



# TJ Team Talk

SEPTEMBER 13, 2021



## Thank You Notes From The Communities We Serve

“Thank you to ALL of the staff of TJ !!! I know you are putting in long tireless hours! May God bless you richly for all the care and concern you are giving each and every day! I know many of you are the only “family” that patients are able to see! Thanks for being that extension and encouraging them to get better!!! I appreciate you!!!!”

“Thank you so much for choosing Healthcare as your career. Not everyone can do what you do and it takes someone very special. Sending you love, hugs, and prayers during this terrible pandemic surge and always.”

“Thank you so much for caring for our community! You are heroes!!”

“Thanks to each and every healthcare hero! May God bless you and keep you safe as you work so hard to help others!”


“Your work gives me faith in humanity. Thank you for all you do. May you stay safe and protected.”

“Would like thank all the frontline workers, doctors, nurses, lab, housekeeping and anyone else that works daily!! Thanks for all you’re doing!!!! Stay safe!!! Prayers.”

“Thanks so much for all you do!! My heartfelt thoughts and prayers are with you all! You are very much appreciated for all you do and it does not go unnoticed! My prayer is for this crazy virus to go away so you can all be home again with family and friends!!”

“Thank you so much for all that you do!! Thank you for fighting for people who don’t feel like fighting anymore. You are true heroes!! My prayers are with you all!”

“Thank you all for everything that you do in order to provide excellent care to your patients! I know times are hard and you are tired but always remember the reason why you stepped into the healthcare field and know that with Christ, you can do all things! May the good Lord continue to be with you all as you do His work!”





## SEPTEMBER

**September 25:** T.J. Community Mission Foundation Fundraiser “The Magic of Giving” (POSTPONED UNTIL 2/19/22)

## OCTOBER

**October 28:** Women’s Conference (POSTPONED INDEFINITELY)

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



## Weekly Prayer Service

The weekly prayer service has been cancelled due to a rise in COVID cases. It will be reassessed on a monthly basis.

## SERVICE EXCELLENCE

## Awards

You can now nominate your fellow co-workers or a provider for one of the TJRH Service Excellence Awards ONLINE. The form can be found and **submitted** at [tjregionalhealth.org/nominate](http://tjregionalhealth.org/nominate)



## SERVICE EXCELLENCE

## Awards

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

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

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



## September: Communication

## T.J. PATIENT ENCOUNTERS

9/4/21 - 9/10/21:  
**7,776**

8/28/21 - 9/3/21:  
**8,433**



# GET AHEAD OF SEPSIS

FOR HEALTHCARE PROFESSIONALS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

# PROTECT YOUR PATIENTS FROM SEPSIS.

More than **1.5 million** people get sepsis each year in the U.S.

At least **250,000** Americans die from sepsis each year.

**Your patients are counting on you. Educate them about how to prevent infections, what signs to look for, and when to seek medical care for possible sepsis.**

## KNOW THE RISKS

**Anyone can get an infection, and almost any infection can lead to sepsis.** Certain patients are at increased risk for developing sepsis:

- People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease
- Adults 65 or older
- People with weakened immune systems
- Children younger than one

The most frequently identified pathogens that cause infections that can develop into sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus*.

## YOU PLAY A CRITICAL ROLE

**Talk to your patients and their families about the symptoms of sepsis and the need to seek immediate care if they suspect sepsis.**

To learn more about sepsis and how to prevent infections, visit [www.cdc.gov/sepsis](http://www.cdc.gov/sepsis).

## PREVENT AND EDUCATE

**Educate your patients and their families so they can:**

- Recognize the symptoms of severe infection and sepsis. There is no single symptom of sepsis. Signs of sepsis can include any one or a combination of the following:



CONFUSION OR DISORIENTATION



SHORTNESS OF BREATH



HIGH HEART RATE



FEVER, OR SHIVERING, OR FEELING VERY COLD



EXTREME PAIN OR DISCOMFORT



CLAMMY OR SWEATY SKIN

- Practice good hygiene, such as handwashing, and keeping cuts clean and covered until healed.
- Take steps to prevent infections, such as caring for chronic conditions.
- Seek medical care when an infection is not getting better or is getting worse.

## Prevent infections

- Follow infection control practices (e.g., hand hygiene, catheter removal) and ensure patients receive recommended vaccines.

# HEALTHCARE WORKER PRAYER GATHERING

- SEPTEMBER 26TH -

6:30PM - 7:30PM

CORAL HILL BAPTIST CHURCH

Join us for a time of much needed encouragement and prayer for healthcare workers in Barren and surrounding counties.



