

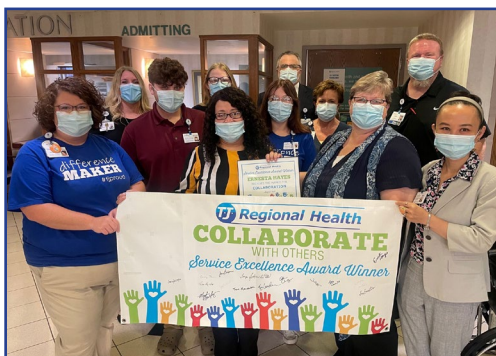
TJ TeamTalk

AUGUST 30, 2021

TJ Regional Health

Service Excellence Awards

Congratulations to this month's Service Excellence Award Winner!



ERNESTA HAYES

has been selected as the August winner of the TJRH Service Excellence Award for

COLLABORATION!

According to the values of the T.J. Pledge, we collaborate by:

- Valuing our self and every coworker as an equal part of tone great team working together
- Treating 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 whether or not it is considered part of my job.

The following is a portion of a submission that was received about Ernesta:

Ernesta reflects several of the Service Excellence C's.

Collaboration: Ernesta makes sure everyone feels like a special part of the ER team. She takes pride in her job, and is a true Champion.

**Congratulations to ERNESTA, and
THANK YOU for the excellent service you provide to TJRH every day!**

If you would like to nominate someone for a Service Excellence Award, you may fill out a nomination form on the intranet, print the form in this newsletter, print and submit on our website, or pick up a form outside the cafeteria.





SEPTEMBER

September 1: Blood Drive @ PAV (1 - 6 p.m.)
September 25: T.J. Community Mission Foundation Fundraiser "The Magic of Giving"
(POSTPONED UNTIL 2/19/22)

OCTOBER

October 28: Women's Conference (POSTPONED INDEFINITELY)

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



Weekly Prayer Service

The weekly prayer service has been cancelled due to a rise in COVID cases. It will be reassessed on a monthly basis.

SERVICE EXCELLENCE

Awards

You can now 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

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!



August: Collaboration

T.J. PATIENT ENCOUNTERS

8/21/21 - 8/27/21:

8,441

8/14/21 - 8/20/21:

8,741





*Celebrating
our*
**HEALTHCARE
HEROES**

Healthcare Heroes Appreciation Week

Last Monday, August 23, Barren County Judge Michael Hale and Mayor Harold Armstrong presented a proclamation to all Healthcare workers in Glasgow and Barren County for Healthcare Heroes Appreciation Week.



Last Tuesday morning, Mayor Pamela Hoots and County Judge Executive Gale Cowan presented a proclamation to thank all healthcare workers in Columbia and Adair County. Mayor Hoots said “We appreciate everything our healthcare workers do. They put their lives on the line every day.”

Last Thursday a prayer vigil was held at T.J. Samson.

“There will be sunshine after the rain.”



Thank you to everyone who helped make last week a week of celebration!

UofL School of Medicine residency program fuels physician supply for smaller communities, while offering career options to new doctors

While Elizabethtown, Kentucky, native Dillon Pender was a medical student at the University of Louisville, he realized that life and medical practice in an urban setting were not a good fit for him.

So, he chose a family medicine residency program that was close to his hometown and offered the environment of a community-based hospital.

“The Glasgow Family Medicine Residency is the best of both worlds,” Pender said. “As part of UofL, it offers the privileges and resources of a major institution, and as a community hospital, it provides the autonomy you can only have outside a large health care system.”

And now that Pender has completed his residency, he plans to stay in Glasgow, serving as a hospitalist at T. J. Samson Community Hospital and caring for the community’s population. That is a win both for the community of Glasgow and the Commonwealth of Kentucky.

A shortage of physicians has threatened the health of residents in rural communities in Kentucky for more than three decades. Approximately 40% of Kentuckians live in rural areas, yet only 17% of primary care physicians practice there, and Kentucky ranks 43rd nationally in its supply of primary care physicians relative to its population.

Primary care physicians – those in family medicine, internal medicine, pediatrics or other general health disciplines – ensure access to cost-effective management of illness and disability. Since more than half of physicians practice within 100 miles of where they do their residency training, it is important for physicians to train in the smaller communities where they are needed.

The UofL School of Medicine leads two family medicine residency programs in smaller communities in the state so that small and rural communities in Kentucky and beyond have access to primary care physicians.

The Glasgow Family Medicine Residency Program trains resident physicians in the south-central Kentucky community of approximately 14,000, preparing them to practice in a similar small or rural community. Glasgow’s T.J. Samson Community Hospital is the primary clinical training site for the residency program and was named one of the Top 100 Rural & Community Hospitals for 2021 by the Chartis Center for Rural Health.

