

T TEAM talk

DECEMBER 11, 2023



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

EMPLOYEE NAME

DEPARTMENT

Demetria Knipp
 David Banach
 Maegan Gainer
 Destiny Jones
 April London
 Samantha Jones
 Renee Holder
 Amelia Meadows
 Sierra Blair
 Sherri Compton

Pharmacy Tech
 Transporter
 PT Assistant
 Phlebotomist
 Pharmacy Tech
 Phlebotomist
 Cardiology
 CNA - Stepdown
 CNA - ICU
 PSR

EMPLOYEE NAME

DEPARTMENT

Megan Crumpton
 Savan Patel
 Meredith Higgins
 Sarah Reneau
 Joshua Hall
 Elizabeth Guffey
 Vicki Maggard
 Caitlin Featherston
 Adisa Hadzic
 April Walbert

Edmonton Clinic
 Nurse Aide - 3C
 Coding
 Cash Posting
 RN Applicant
 CNA - 2C
 PSR
 PSR
 Mammo Tech
 RN - Case Management



UPcoming EVENTS

DECEMBER

December 13: Blood Drive @ PAV (1 - 6PM)

December 14: Merry & Bright Open House @ R+ Med Spa (5PM)

December 15: Boutique Beauties/Tastefully Simple @ PAV (8:30AM-3:30PM)

If you have an important date or event that should be added, please email it to 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

Weekly Prayer Service



Monday, December 18
Noon
PAV Community Center



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/..](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!



DECEMBER: COMPASSION

T.J. PATIENT ENCOUNTERS

12/2/23 - 12/8/23:

9,022

11/25/23 - 12/1/23:

9,001



R+ MED SPA

INVITES YOU AND YOUR FRIENDS

TO OUR

Merry & Bright

OPEN HOUSE

THURSDAY, DECEMBER 14

5:00 PM

210 SHANE DRIVE

GLASGOW, KENTUCKY

RSVP BY DECEMBER 7 TO 270.651.4772

JOIN US FOR COMPLIMENTARY HORS D'OEUVRES,
★ HOLIDAY COCKTAILS, LIVE DEMOS, SURPRISE
GUESTS, UNBEATABLE PRICING + MORE!

★ THE FIRST 25 GUESTS WILL RECEIVE A SPECIAL
GIFT BAG VALUED AT \$150.

★ WE HAVE EVENT-ONLY SPECIALS AND FANTASTIC
★ GIVEAWAYS, WITH THE GRAND GIVEAWAY AT
★ 7:30PM. SEE YOU THERE!

MY T.J. FAMILY

I started at T.J. in 1988, left & came back but this is home to me. This solidifies a few reasons why.

I lost my father last December 6, 2022 & just recently lost my mother November 14, 2023. The care, compassion & commitment from each person was above & beyond.

Housekeeping personnel shared recipes, the ER, ICU, 2W nursing staff were exceptional treating my mother as their own. Each person always presented offerings to my family, asked if there were any needs & asked for any concerns on every encounter.

In ICU I wrote Trust in Him on the communication board. The next morning a Bible verse was written. The bond was stronger.

Our Team of physicians, Dr. Pillai who has the most gentle spirit & compassion, hugged & shared tears, Dr. Mahmoud for his expertise, guidance, & comforting words, Jonathan's presence, Drs. V. Reddy, & Schmidt wanting to make sure everything had been done.

A deep thank you to Nursing: Suzanna, Andi, Christina, Latina, Addison, Hannah, Harris, Macy, Kylie, Kayla, Melissa, Brooklyn, Brenda, Emily, Denisa, Lindsey, Eric. Hospice Corey was so kind & professional.

T.J. coworkers expression of kindness & sympathy, thank you. Neil, Administration, Thank You.

My heart is full of love for my Rehab family. They have been there for me on every level. We share a bond most will never experience in a work setting. We truly are one family.

Pain & suffering pushes us toward dependence on our Father. If we didn't go through these times, our faith & maturity would not grow. My family needs peace & comfort more than understanding. One day at a time.

Please take time to make memories with your loved ones during this merry season. If you've lost loved ones, Trust in Him.

I express my deepest gratitude to each one who makes T.J. a better place.

Sincerely,
Sonja C Hammer
Rehab dept.



GIVE SOMETHING THAT
Means Something
GIVE BLOOD

Blood Drive T.J. Health Pavilion

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

Wednesday, December 13, 2023
1:00 p.m. to 6:00 p.m.

