

# TJ TEAM Talk

**JANUARY 18, 2021**

## *2020 Service Excellence Provider Winners*

The following providers received Service Excellence Awards in 2020. We thank each of them for the excellent, quality care that they provide to their patients every day. Congratulations, winners!



*Dr. Elizabeth Combs Royse: Cooperation*



*Dr. Michael Saridakis:  
Collaboration*



*Dr. Mitta Reddy:  
Compassion*



*Thank you!*

The following note was received from our local representative with the American Red Cross. Way to go, T.J. family!

T.J. Regional Health went above and beyond to help the American Red Cross during the COVID-19 pandemic. We cannot thank enough all the employees and donors who continued to show support for our life-saving mission during such an uncertain time.

For 2020, 474 units of blood were collected at T.J. Health Pavilion! Each unit of blood saves up to three lives, so you've saved up to 1,422 lives!

Those numbers are absolutely incredible and something to be extremely proud of! Let's strive to collect even more units for 2021!



### SWEET TREAT THANK YOU FOR IV THERAPY!

A sweet patient's family recently made and delivered these beautiful and tasty chocolate covered strawberries to the team in IV Therapy. As Sundown Clark said, "They were so beautiful, they were like artwork."



## SERVICE EXCELLENCE

### Awards

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

Nominate your fellow co-workers for one of the TJRH Service Excellence Awards. You may pick up a form outside the hospital cafeteria, print the one in the back of this newsletter, or you can also submit it online via the T.J. Intranet.

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

### January: Cooperation



## T.J. PATIENT ENCOUNTERS

1/9/21 - 1/15/21:

**7,774**

1/2/21 - 1/8/21:

**7,624**







## COOKIES FOR Caregivers

Cookies for Caregivers started as a friendly bake-off, but quickly developed into a national movement aimed at encouraging essential workers through the COVID-19 pandemic. Scott McKenzie and Jeremy Urich, from Huntingdon, Pennsylvania, had a wager on who could make the best chocolate chip cookies. They asked Rachel Kyle, a local high school basketball player, to join them in the competition, and their Mayor, Mayor David Wessels, to be the judge. The baking competition was held during a Facebook Live event where Rachel took home first place. After the event, Scott and Jeremy donated the remaining cookies to their local police department as a “thank you” to first responders. Soon after, they decided to continue weekly donations to other groups in the community. Scott created a “Cookies for Caregivers” Facebook page and invited others to join their mission to brighten the days of those that are working so hard during COVID-19.

Terry Borders, a Glasgow resident, saw the Cookies for Caregivers story on the Today show and decided to start a group in Glasgow as a way to show appreciation and to lift spirits for essential workers locally. The first order was delivered recently to our Urgent Care staff. Thank you!

You can follow Cookies for Caregivers-Glasgow, KY on Facebook. If you are interested in being a part of the group, you are welcome to join and bake some goodies as a way to show your appreciation to our community workers.



**Pastor Paul Grider with  
The Way Church will hold a  
Prayer Service on  
Wednesday, January 20  
at 3 p.m.**

**The service will take place outside  
the T.J. Samson South Entrance  
and will last about 30 minutes.**



*The following compliment was recently received about Dr. Beth Brooks. Thank you for providing excellent care, Dr. Brooks!*

My family and I would like to express a debt of gratitude for the doctor you hired named Beth Brooks. My oldest fell ill in September and I called about getting him an appointment. He was scheduled with Dr. Brooks for an immediate appointment. She listened to my boy who is very scared of doctors and tends to act out. She listened to me as I was scared. We saw her three times that first week and as he fell more and more sick she agreed we had to do something. She sent a referral in to Norton's, but my son got worse on late Friday night. From there my boy ended up with a diagnosis of IBD less than a month later. He is 11 years old and because she listened, he is now on track to doing better. She is always there to offer a reassuring ear and to help with stuff I know nothing about. Our family is very very thankful to her.





# 70+ COVID Vaccine Sign-Up List

[tjregionalhealth.org/vaccine](https://tjregionalhealth.org/vaccine)  
270.659.1010

**W**hile we are still waiting to receive the vaccine for those 70 and older, we have plans in place to distribute it quickly and efficiently once it arrives in our hospitals in Glasgow and in Columbia. At this time, we are unsure when it will arrive.

