



Welcome, New T.J. Team Members!

Our first ever virtual employee orientation was held today. We are excited to welcome these new employees to the T.J. Family! The Education Department would like to thank each person who helped to make this new virtual experience possible. Your assistance and participation was greatly appreciated!

WELCOME

NEW EMPLOYEE	DEPARTMENT	JOB TITLE
Alisa Hurt	Med Surg	C N A
Kelsey Steele	ER	RN
Nicole Gibson	Hospice House	RN
Renee Stinson	Med Surg	LPN
Chad Harris	Home Medical Equipment	Oxygen Tech
Ada Beth Wolfe	Surgery	CST
Lauren Riddle	NICU	RN
Autumn Wright	Med Surg	C N A
Ashley Albrectson	Med Surg	C N A
Destiney Mondie	Med Surg	C N A
Katie Jones	Women & Newborn Care	SNR
Ashlee Jarvis	Patient Access	PSR
Sherhea West	Patient Access	PSR
Laura Peterson	Patient Access	Scheduler
Tina Sneed	Pavilion Switchboard	Switchboard Agent
Rebecca Musgrave	Financial Counseling	Financial Counselor
Joanna Burney	Financial Counseling	Financial Counselor
Dylan Wood	Laboratory	MLT
Tisha Baker	TJHC Lab	MLT
Ally Coffey	Phlebotomy	Phlebotomist
Isaac Logsdon	Phlebotomy	Phlebotomist
Tammy Davidson	Phlebotomy	Phlebotomist
Shawn Carter	Medical Transport	Transporter



UPcoming EVENTS

DECEMBER

December 17: Free Christmas Meal
provided by T.J. Medical Staff

December 29: BLS/ACLS/PALS
BLS @ 7:30 - 8:00 a.m.
ACLS @ 8:00 - 9:30 a.m.
PALS @ 9:30 - 11:00 a.m.

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

HOLIDAY Pies

Available for purchase at the TJ Café &
Apple A Day Café

Apple Pie \$8
prebaked, simply thaw serve

Pumpkin Pie \$8
prebaked, simply thaw serve

Pecan Pie \$10
prebaked, simply thaw serve

Helping make the holidays a little easier!

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 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, or you can also submit it online via the T.J. Intranet.

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

December: Compassion



T.J. PATIENT ENCOUNTERS

12/5/20 - 12/11/20:

7,614

11/28/20 - 12/4/20:

7,164



Happy Holidays from the Medical Staff!

ANNUAL T.J. CHRISTMAS BARBEQUE

Thursday, December 17, 2020

It is with great pleasure that the Medical Staff of T.J. Regional Health extends a thank you to the T.J. family. Please enjoy a complimentary BBQ meal as a token of our gratitude for your support during this year. We wish you a wonderful holiday season!

HOSPITAL EMPLOYEES

HOSPITAL CAFETERIA

10:30 a.m. – 2 p.m.

NIGHT SHIFT: Meals will be delivered to units between 6:30 – 7:30 p.m.

PAVILION EMPLOYEES

MAIN LOBBY AREA

11 a.m. – 1 p.m.

T.J. HEALTH COLUMBIA EMPLOYEES

TJHC KITCHEN

12 – 2 p.m.

NIGHT SHIFT: Meals will be packaged and stored in the dining area refrigerator for pick-up at your convenience.

T.J. CLINICS

Meals will be delivered to your clinic.





T.J. New Phone System Training Manual

The training manual for the new phone system at TJSCH is now available on the shared drive for employees to review. Go to the TJS shared drive. Click on Departments. Then All Employees. Then Avaya Phone Training.

