

T.J. TEAM *Talk*

APRIL 5, 2021

Welcome, Dr. Lindsey!



We are pleased to announce that Dr. Jason Lindsey has joined the T.J. Regional Health Diagnostic Radiology team.

Dr. Lindsey received his medical degree from Baylor College of Medicine, and he also completed his Diagnostic Radiology Residency there. He said, "I wanted to become a physician because of a simple belief that we should all serve in whatever way we can. I have been fortunate to be able to obtain the skills and knowledge to be able to serve the community by furthering health. Caring for people and their loved ones is my privilege."

When asked why he decided to join the T.J. family he said it was because he is dedicated to healthcare provided outside of large medical centers. "It is my fervent belief that hospitals like T.J., hospitals dedicated to the community that they serve, are the cornerstone of the US healthcare system. Hospitals like T.J. must operate at the highest level, because they represent the most important access point for the majority of Americans. Without excellent local healthcare, the people who need it most are at risk. I believe that, with my training and dedication, the healthcare of this community will be improved," Dr. Lindsey said.

Outside of work, Dr. Lindsey said he loves spending time with his kids. He also plays many musical instruments including guitar, piano, organ, mandolin, dobro, and pedal steel guitar. He also enjoys writing, recording, mixing, and arranging music. Reading books of all kinds fills what little other time he has free.

We are proud to welcome Dr. Jason Lindsey to the T.J. family!



APRIL

April 16: National Healthcare Decisions Day

April 24: DEA Drug Take Back Day

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



COMMUNICATION *corner*

Be Clear about Tasks so Everyone Knows Their Responsibility

No one can effectively complete an assignment or task if they are unsure what they are unsure what tasks they are responsible for. Make sure the entire team knows the scope of the project and that each team member is clear about exactly what is expected of them. Getting the team together on a regular basis to check progress, ask questions, and address any issues is another good way to keep everyone on track.

T.J. 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, 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 and providers who strive for Service Excellence!

April: Collaboration



T.J. PATIENT ENCOUNTERS

3/27/21 - 4/2/21:

9,437

3/20/21 - 3/26/21:

10,269





REFERRAL BONUS

For Recruitment of RN, RN Graduate, LPN, LPN Graduate - Full Time

- The first **10** T.J. employees who recruit a RN, RN Graduate, LPN, LPN Graduate will receive **5 DAYS OF PTO** or the equivalent **CASH** (employee's choice, unless employee is maxed on PTO accrual, then they would receive the cash equivalent).
- The next **5** T.J. employees who recruit a RN, RN Graduate, LPN, LPN Graduate will receive **3 DAYS OF PTO** or the equivalent **CASH** (employee's choice, unless employee is maxed on PTO accrual, then they would receive the cash equivalent).
- New employee status will be full time only.
- Max referral per employee for the bonus is three new employees.
- The new employee will sign a referral statement upon hire with the HR Recruiter listing the name of the employee who recruited them to T.J.
- The employee will receive the PTO hours after the newly hired employee completes the 90 day introductory period.
- Exempt from the referral bonus is (1) HR (2) Administration (3) Directors (4) Coordinators
- This referral bonus will be in effect until June 1, 2021.

Reflecting on A Year of COVID

Humans of T.J.



“Attitude has a lot to do with any health issue but with this [COVID], I saw people fight with everything they had. I can quote lots of patients who would say ‘I never thought it would come to this.’ Ya know, I mean these might be your last words to anybody but it has come to this and we’re going to have to put you on a ventilator... [I’ll remember] those patients that look at you because you’re responsible for the air that they’re breathing. I mean it’s all they’ve got. That’s their most important thing in the moment. Not food. Not who’s going to pay next month’s bills... it’s “you’re giving me air, please don’t stop.”

Debra Jennings, Respiratory Therapist

“Whether it’s a blood test or a COVID swab, I don’t think twice about driving it. Because I know somebody needs that delivered in order to be checked. I’ve been doing this for so long, I think it might be easy to take it for granted, but let me tell you, I don’t take it for granted. I don’t want to make any mistakes, I don’t want to lose any samples, I want everything I do to be perfect. I like being the best of the best. When I strive to do something, I don’t want to give 100 percent – I want to give 110 percent. I’m old enough to retire, but I am here because I want to be here. I want to help people. I’m proud to be a T.J. employee.”