Go to RedCrossBlood.org and enter sponsor code: TJSAMSONPAVILION or call 1-800-RED CROSS to schedule your appointment today.



Our gift to you: Come give Dec. 1 to 17 for a \$10 Amazon.com Gift Card by email. rcblood.org/Amazon



Schedule your blood donation appointment today!

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

© 2023 The American National Red Cross | 432201-02 CW

IMPORTANT

Any full time employee who is not currently enrolled in Short Term Disability (STD) will have the opportunity to enroll and will be automatically approved, with no questions asked, for Short Term Disability coverage. TJ Regional Health is offering this enrollment opportunity because of recent changes to our Extended Illness Bank (EIB).

The enrollment period will be Monday, December 4th through Friday, December 15th with benefit being effective January 1, 2024.

Follow the directions below to enroll in STD effective January 1, 2024.

- Log into your Paylocity Self-Service Portal on your computer (not accessible on the phone app).
- Navigate to the triple bar tab in the upper left hand corner.
- Click on "Bswift Benefits".
- Click on "Start your Enrollment".

Please contact Pam Bray with any questions.



**December
Relaxation Rx**



**Effective December 3, all
Payroll Withholding
purchases will be deducted
from one check.**

Most of us feel too busy to even think about taking time out to relax. But the reality is that regular relaxation is crucial. If we don't stop regularly to "refuel," we risk emotional and physical burnout. Even a small investment of 5-10 minutes a day can have a huge return. This webinar will include demonstrations of relaxation techniques that provide immediate as well as long-term benefits. We'll also learn how to detect burnout "triggers" and discover ways to regain a sense of balance and motivation. You will leave feeling recharged and better able to tackle daily demands.

Log-in any time in the month of December to watch the webinar and ask the expert questions! If you have any trouble logging in to the webinar, please reach out to your EAP at info@humandev.com

Holiday Special for T.J. Employees!

\$40 One Hour Massage Session

**The Rehab Department is offering an employee discount
on T.J. Samson Massage Gift Certificates!**

The sale begins on Friday, November 24 and ends on Friday, December 22.

Certificates may be purchased in person at Outpatient Rehab at the Pavilion.

*Only T.J. employees may purchase at sale price. Payment accepted: Cash, check, credit card or payroll deduction.
Call 270.659.5660 or email Mark Quigley for more information. Gift certificates expire one year from date of purchase.*

*Tis the season to
Relax*



**Order
Your Vouchers
Today**



TJRH Nursing Clinical Ladder Program

YOUR JOURNEY FROM NOVICE TO EXPERT!

LEVEL 5

- 7 + YEARS EXPERIENCE
- MSN+
- NATIONAL CERTIFICATE

LEVEL 4

- 5 + YEARS EXPERIENCE
- BSN+
- NATIONAL CERTIFICATE

LEVEL 3

- 3 + YEARS EXPERIENCE
- ADN +

LEVEL 2

- 1 + YEARS EXPERIENCE
- LPN, DIPOLMA, ADN +

LEVEL 1

- NOVICE

*ADDITIONAL REQUIREMENTS

*MINIMUM OF 1 FROM EACH CATEGORY

COMMUNITY INVOLVEMENT:

- PARTICIPATE/VOLUNTEER IN AT LEAST 2 TJ REGIONAL HEALTH EVENTS
- PARTICIPATE IN A MEDICAL MISSION TRIP
- PARTICIPATE IN AT LEAST 20 HOURS OF COMMUNITY SERVICE

LEADERSHIP:

- FUNCTION IN THE ROLE OF A PRECEPTOR
- FUNCTION IN THE ROLE OF A CHARGE NURSE REGULARLY
- BECOME A SUPER USER
- BE A "CHAMPION" FOR SKIN CARE/WOUND, INFECTION PREVENTION, ETC.
- RECEIVE DAISY AWARD OR NOMINATION
- SERVICE EXCELLENCE AWARD

PROFESSIONAL DEVELOPMENT:

- COMMITTEE MEMBERSHIP
- PARTICIPATE IN A SAFETY PROBLEM FIND AND PROPOSED SOLUTION
- BUDGET SAVING OPPORTUNITY
- PARTICIPATE OR DEVELOP EVIDENCE-BASED PRACTICE/PERFORMANCE IMPROVEMENT PROJECT
- ACTIVE PARTICIPATION IN SHARED GOVERNANCE

Checkout the next page for more info on upcoming informational sessions.

