



T.J. COMMUNITY MISSION FOUNDATION AND COMMUNITY MEDICAL CARE JOIN FORCES



The T.J. Community Mission Foundation (TJCMF) and Community Medical Care (CMC) are excited to announce the two organizations are joining forces through the inclusion of CMC as a program of the TJCMF. Last week, leadership of both organizations and the community gathered to honor the move through a joint resolution signing ceremony.

Following the approval of the board of directors of both organizations, CMC will become “Community Medical Care: A Program of the T.J. Community Mission Foundation”. And, although CMC as a separate 501c3 non-profit will dissolve on Jan. 1, 2022, its mission of assisting low-income seniors and working, uninsured and underinsured adults with their every-changing medical needs will continue.

In 2020, Dr. Bharat Mody, one of the founders of CMC, began a conversation with Neil Thornbury, CEO of T.J. Regional Health, to introduce the idea of CMC merging with TJCMF in some fashion. Dr. Mody recognized the opportunity to combine the work of CMC and TJCMF in efforts to ensure the sustainability and expansion of the important program moving forward. This step is a natural progression of the work that has been done by CMC from the onset of the program.

Dr. Bharat Mody shared that, “for the last couple of years, Community Medical Care has been thinking about its future and the possibility of joining together with another charitable program. I feel that it is a good thing for both charities to serve our community together and to continue to make a difference for our seniors, our patients and our families for years to come.”

Throughout the history of CMC, T.J. Regional Health, specifically T.J. Samson Community Hospital (TJSCH), has been the primary benefactor of the important services CMC has been able to provide to those in need.

Neil Thornbury, CEO of T.J. Regional Health shared, “What an exciting opportunity this is for these two wonderful organizations to come together. T.J. Samson Community Hospital is proud to have been a part of the storied history

continued on next page

of CMC and the service it has provided so many in this community for the past twenty years. We are thrilled this will provide a path forward for that work to continue for many more years to come.”

Tina Combs, Director of Community Medical Care, will become an employ of TJRH/TJCMF and continue to coordinate the good work of CMC while becoming a vital piece in the continued growth of TJCMF.

For the time being, the offices of CMC will remain in its current location at 204 N. Race Street as plans are finalized to eventually house the TJCMF and CMC staff in the same work location on the campus of TJSCH.

Jannell Pedigo, current Chairperson of the CMC Board of Directors, has accepted the invitation to become the newest member of the TJCMF Board of Directors. Her presence on the TJCMF Board, along with board members Larry Glass and William Twyman, also long time members of the CMC Board, will be invaluable through the transition. Dr. Mody has also agreed to serve as an advisor both during the transition and as needed in the future.

Doug Landers, Chairperson of the TJCMF Board of Directors shared, “The T.J. Community Mission Foundation wants to thank everyone associated with Community Medical Care and let them know we are honored to start this new relationship. The T.J. Community Mission Foundation will strive to continue the great works done in the past and believe we can contribute many new services that are needed in the region. We wish to thank everyone that has supported Community Medical Care in the past and in the future.”



The T.J. Community Mission Foundation (TJCMF) Board of Directors recognized two of its founding members and pillars of the community for their service to the Foundation.

Bill Prather and Mike Bryant both served the TJCMF Board from its inception in 2014 until their retirement from the Board earlier this year. Mr. Prather served as Chairperson of the Board of Directors and provided exceptional leadership to the organization through both the fundraising and construction phases of the Shanti Niketan Hospice Home. Mr. Bryant served on several committees during his board tenure and continues his long standing involvement with T.J. Regional Health as a member of the health system’s Board of Directors.

Executive Director of the TJCMF, Randy Burns, shared, “A non-profit organization will only be as good as the quality of leadership provided by its board of directors. This Foundation has truly been blessed to have had Bill and Mike lead us to where we are today. Their presence on the Board will be missed but we are grateful for their commitment to remain involved with our mission to build healthier communities in southcentral Kentucky.”

Pictured left to right: Randy Burns, Executive Director, Neil Thornbury, CEO, Henry Royse, Dr. Karen Small, Bill Prather, Mike Bryant, Doug Landers, Board Chairperson, Jannell Pedigo, Larry D. Glass, and Dr. Benny Lile

Thank you for your service!