R. Brent Wright, associate dean for rural health innovation at UofL, was director of the Glasgow Family Medicine Residency Program from 2002 to 2013.

“In terms of a residency program, if you have a community that embraces graduate medical education, like Glasgow has done, they are taking a long-term approach for serving their stakeholders,” Wright said. “They are making a commitment to those they treat for decades to come. They know that by training physicians in a close-knit and caring community, they will most likely stay within that community, close by or in a similar setting.”

The program’s 24-year track record bears out its mission. Approximately 70% of the more than 80 physicians who have completed training in the program still practice within a 90-minute drive of Glasgow, including Wright, Pender, a 2021 graduate, and Kara Gilkey, who now leads the hospital’s emergency department.

Building on the success of the Glasgow program, Wright assisted with the creation of the University of Louisville Owensboro Family Medicine Residency Program, launched in 2020. As the academic sponsor for the program, UofL provides not only experience, but residency director Jon Sivoravong and other faculty. The three-year program currently has 13 residents and is approved for up to 18, graduating an average of six family medicine physicians per year.

UofL medical students also can become familiar with rural medicine during their medical school years. Through the School of Medicine’s Trover Rural Track, UofL medical students can complete their final two years of medical school in Madisonville, a community of about 20,000 in southwestern Kentucky. Currently, 51% of Trover students who have completed their training initially chose a rural practice, and 48% of students from rural Kentucky are now in a rural Kentucky practice.

“To get physicians to practice in a small town, you have to admit students who are from a small town and train them in a small town,” said William Crump, associate dean of Trover Campus for the UofL School of Medicine.

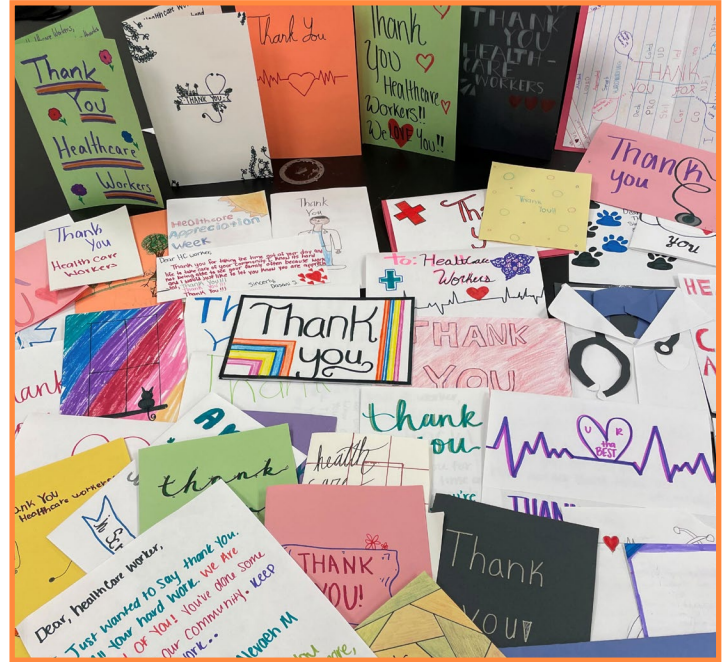
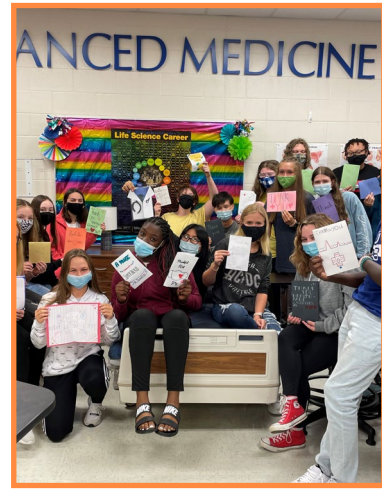
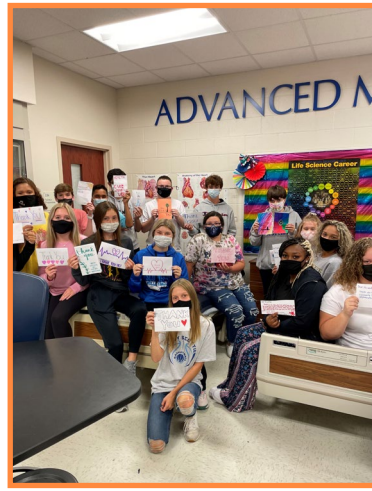
Crump and his colleagues at UofL and Baptist Health Madisonville also prepare students from rural Kentucky communities for careers in health care through the High School Rural Scholars and College Rural Scholars programs. Of the 290 students who have participated in High School Rural Scholars, 75% have completed some type of health career training program. Of 97 students who have completed the College Rural Scholars program, 50 are either enrolled or have graduated from medical school.