## *T.J. Samson Women's Conference*

Due to the rise in COVID-19 cases, we have had to make the tough decision to postpone the T.J. Women's Conference. We will be refunding all tickets. You can expect this refund via USPS in 6 to 8 weeks. If you have any questions, please contact Mollie Felkins at [mollie.felkins@tjsamson.org](mailto:mollie.felkins@tjsamson.org). We hope to be able to host this wonderful event again in the near future!



## Age 18+ COVID Vaccine Appointments

T.J. Samson Community Hospital  
Monday - Friday • 1 p.m. - 5 p.m.

**270.659.1010**

T.J. Regional Health

Due to the rapid increase of COVID-19 cases in our communities, T.J. Samson Community Hospital has expanded vaccine appointment availability from two days per week to five days per week.

You can schedule a vaccine appointment by calling 270.659.1010, or employees can dial 1814.



# Thank You

Thank you to Passport Health for providing meals for EVS, Laundry, Transport and Door Greeters and thank you to Caverna School Staff and Friends for providing snacks for ICU, Stepdown, 3rd South and the ED.



## Welcome **TIFFANY FRYE,** **APRN, FNP-BC** *T.J. Health Scottsville*

**Bachelor of Science in Nursing:**  
Western Kentucky University

**Master of Science in Nursing:**  
Western Kentucky University

**Office Location:**  
T.J. Health Scottsville  
1084 Veterans Memorial Hwy. • Scottsville

**270.237.3123**



**Regional Health**

Total. Local. Care.



# Fit for Life

COMING THIS SATURDAY!!

Extreme Fitness is hosting the  
11th Annual Run for Health  
supporting Community Medical Care on  
**September 18th, 2021.**

For more information on this virtual 5K Walk/Run,

visit [www.extremeky.com](http://www.extremeky.com) to register online or  
to print a registration form.

TJ employee participants will be eligible for prizes.

Email Treva Shirley at [tshirley@tjsamson.org](mailto:tshirley@tjsamson.org) or 4580 with questions.

Take a selfie after you complete your 5K, or send proof of registration and email to  
[tshirley@tjsamson.org](mailto:tshirley@tjsamson.org) or bring to Fit for Life.

Be sure to contact your doctor before trying any new exercise.





# What's the difference between a **3<sup>RD</sup> DOSE** and a **BOOSTER**?

## 3<sup>RD</sup> DOSE

Getting another dose of the COVID-19 vaccine can sometimes help **IMMUNOCOMPROMISED PEOPLE** build more protection against the disease.

### IMMUNOCOMPROMISED PEOPLE INCLUDE:

- Those receiving active cancer treatment for tumors or cancers of the blood
- Received an organ transplant and are taking medicine to suppress the immune system
- Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system
- Moderate or severe primary immunodeficiency
- Advanced or untreated HIV infection
- Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response

**WHEN:** At least 28 days after completion of the initial 2-dose COVID-19 vaccine series (Pfizer or Moderna).



## BOOSTER DOSE

A “booster dose” refers to another dose of a COVID-19 vaccine that is given to someone who built protection after vaccination, but then that protection decreased over time.

**WHEN:** Booster doses are expected this fall. This is subject to authorization by the U.S. Food and Drug Administration and recommendation by CDC’s Advisory Committee on Immunization Practices (ACIP).



## Who will be **FIRST** to get a **BOOSTER DOSE**?

The first people eligible for a booster dose will be those who were the first to receive a COVID-19 vaccination (those who are most at risk).



## **WHY** do we need a booster dose?

The U.S. Department of Health and Human Services (HHS) is planning for a booster shot so vaccinated people maintain protection over the coming months.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>



**Front**



**Back**

# *2021 Breast Cancer Awareness Tees*

**PRICE:**

Small to 4X: \$10

**NAME:** \_\_\_\_\_ **SIZE:** \_\_\_\_\_

**DEPARTMENT:** \_\_\_\_\_ **LOCATION:** \_\_\_\_\_

**TOTAL DUE:** \$ \_\_\_\_\_ **PAYMENT:**  Cash  Check  Payroll Deduction

Please send your order form and payment to Mollie Felkins in the T.J. Marketing Department.  
You may scan and email your order form to [mollie.felkins@tjsamson.org](mailto:mollie.felkins@tjsamson.org), or you may send via interoffice. Checks should be made payable to T.J. Samson.

**ORDERS ARE DUE ON FRIDAY, SEPTEMBER 17.**

All proceeds benefit the T.J. Oncology and Hematology Department.





I \_\_\_\_\_ give the hospital  
(please print name)  
payroll department permission to deduct my Breast Cancer Awareness  
shirt purchase from my payroll check.

