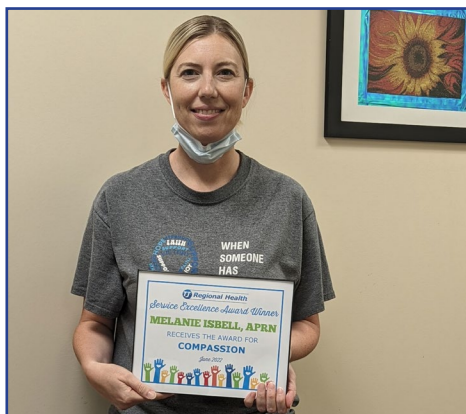


TJ TeamTalk

JUNE 28, 2022

Service Excellence Awards

Congratulations to this month's Service Excellence Award Winner!



MELANIE ISBELL

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

COMPASSION!

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

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

The following submission was received about Angie:

Melanie is a great human being. She possesses good knowledge about medicine and Oncology. She is very compassionate to all of our patients. Melanie is very hard working and goes the extra mile every day to do her job. She helps keep staff and patients peaceful and the patients motivated.

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

If you would like to nominate someone for a Service Excellence Award, you may pick up a form outside the hospital cafeteria, print the one in the back of this newsletter, submit it online via the T.J. Intranet, or it can now be found at <https://www.tjregionalhealth.org/for-employees/>.





UPcoming EVENTS

JUNE

June 30: T.J. Samson Women's Conference

JULY

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

July 11: Blood Drive @ LBM (2 - 6 p.m.)

July 26: Back to School Carnival (see more on page 9)

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

Cerner Community Works
#1system1voice

33 DAYS
UNTIL GO-LIVE

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!



June: Compassion

T.J. PATIENT ENCOUNTERS

6/18/22 - 6/24/22:

7,228

6/11/22 - 6/17/22:

7,725



NEW
HOLIDAYS
IN THE SKY
 JUNE 18 - JULY 31, 2022

TJ REGIONAL HEALTH'S
Exclusive Ticket Discounts!

LOG ON WITH YOUR USER ID & PASSWORD
HolidayWorld.com/FunClub
 ACCESS DEEP DISCOUNTS ON TICKETS

SCAN HERE
 BUY TICKETS NOW!

HolidayWorld
 & Splashin' SAFARI!

Fun Club

The Water Coaster
 Capital of the World

FREE SOFT DRINKS • FREE SUNSCREEN • FREE PARKING

Username: Holiday863

Password: World863

TJ Regional Health

PLEASE JOIN US FOR A
 RETIREMENT RECEPTION HONORING

DR. PAUL DUNN

SERVING METCALFE COUNTY FOR 20 YEARS

FRIDAY, JULY 1

12 P.M. - 2 P.M.

T.J. HEALTH EDMONTON CLINIC

1704 W. STOCKTON ST. EDMONTON, KY

**GIVE
 BLOOD
 GIVE LIFE**

Blood Drive
T.J. Health Pavilion

Community Center Room
 310 NL Roger Wells Blvd
 Glasgow, KY 42141

Wednesday, July 6, 2022
1:00 p.m. to 6:00 p.m.



Blood Drive
Lera B. Mitchell Clubhouse

Community Room
 1214 S Green St
 Glasgow, KY 42141

Monday, July 11, 2022
2:00 p.m. to 6:00 p.m.





Thank you Team TJ

On behalf of the TJ Community Mission Foundation, thank you to the staff of TJ Regional Health for your generosity in last week's Employee Payroll Deduction Drive! Through your generosity, **131 employees** signed up for recurring payroll deduction in support of the Foundation! The annualized value of these donations is just over **\$18,200**.

With these new donors, TJRH now has **495 employees** participating in recurring payroll deduction with an annualized value of **\$71,498.97**. Wow! What an example of generosity!

Additionally, thank you to all of the members of our contract and PRN staff who participated in the campaign through a one-time donation to the Foundation!

