



## ✿ 30 Days of Gratitude Challenge ✿

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

I am grateful that I have a job at T.J. with such wonderful coworkers.  
I am grateful for my health and the health of my family.  
I am grateful for farmers who keep food on our table.  
I am grateful for friends who fill our days with adventures and laughter.

I wanted to share why I am thankful this year. First to be back in Kentucky after moving away for two years. We learned that Kentucky is home for us and it is so good to be back. Second, to be working with my work family that I left behind when we moved and to be working for a facility that feels like family. Third and above all, I am thankful for our baby that we were blessed to have this year that we waited over a decade to have. We are absolutely blessed, and he is a happy and healthy little boy. In a crazy year, God has been so good to us. Have a good day.

I am grateful for our COVID numbers decreasing and for finally being able to see a light at the end of the tunnel during the last couple of dark years we have had due to COVID.

I'm thankful for a job that I can come to every day and make a difference in someone's life! I'm thankful for the wonderful team that is on this journey with me and the leadership that has embraced the highest quality of care for our community through population health.

I am grateful for life. Just the word insinuates that there is a continuance. Another opportunity. Another breath...or chance at interaction/growth. This year it hits a little different, so every opportunity is appreciated and cherished.

I am so thankful my son is happy and healthy. Especially now of days with so much sickness going around, I am extra thankful that he is healthy.

Thankful every morning and being grateful...for me "EVERY MORNING IS A BLESSING".



## NOVEMBER

**November 22 & 23:** Collective Goods @ South Lobby

## DECEMBER

**December 4:** Cookies with Santa @ Pavilion Parking Lot

**December 4:** T.J. employees invited to walk in the Glasgow Christmas Parade (details below)

**December 10:** Looks That Rock @ South Lobby

*If you have an important date or event that should be added, please email it to [mollie.felkins@tjsamson.org](mailto:mollie.felkins@tjsamson.org).*



## CHRISTMAS PARADE VOLUNTEERS NEEDED

If you are interested in volunteering to walk in the Glasgow Christmas Parade on December 4, please email Bethany Matthews at [bmatthews@tjsamson.org](mailto:bmatthews@tjsamson.org) by **Tuesday, November 16 at noon.**

Participants will receive a sweatshirt to wear in the parade, so please include your sweatshirt size in your email. Thank you for helping us spread Christmas cheer in our community!



**TJ Regional Health**

## SERVICE EXCELLENCE

### Awards

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

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

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



**November: Champion**

## T.J. PATIENT ENCOUNTERS

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

**9,161**

10/30/21 - 11/5/21:

**8,890**





# VETERANS DAY

Honoring All Who Served



*T.J. Regional Health was proud to participate in South Central Bank's Veterans Day celebration last week.*

## THANK YOU, PROVIDER VETERANS, FOR YOUR SERVICE!



**David Ciochetty, MD**  
COL (ret'd)  
U.S. Army



**Aaron C. Pitts, APRN**  
Captain  
U.S. Army  
2020 – present



**Alicia Powers, MD**  
Captain  
U.S. Air Force



**Michael Saridakis, MD**  
U.S. Navy  
Lieutenant Commander  
Commission  
1985 – 1997

**William Alexander Jackson Ross, Jr, MD • U.S. Army Reserve • Lieutenant Colonel • 1992 – 2012**

**Todd Oller, CRNA • Lieutenant Colonel • U.S. Army • 1983 – present**



# Cookies with Santa

Saturday, December 4  
1 to 3 p.m.

T.J. Health Pavilion Parking Lot

*The drive through event ends with a picture with Santa!*

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





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

## HOLIDAY BALANCE ERROR

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

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

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



## PAVILION MAMMOGRAPHY TEAM

The mammogram department ladies are the best. They even gave me a t-shirt after October. But they always make a potentially unpleasant test a lot less painful and deserve a compliment!

## R+ MED SPA

100% recommend. The staff is knowledgeable, professional, and cares about their clients. I am amazed at my incredible results and the fantastic medical grade skincare products I purchased here. I will be a repeat client for years to come. Thank you for bringing such high quality service to Glasgow!



