

# T.J. TEAM Talk

JANUARY 3, 2022

## NEW YEAR, NEW BABY



“This is such a special and exciting event, and we are delighted to celebrate with this family,” said Neil Thornbury, CEO of T.J. Regional Health. “Salem will always be able to say that she was the first baby of 2022!” In addition to her parents, Salem is welcomed by big brothers Kalib, Slade, and Kalel, who were all born at T.J. Samson Community Hospital.

It’s a girl!

New Year’s Day is an exciting time for new beginnings for every family, and it is particularly special for those with babies born on January 1. The team members and medical staff at T.J. Samson Community Hospital are delighted to welcome the first baby of 2022. Salem Rayne Matos was born at 12:54pm on January 1st, weighing 8 pounds and 7 ounces and was delivered by Dr. Kelly Dirig. Salem is the daughter of Kelsey Bowles and Sean Matos of Glasgow.

The family was showered with a gift bag and balloons from the T.J. Gift Shop along with a \$50 gift certificate from Edmonton State Bank, and a relaxing facial from R+ Med Spa for the new mom. In addition, they will receive a case of diapers every month for a year from the hospital.





## JANUARY

**January 6:** Community Medical Care 20th Anniversary @ CMC Office (11 a.m. - 1 p.m.)

**January 10:** Blood Drive @ Lera B. Mitchell (2 - 6 p.m.)

*If you have an important date or event that should be added, please email it to [mollie.felkins@tjsamson.org](mailto:mollie.felkins@tjsamson.org).*



## Weekly Prayer Service

The next prayer service will take place on Thursday, January 6 at 10:15 a.m. in the hospital chapel near the ICU waiting room. Greg Houchens, Hospital Chaplain, will lead the service each week. All interested employees are invited to attend.



Every **2 seconds** someone in the U.S. needs blood. **Give now.**

### **Blood Drive** **Lera B. Mitchell Clubhouse**

Community Room  
1214 S Green St  
Glasgow, KY 42141

**Monday, January 10, 2022**  
**2:00 p.m. to 6:00 p.m.**



## **TJ** Regional Health

# SERVICE EXCELLENCE Awards

**DO YOU KNOW SOMEONE WHO EXEMPLIFIES THE VALUES AND STANDARDS OF THE T.J. PLEDGE?**

Nominate your fellow co-workers or a provider for one of the TJRH Service Excellence Awards. You may pick up a form outside the hospital cafeteria, print the one in the back of this newsletter, submit it online via the T.J. Intranet, or it can now be found and **submitted** at <https://www.tjregionalhealth.org/for-employees/>.

Award winners are announced monthly. Thank you for helping us to recognize our employees and providers who strive for Service Excellence!



### January: Cooperation

## T.J. PATIENT ENCOUNTERS

12/25/21 - 12/31/21:

**7,347**

12/18/21 - 12/24/21:

**6,383**





It's time to redeem those R+ gift cards!  
2022 appointments are booking out quickly, so give us a call ASAP to get on the schedule! 270.651.4772.



The Family Medicine Residency Program had an ugly sweater contest in December and the decision was so hard for the judges they had two winners!

**First Place: Monica Lyons**  
**Second Place: Dr. Ben Kober**

*Shanti Niketan*   
HOSPICE HOME

## EMPLOYEE DONOR PARKING SPOTS

*Congratulations,  
Winners!*

T.J. Samson Parking Spot:  
**MELINDA HUNT**

T.J. Health Pavilion Parking Spot:  
**AMY RIDDLE**

T.J. Health Columbia Parking Spot:  
**SHELBY HATCHER**

# 20

You are invited to  
*Community Medical Care's  
20<sup>th</sup> Anniversary Celebration*

Thursday, January 6, 2022  
Come and Go Reception  
11 a.m. to 1 p.m.  
CMC Office  
204 N. Race Street  
Glasgow, Kentucky

*Light refreshments will be served.*

 **COMMUNITY  
MEDICAL CARE**  
A Program of the T.J. Community Mission Foundation



*Please Join Us*

SATURDAY EVENING, FEBRUARY 19, 2022  
CAVE CITY CONVENTION CENTER



FEATURING MASTER MAGICIAN  
**LANCE BURTON**  
AND A LAS VEGAS STYLE CASINO

For tickets or sponsorship information, please call 270.651.4619,  
visit [www.tjmissionfund.org](http://www.tjmissionfund.org), or email [foundation@tjsamson.org](mailto:foundation@tjsamson.org).