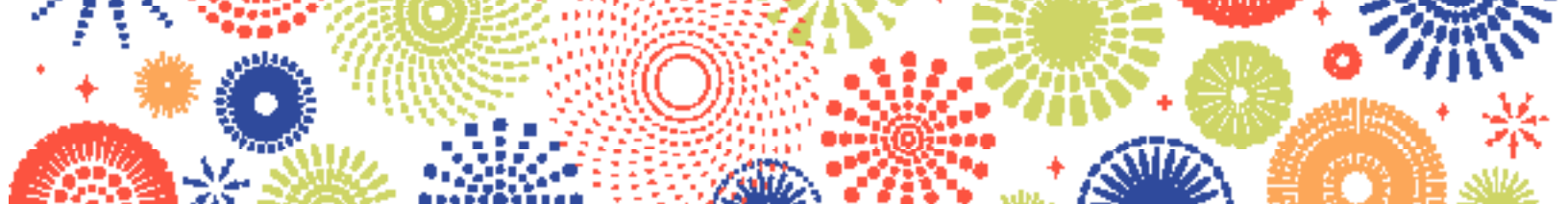
If you haven't yet signed up for recurring payroll deduction, you still can and will receive a TJCMF "It's Our Foundation" t-shirt! Simply complete the Employee Payroll Deduction form and return to the Foundation office, or sign up online at tjregionalhealth.org/employeegive.

As always, if you have any questions about the work of the TJ Community Mission Foundation and how you can be a part of its wonderful work, please let me know. Never forget....

"It's OUR foundation",

Randy

Randy Burns
Executive Director



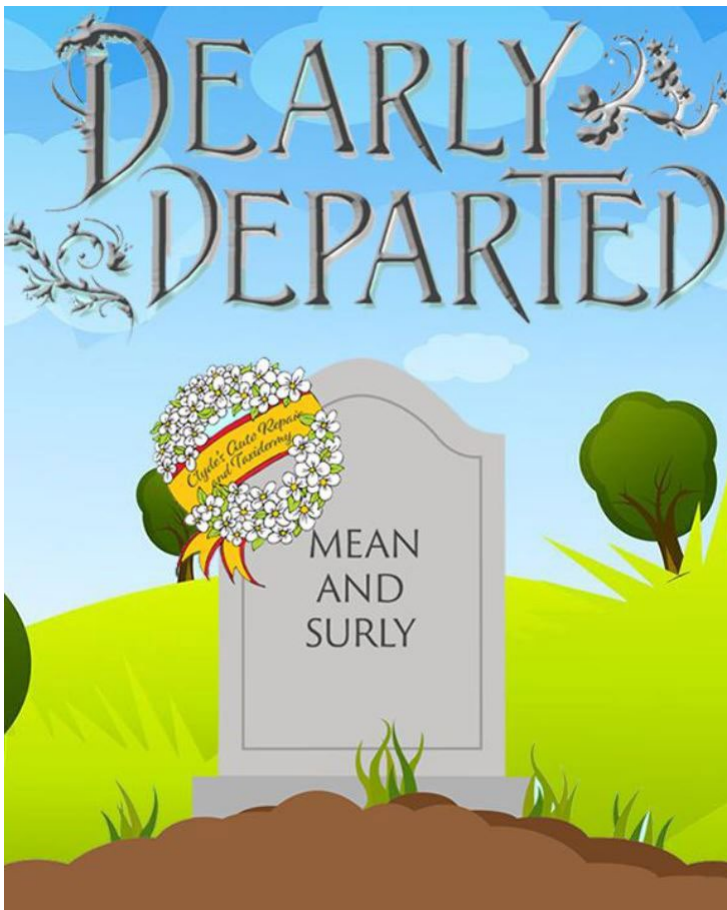
Congratulations to the winners of our Employee Payroll Deduction prize drawing!

Grand Prize: Apple Watch Series 7
Seila Milam

\$50 Gas Card:

Treva Shirley
Margie Gentry
PJ Hall
Rhonda Pitcock
Hannah Blair
Emily Jessie
Belinda Phillips
Tabitha Jackson

Laura Spalding
Amanda Goodman
Sharon Bunnell
Heather Green
Sheri Hutchison
Monica Lyon
Melinda Elrod
Joslin Graves



We are giving away 10 sets of 2 tickets to the Dearly Departed Sunday Matinee on July 17th at 1:30 pm at the Cave City Convention Center. More info about the show is available at faroffbroadwayplayers.com.

