

NEW PEDIATRICS HOURS A ‘WIN-WIN’ FOR PATIENTS AND STAFF



When you’re a working parent, balancing your time between your career and your kids isn’t always easy. For instance, what happens when your child gets injured or sick?

The answer seems obvious: You get them the best care available as soon as possible. But that’s not always easy either. Illness and injury don’t happen at a parent’s convenience, and Longstreet Clinic pediatrician **Dr. Richard R. Shelton** said he and his colleagues noticed some of his patients were having to seek treatment at urgent care centers or emergency rooms due to their parents not being able to get their kids to Longstreet Clinic during typical operating hours.

Considering that Longstreet Clinic Pediatrics is a patient-centered medical home, Dr. Shelton felt that was a reality worth addressing. And so, the practice began the process of collecting parent feedback and studying the most requested appointment times.

The results led to extending the operating hours at all five of the Clinic’s pediatric locations to include hours after 5 p.m.

during weekdays. Fridays, the research showed, were the least desired time that parents and families wanted to come in for an appointment – as families wind down busy weeks or make leisure plans. By closing

early on Fridays, Pediatrics shifted otherwise inefficient time to extend its weekday schedule and offer more Saturday hours – hours that feedback showed were more desirable for family schedules.

New Pediatric Hours:
Mon-Thurs: 8:30 a.m. to 5:30 p.m.
Fri: 8:30 a.m. to 1 p.m.
Gainesville & Braselton only:
Sat: 8:30 a.m. to Noon

In addition, Longstreet Clinic pediatrics is also now open on Saturdays in Gainesville and Braselton from 8:30 a.m. to noon. (Previously, only Longstreet Clinic’s Gainesville location had Saturday hours.)

“We looked closely at what we called our internal customers – our staff – and our external customers – our patients – and asked, ‘How can we better serve both at the same time?’” Dr. Shelton said. “As a patient-centered medical home, we want to see our patients any time they need us; it makes for better care for them, and it helps us to get to know the patient better.

“So far, the feedback we’ve had from patients and staff is that they are really pleased with both changes.”

Parents and guardians can now set appointments that better suit their busy schedules while also getting the first class care they expect from Longstreet Clinic providers.



“This is huge for parents and kids, because parents can wait for their kids to get home from school, while mom or dad may can wait until after work, if necessary,” Dr. Shelton said. “And being open on Saturdays in Braselton is huge for our patients that live near to that area.”

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AROUND THE CLINIC



Pink Out Friday

Longstreet Clinic staff showed their support at a pink out on October 18 for Breast Cancer Awareness Month.



Fueling your body talk

Center for Weight Management dietitians **Amy Sabbag, RD** and **Mercedes Hall, FNP-C** spoke to Cresswind at Lake Lanier about the latest in nutrition, diets and weight loss.



Obesity Walk

The Center for Weight Management Team attended the 2nd Annual Obesity Awareness Walk at Laurel Park in Gainesville.



HealthSmart

Longstreet Clinic supported the Greater Hall Chamber of Commerce's HealthSmart Wellness Expo with a booth and provided 144 free health screenings.



Interventional Pain Management Talk

Dr. Sook Yoon, Interventional Pain Management specialist, spoke to the residents of Del Webb Chateau Elan about non-opioid medical management of chronic pain.

Chemo Care Bags

Longstreet Clinic Cancer Center received 165 Chemo Care Bags, an annual project led by HCSO SSgt. Jennifer Watt in memory of her mother during Lung Cancer Awareness month.



Chamber Meeting

Longstreet oncologist **Dr. Devi Sampat** (right) spoke about Innovative Treatment Options at a recent Chamber program.



Congressman tour

U.S. Congressman Andrew Clyde toured the Clinic to get a better understanding of who we are and what our needs are.

EMPLOYEE OF THE QUARTER



Congratulations to our Employee of the Quarter (Q3) winner, **Judy Sams**! The following was said of Judy in her nomination form: Judy has been an invaluable asset to the Longstreet Clinic as a Radiology Technician for over 19 years. She consistently demonstrates an unwavering dedication to her work. Judy has earned the trust and respect of both her fellow staff members and the physicians she works with. She is a true team player, always willing to step up and assist at any of

our locations when staffing is short. Judy's dependability and willingness to go the extra mile, without hesitation or complaint, make her an invaluable member of our team." Thank you, Judy, for your dedication to Longstreet Clinic and your commitment to our patients!



