McLeod Florist will be closed December 25-26 and January 1.

McLeod Health & Fitness Center and Spa will be closed December 25 and January 1.

McLeod Health & Fitness Center Clarendon and Spa will be closed December 25 and January 1.

McLeod Center for Health & Fitness in Loris will be closed on December 25 and January 1.

McLeod Health & Fitness Center



December Special

Join in December and pay no joining fee!

In an effort to better serve you, McLeod Health & Fitness Center is now open at **5:00 a.m.** Monday through Friday.

Hours of Operation:

Monday – Thursday: 5:00 a.m. – 10:00 p.m.

Friday: 5:00 a.m. – 8:00 p.m.

Saturday: 7:00 a.m. – 7:00 p.m.

Sunday: 1:00 p.m. – 7:00 p.m.

www.McLeodHealthFitness.org.

McLeod Resource Center



December Special

Enjoy 10% off Medela Quick Clean Wipes

January Special

Enjoy 10% off Breastmilk Feeding Gift Sets



For a complete list of upcoming events, please click [here](#) to view the McLeod Health calendar.

Ten Holiday Survival Tips



The holiday season is challenging for everyone. While it might be easier to swan dive into dressing and eggnog or whatever food you love, you CAN indulge (some) and maintain your weight during the season. Here are ten tips to consider when you think about the many parties, celebrations and food:

1. **Focus on weight maintenance.** Even if you want to lose weight, maintaining over the holidays with all the extra food, family, and stress is a more realistic goal.
2. **Weigh twice a week.** If you are emotionally attached to the scale, this is not the tip for you, but otherwise, weighing twice a week helps keep you on track. Make sure to weigh first thing in the morning.
3. **Just say no.** Willpower is like a muscle – you have to work it to get stronger. And it helps to work your willpower during non-food situations to encourage saying no when in food situations. There are many food pushers out there during the holiday season who want you to eat their tempting food. Stay in control by saying things like: “It looks delicious but I’m so full, I can’t eat another bite!” or “Thank you, but I’m good.” If they look disappointed, give them a hug instead.

4. **Limit your splurge times.** We tend to splurge daily around the holidays but make sure to limit your times of splurging to one day instead of rolling into four or five. Give leftovers away, bake treats that don’t call your name until they are gone, and take something healthy to holiday parties.
5. **Keep a healthy routine going.** Banish guilt after an eating splurge and get back to healthier habits quicker. You CAN have many healthy eating days during the holidays. Make it so!
6. **Eat your water.** Veggies contain a lot of water and fiber. Fill up by adding veggies to at least two meals a day. Choose cooked or raw veggies such as greens, tomatoes, broccoli, squash, zucchini or other veggies you like to your daily intake.
7. **Use the fork trick.** There are so many foods available during the holidays we tend to numb out to truly tasting. A great way to really focus on tasting is to put your fork down with each bite. The trick is to let go of your fork and actually concentrate on what is in your mouth instead of prepping for the next bite.
8. **Eat regular meals and snacks.** Fueling properly will help keep you in control. Be sure to include healthy protein, lots of fresh veggies and fruits, and whole grains.
9. **Concentrate on your workouts.** Even if you are rushing around, don’t skip workouts. Fitness can be achieved in 10 to 15 minute segments so rev up your heart rate with quick workouts or walks. Fit in time for fitness!
10. **Rest well.** Sleep deprivation increases cravings so aim for seven to nine hours of sleep a night.

For more information on adopting healthier lifestyle changes, contact Kitty Finklea, lifestyle coach, registered dietitian and personal trainer at McLeod Health and Fitness Center, 843-777-3000.