In the meantime, beginning today, seniors age 70 and older who are in Phase 1B of vaccine distribution may contact T.J. Regional Health to sign up for the vaccine waiting list. We are asking those who contact us to please choose **ONLY ONE** of the following options to get on the list:

- 1) Fill out the online form at [tjregionalhealth.org/vaccine](https://tjregionalhealth.org/vaccine) OR
- 2) Call 270.659.1010

The online form is accessible 24 hours a day, 7 days a week. The phone line will be open Monday – Friday from 8am – 4pm until further notice. There is tremendous demand and high volume, but so far things have gone well. **At the time the newsletter was complete, 1,667 sign-ups had already been completed.**

At this time, the waiting listing is for Phase 1B - seniors age 70 and older. Details for Phases 1C and beyond will be announced in the near future as more information becomes available.

Special thanks to our wonderful phone bank volunteers pictured below, as well as everyone else who is involved in the vaccine process!







## Outlook Pictures

Submitted by: Casey Franklin

Do you miss faces as much as we do? While it may be true that the eyes are the windows to the soul, there's something to be said about a smile that just can't be replaced. With so much communication that used to be "live and in person" being done virtually or electronically now, not seeing the faces of the people around us is even more noticeable. To help combat this, you might consider adding a professional headshot to your Outlook e-mail account. This sends your image along with any e-mail you transmit so that people can enjoy your smile and feel more connected to you.

### A few rules:

1. Only you should appear in your picture. No other people or animals.
2. It is appropriate to limit your image to your head/face only. A full-body shot is difficult to see.
3. Keep it professional. Avoid using a silly picture or one with a distracting background.
4. Remember that this is not social media. Ensure that your appearance and expression are both ones you would be comfortable with any of your cohorts seeing.

### Need help? Here's how it's done:

1. Open Outlook.
2. Click on "File".
3. To the right of Account Settings, click on "Add an Image".
4. Upload your picture and center/scale it to fit the frame.

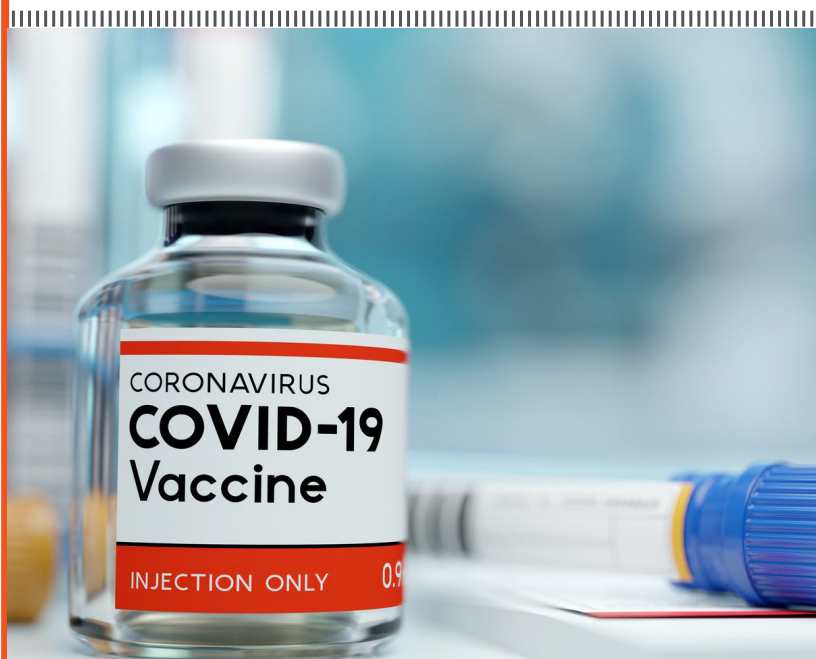
It's that easy. Now let's see that SMILE!



march  of dimes®

## Sweatshirt Fundraiser Update

The March of Dimes sweatshirts will be delayed a couple of weeks due to the volume of sweatshirts ordered. Once they arrive, they will be located at the employee entrances for pick up.