Joe Sturgeon, Courier



“A lot of prayers have come out of this place. Out of this department. You sit and pray with your patients. Even for people we don’t know. It’s hard to see someone come in, maybe even someone who is 10 years younger than you, and know they aren’t going to get off that ventilator. It’s hard. So that’s why I sat with these patients and told them that I loved them before I left the room.”

Shenna Poynter-Martin, Respiratory Therapist



Humans of T.J. Cont.



"I was the first one to clean the COVID rooms. It was a little scary, but I understand they still need care like every other patient in the hospital. So you just clean it [the room] and go on with your day. I had one patient who said "Your red hair is supposedly good luck." Every time I was in the room, the patient would say "I like your red hair. Can I touch it for good luck?"

Courtney Artmeier, EVS

"You value life more when you see what we see in here. I have hard days. I have days that I cry. I have days that I shout. But I never leave here unhappy. And if you can find a job, a facility, a place that you can go to work and never leave unhappy, that is something to be thankful for. It's a special place here."

Kylie Garrett, ICU Nurse



"If I could go back to this time last year, I would tell myself that the patients are just as terrified as you are of the virus, that you have to trust your protective equipment and still provide great care, and you have to be ready to go with the flow, because the science changes so rapidly. You have to be on top of it every day."

Dr. Kober, Family Medicine Resident



"Looking forward, I think we will know so much more on how to handle a virus, how to handle a pandemic, because we'll know how bad it actually can get. I read somewhere that the reason a lot of people just can't imagine dying is because your mind has never been through that. And things you haven't been through you just can't make your mind comprehend. And now that the entire world has been through this, I think it will make the world more prepared."

Susannah Trammel, ICU Nurse



We Remember

Thank you to our staff who participated in the “We Remember” video! Click [here](#) to watch the full video!



Patient Story

COVID-19 from a patient's perspective

Very few people can say that their claim to fame is being the first person in their town to be diagnosed with COVID-19, but for James R. Hagan of Columbia, it became his reality. After being sick for several days, he got his positive test result on Tuesday, March 31, 2020, just one day after being discharged from the hospital.

It was several days before he realized he was the first Adair County resident to receive a positive test result. Mr. Hagan and his wife of 57 years, Thelma, said that he was so sick at the time that he doesn't really remember a lot of the details. He had been sick for a week with fever, nausea, and weakness, and then he fell at home and hit his head. Thelma called an ambulance and he spent a few days in the hospital recovering from the fall. While he was there, he was tested for COVID. They were surprised when they got the call letting him know that his test came back positive.

In the early days of COVID-19, testing was extremely limited, and test results took days to come back from the lab.

After being home for a few days, he had a new battle to fight – a pulmonary embolism – or a blood clot in his lungs – which sent him back to the hospital and put him in a fight for his life. He faced multiple setbacks over a period of a few days, and at one point, there was discussion of putting him on life support. They are thankful that didn't become necessary. With a tremendous amount of care and support, he began to recover.

continued on next page

“The doctors and nurses in Glasgow brought me through it,” he said. “Dr. Kummerfeldt and the nurses were all as nice as they could be.”

His wife echoed the sentiment saying, “The nurses were so kind. I could call anytime day or night, and they would answer my questions and let me FaceTime with him.”

Even so, he emphasizes that it was rough. The time in the hospital and away from family was hard, and Thelma had to quarantine at her home while he was in the hospital. It was a lonely time. Their daughters visited from a distance and neighbors dropped off food outside their home to keep everyone safe.

“You can’t comprehend what it’s like until you go through it,” Thelma said. “Even after he came home, we couldn’t have visitors. The first time we went anywhere was back to church, but that was three or four months later.”

Once James was home and on the road to recovery, the entire community rallied around the family with a surprise celebration parade complete with a police escort. On a warm, sunny day in April, a long line of cars decorated with signs and balloons lined their residential street and James and Thelma waved to the crowd from their driveway.

