West Central Georgía Regional Hospítal Regional Reflections

APRIL 2016

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Spring Is Here!



Since opening in 1974, West Central Georgia Regional Hospital (WCGRH) has stood as a beacon of hope for consumers in need of behavioral healthcare services in the State of Georgia

QUALITY MANAGEMENT The Joint Commission Corner



JOINT COMMISSION IS GONE, NOW WE CAN REST RIGHT? NO!

For decades, the Joint Commission (TJC) or previously called JACHO (but don't EVER call them that now) had inspections that would send even the finest US hospitals into hysteria. Now there is a secret to pass these inspections and the secret just might surprise you. The secret is to: **ALWAYS BE JOINT COMMISSION READY!**

As our new survey cycle kicks off, it is important to maintain a constant state of survey preparedness and an ongoing environment of high quality, safe patient care. Going forward, the Quality Department will be focusing monthly on different Joint Commission topics based on past survey findings, most frequently cited standards and identified risks. Remember our motto: "Quality Care, People First." High Quality Care doesn't just happen every 3 years.

West Central GA Regional Hospital Nursing Conference PTSD: Neurobiology, Treatment, and Research



Keynote Speaker Nzinga A. Harrison, M.D.

All Disciplines Welcome

> May 12, 2016 9:00AM -1:15PM

Registration starts at 8:30AM

West Central GA Regional Hospital 3000 Schatulga Road Columbus, GA 31907 Honor Hall, Building 12

The purpose of this activity/session is to enable the learner to apply knowledge of prevalence, neurobiology and evidence-based evaluation of PTSD in order to identify and manage individuals with PTSD in various medical settings.

Registration Deadline is May 9, 2016

Contact Malcolm Booker @ 706 568-5177 for Registration Information





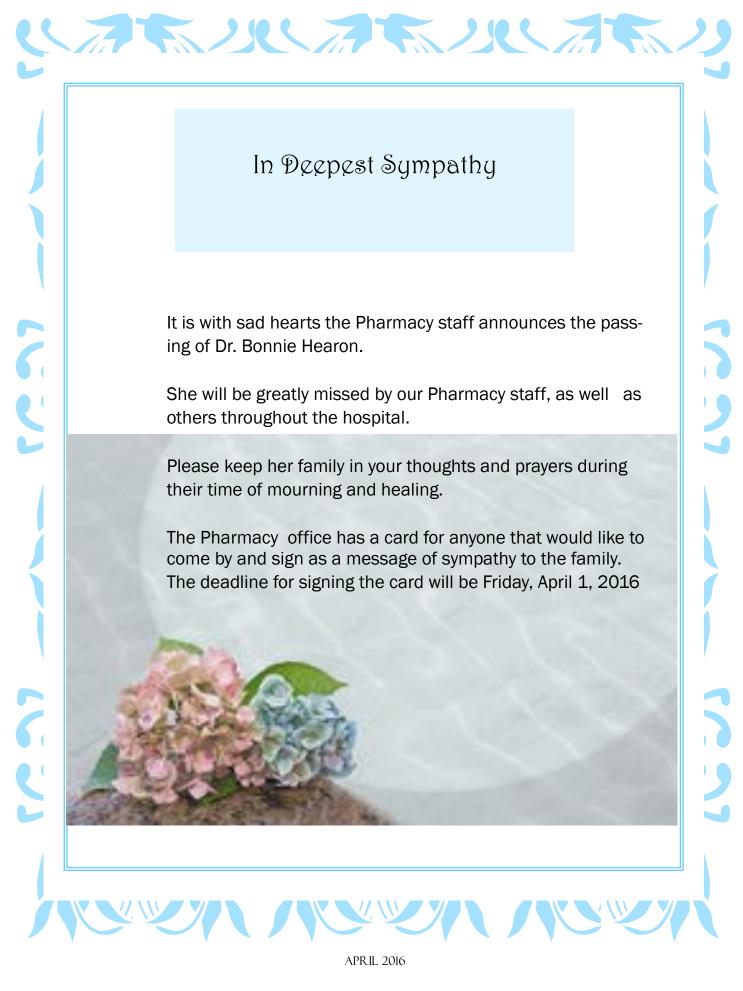
Administrative Professionals Day recognizes and celebrates the work of secretaries, administrative assistants, and other office professionals for their contributions to the workplace.

