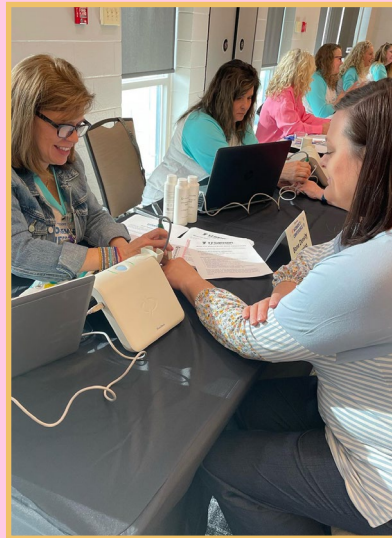




MARCH 20, 2023  
TJ Samson

WOMEN'S CONFERENCE



Thank you to everyone who helped make the 2023 Women's Conference a success. It was our best year yet!

**"I'M A WOMAN, PHENOMENALLY. PHENOMENAL WOMAN, THAT'S ME."**  
- MAYA ANGELOU



# UPcoming EVENTS

## MARCH

**March 20:** Lunch & Learn @ Lera B. (12-1 p.m.)

**March 22:** Lunch & Learn @ PAV (12-1 p.m.)

**March 23:** Bowling Night (see page 10)

**March 24&25:** Wear Green for Cerebral Palsy

**March 28:** Biometrics @ PAV (5-10 a.m.)

Lunch & Learn @ TJHC (12-1 p.m.)

**March 29:** Biometrics @ PAV (5-10 a.m.)

Lovie's @ South Lobby (8 a.m. - 4 p.m.)

**March 30:** Biometrics @ TJHC (5-10 a.m.)

**March 31:** Inflatable Colon @ PAV (7 a.m. - 2 p.m.)

*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).*

## SERVICE EXCELLENCE

### Awards

Nominate your fellow co-workers or a provider for one of the TJRH Service Excellence Awards ONLINE. The form can be found and **submitted** at [tjregionalhealth.org/nominate](https://tjregionalhealth.org/nominate)



## T.J. Regional Health

## SERVICE EXCELLENCE

### Awards

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

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

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



## T.J. PATIENT ENCOUNTERS

3/11/23 - 3/17/23:

**8,852**

3/4/23 - 3/10/23:

**8,826**





# T.J. GIVES BACK

This picture is from the Edmonton Soup Kitchen in which we provided food and volunteers for last Wednesday.



From Left to Right: Chantell Jessie, Stephanie Bradley, Teresa Firkins, Tonya Grider and Karen Murphy.

# WEAR GREEN



## MARCH 24 & 25

*Happy Sleep Week!*



## MARCH LUNCH & LEARNS

PAVILION COMMUNITY CENTER  
12-1 P.M.

**MARCH 22**

GETTING INVOLVED IN YOUR CARE

BRING YOUR OWN LUNCH. RSVP TO KATI BOWMAN AT [KATHERINE.BOWMAN@TJSAMSON.ORG](mailto:katherine.bowman@tjsamson.org).

T.J. HEALTH COLUMBIA CAFETERIA  
12-1 P.M.

**MARCH 28**

IMPORTANCE OF YOUR WELLNESS VISIT

BRING YOUR OWN LUNCH. RSVP TO KATI BOWMAN AT [KATHERINE.BOWMAN@TJSAMSON.ORG](mailto:katherine.bowman@tjsamson.org).

ONE CEU WILL BE AWARDED TO NURSING PROFESSIONALS WHO ATTEND.

# PULMONARY REHAB WEEK

National Pulmonary Rehab Week was celebrated March 12th – March 18th at T.J. Regional Health Pulmonary Rehabilitation. We celebrated the role of Pulmonary rehabilitation in enhancing the quality of life of the individuals with lung disease. Chronic Lung disease patient depend on respiratory therapists to get them through the acute exacerbations caused by their conditions. However, these patients need respiratory therapists to help them after the acute episode is over as well and this where pulmonary rehabilitation comes in. These life-enhancing programs show patients how they can live well despite having chronic lung disease. They are also credited for keeping these patients healthier and out of the costly acute care setting.

