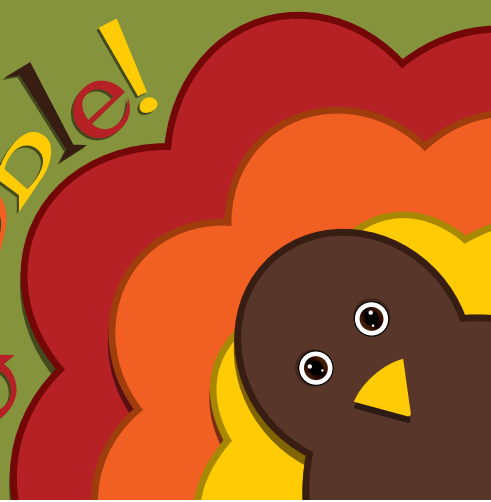


T.J.

TEAM Talk

Gobble!



NOVEMBER 21, 2022

NYE bash

Raffle Ticket Items

**THE NEW ORIGINAL
HENRY RARE CARBINE
.44-40 WCF • Value \$2,720**



**\$10
per ticket!**

**SHOPPING SPREE TREE
\$2,000 Value**

Decorative tree adorned with \$100 gift cards to local boutiques & businesses.

Enjoy a \$100 gift card to:

Calligraphy Creations
Simply Chic
Off the Square
Boutique Unique
Roots & Ramble
All About Me
Thornless Thistle
The Market KY
All Things by Mel
T.J. Gift Shop

Trendy Me
Blossoms Closet
Fancy Pants Boutique
Awards Inc.
Green Street Gifts
313 Maple
Empty Nest
Nanwood Market
Buttercup Lane Gifts
Spring Valley Boutique

Tickets available for purchase at tjregionalhealth.org/nyebash or in the Marketing Department.



UPcoming EVENTS

DECEMBER

December 3: Cookies with Santa (see page 3 for more details)

December 31: T.J. Community Mission Foundation's NYE Bash (visit nye bash2023.com for more details)

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

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 or a provider for one of the TJRH Service Excellence Awards. You may pick up a form outside the hospital cafeteria, print the one in the back of this newsletter, submit it online via the T.J. Intranet, or it can now be found and **submitted** at <https://www.tjregionalhealth.org/for-employees/>.

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



November: Champion

T.J. PATIENT ENCOUNTERS

11/12/22 -11/18/22:

8,153

11/5/22 -11/11/22:

8,160




NYE
bash
2023
save the date
SATURDAY, DECEMBER 31, 2022
CAVE CITY CONVENTION CENTER
FEATURING
THE JIMMY CHURCH BAND
NYEBASH2023.COM

PROUDLY PRESENTED BY:



A FUNDRAISING EVENT FOR:



Cookies with Santa (and the Grinch)

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

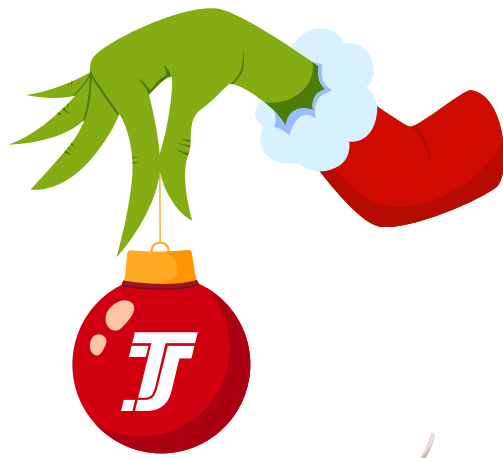
**T.J. Health Pavilion
Parking Lot**

**This event is for the
children and grandchildren
of T.J. employees.**

The drive through event ends
with a visit with Santa,
and you will receive
a photo to take home!

To register, email events@tjsamson.org.
Registration deadline is November 18.





Cookies with Santa (and the Grinch)

Saturday, December 3

1 to 3 p.m.

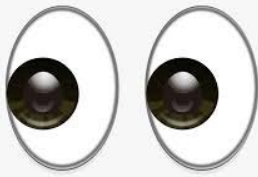
T.J. Health Pavilion Parking Lot

It is time to begin planning Cookies with Santa, and we would love your participation! Cars will be routed through the Pavilion parking lot driving by different Grinch-themed stations, and children will receive a treat as they pass by. HR will have a tent set up at the beginning of the event with a Grinch bag for children to collect their candy and treats.