Little by little he has gotten better, although he still hasn’t regained his full strength. Even so, they are both looking forward to warmer weather so they can get out and walk in their neighborhood along with their new puppy, Benji.

Although they don’t know when or where he contracted the virus, they are thankful that Thelma never got it, even though she was with him and taking care of him before his positive test. Now, both James and Thelma have received the COVID-19 vaccine, and they would encourage others to take it as well.



Silver Linings




1. Quality Family Time
2. Quarantine Baby Boom
3. Appreciation of Essential Workers
4. Shop Local Movement
5. New Hobbies
6. Leveraging Technology
7. Lots of Animal Adoptions
8. Extra Time Outdoors
9. Hand Hygiene/No Flu
10. Better Sleep

We are Hopeful

"The person in charge of your COVID injection services should be congratulated! They did an amazing job. My husband and I got our first shot a few days ago and your employees were very friendly and professional. We have told everyone what an easy process it was. Thank you!"



"Your vaccine clinic has been so impressive. From the call scheduling the appointment, to the vaccine itself, the entire process was seamless."



"I was very impressed with the way the COVID vaccine center was being run. Everyone was very friendly and everything was very organized. It was an overall great experience for me and my husband."



"I see all of these news stories about the bad experiences people are having around the country trying to be vaccinated and my experience was I called a number, they answered on the second ring, scheduled a date, came in to a process that was completely organized, and everyone I spoke to was incredibly kind. What more could you ask for? I feel guilty everyone couldn't have my experience."



As we reflect on the challenges of the past year, we also look toward the hopefulness of the future. As one of our ICU RNs said, "Maybe there is a light at the end of the tunnel."

Photo by Sonya Hawkins



The following compliments were recently received from patients and patient surveys. Keep up the great work, T.J. Team! Thank you for the dedication you show your patients and coworkers each day!

OUTPATIENT REHAB

“They answer all questions and help me understand. Always concerned about my privacy.”

“I have taken PT from other companies and T.J. Pavilion is by far the best therapy in Barren County.”

“Emily my therapist was wonderful!”

“He had therapy in the hospital, home health therapy when he got home and goes to the Pavilion for therapy once a week. Sam takes care of him and he loves going to see her.”

“Excellent group of PT at T.J. Health Pavilion. I also had some inpatient PT @ TJ. Excellent care!”

“Rachel and John were both very helpful in doing my assessment and also researching prices of the equipment I will need. They were very informative and very kind to me.”

“Most caring occupational therapist as well as the ones who are training. She takes the time to explain and truly cares about her patient and helping him meet his goals.”

“Was pleasantly surprised to see symptom relief after the 1st treatment.”

“They all treated me well and they were very good at their jobs.”

T.J. VACCINE CLINIC

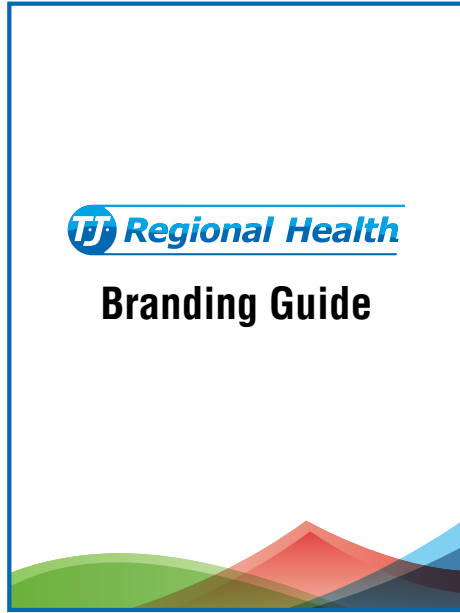
“I would just like to reach out and thank you and all of the staff members that assisted with the distribution of the vaccine to our school staff members yesterday. I was really impressed by the efficiency and planning that allowed this process to be so smooth.”