Pulmonary Rehabilitation can benefit anyone affected by chronic pulmonary disease, including persons with the following conditions: COPD, Asthma, Chronic Bronchitis, Emphysema, Bronchiectasis, Cystic Fibrosis, Poliomyelitis, Collagen Vascular Lung Disorder, Lung Transplant, Lung Resection, Occupational and Environmental Lung Diseases. Individualized treatment plans are determined by each participant's medical condition and individual goals are established by the participant and the health care team. Pulmonary Rehabilitation meets two times a week on Tuesdays and Thursdays, typically for twelve weeks. A physician referral is required for enrollment for patients with a qualifying diagnosis. We receive referrals from internal Pulmonologists, primary care physicians, as well as outlying hospitals and physicians. Our program is under the medical direction of Dr. Omar Mahmoud, Pulmonary and Internal Medicine. Pulmonary Rehab is conducted by Karen Gilkey, RRT.

The Pulmonary Rehab Week 2023 celebration included decoration of the rehab suite, healthy snacks and a goody bag for them to take home at the end of the week. Pulmonary Rehab participants were entered into a drawing for a gift basket and two water bottles. The drawing was held on Thursday March 16th and the winner of the Gift Basket was Karen Rich. The water bottles went to Sheila Ragland and Angela Barbour.





# Shop Lovie's

Ladies Boutique  
clothing, accessories, decor & more



**WEDNESDAY March 29 8am-4:00pm**

**T.J. Samson Hospital  
@ Apple A Day Lobby**

cash. credit/debit. PayPal & T.J. Payroll deduct  
10% of sales benefit the T.J. Auxiliary

*Come Shop with*  
**Boutique Beauties**

*Thursday, March 23*

*TJ Samson South Lobby*

*8:00-4:00*



**TJ Regional Health**  
Total. Local. Care.

**Commission on Cancer**  
ACCREDITED PROGRAM  
A QUALITY PROGRAM OF AMERICAN COLLEGE OF SURGEONS

**UK HealthCare**  
MARKEY CANCER CENTER  
Network

## T.J. REGIONAL HEALTH

PRESENTS THE

## INCREDIBLE COLON TOUR

*Presented in partnership with The Kentucky Colon Cancer Screening Program*

*Friday, March 31*

## T.J. HEALTH PAVILION

**Incredible Colon Tour: 7 a.m. to 2 p.m.**

### DR. PILLAI

"We've been trying to find the outlet to say thank you and give Kudos. Our family is so grateful for quality of care that is above and beyond any other hospital we've experienced. We've been wanting to give a huge thanks. We cannot thank you enough and owe it all to the staff and Doctors. First and foremost Dr. Pillai has been amazing in quality of care and interpreting to the family. She is so thorough. She's one step ahead and we could not possibly ask for better care. We are wowed and so so thankful; she's so on top of everything. WE are so grateful; words can not express. Dr. Pillai is amazing and she makes sure her staff follow through and good at fulfilling her requests. We couldn't ask for anyone more thorough. We can't thank her enough for everything she's done. The peace she's given us; the education and time. We are so grateful in every way. Thank you Dr. Pillai!"  
McClure/ Walker family



# SPRING INTO FITNESS

## WALKING CHALLENGE

MARCH 20TH-APRIL 7TH

Enter as a team of 4 or as an individual. The total number of steps for teams and individual participants will win prizes!

Use your favorite device to track your steps. Submit steps total each week to fitforlife@tjsamson.org

EMAIL FITFORLIFE@TJSAMSON.ORG OR CALL 4422 TO REGISTER.



Congrats to those who completed our TJ Lean Academy-Value Stream/M&I course!

EAP Flyers now available online!  
Click [here](#) to access!