 Serendipity Gifts
AT T.J. SAMSON
M-F: 8:30AM - 4PM

\$5 STORAGE SALE
on 12/13 and don't
forget that
Christmas is still
20% off!!

FREE HOSPITAL DELIVERY

Have questions or want to place an order? Contact
Amber Tinsley at giftshop@tjsamson.org.



**Snowman sweatshirts will be
in this week! Watch your email
for more information.**

Have questions?

**Email Bethany Matthews at
bmatthews@tjsamson.org.**

TJRH Nursing Clinical Ladder Program

YOUR JOURNEY FROM NOVICE TO EXPERT!

For more information on the Nursing Clinical Ladder Program please attend one of the following sessions in the 4th floor classroom or attend via the zoom link:

Tuesday December 12th at 7:30 am
Tuesday December 12th at 3:00 pm
Tuesday December 19th at 7:30 am
Tuesday December 19th at 1:00 pm

To attend via zoom: [Click Here](#)

Do you know a Director/Coordinator who exemplifies the values and standards of the T.J. Pledge?

Starting in 2024, we will be awarding directors for the TJRH Service Excellence Awards. Director Award winners will be announced at the quarterly LDI meetings. Thank you for helping us to recognize our employees and providers who strive for Service Excellence!

Nominate your fellow directors/coordinators for one of the TJRH Service Excellence Awards. You can 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 the tjregionalhealth.org employee page.





Fit for Life
Where Wellness Works

WE WANT YOUR FEEDBACK!

**Please click the survey link below
and help us plan Fit for Life
programs for 2024!**

[TAKE SURVEY HERE](#)

Survey will need to be opened on your cellphone.

**Leave your name and contact info
at the end of the survey for a
chance to win a \$25 gift card.**

Service Excellence Awards

Congratulations to this month's Service Excellence Award Winners!



APRIL EDWARDS

has been selected as the December winner of the TJRH Service Excellence Award for being a T.J.

CHAMPION!

According to the values of the TJ Pledge, a TJ Champion is someone who:

- Serves with passion
- Views their self as an owner of TJ Regional Health and acts accordingly
- Takes responsibility for the physical appearance of TJ Regional Health, including their work area
- Goes out of their way to daily thank and compliment their customers and coworkers
- Dares to make a difference and be exceptional
- Constantly tries to improve their self and TJ Regional Health
- Speaks positively about TJ Regional, while at work and in public places outside of work.

Below is a portion of the submission received about April:

April is amazing. We could not pick just one area of service that she demonstrates.

Champion: April is a CHAMPION!! Not only for T.J. Samson but also for God, the community and her fellow man. She needs and deserves everything that she is gives, given back to her tenfold.

We love you April. You are the best.



DR. BRANDON MORRIS

has been selected as the December winner of the TJRH Provider Service Excellence Award for being a **CHAMPION!**

According to the values of the TJ Pledge, a TJ Champion is someone who:

- Serves with passion
- Views their self as an owner of TJ Regional Health and acts accordingly
- Takes responsibility for the physical appearance of TJ Regional Health, including their work area
- Goes out of their way to daily thank and compliment their customers and coworkers
- Dares to make a difference and be exceptional
- Constantly tries to improve their self and TJ Regional Health
- Speaks positively about TJ Regional, while at work and in public places outside of work.

Below is a portion of the submission received about Dr. Morris:

He truly serves with passion, he wants our patients to be as pain free as possible and to have the best outcome. Dr. Morris takes his time to review the cases and provide pain blocks to everyone that he can. His bed side manner with these patients in surgery as well as in Endoscopy is exceptional. He takes the time to explain the procedure, what the benefits of the procedure are and why he believes they would benefit from the procedure.

Congratulations to APRIL and DR. MORRIS, and THANK YOU for the excellent service you provide to your patients at 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, or pick up a form outside the cafeteria.



TEQUILA'S T.J.

