

T.J. TeamTalk

JULY 13, 2020

Tell us something
GOOD 

Thanks to a generous donation from Don Franklin Automotive Group, local artist Lori James was commissioned to paint these colorful murals in the Pediatric Rehab areas at the T.J. Health Pavilion. Lori's talents are amazing, and we know that this wonderful artwork will bring a great deal of joy to our pediatric patients!





UPcoming EVENTS

JULY

July 20: Bereavement Support Group @ 2 p.m.
via Zoom (Attendees can register on the TJ website)

July 28: BLS 7:30 - 8:00 a.m.
ACLS 8:00 - 9:30 a.m.
PALS 9:30 - 11:00 a.m.

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



Sam's Club in Bowling Green has extended their healthcare worker special shopping hours! All healthcare workers may shop on Sundays from 8 a.m. - 10 a.m. through the month of July.

 **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 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, or you can also submit it online via the T.J. Intranet.

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

July: Cooperation



T.J. PATIENT ENCOUNTERS

7/4/20 - 7/10/20:

7,223

6/27/20 - 7/3/20:

6,363



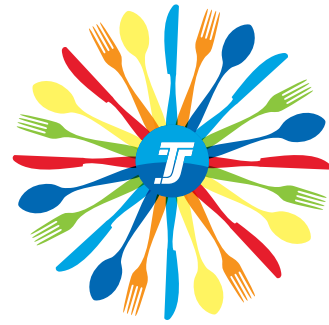


IMPORTANT ANNOUNCEMENT!

COVID-19 UPDATES

NEIL THORNBURY WILL SEND REGULAR UPDATES RELATED TO COVID-19 FOR AS LONG AS NECESSARY.

Updates are also shared on the T.J. website and the T.J. Regional Health Facebook page.



Groceries and to-go meals!

Items include bread, milk, eggs, canned soft drinks, and more! The full item list and pricing is featured on the next 3 pages!

The to-go meal order forms are featured at the end of this newsletter.

All forms can be submitted at the Apple a Day Cafe or by emailing them to floorstock@tjsamson.org.

If you have any questions, please contact Sarah Kinslow at sarah.kinslow@tjsamson.org.



CYBER SAVINGS EVENT

SAVE ON EXCEPTIONAL

EARLY ACCESS FOR MEMBERS. STARTS 7/6.



DOORBUSTER
XPS 13 Touch
Est. value* \$999.99 | Save \$100
\$899.99

10th Gen Intel® Core™ i5 processor, Windows 10 Home, 8GB memory*, 256GB SSD*, FHD Touch display



DOORBUSTER
Alienware 15 R2
Est. value* \$2,299.99 | Save \$730
\$1,799.99

9th Gen Intel® Core™ i7 processor, Windows 10 Home, 16GB memory*, 512GB* SSD, 8GB* NVIDIA® GeForce® RTX 2070, OLED UHD Display + Tobii Eye-tracking technology



DOORBUSTER
XPS Desktop
Est. value* \$829.99 | Save \$200
\$699.99

9th Gen Intel® Core™ i5 processor, Windows 10 Home, 8GB memory*, 1TB Hard drive*, NVIDIA® GeForce RTX™ 1650



DOORBUSTER
Dell 32" Curved Gaming Monitor - S3220DGF
Est. value* \$609.99 | Save \$150
\$459.99

31.5" QHD curved gaming monitor, 2560x1440 resolution, 4ms response time, AMD Radeon FreeSync™ 2 HDR

RECEIVE EXCLUSIVE OFFERS, ACCESS TO INSIDER SALES AND LOW MONTHLY PAYMENTS WITH **DELL PREFERRED ACCOUNT**. VISIT DELL.COM/DPA

Shop online at:

A clean hand is a caring hand.

Did you know proper hand hygiene is the #1 way to prevent the spread of germs? Follow these simple steps for proper hand hygiene.