Please note: Only employees paid by T J Regional Health, T J Samson  
Community Hospital and T J Health Columbia may use Payroll  
deduction.

Purchases of \$25.00 or less will be deducted in full from one paycheck.  
Purchases over \$25.00 will be divided into two paychecks.

In the event I terminate employment the entire balance due will be  
deducted from my final paycheck.

Total \$ \_\_\_\_\_ (attach receipt if available)

\_\_\_\_\_  
Employee Signature / \_\_\_\_\_  
Badge # (mandatory)

\_\_\_\_\_  
Department



**\*\*\*IMPORTANT INFORMATION ABOUT HOW WE TRACK TIME\*\*\***





Starting October 10, 2021 you will track your time using UKG Dimensions. The new timekeeping system will replace the Novatime Timekeeper that you are currently using to timestamp and request time off. Paylocity will remain in place for any HR/Payroll information.

**What do I do next?**

A HealthStream assignment will launch in the upcoming weeks to provide training, so that you will know how to enter your time and enter any future time off requests.

As with any change, there will be a transition period, but please know that are resources available to assist you and that we have the best team dedicated to our success. As we go through this together, let's support our managers and each other.

September				TJ Café	
Monday	Tuesday	Wednesday	Thursday	Friday	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	
Chili	Chicken & Dumplings	Roasted Red Pepper & Gouda	Pinto Beans	Loaded Potato Soup	
		<b>Chop Chop Salad!!!</b>		<b>Comfort Food!</b>	
Jumbo Baked Potatoes	Nachos & Enchiladas	Spinach	Tempura Chicken	Chopped Steak with Sautéed Onions	
Tater Tots	Black Bean Enchiladas	Lettuce	Mongolian Beef	Basil & Garlic Roasted Chicken Breast	
Fire Braised Chicken or Pork	Taco Meat or Fajita Chicken	Fried Chicken	General Tso's Chicken	Green Beans	
Steamed Broccoli	Cilantro Lime Rice	Grilled Chicken	Fried Rice & Jasmine Rice	Turnip Greens	
Caramelized Onions	Cauliflower Rice	Melissa's Chicken Salad	Snap Peas & Chow Mein	Mashed Potatoes	
Sweet & Spicy Brussels	Charro Beans	Strawberries, Blueberries	Fresh Seasoned Green Beans	Squash Casserole	
Sautéed Mushrooms	Mexican Street Corn Salad	Fresh Pineapple	Thai Cucumber Salad with Peanuts	Macaroni & Tomatoes	
Creamy Broccoli Salad	Cilantro Jicama Slaw	Candied Pecans	Spicy Asian Slaw	BLT Pasta Salad	
Assorted Toppings & Sauces	Assorted Toppings & Sauces	Assorted Toppings & Sauces	Assorted Toppings & Sauces	Kale Cranberry	
Onion Rings	Jalapeno Poppers	Corn Nuggets	Egg Rolls		
Cornbread	Cornbread	Honey Butter Croissant & Blueberry Muffins	Cornbread	Cornbread	
Chocolate Peanut Butter Pie	Fruit Pizza	Lemon Bars	Red Velvet Cupcake	Salted Caramel Pretzel Brownie	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	
Vegetable Soup	Broccoli Cheddar	Roasted Red Pepper & Gouda	Chili	Loaded Potato	
		<b>Stacked or Wrapped Sandwich Bar</b>			
Build Your Own Pasta	Quesadillas	Spinach Wraps	Buttermilk Ranch "Not Fried" Chicken	Crispy Pork Sandwich	
Penne	Beef Quesadilla	Sourdough, Wheat	Nashville Hot Chicken	Sweet & Sour Glazed Mahi	
Zucchini Noodles	Chicken Quesadilla	Hoagie, Croissant	Chicken Tenders	Hawaiian Chicken Sliders	
Oven Fried Chicken	Cheese Quesadilla	Turkey, Ham	Mashed Potatoes	Steamed Jasmine Rice	
Lemon Rosemary Chicken	Refried Beans	Popcorn Shrimp	Southern Style Green Beans	Watermelon Poke	
Meatballs	Spanish Rice	Chicken Salad	Grilled Cabbage	Cabbage Slaw	
Balsamic Roasted Brussels	Grilled Peppers & Onions	Bacon	Hash Brown Casserole	Mango Slaw	
Broccoli, Mushrooms	Chiles Rellenos	Spinach & Bacon Salad	*Homemade Fruit Tea*	Honey Lime Fruit Salad	
Kale Caesar & Side Salad	Mexican Street Corn Salad	Sweet Coleslaw	Loaded Potato Salad	Steak Fries	
Assorted Toppings & Sauces	Assorted Toppings & Sauces	Assorted Toppings, Cheese, & Sauces	Old Fashioned Tomato Salad	Assorted Toppings & Sauces	
Fried Ravioli	Jalapeno Poppers	Ranch Bistro Chips	Potato Wedges	Steak Fries	
Breadstick	Cornbread	Dinner Roll	Biscuit & Cornbread	Cornbread	
Cannoli	Tres Leches Cake	Carrot Cake	Apple Streusel	Chocolate Chip Candy Cookies	