Tequila Staten started her career journey at T.J. Samson Community Hospital in 1978 as a nurse's aide on Second West, right after her high school graduation. In her pursuit of professional growth at T.J., she attended LPN school and successfully graduated in 1980. After serving as an LPN for a decade, she decided to return to college to become an RN. Ten years later, Tequila accomplished another milestone by obtaining her Bachelor's degree and then her APRN. Since 2009, she has been fulfilling her role as a nurse practitioner, which she currently holds at T.J. Throughout her years of experience, Tequila's determination to expand her knowledge has always shone through. Tequila reminisced about the advancements that T.J. has undergone as an organization. She emphasized the significant changes, such as the implementation of HIPAA and the establishment of comprehensive safety guidelines, which have greatly contributed to the well-being and safety of the patients. Over the course of her time at T.J., Tequila had the privilege of working alongside numerous colleagues. She regarded T.J. as her second family, witnessing her coworkers' personal milestones, including marriages, parenthood, and various other life achievements. The kindness among the staff was remarkable, as they always supported and cared for one another. Tequila expressed her gratitude for the assistance and compassion she received from her coworkers. Tequila also cherishes the relationships she built with her patients and the impact they had on her life. Their connections went beyond the typical nurse-patient dynamic, and she treasures the relationships they formed.



When asked about her plans for retirement, Tequila revealed her aspiration to learn how to play the violin. Additionally, she displayed her dedication to helping others by pursuing a CITE certification, enabling her to serve as a counselor at her nephew's in-house rehabilitation business. This exemplifies her commitment to continue making a positive impact in the lives of others.

Everyone is invited to celebrate her retirement at a scheduled for Thursday, December 14th from 2:00-3:30pm in the Innovation Room at T.J. Samson. Tequila's last day at T.J. is December 22, 2023. Please join us in congratulating Tequila on her well-earned retirement!

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

Counseling

- Up to 6 visits
- In-person or virtual visits available
- Call EAP or contact us through our website 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
- 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!

Coping with Holiday Stress

Marilyn J. Connors, D.O.

The winter holiday season can stir up a myriad of emotions. Holidays can elicit ambiguous feelings including sadness and depression, loneliness, grief, anxiety, and disappointment, but also excitement, optimism, and joy. Stress can have physical, emotional, and mental effects. The effects of stress may be positive, negative or a combination of both. An American Psychological Association survey stated that approximately 38% of the population report increased stress during holidays. It is important to be aware of and acknowledge how you and others are feeling when the holiday season approaches. Upcoming holidays may result in mental and physical exhaustion, increased anxiety, and depression as well as difficulty sleeping.

Why does this happen? There are many factors that intersect and influence the anticipation of and experience of a special day. There may be unrealistic expectations about how the holiday should unfold. Concerns about social interactions, family dynamics and challenging relationships may result in anxiety, worry, dread or even anger. Unhealthy stress may be self-imposed by putting too much pressure on yourself to create "the perfect holiday". Memories of the past and happier times may bubble up before and during the holidays. Loneliness, a sense of loss, frustration and unresolved emotions may cloud your perception of the holidays when reality fails to harmonize with your vision of the day. Sometimes, the financial costs associated with holidays are themselves a stressor, such as the cost of a special holiday meal, gifts or travelling. Those working in service professions, especially healthcare, may have to work more hours or work on the holidays and be unable to spend them with family and friends. So how do we navigate the holidays in a beneficial way that allows us to enjoy them?

Here are some tips on coping with holiday-related stress which may be helpful in counteracting unhealthy emotions that may arise:

- Manage stress levels by learning to say "no" without feeling guilty.
- Delegate some of the holiday preparations/work to others- don't go it alone.
- Share your feelings and thoughts with confidantes, such as supportive friends and family.
- Be present during the time you can connect with loved ones, including your pets.
- Acknowledge and honor difficult emotions such as grief and loss by developing a tradition to remember someone who has passed away.
- Remain in the present moment and experience what is happening now.
- Avoid becoming too tired or too hungry because it may lead to irritability and frustration.
- Minimize distractions.
- Volunteer! at a soup kitchen, shelter, library or find another opportunity to help others.
- Limit exposure to social media which often presents unrealistic ideas and expectations of a fantasy holiday.
- Remember to take a break! (exercise, dance, sing, meditate, read, go outdoors, walk your pet, do something you enjoy and take some deep breaths during the day).
- Create a relaxing environment for yourself (e.g., listening to music, using scents such as citrus, cinnamon, pine, vanilla and lavender)
- Prioritize and maintain your self-care routine or create a new one.
- Extend compassion to all, including yourself!

