

T.J. TeamTalk

JUNE 20, 2022

Over the past two years, the support for our organization from the communities we serve has been nothing short of amazing. While we are always very involved in the communities we serve, we decided to find ways to go above and beyond in giving back to those who have supported T.J. Regional Health. Every month in 2022, we are doing a little extra to support local families, charities, partner organizations, students, schools, healthcare workers and more.

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

Nominations are due by August 5, 2022.

Winners will be announced by August 11, 2022.

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

 **Regional Health**

12 Months of T.J.

**Adopt a
School**

Nominate your favorite school
in Glasgow, Barren County and
Adair County to win \$5000!





UPcoming EVENTS

JUNE

- June 21:** TJCMF Employee Event @ PAV
- June 22:** TJCMF Employee Event @ TJSCH
- June 23:** TJCMF Employee Event @ TJHC/
Clinics
- June 30:** T.J. Samson Women's Conference

JULY

- July 6:** Blood Drive @ PAV (1 - 6 p.m.)
- July 11:** Blood Drive @ LBM (2 - 6 p.m.)

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

TJ *Regional Health*

SERVICE EXCELLENCE Awards

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

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

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

June: Compassion



Cerner Community Works
#1system1voice

41 DAYS
UNTIL GO-LIVE

T.J. PATIENT ENCOUNTERS

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

7,725

6/4/22 - 6/10/22:

7,657



The Glasgow-Barren County
Community Foundation, Inc. presents



The Annual Concert on the Square

A Glasgow Tradition Since 1999

Wednesday, June 29

Concert begins at 7:30 pm
in front of City Hall
in Downtown Glasgow

Celebrate with family and friends!
Bring Chairs or Blankets
Limited Seating Available
Food and Drinks will be Available

FREE ADMISSION

NO SOLICITING ALLOWED

TJ Samson Women's Conference

**CONGRATS TO THE WINNERS OF A FREE
TICKET TO THE WOMEN'S CONFERENCE!**

Cherie Kerney
Stacie Smith
Glenda Reid
Michelle Goad
Melissa Lindsey
Katherine Vann
Renona Thomas
Norrie Barrick

*Sponsored by Crothall and
T.J. Regional Health

*Congratulations on your
retirement, Laurie!*



Blood Drive **Lera B. Mitchell Clubhouse**

Community Room
1214 S Green St
Glasgow, KY 42141

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



TJ REGIONAL HEALTH – RECOGNITION SNAPSHOT – MAY 2022

“Patient would like to recognize **Mary** in Xray. She always provides us with goodies and takes care of us.!” [TJ Urgent Care]

“**Brittany** has done a great job during the time Beverly has been off. She has jumped in with a very positive attitude. [Jodie Holgate Provider/Leader Rounding]”

“**Brittany McCoy** has been great during Beverly’s absence. Has picked up a lot of her duties and is working with others to help delegate in her absence.” [Jim Lee Provider Rounding]

“Patient would like to recognize **Dr. Mallory**. “He has been very supportive and nice during my recent time off.” [Practice Management]

“Patient would like to recognize **Haven Taylor**. She helps and does whatever is needed without any hesitation. She has been a tremendous help to me.” [Practice Management]

“Kelsey Mullins would like to recognize **Sherry Wooten**. Her hard work and helping navigate things in the pod.” [Practice Management]

“Erica Jewell would like to recognize the **Scottsville Clinic** for being so welcoming to me when I floated over there!” [Practice Management]

“Thank you to the **IT department** for getting user access to **OIG surveyor’s** so quickly, during our state visit this week. Survey’s go so much more smoothly when all the piece’s flow together smoothly.” [Skilled Nursing]

“**Matthew**, thank you for always having a positive attitude! You are such an asset to our department.” [Operating Room]



“LaDarra Chapman would like to recognize **Stephanie Burroughs**. She comes to our pod and “gets stuff done”. We really appreciate her.” [Practice Management]

“During my rounding with **Wendy**, she wanted to recognize and Thank **Liz** for being so kind, positive and optimistic. She helped us with a procedure and handled it so professionally.” [Radiology]

“Patient wanted to recognize **Maranda** for helping ensure all IV Therapy pre-access reviews & scheduling needs are addressed and being a great partner for **Pharmacy**. Thanks, Maranda!” [Pharmacy]

“**Whitney Kinslow** is always helpful, regardless of the situation. I appreciate her. I really like her; she is really good.” [Inpatient Nursing]