TJS Shared Drive > Departments

	11/23/2020 9:17 AM	Name	Date modified	Name	Date modified
3405					
ACC CP Accreditation	10/23/2020 1:11 PM			Aura Messaging 7.0 Aria Getting Started ...	6/4/2019 1:03 PM
Accounting	11/6/2020 4:57 PM	Avaya Phone Training	11/17/2020 8:47 AM	AuraMsg-Aria VoiceMail Self Paced Learn...	11/12/2020 1:13 PM
Accounts Payable	11/23/2020 4:54 PM			J129 Standard User	10/16/2019 5:56 AM
Administration	9/22/2020 8:14 AM			J179 Standard User	10/16/2019 5:56 AM
Agility	10/14/2020 1:00 AM			J179 Telephone Self Paced Learning Sam...	11/12/2020 1:12 PM
All Employees	11/16/2020 9:02 AM				
APPEALS	2/24/2017 2:22 PM				



L to R: Brian Brown, Director of Inpatient Services, Kaitlyn Bryant, Tamera Strange, Nicole Clark, Sierra Gore, Whitney Isenberg, Coordinator of ICU/CTU, Sharon Vernon, Nurse Residency Program Coordinator

Congratulations, Nurse Residency Program Graduates!

Congratulations to this awesome group of nurses for completing the Nurse Residency Program! The Education Department's goal with the Nurse Residency Program (NRP) is to embrace the new RN graduates and enable them to grow in knowledge and confidence as they build a strong foundation for their nursing career. The NRP is a six month program where the residents meet once a month to learn about a specific topic which helps them to build clinical competency and professional practice behaviors. This programs helps to deepen their understanding of our mission, purpose, and goal of our organization as they begin their nursing practice at TJRH. We are very proud of each of you and wish you continued success!



**Special thanks to Jim and Kellie Lee
for decorating the Pavilion
for Christmas.
It looks beautiful!**



**The T.J. Samson Outpatient Surgery
Department is in the Christmas spirit!**

AWESOME SOME JOB!

Thanks to each person and team mentioned below for doing an AWESOME JOB! We appreciate your hard work and the dedication you provide to your patients and your teams!

PAVILION TEAM

I recently had to be seen at the T.J. Pavilion Urgent Care for something minor, not Covid related. I have had to visit there a few times and every time, the check-in has been quick, the nurses friendly, triage timely, reasonable precautions taken, and the Pavilion Pharmacy is conveniently inside it. Also as a patient of the Pavilion I recently had to have bloodwork and a mammogram – all equally efficient. Proud of their dedication right here in Glasgow, and would recommend. Thanks T.J.!

KAYLEIGH DAVIS, PAVILION LAB

Kayleigh has drawn my daughter's labs the last several times and always does a great job! She is kind and informative. And she is good at what she does!

T.J. HEALTH COLUMBIA ER TEAM

Every person was helpful and courteous as they could be. Thanks to Dr. Foster, Jodie Janes, and Jordan Burton.

HEATHER THOMPSON AND LAURA SWEET

I would like to share about a huge "win" in my books. Heather Thompson and Laura Sweet are amazing directors, no doubt. However, they have went above and beyond by starting a Resiliency Workshop among our combined departments. They read a chapter a week with us, provide light refreshments, and allow for fellowship. This is something we do for a short period of time once weekly but its having a HUGE impact. I have never felt more appreciated and cared for. To me this is an invaluable quality of a leader and one that could and does most certainly retain staff.



Managing COVID-19 Stress



A Day in Our Lives - 2020

- We've watched a remote virus evolve into a global pandemic
- Major cities first affected from Seattle to New York, and Chicago to Los Angeles
- Controversy over the public's perception of how to manage the infection and its danger to them
- The "first wave" never really went away, just continued to spread
- No longer a major city issue, now spreading across the country especially in rural areas



The Weight on Us

- This is absolutely not a normal care and/or trauma scenario
- Possible effects of emotional turmoil are exponential and impact professional and personal lives
- Mass vaccination process is starting, but won't be completed until well into 2021
- Long hours, patient-family turmoil, and no immediate end in sight creates the need for self-care