Follow these links to find additional resources for coping with holiday-related stress:

<https://psychcentral.com/health/holiday-stress>

Article courtesy of KHA and KY SOS



Helping Hands Payroll Deduction Form

Employee Name: _____

Address: _____

Email Address: _____

Employee Number: _____

Payroll Deduction Authorization

Amount to be deducted from each paycheck: \$_____

*I agree that my gross pay will be reduced by the amount of my deduction as indicated above.
In the event a new Employee Deduction Authorization Form or Cancellation Form is not completed, this
form shall be deemed to continue indefinitely.*

Employee Signature: _____ Date: _____



Community Mission FOUNDATION

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):

- | | |
|---|---|
| <input type="checkbox"/> \$38.47 = \$1000 annual gift | <input type="checkbox"/> \$10 = \$260 annual gift |
| <input type="checkbox"/> \$28.85 = \$750 annual gift | <input type="checkbox"/> \$3.85 = \$100 annual gift |
| <input type="checkbox"/> \$19.24 = \$500 annual gift | <input type="checkbox"/> \$_____ Other Amount |

One-Time Gift

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

\$_____ (one-time gift amount)

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

PTO Buy Back Funds Gift

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

Employee signature: _____ Date: _____

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

TJ CAFÉ MENU Week 2

Beginning 12-11-23

Monday

Chicken and Vegetable Stir Fry, Baked Salmon w/ Lemon Dill Butter, Jasmine Rice,, Roasted Cauliflower, Dinner Roll, Crab Rangoons

- Soup of the Day: Broccoli Cheese



Tuesday

Tacos, Ground Beef or Fajita Chicken, Refried Beans, Spanish Rice, Taco Toppings, Chips & Queso, Churros

- Soup of the Day: Sopa de Fideo



Wednesday

Country Fried Chicken, Pot Roast, Mashed Potatoes, Brown & Country Gravy, Collard Greens, Baby Carrots, Apple Cobbler

- Soup of the Day: Loaded Baked Potato



Thursday

Salisbury Steak, Marinated Chicken Breast, Parmesan Roasted Baby Potatoes, Fresh Steamed Broccoli, Dinner Roll, Banana Pudding

- Soup of the Day: Roasted Red Pepper Gouda



Friday

Fried Shrimp, Sloppy Joe, Tater Tots, Corn, Cole Slaw

- Soup of the Day: Clam Chowder

The Apple Too Lunch Menu



Monday 12/11/2023

Minestrone Soup, Gouda Grilled Cheese



Tuesday 12/12/2023

BBQ Pulled Pork, Baked Beans



Wednesday 12/13/2023

Turkey Bacon on Croissants
chips



Thursday 12/14/2023

Meatloaf, Peas, Mashed Potatoes







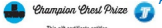












Friday 12/15/2023

Chicken Alfredo, Garlic Bread

THE T WAY

Champion Chest

 <p>3 Tokens</p>	 <p>5 Tokens</p>	 <p>10 Tokens</p>
 <p>12 Tokens</p>	 <p>Available in the Gift Shop</p> <p>15 Tokens</p>	 <p>Available in the Gift Shop</p>  <p>This gift certificate entitles you to a 15-minute massage session.</p> <p>Value: \$15.00 (not redeemable for cash)</p>  <p>10 Tokens</p> <p>20 Tokens</p>
 <p>\$10 E-Gift Card</p> <p>20 Tokens</p>	 <p>\$15 Gift Card Glasgow Location Only</p> <p>25 Tokens</p>	  <p>This gift certificate entitles you to a 30-minute massage session.</p> <p>Value: \$30.00 (not redeemable for cash)</p>  <p>30 Tokens</p>
 <p>40 Tokens</p>	  <p>40 Tokens</p>	 <p>45 Tokens</p>

To order additional T.J. branded apparel, contact the T.J. Gift Shop.

THE WAY

for you. for our family. for life.

Champion Chest

Item	Tokens
TLC Pens	3
TJ Notebook	3
\$5 Meal Credit	5
TJ Bandage Scissors (While Supplies Last)	5
Umbrella	9
TJ Silicone Cup	12
TJ T-Shirt (sizes S to 5XL)	15
TJ Canvas Totes	15
15 minute Massage	20
TJ Long Sleeve Shirt (sizes S to 3XL)	20
TJ Hats	20
Amazon \$10 E-Gift Card	20
Pizza Hut Gift Card	20
Colton's Steakhouse \$15 Gift Card	25
30 minute Massage	30
TJ Sweatshirt	30
TJ Beach Wash Sweatshirt	40
R+ Med Spa Sjolie Spray Tan	40
R+ Med Spa OSEA Gentle Tide Facial	40
TJ Jacket	45