## Women of the Year Award

The T.J. Samson COVID unit was awarded with the Women of the Year award by the Glasgow Business and Professionals Women's Club. They wanted to acknowledge the wonderful care that our team has provided to our community, and they were very grateful. Whitney Isenberg, Susannah Trammel, and Kylie Garrett were there to receive the award. While the award is usually presented to only one woman each year, this year the club wanted recognize the entire COVID unit.



## Business Promoting Women Award

Karla Turner represented T.J. Regional Health and the Shanti Niketan Hospice Home as the recipient of the Business Promoting Women award. Karla accepted the award on behalf all of the nurses, support staff, and directors who support the work and mission of the Hospice Home. It is humbling to have those efforts recognized by the Glasgow Business and Professionals Women's Club.





## BOTOX Cosmetic Day Gift Card Checklist!

Have you been thinking about trying out BOTOX but haven't pulled the trigger? Now's the time!

★ **NOVEMBER 17** ★

Allē members can buy a \$50 BOTOX Cosmetic gift card and receive a second \$50 BOTOX Cosmetic gift card for free. Begins 11/17 at 11 am CST. While supplies last. Visit [BotoxCosmeticDay.com](http://BotoxCosmeticDay.com) to purchase. Limit one per customer. Patients can redeem their gift cards in combination with other Allē points, as well as applicable Allē or BOTOX Cosmetic gift cards or offers.

If you aren't an Allē Member already, now's the time to join. Set your reminder so you don't miss out on this great offer!

## BOTOX<sup>®</sup> COSMETIC DAY CHECKLIST



### SAVE THE DATE

BOTOX<sup>®</sup> COSMETIC DAY IS 11.17.21 AT 9AM PT



### JOIN ALLē

BEFORE 11.17.21 AT [ALLE.COM/REGISTER](http://ALLE.COM/REGISTER) TO BE ELIGIBLE TO PURCHASE THE OFFER



### PURCHASE OFFER

ON 11.17.21 AT 9AM PT AT [BOTOXCOSMETICDAY.COM](http://BOTOXCOSMETICDAY.COM)



### BOOK A CONSULTATION

REDEEM THE OFFER WITH A LICENSED SPECIALIST TO SEE IF BOTOX<sup>®</sup> COSMETIC IS RIGHT FOR YOU

LIMITED-TIME OFFER, WHILE SUPPLIES LAST. TERMS AND CONDITIONS APPLY. KEEP WATCHING FOR BOXED WARNING AND IMPORTANT SAFETY INFORMATION.  
BCT-SM-150352-V2 10/21

**BOTOX<sup>®</sup>**  
COSMETIC  
onabotulinumtoxinA  
injection

## November

## *Gift with Purchase*

Enjoy a free Revision Skincare<sup>®</sup> cosmetic bag with your purchase of the NEW Pumpkin Enzyme Mask.

- Sweeps away dead skin cells to reveal healthy, beautiful skin.
- Instantly revitalizes skin with a youthful, refreshed glow.
- Detoxifies and helps draw out impurities and toxins from skin.
- Hydrates and softens skin.
- Valid 11/1-11/30, while supplies last.





## **There are two ways to participate and be eligible for prizes**

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



**Sponsored by Fit for Life**



# 30 Days of Gratitude Challenge



## Day 1

Write down three things that you are thankful for.

## Day 2

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

## Day 3

Go one full day without complaining.

## Day 4

Meditate or have quiet time for 10 minutes.

## Day 5

Make an effort to smile more throughout the day.

## Day 6

Engage in a random act of kindness.

## Day 7

Spend 30 minutes practicing self-care.

## Day 8

Give someone a small gift.

## Day 9

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

## Day 10

Go outside and appreciate the beauty of nature.

## Day 11

Do something nice for a co-worker.

## Day 12

Recognize today as a gift.

## Day 13

List three things that you like about your job.

## Day 14

Spend the day being an optimist.

## Day 15

Write down five things that you like about yourself.

## Day 16

Recognize three things that you usually take for granted.

## Day 17

Write about your favorite part of the workday.

## Day 18

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

## Day 19

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

## Day 20

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

## Day 21

Think of a way that someone helped you today.

## Day 22

Write down three things that you appreciate about your boss.

## Day 23

Notice positive traits about your colleagues.

## Day 24

Spend time with loved ones.

## Day 25

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

## Day 26

Write a thank-you note to a colleague.

## Day 27

Refrain from gossip or speaking negatively about others.

