

TJ TeamTalk

JUNE 28, 2021

Service Excellence Awards

Congratulations to this month's Service Excellence Award Winner!



ANGIE HEDGESPETH

has been selected as the June winner of the TJRH Service Excellence Award for

COMPASSION!

According to the values of the TJ Pledge, we show compassion by:

- Seeing all patients, family members, visitors, coworkers, physicians, and anyone else at TJ as my customer.
- Recognizing that each and every interaction I have a TJ Regional Health matters.
- Showing kindness and compassion towards my customers at all times.
- Being sensitive to the personal and private needs of every customer.

The following submission was received about Angie:

It is my pleasure to submit this service excellence nomination on behalf of Angie Hedgespeth for her Compassion and Collaboration. A pharmacist co-worker's mother recently passed. On her own accord, Angie proactively re-arranged both her work and personal schedules for the week and developed and presented Pharmacy leadership with a schedule plan that would cover essential shifts and allow this pharmacist appropriate bereavement time off with family. This not only included Angie volunteering to pick-up an additional shift for the week, but also assuming on-call coverage for 7 straight days and across multiple campuses. She met the need of the moment to support her co-worker and demonstrated above and beyond Compassion when she needed it the most. In fact, this is just one of the countless acts that Angie has consistently demonstrated to support the team and patients around her during her time at TJRH. If Compassion is defined as an action to relieve the suffering of another, then Angie is most certainly deserving of this recognition and we are proud to have her on our TJ Pharmacy team. (Submitted by David Marr)

**Congratulations to ANGIE, and
THANK YOU for the excellent service you provide to your patients at TJRH every day!**

If you would like to nominate someone for a Service Excellence Award, 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 at <https://www.tjregionalhealth.org/for-employees/>.





JUNE

June 30: Auntie Anne's Food Truck @ PAV
(10 a.m. - 5 p.m.)

Proceeds to benefit CAMP TJ

SEPTEMBER

September 25: T.J. Community Mission Foundation Fundraiser "The Magic of Giving"
(More details to come)

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

IMPORTANT

If you have received your COVID vaccine from an outside facility, please send documentation to Employee Health so that your file can be updated.

If you have already sent documentation, you do not have to resend it.

You can either bring in a copy, send via email or fax to 270-651-4475.



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 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!

June: Compassion



T.J. PATIENT ENCOUNTERS

6/19/21 - 6/25/21:

7,817

6/12/21 - 6/18/21:

7,697



Cerner Community Works
#1system1voice

11 WEEKS
UNTIL GO-LIVE



Lera B Mitchell Clubhouse
 1214 S Green St
 Glasgow, KY 42141
07/12/2021 | 02:00 PM - 06:00 PM

**FIREWORKS
 IN THE
 PARK**

ADMISSION \$5/CAR

Friday, July 2nd
 Dumont Hill
 Street Gate
 opens at
 6:30 pm



TJ Health Scottsville



EMPLOYEE OPINION SURVEY

A link to the Employee Opinion Survey has been emailed to all employees. We care what you think, and we look forward to receiving your feedback. Please take time to complete your survey because every answer matters to us. Thank you!



MEMBER EXCLUSIVE

SPECIAL OFFERS. 48 HOURS ONLY.

Get up to an additional 10% off on powerful tech for all you do*. Starts 6/28.



To take advantage of Dell's Flash Sale visit your dedicated member website at www.dell.com/mpp/tjsamson

Offers valid 6/28/2021-6/30/2021 at 6:59 AM ET, unless otherwise noted. Limited quantities available at these prices. *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. Hard Drive capacity varies with pre-installed material and will be less. System memory may be used to support graphics, depending on system memory size and other factors. Microsoft and Windows are trademarks of Microsoft Corporation in the U.S. and/or other countries. Screens simulated, subject to change. Windows Store apps sold separately. App availability and experience may vary by market. Copyright © 2021 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. Other trademarks are trademarks of their respective owners. 553288

All it takes is a glance



TJ Regional Cerner CommunityWorks

All About Your Learning

June 2021

Cerner CommunityWorks Learning FAQs

When do I have to complete my learning?

- E-learning journeys will be assigned the week of June 21st
- You must be at least **100%** complete with your e-learning journey prior to attending your assigned classroom session.
- Directors and coordinators will schedule your classroom sessions
- All e-learning and classroom learning must be complete prior to September 10th
- **Please check with your director or coordinator for your scheduled classroom session!**

How do I access my e-learning journey?

