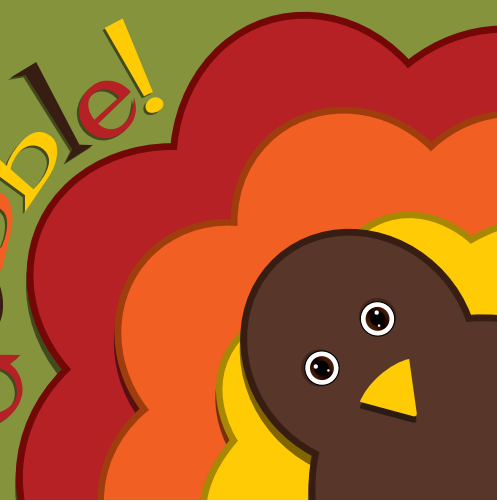




# TEAM Talk

Gobble!



NOVEMBER 14, 2022



*We are pleased to welcome the following new T.J. team members!*



EMPLOYEE NAME	DEPARTMENT	EMPLOYEE NAME	DEPARTMENT
Ashley Adamson	Patient Advocate	Paige Wheeler	R+ Esthetician
Traci Gleason	RN - L&D	Larry Beasley	Speech Therapist
Terri De La Osa	CNA - 2W	Maggie Scott	PSR
Jayla Clark	CNA - Stepdown	Lindsey Wilson	Pharmacist
Haley Silvers	NA - Stepdown	Dylan Lane	Pharm. Tech
Katie Basham	NA - 3C	Heather Leann Bright	PSR
Tate McGuire	NA - 3W	Michael Higdon	Pharmacy Director
Taylor Muse	LPN - Primary Care	Rhiannon Rue	PSR
Helen Gerald	RN - Hospice House	Casey Robinson	Rehab Tech
Ada Wolfe	Surgical Tech		



# UPcoming EVENTS

## NOVEMBER

**November 16:** Coping with Stress Seminar  
(see page 18 for more details)

## DECEMBER

**December 3:** Cookies with Santa (see page 8 for more details)

**December 31:** T.J. Community Mission Foundation's NYE Bash  
(visit [nye bash2023.com](http://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](mailto: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!



November: Champion

## T.J. PATIENT ENCOUNTERS

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

**8,160**

10/29/22 -11/4/22:

**8,134**



2023

*save the date*

SATURDAY, DECEMBER 31, 2022  
CAVE CITY CONVENTION CENTER

FEATURING

THE JIMMY CHURCH BAND

[NYEBASH2023.COM](http://NYEBASH2023.COM)



**TJ Regional Health**

*12 Months of TJ.*

*Thanksgiving*

**FOOD  
DRIVE**

**SHOW THANKFULNESS BY FEEDING THOSE IN NEED**

**WORK WITH YOUR DEPARTMENT TO CREATE  
THANKSGIVING MEAL BOXES.**

**THANKSGIVING MEAL BOXES NEED TO BE DELIVERED  
TO MARKETING BY WEDNESDAY, NOVEMBER 16.  
BOXES WILL BE DISTRIBUTED TO FAMILIES IN NEED  
ON FRIDAY, NOVEMBER 18.**

For more information email Kati Bowman at  
[katherine.bowman@tjasmason.org](mailto:katherine.bowman@tjasmason.org).

\$20 cash donation can also be accepted

# ITEMS NEEDED PER BOX

- 5 Ramen Noodles [any flavor]
  - 2 cans Spaghetti O's
    - 1 Stuffing Mix
    - 1 Instant Potatoes
- 2 Gravy Packets [turkey, chicken or beef]
  - 1 Spaghetti Sauce
- 5 Canned Meat [chicken, tuna, etc.]
- 2 Cream of Mushroom or Chicken Soup
  - 4 Canned Vegetables [mixed, green beans, corn, etc.]
    - 1 Cranberry Sauce
- 1 Dessert Mix [cake, brownies or cookie mix]
- 2 Pasta [spaghetti, macaroni, etc.]
  - 1 Rice
  - 1 Peanut Butter
  - 1 Jelly/Jam
  - 1 Bisquick
  - 1 Syrup
- 2 Pudding Mixes [any flavor]
- 2 Jell-O Mixes [any flavor]
  - 2 Cereal [any kind]
- 1 Crackers [Saltine, Ritz, etc.]