### ABOUT OUR WORK/LIFE TRAINING CENTER 2023

The Training Center contains an extensive array of soft skills training courses. Each course is self-paced, takes approximately 45 to 60 minutes to complete, is fully tracked, and concludes with a custom completion certificate. Some courses include interactive exercises, knowledge assessments, and audio (these interactive courses are noted below with the lightbulb icon). This library is currently expanding to include over 100 popular topics. Why not [log in](#) today to learn a new skill, hone your professional growth efforts for this year, or dive deeper into something that's been on your mind?



#### Achieving Personal Goals

All of us need balance in our lives. We struggle to balance our careers, our families, our health, our emotions, our social lives, and our spirituality. You can probably think of instances in your life when you've spent too much time in one area, only to have another area suffer. You must find balance in your life and determine where you are and what you need.

#### Anger Management

Anger can be an incredibly damaging force, costing people their jobs, personal relationships, and even their lives when it gets out of hand. However, since everyone experiences anger, it is important to have constructive approaches to manage it effectively. The Anger Management course will help teach you how to identify your anger triggers and what to do when you get angry.

#### Applying Emotional Intelligence in the Workplace

Being "smart" isn't enough. To reach your full potential, personally and professionally, you need emotional intelligence—the set of skills that enables you to manage your own feelings and relate effectively to the feelings of others. This course will show you how to use emotional intelligence at work to increase your success and satisfaction.

#### Applying Leadership Basics

Sound leadership involves both the leader and the people he or she leads. Everyone needs to work in harmony to accomplish a specific purpose. As an effective leader, you will need to reinforce that purpose. You should establish a firm direction on how the work will be undertaken and completed.

#### Appreciating Personal Differences

An organization with employees of only one personality style, like a painting with only one color, would be dull and ineffective. When you understand and recognize the value of each style, then your personality and those of your colleagues can complement each other and harmonize like the colors of a single work of art.

#### Attention Management

Attention Management is a useful skill that allows managers to connect with their employees on an emotional level and motivate them to focus on their work and how to reach their personal and company goals. Participants will gain valuable insight and strategies into what it takes to be more attentive and vigilant.

1

## 2023 Course Curriculum



### 2023 WEBINAR CALENDAR

#### January

##### *The Struggle Is Real: Strategies for Time Management*

Meet your deadlines, be on time for meetings and stop procrastinating! Most of us can become overwhelmed when we have a lot to do - responsibilities at work, planning our kid's birthday party, and remembering all the details of daily life. This webinar will discuss realistic strategies for more effective time management. Some of the things we'll review are managing email clutter, the roots of procrastination, and keeping yourself motivated.



#### February

##### *Navigating Red Tape After the Death of a Loved One*

The passing of a loved one is already traumatic for those left behind. However, learning the basics of dealing with the administrative side of death can make the journey a lot easier. In this webinar, you will learn the first steps needed to get through the standard paperwork, dealing with banks and funeral homes, filing the death certificate, and other key aspects of handling your loved one's estate.

#### March

##### *The Sandwich Generation: Multi-Generational Caregiving*

Are you taking care of your children and your parents? Many middle-aged people find themselves stuck caring for both ends of the age spectrum - helping both their children and their parents navigate finances, social lives, and changes in capacity for independence. This kind of caretaking can cause burnout and exhaustion. This webinar will review the phenomenon of the sandwich generation and how we can better manage the needs of our changing families. We'll discuss ways to have productive conversations with aging parents about their needs, ways to troubleshoot burnout as a caregiver, and how to keep your own family running smoothly.

#### April

##### *Making Time for Everything: Dual Careers and Family Life*

Two busy partners can make for a stressful household. Managing the unromantic tasks of daily life and household management can be difficult. Making time for the things that really matter - connecting, having fun, playing, and resting - can be quite challenging. In this webinar, we will discuss ways to better manage your household and make time for what matters most. We will discuss the realities of busy, working partners and making the most of the time and energy we have.