If you'd like to be entered into the giveaway, email Mollie Felkins at mollie.felkins@tjsamson.org.

FREE DISCOUNT CARD

We LOVE Our Community

MATTHEW STEVENS MORTGAGE TEAM
Powered By **ROSS MORTGAGE CORPORATION**

Ask your favorite restaurant, business, or service provider if they are a member of the Matthew Stevens Team discount card program today!

<p>Wendy's FREE Drink OR Frosty with purchase of an Item Glasgow Only</p> <p>Wave Joiner's Fee</p>	<p>BAR-B-Q HUT FREE Drink with Purchase of a Meal</p> <p>Pizza Hut \$12.99 for Specialty Pizzas Glasgow Only</p>	<p>270-455-2172 10% off total purchases EXCEPT wedding cakes</p> <p>Little Caesars Glasgow & Bowling Green FREE Crazy Bread with purchase of 2 pizzas</p>	<p>PAPAJOHNS Glasgow - Online Orders Only 1 Large 2 Toppings + 1st Cheese Stick \$16.99 Promo Code: MS16CX Glasgow</p> <p>Best Donuts 10% off 3 dozen donuts Glasgow Only</p>
<p>Treasured Creations Custom Laser Engraving 270-216-0902 10% Off Any Purchase Over \$30</p> <p>Warf Designs ARE EPIC 740-438-7646 Glasgow, KY \$250 off on Website Design</p> <p>GREENGLITS (270) 313-3767 10% off landscaping project</p> <p>Vertical eEscape 270-467-2041 BOGO Day Plans (of equal or lesser value). Not valid with other discounts. Additional restrictions may apply.</p>	<p>Security Solutions and Sp... 10% Off Any Purchase</p> <p>Wise PC Computer Sales & Service 510 Off PC Tune-Up OR Hardware Removal Services</p> <p>POOL GUYS (270) 313-3767 FREE Estimate</p> <p>Murray Lawn Mowing 3% off first service</p>	<p>Apollo PC 10% off on labor</p> <p>Witty's Care Care \$3 off oil change</p> <p>SPARKY LUBE & TIRE 270-451-3301 Glasgow, KY \$4 off Tire Rotation</p> <p>Security Solutions 270-991-8424 One Month of FREE Monitoring</p>	<p>IHOP 10% Off Entire Meal Bowling Green Only</p> <p>ANNA'S \$5 off anything over \$50 Bowling Green</p> <p>Valvoline \$10 off any oil change Code: MANT022</p> <p><small>*This sale includes all 15 oils. Oil of choice may vary. See store for details. Filter, spark, water, tube and maintenance check. Excl. on participating brands. KY locations. Offer not valid with any other service. Service at participating locations (excluding hourly). Expires 06/01/2023</small></p>

NMLS# 1488624 Expires: 6.1.2023 NMLS# 107716

We are giving away 30 of these discount cards courtesy of Matthew Stevens Mortgage Team. If you'd like to be entered to win a free discount card, email Mollie Felkins at mollie.felkins@tjsamson.org.

COMMUTE FOR THE COURIERS

VIRTUAL WALK

JULY 5TH -29TH



SPONSORED BY: FIT FOR LIFE

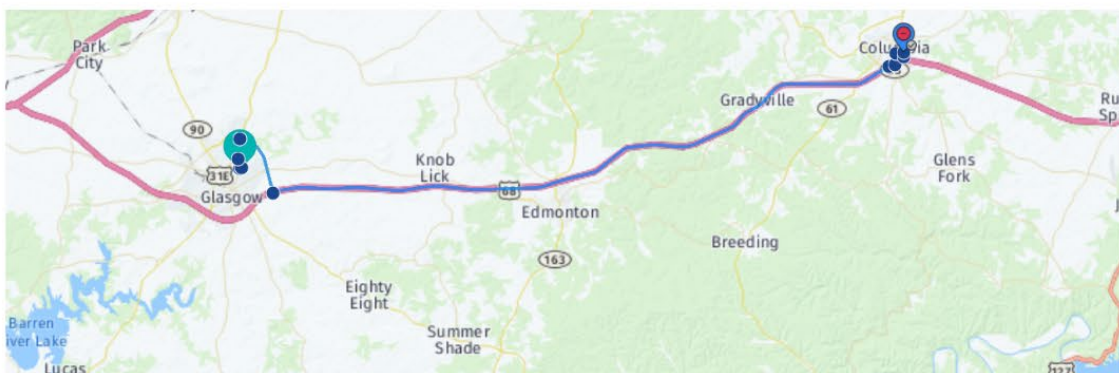


HELP!!!

