



TJ TEAM Talk

MARCH 6, 2023

WEAR BLUE DAY

for Colon Cancer Awareness





UPcoming EVENTS

MARCH

- March 7:** Biometrics @ TJSCH (5-10 a.m.)
- March 8:** Biometrics @ TJSCH (5-10 a.m.)
- March 9:** Biometrics @ TJSCH (7-9:30 a.m.) & (5-7 p.m.)
- March 16:** Women's Conference
- March 20:** Lunch & Learn @ Lera B. (12-1 p.m.)
- March 22:** Lunch & Learn @ PAV (12-1 p.m.)
- March 23:** Bowling Night (see page 10)
- March 24&25:** Wear Green for Cerebral Palsy
- March 28:** Biometrics @ PAV (5-10 a.m.)
Lunch & Learn @ TJHC (12-1 p.m.)
- March 29:** Biometrics @ PAV (5-10 a.m.)
- March 30:** Biometrics @ TJHC (5-10 a.m.)
- March 31:** Inflatable Colon @ PAV (7 a.m. - 2 p.m.)

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

SERVICE EXCELLENCE Awards

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



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!



T.J. PATIENT ENCOUNTERS

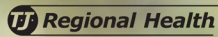
2/25/23 - 3/3/23:

8,484

2/18/23 - 2/24/23:

8,639





Educational Scholarship Program



T.J. Regional Health Educational Scholarship Program

For the second year, T.J. Regional Health is offering scholarships to high school seniors who are planning to pursue a career in a healthcare related field.

We are awarding three \$2,000 scholarships to deserving students in the T.J. Regional Health service area.

If you know a high school senior in the T.J. service area that has a desire to obtain a degree in healthcare or a healthcare related field, please let them know they are in a unique and special position to qualify for one of our scholarships.

The scholarship application process includes:

- Online application form
- Personal Essay
- Letter(s) of Recommendation
- Recent Photograph

The application is available on tjregionalhealth.org/scholarship and must be submitted by 4:00 p.m. on March 20, 2022.

No late or incomplete applications will be accepted.

For questions, please contact Kati Bowman at katherine.bowman@tjsamson.org.



EMPLOYEE DONOR PARKING SPOTS

Congratulations, Winners!

T.J. Samson Parking Spot:
DEBBIE HENSLEY

T.J. Health Pavilion Parking Spot:
HALLIE BRANHAM

T.J. Health Columbia Parking Spot:
MEGAN STATEN

MARCH LUNCH & LEARNS

LERA B. MITCHELL CLUBHOUSE
12 - 1 P.M.

MARCH 20

COLORECTAL CANCER PRESENTED BY DR. KLAPHEKE

LUNCH PROVIDED. RSVP TO HAPPY NEAL AT 270.670.3824 OR [JNEAL@TJSAMSON.ORG](mailto:jneal@tjsamson.org).

PAVILION COMMUNITY CENTER
12 - 1 P.M.

MARCH 22

GETTING INVOLVED IN YOUR CARE

BRING YOUR OWN LUNCH. RSVP TO KATI BOWMAN AT [KATHERINE.BOWMAN@TJSAMSON.ORG](mailto:katherine.bowman@tjsamson.org).

T.J. HEALTH COLUMBIA CAFETERIA
12 - 1 P.M.

MARCH 28

IMPORTANCE OF YOUR WELLNESS VISIT

BRING YOUR OWN LUNCH. RSVP TO KATI BOWMAN AT [KATHERINE.BOWMAN@TJSAMSON.ORG](mailto:katherine.bowman@tjsamson.org).

ONE CEU WILL BE AWARDED TO NURSING PROFESSIONALS WHO ATTEND.



Total. Local. Care.



ATTENTION C-CARE PARTICIPANTS

In order to remain engaged in our C-Care program, you must have your 1st appointment completed by the end of March 2023.