NOVEMBER

November 22 & 23: Collective Goods @ South Lobby

DECEMBER

December 4: Cookies with Santa @ Pavilion Parking Lot

December 4: Glasgow Christmas Parade

December 10: Blood Drive @ PAV (1 - 6 p.m.)

December 10: Looks That Rock @ South Lobby

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



Weekly Prayer Service

There will be no prayer service this week.

MASQUERADE JEWELRY

\$5 SALE IS BACK!

DECEMBER 1 & 2

TJSCH SOUTH LOBBY

TJ Regional Health

SERVICE EXCELLENCE

Awards

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

Nominate your fellow co-workers or a provider for one of the TJRH Service Excellence Awards. You may pick up a form outside the hospital cafeteria, print the one in the back of this newsletter, 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!

November: Champion



T.J. PATIENT ENCOUNTERS

11/13/21 - 11/19/21:

8,769

11/6/21 - 11/12/21:

9,161



Cookies with Santa

**Saturday, December 4
1 to 3 p.m.**

T.J. Health Pavilion Parking Lot

The drive through event ends with a picture with Santa!

This event is for the children and grandchildren of T.J. employees.
Register with Heather Mattox at hmattox@tjsamson.org or 270.651.4159
• Registration deadline is November 24.



Thanksgiving Holiday Hours/Closures

Case Management staff will not be on-site Thursday, November 25, but will resume a normal work schedule on Friday, November 26. Should you need Case Management, please contact the operator and the on-call Case Manager will respond as soon as possible.

The **T.J. Courier** service will be closed Thursday, November 25, and Friday, November 26.

Employee Health will be closed Thursday, November 25, and Friday, November 26.

We will be open Monday, Tuesday, and Wednesday from 7:00 AM - 4:00 PM.

For appointments this week, please contact Melissa Brown at 4883 or Stacie Smith at 4515.

T.J. Pavilion and T.J. Outpatient Pharmacy Holiday Hours:

Thursday, November 25: CLOSED

Friday, November 26: 8 a.m. - 6 p.m.

Full service Meds2Beds

R+ Med Spa is closed Thursday, November 25. Open 9 a.m. - 5 p.m. on Friday, November 26.

The **Marketing Department** will be closed Thursday, November 25, and Friday, November 26.

T.J. Urgent Care: Closed Thursday, November 25. Open Friday, November 26, 7 a.m. - 7 p.m.

T.J. Clinics: Closed Thursday, November 25, and Friday, November 26.



Cerner Community Works

#1system1voice

TJ Regional Health has updated training plans to align with our new **May 16th go live date**. E-Learning will resume the week of February 12th and classroom learning will begin the week of March 14th. Please note the following reminders:

- Assigned e-learning must be complete prior to attending your classroom session
- E-Learning will resume **February 12th**
- Classroom learning will resume the week of **March 14th**

Here's what our colleagues are looking forward to with CommunityWorks!

Sara Beth (Patient Access) is looking forward to a few things. First, insurance will be historical for the patient, making it easy to verify instead of having to allocate it for each encounter. Second, orders from outpatient and inpatient will be consolidated in PowerChart and will no longer be in multiple places. And finally, when a patient transitions from the ED to the floor, the provider can place an admission order in real time, so there will be no confusion about the patient's status and what was a manual process is now automated!

Jon (Cath Lab) thinks CommunityWorks is going to be a "game changer," especially when it comes to getting information from department to department. For Cath Lab, this means instead of having to dig around the chart to find ER notes, it will be easy to find which meds were given in the ER.

What if I have questions on the training process?

For questions on Cerner CommunityWorks training, please contact TJ Regional Health's Cerner Training Specialist, Ben Jessie at Benjamin.jessie@tjsamson.org.

Thank you for doing your part to prepare for this exciting change!

Congratulations!



Congratulations to T.J. Primary Care! Care-Source Insurance has chosen T.J. Primary Care as the recipient of this quarter's Provider Appreciation Award.

Pictured: Carla Hale and Dr. Alison Campbell holding the plaque and goodies from Care-Source.