“**Latina Durret** is so very kind and generous she will give you the shirt off her back.” [Inpatient Nursing]

“Everything seems to be running smoother and it feels like its a lot better not sure what the change is but its better.” [Inpatient Nursing]

“I just want to thank **VIV** and recognize her for helping out with the transition and filling in the gaps.” [Inpatient Nursing]

“**Steve** would like to thank **Ashley** and **Johnny** for covering the PFTs and **Kim** for doing the eye wash and **Sabrina** for the new masks.” [Respiratory Care-TJSCH]

WORD CLOUD OF RECOGNITION



WHY WE RECOGNIZE? RECOGNITION AND HIGH PERFORMANCE

WHAT GETS RECOGNIZED GETS REPEATED



When we acknowledge good work within the organization, we set expectations for performance.

The recognition says, "This is what right looks like" and it sets the standard for employees.

Reward and recognition also engages employees in their work.

Higher performance comes from employees who feel genuinely appreciated. During performance and recognition conversations, leaders should get to know what people enjoy most about their work. This will allow you to incorporate more ways for them to capitalize on strengths and tasks they enjoy. This is a reward that cost the organization absolutely nothing. However, it goes a long way to show employees that they have value and are appreciated.

In *Maximize Performance*, Quint Studer and Janet Pilcher agree that when we recognize and reward behavior, we're not just being nice:

"We're trying to ensure that the behavior gets repeated — not just by the employee who performed the behavior, but also by those around that person who observe the reward and recognition. Recognizing people encourages others to do the right thing, and ultimately, it encourages the consistency we need in order to create a culture of excellence."

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GRILLED CHICKEN FAJITA KEBABS (IN UNDER 30 MINUTES)



INGREDIENTS

- 16 OZ BONELESS SKINLESS CHICKEN BREAST
- 3 LARGE BELL PEPPERS, CUT INTO SQUARES (ANY COLOR)
- 1 MEDIUM ONION, CUT INTO SQUARES
- 1 T. OLIVE OIL
- 1 T. GROUND CUMIN
- 1 T. GARLIC POWDER
- 1 T. CHILI POWDER
- 2 TSP. PAPRIKA
- 1/4 TSP. SEA SALT
- 1/4 TSP. PEPPER
- 1 LIME, CUT INTO WEDGES
- FRESH CILANTRO, CHOPPED

INSTRUCTIONS

- PREHEAT GRILL OR OVEN TO 400 DEGREES
- PREPARE VEGGIES BY CUTTING THEM INTO SQUARES. PLACE IN A ZIPLOC BAG OR COVERED BOWL AND ADD A TABLESPOON OF OLIVE OIL. SHAKE TO COAT THE VEGGIES.
- CUT CHICKEN BREAST INTO SQUARES AND PLACE IN A BOWL.
- MIX ALL SPICES TOGETHER AND ADD HALF OF THE SPICES TO THE CHICKEN AND THE OTHER HALF TO THE VEGGIES.
- AFTER MARINATING FOR 10 MINUTES, PLACE PEPPERS, ONIONS, AND CHICKEN ONTO SKEWERS (ALTERNATING BETWEEN THE THREE). REPEAT.
- GRILL OR COOK KEBABS FOR ABOUT 15 MINUTES, ROTATING KEBABS EVERY 5 MINUTES.
- REMOVE FROM HEAT AND SQUEEZE ON LIME JUICE AND SPRINKLE FRESH CILANTRO OVER KEBABS.

***HINT* SOAK SKEWERS FOR A FEW MINUTES IN WATER BEFORE ADDING CHICKEN AND VEGGIES TO KEEP THEM FROM BURNING.**



Community Mission FOUNDATION

It's *Our* Foundation!

Employee Payroll Deduction Drive

GOAL: 600 Employees Giving

June 21 – T.J. Health Pavilion (10:30 a.m. to 1 p.m.)

June 22 – T.J. Samson Community Hospital (10:30 a.m. to 1 p.m.)

June 23 – T.J. Health Columbia and T.J. Clinics

- **FREE** Chaney's Ice Cream for every employee
- All recurring payroll deduction donors, and current donors, will also receive a **FREE** t-shirt
- Employees who sign up (or are already signed up) for recurring payroll deduction donations to the T.J. Community Mission Foundation will be entered into door prize drawing for several \$100s worth of goodies!