PLEASE CALL FIT FOR LIFE AT 4422
OR EMAIL
FITFORLIFE@TJSAMSON.ORG TO
SCHEDULE AN APPOINTMENT



SPRING INTO FITNESS WALKING CHALLENGE

MARCH 20-APRIL 7

GET A GROUP OF 4 TOGETHER OR REGISTER AS AN INDIVIDUAL AND WALK TO EARN PRIZES! ONE TEAM AND ONE INDIVIDUAL WILL WIN PRIZES.

EMAIL FITFORLIFE@TJSAMSON.ORG OR CALL 4422 TO REGISTER.

CHECK NEXT WEEK'S NEWSLETTER FOR MORE DETAILS.



Congrats!



Congrats to those who completed our latest Intro to Lean course!

DR. ALISON CAMPBELL

"I have been having some tests done due to a weird pain I was having. I have been going to the pavilion for all of my tests and appointments and have been so impressed. They are nice and efficient. Everything has been okay so far and I guess I just needed a good once over. Allison Campbell is the best doctor I have had."

T.J. SAMSON

"Laura was great. Jen was great. A lot of them remembered me from previous times that I was there. And that's awesome because most places you are just a number. All of the staff and the students were amazing! I think my first day I had a student named Jack. He was really good! And I also had a student the next day, I think her name was Annalia. She was a sweetheart! The ones in the room where they did my heart cath were great! I was having some trouble breathing and they helped me and were patient with me. From the ER to the time I was discharged, the students and staff were wonderful! They took care of me, they really did!"



TJ Regional Health

Total. Local. Care.

Commission on Cancer ACCREDITED PROGRAM

HealthCare MARKEY CANCER CENTER Network

T.J. REGIONAL HEALTH

PRESENTS THE

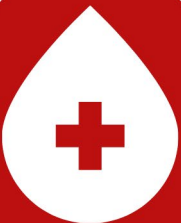
INCREDIBLE COLON TOUR

Presented in partnership with The Kentucky Colon Cancer Screening Program

Friday, March 31

T.J. HEALTH PAVILION

Incredible Colon Tour: 7 a.m. to 2 p.m.



MARCH BLOOD DRIVES

MARCH 8 • 1-6 P.M.

T.J. PAVILION
COMMUNITY CENTER

MARCH 13 • 2-6 P.M.

LERA B. MITCHELL
CLUBHOUSE

EAP Flyers now available online! Click [here](#) to access!



ABOUT OUR WORK/LIFE TRAINING CENTER 2023

The Training Center contains an extensive array of soft skills training courses. Each course is self-paced, takes approximately 45 to 60 minutes to complete, is fully tracked, and concludes with a custom completion certificate. Some courses include interactive exercises, knowledge assessments, and audio (these interactive courses are noted below with the lightbulb icon). This library is currently expanding to include over 100 popular topics. Why not [log in](#) today to learn a new skill, hone your professional growth efforts for this year, or dive deeper into something that's been on your mind?



Achieving Personal Goals

All of us need balance in our lives. We struggle to balance our careers, our families, our health, our emotions, our social lives, and our spirituality. You can probably think of instances in your life when you've spent too much time in one area, only to have another area suffer. You must find balance in your life and determine where you are and what you need.

Anger Management

Anger can be an incredibly damaging force, costing people their jobs, personal relationships, and even their lives when it gets out of hand. However, since everyone experiences anger, it is important to have constructive approaches to manage it effectively. The Anger Management course will help teach you how to identify your anger triggers and what to do when you get angry.

Applying Emotional Intelligence in the Workplace

Being "smart" isn't enough. To reach your full potential, personally and professionally, you need emotional intelligence—the set of skills that enables you to manage your own feelings and relate effectively to the feelings of others. This course will show you how to use emotional intelligence at work to increase your success and satisfaction.

Applying Leadership Basics

Sound leadership involves both the leader and the people he or she leads. Everyone needs to work in harmony to accomplish a specific purpose. As an effective leader, you will need to reinforce that purpose. You should establish a firm direction on how the work will be undertaken and completed.

Appreciating Personal Differences

An organization with employees of only one personality style, like a painting with only one color, would be dull and ineffective. When you understand and recognize the value of each style, then your personality and those of your colleagues can complement each other and harmonize like the colors of a single work of art.