Although the week of April 25-29 is the observance of Administrative Professionals, this year Administrative Professionals Day is observed on Wednesday, April 27th.

This is a perfect chance to say what is not said often enough! Thanks for all your hard work and for all that you do behind the scene to make lives a lot easier.

You do make a difference!

We Appreciate you!!





Left to Ríght:

Row 1: John Robertson, RHA, Angela Jenkins, Kianca Dupress, (Region 6) Row 2: Vicitias Lyons, Tonica Cason, Willie Jones, Adam Smith



Left to Right: Row 1: John Robertson, RHA, Malcolm Anderson, Randee May, Dawn Young, Ronminka Price, LaShonda Grant

Row 2: Markeshia Parrís, Nicole McMurray, Sandra Hurst, Donorrís Lofty, Anthony Hill



Left to Right: Row 1: John Robertson, RHA, Oscar Jackson, Satina Murrell, Sasha Martin, Barbara Passmore, Karie Tarboro (Region 6)

Row 2: John Robertson, RHA, Joshua Spivey, Knejie Webster,

News From Human Resources *FAITHFUL SERVICE AWARDS * 15 Years 5 Years Kenneth Akerman Maduabuchi Arum Tiawanna Ford Tina Pace Marcia Capshaw Robert ConnellGwendolyn Shakill Gallimore Brandi Penick Gwendolyn Caulton-Dixson Brian Jones Armestras Sanders Cecelia Dixie Zandra Morrow Karin Thompson THANK YOU FOR YOUR CONTINUED SERVICE TO OUR HOSPITAL AND THE STATE OF GEORGIA **Did You Know? E-Performance:** Human Resources Monthly Apr. 4th. Manager Approval by Noon Every employee has access to their e-performance documents thru their self-service Please reconcile and move FSLA to OT Premium which is located at www.team.ga.gov. Your employee I.D. and Social Security Apr. 15th. Pay Day or password created will allow you entry. If you have forgotten your password or do not Apr. 18th. Manager Approval by Noon remember your questions-Call 1-888-896-7771. All employees who have an I.D. Please reconcile and move FSLA to OT Premium issued to them when hired have access to all of their personal information and the ability to make any necessary changes without having to come to H.R. Apr. 29th. Pay Day However, H.R. is always available if you need assistance or have trouble with the site. Orientation is on April 1st. and April 18th. In HR from 1:00-5:00 PM HAVE YOU ACCESSED YOUR SELF-SERVICE INFORMATION LATELY? Any Questions please do not hesitate to call Human Resources (706) 568-2260

Goodbye and Farewell

Megan Affleck William Brown Samuel Cheraisi Jessie Cuff Adrian Flowers Matthew Hall

Joshua Hill Christopher Holloway Sarah Romero

Alexander Torres Xaiver Williams

Human Resources Department

HR Representatives:

Peri Johnson, Human Resources Manager Sandra Brown, Employee Relations Specialist Vonceil Plump, Personnel Tech II Paul Fahnestock, Recruiter Shannon Hearn, Recruiting Tech Pat Altman, Benefits and Worker's Comp Michele Trowers, Leave/Payroll Specialist Ivonna McCoy, Program Associate

Suggestions or Questions: Any questions? Please contact HR at (706) 568-2260

If you have any ideas or topics you would like to see featured in the Human Resources section, please submit them to the Human Resources Department

Monday, April 25th. Confederate Memorial Day (State Holiday) (HR WILL BE CLOSED)



Staff Development & Training

Here is our **"Block" Schedule for Annual Updates** in April ! You will attend according to your Safety Care date, and must attend the entire block. You will then be current for the next year! Unit PA's will register Unit Staff.