Apple A Day				September			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30	31	1	2	3	4	
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	
Lunch Special							
5	6	7	8	9	10	11	
Breakfast Special	Cinnamon Roll Pancakes	Cinnamon Roll Pancakes	Cinnamon Roll Pancakes	Cinnamon Roll Pancakes	Cinnamon Roll Pancakes	Cinnamon Roll Pancakes	
Lunch Special							
12	13	14	15	16	17	18	
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	
Lunch Special							
19	20	21	22	23	24	25	
Breakfast Special	Steak, Egg, & Cheese Breakfast Sandwich	Steak, Egg, & Cheese Breakfast Sandwich	Steak, Egg, & Cheese Breakfast Sandwich	Steak, Egg, & Cheese Breakfast Sandwich	Steak, Egg, & Cheese Breakfast Sandwich	Steak, Egg, & Cheese Breakfast Sandwich	
Lunch Special							

Apple, Too			September		
Monday	Tuesday	Wednesday	Thursday	Friday	
30	31	1	2	3	
Breakfast Special	Chocolate Chip Pancakes	Chocolate Chip Pancakes	Chocolate Chip Pancakes	Chocolate Chip Pancakes	
Lunch Special	Fried Bologna Sandwich	Chicken Salad & Fresh Fruit Plate	Tuna Salad Croissant	General Tso's Chicken Bowl	Sloppy Joe
	Chips & Fruit	Blueberry Muffin	Chips, Fresh Fruit Cup	Eggroll	Loaded Potato Salad
6	7	8	9	10	
Breakfast Special	Closed for Labor Day	Breakfast Quesadilla	Breakfast Quesadilla	Breakfast Quesadilla	Breakfast Quesadilla
Lunch Special		Philly Steak	Big Daddy Brisket Sandwich	Very Berry Chicken Salad	Beef Fajitas
		Spinach, Bacon, Parmesan Salad	Loaded Potato Salad	Croissant	Corn & Black Bean Salad
13	14	15	16	17	
Breakfast Special	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel
Lunch Special	Club Sandwich	Chicken Chef's Special	Beef Manhattan	Grilled Chicken Caesar Wrap	Pulled Pork Sandwich
	Potato Soup	Chips & Salsa	Seasoned Green Beans	Chips, Fresh Fruit	Baked Beans
20	21	22	23	24	
Breakfast Special	Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes
Lunch Special	Chicken Cobb Salad	BLTA Croissant	Chicken Fajitas	Pizza Sub	Crispy Orange Chicken Bowl
	Croissant	Creamy Broccoli Salad	Black Beans	Side Salad	Eggroll
27	28	29	30	1	
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	Bacon Cheeseburger	Chicken & Cheese Quesadilla	BBQ Bacon Cheddar Sliders	French Dip
	BLT Pasta Salad	Creamy Broccoli Salad	Chips & Salsa	Chips	Roasted Potato Wedges



## Employee Payroll Deduction Authorization Form

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

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

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

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

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

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

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

### Recurring Gift

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

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

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

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

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

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

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

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

### One-Time Gift

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

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

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

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

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



# **TJ BARREN COUNTY EMPLOYEE DISCOUNTS**

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

## **AAA**

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

## **AT&T**

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

## **AWARDS, INC.**

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

## **AZUL TEQUILA**

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

## **BAILEY GIBSON SERVICE DEPT.**

Receive 15% off service.

## **BLUEGRASS CELLULAR**

Receive 15% off basic service.

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

Receive 10% off clothing at Boutique 218.

**NEW**

## **CAVE CITY PIZZA**

Receive 10% off your total.

## **DON FRANKLIN GLASGOW**

Receive 10% off standard services and repairs.

## **DROBOCKY ORTHODONTICS**

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

## **EL MAZATLAN**

Receive 10% off your purchase.

## **ELY DRUGS**

Receive 20% off your purchase of scrubs.

## **ENTERPRISE**

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

## **EXTREME FITNESS**

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

## **FREDDY'S**

Receive 10% off your total.

## **GARCIA'S**

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

## **LAWLESS ORTHODONTICS**

Receive a \$500 discount.