Attention Management

Attention Management is a useful skill that allows managers to connect with their employees on an emotional level and motivate them to focus on their work and how to reach their personal and company goals. Participants will gain valuable insight and strategies into what it takes to be more attentive and vigilant.

2023 Course Curriculum



2023 WEBINAR CALENDAR

January

The Struggle Is Real: Strategies for Time Management

Meet your deadlines, be on time for meetings and stop procrastinating! Most of us can become overwhelmed when we have a lot to do - responsibilities at work, planning our kid's birthday party, and remembering all the details of daily life. This webinar will discuss realistic strategies for more effective time management. Some of the things we'll review are managing email clutter, the roots of procrastination, and keeping yourself motivated.



February

Navigating Red Tape After the Death of a Loved One

The passing of a loved one is already traumatic for those left behind. However, learning the basics of dealing with the administrative side of death can make the journey a lot easier. In this webinar, you will learn the first steps needed to get through the standard paperwork, dealing with banks and funeral homes, filing the death certificate, and other key aspects of handling your loved one's estate.

March

The Sandwich Generation: Multi-Generational Caregiving

Are you taking care of your children and your parents? Many middle-aged people find themselves stuck caring for both ends of the age spectrum - helping both their children and their parents navigate finances, social lives, and changes in capacity for independence. This kind of caretaking can cause burnout and exhaustion. This webinar will review the phenomenon of the sandwich generation and how we can better manage the needs of our changing families. We'll discuss ways to have productive conversations with aging parents about their needs, ways to troubleshoot burnout as a caregiver, and how to keep your own family running smoothly.

April

Making Time for Everything: Dual Careers and Family Life

Two busy partners can make for a stressful household. Managing the unromantic tasks of daily life and household management can be difficult. Making time for the things that really matter - connecting, having fun, playing, and resting - can be quite challenging. In this webinar, we will discuss ways to better manage your household and make time for what matters most. We will discuss the realities of busy, working partners and making the most of the time and energy we have.

May

The Science of Happiness

Learn how to bring more happiness to your personal and professional life. Research supports that happy people feel better, do better, and live better. While this is great news, it still begs the question, why? And more importantly, how? During this webinar, we will explore the history and research behind this concept of happiness, how it relates to the various facets of your life, and what intentional activities you can do to increase your life satisfaction and fulfillment. There are many pathways to happiness, so let's get your journey started!

2023 Webinar Calendar

Employee Assistance Program Service Summary for T.J. Regional Health



Your employer has provided you with an Employee Assistance Program (EAP). This benefit provides free and confidential counseling services and resources designed to help you and your household members work through life's challenges.

Contact EAP 24/7.

Confidential help 24 hours a day, seven days a week for employees and their household members. Get help with:

- Family
- Emotional
- Anxiety
- Work Concerns
- Parenting
- Legal
- Stress
- Trauma
- Addictions
- Financial
- Relationship
- Grief

Counseling

- Up to 6 visits
- In-person or virtual visits available
- Call EAP or contact us through our website www.humandev.com

Work/Life Services

- Self-assessment tools
- Personal growth courses/webinars
- Professional growth courses/webinars
- Legal resources, forms, and seminars online
- Financial resources and budgeting tools online
- Digital tools to improve emotional well-being
- Online resources for childcare, adoption, elder care, and assisted living
- Resources for pet sitting, moving, and other common needs

Crisis Consultation

- Clinicians On-Call 24/7

The EAP can help you figure out your next steps when something unexpected happens.

Work/Life Online Services

- www.humandev.com
- Click Member Login
- Click Register
- Create User Name
- Company: **TJREGIONALHEALTH**
- Create Password
- Verify Password
- Select Passphrase and Answer
- Click "I Agree"
- Click "Register"

We partner with your employer to offer these services at NO COST to you!

Download the Dynamic Health app to access EBSCO on your phone.



Download the Dynamic Health App With the Dynamic Health mobile app, you can search, browse and read content anytime, anywhere.