## EMPLOYEE VACCINE SECOND DOSE

Second doses of the COVID-19 vaccine at T.J. Samson will be administered in the cafeteria. At T.J. Health Columbia, the second dose will continue to be administered in the cafeteria area.

Please be aware of your scheduled appointment time. It is very important that the second dose is administered on schedule.



# Healthy *living with* Diabetes

*Kentucky Department for Public Health*

GIVEAWAYS &  
"DOOR"  
PRIZES!!!

## 2021 Virtual Diabetes Workshops

*Join us to learn the latest information on managing diabetes, including healthy eating, developing an active lifestyle, taking medications and reducing health risks.*

Thursday, February 4

Thursday, February 11

Thursday, February 18

Thursday, February 25

5:00-7:00 pm CST

**Registration is required! Call 270-781-8039, ext 219  
or email [Barbara.Cruse@barrenriverhealth.org](mailto:Barbara.Cruse@barrenriverhealth.org)  
By February 2 to sign up!**



**Kentucky Public Health**  
Prevent. Promote. Protect.







Dear T.J. Regional Health Staff,

Is continuing your education one of your New Year's Resolutions? Take a look at Chamberlain University's programs and take advantage of your **30%** tuition savings for the RN to BSN program and **25%** savings for graduate and doctoral nursing programs!

### ***College of Nursing***

- RN to BSN Option
- RN-BSN to MSN Option
- Accelerated RN to MSN
- Master of Science in Nursing (MSN) Degree Program
  - ♦ Family Nurse Practitioner
  - ♦ Adult Gerontology Nurse Practitioner (Acute Care & Primary Care)
  - ♦ Nurse Educator
  - ♦ Nurse Executive
  - ♦ Nursing Informatics
  - ♦ Healthcare Policy
  - ♦ Population Health
- Accelerated MSN
- Certificate Programs
- Doctor of Nursing Practice (DNP) Program

### ***College of Health Professions (15% Tuition savings)***

- Master of Public Health (MPH)
- Public Health Certificate Programs
- Master of Social Work (MSW)

### **[LEARN MORE](#)**

Click the link above to speak with an admission representative and explore:

- Your educational goals and lifestyle to see if Chamberlain is right for you
- Your potential partner education benefits, including:
  - ♦ A group-specific tuition rate, a tuition savings
  - ♦ Waived application fee
  - ♦ Complimentary transcript request and evaluation service upon completing an application for admission
- How online learning at Chamberlain works
- Degree program requirements



MPP MEMBER EXCLUSIVE

# A PERFECT TIME TO REFRESH

High-performance savings for 72 hours only. Up to 10% off starts 1/19.



New XPS 15



New XPS 13



Alienware m15 R3



XPS Desktop

Shop this offer online at [www.dell.com/mpp/tjsamson](http://www.dell.com/mpp/tjsamson)

Offers valid 1/19/2021-1/23/2021 at 5:59 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 preloaded 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 may be trademarks of their respective owners. 382509