For Pender, living and practicing in Glasgow is the right choice. He said many physicians who practice in urban areas are missing out on great opportunities in smaller communities, citing less traffic, a lower cost of living and friendlier people, as well as a wider scope of practice for primary care physicians since access to sub-specialty care is not as readily available.

“For most of the physicians in an urban environment, the countryside is not on their radar. They think there is nothing here,” Pender said. “But there is a lot of opportunity here and you can make a good life.”

LABOR DAY HOURS

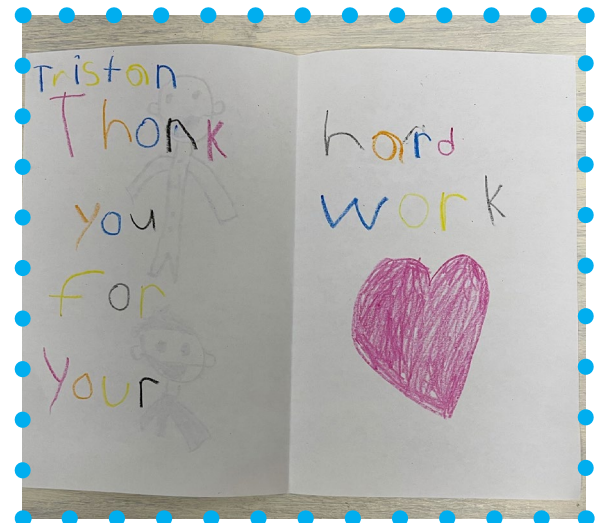
- Urgent Care: 7 a.m. - 4 p.m.**
- PAV Pharmacy: 8 a.m. - 4 p.m.**
- T.J. Health Pavilion: Closed**
- Dialysis: Normal Hours**
- T.J. Clinics: Closed**
- T.J. Cafe: Closed**
- Apple Too: Closed**
- R+ Med Spa: Closed**



Thank you to the Glasgow High School Advanced Medicine Department for making these cards for our staff to celebrate Healthcare Heroes Week!



**THANK YOU TO
GLASGOW
PRESCHOOL
ACADEMY
FOR THESE
BEAUTIFUL
CARDS!**



Rotary Club of Glasgow

Golf Tournament

For The Benefit of

Shanti Niketan Hospice Home

Friday, September 10th, 2021 @ 8:30am

FOX HOLLOW GOLF CLUB

ENTRY FEE: \$60 PER PERSON

INCLUDES GREEN FEES, CART FEES, & LUNCH
COUPON.



BRING YOUR OWN TEAM OR SIGN UP INDIVIDUALLY & BE ASSIGNED.

(A four person team scramble format will be used with handicaps being factored.) (Maximum factored handicap for men will be 18, for women the maximum will be 22.)

ENTRIES MUST BE IN BY THURSDAY, AUGUST 19TH FIELD LIMITED TO 24 Teams

FREE REFRESHMENTS PLUS VALUABLE PRIZES!!!!

1st PLACE TEAM - \$800 - \$150 CASH PLUS \$50 PRO SHOP GIFT CERTIFICATE PER TEAM MEMBER

2nd PLACE TEAM - \$600 - \$100 CASH PLUS \$50 PRO SHOP GIFT CERTIFICATE PER TEAM MEMBER

3rd PLACE TEAM - \$300 - \$50 CASH PLUS \$25 PRO SHOP GIFT CERTIFICATE PER TEAM MEMBER

4th PLACE TEAM - \$100 - \$25 PRO SHOP GIFT CERTIFICATE PER TEAM MEMBER

5th PLACE TEAM - 1 DOZEN GOLF BALLS PER TEAM MEMBER

1ST PLACE LOW GROSS - \$300 - \$75 CASH PER TEAM MEMBER

2ND PLACE LOW GROSS - \$200- \$50 CASH

LONGEST PUTT ON THE 18TH HOLE – one dozen golf balls per team member. (Ball must lie on the green after second shot and be at least 10 feet from the hole to qualify.)

Also, prizes for closest-to-the pin on all par 3's. Ties will be determined by a chip-off.

THANKS FOR YOUR SUPPORT Questions, please call: Daniel Byrd @ 270-261-2663, Jannell Pedigo @270-629-1004, or Matt Shipley at Fox Hollow Golf Club @ 270-678-7277. Complete the form, detach, and remit check payable to:
Rotary Club of Glasgow- P.O. Box 425, Glasgow, KY 42142

	<u>NAMES</u>	<u>ADDRESSES/Email</u>	<u>PHONE</u>	<u>HANDICAPS</u>
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____

All proceeds from this event will be donated to the Shanti Niketan Hospice Home in Glasgow, KY.