To nominate, visit longstreetclinic.com/employees

7 EASY TIPS TO HELP SURVIVE THE HOLIDAYS



Fresh, hot, buttered rolls, creamy mashed potatoes, savory homemade dressing, a succulent turkey, all topped off with gravy...Is your mouth watering yet? Well, it's that time of year, a time when these types of foods fill tables and buffet lines all over the nation, as we come together for the holiday season.

If you're trying to be healthy or lose weight, however, these thoughts may make you cringe a bit. Sure, it sounds great, but you know that eating foods like this at gathering after gathering is a surefire way to undo a lot of the good work and gains (rather, losses) you've made the other 10 to 11 months of the year.

With that in mind, you might understand why some people actually dread the holiday season.

But have no fear! Longstreet Clinic Center for Weight Management dietitians **Sheenagh King, RD, LD, CPT**, and **Amy Sabbag, RD**, say there are plenty of reasons that you can stay healthy and maintain your waistline, no matter how many holiday gatherings you attend through Christmas and the New Year.

Scan the QR code to read their **seven tips** to balance the calories with the merriment this holiday season.



PCMH: Adult Primary Care Practices Recognized

We are excited to share that Longstreet Clinic's adult primary care sites have joined our Pediatrics locations in again achieving NCQA Patient-Centered Medical Home status. This includes LC Internal Medicine and Family Medicine practices in Gainesville, Oakwood & Braselton. Longstreet Clinic was the first practice in the area to achieve the highest level of PCMH recognition more than a decade ago. Thank you to **Victoria Truelove** and our entire Population Health team, as well as the providers, practice managers and staff of our primary care sites whose detailed work helps us obtain recertification on an annual basis.



(continued from page 1) Meanwhile, Longstreet Clinic pediatrics staff get to enjoy Friday afternoons off. “The staff has been ecstatic about the new Friday hours, and having everyone on board was an important aspect of this,” Dr. Shelton said. “Everybody had to buy in to this to make it work, and it’s been a group effort.”

That includes staff in all pediatrics, laboratory technicians in Braselton,

as well as Clinic leadership, who encouraged the pediatrics practice to think outside the box to find solutions.

“I want to thank the whole board and Mimi Collins for having an open mind and making this work, particularly in Braselton,” Dr. Shelton said, also crediting **Dr. Saima Hussain**, **Dr. Rachel Crudgington**, pediatrics

practice administrator **Pam Patterson**, the Senior Staff Supervisors in Pediatrics (**Tasha Gee**, **Elisha Lee** and **Jessica Wynn**) and Longstreet Laboratory Services Director **Stephanie Brown** as instrumental in the process. “It’s been a group effort, and I’m so proud of everyone. A plan is only as good as the people executing it, and everyone has been really positive about how this is working.”



Annual Door Decorating Contest

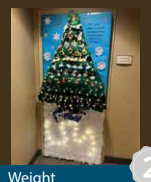
It wouldn't be the holiday season without Longstreet Clinic's annual Door Decorating Contest! Each year we are blown away by the creativity and work that our team puts into these doors. Thank you to all who participated again this year – you brought smiles and good cheer to our patients, visitors and staff. And thank you to our judges – your jobs are never easy because of all the great choices. But someone has to win, so congratulations to these 2024 prize winners:

GAINESVILLE



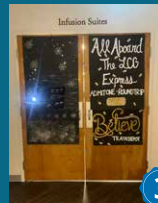
Epic Team

1



Weight Management

2



Oncology

3

NORTHERN OFFICES



Family Medicine Dahlongega

1



Family Medicine Demorest

2



Internal Medicine Demorest

3

SOUTHERN OFFICES



Pediatrics Oakwood

1



Pediatrics Braselton

2



Bariatrics/Vascular Suwanee

3

View all the entires on our Facebook page!