For more information email  
Kati Bowman at  
[katherine.bowman@tjsamson.org](mailto:katherine.bowman@tjsamson.org)



If you are in need of a cardboard  
box, please reach out to  
Supply Chain.



# 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](mailto: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 <b>THANKSGIVING</b> 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

# Service Excellence Awards

*Congratulations to our October Service Excellence Award Winners for Change!*



**SABRINA UNDERWOOD**



**DR. BARRET LESSENBERRY**

**ACCORDING TO THE VALUES OF THE TJ PLEDGE, WE ADAPT TO CHANGE BY:**

- Being a part of the solution when I am presented with a challenge
- Embracing change and set the example for those around me
- Accepting openly when there are changes that TJ Regional and/or I have no control over
- Managing the expectations of others by explaining duration and next steps as often as needed.

*Sabrina has and continues to exemplify characteristics of Change and is deserving of recognition for her efforts over the last 2+ years of the COVID pandemic. While drug shortages have posed many challenges over the last several years, the number and severity of drug shortages throughout the pandemic has been unprecedented and led to significant efforts by Pharmacy and other clinical staff to ensure that patient care is not negatively impacted. By nature of her role as the Pharmacy Buyer, Sabrina coordinates purchasing and drug shortage management for TJ pharmacies throughout the health-system. She actively tracks dozens of medications at any given point in time that are unavailable and in short supply for reasons beyond her control (manufacturer production issues, transportation delays, increased utilized due to COVID surge, etc.), and she has developed new processes for communicating drug shortages to ensure that alternatives are available. This often includes coordinating with multiple wholesaler suppliers and manufacturers to track down available supply and ensure that it's available to patients as soon as possible. Further, Sabrina has served as the primary inventory contact with Kentucky agencies related to COVID vaccine inventory and COVID treatment therapeutics. Although the distribution process for these medications continually changed throughout the pandemic, Sabrina worked closely with Pharmacy and TJ leadership to ensure these supplies were available and to maintain compliance with all required federal and state inventory reporting. For these reasons, please accept this nomination for her to be recognized for the manner she's embraced Change!*

*The Medical Staff Office has received numerous nominations about Dr. Barret Lessenberry for "Change". We are excited to share several examples that Dr. Lessenberry adapted to change and played a vital role in developing solutions.*

*The OR workflow was significantly interrupted due to the Cerner implementation that impacted volume capability in addition to alterations in day to day processes. Dr. Lessenberry has adapted to the change with strong leadership for the department in these adjustments.*

*Dr. Lessenberry has engaged with the training team members to improve functionality of the system. He has gone above and beyond to keep up with the EMR functionality in order to lead within the department and provide support for others. He has been a strong encourager to other medical staff during the EMR implementation especially when they are struggling to adapt to the changes.*

*Dr. Lessenberry has assisted department leadership as well as the outpatient clinic team to make necessary adjustments to processes that will improve productivity in surgery.*

**Congratulations to  
SABRINA and DR. LESSENBERRY!  
Thank you for the excellent service you  
provide at TJRH every day!**



# 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](mailto: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](mailto:events@tjsamson.org)  
by Friday, November 18.**

**Thank you for helping us to spread Christmas cheer!**



We are giving away 10 sets of 2 tickets to Rudolph the Red Nosed Reindeer at SKYPAC on Friday, December 9th at 7:30pm.

Email Mollie Felkins at [mollie.felkins@tjsamson.org](mailto:mollie.felkins@tjsamson.org) to be entered. Winner will be announced November 21.