“On behalf of Glasgow High School, thank you for such a great experience receiving our first dose of the Coronavirus vaccine yesterday. The process was extremely well planned...efficient, streamlined, and safe. From our first point of contact signing in, to having a table to fill out our paperwork (so many have talked about how nice that was as opposed to using clipboards), to having multiple healthcare professionals administering the vaccine simultaneously (and taking the time to thoroughly explain the risks, side effects, and the 15 minute monitoring station), I felt well-taken care of and that I received individualized care. It might have been easier to run us through like a herd of cattle...but that is far from my experience. As a school administrator, it was gratifying to hear so many familiar people that I care for and have worried about since March talking, laughing, and smiling (under their mask) while we waited our allotted 15 minutes before being released from your care.

I can not imagine the time and human resources you have invested in creating the distribution plan of the vaccine to our educators. I am sure there are so many others that need to be thanked for their patience and care. Please send our best from GHS to everyone involved.

Blessings to each of you and your TJ Samson family.”

T.J. Regional Health Branding Guide NOW AVAILABLE!



The T.J. Branding Guide can be found on the [Media and Marketing](#) page of the website.

Shanti Niketan 
HOSPICE HOME

EMPLOYEE DONOR PARKING SPOTS

*Congratulations,
Winners!*

T.J. Samson Parking Spot:
MORGAN WALKER

T.J. Health Pavilion Parking Spot:
REITA FRANCIS

T.J. Health Columbia Parking Spot:
KIM HADLEY

VOLUNTEERS NEEDED

VACCINE CLINIC DATES

Wednesday 4/7 Glasgow:

7 a.m. – Noon
Noon – 4 p.m.

Friday 4/9 Columbia:

7 a.m. – Noon
Noon – 5 p.m.

Friday 4/9 Glasgow:

7 a.m. – Noon
Noon – 4 p.m.

We are in need of both clinical and non-clinical volunteers for the upcoming vaccine clinics in Glasgow and Columbia. If you are interested in volunteering, or would like more information regarding job duties, please contact your director.

Job Duties

Greeter: Check patient temperature by having them place wrist at appropriate spot. If acceptable, direct them to the line.

Check in: Copy insurance card and ID. Explain packet to patient. Fill out immunization card.

Forms: Help patients fill out forms as needed. Direct patients to vaccine tables.

Vaccine Table: Take vials and pull into syringes. Take syringes to tables.

Vaccines: Nurse gives education and injection.

Checkout: Schedule second appointment if it is the first shot. Take and keep needed forms from packet.

No show: Try to call patient. Utilize alternate schedule to obtain patient.

April
14



LIVE SECOND WEDNESDAY WEBINAR SERIES

Managing Your Time While Working Remotely

Date: 4/14/2021

Time: 1:30PM to 2:30PM EST

Remote work is becoming the new normal, and projections are that it will continue long after Covid, but it does present some unique time management challenges.

You can register for this event on mylifeexpert.com or <https://attendee.gotowebinar.com/register/4179373851655217164>

A recording of this presentation is available at <https://attendee.gotowebinar.com/recording/3210552376393648141>

Presented by: Mary-Ellen Sposato Rogers

Our information, services and support programs are here for you with 24/7 access to help when you need it.

MaxWell EAP

888-550-5535

Register for this event at:
MyLifeExpert.com

OR

Scan Here to
Download:



When creating a new account,
use company code: **tjshealth**

EMPLOYEE ASSISTANCE PROGRAM - AVAILABLE 24/7 - ALWAYS CONFIDENTIAL



FOR THOSE CALLED
TO DO MORE,
STEP FORWARD.

Chamberlain University knows that it takes a special person to commit to helping and healing others. Whether you're considering the next step in your nursing career or seeking to impact the health of your community, Chamberlain offers the degree programs, options and resources to help you reach the next level of your career.

Join Chamberlain's Virtual Open House from April 13–15, where you can learn about online degree programs and chat live with a Chamberlain representative.

Date:

April 13-15, 2021

Live Chat With a Representative

During These Times:

April 13th 10:00AM to 7:00PM CST

April 14th 7:00AM to 4:00PM CST

April 15th 1:00PM to 10:00PM CST

Why Choose Chamberlain?

- Experienced healthcare educators are committed to your success
- Classes are always evolving with new innovations and ideologies
- Online programs are designed for working professionals just like you

If you aspire to do more for the people you serve, please join Chamberlain at the Virtual Open House.