FEELING SICK? URGENT CARE IS HERE

Longstreet Clinic Urgent Care is open 7 days a week for patients 12 and older. And don't forget, we are a lower cost urgent care option than other facilities due to our location within our primary care practice in Gainesville! Plus, Longstreet employees and dependents receive the following benefits: \$35 co-pays and 50% discount on ancillaries (lab, imaging). This includes spouses and dependents over age 12, even if they are not covered under Longstreet's employer-provided health plan.

Call **678-207-HERE (4373)** for more information or visit longstreetclinic.com/on-my-way to save a place in line before you arrive.

Hours: Mon-Fri, 8 a.m. to 8 p.m., Sat-Sun, 9 a.m. to 3 p.m.

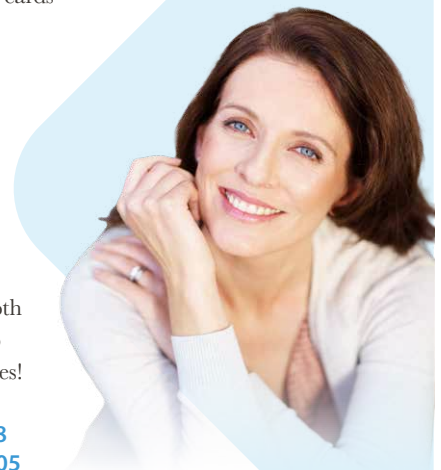
GIVE THE GIFT OF BEAUTY



Did you know that Longstreet Clinic Laser & Aesthetics has gift cards available for purchase?

Both our Oakwood and Dahlongega offices offer a wide variety of skincare treatments, products, and aesthetics services such as Botox, fillers and laser treatments. In addition, both locations offer discounts to Longstreet Clinic employees!

Oakwood: **770-533-6658**
Dahlongega: **706-867-6505**



Benefits BEAT



OPEN ENROLLMENT

Thank you to everyone who attended one of our three **open enrollment events** this year! We had **535 employees** come through over three days – two in Gainesville and one in Braselton. And **61** of you won prizes! In addition to attendance, we scheduled **25 primary care appointments** for employees and administered **81 flu shots**. We also had **52 employees** pledge more than **\$3,900** to United Way of Hall County. We appreciate everyone, from our employees to our vendors for making this year's Open Enrollment such a big success.



HAPPY TRAILS!

It's always hard to say goodbye to good people, and we've got quite a few beloved, longtime providers and employees who are retiring at the end of 2024. All of them have been with us for more than a decade, many much longer. We are thankful for their dedicated service and expertise and wish them happiness in their next phase.



Candice Evans, CFNP
Pediatrics Buford

"I have worked with Candy my entire Longstreet career. It is difficult to imagine not having our morning conversations and friendship. I think I speak for all of us in the Buford office when I say we are going to miss her tremendously!"

– Richard Shelton, M.D.



Carol McKenzie
Patient Care Coordinator, Primary Care

"Working with Carol has been like a box of Forrest Gump's chocolates... You never know what you are going to get but you can always expect it to be fun, sweet, and a little crazy! She is everyone's friend and especially mine for over 40 years."

– Debbie Coleman, coworker



William Manus, M.D.
Family Medicine Physician



Priscilla Strom, M.D.
General Surgeon



Dottie Carlan
Benefits Specialist/Payroll



Cheryl Williams, RN, CDE
Diabetes Educator



Kathy Swanson
Systems/IT Administrator



Carolyn Starr
Revenue Cycle Representative



Kathy Francis
Coding Specialist

HR CORNER

From the Desk of

John Dionne

Human Resources Director

Well, we survived Open Enrollment this year with minimal changes to our benefits and no employee cost increase for any of our medical plans for 2025! It was great seeing everyone at the benefits events; I hope you all enjoyed them. In January 2025, we have an enrollment period for our newer employees who are now eligible to participate in our **Retirement Plan**. These employees will receive a notice about enrollment information sessions.

What a great time to remind everyone to login to their **Voya account**, update your settings, make sure you have a beneficiary designated and increase your Retirement Plan contributions! If you have never changed your contribution from your initial enrollment, you are contributing at a rate of 2%. I challenge you to increase that to 3% if you can. Since we are talking pre-tax dollars, the change in your paycheck will be around one DoorDash lunch a pay period! Think about it and have a great Holiday Season.



LONGSTREETCLINIC
Your Health. Our Specialty.