

## **JANUARY 17, 2022**



## T.J. Regional Health Educational Scholarship Program

As a way to give back to our community and provide support to those high school seniors pursuing healthcare careers, T.J. Regional Health is offering scholarships to high school seniors who are planning to pursue a career in a healthcare related field.

We are awarding three \$2,000 scholarships to deserving students in the T.J. Regional Health service area.

If you know a high school senior in the T.J. service area that has a desire to obtain a degree in healthcare or a healthcare related field, please let them know they are in a unique and special position to qualify for one of our scholarships.

The scholarship application process includes:

Online application form Personal Essay Letter(s) of Recommendation Recent Photograph

The application is available on <u>tjregionalhealth.org/scholarship</u> and must be submitted by 4:00 p.m. on March 14, 2022. No late or incomplete applications will be accepted.

For questions, please contact Kati Bowman at katherine.bowman@tjsamson.org.



## JANUARY

January 26: Taste Budz Food Truck @ PAV

## **FEBRUARY**

**February 9:** Blood Drive @ PAV (1 - 6 p.m.) **February 19:** Magic of Giving (see details on page 6 - 7)

If you have an important date or event that should be added, please email it to mollie.felkins@tjsamson.org.

## SERVICE EXCELLENCE Awards

Nominate your fellow co-workers or a provider for one of the TJRH Service Excellence Awards ONLINE. The form can be found and <u>submitted</u> at

tjregionalhealth.org/nominate



Starting Wednesday, January 26, Taste Budz will be set up at the T.J. Health Pavilion EVERY WEDNESDAY from 10:45 a.m. - 1:30 p.m.

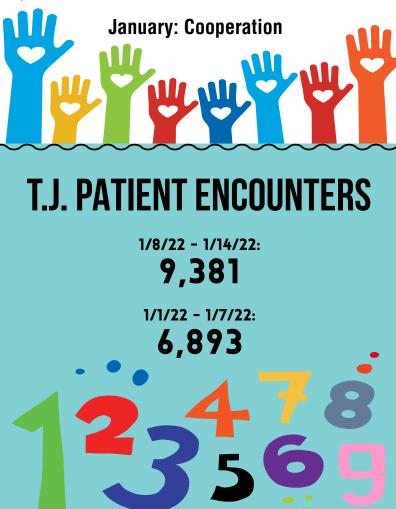
## Regional Health

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!





## Chaperone Stories

"My visitor was the significant other to the patient. When we were gowning up, she shared with me how scared she was to go into the room. She had just lost a family member last year to COVID and she was terrified and wasn't sure that she could go into the room. I provided her comfort and support and let her know that I would be with her every step of the way and we would do this together. Once she went into the room they both started crying and comforting each other. The visit was good for both the patient and the visitor, and I think it gave them both the strength to continue to fight. For me, it gave me a new perspective to add these patients to my prayers for strength and guidance for the long road ahead to recovery. I also became interested in their recovery and checked the census daily with prayer that the patient would recover and go home. This patient was extremely lucky and went home a couple of days later, but I think the visits gave the patient the strength she needed to fight to go home. This is a great service we are offering our community and I am proud to be a part of this organization."

## Congrats, Megan!



Megan Richey, Director of Women and Newborn Care, was recently awarded "Nurse of the Year" through Guardian Fire Safety Team for work done at NCM Motorsport Park. This award was chosen based on peer nominations.

Megan has worked at T.J. Samson for nearly eight years, most recently as the Coordinator of Women and Newborn Care. She is very deserving of this award as she always puts others needs first. She represents what a true leader is by the compassion and kindness she shows to each patient who walks through the doors.

Thank you to Miss Nancy for visiting our team members with warm cookies and muffins! We are so appreciative!

## **FANK YOU**

"There are "angels among us". At a time when I needed to get my Mother into the ER at T.J. Samson Community Hospital, a security guard, Nick Swayne, happened by and said, "May I help you?" I knew right away I could I trust him to assist me with my Mother. He was there for her until I parked the car and got her checked in. Nick was truly a friend indeed as we were truly in need of understanding assistance. Thant you Nick for serving beyond and above in our time of need."