#### May

##### *The Science of Happiness*

Learn how to bring more happiness to your personal and professional life. Research supports that happy people feel better, do better, and live better. While this is great news, it still begs the question, why? And more importantly, how? During this webinar, we will explore the history and research behind this concept of happiness, how it relates to the various facets of your life, and what intentional activities you can do to increase your life satisfaction and fulfillment. There are many pathways to happiness, so let's get your journey started!

1

## 2023 Webinar Calendar



# THE MYRNA METHOD

A proven science-driven dietary process that regulates the appetite and metabolism.

## FIX YOUR METABOLISM



## LOSE WEIGHT



## LIVE HEALTHIER

Myrna Haag RD, LD/N unlocks the biochemical process and shows you how to eat to live your leanest and healthiest life without counting calories or excessive exercise.

*Join the Myrna Method lifestyle program!*

- ✓ InBody Body Composition Analysis Test to track progress
- ✓ Start with videos that explain the science and how it works
- ✓ Myrna's food app shares meals and meal plans
- ✓ Weekly online class with RD Myrna Haag (3 weeks)
- ✓ Access to food coaching & lifestyle sessions (optional)

Please consult with your primary care physician, or one of our Fit for Life providers, before participating in this program.

This service is no cost to T.J. employees.  
If you'd like to participate, contact [fitforlife@tjsamson.org](mailto:fitforlife@tjsamson.org).

**5 SPOTS LEFT FOR THE NEW SESSION!**



# New AngioCath Coming This Week:

Thanks to nurses in our organization for trialing new options for a closed angiocath system to keep staff and patients safer from blood borne pathogens, better stabilization and potentially longer peripheral IV dwell times.

## DeltaVen<sup>®</sup> Closed System Catheter

Feel the difference, see the difference™

IDEAL FOR NEONATES, PEDIATRICS AND ONCOLOGY

Be confident with a range of catheters designed with the smallest patients in mind.

The DeltaVen<sup>®</sup> closed system catheter is the only catheter designed to meet the unique needs of the smallest veins when critical care is needed.

### Product Benefits

- Transparent connection to see blood residue and assess flushing needs
- Passive safety and blood control technology to protect against needle sticks and blood exposure
- Stabilization platform with gentle grooves for improved ventilation
- Easier catheter advancement to help increase first stick success<sup>1</sup>
- Bonded extension set reduces the risk of contamination from repeated disconnections and reconnections
- Using a closed system catheter may reduce mechanical phlebitis by 36%<sup>2</sup>
- Pressure rated for 330 PSI<sup>3</sup> in gauges 24 to 16

### References:

1. Lower maximum penetration force and force to advance. Results based on a Two-Sample t-Test for the means and a Two-Sample F-Test for the variances with an alpha equal to 0.05 providing 95% confidence. Delta Med test data on file.
2. Gonzalez Lopez JL, et al., Indwell times, complications and costs of open vs closed safety peripheral intravenous catheters: a randomized study, *Journal of Hospital Infection* (2013), <http://dx.doi.org/10.1016/j.jhin.2013.10.008>
3. Refer to Instructions For Use provided with the device for a full listing of the indications and precautions

Vendors will be onsite for staff competency training beginning Monday, March 20<sup>th</sup>.





# TJ Regional Health Is Now Partnering With Walden University



## 10% Tuition Reduction for TJ Regional Health employees\*

Walden is a **global online university** for difference-makers like you who aspire to better the world around them. Our more than **100 degree and certificate programs** empower you to create positive change in yourself, your organization, and your community.

Explore Walden's Nursing degrees and certificates including:

- Bachelor of Science in Nursing (RN-BSN)
- Master of Science in Nursing (MSN)
- Post-Master's Certificates in Nursing

**LEARN MORE:** [Waldenu.edu/partners/tjrh](https://Waldenu.edu/partners/tjrh)




**WALDEN UNIVERSITY IS ACCREDITED BY THE HIGHER LEARNING COMMISSION.**



**50+ YEARS**  
of providing **working professionals** with access to higher education.

**FLEXIBLE ONLINE LEARNING**



INCLUDING:  
course-based, competency-based, and accelerated options.