The CPR manikins have moved from room 334 to the training lab on the 1st floor. If it is after hours, please call security to let you in. As always, if you have any difficulty, you can reach out to anyone in education for assistance.

## *Congrats, David and Tracey!*

During National Radiology Tech Week celebration, the Rad Tech Team had a Soup/Chili cook-off.

David Karrick was voted Best Chili at T.J. Samson with his White Chicken Chili and Tracey Tomko was the winner at the Pavilion with her Tortellini soup.

Each received a Jersey Mike's gift card.

*Way to go!*



**Auntie Anne's Pretzel Truck**

**PAV**

**December 12**

**11 a.m. - 6 p.m.**

Fundraiser for the T.J. Community Mission Foundation

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**.

DO SOME CHRISTMAS SHOPPING  
WITH

All About Me Boutique & Marketplace

T J Samson Lobby in front of Gift Shop

Tuesday November 15

7am-4pm

Ladies & Girls Clothing  
Home Decor  
Gift items  
Shoes

Stocking Stuffers  
Handbags  
Jewelry

Payroll deductions will be available



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](mailto:mollie.felkins@tjsamson.org).



Kudos to the T.J. team members who volunteered to assist with the American Red Cross Sound the Alarm campaign in Barren County on November 11th and 12th.

Brittiana Depp  
James Buchanon  
DeAnndra Davis  
Candace Hunley  
Karen Murphy  
Ashley Estes  
Vanessa Lyons

From the Executive Director:

"I want to share our success over the last two days as your team played an essential role in helping us reach this achievement! I believe there were seven from the T.J. team and they were amazing! We couldn't have done it without them!"

It was a great two days! Thanks for helping make it so successful!"

195 alarms installed in 86 homes (with 20+ more still to be scheduled to be scheduled)

*"As we prepare to lay our loved one, Donald Taylor, to rest, I want to express my sincere appreciation on behalf of the family for the excellent nursing care he received on 3C. The entire staff went above and beyond to meet our needs, both the client and the family.*

*As circumstance developed, his immediate family of his wife, daughter (Belinda Houchens) and son-in-law were all diagnosed with Covid on 10-31-22. They were placed in quarantine and his wife was admitted to Room 202. I was privileged to be at his bedside until his death on 11-1-22. My faith in nursing was restored as I observed the excellent and professional nursing care by this group of nurses.*

*The three nurses that were standouts are as follows: Ashley, Jasmine and Payton. Payton was one of the most caring, professional and skilled nurses that I have observed in some time. His efforts to comfort us at the time of Donald's death were so helpful. I hope and pray that these nurses are blessed with many years in the service to mankind."*

*-Becky Foster*



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 16, 2022. The application can be found attached to the all employee email from Neil last week.

Second, we are seeking TJ 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 TJ team member and their family this holiday season. We look forward to making this a merry holiday season for TJ family members in need.

Thank you to Plant Operations and IT for helping out at the Soup Kitchen last week. Also, a BIG thank you to Jim Lee for all of his hard work organizing the soup kitchen visits and making sure everything runs smoothly!



**Masquerade™**  
JEWELRY & ACCESSORIES

**\$5**

**FUNDRAISING SALE**

Proceeds benefit T.J. Samson Hospital

Tuesday, November 29<sup>th</sup> 7 am – 5 pm  
Wednesday, November 30<sup>th</sup> 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:





# 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**

**We will be selling raffle tickets at the Pavilion and TJSCH  
in the upcoming weeks and special visits will be made to  
outlying clinics and T.J. Health Columbia. Dates and times  
will be announced next week!**

Winner will be drawn at random on December 31, 2022 at 10:35 p.m. at the NYE Bash fundraising event at the Cave City Convention Center.  
Winner does not have to be present to win. Winner will have 30 days to claim the prize once they have been contacted.





