

TJ TeamTalk

JULY 6, 2020

Service Excellence Awards

Congratulations to this month's Service Excellence Award Winner!

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 at T.J. 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 submissions were received about Mike:

"Mike helped and showed the utmost kindness and compassion to a special needs adult patient that was in a bad state mentally. He calmed him down and not only told the patient that the nurses were here to help him but he also sat down with the patient and spent time with him. He made him feel very at ease and played a big part with us (nurses and the patients doctor) in being able to calm this agitated patient. I really am glad that Mike was working today."

"Michael asked the person what his shoe size was and while the customer was in the pavilion, Michael went out and bought him a pair of shoes, using his own money. Not only that, he bought different sizes of shoes to place in the security office, to use in the event that security notices other similar customers in that situation. Michael is very well liked at the pavilion by the employees. I get several compliments about his performance and professionalism."



MIKE COMPTON

was selected as the June winner of the
TJRH Service Excellence Award for
COMPASSION!

Congratulations to MIKE 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 fill out a nomination form on the intranet, print the form in this newsletter, or pick up a form outside the cafeteria.





UPcoming EVENTS

JULY

July 6: Bariatric Seminar @ PAV (6 - 7 p.m.)

July 8: Blood Drive @ PAV (1 - 6 p.m.)
(Appointments still available!)

July 20: Bereavement Support Group @ 2 p.m.
via Zoom (Attendees can register on the TJ web-site)

July 28: BLS 7:30 - 8:00 a.m.
ACLS 8:00 - 9:30 a.m.
PALS 9:30 - 11:00 a.m.

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



Sam's Club in Bowling Green has extended their healthcare worker special shopping hours! All healthcare workers may shop on Sundays from 8 a.m. - 10 a.m. through the month of July.

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

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



July: Cooperation

T.J. PATIENT ENCOUNTERS

6/27/20 - 7/3/20:

6,363

6/20/20 - 6/26/20:

6,523



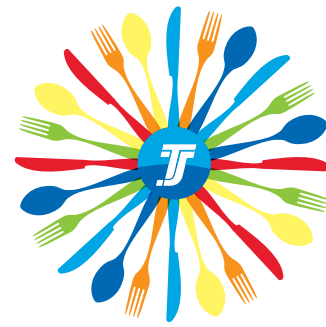
Shanti Niketan 
HOSPICE HOME
EMPLOYEE DONOR PARKING SPOTS

Congratulations, Winners!

T.J. Samson Parking Spot:
SERENA WRIGHT

T.J. Health Pavilion Parking Spot:
TRACEY TOMKO

T.J. Health Columbia Parking Spot:
JESSICA PYLES



*Groceries and
to-go meals!*

Items include bread, milk, eggs, canned soft drinks, and more! The full item list and pricing is featured on the next 3 pages!

The to-go meal order forms are featured at the end of this newsletter.

All forms can be submitted at the Apple a Day Cafe or by emailing them to floorstock@tjsamson.org.

If you have any questions, please contact Sarah Kinslow at sarah.kinslow@tjsamson.org.



CYBER SAVINGS EVENT

**SAVE ON
EXCEPTIONAL**

EARLY ACCESS FOR MEMBERS. STARTS 7/6.



DOORBUSTER
XPS 13 Touch
 Est. value* \$699.99 | Save \$100
\$899.99

10th Gen Intel® Core™ i5 processor,
 Windows 10 Home, 8GB memory*,
 256GB SSD*, FHD Touch display



DOORBUSTER
Alienware 15 R2
 Est. value* \$2,299.99 | Save \$730
\$1,799.99

9th Gen Intel® Core™ i7 processor,
 Windows 10 Home, 16GB memory*,
 512GB* SSD, 8GB* NVIDIA® GeForce®
 RTX 2070, OLED UHD Display + Tobii
 Eye-tracking technology



DOORBUSTER
XPS Desktop
 Est. value* \$829.99 | Save \$200
\$699.99

9th Gen Intel® Core™ i5 processor,
 Windows 10 Home, 8GB memory*, 1TB
 Hard drive*, NVIDIA® GeForce RTX™ 1650



DOORBUSTER
**Dell 32" Curved Gaming
 Monitor - S3220DGF**
 Est. value* \$609.99 | Save \$150
\$459.99

31.5" QHD curved gaming monitor,
 2560x1440 resolution, 4ms response
 time, AMD Radeon FreeSync™ 2 HDR

RECEIVE EXCLUSIVE OFFERS, ACCESS TO INSIDER SALES AND LOW MONTHLY PAYMENTS WITH
DELL PREFERRED ACCOUNT.* VISIT DELL.COM/DPA

Shop online at:

Offers valid 7/6/2020-7/23/2020 at 5:59 ET, unless otherwise noted. Limited quantities available at these prices.
 *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 © 2020 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. 354382



**IMPORTANT
ANNOUNCEMENT!**

Do you know what to do in case of a **CODE RED (Fire Emergency)**?