- You will receive an email from Cerner the week of June 21st once your e-learning journey has been assigned
- You will receive instructions from the training team or your director on how to login to the e-Learning portal
- E-Learning will be accessed at:
<https://tjregionalhealthlearn.cerner.com/>

Are there Classroom learning pre-requisites?

- Yes. **100%** of assigned e-learning must be complete before attending classroom learning.
- Why? Classroom learning is an advanced learning event. Plan to start at a high level to review workflows, then learn more about complex tasks and devices (if applicable).

Who will be able to help me at Go-Live with questions?

- Our Super Users will be available during all shifts and rotations to help with questions and escalate issues to the Command Center.
- Go Live command center will be available to provide support during the first 3 weeks of go live.

Cerner Community Works
#1system1voice

Thank you for supporting adoption of
our Cerner CommunityWorks EHR.

Learning & Important Dates:

- **June – July**
Classroom Enrollment

Please check with your director or coordinator for your scheduled classroom session.

- **June – August**
e-Learning Journeys

e-Learning Journeys will be assigned the week of June 21st. e-Learning must be completed prior to attending your scheduled classroom session .

- **July – September**
Classroom Learning Sessions

You **MUST** complete **100%** of your assigned simulator learning prior to attending your scheduled classroom learning. Not all roles are assigned classroom learning.

- **September 13th** Go Live!

Go-Live Support Resources:

- ✓ Our Super Users
- ✓ Go-Live Support Team
- ✓ TJ Regional Command Center
 - Project Team
 - Cerner Team

Why Cerner

- Better collaboration & communication
- Higher quality of care for our patients, building trust, confidence, and engagement in their health
- Increased access to patient information

Cerner Community Works

#1system1voice

BUSINESS CASE FOR ACTION (BCA)

One System, One Voice:

Improving efficiency and quality of care for the community we serve

WHY

Ensure long term sustainability with dependable information to provide the best quality care and experience to patients

Patients: To achieve high quality, safe, care with collaboration and communication ensuring an **excellent experience**

Employees: To make work easier, allow flexibility, and **enhance collaboration** among caregivers

Physicians: Achieve integrated data in one place allowing for **better decisions** and management of health care

Community: **Improve health outcomes** in the communities we serve

IMPACT

Improve health outcomes and organizational success

Patients: Improve **care coordination** leads to increased patient trust, confidence and care

Employees: Through efficiency improvements, **work becomes easier** to complete and **enhance communication** leading to better outcomes

Physicians: **Increase access** to patient information for physicians in and outside of network creating enhanced provider engagement

Community: Provide the **utmost quality of care** to the community we serve

CONSEQUENCE

We will not fulfill our mission which will reduce quality, local healthcare

Patients: **Misalignment of communication** and care resulting in poor outcomes

Employees: Continued inefficiency and duplication of tasks resulting in frustration leading to reduced engagement

Physicians: **Poor communication** and engagement leading to increased provider turnover

Community: Community will not have access to **consistent information and transparency** across the continuum of care

WHAT

Increased quality, enhanced care, and service

Patients: Create one dynamic, **meaningful health document** that will follow patients through their care journey

Employees: **Efficient processes**, improving the time and consistency of standard work conducted

Physicians: Standardize and consistent EMR that is **complete with all patient information**

Community: **Stability for the future** to ensure a permanent thumbprint in the community we serve

HURON Studer Group

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The CDC still recommends masks for everyone in health care facilities.

Visitors, **regardless of their vaccination status**, must wear a well-fitting cloth mask, face mask or respirator.

FOR YOUR SAFETY & THE SAFETY OF OUR PATIENTS

COVER COUGH

SOCIAL DISTANCE

WASH HANDS



Weekly Prayer Service

A weekly prayer service will be held at T.J. Samson on Thursday mornings. The next prayer service will take place on Thursday, July 1 at 10 a.m. in the hospital chapel near the ICU waiting room. Greg Houchens, Hospital Chaplain, will lead the service each week. All interested employees are invited to attend.