PROUDLY PRESENTED BY:

The Foutch  
Group

**BAIRD**

Private Wealth  
Management

IN SUPPORT OF:



*Community Mission*  
FOUNDATION



# DEPARTMENT BASKET AUCTION OPPORTUNITY

Online Auction: Opens 2/14 • Live Auction: 2/19

The T.J. Community Mission Foundation is hosting Magic of Giving on February 19, 2022. We are thrilled to be hosting this event in-person this year as we continue to raise awareness and support for the T.J. Community Mission Foundation. Attendees, and non-attendees, will be able to bid on auction items online, auction opens 2/14 at noon, and by the end of the night on 2/19, everyone will know whether or not they won the item(s) they bid on. In addition, a live auction will take place the night of the event!

Our T.J. Departments have been instrumental the last few years in getting together very impressive baskets and other auction items to help us raise money for the T.J. Community Mission Foundation! If your department would like to create a basket or donate an awesome item for our auction event, please let Randy Burns know your department and theme ASAP. All auction items will be due to Marketing/Foundation Building by February 7.

Please contact Randy Burns at [foundation@tjsamson.org](mailto:foundation@tjsamson.org) with any questions.

# HAPPY BIRTHDAY!

CHERYL D  
IAN G  
ALICIA G  
ALISON A  
AMANDA G  
AMANDA J  
AMANDA T  
AMANDA F  
AMANDA A  
AMBER W  
AMY S  
ANGELA M  
ANTHONY K  
APRIL P  
ASHLEY B  
ASHLEY M  
ASHLEY H  
ASHLIN Y  
BART L  
BILLIE C  
BRILEY D  
BRITTANY J  
BROOKLYN C  
CAMILLE C  
CARLOS K  
CARRIE P  
CHARLES T  
CHERYL S  
CHRISTOPHER P  
CHRISTOPHER D  
CINDY L  
CLINTON E  
COURTNEY G  
CRYSTAL L  
DEBRA S  
DELANA W  
DELANA C

DONITA H  
DONNA H  
ELLIOT J  
EMMA P  
GAIL C  
GIDGET W  
GLADYS S  
HALLIE B  
HANNAH K  
HEATHER B  
JACKLYN M  
JACOB J  
JACQUE F  
JAMIE D  
JASON P  
JEFFREY B  
JENIFER W  
JENNIFER G  
JESSICA S  
JEWEL S  
JUSTIN C  
KASEY B  
KATHERINE V  
KATHERINE M  
KATHLEEN C  
KATIE M  
KAYLA M  
KAYLA M  
KELLY S  
KELSEY S  
KHRISTIAN E  
KIMBERLY M  
KIMMI K  
KOREY W  
KRISTIE O  
LADARRA C  
LARIMIE M

LESLIE N  
MARTHA N  
MARTY E  
MELINDA H  
MELINDA H  
MICAH T  
MISTY B  
MYLES K  
NATASHIA G  
ODESSA D  
REBECCA T  
RENITA M  
RICHARD C  
SABRINA U  
SARA S  
SARA N  
SARAH H  
SHANNON B  
SHARON C  
SHELBY H  
SHENNA P  
SHERI H  
SHERRY B  
SHERRY T  
SKYLAR S  
SUJATA R  
SUSAN P  
TERESA B  
TERRI C  
TERRY H  
TIMOTHY D  
TINA C  
TROY W  
VALERIE B  
WENDY G