Block 1:

| Tues, April 5: | 8:00 CPR and First Aid |
|-----------------|--|
| Wed, April 6: | 8:00-10:00 Infection Control and Incident Management |
| | 10:00-12:00 Seizure |
| | 1:00-3:00 PNS |
| Thurs, April 7: | 8:00 Safety Care Recert |

Block 2:

| Wed, April 20: | 8:00 CPR and First Aid |
|------------------|--|
| Thurs, April 21: | 8:00-10:00 Infection Control and Incident Management |
| | 10:00-12:00 Seizure |
| | 1:00-3:00 PNS |
| Fri, April 22: | 8:00 Safety Care Recert |

Block 3:

| Tues, April 26: | 8:00-10:00 Infection Control and Incident Management 10:00-12:00 Seizure |
|------------------|--|
| | 1:00-3:00 PNS |
| Wed, April 27: | 8:00 CPR and First Aid |
| Thurs, April 28: | 8:00 Safety Care Recert |

Safety Care Initial Dates: April 6-7-8 and 21-22-26

Positive Behavior Supports (PBS): Thursday, April 21: 8:00-5:00

Staff Development & Training (continued)

Don't forget your e-learning!

You can login by going to: www.MyLearning.DbhddUniversity.com



Bowel Management 101 and 201 have been replaced by: DBHDD Bowel Management 2015 Initial HST-FST-CNA DBHDD Bowel Management 2015 Initial Training RNs-LPNs DBHDD Bowel Management 2015 Physician Initial

RNs are also being assigned:

Tobacco Use Treatment Practical Counseling Read and Sign

If you have not already done so, please make sure to complete these read and signs:

Emergency Management Program and Operations Plan Read and Sign Fire Safety Program and Fire Safety Management Read and Sign

Also, the new Annual Online training should have been completed by now: Safety Program and Safety Management Plans in DBHDD Hospitals Annual

Up Coming AT Events

TBA

Valentine Theme Winter Dance

Wednesday, February, 17, 2016 the Activity Therapy Department hosted the first annual Winter Dance organized by Anthony M. Daniels. During the course of the event, the individuals had the opportunity to play Pin the Heart on the Heart, Line Dance contest, Guess The Candy In The Jar, and Musical Chairs. The individuals also enjoyed refreshments and had the opportunity to fellowship among staff and peers. We would like to give a special thanks to first shift staff AT for staying over, Aisha Thornton, Christina Mills, and Apple Edge as well as second shift AT Brian Fisher (DJ), Marian Taylor, Tony Moses, and Kim Gallimore (Decorations). Also very special thanks to Mr. John Robertson, RHA for allowing this event to take place. "Coming together is a beginning, Keeping together is progress, and Working together is success, Henry Ford." Below are snap shots of the events that took place.



HOURS TREATMENT MALL: MONDAY THROUGH FRIDAY: 10 AM TO 3PM

EVENING ACTIVITIES: 5:30PM TO 7PM

Activity Therapy "is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being."





| 1 | Alvin Gaskin |
|----|--------------------|
| 2 | Linda Greer |
| 2 | Kenyatta Blacks |
| 2 | Sa'Khalia Cole |
| 3 | Laura Johnson |
| 3 | Latoria Battle |
| 4 | Kenneth Akerman |
| 4 | Quenton Patrick |
| 4 | John Daniels |
| 5 | Angelia Williamson |
| 6 | Brittany Bell |
| 8 | Erin Picado |
| 8 | Cordetra Shabazz |
| 9 | Steve Murphy |
| 10 | Anntwann Gibbons |
| 11 | Christi Grubbs |
| 11 | Randy Weatherford |
| 12 | Edlia Feliciano |
| 13 | Bobbie Winford |
| 13 | Courtney Thomas |
| 15 | Tamyah Mock |
| 16 | Aphroditise Edge |
| 17 | Ruby Ross |

| L7 | Sabrina | Scott | |
|----|---------|-------|--|
| | | | |

- 18 Tiffany Hairston-Lott
- 18 Shakill Gallimore
- 18 April Taylor
- 19 Dianca Dupree
- 19 Larry Williams
- 20 Marion Cook
- 21 Susan Chappell
- 21 Curtis Carter
- 22 Tia Johnson
- 22 Ezra Jackson
- 22 Samuel Page
- 23 Sarah Callaway
- 23 Willaina Gordy
- 24 Jaime Reyes
- 25 Abbey Ashby-Boyd
- 26 Thedfornie Jones-Mitchell
- 28 Sara Albritton
- 28 Tywann Challenger
- 28 Kyle Switzer
- 29 Christopher Thurman
- 29 Melissa Hardy
- 30 Whitney Langford

More Information on Nutrition!!!