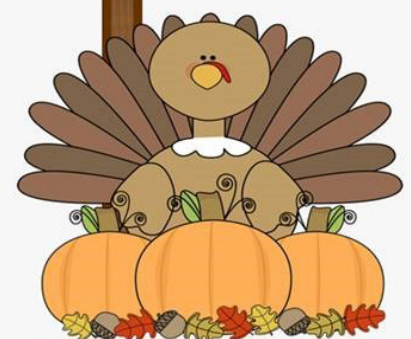
FREE EMPLOYEE THANKSGIVING DAY MEAL

A FREE EMPLOYEE THANKSGIVING MEAL WILL BE SERVED ON 11.25.2021 AT THE FOLLOWING TIMES AND LOCATIONS:

THE TJ CAFÉ FROM 10:30AM-2PM

THE APPLE FROM 2PM-7PM

We are
Thankful for
YOU!





There are two ways to participate and be eligible for prizes

- Complete 30 days of gratitude challenge for a chance to be in the drawing for a \$100 Amazon gift card. Details on the next page.
- Send something you are grateful for to tshirley@tjsamson.org and be eligible for more prizes. Your quote could be featured on one of our TJ social media pages!



Sponsored by Fit for Life



30 Days of Gratitude Challenge



Day 1

Write down three things that you are thankful for.

Day 2

Express gratitude to at least one important person in your life.

Day 3

Go one full day without complaining.

Day 4

Meditate or have quiet time for 10 minutes.

Day 5

Make an effort to smile more throughout the day.

Day 6

Engage in a random act of kindness.

Day 7

Spend 30 minutes practicing self-care.

Day 8

Give someone a small gift.

Day 9

Write a thank-you note to someone in your life.

Day 10

Go outside and appreciate the beauty of nature.

Day 11

Do something nice for a co-worker.

Day 12

Recognize today as a gift.

Day 13

List three things that you like about your job.

Day 14

Spend the day being an optimist.

Day 15

Write down five things that you like about yourself.

Day 16

Recognize three things that you usually take for granted.

Day 17

Write about your favorite part of the workday.

Day 18

Think of what you're grateful for before going to bed.

Day 19

Share an inspirational quote on social media or with a friend.

Day 20

Catch a co-worker doing a good job and thank them for it.

Day 21

Think of a way that someone helped you today.

Day 22

Write down three things that you appreciate about your boss.

Day 23

Notice positive traits about your colleagues.

Day 24

Spend time with loved ones.

Day 25

Think of something great that has happened to you in the last year.

Day 26

Write a thank-you note to a colleague.

Day 27

Refrain from gossip or speaking negatively about others.

Day 28

Compliment a stranger.

Day 29

Express your thankfulness for life's hardships.

Day 30

Start a gratitude journal.



30 Days of Gratitude Challenge



Here are a few of the quotes we have received from employees during the Gratitude Challenge. Thank you for sharing!

I have so many things that I'm grateful for, it's so hard to pick just one, but I must say I'm most grateful for salvation. The Lord has been so good to me!

Thankful to be a child of a King(Jesus Christ)

I am thankful for the love of Jesus

I am thankful for the health of my children and loved ones.

I am thankful that the Lord provides for my needs

I am grateful/thankful for my husband, children and our health!

I am very thankful for my health, family, friends and my job!

I am thankful that God saved me, thankful for my health, thankful for my family, thankful for my job, and thankful for the freedoms we have in this country.

I'm Thankful for my family, friends and job.

I know that it sounds cliché but I am so thankful to work for an organization that truly cares about all the people that work here. I have been a part of this family for over 17 years and there are days' worth of stories of times that I am thankful for those people and those relationships that have been built here.

I am grateful for my sweet boys I have been blessed with, a job to look forward to each morning, and a warm home to go back to.

It's hard to narrow down to one thing, I have so many. But maybe if I say God that will include everything good in my life.

I am grateful for....my family and friends that are like family.