Scan the QR code and select the iOS App Store or Google Play store and then click "Install" to download the app.

Open the app, accept the terms and then click "Sign In" and login with your personal user account credentials. Earn CMEs as you search!

Get the DH Mobile App!

Dynamic Health | EBSCO

Use EBSCO for your resource for bedside procedures. EBSCO is also accessible from the TJ Intranet.



Shop Lovie's

Ladies Boutique
clothing, accessories, decor & more



WEDNESDAY March. 29 8am-4:00pm

**T.J. Samson Hospital
@ Apple A Day Lobby**

**cash. credit/debit. PayPal & T.J. Payroll deduct
10% of sales benefit the T.J. Auxiliary**

Masquerade™

JEWELRY & ACCESSORIES



FUNDRAISING SALE

Proceeds benefit T.J. Samson Hospital

Tuesday, March 14th 7 am – 5 pm

Wednesday, March 15th 7 am – 2 pm

***T.J. Samson Community Hospital
South Lobby by the Gift Shop***

Sponsored by the T.J. Samson Auxiliary
Cash, Debit/Credit Cards & Payroll Deduction

Masquerade focuses on \$5 jewelry and accessories, but occasionally will have a limited number of special items at a higher price point for some sales.

Sherri Shines Award Winners

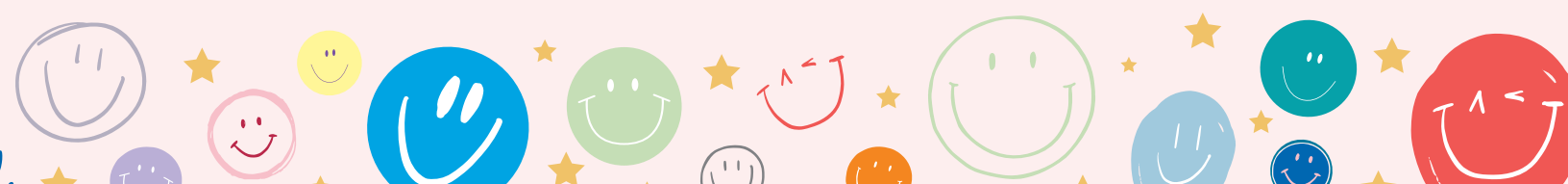


**Community Winner
Tabatha Ballard**



**T.J. Winner
Amanda Humes**

*Thank you to everyone who sent in nominations.
We can't wait to spoil these deserving ladies at the Women's Conference next week!*



welcomes

KEVIN BURNER, MD

T.J. Interventional Radiology



We are pleased to announce that Dr. Kevin Burner has joined the T.J. Regional Health team and is the first to provide Interventional Radiology services to our community. Interventional Radiology is an area of radiology that specializes in performing minimally invasive, image-guided procedures. Many of these procedures have become the treatment of choice because they offer lower risk, less pain, and shorter recovery time compared to traditional surgical techniques. Prior to Dr. Burner joining the T.J. Imaging Services team, patients had to travel to another city for these services.

Dr. Burner received his Doctorate of Medicine from Case Western Reserve University. He completed his Diagnostic Radiology Residency, with Interventional emphasis, at University Hospitals of Cleveland. He also holds a Bachelor and Master of Music from the University of Michigan.

When asked why he wanted to become part of the T.J. Regional Health family, Dr. Burner said, "I believe that TJ is truly a community hospital that considers the care of the patients the number one priority. I have extensive experience working in large medical groups and with large corporate hospitals. It seems that the priority for these entities is profit, and that patient care and care for the staff actually working with the patients is of secondary concern. I am excited to work with a true community hospital."

Dr. Burner said there are many reasons why he became a physician. "My mother was a nurse and that certainly played a role as I grew up saying I would become a doctor. I was a professional musician before medical school, but felt that I needed to fulfil my promise to my mom, and that if I had the ability, it would be wasted if I didn't take advantage of the opportunity."