- Remove**
- Activate**
- Contain**
- Extinguish**

Every employee has a role in a **Code RED** – do you know what yours is? If not, then be sure to refer to the Emergency Management Manual which can be accessed through TJ Intranet to brush up on your knowledge for this and other evacuation plans! Remember – it is every employee's responsibility to be ready for emergencies and Joint Commission!



POPUP
market

Name: _____

Phone #: _____

Order Date: _____

Pick Up Date: _____

Pick Up Time: _____

Item	Package Size		Price	Quantity
2% Milk	½ gallon	Refrigerated	\$2.50	
Whole Milk	½ gallon	Refrigerated	\$2.50	
American Cheese	160 slices	Refrigerated	\$14.00	
Cheddar Cheese	2.5lb, slices	Refrigerated	\$10.00	
Eggs, Pasteurized in Shell	Dozen	Refrigerated	\$4.00	
Deli Turkey	1lb, sliced	Frozen	\$4.00	
Bacon, Egg, Cheese Biscuits	Case of 12	Frozen	\$20.00	
All Beef Hot Dogs	5lb bag, 30 per bag	Frozen	\$15.00	
Chicken Breast (boneless, skinless)	5lb bag (16 per bag)	Frozen	18.00	
Chicken Tenders	5lb bag	Frozen	\$15.00	
Pulled Chicken	5lb bag	Frozen	\$23.00	
Pulled Pork	5.5lb bag	Frozen	\$25.00	
Scones, Blueberry	Dozen	Frozen	\$12.00	
Scones, White Choc Raspberry	Dozen	Frozen	\$12.00	
Scones, Apple Cinnamon	Dozen	Frozen	\$12.00	

All items are subject to availability. Please allow for delivery time to the Pavilion or to Columbia.

Pick-up locations are:

Main Hospital: TJ Café (M-F, 6:30am-1pm) Apple A Day (daily 7am-7pm)

Pavilion: Apple, Too (M-F, 7am-1pm)

Columbia: Kitchen (M-F, times may vary depending on courier schedule)



POPUP
market

Name: _____

Phone #: _____

Order Date: _____

Pick Up Date: _____

Pick Up Time: _____

Item	Package Size	Price	Quantity
Coke	12 pack cans	\$5.25	
Diet Coke	12 pack cans	\$5.25	
Ski	12 pack cans	\$5.25	
Sprite	12 pack cans	\$5.25	
Sprite Zero	12 pack cans	\$5.25	
Mountain Dew	12 pack cans	\$5.25	
Diet Mountain Dew	12 pack cans	\$5.25	
Sara Lee White Bread	Loaf	\$2.00	
Sara Lee Whole Wheat Bread	Loaf	\$2.00	
Ball Park Hamburger Buns	12 count	\$2.25	
Ball Park Hot Dog Buns	12 count	\$2.00	
Frosted Cherry Pop Tarts	Box of 6 packs	\$4.00	
Frosted Strawberry Pop Tarts	Box of 6 packs	\$4.00	
Frosted Blueberry Pop Tarts	Box of 6 packs	\$4.00	
Frosted Brown Sugar Pop Tarts	Box of 6 packs	\$4.00	
S'mores Pop Tarts	Box of 6 packs	\$4.00	

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Pick-up locations are:

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Columbia: Kitchen (M-F, times may vary depending on courier schedule)