A variety of degree programs and certificates in

**Nursing**



\*A 10% tuition savings is available to eligible employees of TJ Regional Health. Tuition savings are applicable to new tuition charges after the date the savings is awarded only and does not apply toward books, materials, and other supplies or fees needed for a course.

This offer cannot be used in combination with any other tuition savings benefit, unless otherwise noted. The tuition savings is a non-transferrable "non-cash" offer, and in no event will the recipient receive a check or other disbursement of money pursuant to this tuition savings. Walden may change this tuition savings offer at any time, but such change will not affect the tuition savings for students who are currently enrolled at Walden and using it.

# BOWLING

## *Tournament*

THURSDAY

**MARCH 23, 2023**

**5 TO 7 P.M.**

MAPLE AND PINE BOWLING LANES  
110 PARK AVE, GLASGOW, KY

**GATHER A TOTAL OF 4 T.J. TEAMMATES TO FORM A BOWLING TEAM AND ENJOY A FUN NIGHT TOGETHER!**

**RSVP TO [EVENTS@TJSAMSON.ORG](mailto:EVENTS@TJSAMSON.ORG) BY MARCH 17TH.**



**10% OF FOOD SALES WILL BE DONATED TO THE  
T.J. COMMUNITY MISSION FOUNDATION.**



## Opportunity to Honor Fellow Nurses: Nurses Honor Guard



The Southcentral Kentucky Nurses Honor Guard (NHG) has a mission to honor nurses upon their death and shine a light on the life's work of each individual. Originally formed in 2018 by the Retired Nurses Group, the NHG strives to fulfill this mission by providing a tribute at the start of the funeral, memorial or graveside service for any Nurse who has passed. Because we know that "Once a nurse, always a nurse", the service is available for any RN or LPN/Active or Retired, regardless of number of years since active practice. Feedback on this service has been extremely positive, as expressed by surviving family members and many others.

**The group is in search of new members! The invitation is open to ALL nurses, whether active or inactive.**

If interested, you may contact:

Renee' Perkins @ 270-537-1793 (cell/text) or by email at [pperkins@scrtc.com](mailto:pperkins@scrtc.com)

Or Peggy Allen @ 270-678-3693 (home) or 270-670-5588 (cell/text) or by email @ [pallen@scrtc.com](mailto:pallen@scrtc.com)

As a reminder to all Nurses: If a Nursing Tribute is a service that YOU may want to include at your final service, please let your family know now. During the time that final arrangements are being made at the Funeral Home, the availability of this tribute is offered to family. It would be very beneficial if your family knew in advance of your wishes.

## Employee Assistance Program Service Summary for T.J. Regional Health



Your employer has provided you with an Employee Assistance Program (EAP). This benefit provides free and confidential counseling services and resources designed to help you and your household members work through life's challenges.

### Contact EAP 24/7.

Confidential help 24 hours a day, seven days a week for employees and their household members. Get help with:

- Family
- Parenting
- Addictions
- Emotional
- Legal
- Financial
- Anxiety
- Stress
- Relationship
- Work Concerns
- Trauma
- Grief

### Counseling

- Up to 6 visits
- In-person or virtual visits available
- Call EAP or contact us through our website [www.humandev.com](http://www.humandev.com)

### Work/Life Services

- Self-assessment tools
- Personal growth courses/webinars
- Professional growth courses/webinars
- Legal resources, forms, and seminars online
- Financial resources and budgeting tools online
- Digital tools to improve emotional well-being
- Online resources for childcare, adoption, elder care, and assisted living
- Resources for pet sitting, moving, and other common needs

### Crisis Consultation

- Clinicians On-Call 24/7

**The EAP can help you figure out your next steps when something unexpected happens.**

### Work/Life Online Services

- [www.humandev.com](http://www.humandev.com)
- Click Member Login
- Click Register
- Create User Name
- Company: **TJREGIONALHEALTH**
- Create Password
- Verify Password
- Select Passphrase and Answer
- Click "I Agree"
- Click "Register"

**We partner with your employer to offer these services at NO COST to you!**



## Download the Dynamic Health app to access EBSCO on your phone.



**Download** the Dynamic Health App With the Dynamic Health mobile app, you can search, browse and read content anytime, anywhere.