Do great things





# January-21



## TJ Café Breakfast

	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Fried Potatoes	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Hash brown Casserole	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Fried Potatoes	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Fried Potatoes	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Tater Tots
<b>Potatoes</b>					
<b>Breakfast Pastry</b>	Scones	Apple Turnover	Muffins	Scones	Cinnamon Rolls
<b>Specials</b>	French Toast	Waffles	Blueberry Pancakes	French Toast	Waffles
<b>Specials</b>	Fried Bologna, Egg, & Cheese on Texas Toast	Chicken Tenders	Fried Bologna	Grilled French Toast Sandwich with Bacon, Egg, & Cheese	Chicken Tenders
	11	12	13	14	15
	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Fried Potatoes	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Hash brown Casserole	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Fried Potatoes	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Fried Potatoes	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Tater Tots
<b>Potatoes</b>					
<b>Breakfast Pastry</b>	Scones	Apple Turnover	Muffins	Scones	Cinnamon Rolls
<b>Specials</b>	Pancakes	Waffles	Banana Chocolate Chip Pancakes	French Toast	Waffles
<b>Specials</b>	Bacon, Egg, & Cheese Bagel	Chicken Tenders	Ham & Cheese Croissant	Fried Bologna	Chicken Tenders
	18	19	20	21	22
	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Fried Potatoes	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Hash brown Casserole	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Fried Potatoes	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Fried Potatoes	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Tater Tots
<b>Potatoes</b>					
<b>Breakfast Pastry</b>	Scones	Apple Turnover	Muffins	Scones	Cinnamon Rolls
<b>Specials</b>	French Toast	Waffles	Blueberry Oatmeal Pancakes	French Toast	Waffles
<b>Specials</b>	Grilled French Toast Sandwich with Sausage, Egg, & Cheese	Chicken Tenders	Bacon, Egg, & Cheese Breakfast Burrito	Fried Bologna	Chicken Tenders
	25	26	27	28	29
<b>Standards</b>	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Fried Potatoes	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Hash brown Casserole	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Fried Potatoes	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Fried Potatoes	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy Tater Tots
<b>Potatoes</b>					
<b>Breakfast Pastry</b>	Scones	Apple Turnover	Muffins	Scones	Cinnamon Rolls
<b>Specials</b>	Pancakes	Waffles	Chocolate Chip Pancakes	French Toast	Waffles
<b>Specials</b>	Sausage, Egg, & Cheese Bagel	Chicken Tenders	Fried Bologna, Egg, & Cheese on Texas Toast	Ham, Bacon, Egg, & Cheese on Texas Toast	Chicken Tenders

# January-21



## TJ Café Lunch

	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<b>Soup</b>	Italian Wedding (chicken Florentine)	Chicken & Dumplings	Pinto Beans	Broccoli Cheddar	Chili, Potato, Gouda
<b>Features</b>	Chicken Wings or Tenders Buffalo Cauliflower Broccoli & Cheese Sauce Carrots & Celery	Nachos & Enchiladas Taco Meat or Fajita Chicken Black Bean Enchiladas Cheese & Bean Enchiladas	Roast Beef Manhattan Fried Catfish Carrots, Brussels Green Beans, Mashed Potatoes	Brisket, Pulled Pork BBQ Chicken Breast Baked Beans, Mac & Cheese Grilled Cabbage, Buttered Corn	Soup & Sandwich Grilled Cheese Grilled Cheese with Bacon Philly Steak Sandwich
<b>Salad</b>	Coleslaw	Mexican Street Corn Salad	Vinegar Slaw	Potato Salad, Cucumber & Onion	Broccoli Salad & Kale Caesar
<b>Fried Item</b>	Potato Wedges	Jalapeno Poppers	Hush Puppies		Onion Rings
<b>Bread</b>	Dinner Roll	Cornbread	Cornbread & Dinner Rolls	Cornbread	Cornbread
<b>Dessert</b>	Peanut Butter Cookies	Banana Bread Blondies	Lemon Bars	Banana Pudding	Brownies
	25	26	27	28	29
<b>Soup</b>	Broccoli Cheddar	Chicken Noodle	Roasted Red Pepper & Gouda	Gumbo	Potato Soup
<b>Features</b>	Build Your Own Pasta Chicken or Italian Sausage Peas & Mushrooms Brussels, Bell Peppers Broccoli & Cauliflower	Nacho Bar Taco Meat or Fajita Chicken Refried Beans Grilled Peppers & Onions Rice or Cauliflower Rice	Build Your Own Sandwich Turkey, Ham, Roast Beef, Bacon Mahi Mahi, Chicken Salad	Roast Turkey Meatloaf Green Beans, Mashed Potatoes Broccoli, Cheese Sauce Dressing	The Roost Grilled or Fried Chicken Sandwich Bacon Sweet Potato Casserole
<b>Salad</b>	Side Salad	Mexican Street Corn Salad	BLT Pasta & Kale Cranberry		Cabbage Slaw & Fruit Salad
<b>Fried Item</b>	Mozzarella Sticks	Jalapeno Poppers	Fried Green Tomatoes & Onion Rings		French Fries
<b>Bread</b>	Breadstick	Dinner Roll	Dinner Roll	Cornbread	Cornbread
<b>Dessert</b>	Cannoli	Salted Caramel Pretzel Brownie	Chocolate Cake	Lemon Meringue Pie	Pecan Pie