Soap and water

- 1 Turn on water
- 2 Wet hands
- 3 Apply soap to palm of one hand
- 4 Scrub for 20 seconds
- 5 Rinse
- 6 Dry with paper towel
- 7 Turn off water with a clean towel



Hand sanitizer

- 1 Apply to palm of one hand
- 2 Rub over both hands
- 3 Let dry

Offers valid 7/6/2020-7/23/2020 at 5:59 ET, unless otherwise noted. Limited quantities available at these prices.
*DELL PREFERRED ACCOUNT (DPA): Offered to U.S. residents by WebBank, Member FDIC, who determines qualifications for and terms of credit. Taxes, shipping, and other charges are extra and vary.
*Offers subject to change, not combinable with all other offers. Taxes, shipping, and other fees apply. Free shipping offer valid in Continental U.S. (excludes Alaska and P.O. Box addresses). Offer not valid for Resellers. Dell reserves the right to cancel orders arising from pricing or other errors. Price Match Guarantee: If you find a lower-price advertised on the internet for an identical electronic product or an equivalent Dell, HP, Apple or Lenovo computer (as determined by Dell), Dell will match that price. Call or Chat online with a Dell Expert and we'll walk you through the process. Learn more at dell.com/pricematch. Hard Drive capacity varies with preloaded material and will be less. System memory may be used to support graphics, depending on system memory size and other factors. Copyright © 2020 Dell Inc. or its subsidiaries. All Rights Reserved. Dell Technologies, Dell, EMC, Dell EMC and other trademarks are trademarks of Dell Inc. or its subsidiaries. 354382



POPUP
market

Name: _____

Phone #: _____

Order Date: _____

Pick Up Date: _____

Pick Up Time: _____

Item	Package Size		Price	Quantity
2% Milk	½ gallon	Refrigerated	\$2.50	
Whole Milk	½ gallon	Refrigerated	\$2.50	
American Cheese	160 slices	Refrigerated	\$14.00	
Cheddar Cheese	2.5lb, slices	Refrigerated	\$10.00	
Eggs, Pasteurized in Shell	Dozen	Refrigerated	\$4.00	
Deli Turkey	1lb, sliced	Frozen	\$4.00	
Bacon, Egg, Cheese Biscuits	Case of 12	Frozen	\$20.00	
All Beef Hot Dogs	5lb bag, 30 per bag	Frozen	\$15.00	
Chicken Breast (boneless, skinless)	5lb bag (16 per bag)	Frozen	18.00	
Chicken Tenders	5lb bag	Frozen	\$15.00	
Pulled Chicken	5lb bag	Frozen	\$23.00	
Pulled Pork	5.5lb bag	Frozen	\$25.00	
Scones, Blueberry	Dozen	Frozen	\$12.00	
Scones, White Choc Raspberry	Dozen	Frozen	\$12.00	
Scones, Apple Cinnamon	Dozen	Frozen	\$12.00	

All items are subject to availability. Please allow for delivery time to the Pavilion or to Columbia.

Pick-up locations are:

Main Hospital: TJ Café (M-F, 6:30am-1pm) Apple A Day (daily 7am-7pm)

Pavilion: Apple, Too (M-F, 7am-1pm)

Columbia: Kitchen (M-F, times may vary depending on courier schedule)



POPUP
market

Name: _____

Phone #: _____

Order Date: _____

Pick Up Date: _____

Pick Up Time: _____

Item	Package Size	Price	Quantity
Coke	12 pack cans	\$5.25	
Diet Coke	12 pack cans	\$5.25	
Ski	12 pack cans	\$5.25	
Sprite	12 pack cans	\$5.25	
Sprite Zero	12 pack cans	\$5.25	
Mountain Dew	12 pack cans	\$5.25	
Diet Mountain Dew	12 pack cans	\$5.25	
Sara Lee White Bread	Loaf	\$2.00	
Sara Lee Whole Wheat Bread	Loaf	\$2.00	
Ball Park Hamburger Buns	12 count	\$2.25	
Ball Park Hot Dog Buns	12 count	\$2.00	
Frosted Cherry Pop Tarts	Box of 6 packs	\$4.00	
Frosted Strawberry Pop Tarts	Box of 6 packs	\$4.00	
Frosted Blueberry Pop Tarts	Box of 6 packs	\$4.00	
Frosted Brown Sugar Pop Tarts	Box of 6 packs	\$4.00	
S'mores Pop Tarts	Box of 6 packs	\$4.00	

All items are subject to availability. Please allow for delivery time to the Pavilion or to Columbia.