Scan the QR code and select the iOS App Store or Google Play store and then click "Install" to download the app.

Open the app, accept the terms and then click "Sign In" and login with your personal user account credentials. Earn CMEs as you search!

Get the DH Mobile App!

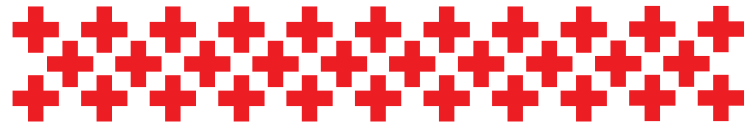
Dynamic Health | EBSCO

**Use EBSCO for your resource for bedside procedures. EBSCO is also accessible from the TJ Intranet.**



American Red Cross

*Give blood.* Help save lives.



## Blood Drive T.J. Samson Health Pavilion

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

**Wednesday, April 5, 2023**  
**1:00 p.m. to 6:00 p.m.**

To schedule an appointment, please visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter sponsor code: **TJSAMSONPAVILION** or call 1-800-RED CROSS.



Be cool. Give blood. Come give April 1-23 for an exclusive American Red Cross and PEANUTS T-shirt featuring Snoopy as the coolest beagle in town, Joe Cool! Get yours, while supplies last - then show off your cool, kind spirit.



1-800-RED CROSS | 1-800-733-2767 | [redcrossblood.org](http://redcrossblood.org) | Download the Blood Donor App

©2017 The American National Red Cross

[ 472 ] Owner ID: 1480155 Item ID: 6948206 - Qty: 1 of 1 - 05/08/18/43 - 2023-APR-05 - ANCR - 230083

# ONCOLOGY BARRIER PROGRAM RAFFLE

**ONCOLOGY BARRIER PROGRAM**

Sponsored by:  
Community Medical Care in affiliation with TJ Mission Foundation.

**All proceeds go to assist cancer patients with transportation and nutritional needs.**

**Tickets: \$5.00 for one or \$20.00 for 5**

**WINNER WILL BE DRAWN LIVE ON FACEBOOK ON MONDAY, APRIL 10<sup>TH</sup>**

Facebook: TJ Regional Health and TJ Oncology and Hematology

**Basket value: \$550.00**

**GIFT BASKET ITEMS:**

- R+ Med Spa- \$100.00 gift card
- TJ 60 min Massage- \$65.00
- Farmasi lip stick set- \$45.00
- Serenity Salon and Spa Gift Card and candle- \$50.00
- Rodan and Fields Foaming Sunless Tan- \$30.00
- Vanity Planet Facial cleansing system
- Aromatherapy oil diffuser with oils
- Various scrubs, facial cleansing items, oils, masks, salts and lotions
- Papparazzi bracelets x 5
- Lavender pillow mist
- Plush bunny headband
- Ceramic coffee mug
- Vanity mirror



Tickets are being sold in the Oncology Office at the Pavilion or you can call ext. 5890 to purchase.

# T.J. Biometrics

We all share the responsibility for the health of our community. That means encouraging, supporting, and rewarding healthy activities and lifestyles. Likewise, investment in employee health is a benefit to us all, ensuring a prosperous future while protecting, supporting, and enhancing our most distinctive advantage: Our People.

All employees were sent an email from LaDonna Rogers with instructions.