There is so much that I am grateful for in my life. My family, my daughter, my coworkers. But I am especially thankful for my husband. For the last three years he has helped push me through school, took on extra work hours so that I could drop down to part time for clinicals, and took on more than his fair share of home-responsibility so that I could dedicate my time to my studies. He is the glue that has held me together for the last three years and the force that keeps our little family running smoothly. I am beyond grateful for his love, dedication, and willingness to make a few self-sacrifices in order to help me reach my goals! He's hands down the best.

Salvation tops my list of My Thankfuls. Today, I'm feeling a little extra thankful for the handful of friends and coworkers that are always available when needed.

Proclamation

by

Andy Beshear
Governor

of the

Commonwealth of Kentucky



To All To Whom These Presents Shall Come:

- WHEREAS, Antibiotics are a critical weapon against infectious bacterial diseases that can harm people of all ages and backgrounds; and
- WHEREAS, The use of antibiotics is the single most important factor leading to antibiotic resistance and antibiotics are among the most commonly prescribed drugs; and
- WHEREAS, Antibiotic resistance has become a key threat to health in the United States, causing more than 2.8 million illnesses and at least 35,900 deaths each year; and
- WHEREAS, Up to 50% of all antibiotics prescribed for people are not needed or are not optimally effective as prescribed; and
- WHEREAS, Improving the way healthcare professionals prescribe antibiotics, and the way we take antibiotics, helps keep us healthy now, helps fight antibiotics resistance, and ensures that these life-saving drugs will be available for future generations; and
- WHEREAS, The Kentucky Department for Public Health is partnering with the U.S. Centers for Disease Control and Prevention, physician organizations, health plans, local public health organizations, and consumer groups to educate health professionals and consumers about the appropriate use of antibiotics;

NOW, THEREFORE, I, ANDY BESHEAR, Governor of the Commonwealth of Kentucky, do hereby proclaim November 18-24, 2021, as

ANTIBIOTIC AWARENESS WEEK

in Kentucky.



DONE AT THE CAPITOL, in the City of Frankfort the 4th day of November, in the year of Our Lord Two Thousand Twenty-One and in the 230th year of the Commonwealth.

Andy Beshear

ANDY BESHEAR
GOVERNOR

Michael G. Adams

Michael G. Adams
Secretary of State

T.J. Samson Home Care Celebrates Home Care, Hospice and Palliative Care Month in November

HERE IS INFO ABOUT SOME OF OUR “BEHIND THE SCENES” SUPER HERO TEAM MEMBERS WITH THE ★ HOME CARE OFFICE STAFF ★

Tiffany Shaw, Medical Office Specialist, has been with T.J. for 5 years. She has a daughter, Ariana and two step-children, Jace and Kaylen (and her husband Jacob). In her spare time away from work, Tiffany enjoys being with her family and shopping.

Carissa Buchanan, Medical Office Specialist, has worked in the medical field for 9 years. She has been a medical assistant since 2017 and worked for T.J. Home Health for 1.5 years. She is married to her husband, Greg, and has a 4 year old daughter, Emersyn. She has a cat named Animal and a dog named Newman. Away from work, Carissa enjoys spending her summers at the lake with her husband and daughter. And of course loves shopping!

Macy Smith, CNA, Medical Office Specialist, has been with T.J. for two years and joined Home Health a little over a month ago. She says, “so far it’s been great!” She has a significant other, Andrew, and has two Huskies, Dixie and Atlas. Outside of work, Macy enjoys spending time with her family and friends and being outdoors with her furbabies. During the summer she likes being on the beach or at the lake.

Beverly Jewell, Business Office Supervisor, has worked at T.J. Home Care for a total of 23 years. She has two children, Trent and Taylor, and three stepdaughters, Sarah, Michelle, and Christie. She and her husband, Greg, have three beautiful grandchildren. Away from work, Beverly enjoys spinning, hiking, and keeping her grandkids.

Meghan Hutcherson, Medical Office Specialist has been with T.J. a total of 13 years, with two years at T.J. Home Health. Meghan and her husband, Jason, have a son, Ethan, who is a senior at Glasgow High School. She also has a dog named Goblet. Outside of work, Meghan enjoys kayaking, watching sports or attending sporting events with her husband and son and spending time with her friends.