T.J. Samson Women's Conference

Due to the rise in COVID-19 cases, we have had to make the tough decision to postpone the T.J. Women's Conference. We will be refunding all tickets. You can expect this refund via USPS in 6 to 8 weeks. If you have any questions, please contact Mollie Felkins at mollie.felkins@tjsamson.org. We hope to be able to host this wonderful event again in the near future!

NEW DATES!

Cerner Community Works #1system1voice

TJ Regional Health will be transitioning to Cerner CommunityWorks on November 1st

- Continue completing your assigned e-learning modules
- Classroom training will begin the week of September 7th

Stay tuned for training reminders!



The winners of the free 90-minute massages are:

Kelly Ratliff
Samantha Neat
Sherry Jewell
Elizabeth Steele
Leslie Davis

Shanti Niketan 
HOSPICE HOME

EMPLOYEE DONOR PARKING SPOTS

*Congratulations,
Winners!*

T.J. Samson Parking Spot:
LAVELDA FAULL

T.J. Health Pavilion Parking Spot:
TIFFANY SMITH

T.J. Health Columbia Parking Spot:
JENNIFER SLAVEN

Cerner Community Works

#1system1voice

Training Reminders

We are currently at 55% total completion of e-learning assignment! Congratulations to the staff in **Radiology, Patient Access, and the Sleep Clinic** for having the highest completion rates on assigned e-learning! Here are some important reminders:

- Classroom Training begins the week of **September 7th**.
- Check with your Director or Coordinator to find out when your classroom session will be
- All assigned e-learning **must be completed** prior to attending your classroom session
- E-learning assignments can be accessed at <https://tjregionalhealthlearn.cerner.com/>
- A link to assigned e-learning has been added to our TJ Regional Intranet

Can I re-take my e-learning modules?

Yes! If you have already completed your assigned e-learning and want to review/refresh prior to classroom training or before go live, you can go back in to the learning portal and click on the "Completed Journeys" link at the bottom of the screen to access your assignments again.

What if I have questions on the training process?

For questions on Cerner CommunityWorks training, please contact TJ Regional Health's Cerner Training Specialist, Ben Jessie at Benjamin.jessie@tjsamson.org.

Fit for Life

HELP SUPPORT COMMUNITY
MEDICAL CARE!

Extreme Fitness is hosting the
11th Annual Run for Health
supporting Community Medical Care on
September 18th, 2021.

For more information on this virtual 5K Walk/Run,
visit www.extremeky.com to register online or
to print a registration form.

TJ employee participants will be eligible for prizes.

Email Treva Shirley at tshirley@tjsamson.org or 4580 with questions.

Be sure to contact your doctor before trying any new exercise.



Sept
8th



LIVE ONLINE WEBINAR

Caring for Your Loved Ones at Home

Date: 9/8/2021

Time: 1:30PM to 2:30PM EST

Many elders prefer home care over institutional care, but the task can seem daunting – we will discuss the many considerations when determining the best option for care, as well as share resources that can make this living arrangement safe, affordable, and enjoyable for all.

Presented by: Mary-Ellen Sposato Rogers

Our information, services and support programs are here for you with 24/7 access to help when you need it.

Max Well

EAP

888-550-5535

Register for this event at:
MyLifeExpert.com

OR

Scan Here to
Download:



When creating a new account,
use company code: **tjshealth**



“TO THE BRIM” “13th” ANNUAL FOOD DRIVE”

**We cannot fall asleep when
others have to sleep hungry.**

September 1st through 4th 2021

To Help our Community Food Pantry during these uncertain times!

**The Community Relief Fund Food Pantry
317 Columbia Avenue, Glasgow KY 42141
270-651-9006**

Ways to help:

- Organize a food drive at your work and **deliver proceeds to food pantry.**
- Buy & donate canned or boxed food at **S. Gate Houchens** or Wal-Mart and/or **purchase pre-made \$10.00 bags at register and drop in bin.**
- Donate monetary donation. Your tax deductible **donation can be made to:**
 - **To the Brim food drive-CRF** and mail to **317 Columbia Ave.**
- Become an **annual sponsor** by donated \$500.00 or more.

Sponsored by:

Baird Private Wealth Management, Dave’s Transportation Service, Farmers RECC, Houchens Industries, Mrs. Nell Houchens, Edmonton State Bank, SCRTC, Dr. Mody’s Corner, Bhavana & Bhavini Mody, T. J. Regional Health, Kim Tarter, Barren County Medical Society, Dr. Murali Santapuram & Ledean Hamilton.