# January-21



## Apple A Day

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3	4	5	6	7	8	9
<b>Breakfast Special</b>	Nutella Banana Pancakes 2 for \$3	Nutella Banana Pancakes 2 for \$3	Nutella Banana Pancakes 2 for \$3	Nutella Banana Pancakes 2 for \$3	Nutella Banana Pancakes 2 for \$3	Nutella Banana Pancakes 2 for \$3	Nutella Banana Pancakes 2 for \$3
<b>Lunch Special</b>	Fried Green Tomato BLT \$5	Fried Green Tomato BLT \$5	Fried Green Tomato BLT \$5	Fried Green Tomato BLT \$5	Fried Green Tomato BLT \$5	Fried Green Tomato BLT \$5	Fried Green Tomato BLT \$5
<b>Lunch Special</b>	Fried Green Tomatoes \$1 each	Fried Green Tomatoes \$1 each	Fried Green Tomatoes \$1 each	Fried Green Tomatoes \$1 each	Fried Green Tomatoes \$1 each	Fried Green Tomatoes \$1 each	Fried Green Tomatoes \$1 each
	10	11	12	13	14	15	16
<b>Breakfast Special</b>	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
<b>Lunch Special</b>	Fish & Chips \$5	Fish & Chips \$5	Fish & Chips \$5	Fish & Chips \$5	Fish & Chips \$5	Fish & Chips \$5	Fish & Chips \$5
	17	18	19	20	21	22	23
<b>Breakfast Special</b>	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
<b>Lunch Special</b>	Big Daddy Brisket Sandwich \$4	Big Daddy Brisket Sandwich \$4	Big Daddy Brisket Sandwich \$4	Big Daddy Brisket Sandwich \$4	Big Daddy Brisket Sandwich \$4	Big Daddy Brisket Sandwich \$4	Big Daddy Brisket Sandwich \$4
	24	25	26	27	28	29	30
<b>Breakfast Special</b>	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50
<b>Lunch Special</b>	Grilled Pimento Cheese with Bacon \$4	Grilled Pimento Cheese with Bacon \$4					Grilled Pimento Cheese with Bacon \$4

# January-21



## Apple, Too

	Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7	8
<b>Breakfast Special</b>	Bacon, Egg & Cheese Bagel \$2.75	Bacon, Egg & Cheese Bagel \$2.75	Bacon, Egg & Cheese Bagel \$2.75	Bacon, Egg & Cheese Bagel \$2.75	Bacon, Egg & Cheese Bagel \$2.75
<b>Lunch Special</b>	"Grown Up" Grilled Cheese Red Pepper & Gouda Soup 20oz Bottled Drink \$5	Chicken Chef's Special Chips & Salsa 20oz Bottled Drink \$5	Pot Roast Glazed Carrots & Roasted Potatoes 20oz Bottled Drink \$5	Chicken Parmesan Garlic Pepper Broccoli 20oz Bottled Drink \$5	Pulled Pork Sandwich Baked Beans 20oz Bottled Drink \$5
	11	12	13	14	15
<b>Breakfast Special</b>	Pumpkin Pecan Pancakes 2 for \$2	Pumpkin Pecan Pancakes 2 for \$2	Pumpkin Pecan Pancakes 2 for \$2	Pumpkin Pecan Pancakes 2 for \$2	Pumpkin Pecan Pancakes 2 for \$2
<b>Lunch Special</b>	Chicken Salad Sandwich Broccoli Cheddar Soup 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	Chicken Spinach Casserole Garlic Butter Noodles 20oz Bottled Drink \$5
	18	19	20	21	22
<b>Breakfast Special</b>	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
<b>Lunch Special</b>	Jalapeno Cornbread Chili 20oz Bottled Drink \$4.75	Philly Steak Spinach, Bacon, Parmesan Salad 20oz Bottled Drink \$5	Chicken & Cheese Quesadilla Chips & Salsa 20oz Bottled Drink \$5	Meatball Marinara Side Salad 20oz Bottled Drink \$5	BBQ Bacon Cheddar Sliders Chips 20oz Bottled Drink \$5
	25	26	27	28	29
<b>Breakfast Special</b>	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50
<b>Lunch Special</b>	Hot Ham & Cheese Loaded Potato Soup 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