Renea Grissom, Medical Office Specialist, has been at T.J. a total of 24 years. Renea is married to John and they have two children, Jonathan and Logan. Renea’s favorite thing to do outside of work is travel, especially to the beach!

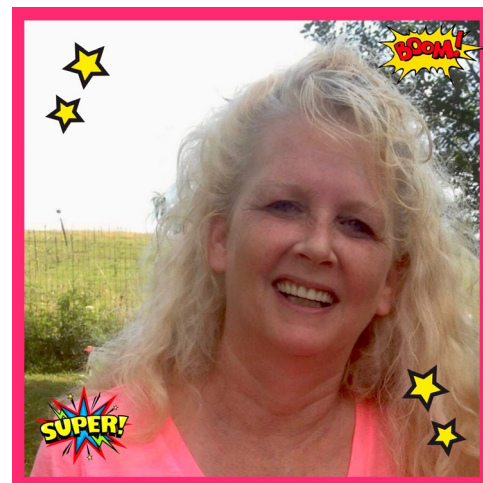
Amanda Ashley, Medical Office Specialist, has been with T.J. for a total of 7 years. She has one son, Jeremiah, and a dog named Bear. In her spare time she is busy going to college to earn a degree in social work.



Front Row: Amanda Ashley, Medical Office Specialist,
Carissa Robinson, Medical Office Specialist
Back Row: Renea Grissom, Medical Office Specialist,
Tiffany Shaw, Medical Office Specialist, Macy Smith,
CNA, Medical Office Specialist, Beverly Jewell, Business
Office Supervisor, Meghan Hutcherson, Medical Office
Specialist



Amy Judd, Coder, Medical Office Billing Specialist



Lynikia Hayes, Medical Office Specialist

T.J. Samson Home Care Celebrates Home Care, Hospice and Palliative Care Month in November

HERE IS INFO ABOUT SOME OF OUR “BEHIND THE SCENES” SUPER HERO TEAM MEMBERS WITH THE

★ HOME CARE OFFICE NURSES AND STAFF ★

Mike Smith, RN, Documentation Specialist, has been a RN since 1996, and at T.J. since 2003. Mike has five children and five grandchildren. Outside of work, Mike loves ministering and he loves his church. He also loves to go hunting and fishing when he can.

Winona Matthews, RN, Home Health Coordinator, has been in nursing for 12 years and an employee of T.J. since 2013. Recently she left her full time position to fulfill a long time goal of travel nursing, but remained PRN with T.J. Home Health because she says “we truly have a great team”. Winona is thankful to be a part of a huge family with four siblings, five step-children, and five grandkids, that keep her busy. She also has two fur babies. Winona enjoys spending time with her family, summer days on the lake and traveling. Also enjoys playing with her dogs, which she says is very therapeutic.

Janet O’Brien, RN, Home Health Coordinator, has been in nursing for 26 years and has been with T.J. since 2008. Janet and her husband, Pat, have a sweet golden retriever named Shelby. Outside of work, Janet, enjoys spending time with her family, and especially her siblings who all live out of state. She loves her church family, and enjoys old cars and music.

Cherie Kerney, RHIA, Operations Coordinator, has worked 31 years at T.J. Home Health. She and her husband, Charles, have been married for 26 years and they have one daughter, Emily, who is a student at WKU. They have one furbaby, a dog named Max. Cherie enjoys reading, going to the beach, and spending time with family and friends.

Krissie Britt, RN, Intake Specialist has been a nurse at T.J. for 30 years, with 24 years at T.J. Home Health. She has three children, two stepchildren, and is in the process of adopting a son from South Sudan, Africa, who plays basketball for Caverna. Krissie has two fur babies, Michonne, a German Shepherd, and Navie, a French Bulldog. Krissie is the co-owner of Tee Time Grill located at the Caveland Country Club in Horse Cave. She also enjoys all sports and loves attending Louisville football and basketball games.

April Pennington Walbert, RN, Marketing Liaison has been a RN for 20 years with 9 years at T.J. She has two sons and three stepchildren and is a Lolli to a sweet grandbaby, Farren. She and her husband, Donald, have been married for a year and a half and got married in Las Vegas by Elvis. Outside of work, April enjoys spending time with family and friends, camping, and traveling.