We want to extend a sincere THANK YOU to our T.J. employees who have donated over \$40,000 to the T.J. Community Mission Foundation in the last year. Your donations have gone on to support the Sweet Seats Car Seat Program, The Serenity Garden at T.J. Samson, and the Shanti Niketan Hospice Home. We couldn't have done it without you!

**The drawing for the door prizes will take place at 11 a.m. on Friday morning.*

BACK TO SCHOOL CARNIVAL

July 26, 2022, 3pm - 7pm

Beaver Trail Park, Glasgow, Shelter #2

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

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

DATE _____

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

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

CONTACT INFORMATION:

Contact Person: _____

Mailing Address: _____

Phone: _____ **Email:** _____

12 Months of T.J.



PLEASE JOIN US FOR A
RETIREMENT RECEPTION HONORING

DR. PAUL DUNN

SERVING METCALFE COUNTY FOR 20 YEARS

FRIDAY, JULY 1

12 P.M. - 2 P.M.

T.J. HEALTH EDMONTON CLINIC
1704 W. STOCKTON ST. EDMONTON, KY



R+ MED SPA

“My mother loves Mary. Said it was the best massage ever. Relieved her pain for hours after. Thanks R+ Med Spa. She will be back.”

AVERY TURNER

“Today I was at T.J. Samson for a routine procedure. In the recovery room, my cousin, Avery Turner, was my nurse. She was great. Proud of her and wanted family to know she’s a great nurse and most importantly, has a great bedside manner.”

NEW T.J. GEAR IS HERE!

The T.J. Team Shop will be open until **6/22**. This is a fundraiser for the T.J. Community Mission Foundation and ten percent of all sales will be donated back. A few items available for purchase are shown below! Click [here](#) to shop.



There are only two days left to shop!

TJ Samson Women's Conference

• Presented in partnership with Glasgow BPW •

Thursday, June 30, 2022 • 8 a.m. to 3:30 p.m.
Cave City Convention Center



LISA BENTLEY
KEYNOTE SPEAKER & AUTHOR

*The Power of Resiliency:
Transforming Adversity
into Greatness*



DR. ERICA GILLETTE
T.J. FAMILY MEDICINE CENTER
PHYSICIAN & ASSISTANT PROFESSOR

*Understanding
Dementia*



LISA RICHARDSON
SCAD HEART ATTACK
SURVIVOR

*SCAD (Spontaneous Coronary Artery Dissection)
and Early Heart Attack Care Education*



MELISSA JOHNSON, RN, BSN
T.J. STROKE & CHEST PAIN
COORDINATOR

Registration includes:

Educational and inspirational speakers • Health screenings
Light breakfast • Lunch • Refreshments • Style Show featuring Sherri Shines Award Winners
Great shopping • Health information vendors • Lots of door prizes

Register online at tjregionalhealth.org/womensconference or complete this form:

Women's Conference Registration Form

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

I'm registering for:

- \$45 General Registration
- \$300 Table of 8
Please include guest names.
- \$30 T.J. Employee/Volunteer
- \$30 BPW Member

Please remit with payment to: T.J. Samson Women's Conference | 1301 N. Race Street | Glasgow, KY 42141
Questions: Please contact Bethany Matthews at 270.651.4534 or bmatthews@tjsamson.org.

VERY FEW TICKETS REMAINING!



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

Employee Signature / _____
Badge # (mandatory)

Department

TJ Regional Cerner CommunityWorks All About Your Learning

June 2022 - Update

Cerner CommunityWorks Learning FAQs

When do I have to complete my learning?

- E-learning journey assignments are currently available
- You must be **100%** complete with your e-learning journey prior to attending your assigned classroom session.
- Directors and coordinators will schedule your classroom sessions
- All e-learning and classroom learning must be complete prior to July 29th
- Please check with your director or coordinator for your scheduled classroom session!**

How do I access my e-learning journey?

- Must access using **Edge** browser
- Your username is your @tjsamson.org email address
- First time users: click the first time user link and use Cerner123 as the access code
- E-Learning will be accessed at:
<https://tjregionalhealthlearn.cerner.com/>

Are there Classroom learning pre-requisites?

- Yes. **100%** of assigned e-learning must be complete before attending classroom learning.
- Why? Classroom learning is an advanced learning event. Plan to start at a high level to review workflows, then learn more about complex tasks and devices (if applicable).

Who will be able to help me at Go-Live with questions?

- Our Super Users will be available during all shifts and rotations to help with questions and escalate issues to the Command Center.
- Go Live command center will be available to provide support during the first 3 weeks of go live.