POPUP
market

Name: _____

Phone #: _____

Order Date: _____

Pick Up Date: _____

Pick Up Time: _____

Item	Package Size	Price	Quantity
Krusteaz Pancake Mix	5lb Bag	\$5.00	
Skippy Peanut Butter	4lb	\$9.00	
Welch's Grape Jelly	20oz Squeeze Bottle	\$3	
Mott's Applesauce	46oz	\$3.50	
Vanilla Pudding Cups	4 pack	\$2.00	
Chocolate Pudding Cups	4 pack	\$2.00	
Sugar Free Vanilla Pudding	4 pack Cups	\$2.00	
Sugar Free Chocolate Pudding	4 pack Cups	\$2.00	
Heinz Ketchup	20oz	\$2.00	
French's Yellow Mustard	8oz	\$2.00	
Hellmann's Mayonnaise	20oz Squeeze Bottle	\$5.00	
Lipton Tea Bags	Box of 100 bags	\$5.00	
Lays Variety Chips (original, Doritos, Cheetos, Fritos, bbq, cool ranch)	30 bags	\$16.00	
Baked Lays Variety Chips (original baked, baked Cheetos, bbq, sour cream & onion, cheddar & sour cream)	30 bags	\$16.00	
Rice Krispy Treats	Box of 8	\$5.00	
Barilla Penne Pasta	1lb Box	\$2.00	

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Thank you to Kingsford for donating a pallet of Clorox wipes last week!



TJ GIVES BACK



Amy Stephens, Oncology RN, presents Edwana Goodson, GHS Art Club Director, a \$250 check from T.J. and the Oncology Department to the Glasgow High School Art Club.

Thank you to all the GHS students and staff listed below for their help on the Oncology murals!

- | | |
|------------------|-----------------|
| Jenna Dold | Madison Furlong |
| Casey Robinson | Tabby Cline |
| Matthew Depp | Eaden Fowler |
| Julie Johnson | Lauren Witt |
| Marilyn Meredith | Regan Whitlow |
| Lory Meredith | Alyssia Bragg |
| Riveranne Heller | Diana Black |
| Jasmine Hodge | Terry Smith |
| Amy Mills | Kelly VanZant |
| Garret Towe | Hannah Goodson |
| Makayla Garmon | Edwana Goodson |
| Kinley Furlong | |



Basic EKG Rhythm and Cardiac Meds Review

Objectives:

- Discuss heart anatomy and basic electrophysiology
- Discuss normal EKG measurements
- Recognize and understand basic and lethal arrhythmias
- Discuss signs/symptoms and treatments of arrhythmias

6.0 Contact Hours Awarded

You may register on HealthStream or by calling the Education Department.

Thursday July 9, 2020

8am – 2pm

4th floor Classrooms



Total. Local. Care.

Basic EKG Rhythm and Cardiac Meds Review is for any nursing staff members wishing to learn more about basic rhythm interpretation. This is good review before taking ACLS.

YOU'VE WORKED HARD TODAY. LET US MAKE DINNER EASY.

Place, and pay for, your order in the Apple-A-Day by noon. Pick-up your order, at the time specified, in the Apple-A-Day. If ordering from the Pavilion, place and pay for your order at the Apple, Too. Show your receipt and pick-up your order in the Apple-A-Day. *All orders must be picked-up by 7pm.*

Name:	
Phone:	
Pick-Up Date:	
Pick-Up Time:	

Daily Special Family Meal (feeds up to 4)
Chicken Tenders (12-16 varies based on size), 2 Family Size Sides,
4 Dinner Rolls, and 2 Family Size Sauces
\$20

Sides (meal includes 2):	How many orders of each side?	Sauces (meal includes 2):	How many cups of each sauce?
Potato Wedges		BBQ	
Coleslaw		Ranch	
Onion Rings		Buffalo	
Tater Tots		General Tso's	
extra sauce \$1 per cup, extra sides \$3 each		Honey Mustard	

Tuesday

Build Your Own Nachos (feeds up to 4) \$22

Taco Meat or Fajita Spiced Chicken, Nacho Chips, Lettuce, Shredded Cheese,
 Tomatoes, Black Beans, Salsa & Sour Cream

~ OR ~

4 orders Chef's Special (chicken, rice, queso) with Chips & Salsa \$22

Family Nacho Meal	How many orders of each?
Taco Meat (1 family size container included with meal)	
Fajita Spiced Chicken (1 family size container included with meal)	
Chef's Special Family Meal (includes 4 chef's specials)	

additional orders of Chef's Special, Taco Meat or Fajita Spiced Chicken are \$6 each

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Phone:	
Pick-Up Date:	
Pick-Up Time:	