Shara Page, Occupational Therapist, Director of Home Care and Rehabilitation Services, began her career at T.J. in 2000. Shara and her husband, Chris, have three children, Garrison, Acey, and Ashton. She and her family also have 4 dogs. When Shara has free time away from work, she most enjoys spending time with her family and friends.



Front Row: Shara Page, OTL, Director of Home Care, April Pennington Walbert, RN, Marketing Liaison

Back Row: Mike Smith, RN, Documentation Specialist, Cherie Kerney, RHIA, Operations Coordinator, Janet O’Brien, RN, Home Health Coordinator, Winona Matthews, RN, Home Health Coordinator, Krissie Britt, RN, Intake Specialist



- 20% OFF RETAIL
- 20% OFF GIFT CARDS
- 10% OFF SERIES OF 3 KERAVIVE TREATMENTS
- FILLER FRIDAY (BUY 1 SYRINGE, GET 1 HALF OFF OR BUY 2, GET 1 FREE)

This just in.....

R+ Rewards members now have ANOTHER monthly pick one option! In addition to the Signature HydraFacial or SkinPen Microneedling Treatment, you can now choose an OSEA Sea of Life Facial.

The OSEA Sea of Life Facial is a 50-minute personalized treatment that combines custom cleansing and a restorative mask with biodynamic Cranial-Facial Therapy. Organic algae extracts and natural botanical oils restore nutrients, vitamins and minerals directly to the skin. A therapeutic neck, shoulder, and hand massage will leave you glowing from the inside out.

Have questions? Give us a call at 270.651.4772!

Happy Thanksgiving!





CYBER MONDAY

THE TIME TO CREATE IS NOW

FRIENDS AND FAMILY DEALS • LIVE 11/28-12/5



New Inspiron 14 Laptop

Est. value* \$599.99 | Save \$120

\$479⁹⁹

11th Gen Intel® Core™ i3 processor, Windows 11 Home, 8GB memory*, 256GB SSD*



G15 Gaming Laptop

Est. value* \$1,129.99 | Save \$280

\$849⁹⁹

11th Gen Intel® Core™ i7 processor, Windows 10 Home, 4GB NVIDIA® GeForce RTX™ 3050 graphics, 8GB memory*, 256GB SSD*, FHD 120Hz display



27" **STARTS 11/29 AT 11AM ET**

Dell 27 Curved Gaming Monitor – S2721HGF

Est. value* \$349.99 | Save \$130

\$219⁹⁹

27" Full-HD curved gaming monitor with bold new design. Featuring 144Hz refresh rate and 1ms MPRT (4ms, GTG) for smooth, immersive gameplay.

*Limited quantities available



Inspiron Desktop

Est. value* \$649.99 | Save \$100

\$549⁹⁹

11th Gen Intel® Core™ i5 processor, Windows 10 Home, 12GB memory*, 256GB SSD*

Low monthly payments available with Dell Preferred Account.^A

Offers valid 11/28/2021-12/6/2021 AT 6:59AM ET unless otherwise noted. Limited quantities available at these prices.

^A**DELL PREFERRED ACCOUNT (DPA):** Offered to U.S. residents by WebBank, Member FDIC, who determines qualifications for and terms of credit. Taxes, shipping, and other charges are extra and vary.

*Offers subject to change, not combinable with all other offers. Taxes, shipping, and other fees apply. Free shipping offer valid in Continental U.S. (excludes Alaska and P.O. Box addresses). Offer not valid for Resellers. Dell reserves the right to cancel orders arising from pricing or other errors. Price Match Guarantee: If you find a lower-price advertised on the internet for an identical electronic product or an equivalent Dell, HP, Apple or Lenovo computer (as determined by Dell), Dell will match that price. Call or Chat online with a Dell Expert and we'll walk you through the process. Learn more at dell.com/pricematch. Hard Drive capacity varies with preloaded material and will be less. System memory may be used to support graphics, depending on system memory size and other factors. Copyright © 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. 582416

**All things you. All
at a glance, always
a swipe away.**






UKG Dimensions has replaced Novatime Timekeeper as our timekeeping system. UKG is what you now use to timestamp and request time off. If you have any questions, please reach out to your manager/supervisor.