HR will provide all candy and/or treats for each station. Ideas for stations include a pop-up tent, Grinch themed decorations, dress up as Grinch characters, have festive music playing, and passing out the candy/treats provided to you by HR.

**To reserve a tent location, please email events@tjsamson.org
by Friday, November 18.**

Thank you for helping us to spread Christmas cheer!



If there are still signs related to the Community Works conversion in your facility, please take them down and discard them. If they are in acrylic frames/sign holders, please return those to the Marketing Department via courier. Thank you for your help!

Here are a few of the clinics that helped make the food drive such a success this year!



Regional Health
Total. Local. Care.

PARDON OUR DUST

T.J. Regional Health is transitioning to a new Electronic Medical Record system in August 2022.

This new platform will provide:

- ▶ A Single Patient Record throughout the T.J. Regional Health System
- ▶ Increased Collaboration between providers and facilities

You might notice an increase in wait times, reduced patient schedules, and an increase in support personnel while we adjust to our new system.

We are excited about the new system and the advanced level of patient care.

Thank you for your patience and understanding during our learning period!

Regional Health
Total. Local. Care.

SCHEDULE AN APPOINTMENT AND AVOID LONG WALK-IN WAIT TIMES!

As T.J. Regional Health implements some technology updates this August, the number of walk-in appointments will be extremely limited and we anticipate walk-in wait times to be much longer than normal.

To avoid long wait times, we encourage you to schedule an appointment. Thank you for your patience!

Thank you for your patience!

Holiday Special for T.J. Employees!

\$40 One Hour Massage Session

The Rehab Department is offering an employee discount on T.J. Samson Massage Gift Certificates!

The sale begins on Friday, November 25 and ends on Wednesday, December 30.

Certificates may be purchased in person at Outpatient Rehab at the Pavilion.

Only T.J. employees may purchase at sale price. Payment accepted: Cash, check or payroll deduction.

Call 270.659.5660 or email Mark Quigley for more information. Gift certificates expire one year from date of purchase.



Order

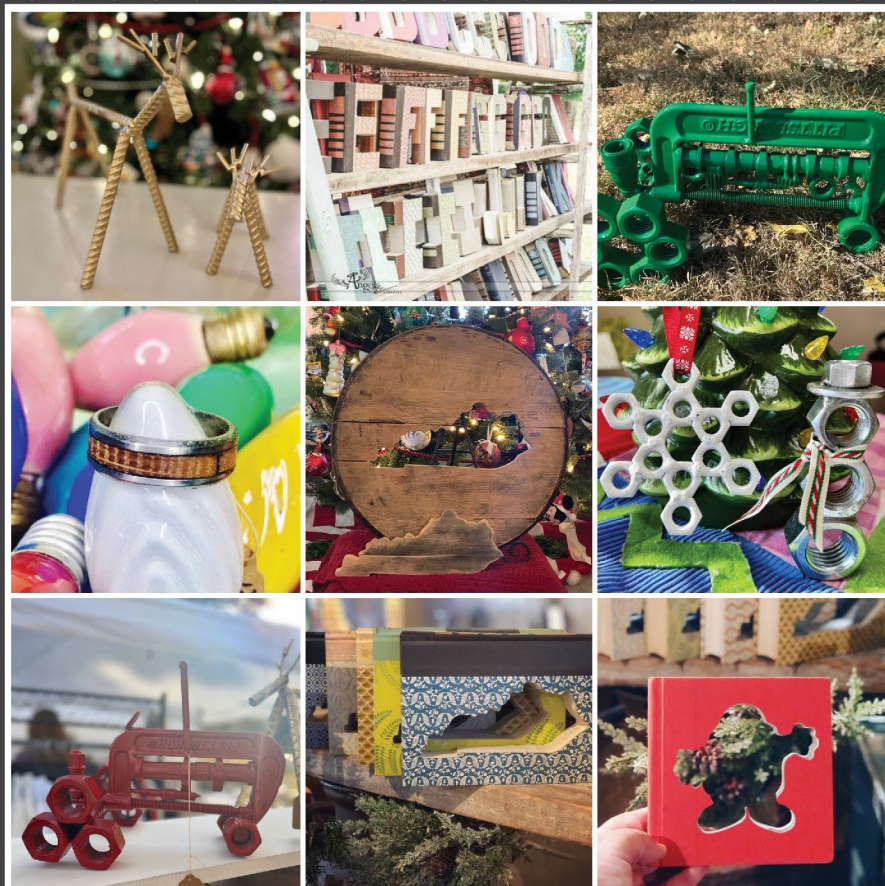


Recycled Reads

TORCHED
AND
TWISTED

Handcrafted by Mason, Bethany & Will Matthews

T.J. Samson Gift Shop Lobby
Friday, December 2
7 a.m. to 3 p.m.