\$20 Daily Special Family Meal (feeds up to 4) \$20
Chicken Tenders (12-16 varies based on size), 2 Family Size Sides,
4 Dinner Rolls, and 2 Family Size Sauces

Sides (meal includes 2):	How many orders of each side?	Sauces (meal includes 2):	How many cups of each sauce?
Potato Wedges		BBQ	
Coleslaw		Ranch	
Onion Rings		Buffalo	
Tater Tots		General Tso's	
extra sauce \$1 per cup, extra sides \$3 each		Honey Mustard	

Wednesday Meat & Three

Roast Beef (comes with Texas Toast) or Ham, 3 Family Size Sides, Dinner Rolls

\$20

Meat (Choose 1):	How many orders of each?	Sides (Choose 3):	How many orders of each?
Roast Beef & Gravy		Steamed Carrots	
Baked Ham with Brown Sugar Glaze		Green Beans	
		Brussels Sprouts	
		Pinto Beans	
		Mashed Potatoes	
		Brown Gravy Included with Potatoes	

Additional orders of roast beef or ham \$7, extra sides \$3 each

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Name:	
Phone:	
Pick-Up Date:	
Pick-Up Time:	

\$20 Daily Special Family Meal (feeds up to 4) \$20
Chicken Tenders (12-16 varies based on size), 2 Family Size Sides,
4 Dinner Rolls, and 2 Family Size Sauces

Sides (meal includes 2):	How many orders of each side?	Sauces (meal includes 2):	How many cups of each sauce?
Potato Wedges		BBQ	
Coleslaw		Ranch	
Onion Rings		Buffalo	
Tater Tots		General Tso's	
extra sauce \$1 per cup, extra sides \$3 each		Honey Mustard	

Thursday

Family BBQ Meal

Choice of 1 Meat, 2 Family Size Sides, 2 Family Size Sauces, Buns, & Family Size Banana Pudding

\$22

Meat (Choose 1):	How many orders of each?	Sides (Choose 2):	How many orders of each?
Beef Brisket		Baked Beans	
Pulled Pork		Mac & Cheese	
BBQ Chicken Breast		Collard Greens	
BBQ Sauce (Choose 2):		Corn On The Cob	
Tangy Gold		Loaded Potato Salad	
Memphis Sweet			
KY Bourbon			

Additional family size orders of brisket \$8, pork or chicken \$6, extra sides \$3 each

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Name:	
Phone:	
Pick-Up Date:	
Pick-Up Time:	

Daily Special Family Meal (feeds up to 4)
Chicken Tenders (12-16 varies based on size), 2 Family Size Sides,
4 Dinner Rolls, and 2 Family Size Sauces
\$20

Sides (meal includes 2):	How many orders of each side?	Sauces (meal includes 2):	How many cups of each sauce?
Potato Wedges		BBQ	
Coleslaw		Ranch	
Onion Rings		Buffalo	
Tater Tots		General Tso's	
extra sauce \$1 per cup, extra sides \$3 each		Honey Mustard	

Friday Grill Special
Lemon Pepper Chicken or Blackened Salmon, 2 Family Size Sides, 4 Dinner Rolls
\$22

Meat (4 pieces included with meal)	How Many of Each?	Sides	How Many Orders of Each?
Grilled Chicken Breast		Broccoli Cheddar Brown Rice Casserole	
Blackened Salmon (remoulade sauce on side)		Loaded BBQ Smashed Potatoes	
		Roasted Asparagus	
		Kale Salad	

Additional piece of chicken or salmon \$3 each, extra family sized sides \$3 each

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Name:	
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Daily Special Family Meal (feeds up to 4)
Chicken Tenders (12-16 varies based on size), 2 Family Size Sides,
4 Dinner Rolls, and 2 Family Size Sauces
\$20

Sides (meal includes 2):	How many orders of each side?	Sauces (meal includes 2):	How many cups of each sauce?
Potato Wedges		BBQ	
Coleslaw		Ranch	
Onion Rings		Buffalo	
Tater Tots		General Tso's	
extra sauce \$1 per cup, extra sides \$3 each		Honey Mustard	

Saturday & Sunday

2 pizzas, 8 Breadsticks, Marinara, Parmesan, Pepperoncini Peppers, Garlic Butter
\$25

Pizzas (choose 2)	Quantity	Toppings (mark through anything you'd like left off)			
Cheese		Cheese			
Pepperoni		Pepperoni			
Veggie		Bell Pepper	Mushrooms	Onion	Black Olives
Supreme		Pepperoni		Sausage	
		Bell Pepper	Mushrooms	Onion	Black Olives

One Cheese Pizza To Go: \$8, One Pepperoni, Veggie, or Supreme To Go: \$10



University of Louisville
Glasgow Family Medicine
Residency Program

Welcome, Residents!