**Contact: Dr. Mody at 270-308-0435
Contact: Stacy Janes at 270-651-9006**

Community at its best, taking care of its own. Thanks for Caring.

HAPPY BIRTHDAY!

ABIGAIL H
ALANA M
ALANNA T
AMBER F
AMBER H
AMY W
ANDREA G
ANGELA H
ANITA O
ANN P
ASHLEY P
AUTUMN S
BETHANY M
BRANDON R
CAITLYN T
CARA M
CARLESIA T
CARLEY B
CAROL K
CAROLINE Y
CASEY S
CASEY W
CHADRICK H
CHANEA S
CHRISTIAN H
CHRISTINA J
CHRISTY M
CORTNEY C
COURTNEY E
CRYSTAL D
CYNTHIA L
DARLENE C
DEANNDRA D
DEBORAH V
DEBRA G
DEBRA P
ELIZABETH C
ELIZABETH J

HEATHER S
JACK O
JAMES E
JAMES A
JANET P
JENNIFER B
JENNIFER S
JEREMY H
JESSICA P
JESSICA H
JODY L
KAITLYN O
KANDACE W
KAREN G
KATHERINE V
KAYLA L
KELLY D
KELSEY A
KEVIN B
KIMBERLY C
KRISTI P
LARRY R
LATICIA B
LAURA H
LESLIE B
LESLIE D
LINDSEY G
LINDSEY R
LISA H
LORI C
LUCAS P
LUCAS B
MADISON G
MARK Q
MARY B
MARY W
MARY G
MELANIE I

MELISSA T
MICA D
MIKA I
NAIDA G
NANCY H
NELLIE B
RACHEL W
REAGAN H
REBECCA T
RENE P
RETRAINA M
SARAH J
SHEILA S
SHEILA S
SHELIA E
SHERRY P
SIERRA S
SIERRA B
STACEY P
SUSAN B
SUSAN G
TARA E
TARA H
TAYLOR R
TELISHA L
TERESA S
TERESA S
THOMAS B
TINA S
TOMMIE W
TONY J
TYLER SCOTT
VEACHEL A
VIVIENNE T
WILLIAM G
ZAKARE S



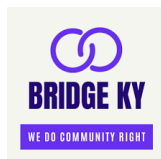
OVERDOSE AWARENESS DAY COMMUNITY RESOURCE FAIR

Courthouse Grounds at the Glasgow Square

 **August 31**
10am - 1pm

- \$20 Wal-Mart Giftcards for HIV and HEP C Testing
- COVID Vaccinations
- Community Resource Booths

Guest Speakers:
Jimmy & Mandy Vibbert,
Celebrate Recovery
Brandon Riddle



Phone: 833.510.HELP

Fax: 833.510.4329

brightviewhealth.com



LABOR DAY EVENT

EVERYTHING FOR BEING YOU & MORE.

EARLY ACCESS TO LIMITED-QUANTITY DEALS FOR MEMBERS STARTS 8/30.



STARTS 8/30 AT 11AM ET
New Inspiron 15 3000 Laptop
Est. Value* \$479.99 | Save \$130
\$349⁹⁹

11th Gen Intel® Core™ i3 processor,
Windows 10 Home, 4GB memory*,
128GB SSD*



STARTS 9/1 AT 11AM ET
G15 Gaming Laptop
Est. value* \$979.99 | Save \$280
\$699⁹⁹

10th Gen Intel® Core™ i5 processor,
Windows 10 Home, 4GB NVIDIA®
GeForce GTX™ 1650 graphics,
8GB memory*, 256GB SSD*, FHD
120Hz display



32"

STARTS 8/30 AT 11AM ET
Dell 32 Curved Monitor - S3221QS
Est. value* \$599.99 | Save \$180
\$419⁹⁹

31.5" curved 4K UHD Monitor, 3840
x 2160 at 60 Hz, AMD FreeSync™
technology, Built-in dual 5W speakers
*Limited quantities available



STARTS 9/2 AT 11AM ET
XPS Desktop
Est. value* \$999.99 | Save \$400
\$599⁹⁹

11th Gen Intel® Core™ i5 processor,
Windows 10 Home, 16GB memory*,
512GB SSD*

Visit Dell.com www.dell.com/mpp/tjsamson

Offers valid 8/30/2021-9/9/2021 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. Price Match Guarantee: If you find a lower-price advertised on the internet for an identical electronic product or an equivalent Dell, HP, Apple or Lenovo computer (as determined by Dell), Dell will match that price. Call or Chat online with a Dell Expert and we'll walk you through the process. Learn more at dell.com/pricematch. 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. Copyright © 2021 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. 566970

All it takes is a glance





Blood Drive T.J. Health Pavilion

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

**Wednesday, September 1, 2021
1:00 p.m. to 6:00 p.m.**



GIVEAWAY





TJ has received **6** free entries for the Community Medical Care Run for Health. Those interested in a free ticket can email Bart Logsdon at blogsdon@tjsamson.org to be entered into a drawing. Winners will be drawn and emailed on September 7.