Gift Shop

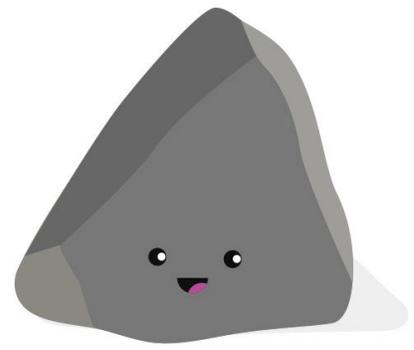


20%

OFF

(Excludes Lizzie James and Mistura Watches)

Monday - Friday
8 a.m. - 4 p.m.



YOU
ROCK

"I wish I could give a good fishing report or something like that.All I know are doctors offices and hospitals. This fourth round of chemo has been really rough. I had to go in today for fluids and antibiotics. Folks, we have a hidden gem in Glasgow Kentucky. T.J. Samson Health Pavilion. I have been treated with kindness and compassion each and every time I've been out there. I never have to wait very long from intake to exit and the staff are top-notch professionals. Thanks to Mrs. Anderson, Miss Royse, Ty Bowles, Raesha, Kendra and all the other people I forgot to mention on making this sick fellow feel like that I matter. Better days are coming, I just got to keep my nose to the grind stone."



Auntie Anne's

Wednesday, June 30th
Auntie Anne's Food Truck
will be in
Glasgow
at
310 N L Rogers Wells Blvd
10:00am - 5:00pm
*Proceeds to benefit
CAMP TJ kids*



For your convenience,
Credit/Debit cards accepted.

Auntie Anne's Food Truck Pre-Order Form

Skip the line and show up at your pick up time!!! Please complete the form and give back to the event coordinator for your location. The coordinator will then send them back to me AT LEAST 24 hours in advance. You will only receive a text/call if your requested time will NOT work. We can only accept one pre-order every 30 minutes depending on staffing.

Pre-orders are also only available for those orders with a minimum of \$50 pre-tax.

*Changing your pre-order at the window will be considered a SEPARATE ORDER and will be subject to a minimum of a one hour wait.

***Event coordinator - Please make sure to total everything prior to sending the form back over. Also, confirm the pick up times are spaced out by 30 minute increments.**

Pick Up Name/Group: _____

Phone Number to be reached at: _____

Requested Pick Up Time: _____

Payment Method (circle one): Cash or Card

Send to Stephanie Smith (Rehab) at stsmith@tjsamson.org.

Menu Item	Price	Quantity	Total \$
Original Salted Pretzel	\$3.77		
Cinnamon Sugar Pretzel	\$3.77		
Sour Cream & Onion	\$4.25		
Roasted Garlic Parmesan	\$4.25		
Pepperoni Pretzel	\$4.72		
Original Nuggets	\$4.72		
Cinnamon Sugar Nuggets	\$4.72		
Bucket of Original Nuggets	\$21.70		
Bucket of Cinnamon Sugar Nuggets	\$21.70		
Pretzel Dog	\$5.19		
DIY Pretzel Kit (make sure they do the form)	\$20		
Small Lemonade	\$1.89		
Small Strawberry Lemonade	\$2.36		
Small Blue Raspberry Lemonade	\$2.36		
Small Mango Lemonade	\$2.36		
Small Cherry Lemonade	\$2.36		
Medium Lemonade	\$2.36		
Medium Strawberry Lemonade	\$2.83		
Medium Blue Raspberry Lemonade	\$2.83		
Medium Mango Lemonade	\$2.83		
Medium Cherry Lemonade	\$2.83		
16 oz Coke	\$1.89		
16 oz Diet Coke	\$1.89		
16 oz Mt. Dew	\$1.89		
16 oz Sprite	\$1.89		
Bottled Water	\$.94		
Honey Mustard Dip	\$.94		
Marinara Dip	\$.94		
Sweet Glaze Dip	\$.94		
Hot Salsa Cheese Dip	\$.94		
Cheddar Cheese Dip	\$.94		
Caramel Dip	\$.94		
Cream Cheese Dip	\$.94		
TOTAL			
City/State Specific Sales Tax			
GRAND TOTAL			

Organization _____ Pick Up Time _____

Send to Stephanie Smith (Rehab) at stsmith@tjsamson.org.



Hydration

challenge
with Fit for Life



Drink your way to better health

From July 1-July 14, drink at least 64 ounces of water each day to complete the challenge. Employees that turn in a completed hydration tracker will be entered into a drawing for a \$100 Amazon gift card or a motivational hydration water bottle.