## Day 28

Compliment a stranger.

## Day 29

Express your thankfulness for life's hardships.

## Day 30

Start a gratitude journal.



# Did you know that Kentucky has one of the **HIGHEST RATES** of **ANTIBIOTIC PRESCRIBING** in the country?

Antibiotics are important, life-saving drugs. Unfortunately, any time antibiotics are used they can cause side effects and antibiotic resistance. It's important for everyone's health to use antibiotics **ONLY** when needed.

## What is antibiotic resistance?

Antibiotic resistance is one of the scariest threats to public health. Resistance is when bacteria are no longer killed by antibiotics. The more antibiotic resistance, the harder it is to treat even common infections. Antibiotic use is one of the main causes of resistance, so it's important to use antibiotics only when needed.

## When are antibiotics needed?

Antibiotics are needed for infections caused by bacteria, such as pneumonia, urinary tract infections, and ear infections. Antibiotic are **NOT** helpful against infections caused by viruses, like the common cold, bronchitis, or the flu.

Taking antibiotics when they're not needed can lead to unwanted adverse effects (eg. diarrhea) and antibiotic resistance.

## What can you do to encourage appropriate antibiotic use?

- Talk to your doctor about when antibiotics are needed
- Don't request antibiotics when they're not needed
- Ask your doctor for symptomatic treatment recommendations for viral infections
- When you do receive an antibiotic, always take it as directed: do not share your prescription or "save some for later."

For more information, visit: KAA website

Follow us on Social Media:



## What's got you sick?

Common Condition	Common Cause			Are Antibiotics Needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle ear infection		✓		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No*
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

\* Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help you feel better.

These materials were developed by health professional researchers from the University of Louisville, Department of Pediatrics, Child and Adolescent Health Research Design and Support Unit (CAHRDS). This project was supported by the following: Kentucky Cabinet for Health and Family Services; Department for Medicaid Services under the contract titled "Improving Care Quality for Children Receiving Kentucky Medicaid", Norton Children's Hospital, and the University of Louisville: School of Medicine, Department of Pediatrics; School of Public Health and Information Sciences.



## Christmas Elves

We are looking for families within our T.J. family who might be having difficulty this year meeting the demands of Christmas. We may have someone who has fallen upon hard times and just needs a little help to bring the Christmas spirit home. Maybe someone in your family has had sickness, loss of a job, a death in their immediate family or some other devastating loss. If these or any other situation that we have not mentioned fits you or one of your co-workers, we want to help.

First, we would like for the receiving families to remain anonymous. An employee may apply for yourself or you may apply for a co-worker. Applications must be returned to the Human Resources department. Applications are due by November 9, 2021. The application can be found attached to the all employee email from Neil last week.

Second, we are seeking T.J. departments to sponsor a family. Department Directors will coordinate the project within the department. The department will be assigned a family by Human Resources.

This is a wonderful opportunity for us to come together within our departments to help a fellow T.J. team member and their family this holiday season. We look forward to making this a merry holiday season for T.J. family members in need.



## Serving Others

The R+ Med Spa team served lunch last week at the local soup kitchen. They enjoyed having the opportunity to give back to the community!



If you plan to send in pictures for the newsletter, please remember that all employees should be masked.  
Thank you!

## MASQUERADE JEWELRY

## \$5 SALE IS BACK!

## DECEMBER 1 & 2

## TJSCH SOUTH LOBBY



# National Medical Staff Services Awareness Week



November 7-13, 2021

**How do you know** that when you seek medical care, the practitioners you see are properly educated, licensed, and trained in their specialty?

During **National Medical Staff Services Awareness Week**, we recognize Medical Services Professionals—important members of the healthcare team who are dedicated to thoroughly investigating and verifying the credentials of healthcare practitioners. These women and men also have expertise in areas such as medical staff organization, accreditation, regulatory compliance, and provider relations.



2001 K Street NW  
Third Floor North  
Washington, D.C. 20006  
[info@namss.org](mailto:info@namss.org)

**Don't forget to stop by and say hello  
to your medical services professionals.**

For more information about NAMSS,  
visit [www.NAMSS.org/MSPWeek](http://www.NAMSS.org/MSPWeek).