Pick-up locations are:

Main Hospital: TJ Café (M-F, 6:30am-1pm) Apple A Day (daily 7am-7pm)

Pavilion: Apple, Too (M-F, 7am-1pm)

Columbia: Kitchen (M-F, times may vary depending on courier schedule)



POPUP
market

Name: _____

Phone #: _____

Order Date: _____

Pick Up Date: _____

Pick Up Time: _____

Item	Package Size	Price	Quantity
Krusteaz Pancake Mix	5lb Bag	\$5.00	
Skippy Peanut Butter	4lb	\$9.00	
Welch's Grape Jelly	20oz Squeeze Bottle	\$3	
Mott's Applesauce	46oz	\$3.50	
Vanilla Pudding Cups	4 pack	\$2.00	
Chocolate Pudding Cups	4 pack	\$2.00	
Sugar Free Vanilla Pudding	4 pack Cups	\$2.00	
Sugar Free Chocolate Pudding	4 pack Cups	\$2.00	
Heinz Ketchup	20oz	\$2.00	
French's Yellow Mustard	8oz	\$2.00	
Hellmann's Mayonnaise	20oz Squeeze Bottle	\$5.00	
Lipton Tea Bags	Box of 100 bags	\$5.00	
Lays Variety Chips (original, Doritos, Cheetos, Fritos, bbq, cool ranch)	30 bags	\$16.00	
Baked Lays Variety Chips (original baked, baked Cheetos, bbq, sour cream & onion, cheddar & sour cream)	30 bags	\$16.00	
Rice Krispy Treats	Box of 8	\$5.00	
Barilla Penne Pasta	1lb Box	\$2.00	

All items are subject to availability. Please allow for delivery time to the Pavilion or to Columbia.

Pick-up locations are:

Main Hospital: TJ Café (M-F, 6:30am-1pm) Apple A Day (daily 7am-7pm)

Pavilion: Apple, Too (M-F, 7am-1pm)

Columbia: Kitchen (M-F, times may vary depending on courier schedule)



Thank you to the Boys and Girls Club for delivering meals to EVS staff last week!



All discounted tickets must be purchased in advance on the website of the park you wish to visit. Enjoy these great summer savings!



Go to the T.J. Intranet and click on Holiday World which is located under Consignment Tickets. This will direct you to the Holiday World website: HolidayWorld.com/funclub. Enter the following information for discounted Holiday World tickets:

Username: **Holiday863**

Password: **World863**

Check website for pricing information.



Hospital Approved Disinfectants

What is a "contact time"?

The amount of time needed for the disinfectant to remain present (wet) on a surface in order to remove organisms.



Contact Time:
1 Minute



Contact Time:
2 Minutes



Contact Time:
4 Minutes
*kills CDIFF



Contact Time:
1 Minute



Contact Time:
5 Minutes
*kills CDIFF

NOTE: Due to supply chain issues in obtaining cleaning products the following is to be considered when choosing a cleaner.

Wipes- reserved for equipment to prevent over saturation which could disrupt the integrity.

Liquid Cleaners- to be used for room turn over and horizontal surfaces. Do **NOT** use the same cloth multiple times or double dip rag into solution - they are to be laundered after each use.

***kills CDIFF-** the Sani-Bleach wipe and the OxyCide daily disinfectant liquid are the only two products that will effectively kill CDIFF spores.

YOU'VE WORKED HARD TODAY. LET US MAKE DINNER EASY.