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

**\$779<sup>99</sup>**

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

**\$79<sup>99</sup>**

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

**\$449<sup>99</sup>**

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.



# COPING WITH STRESS

## using Practical Evidence-Based Practices

*What You Will Learn:*

**What is mental wellness?**

**What is the pandemic impact?**

**What tools are effective at improving Mental Wellness?**

*Contact Rachel Forrester at ext. 4501  
for more information.*



**November 16**



T.J. Samson Community Hospital  
4th Floor Classroom 1  
10:30 to 11:30 a.m.

T.J. Health Pavilion  
Community Center Room 3  
12:30 to 1:30 p.m.

T.J. Health Columbia Cafeteria  
2:30 to 3:30 p.m.

**TJ Regional Health**

*Total. Local. Care.*



Human Development Company



TJ Samson  
Community Hospital  
Main Lobby



November 21st  
7:00 AM -  
4:00 PM

Come out and shop White Daisy Boutique. We will be set up in the main lobby. Payroll Deduction will be available as well as our debit card form.

Accept Debit Card Form, Payroll Deductions, Credit/Debit Cards and Cash.

We Stock Sizes Small- 3XL. We Have All The Latest Trending Clothes And Accessories.

Gift Certificates  
Available

Jeans  
Leggings  
Capri  
Tops  
T-Shirts  
Mini Dresses  
Midi Dresses  
Maxi Dresses  
Rompers  
Jumpsuits  
Cardigans  
Shoes

WHITE DAISY  
BOUTIQUE

124 Corporate Drive  
Suite 104  
Hazard, KY 41701

606-551-2000  
606-335-1436

Hosted By TJ Samson Auxiliary

# 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 11/14/2022

Cod Nuggets, Ham and Cheddar Sliders, Fried Potato Wedges, Homemade Tartar Sauce, Creamy Coleslaw, Roasted Cauliflower, Grilled Vegetable Medley, Hush Puppies, Fried Pickles

- Soup of the Day: Roasted Red Pepper and Gouda
- Dessert of the Day: Cupcakes



## Tuesday 11/15/2022

Chicken and Dumplings, Country Fried Steak with Gravy, Mashed Potatoes, Buttered Corn, Country Style Green Beans, Braised Greens, Dinner Rolls

- Soup of the Day: Vegetable
- Dessert of the Day: Cookies & Cream Pie



## Wednesday 11/16/2022

### TACO SALAD BOWLS!

Enjoy Seasoned Beef or Chicken, Mexican Rice, Refried Beans, and Assorted Fresh Toppings in a Perfectly Crunchy Taco Bowl, Jalapeno Cheddar Cornbread

- Soup of the Day: Mexican Tortilla Soup
- Dessert of the Day: Chocolate Chip Cookies



## Thursday 11/17/2022

Kentucky Hot Browns, Swedish Meatballs, Buttered Noodles, Grilled Asparagus, Green Peas, Roasted Potato Quarters, Squash Casserole, Fried Okra, Dinner Rolls

- Soup of the Day: Chicken Noodle
- Dessert of the Day: Iced Pumpkin Loaf



## Friday 11/18/2022

Pulled Pork Sandwich, Fried Chicken Tenders, Hash brown Casserole, Broccoli Salad, Cowboy Beans, Corn on the Cob, Fried Spicy Cauliflower

- Soup of the Day: Potato Soup
- Dessert of the Day: Fruit Pizza

# THE APPLE TOO



**Monday 11/14/2022**

Hot Roast Beef & Cheddar Sandwich with Chips



**Tuesday 11/15/2022**

Chicken Nachos with Chips & Salsa



**Wednesday 11/16/2022**

Tuna Salad Sandwich and Broccoli Cheddar Soup



**Thursday 11/17/2022**

Club Wrap with A Fresh Fruit Cup



**Friday 11/18/22**

Pulled Pork Sandwich and 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](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.

## **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](mailto: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. 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 • 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:** 270.651.4451

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. 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