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

HERE IS INFO ABOUT SOME OF OUR SUPER HERO TEAM MEMBERS AT

## ★ T.J. SAMSON HOSPICE ★

**Karla Turner** has been a Registered Nurse for 18 years, and 12 of those years she has been at T.J. Samson. She is Coordinator for the Shanti Niketan Hospice Home and T.J. Samson Hospice program. Karla has a 17 year old son, Connor, and outside of work she loves shopping and truck-pulling.

**Jennifer Circle** has been a Registered Nurse for 18 years, and she's been back at T.J. Samson for the past two years. Jennifer and her husband, Casey, have five children ranging from 9 to 19 years old. Jennifer loves to spend time with her husband and kids, as well as binge-watching TV series.

**Leslie Garrett** is one of our T.J. Samson Hospice Registered Nurses. Leslie has been an employee of T.J. Samson for 18 years with the last 10 years as an RN for T.J. Samson Home Health and T.J. Samson Hospice.

**Brittany Grissom** has been a CNA for 13 years and has been a Business Office Specialist/CNA with T.J. Samson Hospice for the past year. Brittany is married to Jr. Ray and they have four wonderful children and a dog named Buddy. Brittany enjoys spending time with her family, loves to camp and enjoys spending time outdoors.

**Sarah Davis** has been a Registered Nurse for 14 years and has spent the last two and a half years with the T.J. Samson Hospice team. Sarah is married to Brad and they have three children – Marley, Raylen, and Ryder. What Sarah enjoys most outside of work is spending time with her wonderful family.

**Corey Compton** has been a Registered Nurse for almost 11 years, spending the last six years with T.J. Samson Home Health and Hospice. Corey is married to his wife, Emily, and has two beautiful girls, Natalie (12 years old), Emma Grace (10 years old), and one son, Parker (4 years old). Outside of work, Corey enjoys working on cars, farming, and working out at the gym.

**John Stephens** has been a Registered Nurse for 26 years and has been a T.J. Samson Hospice Nurse for the last two months. John and his wife, Brook, have been married for 25 years, and they have four sons – Drake, Parker, Lane, and Colton. Outside of work, some of John's favorite things to do are being outdoors hunting and fishing.



Front Row: Loretta Boone, CSW; April Humphrey, LCSW. Back Row: Leslie Garrett, RN; Brittany Grissom, CNA, Medical Office Specialist; Karla Turner, RN, Hospice Coordinator; Dr. Amelia Kiser, Hospice Medical Director



Sarah Davis, RN; John Stephens, RN; Jennifer Circle, RN



Corey Compton, RN

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

HERE IS INFO ABOUT SOME OF OUR SUPER HERO TEAM MEMBERS AT

## ★ SHANTI NIKETAN HOSPICE HOME ★

**Amy McCandless** has been a CNA for 25 years, and for the last 20 years, Amy has worked at T.J. Samson. Amy has four children, two grandchildren, and is engaged to be married to Gerald. Her fur baby is a guinea pig. She enjoys making flower arrangements and saddles, and she loves poetry. Amy has written many poems in the past.

**Jennifer Garmon** has been a CNA for over 20 years, and she started working at the Shanti Niketan Hospice Home in May. Jennifer has been happily married to her husband for five years, and they have five children and two fur babies. They also have the gift of being a Gigi and Pa to a beautiful little girl. When not at work, Jennifer says she loves to go camping.

**Marie Burr**, Registered Nurse, has been in healthcare for 24 years and at T.J. Samson for just over a year. Marie is married to Ron and they have two adult children, Justin and Heather, and two beautiful grandsons. Marie says that her family is the most important thing to her, and when she is not working, she is spending time with them. Marie also loves music and enjoys traveling on occasion.

**Anita Vance** has been a Registered Nurse for 15 years total and spent the last five years with T.J. Samson. Anita is married to John and they have seven adult children together. When Anita is away from work, she loves taking Florida vacations and spending time with her family.

**Arisa Kunkler** has been a CNA for three years and joined the T.J. Samson team five months ago. Arisa has been in a relationship with her boyfriend for three years and they have three spoiled dogs. She loves her family and spending time with them. She also loves going on road trips and shopping with her mom.