#### **Training Reminders**

Cerner CommunityWorks training is resuming soon! Training dates are aligned with our new **May 16<sup>th</sup> go live date**. E-Learning will resume the week of February 12<sup>th</sup> and classroom learning will begin the week of March 14<sup>th</sup>. Please note the following reminders:

- Assigned e-learning must be complete prior to attending your classroom session
- E-learning will resume February 12<sup>th</sup>
- End user training will begin the week of March 14<sup>th</sup>
- Training login reminders will be provided next month

## Our Leadership Team is excited for our upcoming change to Cerner

TJ Regional Health leadership is excited that Cerner training for our staff is approaching next month. Our training plan is designed to **build knowledge and confidence** in how to perform your daily job tasks in our new system. Effective adoption of our new system will provide TJ Regional Health with **one single record** for our patients across our organization resulting in:

- Enhanced collaboration and communication across the care spectrum
- Improved quality of care for our patients, building trust, confidence, and engagement in their health
- Increased access to patient information for physicians, enhancing provider engagement

We appreciate everyone's time and effort in preparing for this exciting change and are looking forward to

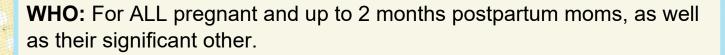
#### **Training Questions**

For questions on the training plan or process, please contact TJ Regional's Cerner Training Specialist, Ben Jessie at <u>Benjamin.jessie@tjsamson.org</u>.

#### \*Please post to communication boards\*

## You're Invited

2 Hour Online Healthy Baby Workshop to discuss protecting your baby's health.



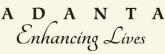
**GIFT:** \$5 gift card for registering and \$15 gift card for completing the workshop. Gift cards will be mailed to participants. (In order to receive the gift cards, you must not have previously attended this class during the same pregnancy.)

**DATE:** January 20, 2022 or January 27, 2022 (Pick one that fits your schedule)

TIME: 1:30 pm - 3:30 pm EST

**HOW:** Register by calling Sarah Knifley at (606) 679-9425.





This class is for individuals in the following counties: Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor & Wayne.



to the

AGIC of GIV

SATURDAY EVENING, FEBRUARY 19, 2022 CAVE CITY CONVENTION CENTER



FEATURING MASTER MAGICIAN

1000000000000000

AND A LAS VEGAS STYLE CASINO

For tickets or sponsorship information, please visit

magicofgiving2022.com

PROUDLY PRESENTED BY:

The Foutch Group



Management

IN SUPPORT OF:





## 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 Market-ing/Foundation Building by February 7.

Please contact Randy Burns at foundation@tjsamson.org with any questions.

\* Way to GOI \*



Thank you to the Practice Management and Patient Care Services Teams for their help at the Community Soup Kitchen this month!



We now have a security officer stationed at the South entrance at TJSCH from 10:30 a.m. - 7 p.m. (closing time for the South entrance), Monday - Friday.

T.J. Security is here to provide 24/7 security to patients to help them with their needs, directions, etc., and to assist with caring for their loved ones during their stay with us.

## Community Medical Care Celebrates 20 Years!







#### WKU. CONTINUING & PROFESSIONAL DEVELOPMENT

# CAREER TRAINING COURSES

## Learn in-person with a live instructor!

**Clinical Medical Assistant:** January 31 - May 16 Knicely Center, Bowling Green

**Phlebotomy Technician:** *February 1 - April 21 WKU in Glasgow* 

**Pharmacy Technician:** *February 8 - March 29 Knicely Center, Bowling Green* 

Courses include an externship, hands-on labs, and may include the opportunity to take the industry certification exam on the last day of class. Visit our website for details.

All courses are also available for enrollment any time in a self-paced, online format.

## LEARN MORE & REGISTER: wku.edu/cpd/career-training

#### WKU.EDU/CPD | CPD@WKU.EDU | (270) 745-1912

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South Central Workforce Development Board

For information about possible funding: (270) 746-7249

For information about possible funding: (270) 766-5115



# With FIT FOR LIFE

Are you losing your "New Year" motivation? If so, over the next few weeks, Fit for Life will be sharing some tips to help get your motivation back and keep it going all year.

## Keep a Positive Mindset

A positive mindset isn't a magic potion and won't make all of your problems disappear. What it will do is make problems seem more manageable and help you approach hardships more positively and productively.