(continued from Nutrition Month-March 2016)

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Color Your Plate with Salad

Pack more nutrition into your day with a colorful main dish or side salad. Keep basic ingredients on hand for a quick addition to any meal.

Encourage kids to eat more vegetables by setting out ingredients to make their own salad creations. Or, let them choose individual items with salad dressing as a dip.

Mix and match ingredients by choosing one or more foods from each column below. Consider flavor, texture and color. Add a light salad dressing and enjoy!

Start with Leafy Greens

- Arugula
- Boston or Bibb lettuce
- Escarole
- Green or Red leaf lettuce
- Iceberg lettuce
- Mixed greens
- Napa Cabbage
- Radicchio
- Romaine
- Spinach

Fruits

- Dried cranberries or cherries
- Apple
- Blueberries
- Grapes
- Mandarin oranges
- Melon
- Pear
- Raisins
- Strawberries



Select

from

Vegetables, Fruits and Beans

(Chopped, diced, shredded, sliced or whole)

Vegetables

- Artichoke hearts
- Bean sprouts
- Beets
- Bell pepper
- Bok choy
- Broccoli or cauliflower
- Carrots
- Celery
- Corn
- Cucumbers
- Onion (red or sweet)
- Peas
- Radishes
- Sugar Snap peas
- Tomatoes
- Water chestnuts
- Zucchini

egt• Academy of Nutrition right. and Dietetics

More Information on Nutrition!!!

(continued)

Beans

- Black beans
- Chickpeas
- Edamame (soybeans)
- Kidney or red beans
- Navy or white beans

Sprinkle on Extras

Cheese

- Blue cheese
- Cheddar
- Feta
- Mozzarella
- Parmesan

Nuts

- Almonds
- Cashews
- Peanuts
- Pecans
- Walnuts

Other

- Avocado
- Bacon bits
- Chow mein noodles
- Croutons
- Olives
- Sunflower seeds

For a Main Dish Salad

Beef Chicken Ham Hard-cooked egg Salmon Shrimp Tofu Tuna Tuna Turkey

Suggested combinations:

Romaine, grape tomatoes, cucumber, carrots, avocado and shrimp Mixed green, chicken strips, melon, walnuts and feta cheese Spinach, red onion, mandarin oranges and sliced almonds

Find more healthy eating tips at:

Www.eatright/org/nutritiontipsheets Www.kidseatright.org

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit Www.eatright.org.

Academy of Nutrition and Dietetics

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

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Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Healthy Eating on the Run: A Month of Tips

You probably eat out a lot—most Americans do. People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere. Here are 30 tips to help you eat healthy when eating out.

- 1. Think ahead and plan where you will eat. Consider what meal options are available. Look for restaurants or carry-out with a wide range of menu items.
- 2. Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for "healthier" choices.
- Read restaurant menus carefully for clues to fat and calorie content. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, steamed.
- 4. Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.
- 5. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
- 6. It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
- 7. Hunger can drive you to eat too much bread before your meal arrives. Hold the bread or chips until you meal is served. Out of sight, out of mind.
- 8. Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.
- 9. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.
- 10. Tempted by sweet, creamy desserts? Order one dessert with enough forks for everyone at the table to have a bite.
- 11. Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal.
- 12. Boost the nutrition in all types of sandwiches by adding tomato, lettuce peppers or other vegetables.
- 13. A baked potato offers more fiber, fewer calories and less fat than fries if you skip the sour cream and butter. Top your potato with broccoli and sprinkle of cheese or salsa.
- 14. At the sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or low-fat spreads. And, don't forget the veggies.
- 15. In place of fries or chips, choose a side salad, fruit or baked potato. Or, share a regular order of fries with a friend.



More Information on Nutrition!!!