**Tinamarie Billingsley** has been a Registered Nurse for the past six years and with T.J. Samson for the past three months. Tinamarie has been a Hospice Nurse for four years. She and her husband have been married for 27 years. They have three children, four grandchildren, and six dogs. They also have a small farm with chickens, ducks and quail. They sure do love animals and living in the country. She loves spending time with her family, and she also has a small business that keeps her busy.

**Cindy LaFond** is a Registered Nurse and has been a part of the Shanti Niketan Hospice Home team since March. In her spare time, she loves traveling and boating.

**Susan Collins** has been a CNA for a total of 25 years, and the past two years have been with T.J. Samson. Susan and her husband, Johnny, have a daughter, Jada, and a dog named Sadie Mae. When away from work, Susan enjoys spending time with her family, reading, going to church, and redoing old furniture.

**Tami Jolly** has been a Registered Nurse for 10 years, and the last six years have been at T.J. Samson. Tami works PRN at the Hospice Home. She has two children, Cameron and Brittney, and two grandchildren, Lucas and Creedence. When not at work, Tami loves to go kayaking.

**Jennifer Jones**, CNA, has been in healthcare for over 20 years and employed by T.J. Samson since November 2020. Jennifer said she wasn't blessed to have children, but she did raise a niece and nephew. She loves to travel and has traveled to every state except Hawaii and Alaska. Jennifer has written a book of poetry and loves reading. She also loves helping others and volunteering. Jennifer is a former City Council member and a member of the 10th Judicial Nominating Committee of KY working with Gov. Beshear. Jennifer has worked with the GED program and very active in her church.



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

## ★ SHANTI NIKETAN HOSPICE HOME SUPER HEROES ★



Susan Collins, CNA; Jennifer Jones, CNA;  
Marie Burr, RN



Anita Vance, RN; Arisa Kunkler, CNA;  
Cindy LaFond, RN; Jennifer Garmon, CNA



Tami Jolly, RN; Amy McCandless, CNA;  
Tinamarie Billingsley, RN

*Not pictured: Teresa Hatcher, RN  
PRN Staff: Helen Gerald, RN; Jody Davis, RN; Nichole Gibson, RN; Cindy Lees, RN; Autumn Sloan, CNA*

## ★ ADDITIONAL HOME CARE TEAM SUPER HEROES ★

*Masks were removed briefly for photos.*



# THANK YOU ALL FOR SERVING OUR PATIENTS EACH DAY!





# VACCINE CLINIC NEWS

Due to ongoing demand, T.J. Regional Health will offer another Moderna Booster Clinic this Friday, November 19th from 8am until Noon. Individuals interested in a Moderna booster shot can schedule an appointment online anytime at [tjregionalhealth.org/vaccine](http://tjregionalhealth.org/vaccine) or by calling the T.J. Vaccine Hotline at 270.659.1010 between the hours of 8 a.m. to 11 a.m. Monday through Friday.

It is important that patients bring their COVID Vaccine card and ID when getting the booster.

Please visit [tjregionalhealth.org/vaccine](http://tjregionalhealth.org/vaccine) for additional information and details.



## ENTER TO WIN TICKETS TO

## *Miracle on 34<sup>th</sup> Street*

T.J. employees can enter to win up to six tickets for *Miracle on 34<sup>th</sup> Street* at the Plaza Theatre in Glasgow. Those whose names are drawn will have the ability to choose the date and time they attend (based on availability in the theatre).

### Dates of performances are:

- ❄ November 26: 7pm
- ❄ November 27: 2pm and 7pm
- ❄ November 28: 2pm

**If you are interested in winning tickets, please visit the link below to complete an online form. All entries must be submitted online by this Friday, November 19, at 8 a.m.**

<https://www.tjregionalhealth.org/forms/miracle-on-34th-street-at-the-plaza-theatre/>

Names will be randomly drawn and winners will be notified via email by end of day on Friday, November 19. A link and code for free tickets will be included in the email.

If you enter to win, please be sure to check your email (the email address provided in the online entry form) on Friday afternoon to see if you've won!