He is passionate about providing quality healthcare by having the highest standards of imaging performance and interpretation, while treating his patients with respect and compassion. In his free time, Dr. Burner enjoys music, fitness and golf.

Dr. Burner performs Interventional Radiology procedures at T.J. Samson Community Hospital by referral. We are proud to welcome Dr. Kevin Burner to the T.J. family!

Location:

T.J. Samson Community Hospital
1301 North Race Street
Glasgow, KY 42141

Doctor of Medicine:

Case Western Reserve University
School of Medicine

Diagnostic Radiology Residency:

University Hospitals of Cleveland
(Interventional Emphasis)

BOWLING

Tournament

THURSDAY

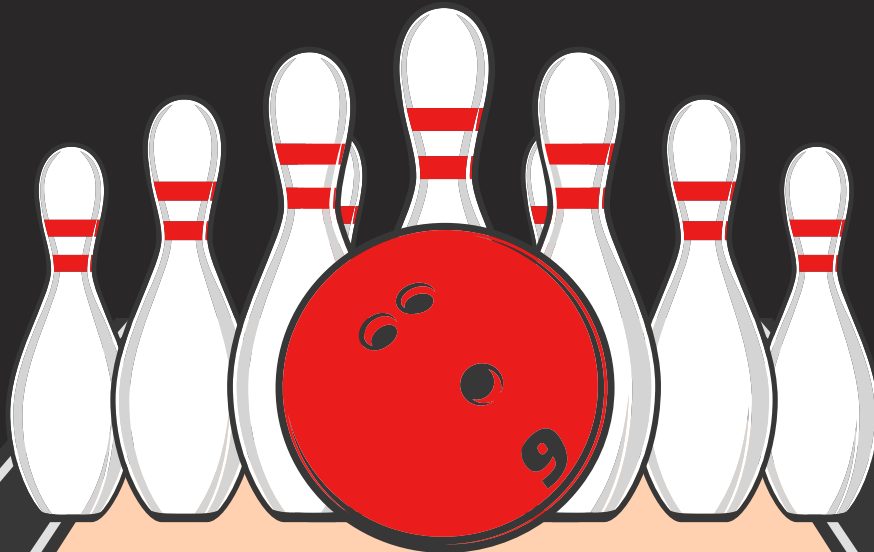
MARCH 23, 2023

5 TO 7 P.M.

MAPLE AND PINE BOWLING LANES
110 PARK AVE, GLASGOW, KY

GATHER A TOTAL OF 4 T.J. TEAMMATES TO FORM A BOWLING TEAM AND ENJOY A FUN NIGHT TOGETHER!

RSVP TO EVENTS@TJSAMSON.ORG BY MARCH 17TH.



**10% OF FOOD SALES WILL BE DONATED TO THE
T.J. COMMUNITY MISSION FOUNDATION.**

T.J. Biometrics

We all share the responsibility for the health of our community. That means encouraging, supporting, and rewarding healthy activities and lifestyles. Likewise, investment in employee health is a benefit to us all, ensuring a prosperous future while protecting, supporting, and enhancing our most distinctive advantage: Our People.

All employees were sent an email from LaDonna Rogers with instructions.

All employees and spouses covered under our TJ health plan are asked to complete TWO easy steps:

Step 1: Sign up and Complete a Biometric Screening. There will be Biometric Screenings at THREE locations for your convenience. The screening will include blood pressure, height, weight, body mass index, waist circumference, and a finger stick blood sample for a full lipid profile (Total Cholesterol, HDL, LDL, Triglycerides, TC/HDL Ratio) and Glucose.

Step 2: Sign the Tobacco and Nicotine Affidavit at the time of your Biometric Screening.

You must complete BOTH STEPS to receive the engaged rate on health plan premiums. Being engaged means that you are able to receive the more affordable rate on our health insurance plan.

ANOTHER Option: If you choose to have your primary care provider (PCP) complete the biometric screenings, they will need to use the form for PCP that is attached and return as directed on the form. You will also need to sign the tobacco affidavit and return it with the PCP form.

NOTE: Labs must be current (January 1, 2023-present). Labs prior to January 1, 2023 will NOT be accepted.