# 12 Months of TJ

Over the past two years, the support for our organization from the communities we serve has been nothing short of amazing. While we are always very involved in the communities we serve, we decided to find ways to go above and beyond in giving back to those who have supported T.J. Regional Health. Every month in 2022, we will support local families, charities, partner organizations, students, schools, healthcare workers and more. The schedule for the new initiative “12 Months of TJ” is shown below:

## **January - American Red Cross Blood Drive and Donation Match**

We will host additional blood drives as the Red Cross has available dates, and T.J. will make a donation to the American Red Cross of South Central Kentucky.

## **February – Utility Bill Assistance**

We will work with area utility companies to identify families who can use an extra helping hand this winter.

## **March – College Scholarships**

We will award three \$2,000 college scholarships to high school seniors who are planning to major in a healthcare related field.

## **April – Spring Forward and keep those New Year’s Resolutions on track**

We will provide financial assistance with gym memberships and offer Healthy Cooking Classes to the public

## **May – Teacher Appreciation Month**

We will host a special meal for K-12 school personnel in multiple counties and provide them with T.J. swag bags

## **June – Gas Card Distribution**

We will give away 100 \$50 gas cards with the help with other local organizations.

## **July – (tentative) Mini Triathlon**

We are exploring partnerships with other groups to host a mini triathlon in Barren County.

## **August – Adopt A School**

Principals, teachers, PTO members, and parents can nominate their school to be adopted by T.J. Regional health. Each school will receive a donation to be used where needed most.

## **September – Groove & Glow and To the Brim Food Drive**

We will partner with Entertain Glasgow to once again sponsor the popular Groove & Glow event and will host a food drive to increase donations to the local food pantry.

## **October – Healthcare Worker Appreciation**

Food trucks, t-shirts, and more for healthcare workers across our communities.

## **November – Thanksgiving Meals and Soup Kitchen**

We will work with local schools, churches, and others to identify 150 families to provide Thanksgiving meals.

## **December – Holiday Gift Shopping and Baby It’s Cold Outside Coat Drive**







We will work with local schools to help shop for gifts for local children and make a donation to Operation Baby It’s Cold Outside to ensure that all students have a new, warm coat for the winter.

The Apple A Day is open daily for your made to order breakfast, lunch and dinner dining selections.

	6	7	8	9	10	
<b>Breakfast Special</b>	Closed for Labor Day		Breakfast Quesadilla	Breakfast Quesadilla	Breakfast Quesadilla	Breakfast Quesadilla
<b>Lunch Special</b>			Philly Steak	Big Daddy Brisket Sandwich	Very Berry Chicken Salad	Beef Fajitas
			Spinach, Bacon, Parmesan Salad	Loaded Potato Salad	Croissant	Corn & Black Bean Salad
	13	14	15	16	17	
<b>Breakfast Special</b>	Bacon, Egg & Cheese Bagel		Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel
<b>Lunch Special</b>	Club Sandwich	Chicken Chef's Special	Beef Manhattan	Grilled Chicken Caesar Wrap	Pulled Pork Sandwich	
	Potato Soup	Chips & Salsa	Seasoned Green Beans	Chips, Fresh Fruit	Baked Beans	
	20	21	22	23	24	
<b>Breakfast Special</b>	Blueberry Pancakes		Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes
<b>Lunch Special</b>	Chicken Cobb Salad	BLTA Croissant	Chicken Fajitas	Pizza Sub	Crispy Orange Chicken Bowl	
	Croissant	Creamy Broccoli Salad	Black Beans	Side Salad	Eggroll	
	27	28	29	30	31	
<b>Breakfast Special</b>	Fried Bologna, Egg & Cheese on Texas Toast		Fried Bologna, Egg & Cheese on Texas Toast	Fried Bologna, Egg & Cheese on Texas Toast	Fried Bologna, Egg & Cheese on Texas Toast	
<b>Lunch Special</b>	Cali Grilled Chicken Sandwich	Bacon Cheeseburger	Chicken & Cheese Quesadilla	BBQ Bacon Cheddar Sliders	French Dip	
	BLT Pasta Salad	Creamy Broccoli Salad	Chips & Salsa	Chips	Roasted Potato Wedges	