HOLIDAY BALANCE ERROR

Please be aware that holiday balances for full-time employees in UKG currently show 8 hours more than your true available balance. Part-time employees currently show 4 hours more than your true available balance.

The balances are set to be corrected after our next payroll processing date of 11/24/2021.

Please look for your available balance in Paylocity when requesting holiday time off until after this date.

TACO 'BOUT
a great job! 

TAMMY SHIVE (HIM)

Tammy was very nice and informative, kind, helpful and efficient. She is an asset to T.J. Regional Health!

R+ MED SPA

I highly recommend R+ Med Spa! The spa is a very warm and welcoming environment. I work with Morgan, who is extremely knowledgeable and caring. The services and products that I have been using have had an amazing impact beyond what I expected. I will be a forever client!

CHRISTI CAUDILL (NEURO)

She is absolutely wonderful. She is not just here to draw a paycheck at the end of the week! She is an asset to Dr. Koury and the T.J. Health Pavilion.



Miracle on 34th Street

TICKET WINNERS

SAMANTHA LUNZ	KATHY BRYANT
JENNIFER SARGENT	KOREY WOOD
KIM DURHAM	VERONICA DECKER
FAYE JESSIE	MARK QUIGLEY
BEVERLY BENNETT	VARSEY HUMPHREY
BETHANY MATTHEWS	PENNY PERKINS
HOPE POWELL	MICHELLE HARPER
TERRY HAWKINS	DELANA WEBB
DARLENE CHAPMAN	KIM LANDRUM
HEATHER THOMPSON	CASEY FRANKLIN
NICOLE CLARK	AMY KERNEY
ANGELA HUFF	DIANA SNEED
SUSAN GULLETT	JESSICA PAUL
BRITTNEY MCCOY	BARBARA BAILEY
TARA HANNER	MELISSA LINDSEY
TAMMY GLASS	AMANDA GARMON
TINA MARTIN	DENISE GLASS
CASSI HOWE	DARLENE VINCENT
ANDREA PURCHIS	GWYNNE AIDALA
SHERRY TATE	NICOLE PURSLEY
TRACEY TOMKO	CARRIE DEAN
KIMBERLY HADLEY	KEVIN RIGSBY
DEB IVERSON	CYNTHIA PAGE
ALISHA RISEN	MELINDA HUGHES
HEATHER BROWN	BONNIE ESTES
LISA ATKINS	MARY BETH WALDEN

All winners have been sent an email that includes a link and code to redeem their free tickets. If you have any questions, please email Mollie Felkins at mollie.felkins@tjsamson.org.

The Apple A Day is open daily for your made to order breakfast, lunch and dinner dining selections.

Apple, Too			November		
Monday		Tuesday	Wednesday	Thursday	Friday
25		26	27	28	29
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
1		2	3	4	5
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
8		9	10	11	12
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
15		16	17	18	19
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	Chicken BLT Salad	Italian Wrap	Fried Chicken Sandwich	Roast Beef & Cheddar Sliders
	Cranberry Kale Salad	Croissant	Kale Caesar Salad	Roasted Potato Wedges	Loaded Potato Salad
22		23	24	25	26
Breakfast	Chocolate Chip Pancakes	Chocolate Chip Pancakes	Chocolate Chip Pancakes	Chocolate Chip Pancakes	Chocolate Chip Pancakes