(continued)

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Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

- 16. Enjoy ethnic foods such as Chinese stir-fry, vegetable-stuffed pits or Mexican fajitas. Go easy on the sour cream, cheese and guacamole.
- 17. At the salad bar, pile on the dark leafy greens, carrots, peppers, and other fresh vegetables. Lighten up on mayonnaise based salads and high fat toppings. Enjoy fresh fruit as your dessert.
- 18. Eat your lower-calorie food first. Soup or salad is a good choice. Follow up with a light main course.
- 19. Ask for sauces, dressings and toppings to be served "on the side." Then you control how much you eat.
- 20. Pass up all-you-can-eat special, buffets and unlimited salad bars if you tend to eat too much.
- 21. If you do choose the buffet, fill up on salads and vegetables first. Take no more than two trips and use the small plate that holds less food.
- 22. Load up your pizza with vegetable toppings. If you add meat, make it lean ham. Canadian bacon, chicken or shrimp.
- 23. Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables are usually lower in fat and calories.
- 24. Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.
- 25. Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the fat and calories of the regular size.
- 26. To a smoothie made with juice, fruit and yogurt for a light lunch or snack.
- 27. Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than two hours.
- 28. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, potato salad and fresh fruit.
- 29. Always eating on the go? Tuck portable nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal or crackers.
- 30. For desk-top dining, keep single-serve packages of crackers, fruit, peanut butter, soup, or tuna in your desk for a quick lunch.

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists. Source: Finding Your Way to a Healthier You, U.S. Department of Health and Human Services, U.5. Department of Agriculture.

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S D & T WITH NURSING SERVICES KNOWLEDGE COLLEGE

MEDICATION ADMINISTRATION

8 RIGHTS FOR MEDICATION ADMINISTRATION

RIGHT MEDICATION

RIGHT INDIVIDUAL

RIGHT TIME

RIGHT ROUTE

RIGHT DOSE

RIGHT DOCUMENTATION

RIGHT POSITION

RIGHT TO REFUSAL



Medications are not pre-set

- Medications are prepared for one individual at a time
- Reference the 24-hour Support Plan when preparing for medication administration
- Attempt to administer medications no more than 1 hour before or 1 hour after the scheduled time on the Medication Administration Record (MAR)

Use standard precautions and other appropriate infection prevention and control practices prior to, during, and after medication administration:

Wash/sanitize hands before setting up medications

- Wear gloves during administration if indicated
- Wash/sanitize hands after administration if physically touched individual
- Discard needles uncapped in approved sharps container immediately after giving injections

Remember 2– person peer review for all high-alert medications

APIC | Foodborne illness



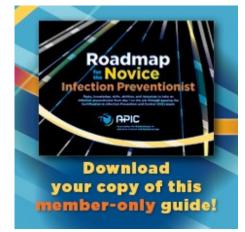
Consumers

Overview

- Monthly alerts for consumers
- Materials for healthcare facilities
- Additional patient safety Resources
- Infection Prevention and You Website

Patient or family member? CLICK HERE





Is Strep causing that sore throat?

3/10/2016

"My throat hurts!" That's not a phrase any parent wants to hear, and their first guess is often strep throat. Here's what you need to know about strep throat and how to prevent it.

Home> Consumers> Monthly alerts for consumers

What is strep throat?

Strep throat (or Group A Streptococcal pharyngitis) is a common illness in children, but can affect people at any age. It is caused by the Group A *Streptococcus pyogenes* bacteria and usually starts with a sudden onset of sore throat, pain when swallowing, swollen lymph nodes in the neck, and fever. Also, small red or white spots can appear at the back of the throat or on the tonsils. Most cases happen in the winter and spring, but strep throat can occur at any time of year.

How does it spread?



The bacteria that cause strep throat are very contagious. Strep throat spreads through mucus droplets when a sick person coughs or sneezes,

shares food and drink, or touches other surfaces (like doorknobs and toys) with unwashed hands. The germ can infect you when it comes in contact with your eyes, nose, or mouth.

How do healthcare providers test for strep? How is it treated?

Strep bacteria only cause a small portion of sore throats. Strep throat can be diagnosed by culturing the throat . A throat culture involves swabbing the throat and putting the swab in a special cup (culture) that allows bacteria to grow. Many doctors have the ability to perform a rapid test in the office to determine if the sore throat is caused by the strep bacteria (and needs treatment with antibiotics) or if it is a viral infecton (which cannot—and should not—be treated with antibiotics). Many doctors also recommend an over -the—counter fever and pain reducer, such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil and Motrin). Generally, most people begin to feel better within the first few days of treatment. If left untreated, strep throat can spread to other places in the body and cause more serious illness, such as scarlet fever, rheumatic fever, or heart or kidney damage. But with prompt and appropriate treatment, there is very little risk of developing these more serious complications. You can return to school or work after 24 hours of starting antibiotic treatment for strep throat. Until then, stay home to prevent spreading the infection to others. Be sure to take all of your medication *exactly* as prescribed (**even** if you are feeling better). Stopping antibiotics early can increase the risk of developing resistant bacteria, making your next infection much harder to treat.