ERICA'S VAN IS LOADED DOWN BUT SHE HAS MORE ITEMS THAT NEED TO BE TRANSPORTED TO TJ HEALTH COLUMBIA!

DURING THE MONTH OF JULY, WE WILL BE VIRTUALLY WALKING FROM TJ SAMSON TO TJ HEALTH COLUMBIA. (EACH ROUND TRIP IS 75 MILES).

EMAIL TREVA AT TSHIRLEY@TJSAMSON.ORG OR CALL 4580 TO SIGN UP



SEE THE NEXT PAGE FOR THE RULES OF THE WALK

COMMUTE FOR THE COURIERS

VIRTUAL WALK

JULY 5TH-29TH



SPONSORED BY: FIT FOR LIFE



ROAD RULES

1. BE READY FOR SOME FUN AND THE CHANCE TO WIN PRIZES!
2. TEAMS OF 4 OR INDIVIDUALS WILL PARTICIPATE IN TWO DIFFERENT PRIZE POOLS.
3. THIS IS A FITBIT-ONLY CHALLENGE! IF YOU DO NOT HAVE A FITBIT, PLEASE CONTACT TREVA AT TSHIRLEY@TJSAMSON.ORG AND SHE WILL HELP YOU ORDER ONE
4. EACH "TRIP" FROM TJ SAMSON TO TJ HEALTH COLUMBIA IS APPROXIMATELY 75 MILES OR 150,000 STEPS (BASED ON 2000 STEPS PER MILE).
5. EACH TEAM OR PARTICIPANT THAT MAKES A COMPLETE "TRIP" FROM TJ SAMSON TO TJ HEALTH COLUMBIA AND BACK WILL GET AN ENTRY INTO A CASH DRAWING. FOR EXAMPLE, IF YOU ENTER AS A TEAM AND YOUR TEAM COMPLETES 2 "TRIPS", THEN YOUR TEAM WILL BE ENTERED INTO THE CASH DRAWING 2 TIMES. THE SAME GOES FOR INDIVIDUAL PARTICIPANTS. THE MORE "TRIPS" YOU MAKE, THE MORE CHANCES YOU HAVE TO WIN!
6. A DRAWING FOR THREE TEAMS AND THREE INDIVIDUALS WILL TAKE PLACE ON AUGUST 1ST.

SEND YOUR TEAM NAME AND PARTICIPANTS OR INDIVIDUAL REGISTRATION TO TREVA AT TSHIRLEY@TJSAMSON.ORG OR 4580.



GETTING STARTED INSTRUCTIONS

Download the Fitbit App and create a username and password or sign in with current credentials. After your Fitbit is synced, move to the next step.

Go to tjregional.personalhealthportal.net on a desktop computer.

- Log in with the same credentials that you did to register for your recent biometrics. If you do not have TJ insurance, go to "sign up." If you have forgotten your username or password, reset. (Reach out to Fit for Life if you need help with your username).
- Click on connect your device(left)
- Click on manage your device(right)
- Click on authorize device (Fitbit, if not already authorized).
- You will see a log in pop up. It will have the Fitbit logo on top. Log in here with your Fitbit login and password. This will connect Fitbit to the portal. Sync data.

Go to the Wellbeing + Me app-use the same login you used for tjregional.personalhealthportal.net and log in. Either authorize your device or make sure it has been authorized. You will be prompted to login with your Fitbit credentials again. Sync data.

*Wellbeing + Me is the app version of the personal health portal.

*It will take approximately 15 minutes to sync data when you first get started.

*You do not have to sync to Wellbeing + Me or the portal each day, but your challenge points won't award until you log into the app or portal and it receives data from Fitbit.