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

Apple, Too			November		
Monday		Tuesday		Wednesday	
Thursday		Friday			
25		26		27	
28		29			
Breakfast Special	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel
Lunch Special	Club Sandwich	Chicken Chef's Special	Beef Manhattan	Grilled Chicken Caesar Wrap	Pulled Pork Sandwich
	Potato Soup	Chips & Salsa	Seasoned Green Beans	Chips, Fresh Fruit	Baked Beans
1		2		3	
4		5			
Breakfast Special	Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes
Lunch Special	Chicken Cobb Salad	BLTA Croissant	Chicken Fajitas	Pizza Sub	Crispy Orange Chicken Bowl
	Croissant	Creamy Broccoli Salad	Black Beans	Side Salad	Eggroll
8		9		10	
11		12			
Breakfast Special	Fried Bologna, Egg & Cheese on Texas Toast	Fried Bologna, Egg & Cheese on Texas Toast	Fried Bologna, Egg & Cheese on Texas Toast	Fried Bologna, Egg & Cheese on Texas Toast	Fried Bologna, Egg & Cheese on Texas Toast
Lunch Special	Cali Grilled Chicken Sandwich	Bacon Cheeseburger	Chicken & Cheese Quesadilla	BBQ Bacon Cheddar Sliders	French Dip
	BLT Pasta Salad	Creamy Broccoli Salad	Chips & Salsa	Chips	Roasted Potato Wedges
15		16		17	
18		19			
Breakfast Special	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit
Lunch Special	Hawaiian Ham & Cheese	Chicken BLT Salad	Italian Wrap	Fried Chicken Sandwich	Roast Beef & Cheddar Sliders
	Cranberry Kale Salad	Croissant	Kale Caesar Salad	Roasted Potato Wedges	Loaded Potato Salad
22		23		24	
25		26			
Breakfast Special	Chocolate Chip Pancakes	Chocolate Chip Pancakes	Chocolate Chip Pancakes	Chocolate Chip Pancakes	Chocolate Chip Pancakes
Lunch Special	Fried Bologna Sandwich	Chicken Salad & Fresh Fruit Plate	Tuna Salad Croissant	General Tso's Chicken Bowl	Sloppy Joe
	Chips & Fruit	Blueberry Muffin	Chips, Fresh Fruit Cup	Eggroll	Loaded Potato Salad

T.J. CAFE

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

# WILD WINTER DISCOUNTS!

**SAVE \$3 PER TICKET!**

**ONLINE ONLY**

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

## OPEN YEAR ROUND

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

*Closed Thanksgiving, Christmas & New Year's Day*

**theZOO**  
L O U I S V I L L E

LouisvilleZoo.org • (502) 459-5348

**COUPON CODE:**

**TJSAMSON**





## Employee Payroll Deduction Authorization Form

Employee Name: \_\_\_\_\_ Employee #: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

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

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

\_\_\_\_\_ in support of where needed most.

\_\_\_\_\_ in support of the Shanti Niketan Hospice Home.

### Recurring Gift

\_\_\_\_\_ I wish to make a donation to the T.J. Community Mission Foundation through a **recurring deduction of my gross pay each pay period**. I understand that I can change or cancel this payroll deduction at any time by contacting Payroll/Finance, and that the deduction shall remain in effect until such time that I do so.

Please deduct the following amount from each paycheck (26 pay periods annually):

\_\_\_\_\_ \$38.47 = \$1000 annual gift

\_\_\_\_\_ \$10 = \$260 annual gift

\_\_\_\_\_ \$28.85 = \$750 annual gift

\_\_\_\_\_ \$3.85 = \$100 annual gift

\_\_\_\_\_ \$19.24 = \$500 annual gift

\_\_\_\_\_ \$\_\_\_\_\_ Other Amount

### One-Time Gift

\_\_\_\_\_ I wish to make a one-time donation to the T.J. Community Mission Foundation through payroll deduction.

\$\_\_\_\_\_ (one-time gift amount)

\*Your recurring or one-time donation to the T.J. Community Mission Foundation is tax deductible.

Employee signature: \_\_\_\_\_ Date: \_\_\_\_\_

**RETURN COMPLETED FORM TO:** T.J. Community Mission Foundation via interoffice mail, email scanned form to [foundation@tjsamson.org](mailto:foundation@tjsamson.org), fax to 270.659.1704, or complete the payroll deduction form online at <https://www.tjregionalhealth.org/employeegive/>



# **TJ BARREN COUNTY EMPLOYEE DISCOUNTS**

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

## **AAA**

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

## **AT&T**

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

## **AWARDS, INC.**

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

## **AZUL TEQUILA**

Receive 15% off (dine-in only) **OR** a free queso (takeout only).