- Focus on the good things- When faced with challenges, focus on good things, even if they seem small and insignificant.
- Practice gratitude-practicing gratitude reduces stress, improves self-esteem, and encourages resilience.
- Spend time with positive people-negativity and positivity are contagious. Surrounding yourself with people that lift you up will help you stay happy and optimistic.
- Listen and read positive information-fill your brain with uplifting information to help you stay motivated.

## See you next week for another Motivation Minute!

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

	Apple, Too			January		
	Monday	Tuesday	Wednesday	Thursday	Friday	
	3	4	5	6	7	
Breakfast Special	Chocolate Chip Pancakes	Chocolate Chip Pancakes	Chocolate Chip Pancakes	Chocolate Chip Pancakes	Chocolate Chip Pancakes	
Lunch Special	Fried Bologna Sandwich	Chicken Salad & Fresh Fruit Plate	Tuna Salad Croissant	General Tso's Chicken Bowl	Sloppy Joe	
WK6	Chips & Fruit	Blueberry Muffin	Chips, Fresh Fruit Cup	Eggroll	Loaded Potato Salad	
	10	11	12	13	14	
Breakfast Special	Breakfast Quesadilla	Breakfast Quesadilla	Breakfast Quesadilla	Breakfast Quesadilla	Breakfast Quesadilla	
Lunch Special WK1	Chicken Salad Sandwich	Philly Steak	Big Daddy Brisket Sandwich	Very Berry Chicken Salad	Beef Fajitas	
	Cranberry Kale Salad	Spinach, Bacon, Parmesan Salad	Loaded Potato Salad	Croissant	Corn & Black Bean Salad	
	17	18	19	20	21	
Breakfast Special	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel	
Lunch Special WK2	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	
	24	25	26	27	28	
Breakfast Special	Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes	
Lunch Special WK3	Chicken Cobb Salad	BLTA Croissant	Chicken Fajitas	Pizza Sub	Crispy Orange Chicken Bowl	
	Croissant	Creamy Broccoli Salad	Black Beans	Side Salad	Eggroll	

## T.J. Cafe

	17	18	19	20	21
Soup	Vegetable Soup	Broccoli Cheddar	Roasted Red Pepper & Gouda	Chili	Loaded Potato
	TAVOLA	Provid Latin Kitsham	Stacked or Wrapped Sandwich Bar	Happy Hen	ONS-LICIBUS
Features	Build Your Own Pasta	Quesadillas	Spinach Wraps	Buttermilk Ranch "Not Fried" Chicken	Crispy Pork Sandwich
	Penne	Beef Quesadilla	Sourdough, Wheat	Nashville Hot Chicken	Sweet & Sour Glazed Mahi
	Zucchini Noodles	Chicken Quesadilla	Hoagie, Croissant	Chicken Tenders	Hawaiian Chicken Sliders
	Oven Fried Chicken	Cheese Quesadilla	Turkey, Ham	Mashed Potatoes	Steamed Jasmine Rice
	Lemon Rosemary Chicken	Refried Beans	Popcorn Shrimp	Southern Style Green Beans	Watermelon Poke
	Meatballs	Spanish Rice	Chicken Salad	Grilled Cabbage	Cabbage Slaw
	Balsamic Roasted Brussels	Grilled Peppers & Onions	Bacon	Hash Brown Casserole	Mango Slaw
	Broccoli, Mushrooms	Chiles Rellenos	Spinach & Bacon Salad	*Homemade Fruit Tea*	Honey Lime Fruit Salad
	Kale Caesar & Side Salad	Mexican Street Corn Salad	Sweet Coleslaw	Loaded Potato Salad	Steak Fries
	Assorted Toppings & Sauces	Assorted Toppings & Sauces	Assorted Toppings, Cheese, & Sauces	Old Fashioned Tomato Salad	Assorted Toppings & Sauces
	Fried Ravioli	Jalapeno Poppers	Ranch Bistro Chips	Potato Wedges	Steak Fries
Bread	Breadstick	Cornbread	Dinner Roll	Biscuit & Cornbread	Cornbread
Dessert	Cannoli	Tres Leches Cake	Carrot Cake	Apple Streusel	Chocolate Chip Candy Cookies
	24	25	26	27	28
Soup	Chili	Loaded Potato	Broccoli Cheddar	Roasted Red Pepper & Gouda	Chicken Noodle
	DRUMS FLATS		Chop Chop Salad- the Original	SMOKEHOUSE	Comfort Food!
Features	Chicken Wings	Al Pastor (Pork Tacos)	Fried Chicken	Brisket	Meatloaf
	Chicken Tenders	Chicken Tinga Tacos	Grilled Chicken	Pulled Pork	Signature Fried Chicken Breast
	Oven-Fried Zucchini Sticks	Crispy Fish Tacos	Salad Mix	Chipotle BBQ Chicken Breast	Green Bean Casserole
	Steamed Broccoli	Cilantro Lime Rice	Bacon	Baked Beans	Roasted Vegetables
	Cheese Sauce	Spicy Black Beans	Cucumber, Tomato	Mac & Cheese	Broccoli Au Gratin
	Carrots & Celery	Sautéed Poblano Peppers	Cheese, Onion	Grilled Cabbage	White Beans
	Coleslaw	Baked Sweet Plantains	Croutons, Black Olives	Honey Butter Corn	Mashed Potatoes
	Wedge Salad	Grilled Pineapple		Loaded Potato Salad	Macaroni & Tomatoes
		Cilantro Jicama Slaw		Cucumber & Onion Salad	Side Salad
			Com Nuggoto		
	Potato Wedges	Fried Jalapenos	Corn Nuggets		
	Potato Wedges Assorted Toppings & Sauces	Fried Jalapenos Assorted Toppings & Sauces	Com Nuggets	Assorted Toppings & Sauces	