*If you have issues with the Wellbeing + Me app, you can strictly use tjregional.personalhealthportal.net to sync and review your challenge status. If you have issues, email Treva at tshirley@tjsamson.org or call 4580.

BACK TO SCHOOL CARNIVAL

July 26, 2022, 3pm - 7pm

Beaver Trail Park, Glasgow, Shelter #2

The T.J. Regional Health and T.J. Pediatrics Back to School Carnival is a way to celebrate the upcoming school year while also introducing families to community resources. Your registration form secures one 10 foot by 10 foot booth. You will need to bring your own tent and table. If you need additional space or have any questions, please contact Kati Bowman at katherine.bowman@tjsamson.org or at 270.651.4520.

1. All vendors occupying a space must adhere to the carnival theme by choosing games and activities to engage the children and their families. Please include a brief description of your booth activity and theme below to prevent multiples of the same thing.
2. You may do giveaways for winning a game or enter to wins. We ask that you have information on the resources you offer children and families in our community.
3. If you would like to submit a door prize, please send a description and the value of it below. We ask that door prizes either be delivered to the T.J. Marketing Department, 1337 N. Race St, Glasgow, prior to the event or be brought to the Registration table by 2pm on the date of the event.
4. Vendors may set beginning at 1:30pm on the day of the event. Set up must be complete by 2:30pm on the day of the event. The event begins promptly at 3pm. Please keep your vendor table set up until 6pm.
5. T.J. Regional Health assumes no responsibility for the security of the vendor's property and the vendor agrees to hold the organization harmless for any damages.

DATE _____

VENDOR NAME (As it should appear in the Map) _____

DESCRIPTION OF BOOTH (include as many details as possible) _____

CONTACT INFORMATION:

Contact Person: _____

Mailing Address: _____

Phone: _____ **Email:** _____

12 Months of T.J.



PLEASE JOIN US FOR A
RETIREMENT RECEPTION HONORING

DR. PAUL DUNN

SERVING METCALFE COUNTY FOR 20 YEARS

FRIDAY, JULY 1

12 P.M. - 2 P.M.

T.J. HEALTH EDMONTON CLINIC

1704 W. STOCKTON ST. EDMONTON, KY

*Congratulations on
your retirement, Liz!*



BERRY SPINACH SALAD RECIPE

4 servings



INGREDIENTS

- 6 CUPS SPINACH
- 1 C. FRESH BLUEBERRIES
- 1 C. FRESH STRAWBERRIES
- 1/2 C. PECANS
- 1/2 C. CRUMBLED FETA
- 1/3 C. OLIVE OIL
- 1/4 C. BALSAMIC VINEGAR
- 1 GARLIC CLOVE

INSTRUCTIONS

PLACE THE SPINACH, BLUEBERRIES, SLICED STRAWBERRIES, TOASTED PECANS, AND FETA IN A LARGE BOWL.

IN A SMALL BOWL, WHISK THE OLIVE OIL WITH BALSAMIC AND GARLIC.

TOSS THE SALAD IN THE DRESSING AND SERVE IMMEDIATELY!

ADD HONEY TO THE DRESSING FOR HONEY BALSAMIC DRESSING



If you read this recipe, send your name to slsmith@tjsamson.org for a chance to win a Fit for Life water bottle



July 4th Hours

There will be limited Case Management staff on Monday July 4th, in observance of the 4th of July holiday. Should you need Case Management, please contact the operator and the on-call Case Manager will respond as soon as possible.

The Apple Too will be closed.

The T.J. Health Pavilion will be closed.

Urgent Care will be open 7 a.m - 4 p.m. on July 4th. ER is regular hours.

R+ Med Spa will be closed July 4th.

IV therapy at Pavilion and T.J. Samson Hospital, Wound Care Clinic, and Cardiology Department at T.J. Samson Hospital are all closed on July 4th.

Cath Lab will be call team only for Emergencies.

Acute care Dialysis will be on call for Emergencies.

Out-patient Rehab will be closed July 4th in both Glasgow and Columbia locations.

The T.J. Community Mission Foundation and Community Medical Care offices will be closed on July 4th.

No Radiology outpatient procedures scheduled on Monday July 4th.

MRI, Nuclear Medicine and Ultrasound staff will not be on site, please follow current call process.