We accept cards, cash, PayPal, Venmo & payroll deduction.
(10% of all sales will be donated to the T.J. Samson Auxiliary)



TURKEY TROT



SPONSORED BY FIT FOR LIFE

NOVEMBER 14-30



CHALLENGE STARTS TODAY!

- **WINNERS WILL EACH RECEIVE \$100.**
- **EACH PERSON MUST COMPLETE 85,000 STEPS TO BE ELIGIBLE FOR A PRIZE DRAWING (5k STEPS A DAY AVERAGE).**
- **FITBIT-ONLY CHALLENGE.**

GOOD LUCK!



EMAIL STACIE AT SLSMITH@TJSAMSON.ORG OR CALL 4422 TO REGISTER



KINDNESS AND GRATITUDE CHALLENGE - NOVEMBER 2022

SPONSORED BY FIT FOR LIFE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8 Write a kind message and stick it in a public place	9 Tell someone why you are grateful for them	10 Leave a heads up penny	11 Post a compliment to a friend or coworker	12 Go through things you don't need for donation
13 Do a random act of kindness	14 Tell someone you love how important they are to you	15 Smile as often as you can	16 Give someone a small gift-just because	17 Send someone a handwritten note	18 Cheer on someone else's achievements	19 Tape a quarter onto a gumball machine
20 Make a list of 10 things you are grateful for	21 Surprise a friend or coworker with a coffee or other drink	22 Spend 10 minutes in quiet time thinking about kindness and gratitude	23 Hug someone!	24 THANKSGIVING Give thanks!	25 Sincerely thank a cashier or associate in a business	26 Take time for self care
27 Spend some quality time with friends or family	28 Text 3 people and tell them why you are grateful for them	29 Do something kind for someone else	30 Treat yourself with something small	1	2	3



HAVE A KIND AND GRATEFUL HEART

THINGS I AM MOST GRATEFUL FOR

NOTES

COMPLETE EACH DAY OF THE CHALLENGE FOR A CHANCE TO WIN A PRIZE!



BLACK FRIDAY

NOV 21 - NOV 25

20% OFF

*some exclusions apply



Congratulations to the winners! You will receive an email tomorrow with details on how to secure your tickets!

Ann Proffitt
Tonya Grider
Tina Pennycuff
Jeanne Hester
Nicole Pursley

Kristie Owens
April Morgan
Emily Eaton
Alexus Furlong
Angela Sherfey



Congratulations to the following winners in the Flu Vaccine prize drawings! Please contact Employee Health to arrange to pick up your prize.

Andria Adams
Paula Bell
Rebecca Coffey
Belinda Houchens
Heather Estes
Brittney Bryant
Beth Wilson
Caitlyn Trulock

Tammy Thomas
Cara Massingille
Angela Marksbarry
April Humphrey
Jennifer Gibson
River Brown
Patricia Allen
Jeff Ballard



The first TJ Lean Academy: Intro to Lean class was held last week. Intro to Lean will be offered twice per month through December 2023.

If you would like to nominate someone to attend this informative class, please use the form located on the intranet in the Forms section.

December 9, School Matinee 10:00am
 Opening night - 7:00pm
 December 10, 2:00pm & 7:00pm
 December 11, 2:00pm

By Christopher Schario, adapted from the book by Charles Dickens

Show Sponsored by:

115 East Main Street
 Glasgow, KY, 42141
 270-361-2101
 www.historicplaza.com

We have 12 sets of four tickets available for A Christmas Carol at the Plaza which will be showing December 9, 10 and 11. If you'd like to enter to win, please email mollie.felkins@tjsamson.org.

Taking care of your smile is important not only to your oral health but also to your overall health. Delta Dental of Kentucky is here to help protect your smile and keep you healthy.



Visit your dentist regularly

Adults who visit the dentist yearly are **37% more likely** to report good or better oral health. Those who report good oral health are almost twice as likely to report good or better overall well-being.