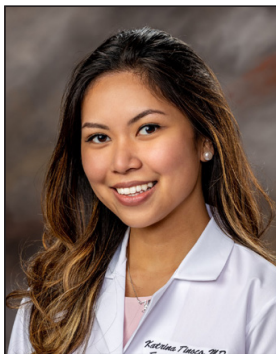
Melissa Cowgill, MD

Dr. Melissa Cowgill was born in Lima, Peru and grew up in the mountainous countryside. She received her Medical Degree from Ricardo Palma University. She was very involved in the Scientific Medical Societies of her country and university. She has a passion for working with underserved communities and different ethnic groups. She enjoys hiking, traveling and spending quality time with family, friends and her dog.



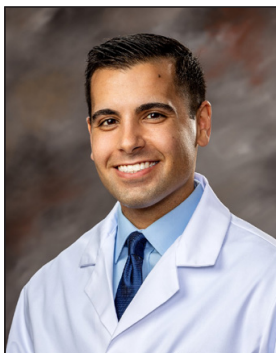
Anthony Jordan, MD

Dr. Anthony Jordan was born in Greenville, South Carolina. He received his medical doctorate from Trinity School of Medicine, and his BS in Biology at East Carolina University. He attained extensive post-graduate training in interventional pain therapies, sports medicine, and integrative healthcare research in Baltimore, Maryland. He enjoys spending time with his wife and dog, cooking, singing/song writing, playing guitar/piano, fishing, and traveling to Disney.



Katrina Tinoco, MD

Dr. Katrina Casanova Tinoco was born in the capital city of the Philippines. She received her medical degree from St. Luke's College of Medicine. Not new to Kentucky, she has been a frequent visitor since 8 years old, where she would spend time with her family during the summer. In her free time, she changes into sportswear to dance and do indoor cycling as well as travel to beaches and other countries.



Josiah Tour, MD

Dr. Josiah Tour was born in Columbia, SC and grew up in Houston, TX. He received his medical degree from St. George's University School of Medicine. Dr. Tour has done research in fighting antibiotic-resistant bacteria and has a publication and a patent. His hobbies include college football, the NFL, P90X, playing drums, and fitness.

WE'RE ALL IN THIS *Together*



American
Red Cross

Blood Drive **T.J. Health Pavillion**

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

Wednesday, July 8, 2020
1:00 p.m. to 6:00 p.m.

Sign up today at Redcrossblood.org and enter Sponsor code: TJSAMSONPAVILION

Appointments Encouraged.

**** All donors will receive Cedar Fair tickets good for all Cedar Fair and Kings Island Parks! ****

On June 15, the American Red Cross began testing all blood, platelet and plasma donations for COVID-19 antibodies.

- The antibody test is authorized by the U.S. Food and Drug Administration and may indicate if the donor's immune system has produced antibodies to the coronavirus, regardless of whether they developed symptoms.
- The Red Cross hopes testing for COVID-19 antibodies will provide our valued donors insight into whether they may have been exposed to this coronavirus.
- We recognize that individuals and public health organizations desire more information about COVID-19, and as an organization dedicated to helping others, the Red Cross is fortunate to be able to help during this pandemic.
- Red Cross donors can expect to receive the results of their antibody test within 7 to 10 days through our Red Cross Blood Donor App or on our donor portal at RedCrossBlood.org.