T.J. CAFE

Soup	Vegetable Soup	Chicken & Dumplings	Pinto Beans	Broccoli Cheddar	Chili
			Comfort Food!		Fri-Yay!!!
Features	Baked Chicken Broccoli Alfredo	Nachos & Enchiladas	Roast Beef Manhattan	Jerk Brisket	
	Lasagna	Cheese & Bean Enchiladas	Fried Fish	Jerk Turkey	Grilled Brats
	Stuffed Portobellos	Taco Meat or Fajita Chicken	Steamed Carrots	Grilled Caribbean Chicken with Mango Salsa	Burgers
	Grilled Asparagus	Cilantro Lime Rice	Brussels Sprouts	Red Beans & Rice	Oven-Fried Zucchini Sticks
	Steamed Broccoli	Cauliflower Rice	Green Beans	Smashed Red Potatoes	Steak Fries
	Parmesan Creamed Spinach	Charro Beans	Mashed Potatoes	Grilled Cabbage	King Sized Soft Pretzels
	Oven Roasted Potatoes		Brown Gravy	Callaloo	BBQ Onions
	Assorted Toppings & Sauces	Assorted Toppings & Sauces		Baked Sweet Plantains	Assorted Toppings, Cheese, & Sauces
	Kale Caesar	Mexican Street Corn Salad	Vinegar Slaw	Caribbean Cooler Punch	Creamy Broccoli Salad
	Garden Salad	Jalapeno Poppers	Hush Puppies	Assorted Toppings & Sauces	Fried Mushrooms
	Mozzarella Sticks & Breadsticks	Cornbread	Cornbread & Dinner Rolls	Cornbread	
Dessert	Lemon Bars	Banana Bread Blondies	Peanut Butter Cookies	Coconut Crunch Cake	Apple Turnover
	Monday	Tuesday	Wednesday	Thursday	Friday
	15	16	17	18	19
Soup	Broccoli Cheddar	Chili	Roasted Red Pepper & Gouda	Vegetable Soup	Potato Soup
			Stacked or Wrapped Sandwich Bar		Comfort Food!
Features	Build Your Own Pasta	Nacho Bar	Spinach Wraps, Sourdough Bread	Buttermilk Marinated Grilled Chicken	Roast Turkey
	Penne	Taco Meat or Fajita Chicken	Wheat, Hoagie, Brioche Bun	Signature Fried Chicken	Meatloaf
	Zucchini Noodles	Grilled Chili Lime Chicken Burrito	Turkey, Ham, Bacon	Chicken Tenders	Seasoned Green Beans
	Oven Fried Chicken	Nacho Chips	Blackened Mahi	Hot Honey Brussels	Mashed Potatoes
	Grilled Chicken	Refried Beans	Chicken Salad	Cauliflower Mac & Cheese	Steamed Broccoli
	Italian Sausage	Spanish Rice	BLT Pasta Salad	Roasted Asparagus	Cheese Sauce
	Balsamic Roasted Brussels	Cauliflower Rice	Kale Cranberry Salad	Maple Glazed Yams	Dressing
	Broccoli, Mushrooms	Mexican Street Corn Salad		*Homemade Fruit Tea*	Turkey Gravy
	Side Salad			Grilled Peach, Praline Bacon & Walnut Salad	
	Assorted Toppings & Sauces	Assorted Toppings & Sauces	Assorted Toppings, Cheese, & Sauces	Assorted Toppings & Sauces	
	Mozzarella Sticks	Jalapeno Poppers	Onion Rings		
Bread	Breadstick	Cornbread	Dinner Roll	Cornbread	Cornbread
Dessert	Cannoli	Tres Leches Cake	Chocolate Cake	Strawberry Cobbler	Salted Caramel Pretzel Brownie

WILD WINTER DISCOUNTS!

SAVE \$3 PER TICKET!
ONLINE ONLY

**NOW THROUGH FEBRUARY 28TH, 2022,
ENJOY OUR LOWEST PRICES OF THE YEAR!**

OPEN YEAR ROUND

Sept. 20, 2021 - March 18, 2022:
10 a.m. - 4 p.m. (STAY until 5 p.m.)

Closed Thanksgiving, Christmas & New Year's Day



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LouisvilleZoo.org • (502) 459-5348

COUPON CODE:
TJSAMSON



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 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.

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.

NEW

PAPA JOHN'S PIZZA

Any large 4-topping or specialty pizza + 2-liter for \$13.99:
Tjpp21w
Large 3-topping pizza + two 20 oz. drinks for \$10.99:
Tjpp3tw
Choose a Papadilla, 10" Cheesesticks AND two 20 oz. drinks for \$16: MED16
Reg. menu prices. Online orders ONLY. Must have code.

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.



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.*



Total. Local. Care.

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 • Dr. Behringer • 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 • Andy Reece, 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. Ciochetty • 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 • Kristi Irvin, 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