Dentists are disease detectives

Dentists can act as disease detectives by simply examining your mouth, head and neck for signs and symptoms of health issues. **More than 120** signs and symptoms of non-dental diseases can be found during a routine dental exam.



Dental care saves money

Untreated, often preventable oral diseases, send people to the emergency room every year. Poor oral health comes at a **cost not only to your health**, but also to your wallet.

Use these helpful tips to keep your smile healthy:

- Drink fluoridated water** and use a fluoride toothpaste. Fluoride's protection against tooth decay works at all ages.
- Thoroughly **floss and brush your teeth**. Doing so reduces dental plaque and can help prevent gingivitis, the mildest form of gum disease.
- Avoid** tobacco. Tobacco use in any form increases the risk for gum disease, oral and throat cancers and fungal infections.
- Eat healthy meals, snacks and drinks **without sugar**.

THANKSGIVING HOURS

Supply Chain will be closed on Thursday. Please contact Pamela Spears (270-646-0030) or Mason Matthews (270-646-8695) if you have any emergent needs.

Home Care will be closing at 12 pm on Friday.

TJS IV Therapy Outpatient area will be closed Thursday and Friday.

TJS Cardiology Dept. and TJHC Cardiology Dept. will be closed Thursday and Friday with tech on call for emergencies.

Cath Lab will be closed on Thursday and Friday with team on call for Emergencies.

Wound Care Clinic closed Thursday and Friday.

TJS Acute Dialysis on call for emergencies on Thursday and regular schedule on Friday.

Accounting Department (Accounts Payable/Payroll) we will be closed on Thursday and Friday for the holiday. Employees that have a check available to be picked up will be notified and can pick it up on Wednesday.

TJ Pavilion Pharmacy will be closed Thursday. Friday hours are 8 am to 8 pm.

TJ Outpatient Pharmacy is open from 8 am to 6 pm on Wednesday. Please route all Meds to Beds prescriptions for patients with expected discharges on Wednesday and Thursday to the TJ Outpatient Pharmacy by 2 pm Wednesday to ensure bedside delivery of all prescriptions. This proactive approach will ensure all routine prescriptions are available to the patient in advance of the holiday. The Pharmacy will be closed Thursday and open 8 am to 6 pm on Friday.

The TJ Courier Team will be off Thursday and Friday.

(continued on next page)

THANKSGIVING HOURS

The outpatient schedule will be closed Thursday and Friday for all modalities at all locations.

MRI, U/S, and NM on call for emergencies at TJS.

X-ray and CT is in the Building 24/7 with core staffing for TJS and TJC.

Pavilion CT and X-ray will be closed Thursday and open Friday from 7 am to 7 pm.

R+ Med Spa will be closed on Thursday.

Urgent Care will be closed Thursday and will be open regular hours on Friday.

Family Medicine Residency Program will be closed on Thursday and Friday.

The Sleep Lab and Clinic will be closed Thursday and Friday.

Case Management will be out of the office on Thursday. There will be a Case Manager on call.

Marketing will be out of the office on Thursday and Friday.

Rural Health Clinics closed Thursday and Friday.

T.J. Health Pavilion closed Thursday and Friday.

TJS HIM will be closed on Thursday, and Pavilion HIM will be closed on Thursday and Friday.

The Apple Too will be closed on Thursday and Friday.



In an effort to get the newsletter out earlier on Mondays, newsletter entries must be submitted by EOD Friday to be guaranteed a spot in the next week's newsletter. All content can be sent to Mollie Felkins at mollie.felkins@tjsamson.org.

Don't forget to visit smile.amazon.com when doing your holiday shopping! Just select T.J. Community Mission Foundation as your non-profit of choice and Amazon will donate 0.5% of the price of your eligible purchases!

amazonsmile

[Your Account](#) [Today's Deals](#) [All Departments](#)

Welcome to AmazonSmile!

Thank you for supporting
Tj Community Mission Foundation Inc.

Remember, always start at smile.amazon.com
and Amazon will donate 0.5% of the price of your
eligible AmazonSmile purchases.



See your AmazonSmile impact

Get donation information and learn about your charity

[Learn more](#)



Make it easier to return to smile.amazon.com

Install Amazon Assistant.

