

Employee Safety & Engagement Survey Begins

Please take the time to participate in the 2020 McLeod Health Employee Safety & Engagement Survey running from March 2 through March 20.

Rob Colones, McLeod Health President and CEO, stated in a recent letter to all employees, that “Your input is very valuable and gaining information about how employees at all levels perceive our Organization, Leadership, and Employee concerns are essential in determining where we are, where we want to be and how we assure we continue to work together as one. The survey results will guide our efforts to continually improve McLeod Health and helps us continue to be The Choice for Workplace Excellence.”

The survey password is your Living Well User ID. This is the User ID you enter to view pay stubs, PTO balance, and for enrolling in your annual employee benefits. Click this link to take the survey: [McLeod Employee Survey](#).

The link can also be accessed from the Living Well section of the Compass.

Keep in mind when taking the survey, when you see the term...

Organization: consider McLeod Health



Senior Management:

consider the vice presidents of McLeod and above; the executive team

The person I report to:

consider the person you report to directly; the person who conducts your annual performance evaluation

Work Unit: consider the group of employees you work with on a regular basis, usually reporting to one manager

Employees: consider the people who work for McLeod Health

If you have any questions about the survey, please call the McLeod Human Resources Service Center at 843-777-2595.

Thank you for sharing your opinions and providing your feedback.

If you experience issues accessing your survey, it is recommended you use Internet Explorer version 11, Google Chrome, or Mozilla Firefox as your web browser.

For survey support, contact Press Ganey Client Support Desk at hdesk@pressganey.com and a representative will respond to your email within 24 to 48 hours. Client Support Desk hours of operation are Monday through Friday 8 a.m. to 8 p.m. EST.





GO HEALTHY

WEIGHT MANAGEMENT PROGRAM

It's not a diet. It's a lifestyle!

Good nutrition is the foundation of good health. A healthy diet can be your best defense against chronic diseases and a long-term benefit to your overall wellbeing! **Go Healthy!** can give you the tools to make better, healthier choices every day.

About the Program

As a member of Healthier You, you have access to a **FREE** weight management program.

Go Healthy! is a virtual 12-week (13 sessions) weight loss program built from science-based recommendations from major health organizations to support weight loss and health management. The focus is on lifestyle behaviors of diet and exercise to support success without calorie counting. The program is effective for improving blood pressure, cholesterol, diabetes, insulin resistance, and many other medical conditions.

Requirements:

- ▶ Log food, physical activity and weight weekly.
- ▶ Watch a short video and complete a questionnaire/etracker weekly via email.
- ▶ Have 4 check-ins with a Care Manager. Initial introduction and weeks 4, 8 and 12.

New sessions will start the weeks of:

- | | |
|---------------------|------------------|
| ▶ January 6, 2020 | ▶ April 20, 2020 |
| ▶ January 20, 2020 | ▶ May 4, 2020 |
| ▶ February 3, 2020 | ▶ May 18, 2020 |
| ▶ February 17, 2020 | ▶ June 1, 2020 |
| ▶ March 2, 2020 | ▶ June 15, 2020 |
| ▶ March 16, 2020 | ▶ June 29, 2020 |
| ▶ April 6, 2020 | |

Enrollment options:

Call: 888-808-7466

Email: HealthierYou@McLeodHealth.org



inHealth App: After logging in, click on the menu bar and select the 'Healthier You' tab, then select the link under the 'Go Healthy' banner and follow the prompts to schedule an appointment.



McLeod Sports Medicine to Host Scholarship Run

McLeod Sports Medicine Scholarship Run/Walk



The annual McLeod Sports Medicine Scholarship Run will be held Saturday, March 21, 2020. The race will begin at 9:00 a.m. for a 5K Run. Race day registration will be available from 7:30 a.m. until 8:30 a.m. The race will take place at McLeod Sports Medicine, 2439 Willwood Drive, Florence, SC 29501.

Prizes and medals will be given to the top three overall males, top three overall females as well as the winner and runner-up of each age division. You must be present to receive the awards or make prior arrangements with the race director. Total value of prizes is over \$500. Raffle tickets will be given to each entry, and a drawing will be held during the awards presentation.

The cost to participate is \$25 if pre-registering and \$20 for McLeod Employees and Military Personnel. Registration cost on the day of the event is \$30. The cost of the race includes a T-shirt. Following the race, music, food, and activities will be available for the entire family to enjoy.