Facility	Date	Time	Location
T.J. Samson	March 6th	5-10 a.m.	4th floor classroom
T.J. Samson	March 7th	5-10 a.m.	4th floor classroom
T.J. Samson	March 8th	5-10 a.m.	4th floor classroom
T.J. Samson	March 9th	7-9:30 a.m. & 5-7 p.m.	4th floor classroom
Pavilion	March 28th	5-10 a.m.	Community Center
Pavilion	March 29th	5-10 a.m.	Community Center
TJHC	March 30th	5-10 a.m.	OLD PACU



7:30 AM
GLASGOW PUBLIC SQUARE

22 APRIL 2023

SUSTAINABLE GLASGOW 2ND ANNUAL HOMEGROWN 5K

Sustainable Glasgow is excited to offer its 2nd 5K race in Downtown Glasgow. This is a timed race with age group awards. The race will begin at the square and proceed on a rolling course through beautiful downtown, and then finish back on the square. Race proceeds will benefit Sustainable Glasgow and supplement the Double Dollars program for the Bounty of the Barrens Farmers' Market.

Registration is now open at RunSignup:

<https://runsignup.com/Race/KY/Glasgow/SustainableGlasgowHomegrown5k>





TJ Samson

**WOMEN'S
CONFERENCE**

**T-Shirt
Order Form**

T.J. Samson Women's Conference raglan tees are now available for pre-order. A portion of the purchase will go to the T.J. Employee Assistance Fund, and these shirts may be worn to work.

Shirts will arrive in a few weeks, and we will let you know when they are ready. Thank you for supporting the T.J. Samson Women's Conference and the T.J. Employee Assistance Fund!

\$17 Each
Sizes: Small to 3X

NAME: _____ **EXT:** _____

SIZE: _____ **DEPARTMENT/LOCATION:** _____

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

Please send your order form and payment to Bethany Matthews in the T.J. Marketing Department.
You may scan and email your order and payroll deduction forms to bmatthews@tjsamson.org.

ORDERS ARE DUE ON FRIDAY, MARCH 17.



I _____ give the hospital
(please print name)
payroll department permission to deduct my Women's Conference 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 under \$25.00 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

TLC CHAMPION CHEST



1 TOKEN



3 TOKENS



5 TOKENS



9 TOKENS



10 TOKENS



12 TOKENS



15 TOKENS



20 TOKENS



25 TOKENS



T.J. Branded Sweatshirts

30 TOKENS



T.J. Branded 1/2 Zips

35 TOKENS



OSEA® GENTLE TIDE FACIAL
gift certificate

40 TOKENS

To order additional TJ branded apparel, contact the T.J. Gift Shop.



Champion Chest

Item	Tokens
Chap stick	1
Hand Sanitizer	1
TLC Pens	3
TJ Notebook	3
TJ Shopping Bag	5
\$5 Meal Credit	5
TJ Bandage Scissors	5
Umbrella	9
Lunch Box	9
TJ Metal Koozie	10
Backpack	12
Cooler	12
15 minute Massage	15
Beach Towel	15
TJ Clear Crossbody	15
TJ Clear Fanny Pack	15
TJ Hats	20
Amazon \$10 Gift Card	20
Pizza Hut Gift Card	20
30 minute Massage	25
TJ Sweatshirt	25
Camping Chair	25
TJ Beach Wash Sweatshirt	30
TJ ½ Zip Jacket	35
TJ Jacket	40
R+ Med Spa OSEA Gentle Tide Facial	40

TJ CAFÉ MENU



Monday 3/6/2023

Fried Cod Nuggets, Ham and Cheddar Sliders, Fingerling Potatoes, Homemade Tartar Sauce, Coleslaw, Sautéed Broccoli, Sautéed Squash Medley, Hush Puppies, Bistro Chips, Fried Pickles

- Soup of the Day: Roasted Red Pepper and Gouda
- Dessert of the Day: Cupcakes



Tuesday 3/7/2023

Chicken and Dumplings, Country Fried Steak with Gravy, Mashed Potatoes, Buttered Corn, Country Style Green Beans, Braised Greens, Dinner Rolls

- Soup of the Day: Vegetable
- Dessert of the Day: Cookies & Cream Pie



Wednesday 3/8/2023

TACO SALAD BOWLS!