Place, and pay for, your order in the Apple-A-Day by noon. Pick-up your order, at the time specified, in the Apple-A-Day. If ordering from the Pavilion, place and pay for your order at the Apple, Too. Show your receipt and pick-up your order in the Apple-A-Day. *All orders must be picked-up by 7pm.*

Name:	
Phone:	
Pick-Up Date:	
Pick-Up Time:	

Daily Special Family Meal (feeds up to 4)
Chicken Tenders (12-16 varies based on size), 2 Family Size Sides,
4 Dinner Rolls, and 2 Family Size Sauces
\$20

Sides (meal includes 2):	How many orders of each side?	Sauces (meal includes 2):	How many cups of each sauce?
Potato Wedges		BBQ	
Coleslaw		Ranch	
Onion Rings		Buffalo	
Tater Tots		General Tso's	
extra sauce \$1 per cup, extra sides \$3 each		Honey Mustard	

Tuesday

Build Your Own Nachos (feeds up to 4) \$22

Taco Meat or Fajita Spiced Chicken, Nacho Chips, Lettuce, Shredded Cheese,
Tomatoes, Black Beans, Salsa & Sour Cream

~ OR ~

4 orders Chef's Special (chicken, rice, queso) with Chips & Salsa \$22

Family Nacho Meal	How many orders of each?
Taco Meat (1 family size container included with meal)	
Fajita Spiced Chicken (1 family size container included with meal)	
Chef's Special Family Meal (includes 4 chef's specials)	

additional orders of Chef's Special, Taco Meat or Fajita Spiced Chicken are \$6 each

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Name:	
Phone:	
Pick-Up Date:	
Pick-Up Time:	

\$20 Daily Special Family Meal (feeds up to 4) \$20
Chicken Tenders (12-16 varies based on size), 2 Family Size Sides,
4 Dinner Rolls, and 2 Family Size Sauces

Sides (meal includes 2):	How many orders of each side?	Sauces (meal includes 2):	How many cups of each sauce?
Potato Wedges		BBQ	
Coleslaw		Ranch	
Onion Rings		Buffalo	
Tater Tots		General Tso's	
extra sauce \$1 per cup, extra sides \$3 each		Honey Mustard	

Wednesday

Salad comes with a Honey Butter Croissant

1 salad \$6, 2 salads \$5.40 each, 3 salads \$5.20 each, 4 or more \$5 each
 extra croissants \$1 each

Salad 1 (choose toppings)				Salad 2 (choose toppings)			
Chicken: Fried or Grilled	Fried	Grilled		Chicken: Fried or Grilled	Fried	Grilled	
Strawberries				Strawberries			
Blueberries				Blueberries			
Feta Cheese				Feta Cheese			
Red Onion				Red Onion			
Pecans				Pecans			
Grape Tomatoes				Grape Tomatoes			
Croutons				Croutons			
Strawberry or Fat Free Raspberry	Straw.	FF		Strawberry or Fat Free Raspberry	Straw.	FF	
Balsamic				Balsamic			
Salad 3 (choose toppings)				Salad 4 (choose toppings)			
Chicken: Fried or Grilled	Fried	Grilled		Chicken: Fried or Grilled	Fried	Grilled	
Strawberries				Strawberries			
Blueberries				Blueberries			
Feta Cheese				Feta Cheese			
Red Onion				Red Onion			
Pecans				Pecans			
Grape Tomatoes				Grape Tomatoes			
Croutons				Croutons			
Strawberry or Fat Free Raspberry	Straw.	FF		Strawberry or Fat Free Raspberry	Straw.	FF	
Balsamic				Balsamic			

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Name:	
Phone:	
Pick-Up Date:	
Pick-Up Time:	

\$20 Daily Special Family Meal (feeds up to 4) \$20

**Chicken Tenders (12-16 varies based on size), 2 Family Size Sides,
4 Dinner Rolls, and 2 Family Size Sauces**

Sides (meal includes 2):	How many orders of each side?	Sauces (meal includes 2):	How many cups of each sauce?
Potato Wedges		BBQ	
Coleslaw		Ranch	
Onion Rings		Buffalo	
Tater Tots		General Tso's	
extra sauce \$1 per cup, extra sides \$3 each		Honey Mustard	

Thursday Meat & Three

Family Size Roast Turkey or Meatloaf, 3 Family Size Sides, Dinner Rolls

\$20

Meat (Choose 1):	How many orders	Sides (Choose 3):	How many orders of
Roast Turkey & Gravy		Dressing	
Meatloaf		Green Beans	
		Steamed Broccoli (cheese sauce included)	
		Mashed Potatoes (turkey gravy included with potatoes)	
		Extra Turkey Gravy	