December

TJ Café

	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
<b>Soup</b>	Broccoli Cheddar	Chili	Roasted Red Pepper & Gouda	Vegetable Soup	Potato Soup
<b>Features</b>	 Build Your Own Pasta Penne Zucchini Noodles Oven Fried Chicken Grilled Chicken Italian Sausage Balsamic Roasted Brussels Broccoli, Mushrooms Side Salad Assorted Toppings & Sauces Mozzarella Sticks	 Nacho Bar Taco Meat or Fajita Chicken Grilled Chili Lime Chicken Burrito Nacho Chips Refried Beans Spanish Rice Cauliflower Rice Mexican Street Corn Salad Assorted Toppings & Sauces Jalapeno Poppers	<b>Stacked or Wrapped Sandwich Bar</b> Spinach Wraps, Sourdough Bread Wheat, Hoagie, Brioche Bun Turkey, Ham, Bacon Blackened Mahi Chicken Salad BLT Pasta Salad Kale Cranberry Salad Assorted Toppings, Cheese, & Sauces Onion Rings	 Buttermilk Marinated Grilled Chicken Signature Fried Chicken Chicken Tenders Hot Honey Brussels Cauliflower Mac & Cheese Roasted Asparagus Maple Glazed Yams *Homemade Fruit Tea* Grilled Peach, Praline Bacon & Walnut Salad Assorted Toppings & Sauces	<b>Happy New Year</b> Corned Beef Baked Chicken Cabbage Black Eyed Peas Carrots Mashed Potatoes Cornbread Cookies
<b>Bread</b>	Breadstick	Cornbread	Dinner Roll	Cornbread	Cornbread
<b>Dessert</b>	Cannoli	Tres Leches Cake	Chocolate Cake	Strawberry Cobbler	Cookies
	3	4	5	6	7
<b>Soup</b>	Chili	Loaded Potato	Roasted Red Pepper & Gouda	Broccoli Cheddar	Chicken Noodle
<b>Features</b>	 Grilled Chicken Parmesan Pepperoni & Cheese Calzone Pizza Grilled Asparagus Roasted Mushrooms Sautéed Zucchini Cheesy Breadsticks Side Salad Kale Caesar Salad Fried Ravioli Assorted Toppings & Sauces Dinner Roll & Cornbread	 Carne Asada Tacos Chicken Tinga Tacos Crispy Fish Tacos Cilantro Lime Rice Spicy Black Beans Sautéed Poblano Peppers Grilled Pineapple Baked Sweet Plantains Fried Jalapenos Cilantro Jicama Slaw Assorted Toppings & Sauces Cornbread Peanut Butter Fudge Brownie	<b>Comfort Food!</b> Roast Beef Manhattan Grilled Chicken Breast Popcorn Shrimp Brussels Sprouts Mashed Potatoes Gravy Steamed Carrots Lima beans Vinegar Coleslaw Hush Puppies Assorted Toppings, Cheese, & Sauces Cornbread Blueberry Cobbler	 Brisket Pulled Pork Chicken Livers White Gravy Cowboy Beans Mac & Cheese Scalloped Potatoes Grilled Cabbage Sweet Coleslaw Cornbread Salad Assorted Toppings & Sauces Cornbread Apple Pie	<b>Fri-Yay!!!</b> Beef Sliders Hawaiian Ham & Cheese Sliders Fried Chicken Sliders Corndogs Bacon Lettuce Tomato Sliced Onion Cheddar, American, Pepper Jack Cranberry Sunflower Kale Salad Fries & Onion Rings Dinner Roll Chocolate Chunk Cookies
<b>Dessert</b>	Chocolate Meringue Pie	Peanut Butter Fudge Brownie	Blueberry Cobbler	Apple Pie	Chocolate Chunk Cookies