TJ Café Menu
July 6 – July 10

Monday		<p>Chicken Wings (or tenders) Baked Buffalo Cauliflower, Potato Wedges, Carrots & Celery</p> <p>Dessert: PB Cookies</p> <p>Soup: Tomato Roasted Red Pepper & Gouda</p>
Tuesday		<p>Build Your Own Taco Salad or Rice Bowl</p> <p>Dessert: Cheesecake</p> <p>Soup: Chili</p>
Wednesday		<p>Roast Beef, Baked Ham Mashed Potatoes, Gravy, Steamed Carrots, Brussels Sprouts, Green Beans</p> <p>Dessert: Lemon Bars</p> <p>Soup: Pinto Beans</p>
Thursday		<p>BBQ Brisket, Pulled Pork, BBQ Chicken</p> <p>Baked Beans, Mac & Cheese, Collard Greens, Honey Butter Corn on the Cob</p> <p>Dessert: Banana Pudding</p> <p>Soup: Broccoli Cheddar</p>
Friday		<p>Grilled Chicken Breast, Blackened Salmon, Grilled Hotdogs, Broccoli Cheddar Casserole, Loaded Mashed Potatoes, Roasted Asparagus, Onion Rings, Kale Salad</p> <p>Dessert: Salted Caramel Brownie</p> <p>Soup: Pinto Beans</p>

TJ Cafe Menu
July 13 - July 17

	<p>Build Your Own Pasta Bar</p> <p>Dessert: Cannoli</p> <p>Soup: Broccoli Cheddar</p>	monday
	<p>Build Your Own Nachos</p> <p>Dessert: Brownies</p> <p>Soup: Chicken Noodle</p>	tuesday
	<p>Chop Chop Salad with Berries</p> <p>Dessert: Chocolate Cake</p> <p>Soup: Roasted Red Pepper</p>	wednesday
	<p>Meatloaf or Roast Turkey Dressing, Mashed Potatoes, Green Beans, Broccoli, Cheese Sauce</p> <p>Dessert: Lemon Bars</p> <p>Soup: Chili</p>	thursday
	<p>Fried Chicken Breast, Hot Honey Chicken Tenders</p> <p>Mashed Potatoes, Grilled Cabbage, Hash Brown Casserole, Green Beans, Corn on the Cob</p> <p>Dessert: Chocolate Chip Cookies</p> <p>Soup: Potato</p>	friday

Apple Too Menu
July 6 - July 10

	<p>Potato Soup, Cornbread, & a 20oz Bottled Water or Soft Drink</p> <p>\$4</p>	monday
	<p>Lemon Pepper Chicken, Glazed Carrots & a 20oz Bottled Water or Soft Drink</p> <p>\$5</p>	tuesday
	<p>Grilled Hotdog, Baked Beans, Chips & 20oz Bottled Water or Soft Drink</p> <p>\$4.75</p>	wednesday
	<p>Hawaiian Ham & Cheese, Pineapple Coleslaw, & 20oz Bottled Water or Soft Drink</p> <p>\$4.75</p>	thursday
	<p>Grilled Chicken Caesar Wrap, Fresh Fruit, & 20oz Bottled Water or Soft Drink</p> <p>\$4.75</p>	friday

Apple Too Menu
July 13 - July 17

	<p>Chili, Jalapeno Cornbread, & a 20oz Bottled Water or Soft Drink</p> <p>\$4</p>	monday
	<p>Philly Steak Sandwich, Roasted Red Potatoes, & a 20oz Bottled Water or Soft Drink</p> <p>\$4.75</p>	tuesday
	<p>Chicken, Bacon, Ranch Melt, Chips, & 20oz Bottled Water or Soft Drink</p> <p>\$4.75</p>	wednesday
	<p>Teriyaki Pork Loin, Mixed Vegetables, & 20oz Bottled Water or Soft Drink</p> <p>\$5</p>	thursday
	<p>Tuna Salad Croissant, Fresh Fruit, & 20oz Bottled Water or Soft Drink</p> <p>\$4.75</p>	friday



TJ GLASGOW EMPLOYEE DISCOUNTS

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

AAA

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

AT&T

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

AUTO SPA COMPLEX

Receive \$2 off the \$20 or \$28 car wash.

AWARDS, INC.

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

AZUL TEQUILA

Receive 15% off **OR** a free queso.

BAILEY GIBSON SERVICE DEPT.

Receive 15% off service.

BIG LOTS

Receive 15% off your purchase.

BLUEGRASS CELLULAR

Receive 15% off basic service.

BOUTIQUE 218 AT JORDAN'S SALON

Receive 10% off clothing at Boutique 218.

CAPTAIN D'S

Receive 15% off your purchase.

EL MAZATLAN

Receive 10% off your purchase.

ELY DRUGS

Receive 20% off your purchase of scrubs.