Enjoy Seasoned Beef or Chicken, Red Beans & Rice, Refried Beans, and Assorted Fresh Toppings in a Perfectly Crunchy Taco Bowl, Cheddar Cornbread, Jalapeno Poppers

- Soup of the Day: Mexican Tortilla Soup
- Dessert of the Day: Cheesecake Brownies



Thursday 3/9/2023

Kentucky Hot Browns, Swedish Meatballs, Buttered Noodles, Grilled Asparagus, Green Peas, Roasted Potato Quarters, Squash Casserole, Fried Okra, Dinner Rolls

- Soup of the Day: Chicken Noodle
- Dessert of the Day: Glazed Lemon Loaf



Friday 3/10/2023

BBQ Pulled Pork Sandwich, Fried Chicken Tenders, Hash brown Casserole, Broccoli Salad, Tomato Cucumber Salad, Cowboy Beans, Mac & Cheese, Fried Spicy Cauliflower

- Soup of the Day: Potato Soup
- Dessert of the Day: Fruit Pizza

The Apple Too Lunch Menu



Monday 3/6/2023

Hot Ham N Cheese & Broccoli Cheddar Soup



Tuesday 3/7/2023

Loaded Baked Potatoes & Grape Salad



Wednesday 3/8/2023

Chicken Quesadilla with Chips & Salsa



Thursday 3/9/2023

Sloppy Joe's & Mac N Cheese



Friday 3/10/2023

Chicken Alfredo Pasta & a Side Salad



Employee Payroll Deduction Authorization Form

Employee Name: _____ Employee #: _____

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

Phone: _____ Email Address: _____

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

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

- _____ in support of where needed most.
- _____ in support of the Shanti Niketan Hospice Home.
- _____ in support of Community Medical Care.

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.

PTO Buy Back Funds Gift

_____ I wish to donate all or a portion of my PTO Buy Back to the T.J. Community Mission Foundation. Please contact me to begin this process.

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.

A-LIST DETAILING

Free pick up and \$10 off any wash and wax, including full detail. Add hand wax for \$15. (Prices may vary based on condition. Call 270.404.6144 for more details.)

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.

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 10% off your total.

MERCADO LATINO

Free fried plantains with any meal.
**\$1.25 Street Tacos every Wednesday
** \$4.99 Breakfast Burritos on Thursdays

NOT AVERAGE JOES GYM

\$20 a month. No fees.

PAPA JOHN'S PIZZA

Any large 5-topping or specialty for \$15: **TJ1523**
10" cheese stick + papabowl + two 20oz drinks
for \$19: **TJMED19**
Two 8" 1-topping pizzas + papabowl + two 20oz drinks
for \$18: **TJMED18**
Reg. menu prices. Online orders ONLY. Must have code.

BARREN COUNTY EMPLOYEE DISCOUNTS, CONT.

RALPHIE'S FUN CENTER

Receive free shoe or skate rental.

R+ MED SPA

Receive 20% 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.

Excludes wedding cakes.

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.

VERIZON

Only applies to nurses. Apply on the Verizon website.

WITTY'S COMPLETE CAR CARE

Receive \$5 off lube/oil/filter change.