# WILD WINTER DISCOUNTS!

**SAVE \$3 PER TICKET!**

**ONLINE ONLY**

**NOW THROUGH FEBRUARY 28TH, 2022,  
ENJOY OUR LOWEST PRICES OF THE YEAR!**

**OPEN YEAR ROUND**

Sept. 20, 2021 - March 18, 2022:  
10 a.m. - 4 p.m. (*STAY until 5 p.m.*)

*Closed Thanksgiving, Christmas & New Year's Day*



**theZOO**

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**COUPON CODE:**

**TJSAMSON**



## Employee Payroll Deduction Authorization Form

Employee Name: \_\_\_\_\_ Employee #: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Thank you for your decision to partner with the T.J. Regional Health family through your support of the T.J. Community Mission Foundation.

### I would like for my gift to support the T.J. Community Mission Foundation (please check):

\_\_\_\_\_ in support of where needed most.

\_\_\_\_\_ in support of the Shanti Niketan Hospice Home.

### Recurring Gift

\_\_\_\_\_ I wish to make a donation to the T.J. Community Mission Foundation through a **recurring deduction of my gross pay each pay period**. I understand that I can change or cancel this payroll deduction at any time by contacting Payroll/Finance, and that the deduction shall remain in effect until such time that I do so.

Please deduct the following amount from each paycheck (26 pay periods annually):

\_\_\_\_\_ \$38.47 = \$1000 annual gift

\_\_\_\_\_ \$10 = \$260 annual gift

\_\_\_\_\_ \$28.85 = \$750 annual gift

\_\_\_\_\_ \$3.85 = \$100 annual gift

\_\_\_\_\_ \$19.24 = \$500 annual gift

\_\_\_\_\_ \$ \_\_\_\_\_ Other Amount

### One-Time Gift

\_\_\_\_\_ I wish to make a one-time donation to the T.J. Community Mission Foundation through payroll deduction.

\$ \_\_\_\_\_ (one-time gift amount)

\*Your recurring or one-time donation to the T.J. Community Mission Foundation is tax deductible.

Employee signature: \_\_\_\_\_ Date: \_\_\_\_\_

**RETURN COMPLETED FORM TO: T.J. Community Mission Foundation via interoffice mail, email scanned form to [foundation@tjsamson.org](mailto:foundation@tjsamson.org), fax to 270.659.1704, or complete the payroll deduction form online at <https://www.tjregionalhealth.org/employeegive/>**



# **TJ** BARREN COUNTY EMPLOYEE DISCOUNTS

*T.J. employees receive discounts at the following Glasgow businesses by showing your T.J. name badge.*

## **AAA**

Corporate Discount: \$40 for 2 people for 14 months. Call Cindy Piascik at 216.644.2988 to complete application on phone.

## **AT&T**

Receive 25% off base rates. (Excludes Unlimited Plans.)

## **AWARDS, INC.**

Receive 15% off gift items. (Excludes trophies & plaques.)

## **AZUL TEQUILA**

Receive 15% off (dine-in only) **OR** a free queso (takeout only).

## **BAILEY GIBSON SERVICE DEPT.**

Receive 15% off service.

## **BOUTIQUE 218 AT JORDAN'S SALON**

Receive 10% off clothing at Boutique 218.

## **CAVE CITY PIZZA**

Receive 10% off your total.

## **DON FRANKLIN GLASGOW**

Receive 10% off standard services and repairs.

## **DROBOCKY ORTHODONTICS**

Receive a free consultation and 5% off to T.J. staff and children. (New patients only. Does not apply to patients who are currently in active orthodontic treatment.)

## **EL MAZATLAN**

Receive 10% off your purchase.