Endoscopy and Surgery will be closed for elective procedures on Monday, July 4th but will have call crews available for urgent/emergent cases as needed.

The Marketing Department will be closed July 4th.

T.J. Outpatient pharmacy and T.J. Pavilion Pharmacy will be open from 8 a.m. - 4 p.m. on July 4th.

IntelliCentrics Requirements

Please make sure that you are following the IntelliCentrics requirements for vendors coming to your area to work on-site. **The vendor must have all credentials completed and have them uploaded to the IntelliCentrics system before coming on-site.** The step by step instructions for this process are shown below:



IntelliCentrics Communication

Letter to Facility's Vendor Representatives

Web Address is www.sec3ure.com

Sec3cure Support 817-732-3873

You will need to be registered and compliant through IntelliCentrics' SEC³URE Passport in order to access our facility.

Registration is easy. Just follow these four steps:

- 1) Visit: www.sec3ure.com
- 2) Click "Register"
- 3) Complete profile
- 4) Attach to TJ Samson Community Hospital

With SEC³URE Passport, you'll be able to spend more time doing your job and less time tracking down paperwork. And IntelliCentrics' portable credential makes it easier for you to get approval to work at any facility using SEC³URE Passport, more than 10,000 locations of care. Here are just a few additional benefits of your subscription:

- Complete your paperwork, online in minutes
- Get approval within days
- Access your profile anywhere, including your mobile device
- Receive notifications when any requirements need updating
- Check-out using your mobile device

IntelliCentrics has a highly responsive customer service team able to answer any questions you may have regarding your account. If you have questions, please contact:

CustomerService.US@IntelliCentrics.com.



Be Prepared for Classroom Training!

Cerner CommunityWorks role-based classroom training is in full swing! Here are a few important reminders:

- **Complete your assigned e-learning** prior to attending your classroom session. Classroom sessions build on the foundation from your e-learning journey.
- **Be Early:** Please show up to your classroom session 15 minutes prior to the scheduled start time so you can work test your Cerner login before class begins.

Cerner CommunityWorks Login

Your user ID and password for accessing the new Cerner CommunityWorks EHR system are different from your e-learning user ID and password. Please note:

- Your Cerner CommunityWorks user ID is TJ followed by your 6-digit badge number. For example, TJ123456.
- Your Cerner CommunityWorks password must be reset prior to your first login. Please arrive 15 minutes early to your scheduled classroom session to test your login credentials

Training Questions

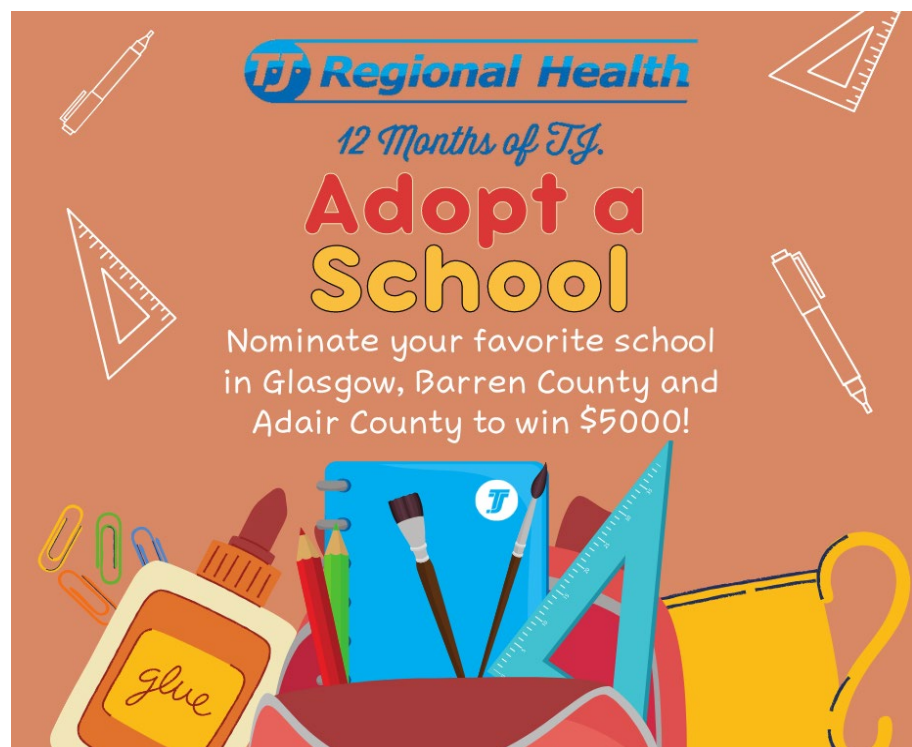
For questions on the training plan or process, please contact TJ Regional's Cerner Training Specialist, Ben Jessie at benjamin.jessie@tjsamson.org.