Programs With Purpose

• RN to BSN	• DNP
• MSN With Specialty Tracks	• MPH
• MSN Advanced Practice	• MSW
• Certificate Programs	

REGISTER TODAY!



DEA National Drug Take Back Day

APRIL 24, 2021

Do your part and dispose of your unwanted, unused and outdated medications.

Barren County Sheriff's Department

117 N. Public Square, Glasgow, KY
270-651-2771

Hours of Operation: Mon - Fri 8 a.m - 4 p.m.

Glasgow Police Department

101 Pin Oak Lane, Glasgow, KY
270-651-6165

Hours of Operation: Open 24/7

Cave City Police Department

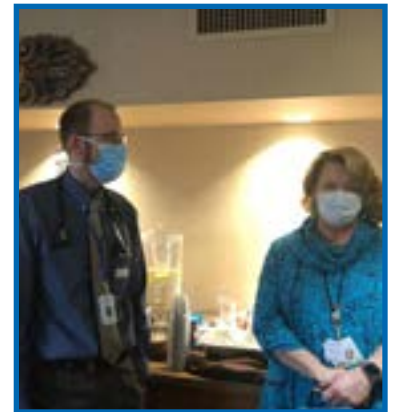
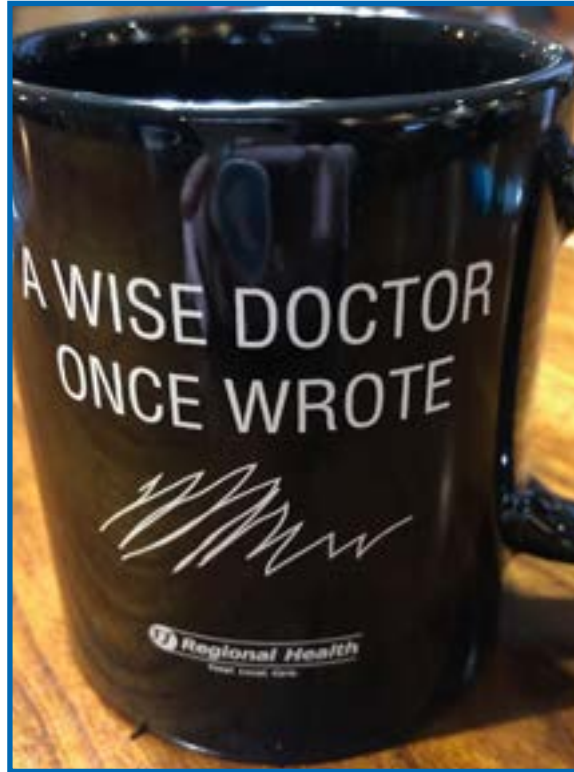
103 Duke Street, Cave City, KY
270-773-2441

Hours of Operation: Mon - Fri 8 a.m - 4 p.m.