[Learn about Amazon Assistant](#)

Share AmazonSmile with your friends: [f](#) [t](#)

Please see <https://smile.amazon.com/about> for program details.

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FOOD TRUCK



Auntie Anne's Pretzel Truck

PAV

December 12

11 a.m. - 6 p.m.

Fundraiser for the T.J. Community Mission Foundation

Masquerade™
JEWELRY & ACCESSORIES

\$5

FUNDRAISING
SALE

Proceeds benefit T.J. Samson Hospital

Tuesday, November 29th 7 am – 5 pm
Wednesday, November 30th 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



Please join us!

SATURDAY EVENING, DECEMBER 31
CAVE CITY CONVENTION CENTER

FEATURING

THE JIMMY CHURCH BAND

Registration Form

- _____ INDIVIDUAL TICKETS: \$100 EACH
- _____ TABLE(S) OF EIGHT: \$800
- _____ T.J. EMPLOYEE DISCOUNTED TICKETS: \$90 EACH

Name: _____

Additional Guest Names: _____

Phone: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____

PAYMENT INFORMATION:

Total Amount: \$ _____

- Check enclosed payable to T.J. Community Mission Foundation
- Please call me for credit/debit card information
- Please send me an invoice
- Payroll deduction (T.J. employees only)

PROUDLY PRESENTED BY:

The Foutch
Metzger
Group



PLEASE MAIL OR EMAIL THIS FORM TO:

T.J. Community Mission Foundation
1301 North Race Street
Glasgow, KY 42141
Phone: 270.651.4619 • Email: foundation@tjsamson.org

IN SUPPORT OF:





I _____ give the hospital
(please print name)
payroll department permission to deduct my NYE BASH 2023 ticket
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)

Company ID



Dr. Taylor Patrick, T.J. Family Medicine Center, attended Career Day at Red Cross Elementary last week. Dr. Patrick did a wonderful job interacting with the children. She spoke with them on what they may encounter when making a visit to their Family Medicine physician. Thank you for taking time to share this helpful information with the kids at RCE, Dr. Patrick!



Fall Florals

The T.J. Gift Shop
is selling the fall
arrangements that have
decorated our facilities
this season.

They are available
in the gift shop
for purchase.



HAPPY
Thanksgiving

We are thankful for
all of our wonderful
T.J. family members!



MEMBER EXCLUSIVE BLACK FRIDAY EARLY ACCESS

THE JOY OF GIFTING

EXCLUSIVE ACCESS TO BLACK FRIDAY DEALS ● STARTS 11/10



Deals live through 11/13

Dell Rewards* members receive Double Rewards.



Inspiron 16 Laptop

List Price \$1,049.99 | Save \$270

\$779⁹⁹

12th Gen Intel® Core™ i7 Processor, Windows 11 Home, 16GB Memory*, 1TB SSD*



XPS 15 Laptop

List Price \$1,899 | Save \$500

\$1,399

12th Gen Intel® Core™ i7 Processor, Windows 11 Home, 16GB Memory*, 512GB SSD*, NVIDIA® GeForce RTX 3050



Dell 24 Monitor - SE2422H

List Price \$149.99 | Save \$70

\$79⁹⁹

Enjoy the view on this 23.8" slim-bezel Full HD display featuring AMD FreeSync™, 75Hz refresh rate, and a fixed stand.