September

TJ Café

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Chili	Chicken & Dumplings	Roasted Red Pepper & Gouda	Pinto Beans	Loaded Potato Soup
		Chop Chop Salad!!!		Comfort Food!
Jumbo Baked Potatoes Tater Tots Fire Braised Chicken or Pork Steamed Broccoli Caramelized Onions Sweet & Spicy Brussels Sautéed Mushrooms Creamy Broccoli Salad Assorted Toppings & Sauces Onion Rings Cornbread Chocolate Peanut Butter Pie	Nachos & Enchiladas Black Bean Enchiladas Taco Meat or Fajita Chicken Cilantro Lime Rice Cauliflower Rice Charro Beans Mexican Street Corn Salad Cilantro Jicama Slaw Assorted Toppings & Sauces Jalapeno Poppers Cornbread Fruit Pizza	Spinach Lettuce Fried Chicken Grilled Chicken Melissa's Chicken Salad Strawberries, Blueberries Fresh Pineapple Candied Pecans Assorted Toppings & Sauces Corn Nuggets Honey Butter Croissant & Blueberry Muffins Lemon Bars	Tempura Chicken Mongolian Beef General Tso's Chicken Fried Rice & Jasmine Rice Snap Peas & Chow Mein Fresh Seasoned Green Beans Thai Cucumber Salad with Peanuts Spicy Asian Slaw Assorted Toppings & Sauces Egg Rolls Cornbread Red Velvet Cupcake	Chopped Steak with Sautéed Onions Basil & Garlic Roasted Chicken Breast Green Beans Turnip Greens Mashed Potatoes Squash Casserole Macaroni & Tomatoes BLT Pasta Salad Kale Cranberry Cornbread Salted Caramel Pretzel Brownie
13	14	15	16	17
Vegetable Soup	Broccoli Cheddar	Roasted Red Pepper & Gouda	Chili	Loaded Potato
		Stacked or Wrapped Sandwich Bar		
Build Your Own Pasta Penne Zucchini Noodles Oven Fried Chicken Lemon Rosemary Chicken Meatballs Balsamic Roasted Brussels Broccoli, Mushrooms Kale Caesar & Side Salad Assorted Toppings & Sauces Fried Ravioli Breadstick Cannoli	Quesadillas Beef Quesadilla Chicken Quesadilla Cheese Quesadilla Refried Beans Spanish Rice Grilled Peppers & Onions Chiles Rellenos Mexican Street Corn Salad Assorted Toppings & Sauces Jalapeno Poppers Cornbread Tres Leches Cake	Spinach Wraps Sourdough, Wheat Hoagie, Croissant Turkey, Ham Popcorn Shrimp Chicken Salad Bacon Spinach & Bacon Salad Sweet Coleslaw Assorted Toppings, Cheese, & Sauces Ranch Bistro Chips Dinner Roll Carrot Cake	Buttermilk Ranch "Not Fried" Chicken Nashville Hot Chicken Chicken Tenders Mashed Potatoes Southern Style Green Beans Grilled Cabbage Hash Brown Casserole *Homemade Fruit Tea* Loaded Potato Salad Old Fashioned Tomato Salad Potato Wedges Biscuit & Cornbread Apple Streusel	Crispy Pork Sandwich Sweet & Sour Glazed Mahi Hawaiian Chicken Sliders Steamed Jasmine Rice Watermelon Poke Cabbage Slaw Mango Slaw Honey Lime Fruit Salad Steak Fries Assorted Toppings & Sauces Steak Fries Cornbread Chocolate Chip Candy Cookies

Apple A Day				September			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30	31	1	2	3	4	
Breakfast Special	Denver Omelet Breakfast Wrap	Denver Omelet Breakfast Wrap	Denver Omelet Breakfast Wrap	Denver Omelet Breakfast Wrap	Denver Omelet Breakfast Wrap	Denver Omelet Breakfast Wrap	
Lunch Special							
5	6	7	8	9	10	11	
Breakfast Special	Cinnamon Roll Pancakes	Cinnamon Roll Pancakes	Cinnamon Roll Pancakes	Cinnamon Roll Pancakes	Cinnamon Roll Pancakes	Cinnamon Roll Pancakes	
Lunch Special							
12	13	14	15	16	17	18	
Breakfast Special	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit	Nashville Hot Chicken Biscuit	
Lunch Special							
19	20	21	22	23	24	25	
Breakfast Special	Steak, Egg, & Cheese Breakfast Sandwich	Steak, Egg, & Cheese Breakfast Sandwich	Steak, Egg, & Cheese Breakfast Sandwich	Steak, Egg, & Cheese Breakfast Sandwich	Steak, Egg, & Cheese Breakfast Sandwich	Steak, Egg, & Cheese Breakfast Sandwich	
Lunch Special							