WORKOUT ANYTIME

\$24.99 (plus tax) Premium Plan
\$199 (plus tax) Basic Plan (if paid in full)
\$299 (plus tax) Premium Plan (if paid in full)

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.***

T.J. HEALTH PAVILION**310 N.L. Rogers Wells Blvd., Glasgow • Call 270.651.1111 for general information.****Primary Care Pod A:** 270.651.6791Dr. 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: 270.659.5885Dr. A. Campbell • Dr. Brooks • Carla Hale, PA-C
Maggie Stanley, CNM**Cardiology:** 270.659.5970Dr. Nair • Dr. V. Reddy • Dr. Salifu • Lisa DuCoff, APRN
Nancy Jo Houchens, APRN • Ashley Collins, APRN
Andy Reece, APRN**Gastrointestinal Clinic:** 270.659.3398

Dr. Suh • Traci Anderson, APRN

General Surgery: 270.659.5945

Dr. Klapheke • Dr. Marion • Dr. Saridakis

Gynecology & Obstetrics: 270.659.5865Dr. Craddock • Dr. Dirig • Dr. Feese • Dr. Bader
Nellie Bell, APRN • Casey Sacia, WHNP
Michelle Wilson, APRN**Nephrology:** 270.659.5834

Dr. S. Reddy • Marissa Howard, APRN

Neurology: 270.659.5663

Dr. Koury

Oncology: 270.659.5890

Dr. Modi • Melanie Isbell, APRN • Baylee Knox, APRN

Pain Management: 270.659.5990

Dr. Rock • Katie Davis, APRN

Pulmonology: 270.659.5835

Dr. Mahmoud

Urology: 270.659.5965

Dr. Wiatrak

Urgent Care at the Pavilion: 270.659.5555**Imaging Services:** 270.659.5570**Laboratory:** 270.659.5584**Pavilion Pharmacy:** 270.659.5599**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

Paula West, APRN • Haley Mallory, DNP, FNP-C

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

Patricia Doolin, APRN • Dennis Wooley, APRN

T.J. Health Columbia Primary Care: 270.384.4764Dr. Kiteck • Kandace Webster, APRN • Kristi Irvin, APRN
Natalie Bruce, APRN**Cardiology:** Dr. Nair • Dr. Salifu • Ashley Collins, APRN**Gynecology:** Dr. Feese**Pediatrics & Ped. Behavioral Health:** Alisha Risen, APRN**Podiatry:** Dr. Risen • **Sleep:** Kim Bowman, APRN**T.J. Health Edmonton Clinic:** 270.432.4800Dr. Matney • Connie Prostko, APRN • Beth Wilson, APRN
Natalie Bruce, APRN**T.J. Health Greensburg Clinic:** 270.973.5439**Pediatrics & Ped. Behavioral Health:** Alisha Risen, APRN**T.J. Health Orthopedics Clinic:** 270.651.9390

Dr. Elmlinger • Dr. Lessenberry • Dr. N. Reddy

T.J. Health Russell Springs Clinic: 270.858.3636

Chris Doolin, APRN • Linnea Tarter, APRN

T.J. Health Scottsville Clinic: 270.237.3123

Emily Tabor Jessie, 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:** 270.651.4451Dr. A. Kiser • Micah Tracy, APRN • Pat Spears, APRN
Nikki Sherfey, APRN**T.J. Samson Community Hospital:**

270.651.4444

T.J. Samson Family Medicine: 270.651.4797Dr. House • Dr. Clouse • Dr. Gillette • Dr. Chamorro
Dr. Wright • Dr. Fisher**T.J. Sleep Clinic:** 270.651.1888

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

T.J. Wound Care: 270.651.4325

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



TJRH Service Excellence Award Nomination Form

Nominee's Name (please print): _____ Date: _____

Nominee's Department: _____ Nominee's Supervisor: _____

Choose One:

Hospital

Pavilion

Columbia

Clinics

Clinic Location: _____

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

Compassion

Cooperation

Collaboration

Communication

Change

Champion

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

Would you like to remain anonymous? _____

If no, please provide your name: _____

For Office Use Only:

Department Director Approval: _____

HR Approval: _____

Submit completed nomination forms to Pam Bray in Human Resources.

T.J. PLEDGE

I WILL SHOW COMPASSION:

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

I WILL COOPERATE WITH OTHERS:

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

I WILL COLLABORATE WITH OTHERS:

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

I WILL COMMUNICATE:

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

I WILL ADAPT TO CHANGE:

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

I WILL BE A CHAMPION:

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





MISSION

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

VISION

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

CORE VALUES

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