Additional orders of turkey or meatloaf \$7, extra sides \$3 each

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Name:	
Phone:	
Pick-Up Date:	
Pick-Up Time:	

Friday

**Chicken Tenders (12-16 varies based on size) or Fried Chicken Breast,
2 Family Size Sides, 4 biscuits, and 2 family-sized sauces**

Feeds up to 4

\$20

	How many family-size orders of each?		
Chicken Tenders			
Fried Chicken Breast			
Sides (meal includes 2):	How many family-size orders of each?	Sauce (meal includes 2):	How many cups of each sauce?
Buttermilk Chive Mashed Potatoes		White Gravy	
Grilled Cabbage		Hot Honey	
Southern Style Green Beans		Maple Pecan Praline	
Hash brown Casserole		BBQ	
Tomato Salad		Ranch	
Potato Wedges		Buffalo	
Coleslaw		General Tso's	
Onion Rings		Honey Mustard	
Tater Tots			

extra sauce \$1 per cup, extra sides \$3 each

YOU'VE WORKED HARD TODAY. LET US MAKE DINNER EASY.

Place, and pay for, your order in the Apple-A-Day by noon. Pick-up your order, at the time specified, in the Apple-A-Day. If ordering from the Pavilion, place and pay for your order at the Apple, Too. Show your receipt and pick-up your order in the Apple-A-Day. *All orders must be picked-up by 7pm.*

Name:	
Phone:	
Pick-Up Date:	
Pick-Up Time:	

Daily Special Family Meal (feeds up to 4)
Chicken Tenders (12-16 varies based on size), 2 Family Size Sides,
4 Dinner Rolls, and 2 Family Size Sauces
\$20

Sides (meal includes 2):	How many orders of each side?	Sauces (meal includes 2):	How many cups of each sauce?
Potato Wedges		BBQ	
Coleslaw		Ranch	
Onion Rings		Buffalo	
Tater Tots		General Tso's	
extra sauce \$1 per cup, extra sides \$3 each		Honey Mustard	

Saturday & Sunday
2 pizzas, 8 Breadsticks, Marinara, Parmesan, Pepperoncini Peppers, Garlic Butter
\$25

Pizzas (choose 2)	Quantity	Toppings (mark through anything you'd like left off)			
Cheese		Cheese			
Pepperoni		Pepperoni			
Veggie		Bell Pepper	Mushrooms	Onion	Black Olives
Supreme		Pepperoni		Sausage	
		Bell Pepper	Mushrooms	Onion	Black Olives

One Cheese Pizza To Go: \$8, One Pepperoni, Veggie, or Supreme To Go: \$10



Bereavement Support Group

Support while adjusting to loss

Monday, July 20 • 2 p.m. via Zoom

The loss of a loved one is an overwhelming, emotional experience. It can alter one's life and leave many questions. Everyone grieves differently. T.J. Regional Health offers a support group, free-of-charge, for community members to learn to cope with feelings of grief, loss, and sadness in a safe environment. The group is facilitated by a Social Worker and participants may come to each monthly meeting or as needed.

Here are a few self-care tips:

1. Identify what you need at this time in your life.
2. Identify the people in your life who have talents or skills in the areas where you need assistance or guidance.
3. Allow those around you to help you, and learn to ask for help. Many of your friends and family want to help in some way, but they may need guidance to know their boundaries.

NEW GROUP FORMAT

Due to COVID-19 and in-person meeting restrictions, we will host the next Bereavement Support Group via Zoom. The group will continue to meet on the third Monday of each month at 2 p.m. for 35-45 minutes with a limited number of participants.

The group is free and open to the public, and no designated number of sessions is required. Join us from the comfort of your home for fellowship, emotional support, and fostering of hope.

Registration is required.

Contact Loretta Boone, MSW at 270-651-4430 for more information or visit the calendar of events at www.tjregionalhealth.org to register.