Proper hydration levels vary for everyone. The following link has great information on how much water is best for you.

<https://www.eatright.org/food/nutrition/healthy-eating/how-much-water-do-you-need>

If you have any questions, please email Treva Shirley at tshirley@tjsamson.org or call 270.651.4580. Completed forms can be emailed, faxed to 270.629.4584, or dropped off at Fit for Life.



14 Day Hydration Challenge

WATER TRACKER



= 8 Ounces

Goal: Drink a minimum of 64 oz per day

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Day 8	
Day 9	
Day 10	
Day 11	
Day 12	
Day 13	
Day 14	

*Make H₂O
a Habit*

1. Drink a glass of water at each meal.
2. Carry a water bottle with you through the day.
3. Keep water on your desk at work.
4. When you feel like a snack try drinking water first.
5. Track your water intake!



Service Excellence Awards

Congratulations to our Provider Service Excellence Award Winners!



DR. NAIR

has been selected as the March winner of the TJRH Service Excellence Award for

COMMUNICATION!



DR. SARIDAKIS

has been selected as the May winner of the TJRH Service Excellence Award for being a T.J.

CHAMPION!



RYAN KERRINS, APRN

has been selected as the June winner of the TJRH Service Excellence Award for

COMPASSION!

Not pictured, Dr. Carlos Kummerfeldt, the April winner of the TJRH Service Excellence Award for adapting to **CHANGE**.



Wins to Celebrate!

The last 15 months have been challenging at times, but in spite of it all, there were many accomplishments throughout the organization! The list below highlights some of the major items that were recently pointed out during a reflection exercise.

- ☑ COVID leave option for employees (or dependents) requiring time off for COVID exposure or positive test results
- ☑ Flexibility amidst COVID
- ☑ Financial stability – no layoffs due to COVID
- ☑ Brought back all employees who voluntarily furloughed
- ☑ We survived and even thrived during the COVID surge
- ☑ Successful Community Vaccine Clinics in Glasgow and Columbia
- ☑ New job sharing options created
- ☑ New remote work policy created
- ☑ Curbside service for patient safety and convenience (HME, Pharmacy, Urgent Care)
- ☑ Marketing and Communication during COVID
- ☑ Community success with COVID testing
- ☑ Raises – 3% across the board
- ☑ \$100 Christmas bonus across the board
- ☑ Market analysis and pay adjustments for multiple departments (analysis ongoing)
- ☑ Market adjustments for Nurses
- ☑ No increase in insurance premium
- ☑ Incentive pay during COVID
- ☑ Sign on bonuses for RN's
- ☑ PTO option allowing employees to purchase additional time off (for those who need more PTO hours)
- ☑ 100% PTO buyback at Christmas (for those who have more PTO hours than they need)
- ☑ New policy to extend deadline to use Holiday hours until March 31 of the following year
- ☑ Community Works implementation continued
- ☑ Cardiac monitors being replaced
- ☑ New defibrillators
- ☑ New MRI at TJSCH
- ☑ Omnicell project completed
- ☑ HALO Launch
- ☑ Multiview financial system launched
- ☑ Opening of R+ Med Spa

- ☑ Opening of the Shanti Niketan Hospice Home
- ☑ New clinics in Russell Springs and Scottsville
- ☑ Outpatient Diagnostic Center at Scottsville
- ☑ Millions of dollars invested in capital improvements
- ☑ IV Therapy move to permanent location
- ☑ Columbia Primary Care Clinic remodel
- ☑ Named a Top 100 Hospital in the U.S.
- ☑ Vehicle fleet replaced – new vehicles for Home Health and the TJ Courier
- ☑ Transfer center brought back in house
- ☑ Tattoo policy updated
- ☑ Jelly Fish implementation at Clinics
- ☑ Pediatric service line expanded
- ☑ Radiology and anesthesia service lines brought in-house
- ☑ Successful Hospital week with lots of food, fun and gifts
- ☑ Nursing and Doctor's Bag newsletters launched

NEW WINS ADDED BASED ON YOUR SUGGESTIONS

- ☑ Dietary offered a make shift grocery store for employees to obtain necessities without having to go into stores during the surge of the pandemic
- ☑ Quality Department implemented the COVID hotline which was staffed by nurses for the community's questions and concerns (hotline nurses also called COVID negative results to patients)
- ☑ Hosted our annual event (Streamathon) virtually for the first time and it was successful
- ☑ Implemented the Summer Nurse Extern Program
- ☑ We never ran out of PPE for staff

Do you have other great wins to add to the list? Email them to marketing@tjsamson.org!
A drawing for a \$25 gift card will be held for those who submit ideas of other great accomplishments and wins from the past year!