Thank you for supporting adoption of
our Cerner CommunityWorks EHR.

Learning & Important Dates:

- **Now – July**
e-Learning Journeys

e-Learning Journey assignments are currently available. e-Learning must be completed prior to attending your scheduled classroom session .

- **June – July**
Classroom Learning Sessions

You MUST complete **100%** of your assigned e-learning prior to attending your scheduled classroom session. Not all roles are assigned classroom learning.

- **August 1st** Go Live!

Go-Live Support Resources:

- ✓ Our Super Users
- ✓ Go-Live Support Team
- ✓ TJ Regional Command Center
 - Project Team
 - Cerner Team

Why Cerner

- Better collaboration & communication
- Higher quality of care for our patients, building trust, confidence, and engagement in their health
- Increased access to patient information

SIGN-IN FAIR WINNERS

Christie Harrison
Sherry Golden
Marla Houchens

COMMUTE FOR THE COURIERS

VIRTUAL WALK

JULY 5TH -29TH



SPONSORED BY: FIT FOR LIFE

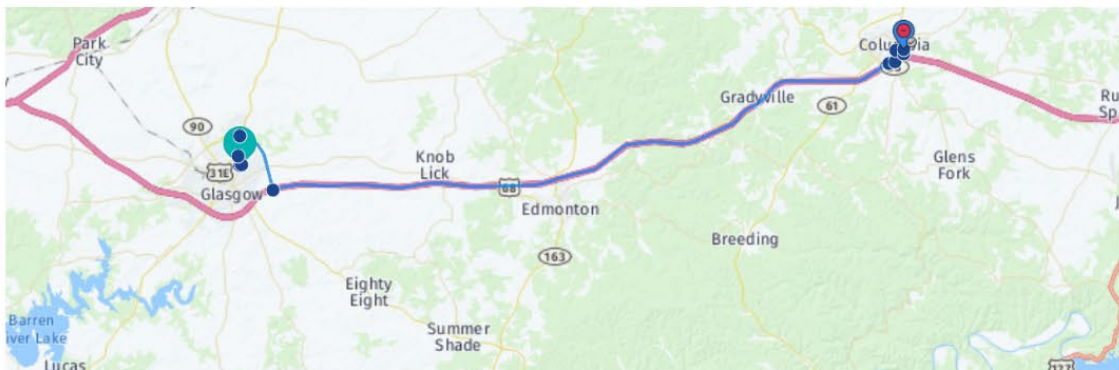


HELP!!!

**JOE'S COURIER CAR IS OUT OF COMMISSION AND HE NEEDS HELP
TRANSPORTING ITEMS TO TJ HEALTH COLUMBIA!**

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

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



SEE THE NEXT PAGE FOR THE RULES OF THE WALK

COMMUTE FOR THE COURIERS

VIRTUAL WALK

JULY 5TH-29TH



SPONSORED BY: FIT FOR LIFE



ROAD RULES

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

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

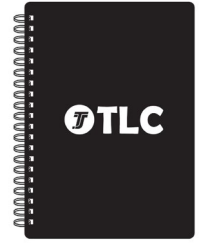
TLC CHAMPION CHEST



1 TOKEN



2 TOKENS



3 TOKENS



5 TOKENS



6 TOKENS



8/9 TOKENS



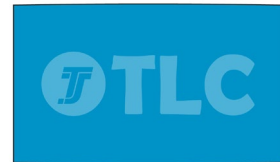
10 TOKENS

New!



12 TOKENS

New!



This gift certificate entitles

to a 15-minute massage session.

Please call 270.659.5880 to schedule your appointment.



15 TOKENS



20 TOKENS

New!



This gift certificate entitles

to a 30-minute massage session.

Please call 270.659.5880 to schedule your appointment.