You are not alone. We are here to support you.

TJ Cafe Menu July 13 - July 17

features	OF THE WEEK	Build Your Own Pasta Bar	monday
	Dessert: Cannoli		
	Soup: Broccoli Cheddar		
	<hr/>		
	Build Your Own Nachos	tuesday	
Dessert: Brownies			
Soup: Chicken Noodle			
<hr/>			
Chop Chop Salad with Berries	wednesday		
Dessert: Chocolate Cake			
Soup: Roasted Red Pepper			
<hr/>			
Meatloaf or Roast Turkey Dressing, Mashed Potatoes, Green Beans, Broccoli, Cheese Sauce	thursday		
Dessert: Lemon Bars			
Soup: Chili			
<hr/>			
Fried Chicken Breast, Hot Honey Chicken Tenders	friday		
Mashed Potatoes, Grilled Cabbage, Hash Brown Casserole, Green Beans, Corn on the Cob			
Dessert: Chocolate Chip Cookies			
Soup: Potato			

TJ Café Menu

July 20-24

Monday		Build Your Own Baked Potato Dessert: Chocolate Brownie Soup: Chili
Tuesday		Build Your Own Taco Salad Dessert: Lemon Bars Soup: Potato
Wednesday		Build Your Own Sliders Dessert: Banana Bread Blondies Soup: Tomato Roasted Red Pepper & Gouda
Thursday		Build Your Own Asian Bowl Tempura Chicken, Asian BBQ Shrimp, Fried Rice, Fried Cauliflower Rice, Lo Mein Noodles, Broccoli & Carrots, Szechuan Green Beans, Vegetable Chow Mein Dessert: Carrot Cake Soup: Pinto Beans
Friday		Cajun Chicken Breast, Grilled Ribeye, Corn dog, Steak Fries, Steamed Broccoli, Sautéed Mushrooms, Baked Potatoes, Kale Caesar Salad Dessert: Salted Caramel Brownies Soup: Broccoli Cheddar

Apple Too Menu July 13 - July 17

features	OF THE WEEK	Chili, Jalapeno Cornbread, & a 20oz Bottled Water or Soft Drink	monday
	\$4		
	<hr/>		
	Philly Steak Sandwich, Roasted Red Potatoes, & a 20oz Bottled Water or Soft Drink	tuesday	
	\$4.75		
<hr/>			
Chicken, Bacon, Ranch Melt, Chips, & 20oz Bottled Water or Soft Drink	wednesday		
\$4.75			
<hr/>			
Teriyaki Pork Loin, Mixed Vegetables, & 20oz Bottled Water or Soft Drink	thursday		
\$5			
<hr/>			
Tuna Salad Croissant, Fresh Fruit, & 20oz Bottled Water or Soft Drink	friday		
\$4.75			

Apple Too Menu July 20 - July 24

features	OF THE WEEK	Pulled Pork Sandwich, Chips, & a 20oz Bottled Water or Soft Drink	monday
	\$4.75		
	<hr/>		
	Potato Soup, Grilled Cheese & a 20oz Bottled Water or Soft Drink	tuesday	
	\$4.25		
<hr/>			
Fried Chicken Sandwich, Broccoli Salad & 20oz Bottled Water or Soft Drink	wednesday		
\$4.75			
<hr/>			
Turkey Club on Pretzel Bun, Fresh Fruit & 20oz Bottled Water or Soft Drink	thursday		
\$4.75			
<hr/>			
Buffalo Chicken Salad, Cookie, & 20oz Bottled Water or Soft Drink	friday		
\$4.75			



TJ GLASGOW 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.)

AUTO SPA COMPLEX

Receive \$2 off the \$20 or \$28 car wash.

AWARDS, INC.

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

AZUL TEQUILA

Receive 15% off **OR** a free queso.

BAILEY GIBSON SERVICE DEPT.

Receive 15% off service.

BIG LOTS

Receive 15% off your purchase.

BLUEGRASS CELLULAR

Receive 15% off basic service.

BOUTIQUE 218 AT JORDAN'S SALON

Receive 10% off clothing at Boutique 218.