Adopt a School

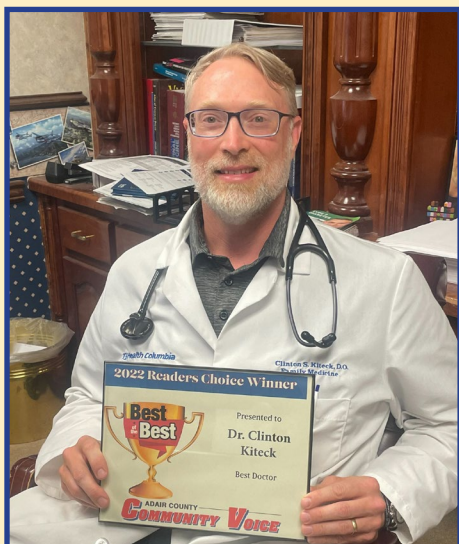
In August, T.J. Regional Health will gift one school in each of the following school districts \$5,000 to support educational efforts of the school. The school districts include Barren County, Glasgow Independent, and Adair County.

Nominations are due by August 5, 2022.
Winners will be announced by August 11, 2022.

Click [here](#) to nominate a school!



BEST OF ADAIR COUNTY



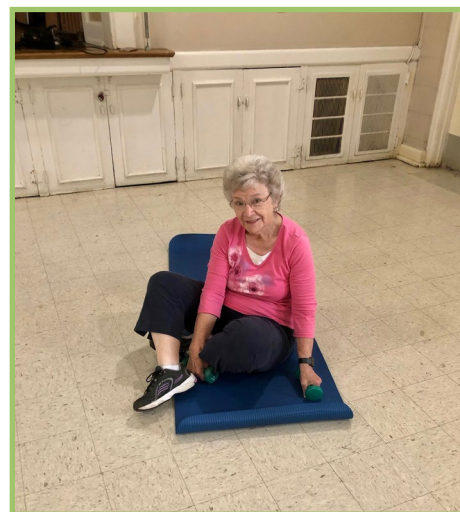
Congratulations to Dr. Kiteck, voted Best Doctor of Adair County, Alisha Risen, voted Best Pediatrician of Adair County, and Devin Bell, voted Best Physical Therapist of Adair County.

Thank you for all you do for your patients and your community!

Lera B. Mitchell Clubhouse Senior Exercise Classes

Exercise classes for seniors take place every Monday and Friday from 8 a.m. - 9 a.m. at the Lera B. Mitchell Clubhouse. Each participant works out to their own level of comfort and ability.

A Lunch & Learn is being planned for the near future to attract more participants to the program.



ASAP YOUTH LEADERSHIP CONFERENCE

Last week was the first ever Youth Leadership Conference hosted by Life skills Regional Prevention Team. ASAP partnered with them for kids in our 10 county region to have a day of education and fun. We started our day at the T.J. Health Pavilion with a lesson on prevention and advocacy from the University of Kentucky's "I can end the trend" program. We finished our day with a team building exercise (aka floating nearly 8 miles down Green River) with Adventures of Mammoth Cave Kayaking and Canoeing. We had 13 kids in attendance and we are looking forward to an even bigger and better conference day next year!