For more information, call McLeod Sports Medicine at (843) 777-5139. Online registration and printable registration form instructions can be found at www.McLeodRaceSeries.org.



**EARLY DETECTION SAVES LIVES.
GET A COLONOSCOPY.**

To learn more about colonoscopies, click [here](#).



Pricilla McRae
Director of Respiratory Therapy
McLeod Health Cheraw

"To me, the survey serves as an open forum that allows my team to freely express their honest opinions to the questions. As a result of the previous survey, we were able to pinpoint areas that needed improvement. The respiratory team was empowered to develop an action plan that continues to bring harmony and strong teamwork."

McLeod Child Development Center Achieves Re-designation as a Breastfeeding Friendly Child Care Site



Valerie Smith, a teacher at the McLeod Child Development Center, reads a book to the children about “Mama’s Milk” to help them understand how animal mothers feed their babies.

The McLeod Child Development Center has again earned the South Carolina Breastfeeding Friendly Child Care (BFCC) designation. Originally designated as a BFCC in 2016, McLeod was one of the first two programs in the state to achieve this designation.

The South Carolina Program for Infant/Toddler Care (SCPITC) established the BFCC designation to recognize child care programs that promote, protect and support breastfeeding.

“We are pleased to again achieve the breastfeeding friendly child care program designation,” said Kimrey Ann Haughn, Director of the McLeod Child Development Center and driving force behind the effort. “We are committed to the promotion, protection, and support of breastfeeding for the child development center’s breastfeeding moms. Our staff work diligently each year to enhance their breastfeeding education and improve their knowledge on ways to incorporate the

importance into their everyday work with the child development center’s children.”

The Breastfeeding Friendly Child Care initiative was established to give mothers the support they need at a most critical time during their breastfeeding experience; that time when the baby is placed into child care. Many mothers find this transition to be difficult and discontinue breastfeeding their baby. South Carolina is making important strides to improve breastfeeding rates, especially during the prenatal and post-partum care in the clinical and hospital setting.

The BFCC designation requirements include child care programs establish a policy on the importance of breastfeeding, train teaching staff how to support and promote optimal infant and young child feeding, inform women and families about the importance of breastfeeding, provide learning and play opportunities that normalize breastfeeding for children, ensure all families served are able to properly store and label milk for child care program use, provide a breastfeeding friendly environment, support breastfeeding employees, ensure each infant has a feeding plan that supports best feeding practices, contact and coordinate with local skilled breastfeeding support, and continue updates and learning about the protection, promotion, and support of breastfeeding.

Join us for Dinner and Discussion about *Your Health*

Join us for the expert panel of McLeod Physicians:
Cardiology, Vascular, Women's Care and Primary Care

Thursday, March 26, 2020

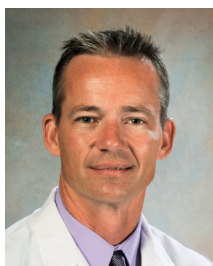
Free Breast Exams: 5:00 p.m. - 6:00 p.m.

Dinner & Discussion: 6:00 p.m. - 8:00 p.m.

Central Carolina Technical College - Health Sciences Center

133 South Main Street, Sumter, SC 29150

To register call (843) 777-2005. Registration is required. Space is limited.



Dr. Dennis Lang
McLeod Cardiology Associates



Dr. Carmen Cribb
Eagerton Family Practice



Dr. Gabor Winkler
McLeod Vascular Associates



Tom Chappell, CNM
McLeod Women's Care Clarendon

McLeod Health

www.McLeodEvent.org

McLeod Cardiologist Appears on Radio

McLeod Cardiologist Dr. Ryan Garbalosa recently appeared on the Z95.5 Good Morning Sumter Show.

Dr. Garbalosa spoke with radio personality Derek Burrell about risk factors for heart disease and how to live a heart healthy lifestyle as well as when you should see a cardiologist.

Dr. Garbalosa cares for patients in Sumter with Dr. Dennis Lang at McLeod Cardiology Associates located at 540 Physicians Lane and in Manning at 21 East Hospital Street.



McLeod Health Dillon

Nurse Supervisor Speaks on Heart Health



Tonya Wright, McLeod Health Dillon Nursing Supervisor, speaks to the Volunteer Auxiliary about heart health.

Tonya Wright, Nursing Supervisor, spoke to the McLeod Health Dillon Volunteer Auxiliary about heart health at their February meeting. Tonya discussed warning signs that require medical attention and shared healthy lifestyle options.