Apple, Too			September		
Monday	Tuesday	Wednesday	Thursday	Friday	
30	31	1	2	3	
Breakfast Special	Chocolate Chip Pancakes	Chocolate Chip Pancakes	Chocolate Chip Pancakes	Chocolate Chip Pancakes	
Lunch Special	Fried Bologna Sandwich	Chicken Salad & Fresh Fruit Plate	Tuna Salad Croissant	General Tso's Chicken Bowl	Sloppy Joe
	Chips & Fruit	Blueberry Muffin	Chips, Fresh Fruit Cup	Eggroll	Loaded Potato Salad
6	7	8	9	10	
Breakfast Special	Closed for Labor Day	Breakfast Quesadilla	Breakfast Quesadilla	Breakfast Quesadilla	Breakfast Quesadilla
Lunch Special		Philly Steak	Big Daddy Brisket Sandwich	Very Berry Chicken Salad	Beef Fajitas
		Spinach, Bacon, Parmesan Salad	Loaded Potato Salad	Croissant	Corn & Black Bean Salad
13	14	15	16	17	
Breakfast Special	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel	Bacon, Egg & Cheese Bagel
Lunch Special	Club Sandwich	Chicken Chef's Special	Beef Manhattan	Grilled Chicken Caesar Wrap	Pulled Pork Sandwich
	Potato Soup	Chips & Salsa	Seasoned Green Beans	Chips, Fresh Fruit	Baked Beans
20	21	22	23	24	
Breakfast Special	Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes	Blueberry Pancakes
Lunch Special	Chicken Cobb Salad	BLTA Croissant	Chicken Fajitas	Pizza Sub	Crispy Orange Chicken Bowl
	Croissant	Creamy Broccoli Salad	Black Beans	Side Salad	Eggroll
27	28	29	30	1	
Breakfast Special	Fried Bologna, Egg & Cheese on Texas Toast	Fried Bologna, Egg & Cheese on Texas Toast	Fried Bologna, Egg & Cheese on Texas Toast	Fried Bologna, Egg & Cheese on Texas Toast	Fried Bologna, Egg & Cheese on Texas Toast
Lunch Special	Cali Grilled Chicken Sandwich	Bacon Cheeseburger	Chicken & Cheese Quesadilla	BBQ Bacon Cheddar Sliders	French Dip
	BLT Pasta Salad	Creamy Broccoli Salad	Chips & Salsa	Chips	Roasted Potato Wedges



Employee Payroll Deduction Authorization Form

Employee Name: _____ Employee #: _____

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

Phone: _____ Email Address: _____

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

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

_____ in support of where needed most.

_____ in support of the Shanti Niketan Hospice Home.

Recurring Gift

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

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

_____ \$38.47 = \$1000 annual gift

_____ \$10 = \$260 annual gift

_____ \$28.85 = \$750 annual gift

_____ \$3.85 = \$100 annual gift

_____ \$19.24 = \$500 annual gift

_____ \$ _____ Other Amount

One-Time Gift

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

\$ _____ (one-time gift amount)

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

Employee signature: _____ Date: _____

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



TJ BARREN COUNTY EMPLOYEE DISCOUNTS

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

AAA

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

AT&T

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

AWARDS, INC.

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

AZUL TEQUILA

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

BAILEY GIBSON SERVICE DEPT.

Receive 15% off service.

BLUEGRASS CELLULAR

Receive 15% off basic service.

BOUTIQUE 218 AT JORDAN'S SALON

Receive 10% off clothing at Boutique 218.

NEW

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 5-topping or specialty pizza for \$12: Tj20
Large 3-topping pizza for \$9.99: Tj9993
Choose a Papadilla, 10" Cheesesticks OR Garlic Knots AND
two 20 oz. drinks for \$16: MED16
Reg. menu prices. Online, call-in and in-store orders.

BARREN COUNTY EMPLOYEE DISCOUNTS, CONT.

RALPHIE'S FUN CENTER
Receive free shoe or skate rental.

RIB LICKERS
Receive 10% off your purchase.

R+ MED SPA
Receive 10% off your purchase.

SHOGUN BISTRO
Receive 10% off your food purchase.

SIDELINES CASUAL DINING
Receive 10% off your purchase.

SOUTHERN CUP COFFEE & CAFE
Receive 10% off your purchase.