Congratulations!

Congratulations Class of 2021!

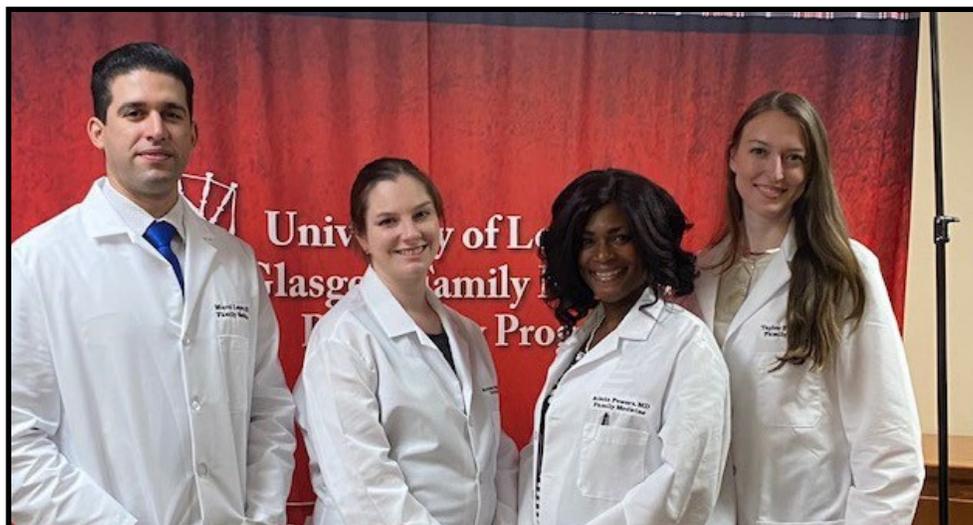


Left to right: Dillon Pender, MD, Lauren Hansen, DO, Laura Inabnitt, DO, Emily Marsh, MD



**University of Louisville
Glasgow Family Medicine
Residency Program**

Welcome Class of 2024!



Left to right: Dr. Macel Lopez, MD, Dr. Kristina Wright-Gue, DO, Dr. Alicia Powers, MD, Dr. Taylor Patrick, MD



Save the Date

SATURDAY EVENING, SEPTEMBER 25, 2021
CAVE CITY CONVENTION CENTER



FEATURING VEGAS STYLE CASINO &
MASTER MAGICIAN

LANCE BURTON

INVITATION AND DETAILS TO FOLLOW.
FOR SPONSORSHIP OPPORTUNITIES, CALL 270.651.4619.

PROUDLY PRESENTED BY AND IN SUPPORT OF:



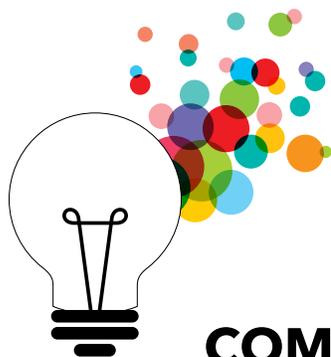
Community Mission
FOUNDATION

Important Notice

Out of an abundance of caution, we are alerting our patients of a recent recall, which may include medical devices prescribed to you. On June 14, 2021, Philips Respironics voluntarily recalled certain Sleep and Respiratory Care devices due to potential safety issues.

Philips has established an online support center that allows patients, users, or caregivers to look up their device serial number and begin a claim if their unit is affected. You can review the complete list of the affected devices, along with additional instructions and more information about the recall at: philips.com/src-update.

Philips has assured us that resolving this matter is their top priority, and T.J. Samson Home Care will advocate on behalf of our patients to ensure that the issue is corrected as efficiently as possible. We sincerely appreciate your patience and understanding, and we welcome you to contact us with questions or concerns. Updates will be posted on our website at tjregionalhealth.org/sleepwell as more information becomes available.