## **ELY DRUGS**

Receive 20% off your purchase of scrubs.

## **ENTERPRISE**

Use this corporate code for a discount: XZ58A71  
Discounts vary, contact Enterprise for specific details.

## **EXTREME FITNESS**

Individual: \$21 Family: \$26 Key Card: \$10

## **FREDDY'S**

Receive 10% off your total.

## **GARCIA'S**

Receive 10% off carryout order - employee's meal only.

## **LAWLESS ORTHODONTICS**

Receive a \$500 discount.

## **LONG JOHN SILVERS / A&W**

Receive 20% off regular-priced purchase.

## **MERCADO LATINO**

Free fried plantains with any meal.  
\*\*\$1.25 Street Tacos every Wednesday  
\*\* \$4.99 Breakfast Burritos on Thursdays  
(Now through end of May)

## **NOT AVERAGE JOES GYM**

\$20 a month. No fees.

## **PAPA JOHN'S PIZZA**

Any large 4-topping or specialty pizza + 2-liter for \$13.99:  
Tjyj21w  
Large 3-topping pizza + two 20 oz. drinks for \$10.99:  
Tjyj3tw  
Choose a Papadilla, 10" Cheesesticks AND two 20 oz. drinks for \$16: MED16  
*Reg. menu prices. Online orders ONLY. Must have code.*

## **RALPHIE'S FUN CENTER**

Receive free shoe or skate rental.

# BARREN COUNTY EMPLOYEE DISCOUNTS, CONT.

## RIB LICKERS

Receive 10% off your purchase.

## R+ MED SPA

Receive 20% off your purchase.

## SHOGUN BISTRO

Receive 10% off your food purchase.

## SIDELINES CASUAL DINING

Receive 10% off your purchase.

## SOUTHERN CUP COFFEE & CAFE

Receive 10% off your purchase.

## SWEETHEART BAKERY

Receive 10% off your purchase.

## THOROUGHbred EXPRESS AUTO WASH

\$25 for Triple Crown Unlimited  
\$23 for Derby Dazzler Unlimited  
\$20 for Express Wash Unlimited  
(prices are per vehicle/per month)

## T.J. CAFE

Employee discount in employee cafeteria.

## T.J. GIFT SHOP

Receive 10% off your purchase.  
Payroll deduction available for employees.

## VERIZON

Receive 15% off basic service.

## WITTY'S COMPLETE CAR CARE

Receive \$5 off lube/oil/filter change.

## WORKOUT ANYTIME

First month free • \$25 Premium Plus Plan  
(\$15 per person for additional household member)  
(\$39 + tax annual fee)

## YMCA

Joining fee is waived. 15% discount monthly.



## **T** COLUMBIA EMPLOYEE DISCOUNTS

*T.J. employees receive discounts at the following Columbia businesses by showing your T.J. name badge.*

## FRANKLIN NISSAN

10% off any service work.

## RUGGED TRUTH BARBERSHOP

\$1 off a haircut.

## NANWOOD MARKET

10% off regularly priced items.

## THE TRENDY FARMHOUSE

15% discount on merchandise and/or services of farm2furniture.

***If you are aware of other discounts that T.J. employees receive,  
please email [marketing@tjsamson.org](mailto:marketing@tjsamson.org).***

## **T.J. HEALTH PAVILION**

**310 N.L. Rogers Wells Blvd., Glasgow • Call 270.651.1111 for general information.**

**Primary Care Pod A:** 270.651.6791

Dr. Mallory • Dr. Behringer • Megan Buntin, APRN  
Pat Spears, APRN

**Primary Care Pod B:** 270.659.5870

Dr. Gilson • Dr. Miller • Dr. Neuhaus • Dr. Kelly

**Primary Care Pod C:** 270.659.5885

Dr. A. Campbell • Dr. Matney • Dr. Brooks • Carla Hale, PA-C

**Cardiology:** 270.659.5970

Dr. Nair • Dr. V. Reddy • Dr. Salifu • Lisa DuCoff, APRN  
Nancy Jo Houchens, APRN • Ashley Collins, APRN  
Andy Reece, APRN