### 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



## COUPON CODE: TJSAMSON



#### **Employee Payroll Deduction Authorization Form**

Employee Name:	Employee #:					
Home Address:	City:	S	St: Zip:			
Phone:	Email Address:					
Thank you for your decision to partn T.J. Community Mission Foundation.	-	lth family throu	gh your support of the			
I would like for my gift to support th	e T.J. Community Mission F	oundation (plea	ase check):			
in support of where	needed most.					
in support of the Sha	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 <b>recurring deduction of my gross pay each pay period</b> . 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 a	Please deduct the following amount from each paycheck (26 pay periods annually):					
\$38.47 = \$1000 annı	ual gift S	\$10 = \$260 annı	ual gift			
\$28.85 = \$750 annua	al gift S	\$3.85 = \$100 an	nual gift			
\$19.24 = \$500 annua	al gift S	\$(	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	e gift amount)					
*Your recurring or one-time donation	n to the T.J. Community Miss	ion Foundation	is tax deductible.			
Employee signature:		Date:				
RETURN COMPLETED FORM TO: T.J. scanned form to <u>foundation@tjsam</u> form online at <u>https://www.tjregion</u>	son.org, fax to 270.659.1704	4, or complete t				

T.J. Community Mission Foundation – 1301 N. Race Street – Glasgow, KY 42141



## **J** 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: Tjpj21w Large 3-topping pizza + two 20 oz. drinks for \$10.99: Tjpj3tw 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.J. employees receive discounts at the following Columbia businesses by showing your T.J. name badge.

#### FRANKLIN NISSAN

10% off any service work.

#### NANWOOD MARKET

10% off regularly priced items.

**RUGGED TRUTH BARBERSHOP** \$1 off a haircut.

#### 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.



Total. Local. Care.

#### 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

**I.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	Excellenc	e Award N	omina	tion Form
Nominee's Name (p	lease print):		Date:		
	ient:			e's Supervisor:_	
		Cho	ose One:		
	Hospital	Pavilion	Columbia	с	linics
			Clinic	Location:	
Choose Area(s) of	service that the no	minee consistently d	elivers service that refle	octs T.I. Regio	hal Health's Service
Excellence standa					
Compassion	Cooperation	Collaboration	Communication	Change	Champion
	•		lifies the standards liste	ed on the pled	ge. Refer to T.J. Pledge
Would you like to	remain anonymous	;?			
If no, please provi	ide your name:				
	or Approval:				
	Submit com	pleted nomination fo	orms to Pam Bray in Hu	man Resource	25.

## Regional Health

# 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
- Iisten 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