COMMUNICATION *corner*

Offer Positive Feedback

If your co-worker performs a task well, tell him or her. It helps boost morale but also people will view you more favorably and encourages open communication. Providing positive feedback is a great way to improve workplace communication.

EDMONSON COUNTY COMMUNITY BABY SHOWER

We had a great time at the Community Baby Shower in Edmonson County last weekend! Our OB/GYN, Labor & Delivery, and Rehab Services teams were there to talk with new and expecting moms. Thank you to everyone who helped make this event a success!





**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 Beech Bend which is located under Consignment Tickets. This will direct you to the Beech Bend website: www.beechbend.com. Enter the following code (in all capital letters) for discounted Beech Bend tickets: **TJSAMSON**

**Discount Regular Admission: \$29.99 (48" and up)
Discount Senior (60+) or Child (48" or less): \$29.99**



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.



Go to the T.J. Intranet and click on Kentucky Kingdom which is located under Consignment Tickets. This will direct you to the Kentucky Kingdom website: kentuckykingdom.com/summerfunpartners

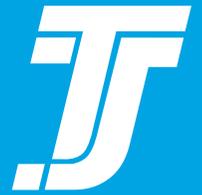
Choose **"Buy Tickets"**. Select the number of tickets you'd like to purchase and choose Add to Cart. The below ticket price is for a consecutive two-day ticket meaning you can visit two consecutive days for just \$29.95!

Discount Regular Admission: \$29.95 (Regular Price: \$49.95)



R+ Med Spa is proud to offer some of the very best skin-care brands on the market including ZO Skin Health, OSEA, Revision Skincare and Alastin Skincare. Not sure what products would be best for you? Call us at 270.651.4772 or email info@rplusmedspa.com for more information!

All T.J. employees receive at 10% discount at R+ Med Spa.



L500 - Ladies' Port Authority® Silk Touch™ Polo - 65/35 Cotton/Poly, 5.0 oz.

K500 - Men's Port Authority® Silk Touch™ Polo - 65/35 Cotton/Poly, 5.0 oz.

STYLE: _____	20.00	20.00	20.00	20.00	20.00	22.00	23.00	24.00	25.00	26.00
	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
■ Lime										
■ Maroon										
■ Coffee Bean										
■ Royal										
■ Ultramarine										
■ Tropical Pink										
■ Navy										
■ Steel Grey										
■ Maui										

18000 - Gildan® - Heavy Blend™ Crewneck Sweatshirt - 8-ounce, 50/50 cotton/poly

	19.00	19.00	19.00	19.00	21.00	22.00	23.00	24.00
	S	M	L	XL	2XL	3XL	4XL	5XL
■ Black								
■ Sport Grey								
■ Royal								

K806 - Port Authority® Pinpoint Mesh 1/2-Zip - 4.3-ounce, 100% polyester. **(ONLY TO 4XL)**

L806 - Port Authority® Ladies Pinpoint Mesh 1/2-Zip - 4.3-ounce, 100% polyester. **(ONLY TO 4XL)**

	\$30	\$30	\$30	\$30	\$30	\$32	\$33	\$34
	XS	S	M	L	XL	2XL	3XL	4XL
■ Battleship Grey								

L317 - Ladies' Port Authority® Core Soft Shell Jacket - 100% Polyester. **(ONLY TO 4XL)**

J317 - Men's Port Authority® Core Soft Shell Jacket - 100% Polyester Shell, Microfleece Lining

STYLE: _____	37.00	37.00	37.00	37.00	37.00	39.00	40.00	41.00	42.00	43.00
	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
■ Battleship Grey										

J325 - Port Authority® Core Soft Shell Vest - 100% polyester woven shell

K325 - Port Authority® Ladies Core Soft Shell Vest - 100% polyester woven shell

	\$36	\$36	\$36	\$36	\$36	\$38	\$39	\$40
	XS	S	M	L	XL	2XL	3XL	4XL
■ Battleship Grey								

Prices include embroidery, but not TAX.

Name: _____ Total Qty. Shirts: _____

Dept. _____ Sub-Total: \$ _____

Phone: _____ Sales Tax (6%): \$ _____

Total Price: \$ _____

Return order form to Kim Lambert in the Gift Shop.