**Gastrointestinal Clinic:** 270.659.3398

Traci Anderson, APRN

**General Surgery:** 270.659.5945

Dr. Klapheke • Dr. Marion • Dr. Saridakis

**Gynecology & Obstetrics:** 270.659.5865

Dr. Craddock • Dr. Dirig • Dr. Vazquez  
Nellie Bell, APRN • Casey Sacia, APRN • Michelle Wilson, APRN

**Nephrology:** 270.659.5834

Dr. S. Reddy • Marissa Howard, APRN

**Neurology:** 270.659.5945

Dr. Koury

**Oncology:** 270.659.5890

Dr. Modi • Melanie Isbell, APRN • Lauren LeGrand, APRN

**Pain Management:** 270.659.5990

Dr. Ciochetty • Tracy Taylor, APRN

**Pulmonology:** 270.659.5835

Dr. Kummerfeldt • Dr. Mahmoud

**Urology:** 270.659.5965

Dr. Wiatrak

**Urgent Care at the Pavilion:** 270.659.5555

**Laboratory:** 270.659.5584

**Pavilion Pharmacy:** 270.659.5599

**Radiology:** 270.659.5570

**Rehab Services:** 270.659.5660

**Respiratory:** 270.659.5540

**Women's Imaging:** 270.659.5591

## **ADDITIONAL SERVICE LOCATIONS**

**T.J. Health Cave City Clinic:** 270.773.2111

Dr. Camas • Paula West, APRN

**Cardiology:** Dr. Salifu

**T.J. Health Columbia:** 270.384.4753

**T.J. Health Columbia Clinic:** 270.384.0451

Patricia Doolin, APRN

**T.J. Health Columbia Primary Care:** 270.384.4764

Dr. Kiteck • Kandace Webster, APRN • Angela Rush, APRN

**Cardiology:** Dr. Nair • Dr. Salifu • Ashley Collins, APRN

**Gynecology:** Casey Sacia, APRN

**Pediatrics & Ped. Behavioral Health:** Alisha Risen, APRN

**Podiatry:** Dr. Risen

**Pulmonary:** Dr. Kummerfeldt

**Sleep:** Kim Bowman, APRN

**T.J. Health Edmonton Clinic:** 270.432.4800

Dr. Dunn • Connie Prostko, APRN • Khabeer Abdul, APRN

**T.J. Health Greensburg Clinic:** 270.973.5439

**Pediatrics & Ped. Behavioral Health:** Alisha Risen, APRN

**T.J. Health Russell Springs Clinic:** 270.858.3636

Chris Doolin, APRN • Kristi Irvin, APRN

**T.J. Health Scottsville Clinic:** 270.237.3123

Emily Tabor Jessie, APRN • Lindsey Landers, APRN

Tiffany Frye, APRN

**T.J. Health Tompkinsville Clinic:** 270.487.0720

Teresa Sheffield, APRN

**T.J. Home Health & Hospice:** 270.651.4430

**T.J. Long Term Care Team:** 270.651.4451

Dr. A. Kiser • Micah Tracy, APRN • Pat Spears, APRN  
Nikki Sherfey, APRN

**T.J. Samson Community Hospital:**

270.651.4444

**T.J. Samson Family Medicine:** 270.651.4797

Dr. House • Dr. Clouse • Dr. Gillette • Dr. Wright

Dr. Fisher

**T.J. Sleep Clinic:** 270.651.1888

Dr. Turpen • Kim Bowman, APRN • Amy Thornbury, APRN

**T.J. Specialty Services Dermatology:** 270.629.3376

Dr. Allred • Sherelen Hodges, APRN

**T.J. Wound Care:** 270.651.4325

Dr. A. Kiser • Micah Tracy, APRN • Nikki Sherfey, APRN



## TJRH Service Excellence Award Nomination Form

Nominee's Name (please print): \_\_\_\_\_ Date: \_\_\_\_\_

Nominee's Department: \_\_\_\_\_ Nominee's Supervisor: \_\_\_\_\_

Choose One:

**Hospital**

**Pavilion**

**Columbia**

**Clinics**

**Clinic Location:** \_\_\_\_\_

Choose Area(s) of service that the nominee consistently delivers service that reflects T.J. Regional Health's Service Excellence standards of:

**Compassion**

**Cooperation**

**Collaboration**

**Communication**

**Change**

**Champion**

Provide a detailed description of how the nominee exemplifies the standards listed on the pledge. Refer to T.J. Pledge for standards of behavior. Please be sure to provide specific examples of service.

Would you like to remain anonymous? \_\_\_\_\_

If no, please provide your name: \_\_\_\_\_

For Office Use Only:

Department Director Approval: \_\_\_\_\_

HR Approval: \_\_\_\_\_

Submit completed nomination forms to Pam Bray in Human Resources.

# T.J. PLEDGE

## I WILL SHOW COMPASSION:

- ▶ see all patients, family members, visitors, coworkers, physicians, and anyone else at T.J. as my customer
- ▶ recognize that each and every interaction I have at T.J. Regional Health matters
- ▶ show kindness and compassion towards my customers at all times
- ▶ be sensitive to the personal and private needs of every customer

## I WILL COOPERATE WITH OTHERS:

- ▶ maintain zero tolerance for abusive behavior
- ▶ listen and be willing to accept fault when I make a mistake
- ▶ never underestimate the power of an apology
- ▶ refrain from blame and judgment
- ▶ bring a sense of calm to stressful situations

## I WILL COLLABORATE WITH OTHERS:

- ▶ value myself and every coworker as an equal part of one GREAT team working together
- ▶ treat others in a way that I would like to be treated
- ▶ participate only in conversations that are courteous, respectful, and reflect positively on my teammates and T.J. Regional Health
- ▶ foster a calm and pleasant atmosphere, and refrain from gossip, rumors, and insults
- ▶ speak honestly, seek truth, and act with integrity towards my teammates
- ▶ value the uniqueness and expertise that each team member contributes to the whole
- ▶ meet the need of the moment, regardless of whether or not it is considered part of my job

## I WILL COMMUNICATE:

- ▶ smile - at everyone
- ▶ always introduce myself, my role, and my purpose
- ▶ use body language, eye contact, and tone of voice that shows respect in every interaction
- ▶ follow the 10/5 rule: always acknowledging people at 10 feet away with a smile and always greeting people at 5 feet away
- ▶ escort any customer in need (visitors, patients) to their destination

## I WILL ADAPT TO CHANGE:

- ▶ be a part of the solution when I am presented with a challenge
- ▶ embrace change and set the example for those around me
- ▶ accept openly when there are changes that T.J. Regional and/or I have no control over
- ▶ manage the expectations of others by explaining duration and next steps as often as needed

## I WILL BE A CHAMPION:

- ▶ serve with passion
- ▶ view myself as an owner of T.J. Regional Health and act accordingly
- ▶ take responsibility for the physical appearance of T.J. Regional Health, including my work area
- ▶ go out of my way to daily thank and compliment my customers and coworkers
- ▶ dare to make a difference and be exceptional
- ▶ constantly try to improve myself and T.J. Regional Health
- ▶ speak positively about T.J. Regional, while at work and in public places outside of work





## **MISSION**

T.J. Regional Health will promote and provide for the health and wellness of the communities we serve and the healthcare professionals who serve them.

## **VISION**

T.J. Regional Health will utilize available resources to anticipate and exceed the healthcare needs of the region with a focus on quality and compassion.

## **CORE VALUES**

- Compassion
- Communication
- Be a Champion
- Cooperation
- Collaboration
- Adapt to Change