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

Receive 20% off regular-priced purchase.

## **MERCADO LATINO**

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

## **NOT AVERAGE JOES GYM**

\$20 a month. No fees.

## **PAPA JOHN'S PIZZA**

Any large 5-topping or specialty pizza for \$12: Tj20  
Large 3-topping pizza for \$9.99: Tj9993  
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.*

# BARREN COUNTY EMPLOYEE DISCOUNTS, CONT.

**RALPHIE'S FUN CENTER**  
Receive free shoe or skate rental.

**RIB LICKERS**  
Receive 10% off your purchase.

**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.

**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](mailto:marketing@tjsamson.org).***

**T.J. HEALTH PAVILION****310 N.L. Rogers Wells Blvd., Glasgow • Call 270.651.1111 for general information.****Primary Care Pod A:** 270.651.6791

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

**Primary Care Pod B:** 270.659.5870

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

**Primary Care Pod C:** 270.659.5885

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

**Cardiology:** 270.659.5970

Dr. Nair • Dr. V. Reddy • Dr. Salifu

Lisa DuCoff, APRN • Nancy Jo Houchens, APRN

Ashley Collins, APRN • Heather Bull, APRN

**Gastrointestinal Clinic:** 270.659.3398

Traci Anderson, APRN

**General Surgery:** 270.659.5945

Dr. Klapheke • Dr. Marion • Dr. Saridakis

**Gynecology & Obstetrics:** 270.659.5865

Dr. Craddock • Dr. Dirig • Dr. Vazquez

Nellie Bell, APRN • Casey Sacia, APRN • Michelle Wilson, APRN

**Nephrology:** 270.659.5834

Dr. S. Reddy • Marissa Howard, APRN

**Neurology:** 270.659.5945

Dr. Koury

**Oncology:** 270.659.5890

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

**Pain Management:** 270.659.5990

Dr. Bahadur • Tracy Taylor, APRN

**Pulmonology:** 270.659.5835

Dr. Kummerfeldt • Dr. Mahmoud

**Urology:** 270.659.5965

Dr. Wiatrak

**Urgent Care at the Pavilion:** 270.659.5555**Laboratory:** 270.659.5584**Pavilion Pharmacy:** 270.659.5599**Radiology:** 270.659.5570**Rehab Services:** 270.659.5660**Respiratory:** 270.659.5540**Women's Imaging:** 270.659.5591**ADDITIONAL SERVICE LOCATIONS****T.J. Health Cave City Clinic:** 270.773.2111

Dr. Camas • Paula West, APRN

**Cardiology:** Dr. Salifu**T.J. Health Columbia:** 270.384.4753**T.J. Health Columbia Clinic:** 270.384.0451

Patricia Doolin, APRN

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

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

**Cardiology:** Dr. Nair • Dr. Salifu • Ashley Collins, APRN**Gynecology:** Casey Sacia, APRN**Pediatrics & Ped. Behavioral Health:** Alisha Risen, APRN**Podiatry:** Dr. Risen**Pulmonary:** Dr. Kummerfeldt**Sleep:** Kim Bowman, APRN**T.J. Health Edmonton Clinic:** 270.432.4800

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

**T.J. Health Greensburg Clinic:** 270.973.5439**Pediatrics & Ped. Behavioral Health:** Alisha Risen, APRN**T.J. Health Russell Springs Clinic:** 270.858.3636

Chris Doolin, APRN

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

Emily Tabor Jessie, APRN • Lindsey Landers, APRN

Tiffany Frye, APRN

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

Teresa Sheffield, APRN

**T.J. Home Health & Hospice:** 270.651.4430**T.J. Long Term Care Team:** 270.651.4451

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

Nikki Sherfey, APRN

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

270.651.4444

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

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

Dr. Fisher

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

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

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

Dr. Allred • Sherelen Hodges, APRN

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

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



## TJRH Service Excellence Award Nomination Form

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

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

Choose One:

**Hospital**

**Pavilion**

**Columbia**

**Clinics**

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

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

**Compassion**

**Cooperation**

**Collaboration**

**Communication**

**Change**

**Champion**

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

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

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

For Office Use Only:

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

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

Submit completed nomination forms to Pam Bray in Human Resources.



# T.J. PLEDGE

## I WILL SHOW COMPASSION:

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

## I WILL COOPERATE WITH OTHERS:

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

## I WILL COLLABORATE WITH OTHERS:

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

## I WILL COMMUNICATE:

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

## I WILL ADAPT TO CHANGE:

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

## I WILL BE A CHAMPION:

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





## **MISSION**

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

## **VISION**

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

## **CORE VALUES**

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