How can you prevent strep throat?

The best thing you can do to avoid strep throat is to wash your hands and teach your children good hand washing practices. If you are sick, cover your cough by coughing and sneezing into your sleeve. Clean your hands after sneezing, coughing, touching your eyes, nose, or mouth, after using the restroom, and before and after eating or drinking. Avoid sharing eating utensils and drinks, and start making a habit of keeping your hands away from your face.

Additional resources

CDC—About Group A Strep CDC—GAS Frequently Asked Questions APIC—ABCs of Antibiotics APIC—Ask questions about your medications « Back to Infection Prevention Topics

Attention All Employees

Reminder! Annual Tuberculosis Screening

All WCGRH employees must complete the Georgia State Hospital Employee Health Screening Form during the month of their birthday

TB screening is required during each employee's Birthday month

Tuberculosis screening is conducted in Nursing Services, Building 1, Room 25

Skin Tests are given on Monday, Tuesday and Wednesday

Please follow these guidelines for completing the Annual Employee Health Screening:

- If you have the skin test performed off campus, you still must return the results to Nursing Services and complete the Employee Health Screening Form.

- If you have another job also requiring PPD Testing, we will provide you with a copy of your results.

- If you have had a positive skin test in the past, you are still required to complete the Employee Health Screening Form.

Please Note: If Annual Tuberculosis is not completed within your birth month. Employee cannot work until the screening is completed.

Questions? Please contact Nursing Services at (706) 568-5109

West Central Georgia Regional Hospital & Department of Behavioral Health and Developmental Disabilities

Values: Dedication, Integrity, Excellence, Knowledge Accountability, Collaboration, Safety, Innovation, Respect

Mission Statement: Commitment to safe, person-centered, and dignified therapeutic interventions that will guide and encourage individuals during their recovery.

Vision Statement: To be a leader in the innovative and holistic treatment of each individual served for a life of recovery and independence.

Goals:

- To provide a safe environment for our individuals and staff.
- To provide active recovery-oriented treatment
- To provide a successful discharge for all individuals
- To maintain or improve the quality of care and services while using fiscal responsibility to maintain a strong financial foundation.

Regional Reflections is published monthly. The mission of the newsletter is to provide a forum to educate and inform its readership on issues in behavioral health, strengthen teamwork, and archive hospital events and activities.

Regional Reflections staff welcomes items including articles, article ideas, news items, letters and photos submitted for publication. However, all items are subject to editorial discretion and will be printed on a "space available" basis. Please contact the editor if you have any questions or concerns regarding the newsletter. Thank you for your support.

WEST CENTRAL GEORGIA REGIONAL HOSPITAL



John L. Robertson, Regional Hospital Administrator Phone: (706) 568-5000 FAX: (706) 568-2257

Sara Moran, Editor Phone (706) 568-2185 Email: Sara.Moran@dbhdd..ga.gov



WCGRH is an equal Opportunity employer



WCGRH Foundation, Inc. is a tax-exempt, non-profit organization established in 1993 under Internal Revenue Code 501(c)(3), 509(a), and 170(b)(1)(A)(vi) by individuals interesting in enhancing the services and programs provided for the clients and staff of WCGRH.

Your tax deductible gift supports the Hospital's mission as stated above. Website:

http://dbhdd.georgia.gov/wcgrhfoundation



Accredited by the Joint Commission



Certified by the Centers for Medicare and Medicaid Services

Fraud Abuse Hotline: To report concerns regarding fraud and/or abuse, call the

WCGRH Compliance Hotline at (706) 569-3082 or the Office of Inspector General Corporate Compliance Hotline at 1-800-447-8477. You may e-mail questions or concerns to WCGRH Compliance Office@dbhdd.ga.gov or call The WCGRH Compliance Officer, Felicia Hardaway at (706) 568-2471