# JEANS DAY FRIDAYS

The T.J. Helping Hands Employee Assistance Fund is in great need of donations so that it can continue to support our team members who are facing some difficult challenges in life. As we all know, this year has caused a strain on more families than ever before due to the COVID-19 pandemic. One of the best ways to help out your fellow coworkers is to be sure and contribute appropriately when you wear jeans each Jeans Day Friday. This is now going to be done on the “honor system”, and we trust that each person who wears jeans on Friday is contributing either \$5 to a person in your building who collects funds, or that you have signed up for the convenient payroll deduction option (form included in this week’s newsletter). When you enroll in payroll deduction, the donation is just \$6.25 per pay period, which is a nice savings as compared to \$5 per week.

Jeans Day Friday funds truly make a difference. Half of your donation supports the Helping Hands Fund, and the other half supports the T.J. Community Mission Foundation – both are extremely important causes. We encourage you to continue enjoying wearing jeans on each Friday, along with your favorite T.J. tee, but please remember that your donations matter a great deal. Please do the right thing and make sure you are either paying \$5 or that you’re enrolled in the convenient payroll deduction option. Thank you for your support!

- **\$150 Yearly Contribution via Payroll Deduction (\$6.25 per pay period)**

Commit to a \$6.25 donation per pay period and wear jeans each Friday.

- **\$5 One-Time Donation**

If you would like to wear jeans, but not every Friday, you may pay \$5 at one of the locations below.

## LOCATIONS:

Please print and complete a payroll deduction form, and take it to one of the following locations. Or, if you want to pay \$5 to wear jeans one day, simply take \$5 (exact cash or check).

<b>T.J. Samson Community Hospital:</b>	T.J. Gift Shop (8 a.m. to 4:30 p.m.)
<b>T.J. Health Columbia:</b>	Bill Edwards
<b>T.J. Health Pavilion:</b>	Katie Minor
<b>T.J. Health Cave City Clinic:</b>	Keri Kerns
<b>T.J. Health Columbia Clinic:</b>	Gidgett Warren
<b>T.J. Health Columbia Primary Care:</b>	Sherry Wilson
<b>T.J. Health Edmonton Clinic:</b>	Elizabeth Jessie
<b>T.J. Health Greensburg Clinic:</b>	Gidgett Warren
<b>T.J. Health Russell Springs Clinic:</b>	Gidgett Warren
<b>T.J. Health Tompkinsville Clinic:</b>	Nicki Dubree

## PREMIER PARKING

Yearly contribution will enter your name into the drawing for the premier parking spots at the hospital and Pavilion!

*T.J. t-shirts may be worn every Friday. No donation is necessary to wear T.J. tees.*

*Clinical employees are not allowed to wear jeans, but they may wear T.J. tees on Fridays. Jeans with holes are not allowed.*

# TLC CHAMPION CHEST



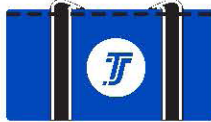
1 TOKEN



2 TOKENS



3 TOKENS



6 TOKENS



8 TOKENS



9 TOKENS



10 TOKENS



12 TOKENS



15 TOKENS



20 TOKENS



25 TOKENS



40 TOKENS



# 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 on T.J. Tuesdays.

## GARCIA'S

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

## LAWLESS ORTHODONTICS

Receive a \$500 discount.

## LONG JOHN SILVERS / A&W

Receive 20% off regular-priced purchase.

## 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: 999WFG3T  
*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.

## **NEW** SOUTHERN CUP COFFEE & CAFE

Receive 10% off your purchase.

## SWEETHEART BAKERY

Receive 10% off your purchase.

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



Community Mission  
FOUNDATION

Employee Donation Form  
Payroll Deduction Authorization/One Time Gift

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

Employee Name: \_\_\_\_\_  
Home Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Social Security Number: \_\_\_\_\_  
Employee Number: \_\_\_\_\_

**PAYROLL DEDUCTION**

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

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

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

Employee Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**ONE TIME GIFT**

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

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

## T.J. HEALTH PAVILION

310 N.L. Rogers Wells Blvd., Glasgow • Call 270.651.1111 for general information.

**Primary Care Pod A:** 270.651.6791

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

**Primary Care Pod B:** 270.659.5870

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

**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