CAPTAIN D'S

Receive 15% off your purchase.

NEW!

DON FRANKLIN GLASGOW

Receive 10% off standard services and repairs.

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

FANCY PANTS BOUTIQUE

Receive 10% off your purchase.

FREDDY'S

Receive 10% off your total on T.J. Tuesdays.

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.

MARCO'S PIZZA

Receive 30% off regular-priced pizza. (Delivery & carryout.)

NEW CENTURY BUFFET

Receive 10% off (T.J. employee's meal only).

NOT AVERAGE JOES GYM

\$20 a month. No fees.

PAPA JOHN'S PIZZA

Any large 5-topping or specialty pizza for \$12: Tjpj20
Large 3-topping pizza for \$9.99: 99wfg3
Reg. menu prices. Online, call-in and in-store orders.

GLASGOW EMPLOYEE DISCOUNTS, CONT.

RALPHIE'S FUN CENTER

Receive free shoe or skate rental.

SHOGUN BISTRO

Receive 10% off your food purchase.

SIDELINES CASUAL DINING

Receive 10% off your purchase.

SWEETHEART BAKERY

Receive 10% off your purchase.

THE URBAN DEN

Receive 15% off your purchase on Fridays.

T.J. CAFE

Employee discount in employee cafeteria.

T.J. GIFT SHOP

Receive 10% off your purchase.

Payroll deduction available for employees.

WITTY'S COMPLETE CAR CARE

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

WORKOUT ANYTIME

First month free • \$15 Basic Individual Plan
\$25 Premium Individual Plan • \$35 Friends & Family (2 ppl)

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.

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 mollie.felkins@tjsamson.org.*



Community Mission FOUNDATION

Employee Donation Form Payroll Deduction Authorization/One Time Gift

I understand my donation will be made to the **T.J. Community Mission Foundation** to advance the *Love Makes a House a Home* campaign to support the **Shanti Niketan** Hospice Home, its programs and/or endowment.

Employee Name: _____

Home Address: _____

Phone: _____

Email Address: _____

Social Security Number: _____

Employee Number: _____

PAYROLL DEDUCTION

Please deduct the following amount from each paycheck: \$_____

- My gift is a: **5 year contribution**
 3 year contribution
 2 year contribution
 1 year contribution

I agree that my gross pay will be reduced by the amount of my deduction as indicated above. In the event a new Employee Deduction Authorization Form is not executed on or before the next year-end, this form shall be deemed to continue in force for the next succeeding year.

Employee Signature: _____ Date: _____

ONE TIME GIFT

Please accept my one time gift: \$_____ (check attached)

Make check payable to: *T.J. Community Mission Foundation*

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 • Megan Buntin, APRN • Pat Spears, APRN

Primary Care Pod B: 270.659.5870

Dr. Gilson • Dr. Miller • Dr. Neuhaus

Primary Care Pod C: 270.659.5885

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

Cardiology: 270.659.5970

Dr. Nair • Dr. Rajan • Dr. V. Reddy • Dr. Salifu
Lisa DuCoff, APRN • Nancy Jo Houchens, APRN
Ashley Robertson, APRN • Heather Bull, APRN

Gastrointestinal Clinic: 270.659.3398

Dr. Suh

General Surgery: 270.659.5945

Dr. Klapheke • Dr. Marion • Dr. Saridakis

Gynecology & Obstetrics: 270.659.5865

Dr. Craddock • Dr. Dirig • Dr. Thorpe • 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. Bahadur • Angela Rush, APRN

Pulmonology: 270.659.5835

Dr. Kummerfeldt • Dr. Waheed

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

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

Cardiology: Dr. Rajan • Ashley Robertson, 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

Latasha Gilpatrick, APRN • Nikki Loy, APRN

T.J. Health Scottsville Clinic: 270.237.3123

Emily Tabor Jessie, APRN • Lindsey Landers, 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

T.J. Sleep Clinic: 270.651.1888

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

T.J. Wound Care: 270.651.4325

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

Walmart Clinic: 270.678.3278

Tiffany Frye, APRN • Tracy Taylor, 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: _____

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