What is it? A “food as medicine” approach for individuals who may be struggling with diet-influenced chronic diseases and/or food insecurity; delivered in part by T.J. Regional Health, the Bounty of the Barrens Farmers Market, Sustainable Glasgow, and the UK Cooperative Extension Service.

What will it do? This program will provide specific patients with access and support from nutrition and health professionals, affordable produce, basic nutrition and cooking education, and resources, as well as an accountability network. For 12 weeks, participants will receive \$15 per week in Bounty of the Barrens Farmers Market tokens to purchase fresh, local fruits and vegetables.

The Bounty of Barrens Farmers Market is hosted on Saturdays from 8am to 12pm at the Barren County Courthouse Lawn.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

June/July			TJ Café		
	28	29	30	1	2
Soup	Chili	Loaded Potato	Broccoli Cheddar	Roasted Red Pepper & Gouda	Chicken Noodle
Features	<ul style="list-style-type: none"> Chicken Wings Chicken Tenders Oven-Fried Zucchini Sticks Steamed Broccoli Cheese Sauce Carrots & Celery Coleslaw Wedge Salad Potato Wedges Assorted Toppings & Sauces 	<ul style="list-style-type: none"> Al Pastor (Pork Tacos) Chicken Tinga Tacos Crispy Fish Tacos Cilantro Lime Rice Spicy Black Beans Sautéed Poblano Peppers Baked Sweet Plantains Grilled Pineapple Cilantro Jicama Slaw Fried Jalapenos Assorted Toppings & Sauces 	<ul style="list-style-type: none"> Fried Chicken Grilled Chicken Salad Mix Bacon Cucumber, Tomato Cheese, Onion CROUTONS, Black Olives Corn Nuggets 	<ul style="list-style-type: none"> Brisket Pulled Pork Chipotle BBQ Chicken Breast Baked Beans Mac & Cheese Grilled Cabbage Honey Butter Corn Loaded Potato Salad Cucumber & Onion Salad 	<ul style="list-style-type: none"> Meatloaf Signature Fried Chicken Breast Green Bean Casserole Roasted Vegetables Broccoli Au Gratin White Beans Mashed Potatoes Macaroni & Tomatoes Side Salad
Bread	Cornbread	Cornbread	Honey Butter Croissant	Assorted Toppings & Sauces	Biscuits & Cornbread
Dessert	Melissa's Choice	Melissa's Choice	Melissa's Choice	Melissa's Choice	Ice Cream Bar
	5	6	7	8	9
Soup	Vegetable Soup	Chicken & Dumplings	Pinto Beans	Broccoli Cheddar	Chili
Features	<ul style="list-style-type: none"> 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 & Breadsticks 	<ul style="list-style-type: none"> 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 Banana Bread Blondies 	<ul style="list-style-type: none"> Roast Beef Manhattan Fried Fish Steamed Carrots Brussels Sprouts Green Beans Mashed Potatoes Brown Gravy Vinegar Slaw Hush Puppies Cornbread & Dinner Rolls Peanut Butter Cookies 	<ul style="list-style-type: none"> Jerk Brisket Jerk Turkey Grilled Caribbean Chicken with Mango Salsa Red Beans & Rice Smashed Red Potatoes Grilled Cabbage Callaloo Baked Sweet Plantains Caribbean Cooler Punch Assorted Toppings & Sauces Cornbread Coconut Crunch Cake 	<ul style="list-style-type: none"> 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 Turnover
Dessert	Lemon Bars				

Apple A Day				June			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6	7	8	9	10	11	12	
Breakfast Special	Baguette French Toast	Baguette French Toast	Baguette French Toast	Baguette French Toast	Baguette French Toast	Baguette French Toast	Baguette French Toast
Lunch Special							
13	14	15	16	17	18	19	
Breakfast Special	Denver Omelet Breakfast Wrap	Denver Omelet Breakfast Wrap	Denver Omelet Breakfast Wrap	Denver Omelet Breakfast Wrap	Denver Omelet Breakfast Wrap	Denver Omelet Breakfast Wrap	Denver Omelet Breakfast Wrap
Lunch Special							
20	21	22	23	24	25	26	
Breakfast Special	Cinnamon Roll Pancakes	Cinnamon Roll Pancakes	Cinnamon Roll Pancakes	Cinnamon Roll Pancakes	Cinnamon Roll Pancakes	Cinnamon Roll Pancakes	Cinnamon Roll Pancakes
Lunch Special							
27	28	29	30	1	2	3	
Breakfast Special	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit
Lunch Special							