## **BAILEY GIBSON SERVICE DEPT.**

Receive 15% off service.

## **BLUEGRASS CELLULAR**

Receive 15% off basic service.

## **BOUTIQUE 218 AT JORDAN'S SALON**

Receive 10% off clothing at Boutique 218.

## **CAVE CITY PIZZA**

Receive 10% off your total.

## **DON FRANKLIN GLASGOW**

Receive 10% off standard services and repairs.

## **DROBOCKY ORTHODONTICS**

Receive a free consultation and 5% off to T.J. staff and children. (New patients only. Does not apply to patients who are currently in active orthodontic treatment.)

## **EL MAZATLAN**

Receive 10% off your purchase.

## **ELY DRUGS**

Receive 20% off your purchase of scrubs.

## **ENTERPRISE**

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

## **EXTREME FITNESS**

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

## **FREDDY'S**

Receive 10% off your total.

## **GARCIA'S**

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

## **LAWLESS ORTHODONTICS**

Receive a \$500 discount.

## **LONG JOHN SILVERS / A&W**

Receive 20% off regular-priced purchase.

## **MERCADO LATINO**

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

## **NOT AVERAGE JOES GYM**

\$20 a month. No fees.

**NEW**

## **PAPA JOHN'S PIZZA**

Any large 4-topping or specialty pizza + 2-liter for \$13.99:  
Tjpi21w  
Large 3-topping pizza + two 20 oz. drinks for \$10.99:  
Tjpi3tw  
Choose a Papadilla, 10" Cheesesticks AND two 20 oz. drinks for \$16: MED16  
*Reg. menu prices. Online orders ONLY. Must have code.*

# BARREN COUNTY EMPLOYEE DISCOUNTS, CONT.

## RALPHIE'S FUN CENTER

Receive free shoe or skate rental.

## RIB LICKERS

Receive 10% off your purchase.

## R+ MED SPA

Receive 10% off your purchase.

## SHOGUN BISTRO

Receive 10% off your food purchase.

## SIDELINES CASUAL DINING

Receive 10% off your purchase.

## SOUTHERN CUP COFFEE & CAFE

Receive 10% off your purchase.

## SWEETHEART BAKERY

Receive 10% off your purchase.

## THOROUGHbred EXPRESS AUTO WASH

\$25 for Triple Crown Unlimited

\$23 for Derby Dazzler Unlimited

\$20 for Express Wash Unlimited

(prices are per vehicle/per month)

## T.J. CAFE

Employee discount in employee cafeteria.

## T.J. GIFT SHOP

Receive 10% off your purchase.

Payroll deduction available for employees.

## WITTY'S COMPLETE CAR CARE

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

## WORKOUT ANYTIME

First month free • \$25 Premium Plus Plan  
(\$15 per person for additional household member)  
(\$39 + tax annual fee)

## YMCA

Joining fee is waived. 15% discount monthly.



## COLUMBIA EMPLOYEE DISCOUNTS

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

## FRANKLIN NISSAN

10% off any service work.

## RUGGED TRUTH BARBERSHOP

\$1 off a haircut.

## NANWOOD MARKET

10% off regularly priced items.

## THE TRENDY FARMHOUSE

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

***If you are aware of other discounts that T.J. employees receive,  
please email [marketing@tjsamson.org](mailto:marketing@tjsamson.org).***





*Total. Local. Care.*

## **T.J. HEALTH PAVILION**

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

**Primary Care Pod A:** 270.651.6791

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

**Primary Care Pod B:** 270.659.5870

Dr. Gilson • Dr. Miller • Dr. Neuhaus • Dr. Kelly

**Primary Care Pod C:** 270.659.5885

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

**Cardiology:** 270.659.5970

Dr. Nair • Dr. V. Reddy • Dr. Salifu • Lisa DuCoff, APRN  
Nancy Jo Houchens, APRN • Ashley Collins, APRN  
Heather Bull, APRN • Andy Reece, APRN

**Gastrointestinal Clinic:** 270.659.3398

Traci Anderson, APRN

**General Surgery:** 270.659.5945

Dr. Klapheke • Dr. Marion • Dr. Saridakis

**Gynecology & Obstetrics:** 270.659.5865

Dr. Craddock • Dr. Dirig • Dr. Vazquez  
Nellie Bell, APRN • Casey Sacia, APRN • Michelle Wilson, APRN