Inspiron Desktop

List Price \$599.99 | Save \$150

\$449⁹⁹

12th Gen Intel® Core™ i5 Processor, Windows 11 Home, 8GB Memory*, 256GB SSD*

Offers valid 11/10/2022-11/14/2022 AT 6:59AM ET unless otherwise noted. Limited quantities available at these prices. *Offers subject to change, not combinable with all other offers. Taxes, shipping, and other fees apply. Free shipping offer valid in Continental U.S. (excludes Alaska and P.O. Box addresses). Offer not valid for Resellers. Dell reserves the right to cancel orders arising from pricing or other errors. Hard Drive capacity varies with preloaded material and will be less. System memory may be used to support graphics, depending on system memory size and other factors. *Dell Rewards members receive double rewards until 11/23/2022 at 11:59 CST. 3% back excludes taxes and shipping. Rewards are issued to your online Dell Rewards Account (available via your Dell.com My Account) typically within 30 business days after your order's ship date. Rewards expire in 90 days (except where prohibited by law). "Current rewards balance" amount may not reflect the most recent transactions. Check Dell.com My Account for your most up-to-date reward balance. Total rewards earned may not exceed \$2,000 within a 3-month period. Outlet purchases do not qualify for rewards. Expedited Delivery not available on certain TVs, monitors, batteries and adapters, and is available in Continental (except Alaska) U.S. only. Other exceptions apply. Not valid for resellers and/or online auctions. Offers and rewards subject to change without notice, not combinable with all other offers. See Dell.com/rewardsfaq. \$50 in bonus rewards for Dell Rewards Members who open a new Dell Preferred Account (DPA) or Dell Business Credit (DBC) account on or after 8/10/2022. \$50 bonus rewards typically issued within 30 business days after DPA or DBC open date. Copyright © 2022 Dell Inc. or its subsidiaries. All Rights Reserved. Dell Technologies, Dell, EMC, Dell EMC and other trademarks are trademarks of Dell Inc. or its subsidiaries. Other trademarks may be trademarks of their respective owners. 641433

All you care about. All at a glance.





Shopping for Seniors

As we wrap up the 12 Months of T.J. Initiative, let's make the holidays extra special for those in Barren and Adair County Long Term Care Facilities. You can help by donating personal care items and stationery.

Items needed are socks, hand soaps, tissues or handkerchiefs, lotions, stationery, undershirts, undershorts, and personal care items.

T.J. Elves will deliver the gifts to each facility the week of December 19th.

ITEMS ARE DUE TO MARKETING
BY DECEMBER 16.

**CONTACT KATI BOWMAN AT
KATHERINE.BOWMAN@TJSAMSON.ORG
WITH QUESTIONS**

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 T.J. 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
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 11/21/2022

Grilled Honey Mustard Chicken, Grilled Rubeen Sandwiches, Buttered Lima Beans, Ranch Roasted Wedge Potatoes, Creamed Spinach, Dilled Carrots, Dinner Rolls, Bistro Chips

- Soup of the Day: Roasted Red Pepper and Gouda
- Dessert of the Day: Chocolate Cream Pie

Tuesday 11/22/2022

Roasted Chicken Quarters, Boston Butt, Garlic Butter Fingerling Potatoes, Sweet Potatoes, Braised Cabbage, Grilled Zucchini, Cornbread, Onion Rings

- Soup of the Day: Pinto Beans
- Dessert of the Day: Apple Cobbler

Wednesday 11/23/2022

PASTA BAR!!

Pasta and Zucchini noodles, Seasoned Meatballs & Chicken, Marinara and Alfredo Sauces, Sautéed Broccoli, Traditional Beef Lasagna, Fried Ravioli, Garlic Toast

- Soup of the Day: Broccoli Cheddar
- Dessert of the Day: Strawberry Shortcake

Thursday 11/24/2022

FREE THANKSGIVING MEAL

Carved Turkey, Dressing, Mashed Potatoes, Gravy, Green Beans, Dinner Rolls

- Dessert of the Day: Pumpkin Pie

Friday 11/25/2022

Frito Chili Pie —A Regional Favorite!

Enjoy House Made Chili on a Bed of Fritos or a Baked Potato with Butter, Sour Cream, Bacon, Broccoli, Onions, and Cheese, Fire Braised Pork, Mozzarella Sticks

- Soup of the Day: Chili
- Dessert of the Day: Coconut Cake



THE APPLE TOO



Monday 11/21/2022

Grilled Cheese & Roasted Red Pepper Gouda Soup



Tuesday 11/22/2022

Hamburger Sliders & Grape Salad



Wednesday 11/23/2022

Chicken Caesar Wraps & Chips



Thursday 11/24/2022

The Apple Too will be closed for the Thanksgiving Holiday



Friday 11/25/22

The Apple Too will be closed & will reopen Monday 11.28.22



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 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.

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

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.



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:** 270.651.6791Dr. 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: 270.659.5885

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

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

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, APRN
Michelle Wilson, APRN • Maggie Stanley, CNM**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

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**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 • Dennis Wooley, APRN

T.J. Health Columbia Primary Care: 270.384.4764

Dr. Kiteck • Kandace Webster, APRN • Kristi Irvin, 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:** 270.432.4800

Dr. Matney • Connie Prostko, APRN • Beth Wilson, APRN

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

Chris Doolin, APRN

T.J. Health Scottsville Clinic: 270.237.3123

Emily Tabor Jessie, APRN • 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