ENTERPRISE

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

EXTREME FITNESS

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

FANCY PANTS BOUTIQUE

Receive 10% off your purchase.

FREDDY'S

Receive 10% off your total on T.J. Tuesdays.

GARCIA'S

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

LAWLESS ORTHODONTICS

Receive a \$500 discount.

LONG JOHN SILVERS / A&W

Receive 20% off regular-priced purchase.

MARCO'S PIZZA

Receive 30% off regular-priced pizza. (Delivery & carryout.)

NEW CENTURY BUFFET

Receive 10% off (T.J. employee's meal only).

NOT AVERAGE JOES GYM

\$20 a month. No fees.

PAPA JOHN'S PIZZA

Any large 5-topping or specialty pizza for \$12: Tjpi20

Large 3-topping pizza for \$9.99: 99wfg3

Reg. menu prices. Online, call-in and in-store orders.

RALPHIE'S FUN CENTER

Receive free shoe or skate rental.

GLASGOW EMPLOYEE DISCOUNTS, CONT.

SHOGUN BISTRO

Receive 10% off your food purchase.

SIDELINES CASUAL DINING

Receive 10% off your purchase.

SWEETHEART BAKERY

Receive 10% off your purchase.

THE URBAN DEN

Receive 15% off your purchase on Fridays.

T.J. CAFE

Employee discount in employee cafeteria.

T.J. GIFT SHOP

Receive 10% off your purchase.

Payroll deduction available for employees.

WITTY'S COMPLETE CAR CARE

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

WORKOUT ANYTIME

First month free • \$15 Basic Individual Plan
\$25 Premium Individual Plan • \$35 Friends & Family (2 ppl)

YMCA

Joining fee is waived. 15% discount monthly.



T COLUMBIA EMPLOYEE DISCOUNTS

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

FRANKLIN NISSAN

10% off any service work.

NANWOOD MARKET

10% off regularly priced items.

RUGGED TRUTH BARBERSHOP

\$1 off a haircut.

THE TRENDY FARMHOUSE

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

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



Community Mission FOUNDATION

Employee Donation Form Payroll Deduction Authorization/One Time Gift

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

Employee Name: _____

Home Address: _____

Phone: _____

Email Address: _____

Social Security Number: _____

Employee Number: _____

PAYROLL DEDUCTION

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

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

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

Employee Signature: _____ Date: _____

ONE TIME GIFT

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

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

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

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

Primary Care Pod B: 270.659.5870

Dr. Gilson • Dr. Miller • Dr. Neuhaus

Primary Care Pod C: 270.659.5885

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

Cardiology: 270.659.5970Dr. Nair • Dr. Rajan • Dr. V. Reddy • Dr. Salifu
Lisa DuCoff, APRN • Nancy Jo Houchens, APRN
Ashley Robertson, APRN • Heather Bull, APRN**Gastrointestinal Clinic:** 270.659.3398

Dr. Suh

General Surgery: 270.659.5945

Dr. Klapheke • Dr. Marion • Dr. Saridakis

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

Dr. S. Reddy • Marissa Howard, APRN

Neurology: 270.659.5945

Dr. Koury

Oncology: 270.659.5890

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

Pain Management: 270.659.5990

Dr. Bahadur • Angela Rush, APRN

Pulmonology: 270.659.5835

Dr. Kummerfeldt • Dr. Waheed

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

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

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

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

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

Latasha Gilpatrick, APRN • Nikki Loy, APRN

T.J. Health Scottsville Clinic: 270.237.3123

Emily Tabor Jessie, APRN • Lindsey Landers, APRN

T.J. Health Tompkinsville Clinic: 270.487.0720

Teresa Sheffield, APRN

T.J. Home Health & Hospice: 270.651.4430**T.J. Long Term Care Team:** 270.651.4451Dr. A. Kiser • Micah Tracy, APRN • Pat Spears, APRN
Nikki Sherfey, APRN**T.J. Samson Community Hospital:**

270.651.4444

T.J. Samson Family Medicine: 270.651.4797

Dr. House • Dr. Clouse • Dr. Gillette

T.J. Sleep Clinic: 270.651.1888

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

T.J. Wound Care: 270.651.4325

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

Walmart Clinic: 270.678.3278

Tiffany Frye, APRN • Tracy Taylor, 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: _____

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