**Nephrology:** 270.659.5834

Dr. S. Reddy • Marissa Howard, APRN

**Neurology:** 270.659.5945

Dr. Koury

**Oncology:** 270.659.5890

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

**Pain Management:** 270.659.5990

Dr. Ciochetto • Tracy Taylor, APRN

**Pulmonology:** 270.659.5835

Dr. Kummerfeldt • Dr. Mahmoud

**Urology:** 270.659.5965

Dr. Wiatrak

**Urgent Care at the Pavilion:** 270.659.5555

**Laboratory:** 270.659.5584

**Pavilion Pharmacy:** 270.659.5599

**Radiology:** 270.659.5570

**Rehab Services:** 270.659.5660

**Respiratory:** 270.659.5540

**Women's Imaging:** 270.659.5591

## **ADDITIONAL SERVICE LOCATIONS**

**T.J. Health Cave City Clinic:** 270.773.2111

Dr. Camas • Paula West, APRN

**Cardiology:** Dr. Salifu

**T.J. Health Columbia:** 270.384.4753

**T.J. Health Columbia Clinic:** 270.384.0451

Patricia Doolin, APRN

**T.J. Health Columbia Primary Care:** 270.384.4764

Dr. Kiteck • Kandace Webster, APRN • Angela Rush, APRN

**Cardiology:** Dr. Nair • Dr. Salifu • Ashley Collins, APRN

**Gynecology:** Casey Sacia, APRN

**Pediatrics & Ped. Behavioral Health:** Alisha Risen, APRN

**Podiatry:** Dr. Risen

**Pulmonary:** Dr. Kummerfeldt

**Sleep:** Kim Bowman, APRN

**T.J. Health Edmonton Clinic:** 270.432.4800

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

**T.J. Health Greensburg Clinic:** 270.973.5439

**Pediatrics & Ped. Behavioral Health:** Alisha Risen, APRN

**T.J. Health Russell Springs Clinic:** 270.858.3636

Chris Doolin, APRN • Kristi Irvin, APRN

**T.J. Health Scottsville Clinic:** 270.237.3123

Emily Tabor Jessie, APRN • Lindsey Landers, APRN

Tiffany Frye, APRN

**T.J. Health Tompkinsville Clinic:** 270.487.0720

Teresa Sheffield, APRN

**T.J. Home Health & Hospice:** 270.651.4430

**T.J. Long Term Care Team:** 270.651.4451

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

**T.J. Samson Community Hospital:**

270.651.4444

**T.J. Samson Family Medicine:** 270.651.4797

Dr. House • Dr. Clouse • Dr. Gillette • Dr. Wright  
Dr. Fisher

**T.J. Sleep Clinic:** 270.651.1888

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

**T.J. Specialty Services Dermatology:** 270.629.3376

Dr. Allred • Sherelen Hodges, APRN

**T.J. Wound Care:** 270.651.4325

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



## **TJRH Service Excellence Award Nomination Form**

Nominee's Name (please print): \_\_\_\_\_ Date: \_\_\_\_\_

Nominee's Department: \_\_\_\_\_ Nominee's Supervisor: \_\_\_\_\_

Choose One:

**Hospital**

**Pavilion**

**Columbia**

**Clinics**

**Clinic Location:** \_\_\_\_\_

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

**Compassion**

**Cooperation**

**Collaboration**

**Communication**

**Change**

**Champion**

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

Would you like to remain anonymous? \_\_\_\_\_

If no, please provide your name: \_\_\_\_\_

For Office Use Only:

Department Director Approval: \_\_\_\_\_

HR Approval: \_\_\_\_\_

Submit completed nomination forms to Pam Bray in Human Resources.



# T.J. PLEDGE

## I WILL SHOW COMPASSION:

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

## I WILL COOPERATE WITH OTHERS:

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

## I WILL COLLABORATE WITH OTHERS:

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

## I WILL COMMUNICATE:

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

## I WILL ADAPT TO CHANGE:

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

## I WILL BE A CHAMPION:

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





## **MISSION**

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

## **VISION**

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

## **CORE VALUES**

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