Heart disease is South Carolina's leading killer for women among all racial and ethnic groups. Historically, heart disease was considered a disease only effecting men. Now, through research and education, it is known that heart disease is the number one killer of women over the age of 25.

According to the American Heart Association, an estimated 43 million women in the United States are affected by heart disease. Ninety percent of women have one or more risk factors for developing heart disease. Statistics show that heart disease causes one in three women's deaths each year, killing approximately one woman every minute.

McLeod Health Seacoast Hosts Heart & Vascular Panel Dinner



Vascular Surgeon Dr. Joshua Sibille shares information about stroke.

McLeod Health Seacoast recently offered a Heart and Vascular panel dinner to the public.

Three physicians from the McLeod Heart & Vascular Institute were featured at the event: Dr. Gavin Leask, McLeod Cardiology Associates; Dr. Joshua Sibille, McLeod Vascular Associates; and Dr. Robert Messier, McLeod Cardiothoracic Surgical Associates.

Each physician spoke on specific medical conditions and treatments available. Topics discussed included: Vascular Health, Heart Health and Valve Replacement.

The McLeod Heart and Vascular Institute provides the most comprehensive and sophisticated heart care for patients in Northeastern South Carolina and Southeastern North Carolina. The McLeod Heart and Vascular team is comprised of experienced cardiac surgeons, cardiologists, vascular surgeons, and skilled clinicians who all work together to deliver extraordinary cardiovascular care.



Dr. Gavin Leask answers an atrial fibrillation question during the McLeod Heart & Vascular panel dinner. (pictured l to r: Vascular Surgeon Dr. Joshua Sibille, Cardiologist Dr. Gavin Leask and Cardiothoracic Surgeon Dr. Robert Messier).

New Physicians

McLeod Welcomes New Physician

Please click on the image to learn more about Dr. Deidre Tyson, McLeod Pediatric Endocrinology, and other new physicians at McLeod Health.

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



Important Dates

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

MARCH 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Melanie Smith, RN
McLeod Health Dillon

"I am looking forward to the McLeod Employee Survey. I feel it is a great tool to express our thoughts and feelings about how our departments operate. Previous surveys have allowed us to find our team's strengths and weaknesses while also finding new and improved ways to provide excellent care for our patients."

Heart Attack Basics Video

Heart Attack Basics You Need To Know

In the video above, Dr. Alan Blaker with McLeod Cardiology Associates, explains heart attack basics that you need to know. Click on the image above to view the video.

SAVE A LIFE. ACT FAST.

Heart Attacks are more common than you think, and they can happen to anyone at any time. Statistics show that emergencies requiring CPR are most likely to be needed by someone at home: a child, a spouse, a parent or a friend.

It's important to be able to recognize the symptoms of a Heart Attack and act fast with CPR for the best chance of survival and recovery.



Know The Symptoms of a Heart Attack.

- Pain or discomfort in the chest
- Jaw, neck or back pain
- Discomfort or pain in arms or shoulder
- Lightheadedness, fainting or weakness
- Shortness of breath
- Nausea and/or vomiting
- Excessive sweating

To see how to properly perform Hands-Only CPR, watch the how-to video at [McLeodCPR.org](#).



Call 911 - Don't wait more than 5 minutes

McLeod Health
McLeodHealth.org

Merit Awards

MRMC



Cheryl Neuner
Outreach Education
November 2019



Connie Singletary
Child Development Center
November 2019



Pam Cooper
Central Processing
February 2020



Troi Gasque
Compliance
February 2020

Cheraw



Michelle Luck
Surgical Services
January 2020

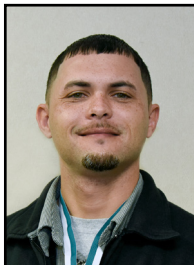


Marinda Trolie
Laboratory
January 2020

MPA



Rhonda James
Case Management
February 2020



Jon Locklear
Construction
February 2020



Angela Putnam
Nursing Administration
February 2020



Lauren Snipes
Foundation
February 2020



Melanie Jones
MPA
January 2020



Dr. Joslyn Angus
MPA
January 2020

Monthly Specials

McLeod Spa

MARCH SPECIAL:

**20% off all services
for McLeod
employees every
day at both
locations**



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

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.

McLeod Health & Fitness Center



March Special:

Join now and the first month is free.

McLeod Resource Center



March Special:

Enjoy 10% off all maternity bras.