All employees and spouses covered under our TJ health plan are asked to complete TWO easy steps:

**Step 1:** Sign up and Complete a Biometric Screening. There will be Biometric Screenings at THREE locations for your convenience. The screening will include blood pressure, height, weight, body mass index, waist circumference, and a finger stick blood sample for a full lipid profile (Total Cholesterol, HDL, LDL, Triglycerides, TC/HDL Ratio) and Glucose.

**Step 2:** Sign the Tobacco and Nicotine Affidavit at the time of your Biometric Screening.

**You must complete BOTH STEPS to receive the engaged rate on health plan premiums. Being engaged means that you are able to receive the more affordable rate on our health insurance plan.**

**ANOTHER Option:** If you choose to have your primary care provider (PCP) complete the biometric screenings, they will need to use the form for PCP that is attached and return as directed on the form. You will also need to sign the tobacco affidavit and return it with the PCP form.

NOTE: Labs must be current (January 1, 2023-present). Labs prior to January 1, 2023 will NOT be accepted.

Facility	Date	Time	Location
TJ Health Pavilion	March 28 <sup>th</sup>	5-10 am	Community Center
TJ Health Pavilion	March 29 <sup>th</sup>	5-10 am	Community Center
TJ Health Columbia	March 30 <sup>th</sup>	5-10 am	OLD PACU



# 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
Amazon \$10 Gift Card	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 3/20/2023

Cheesesteak Stuffed Peppers, Cajun Alfredo Chicken, Buttered Pasta, Steamed Asparagus, Braised Greens, Parmesan Potato Quarters, Fried Mushrooms, Garlic Toast

- Soup of the Day: Broccoli Cheddar
- Dessert of the Day: Cheesecake



## Tuesday 3/21/2023

Roasted Turkey, Brown Sugar Ham, Mashed Potatoes, Gravy, Dressing, Country-style Green Beans, Cranberry Sauce, Roasted Broccoli, Dinner Rolls

- Soup of the Day: Roasted Red Pepper and Gouda
- Dessert of the Day: Banana Pudding Parfait



## Wednesday 3/22/2023

### SANDWICH BAR!!

Deli sliced turkey or ham, Melissa's Chicken Salad, Variety of Bread and Cheeses, Lettuce Leafs, Tomato and Onion Slices, Pickles, Fried Potato Wedges, Baked Beans, Broccoli Salad, Deviled Eggs

- Soup of the Day: Loaded Potato Soup
- Dessert of the Day: Chocolate Chip Brownie



## Thursday 3/23/2023

Fried Chicken Breast, Roasted Pork Loin,, Macaroni and Cheese, Roasted Buttered New Potatoes, Bacon Brussel Sprouts, Fried Apples, Biscuits and Gravy

- Soup of the Day: Vegetable
- Dessert of the Day: Peach Cobbler



## Friday 3/24/2023

Sloppy Joes, Fried Catfish, Homemade Tartar Sauce, Onion Rings, BBQ Bistro Chips, Sautéed Squash Medley, Fried Pickles, Coleslaw, Cowboy Caviar, Buttered Cornbread

- Soup of the Day: Pinto Beans
- Dessert of the Day: Carrot Cake



# The Apple Too Lunch Menu



**Monday 3/20/2023**

Grilled Cheese and Potato Soup



**Tuesday 3/21/2023**

Pulled Pork and Baked Beans



**Wednesday 3/22/2023**

Chicken Nachos and Refried Beans



**Thursday 3/23/2023**

Pizza Subs and Chips



**Friday 3/24/2023**

Pinto Beans and Cornbread



## 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 5-topping or specialty for \$15: **TJ1523**  
10" cheese stick + papabowl + two 20oz drinks  
for \$19: **TJMED19**  
Two 8" 1-topping pizzas + papabowl + two 20oz drinks  
for \$18: **TJMED18**  
*Reg. menu prices. Online orders ONLY. Must have code.*



# BARREN COUNTY EMPLOYEE DISCOUNTS, CONT.

## RALPHIE'S FUN CENTER

Receive free shoe or skate rental.