25 TOKENS



OSEA® GENTLE TIDE FACIAL
gift certificate

40 TOKENS

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

T.J. Cafe

week 6	Soup	Chili	Loaded Potato	Roasted Red Pepper & Gouda	Broccoli Cheddar	Chicken Noodle
						
	Features	Grilled Chicken Parmesan	Carne Asada Tacos (Steak)	Roast Beef Manhattan	Brisket	Beef Sliders
		Pepperoni & Cheese Calzone	Chicken Tinga Tacos	Grilled Chicken Breast	Pulled Pork	Fried Chicken Sliders
		Pizza	Crispy Fish Tacos	Popcorn Shrimp	Chicken Livers	Corndogs
		Grilled Asparagus	Veggie Tacos	Brussels Sprouts	White Gravy	Bacon
		Roasted Mushrooms	Cilantro Lime Rice	Mashed Potatoes	Cowboy Beans	Lettuce
		Sautéed Zucchini	Spicy Black Beans	Gravy	Mac & Cheese	Tomato
		Marinara Sauce	Rajas (Sautéed Poblano Peppers)	Steamed Carrots	Scalloped Potatoes	Sliced Onion
			Baked Sweet Plantains	Cocktail Sauce	Grilled Cabbage	Cheddar, American, Pepper Jack
			Diced Tomatoes		Gold BBQ Sauce	BBQ Sauce
			Queso Cheese		Memphis BBQ	Buffalo Sauce
			Guacamole			Steak Sauce
			Salsa			Ranch
			Sour Cream			
			Nacho Chips			
			Sliced Jalapenos			
	Salad	Caesar Salad		Vinegar Coleslaw	Sweet Coleslaw	Cranberry Sunflower Kale Salad
						Fries
	Fried Item	Fried Ravioli	Fried Bottle Cap Jalapenos	Hush Puppies		Onion Rings
	Bread	Dinner Roll	Cornbread	Cornbread	Cornbread	Dinner Roll
	Dessert	Chocolate Meringue Pie	Peanut Butter Fudge Brownie	Blueberry Cobbler	Apple Pie	Chocolate Chunk Cookies

The Apple Too Lunch Menu June 20th-24th

Lunch Special	Fried Bologna Sandwich	Chicken Salad & Fresh Fruit Plate	Tuna Salad Croissant	General Tso's Chicken Bowl	Sloppy Joe
	Fruit Cup	Blueberry Muffin	Fruit Cup	Eggroll	Loaded Potato Salad



Employee Payroll Deduction Authorization Form

Employee Name: _____ Employee #: _____

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

Phone: _____ Email Address: _____

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

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

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

Recurring Gift

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

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

- | | |
|------------------------------------|----------------------------------|
| _____ \$38.47 = \$1000 annual gift | _____ \$10 = \$260 annual gift |
| _____ \$28.85 = \$750 annual gift | _____ \$3.85 = \$100 annual gift |
| _____ \$19.24 = \$500 annual gift | _____ \$_____ Other Amount |

One-Time Gift

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

\$_____ (one-time gift amount)

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

PTO Buy Back Funds Gift

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

Employee signature: _____ Date: _____

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



TJ BARREN COUNTY EMPLOYEE DISCOUNTS

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

AAA

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

AT&T

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

AWARDS, INC.

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

AZUL TEQUILA

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

BAILEY GIBSON SERVICE DEPT.

Receive 15% off service.

BOUTIQUE 218 AT JORDAN'S SALON

Receive 10% off clothing at Boutique 218.

CAVE CITY PIZZA

Receive 10% off your total.

DON FRANKLIN GLASGOW

Receive 10% off standard services and repairs.

DROBOCKY ORTHODONTICS

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

EL MAZATLAN

Receive 10% off your purchase.

ELY DRUGS

Receive 20% off your purchase of scrubs.

ENTERPRISE

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

EXTREME FITNESS

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

FREDDY'S

Receive 10% off your total.

GARCIA'S

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

LAWLESS ORTHODONTICS

Receive a \$500 discount.

LONG JOHN SILVERS / A&W

Receive 20% off regular-priced purchase.

MERCADO LATINO

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

NOT AVERAGE JOES GYM

\$20 a month. No fees.

PAPA JOHN'S PIZZA

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

RALPHIE'S FUN CENTER

Receive free shoe or skate rental.

BARREN COUNTY EMPLOYEE DISCOUNTS, CONT.

R+ MED SPA

Receive 20% off your purchase.

SHOGUN BISTRO

Receive 10% off your food purchase.

SIDELINES CASUAL DINING

Receive 10% off your purchase.

SOUTHERN CUP COFFEE & CAFE

Receive 10% off your purchase.

SWEETHEART BAKERY

Receive 10% off your purchase.

THOROUGHbred EXPRESS AUTO WASH

\$25 for Triple Crown Unlimited

\$23 for Derby Dazzler Unlimited

\$20 for Express Wash Unlimited

(prices are per vehicle/per month)

T.J. CAFE

Employee discount in employee cafeteria.