30
TOKENS

Embroidered

18000 - Gildan® - Heavy Blend™ Crewneck Sweatshirt - 8-ounce, 50/50 cotton/poly

- Ash
- Black
- Carolina Blue
- Graphite Heather
- Heather Sport Royal
- Heliconia

	S	M	L	XL	2XL	3XL	4XL	5XL



40
TOKENS

Embroidered

1566 - Comfort Colors® - Garment-Dyed Sweatshirt - 9.5 oz., 80/20 ring spun cotton/polyester

- Blue Jean
- Flo Blue
- Orchid
- Pepper
- Seafoam
- True Navy
- Watermelon

	S	M	L	XL	2XL	3XL



45
TOKENS

Embroidered

L317 - Ladies' Port Authority® Core Soft Shell Jacket - 100% Polyester. **(ONLY TO 4XL)**

J317 - Men's Port Authority® Core Soft Shell Jacket - 100% Polyester Shell, Microfleece Lining

STYLE: _____	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
<input type="checkbox"/> Battleship Grey										

Congratulations on earning T.J. apparel!

EMPLOYEES: Submit your completed form and tokens to your supervisor.

SUPERVISORS: Submit forms to Nancy Griffin in the T.J. Administration office or email to: nancy.griffin@tjsamson.org

Name: _____

Dept.: _____

Location: _____

Phone: _____

Date: _____



Embroidered

18000 - Gildan® - Heavy Blend™ Crewneck Sweatshirt - 8-ounce, 50/50 cotton/poly								
	21.00	21.00	21.00	21.00	23.00	24.00	25.00	26.00
	S	M	L	XL	2XL	3XL	4XL	5XL
<input type="checkbox"/> Ash								
<input type="checkbox"/> Black								
<input type="checkbox"/> Carolina Blue								
<input type="checkbox"/> Graphite Heather								
<input type="checkbox"/> Heather Sport Royal								
<input type="checkbox"/> Heliconia								



Embroidered

1566 - Comfort Colors® - Garment-Dyed Sweatshirt - 9.5 oz., 80/20 ring spun cotton/polyester						
	\$37	\$37	\$37	\$37	\$39	\$40
	S	M	L	XL	2XL	3XL
<input type="checkbox"/> Blue Jean						
<input type="checkbox"/> Flo Blue						
<input type="checkbox"/> Orchid						
<input type="checkbox"/> Pepper						
<input type="checkbox"/> Seafoam						
<input type="checkbox"/> True Navy						
<input type="checkbox"/> Watermelon						



Embroidered

L317 - Ladies' Port Authority® Core Soft Shell Jacket - 100% Polyester. (ONLY TO 4XL)										
J317 - Men's Port Authority® Core Soft Shell Jacket - 100% Polyester Shell, Microfleece Lining										
STYLE: _____	40.00	40.00	40.00	40.00	40.00	42.00	43.00	44.00	45.00	46.00
	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
<input type="checkbox"/> Battleship Grey										

Please submit this completed form and payment to the T.J. Samson Serendipity Gift Shop. Thank you!

Name: _____

Dept.: _____

Location: _____

Phone: _____

Date: _____

Prices include decoration, but not TAX.

Total Qty. Shirts: _____

Sub-Total: \$ _____

Sales Tax (6%): \$ _____

Total Price: \$ _____

Payment Method:

Cash Check Card Payroll Deduct



we now have SHIRTS

at the
T.J. Gift Shop!

15 Tokens
or \$17



SHORT SLEEVE	S	M	L	XL	2XL	3XL	4XL
Dark Heather							
Graphite Heather							
Heather Royal							
Military Green							

20 Tokens
or \$22



LONG SLEEVE	S	M	L	XL	2XL	3XL
Black						
Sport Grey						
Navy						

Name: _____

Dept: _____

Location: _____

Phone: _____

Date: _____

Total Qty. Shirts: _____

Sub-Total: _____

Sales Tax (6%): _____

Total Price: _____

Payment Method:

Cash Check Card Payroll Deduct

Please submit this completed form to the T.J. Samson Serendipity Gift Shop.

If paying with Cash, Card or Check, you must visit the T.J. Gift Shop.



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: \$29 Key Card: \$12

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

NEW CENTURY BUFFETT

Receive 10% off your purchase.

NOT AVERAGE JOES GYM

\$20 a month. No fees.

PAPA JOHN'S PIZZA

30% off any pizza: MED24
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.