## 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

Only applies to nurses. Apply on the Verizon website.

## WITTY'S COMPLETE CAR CARE

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

## WORKOUT ANYTIME

\$24.99 (plus tax) Premium Plan  
\$199 (plus tax) Basic Plan (if paid in full)  
\$299 (plus tax) Premium Plan (if paid in full)

## YMCA

Joining fee is waived. 15% discount monthly.



## **TJ** COLUMBIA EMPLOYEE DISCOUNTS

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

## FRANKLIN NISSAN

10% off any service work.

## NANWOOD MARKET

10% off regularly priced items.

## RUGGED TRUTH BARBERSHOP

\$1 off a haircut.

## THE TRENDY FARMHOUSE

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

***If you are aware of other discounts that T.J. employees receive,  
please email [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:** 270.651.6791Dr. Mallory • Dr. Behringer • Megan Buntin, APRN  
Pat Spears, APRN**Primary Care Pod B:** 270.659.5870

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

**Primary Care Pod C:** 270.659.5885Dr. A. Campbell • Dr. Brooks • Carla Hale, PA-C  
Maggie Stanley, CNM**Cardiology:** 270.659.5970Dr. Nair • Dr. V. Reddy • Dr. Salifu • Lisa DuCoff, APRN  
Nancy Jo Houchens, APRN • Ashley Collins, APRN  
Andy Reece, APRN**Gastrointestinal Clinic:** 270.659.3398

Dr. Suh • Traci Anderson, APRN

**General Surgery:** 270.659.5945

Dr. Klapheke • Dr. Marion • Dr. Saridakis

**Gynecology & Obstetrics:** 270.659.5865Dr. Craddock • Dr. Dirig • Dr. Feese • Dr. Bader  
Nellie Bell, APRN • Casey Sacia, WHNP  
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 • Baylee Knox, 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**Imaging Services:** 270.659.5570**Laboratory:** 270.659.5584**Pavilion Pharmacy:** 270.659.5599**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 Mallory, 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:** 270.384.4764Dr. Kiteck • Kandace Webster, APRN • Kristi Irvin, APRN  
Natalie Bruce, 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:** 270.432.4800Dr. Matney • Connie Prostko, APRN • Beth Wilson, APRN  
Natalie Bruce, APRN**T.J. Health Greensburg Clinic:** 270.973.5439**Pediatrics & Ped. Behavioral Health:** Alisha Risen, APRN**T.J. Health Orthopedics Clinic:** 270.651.9390

Dr. Elmlinger • Dr. Lessenberry • Dr. N. Reddy

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

Chris Doolin, APRN • Linnea Tarter, APRN

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

Emily Tabor Jessie, APRN • Tiffany Frye, APRN

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

Teresa Sheffield, APRN

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

270.651.4444

**T.J. Samson Family Medicine:** 270.651.4797Dr. House • Dr. Clouse • Dr. Gillette • Dr. Chamorro  
Dr. Wright • Dr. Fisher**T.J. Sleep Clinic:** 270.651.1888

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

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

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



## TJRH Service Excellence Award Nomination Form

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

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

Choose One:

**Hospital**

**Pavilion**

**Columbia**

**Clinics**

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

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

**Compassion**

**Cooperation**

**Collaboration**

**Communication**

**Change**

**Champion**

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

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

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

For Office Use Only:

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

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

Submit completed nomination forms to Pam Bray in Human Resources.



# T.J. PLEDGE

## I WILL SHOW COMPASSION:

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

## I WILL COOPERATE WITH OTHERS:

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

## I WILL COLLABORATE WITH OTHERS:

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

## I WILL COMMUNICATE:

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

## I WILL ADAPT TO CHANGE:

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

## I WILL BE A CHAMPION:

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





## **MISSION**

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

## **VISION**

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

## **CORE VALUES**

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