TLC CHAMPION CHEST

 <p>1 TOKEN</p>	 <p>2 TOKENS</p>	 <p>3 TOKENS</p>
 <p>5 TOKENS</p>	 <p>9 TOKENS</p>	 <p>10 TOKENS</p>
 <p>12 TOKENS</p>	 <p>15 TOKENS</p>	 <p>15 TOKENS</p>
 <p>20 TOKENS</p>	 <p>25 TOKENS</p>	 <p>40 TOKENS</p>

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

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

T.J. Cafe

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Soup	Chili Con Carne	Mexican Chicken Tortilla	Roasted Red Pepper & Gouda	Chicken & Thai Rice	Pinto Beans
						
	Features	Baked Potatoes & Sweet Potatoes	Loaded Nachos	Salad Mix	Tempura Chicken	Oven Fried Pork Chop
		Tater Tots	Black Bean Enchiladas	Fried Chicken	Teriyaki Beef	BBQ Chicken Breast
		Fire Braised Chicken or Pork	Taco Beef or Fajita Chicken	Grilled Chicken	General Tso's Chicken	Corn
		Steamed Broccoli	Cilantro Lime Rice	Melissa's Chicken Salad	Fried Rice	Turnip Greens
		Cheese Sauce	Herbed Cauliflower Rice		Jasmine Rice	Mashed Potatoes
					Snap Peas	Squash Casserole
					Fresh Steamed Broccoli	Macaroni & Tomatoes
					Fresh Seasoned Green Beans	
	Toppings	Sautéed Mushrooms	Shredded Lettuce	Strawberries	Chopped Green Onion	
		Butter	Sour Cream	Blueberries	Chopped Peanuts	
		Sour Cream	Shredded Cheddar Cheese	Fresh Pineapple Chunks	Sesame Seeds	
		Shredded Cheddar Cheese	Queso	Pecans	Chow Mein Noodles	
		Bacon	Jalapenos	Feta Cheese	Red Pepper Flakes	
		Green Onion	Pico De Gallo	Croutons		
			Salsa	Bacon		
			Guacamole	Diced Red Onion		
	Sauces	Memphis BBQ		Strawberry Vinaigrette	Sweet & Sour	Brown Gravy
		Buffalo		FF Raspberry Vinaigrette	General Tso's	
		Ranch			Soy Sauce	
					Yum Yum Sauce	
	Salad	Creamy Broccoli	Mexican Street Corn Salad			BLT Pasta Salad
	Fried Item	Onion Rings	Jalapeno Poppers	Corn Nuggets	Veggie Egg Rolls	
	Bread	Cornbread Pancake		Honey Butter Croissant	Fortune cookies	Cornbread
	Dessert	Chocolate Peanut Butter Pie	Salted Caramel Brownie	Strawberry Cream Cheesecake	Cupcakes	Fruit Pizza

Lunch Menu June 27th – July 1st

Apple, Too

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Special Week 1	Chicken Salad Sandwich	Philly Steak	Big Daddy Brisket Sandwich	Very Berry Chicken Salad	Chicken Fajitas
	Chips	Potato Wedges w/ Onions & Peppers	Loaded Potato Salad	Croissant 2 oz.	Refried Beans



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.

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 20% off regular-priced purchase.

MERCADO LATINO

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

NOT AVERAGE JOES GYM

\$20 a month. No fees.

PAPA JOHN'S PIZZA

Any large 2-topping for \$10: TJ10
Any medium 5-topping or specialty pizza for \$12: TJ12
Any large 5-topping or specialty pizza for \$14: TJ14
Reg. menu prices. Online orders ONLY. Must have code.

RALPHIE'S FUN CENTER

Receive free shoe or skate rental.

BARREN COUNTY EMPLOYEE DISCOUNTS, CONT.

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.

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

Receive 15% off basic service.

WITTY'S COMPLETE CAR CARE

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

WORKOUT ANYTIME

\$25 Premium Plus Plan

(\$15 per person for additional household member)

(\$39 + tax annual fee)

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.

RUGGED TRUTH BARBERSHOP

\$1 off a haircut.

NANWOOD MARKET

10% off regularly priced items.

THE TRENDY FARMHOUSE

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

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

T.J. HEALTH PAVILION

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

Primary Care Pod A: 270.651.6791

Dr. Mallory • 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
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
Nellie Bell, APRN • Casey Sacia, APRN • 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 • Lauren LeGrand, APRN

Pain Management: 270.659.5990

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

Paula West, APRN • Haley Cavanah, 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

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 • Dr. Matney

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 • 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