SOUTHERN CUP COFFEE & CAFE

Receive 10% off your purchase.

THOROUGHbred EXPRESS AUTO WASH

\$25 for Triple Crown Unlimited

\$23 for Derby Dazzler Unlimited

\$20 for Express Wash Unlimited

(prices are per vehicle/per month)

T.J. CAFE

Employee discount in employee cafeteria.

T.J. GIFT SHOP

Receive 10% off your purchase.

Payroll deduction available for employees.

VERIZON

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.



COLUMBIA EMPLOYEE DISCOUNTS

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

FRANKLIN NISSAN

10% off oil changes.

RUGGED TRUTH BARBERSHOP

\$1 off a haircut.

NANWOOD MARKET

10% off regularly priced items.

THE TRENDY FARMHOUSE

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

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

T.J. Health Pavilion

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

Primary Care Pod A: 270.651.6791

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

Primary Care Pod B: 270.659.5870

Dr. Miller • Dr. Neuhaus • Dr. Kelly • Dr. Richardson

Primary Care Pod C: 270.659.5885

Dr. A. Campbell • Dr. Brooks • Carla Hale, PA-C
Maggie Stanley, CNM (GYN)

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

Dr. Guzman • Dr. Jobson • 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, WHNP • Michelle Wilson, APRN

Nephrology: 270.659.5834

Dr. S. Reddy • Marissa Howard, APRN

Neurology: 270.659.5663

Dr. Schmidt • Amy Hatcher, APRN

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 • Dr. Hamadeh

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 **Cardiology:** Dr. Salifu

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 • Kristi Irvin, APRN • Monika Varney, APRN

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

Orthopedics: Dr. Elmlinger • Dr. Lessenberry • **OB/GYN:** Dr. Feese

Podiatry: Dr. Risen • **Pulmonology:** Dr. Mahmoud

Sleep: Kim Bowman, APRN • **Neurology:** Dr. T. Courtney

Weight Management: Kandace Webster, APRN

T.J. Health Columbia Wound Care: 270.384.7504

Dr. Dunn

T.J. Health Edmonton Clinic: 270.432.4800

Dr. Matney • Beth Wilson, APRN • Natalie Bruce, APRN

T.J. Health Greensburg Clinic: 270.973.5439

Pediatrics & Ped. Behavioral Health: Alisha Risen, CPNP-PC, PMHS

T.J. Health Orthopedics Clinic: 270.651.9390

Dr. Elmlinger • Dr. Lessenberry • Dr. N. Reddy • Tyler Miller, APRN

T.J. Health Russell Springs Clinic: 270.858.3636

Chris Doolin, APRN • Linnea Tarter, APRN

Neurology: Dr. T. Courtney

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. E. Courtney • Dr. Chamorro

Dr. Wright • Dr. Fisher

T.J. Samson Wound Care: 270.651.4325

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

T.J. Sleep Clinic: 270.651.1888

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

T.J. Specialty Services Behavioral Health: 270.659.5622

Dr. Yao • Tracy Taylor, APRN, PMHNP



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.



TJRH Director 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 TJ Regional Health's Service Excellence standards of:

Compassion

Cooperation

Collaboration

Communication

Change

Champion

How does your one up follow up with you regarding your concerns/needs/wants?

Provide a **detailed description** of how the nominee exemplifies the standards listed on the pledge. Refer to TJ 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: _____

T.J. PLEDGE

I WILL SHOW COMPASSION. I WILL:

- ▶ see all patients, family members, visitors, coworkers, physicians, and anyone else at TJ as my customer
- ▶ recognize that each and every interaction I have at TJ 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 COMMUNICATE. I WILL:

- ▶ 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 BE A CHAMPION. I WILL:

- ▶ serve with passion
- ▶ view myself as an owner of TJ Regional Health and act accordingly
- ▶ take responsibility for the physical appearance of TJ 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 TJ Regional Health
- ▶ speak positively about TJ Regional, while at work and in public places outside of work

I WILL COOPERATE WITH OTHERS. I WILL:

- ▶ 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. I WILL:

- ▶ 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 TJ 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 ADAPT TO CHANGE. I WILL:

- ▶ 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 TJ Regional and/or I have no control over
- ▶ manage the expectations of others by explaining duration and next steps as often as needed





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

- Service
- Excellence
- Responsive
- Vision
- Innovation
- Compassion
- Ethics

Your healthcare destination.