DOCTOR'S DAY CELEBRATIONS





March 30, 2021



TJ Café

April	5	6	7	8	9
Soup	Chili	Loaded Potato	Broccoli Cheddar	Roasted Red Pepper & Gouda	Chicken Noodle
			Chop Chop Salad- the Original		Comfort Food!
Features	Chicken Wings Chicken Tenders Oven-Fried Zucchini Sticks Steamed Broccoli Cheese Sauce Carrots & Celery	Al Pastor (Pork Tacos) Chicken Tinga Tacos Crispy Fish Tacos Veggie Tacos Cilantro Lime Rice Spicy Black Beans Sautéed Poblano Peppers Baked Sweet Plantains queso cheese Grilled Pineapple	Fried Chicken Grilled Chicken Salad Mix Bacon Cucumber Tomato Cheese Onion Croutons Black Olives	Brisket Pulled Pork Chipotle BBQ Chicken Breast Baked Beans Mac & Cheese Grilled Cabbage Honey Butter Corn	Meatloaf Signature Fried Chicken Breast Green Bean Casserole Roasted Vegetables Broccoli Au Gratin White Beans Mashed Potatoes Peppered White Gravy Macaroni & Tomatoes
Toppings	Assorted Toppings & Sauces	Assorted Toppings & Sauces		Assorted Toppings & Sauces	
Salad	Coleslaw Wedge Salad	Cilantro Jicama Slaw		Loaded Potato Salad Cucumber & Onion Salad	Side Salad
Fried Item	Potato Wedges	Fried Sliced Jalapenos	Corn Nuggets		
Bread	Cornbread	Cornbread	Honey Butter Croissant	Cornbread	Biscuits & Cornbread
Dessert	Melissa's Choice	Melissa's Choice	Melissa's Choice	Melissa's Choice	Ice Cream Bar
April	12	13	14	15	16
Soup	Vegetable Soup	Chicken & Dumplings	Pinto Beans	Broccoli Cheddar	Chili
			Comfort Food!		Fri-Yay!!!
Features	Baked Chicken Broccoli Alfredo Lasagna Stuffed Portobellos Grilled Asparagus Steamed Broccoli Parmesan Creamed Spinach Oven Roasted Potatoes Assorted Toppings & Sauces Kale Caesar Garden Salad Mozzarella Sticks	Nachos & Enchiladas Cheese & Bean Enchiladas Taco Meat or Fajita Chicken Cilantro Lime Rice Cauliflower Rice Charro Beans Assorted Toppings & Sauces Mexican Street Corn Salad Jalapeno Poppers Cornbread	Roast Beef Manhattan Fried Fish Steamed Carrots Brussels Sprouts Green Beans Mashed Potatoes Brown Gravy Vinegar Slaw Hush Puppies Cornbread & Dinner Rolls	Jerk Brisket Jerk Turkey Grilled Caribbean Chicken w/ Mango Salsa Red Beans & Rice Smashed Red Potatoes Grilled Cabbage Callaloo Baked Sweet Plantains Caribbean Cooler Punch Assorted Toppings & Sauces	French Dip Grilled Brats Burgers Oven-Fried Zucchini Sticks Steak Fries King Sized Soft Pretzels BBQ Onions Assorted Toppings, Cheese, & Sauces Creamy Broccoli Salad Fried Mushrooms Cornbread

Apple A Day

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April	4	5	6	7	8	9	10
Breakfast Special	Nashville Hot Chicken Biscuit \$2.50	Nashville Hot Chicken Biscuit \$2.50	Nashville Hot Chicken Biscuit \$2.50	Nashville Hot Chicken Biscuit \$2.50	Nashville Hot Chicken Biscuit \$2.50	Nashville Hot Chicken Biscuit \$2.50	Nashville Hot Chicken Biscuit \$2.50
Lunch Special							
April	11	12	13	14	15	16	17
Breakfast Special	Steak, Egg, & Cheese Breakfast Sandwich \$3.00	Steak, Egg, & Cheese Breakfast Sandwich \$3.00	Steak, Egg, & Cheese Breakfast Sandwich \$3.00	Steak, Egg, & Cheese Breakfast Sandwich \$3.00	Steak, Egg, & Cheese Breakfast Sandwich \$3.00	Steak, Egg, & Cheese Breakfast Sandwich \$3.00	Steak, Egg, & Cheese Breakfast Sandwich \$3.00
Lunch Special							
April	18	19	20	21	22	23	24
Breakfast Special	Iffy Bitty Honey Butter Chicken Biscuits & Tots \$4.50	Iffy Bitty Honey Butter Chicken Biscuits & Tots \$4.50	Iffy Bitty Honey Butter Chicken Biscuits & Tots \$4.50	Iffy Bitty Honey Butter Chicken Biscuits & Tots \$4.50	Iffy Bitty Honey Butter Chicken Biscuits & Tots \$4.50	Iffy Bitty Honey Butter Chicken Biscuits & Tots \$4.50	Iffy Bitty Honey Butter Chicken Biscuits & Tots \$4.50
Lunch Special							
April	25	26	27	28	29	30	1
Breakfast Special	Baguette French Toast 2 for \$4	Baguette French Toast 2 for \$4	Baguette French Toast 2 for \$4	Baguette French Toast 2 for \$4	Baguette French Toast 2 for \$4	Baguette French Toast 2 for \$4	Baguette French Toast 2 for \$4
Lunch Special							