SWEETHEART BAKERY
Receive 10% off your purchase.

THOROUGHbred EXPRESS AUTO WASH
\$25 for Triple Crown Unlimited

\$23 for Derby Dazzler Unlimited
\$20 for Express Wash Unlimited
(prices are per vehicle/per month)

T.J. CAFE
Employee discount in employee cafeteria.

T.J. GIFT SHOP
Receive 10% off your purchase.
Payroll deduction available for employees.

WITTY'S COMPLETE CAR CARE
Receive \$5 off lube/oil/filter change.

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

YMCA
Joining fee is waived. 15% discount monthly.



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.***

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 • Megan Buntin, APRN • Pat Spears, APRN

Primary Care Pod B: 270.659.5870

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

Primary Care Pod C: 270.659.5885

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

Cardiology: 270.659.5970

Dr. Nair • Dr. V. Reddy • Dr. Salifu

Lisa DuCoff, APRN • Nancy Jo Houchens, APRN

Ashley Collins, APRN • Heather Bull, APRN

Gastrointestinal Clinic: 270.659.3398

Traci Anderson, APRN

General Surgery: 270.659.5945

Dr. Klapheke • Dr. Marion • Dr. Saridakis

Gynecology & Obstetrics: 270.659.5865

Dr. Craddock • Dr. Dirig • Dr. Vazquez

Nellie Bell, APRN • Casey Sacia, APRN • Michelle Wilson, APRN

Nephrology: 270.659.5834

Dr. S. Reddy • Marissa Howard, APRN

Neurology: 270.659.5945

Dr. Koury

Oncology: 270.659.5890

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

Pain Management: 270.659.5990

Dr. Bahadur • Tracy Taylor, APRN

Pulmonology: 270.659.5835

Dr. Kummerfeldt • Dr. Mahmoud

Urology: 270.659.5965

Dr. Wiatrak

Urgent Care at the Pavilion: 270.659.5555

Laboratory: 270.659.5584

Pavilion Pharmacy: 270.659.5599

Radiology: 270.659.5570

Rehab Services: 270.659.5660

Respiratory: 270.659.5540

Women's Imaging: 270.659.5591

ADDITIONAL SERVICE LOCATIONS

T.J. Health Cave City Clinic: 270.773.2111

Dr. Camas • Paula West, APRN

Cardiology: Dr. Salifu

T.J. Health Columbia: 270.384.4753

T.J. Health Columbia Clinic: 270.384.0451

Patricia Doolin, APRN

T.J. Health Columbia Primary Care: 270.384.4764

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

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

Gynecology: Casey Sacia, APRN

Pediatrics & Ped. Behavioral Health: Alisha Risen, APRN

Podiatry: Dr. Risen

Pulmonary: Dr. Kummerfeldt

Sleep: Kim Bowman, APRN

T.J. Health Edmonton Clinic: 270.432.4800

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

T.J. Health Greensburg Clinic: 270.973.5439

Pediatrics & Ped. Behavioral Health: Alisha Risen, APRN

T.J. Health Russell Springs Clinic: 270.858.3636

Chris Doolin, APRN

T.J. Health Scottsville Clinic: 270.237.3123

Emily Tabor Jessie, APRN • Lindsey Landers, APRN

Tiffany Frye, APRN

T.J. Health Tompkinsville Clinic: 270.487.0720

Teresa Sheffield, APRN

T.J. Home Health & Hospice: 270.651.4430

T.J. Long Term Care Team: 270.651.4451

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

Nikki Sherfey, APRN

T.J. Samson Community Hospital:

270.651.4444

T.J. Samson Family Medicine: 270.651.4797

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

Dr. Fisher

T.J. Sleep Clinic: 270.651.1888

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

T.J. Specialty Services Dermatology: 270.629.3376

Dr. Allred • Sherelen Hodges, APRN

T.J. Wound Care: 270.651.4325

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



TJRH Service Excellence Award Nomination Form

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

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

Choose One:

Hospital

Pavilion

Columbia

Clinics

Clinic Location: _____

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

Compassion

Cooperation

Collaboration

Communication

Change

Champion

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

Would you like to remain anonymous? _____

If no, please provide your name: _____

For Office Use Only:

Department Director Approval: _____

HR Approval: _____

Submit completed nomination forms to Pam Bray in Human Resources.

T.J. PLEDGE

I WILL SHOW COMPASSION:

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

I WILL COOPERATE WITH OTHERS:

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

I WILL COLLABORATE WITH OTHERS:

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

I WILL COMMUNICATE:

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

I WILL ADAPT TO CHANGE:

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

I WILL BE A CHAMPION:

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





MISSION

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

VISION

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

CORE VALUES

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