T.J. GIFT SHOP

Receive 10% off your purchase.

Payroll deduction available for employees.

VERIZON

Receive 15% off basic service.

WITTY'S COMPLETE CAR CARE

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

WORKOUT ANYTIME

\$25 Premium Plus Plan

(\$15 per person for additional household member)

(\$39 + tax annual fee)

YMCA

Joining fee is waived. 15% discount monthly.



T COLUMBIA EMPLOYEE DISCOUNTS

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

FRANKLIN NISSAN

10% off any service work.

RUGGED TRUTH BARBERSHOP

\$1 off a haircut.

NANWOOD MARKET

10% off regularly priced items.

THE TRENDY FARMHOUSE

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

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

T.J. HEALTH PAVILION

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

Primary Care Pod A: 270.651.6791

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

Primary Care Pod B: 270.659.5870

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

Primary Care Pod C: 270.659.5885

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

Cardiology: 270.659.5970

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

Gastrointestinal Clinic: 270.659.3398

Traci Anderson, APRN

General Surgery: 270.659.5945

Dr. Klapheke • Dr. Marion • Dr. Saridakis

Gynecology & Obstetrics: 270.659.5865

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

Nephrology: 270.659.5834

Dr. S. Reddy • Marissa Howard, APRN

Neurology: 270.659.5663

Dr. Koury

Oncology: 270.659.5890

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

Pain Management: 270.659.5990

Tracy Taylor, APRN

Pulmonology: 270.659.5835

Dr. Kummerfeldt • Dr. Mahmoud

Urology: 270.659.5965

Dr. Wiatrak

Urgent Care at the Pavilion: 270.659.5555

Laboratory: 270.659.5584

Pavilion Pharmacy: 270.659.5599

Radiology: 270.659.5570

Rehab Services: 270.659.5660

Respiratory: 270.659.5540

Women's Imaging: 270.659.5591

ADDITIONAL SERVICE LOCATIONS

T.J. Health Cave City Clinic: 270.773.2111

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

Cardiology: Dr. Salifu • **Pediatrics:** Dr. Brooks

T.J. Health Columbia: 270.384.4753

T.J. Health Columbia Clinic: 270.384.0451

Patricia Doolin, APRN

T.J. Health Columbia Primary Care: 270.384.4764

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

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

Gynecology: Casey Sacia, APRN

Pediatrics & Ped. Behavioral Health: Alisha Risen, APRN

Podiatry: Dr. Risen **Pulmonary:** Dr. Kummerfeldt

Sleep: Kim Bowman, APRN

T.J. Health Edmonton Clinic: 270.432.4800

Dr. Dunn • Dr. Matney

Connie Prostko, APRN • Khabeer Abdul, APRN

T.J. Health Greensburg Clinic: 270.973.5439

Pediatrics & Ped. Behavioral Health: Alisha Risen, APRN

T.J. Health Russell Springs Clinic: 270.858.3636

Chris Doolin, APRN • Kristi Irvin, APRN

T.J. Health Scottsville Clinic: 270.237.3123

Emily Tabor Jessie, APRN • Tiffany Frye, APRN

T.J. Health Tompkinsville Clinic: 270.487.0720

Teresa Sheffield, APRN

T.J. Home Health & Hospice: 270.651.4430

T.J. Long Term Care Team: 270.651.4451

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

T.J. Samson Community Hospital:

270.651.4444

T.J. Samson Family Medicine: 270.651.4797

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

T.J. Sleep Clinic: 270.651.1888

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

T.J. Specialty Services Dermatology: 270.629.3376

Dr. Allred • Sherelen Hodges, APRN

T.J. Wound Care: 270.651.4325

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



TJRH Service Excellence Award Nomination Form

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

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

Choose One:

Hospital

Pavilion

Columbia

Clinics

Clinic Location: _____

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

Compassion

Cooperation

Collaboration

Communication

Change

Champion

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

Would you like to remain anonymous? _____

If no, please provide your name: _____

For Office Use Only:

Department Director Approval: _____

HR Approval: _____

Submit completed nomination forms to Pam Bray in Human Resources.

T.J. PLEDGE

I WILL SHOW COMPASSION:

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

I WILL COOPERATE WITH OTHERS:

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

I WILL COLLABORATE WITH OTHERS:

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

I WILL COMMUNICATE:

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

I WILL ADAPT TO CHANGE:

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

I WILL BE A CHAMPION:

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





MISSION

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

VISION

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

CORE VALUES

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