Apple, Too			July		
Monday	Tuesday	Wednesday	Thursday	Friday	
28	29	30	1	2	
Breakfast Special	Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes
Lunch Special	Chicken Cobb Salad Croissant	BLTA Croissant Creamy Broccoli Salad	Chicken Fajitas Black Beans	Pizza Sub Side Salad	Crispy Orange Chicken Bowl Eggroll
5	6	7	8	9	
Breakfast Special	Fried Bologna, Egg & Cheese on Texas Toast	Fried Bologna, Egg & Cheese on Texas Toast	Fried Bologna, Egg & Cheese on Texas Toast	Fried Bologna, Egg & Cheese on Texas Toast	Fried Bologna, Egg & Cheese on Texas Toast
Lunch Special	Cali Grilled Chicken Sandwich BLT Pasta Salad	Bacon Cheeseburger Creamy Broccoli Salad	Chicken & Cheese Quesadilla Chips & Salsa	BBQ Bacon Cheddar Sliders Chips	French Dip Roasted Potato Wedges
12	13	14	15	16	
Breakfast Special	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit
Lunch Special	Hawaiian Ham & Cheese Cranberry Kale Salad	Chicken BLT Salad Croissant	Italian Wrap Kale Caesar Salad	Fried Chicken Sandwich Roasted Potato Wedges	Roast Beef & Cheddar Sliders Loaded Potato Salad
19	20	21	22	23	
Breakfast Special	Chocolate Chip Pancakes	Chocolate Chip Pancakes	Chocolate Chip Pancakes	Chocolate Chip Pancakes	Chocolate Chip Pancakes
Lunch Special	Fried Bologna Sandwich Chips & Fruit	Chicken Salad & Fresh Fruit Plate Blueberry Muffin	Tuna Salad Croissant Chips, Fresh Fruit Cup	General Tso's Chicken Bowl Eggroll	Sloppy Joe Loaded Potato Salad
26	27	28	29	30	
Breakfast Special	Breakfast Quesadilla	Breakfast Quesadilla	Breakfast Quesadilla	Breakfast Quesadilla	Breakfast Quesadilla
Lunch Special	Chicken Salad Sandwich Cranberry Kale Salad	Philly Steak Spinach, Bacon, Parmesan Salad	Big Daddy Brisket Sandwich Loaded Potato Salad	Very Berry Chicken Salad Croissant	Beef Fajitas Corn & Black Bean Salad



Employee Payroll Deduction Authorization Form

Employee Name: _____ Employee #: _____

Home Address: _____ City: _____ St: _____ Zip: _____

Phone: _____ Email Address: _____

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

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

_____ in support of where needed most.

_____ in support of the Shanti Niketan Hospice Home.

Recurring Gift

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

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

_____ \$38.47 = \$1000 annual gift

_____ \$10 = \$260 annual gift

_____ \$28.85 = \$750 annual gift

_____ \$3.85 = \$100 annual gift

_____ \$19.24 = \$500 annual gift

_____ \$ _____ Other Amount

One-Time Gift

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

\$ _____ (one-time gift amount)

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

Employee signature: _____ Date: _____

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



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.

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.

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)

NEW

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: Tjpj9993
Choose a Papadilla, 10" Cheesesticks OR Garlic Knots AND
two 20 oz. drinks for \$16: MED16
Reg. menu prices. Online, call-in and in-store orders.

NEW

GLASGOW EMPLOYEE DISCOUNTS, CONT.

RALPHIE'S FUN CENTER

Receive free shoe or skate rental.

RIB LICKERS

Receive 10% off your purchase.

NEW

R+ MED SPA

Receive 10% 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.

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.



TJ COLUMBIA EMPLOYEE DISCOUNTS

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

FRANKLIN NISSAN

10% off any service work.

RUGGED TRUTH BARBERSHOP

\$1 off a haircut.

NANWOOD MARKET

10% off regularly priced items.

THE TRENDY FARMHOUSE

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

***If you are aware of other discounts that T.J. employees receive,
please email marketing@tjsamson.org.***

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 • Tracy Taylor, APRN

Pulmonology: 270.659.5835

Dr. Kummerfeldt • Tiffany Frye, APRN

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 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