Apple, Too

April	5	6	7	8	9
Breakfast Special	Blueberry Pancakes 2 for \$2	Blueberry Pancakes 2 for \$2	Blueberry Pancakes 2 for \$2	Blueberry Pancakes 2 for \$2	Blueberry Pancakes 2 for \$2
Lunch Special	Chicken Cobb Salad Croissant 20oz Bottled Drink \$5	BLTA Croissant Creamy Broccoli Salad 20oz Bottled Drink \$5	Chicken Fajitas Black Beans 20oz Bottled Drink \$5	Pizza Sub Side Salad 20oz Bottled Drink \$5	Crispy Orange Chicken Bowl Eggroll 20oz Bottled Drink \$6
Breakfast Special	Fried Bologna, Egg & Cheese on Texas Toast \$2.75	Fried Bologna, Egg & Cheese on Texas Toast \$2.75	Fried Bologna, Egg & Cheese on Texas Toast \$2.75	Fried Bologna, Egg & Cheese on Texas Toast \$2.75	Fried Bologna, Egg & Cheese on Texas Toast \$2.75
Lunch Special	Cali Grilled Chicken Sandwich BLT Pasta Salad 20oz Bottled Drink \$5	Bacon Cheeseburger Creamy Broccoli Salad 20oz Bottled Drink \$5	Chicken & Cheese Quesadilla Chips & Salsa 20oz Bottled Drink \$5	BBQ Bacon Cheddar Sliders Chips 20oz Bottled Drink \$5	French Dip (with provolone) Roasted Potato Wedges 20oz Bottled Drink \$5
Breakfast Special	Nashville Hot Chicken Biscuit \$2.50	Nashville Hot Chicken Biscuit \$2.50	Nashville Hot Chicken Biscuit \$2.50	Nashville Hot Chicken Biscuit \$2.50	Nashville Hot Chicken Biscuit \$2.50
Lunch Special	Hawaiian Ham & Cheese Cranberry Kale Salad 20oz Bottled Drink \$5	Chicken BLT Salad Croissant 20oz Bottled Drink \$5	Italian Wrap Kale Caesar Salad 20oz Bottled Drink \$5	Fried Chicken Sandwich Roasted Potato Wedges 20oz Bottled Drink \$5	2 Roast Beef & Cheddar Sliders Loaded Potato Salad 20oz Bottled Drink \$5
Breakfast Special	Chocolate Chip Pancakes 2 for \$2	Chocolate Chip Pancakes 2 for \$2	Chocolate Chip Pancakes 2 for \$2	Chocolate Chip Pancakes 2 for \$2	Chocolate Chip Pancakes 2 for \$2
Lunch Special	Fried Bologna Sandwich Chips & Fruit 20oz Bottled Drink \$5	Chicken Salad & Fresh Fruit Plate (with fruit dip) Blueberry Muffin 20oz Bottled Drink \$5	Tuna Salad Croissant Chips, Fresh Fruit Cup 20oz Bottled Drink \$5	General Tso's Chicken Bowl Eggroll 20oz Bottled Drink \$6	Sloppy Joe Loaded Potato Salad 20oz Bottled Drink \$5



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.)

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.

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.

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

FANCY PANTS BOUTIQUE

Receive 10% off your purchase.

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.

NOT AVERAGE JOES GYM

\$20 a month. No fees.

PAPA JOHN'S PIZZA

Any large 5-topping or specialty pizza for \$12: Tjpi20
Large 3-topping pizza for \$9.99: Tjpi9993
Reg. menu prices. Online, call-in and in-store orders.

RALPHIE'S FUN CENTER

Receive free shoe or skate rental.

RIB LICKERS

Receive 10% off your purchase.

GLASGOW EMPLOYEE DISCOUNTS, CONT.

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.

NEW

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.

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 marketing@tjsamson.org.



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 • 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 Robertson, APRN • Heather Bull, APRN

Gastrointestinal Clinic: 270.659.3398

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. Bahadur

Pulmonology: 270.659.5835

Dr. Kummerfeldt

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: 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

Chris Doolin, 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 • Dr. Wright

Dr. Fisher

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



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