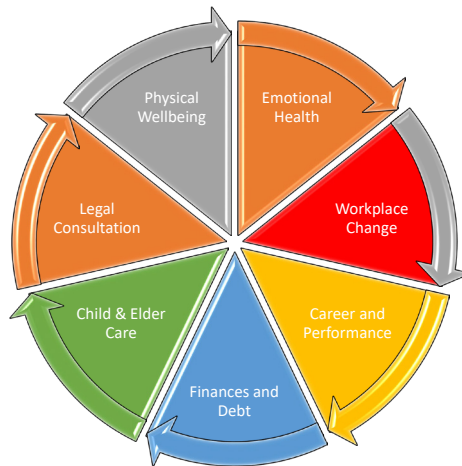


Taking Care of Yourself

- Three basic needs that MUST be met during pandemic: adequate rest, proper nutrition, and exercise
- Set boundaries for what you can and can't do during this time—don't try to be a superhero
- Stay vigilant and watch for your “trigger signs” of overload
- Schedule downtime and force yourself to comply, no skipping
- Establish a peer support network (“Buddy System”) and rely on each other
- Don't internalize your emotions, talk about them
- Spiritual wellness can be a great support
- Use all your resources, especially the benefits provided under your EAP



HELPING YOU BALANCE LIFE DURING COVID



ACHIEVING BALANCE THROUGH TOTAL WELL-BEING

Free, Confidential, Around-the-Clock Support

EAP Toll-Free Line: 888-550-5535

WEBSITE: www.maxwelleap.com

Contact us or your HR department for your unique benefits (number of free counseling sessions) and your specific username and password to access web services.





When you need to communicate information to more than one person, go through the following checklist:

- Who needs to know?
- Who does it affect?
- Have I brought everyone in who needs to know?

Making a list of everyone who needs to hear what you have to say will help make sure everyone was informed.



Holiday Special for T.J. Employees!

\$35 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 27 and ends on Thursday, December 31.

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, debit/credit or payroll deduction. Call, email or qliq Mark Quigley or Anne Hodges for more information. Gift certificates expire one year from date of purchase.

'Tis the season to
Relax



**Order
Your Vouchers
Today**

IMPORTANT REMINDER: If you purchased gift certificates during last year's massage therapy holiday sale, the expiration date has been extended until July 2021. Please call 270.659.5660 or qliq/email mquigley@tjsamson.org or ahodges@tjsamson.org to schedule your appointment!

December-20

WINTER

TJ Café Breakfast

	Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Standards	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy
Potatoes	Fried Potatoes	Hash brown Casserole	Fried Potatoes	Fried Potatoes	Tater Tots
Breakfast Pastry	Scones	Apple Turnover	Muffins	Scones	Cinnamon Rolls
Specials	Pancakes	Waffles	Banana Chocolate Chip Pancakes	French Toast	Waffles
Specials	Bacon, Egg, & Cheese Bagel	Chicken Tenders	Ham & Cheese Croissant	Fried Bologna	Chicken Tenders
	7	8	9	10	11
Standards	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy
Potatoes	Fried Potatoes	Hash brown Casserole	Fried Potatoes	Fried Potatoes	Tater Tots
Breakfast Pastry	Scones	Apple Turnover	Muffins	Scones	Cinnamon Rolls
Specials	French Toast	Waffles	Blueberry Oatmeal Pancakes	French Toast	Waffles
Specials	Grilled French Toast Sandwich with Sausage, Egg, & Cheese	Chicken Tenders	Bacon, Egg, & Cheese Breakfast Burrito	Fried Bologna	Chicken Tenders
	14	15	16	17	18
Standards	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy	Oatmeal, Bacon, Sausage Scrambled Eggs, Fried Eggs Biscuits, Gravy
Potatoes	Fried Potatoes	Hash brown Casserole	Fried Potatoes	Fried Potatoes	Tater Tots
Breakfast Pastry	Scones	Apple Turnover	Muffins	Scones	Cinnamon Rolls
Specials	Pancakes	Waffles	Chocolate Chip Pancakes	French Toast	Waffles
Specials	Sausage, Egg, & Cheese Bagel	Chicken Tenders	Fried Bologna, Egg, & Cheese on Texas Toast	Ham, Bacon, Egg, & Cheese on Texas Toast	Chicken Tenders

December-20

WINTER

TJ Café Lunch

Monday		Tuesday		Wednesday		Thursday		Friday	
30		1		2		3		4	
Soup	Chili	Loaded Potato		Broccoli Cheddar		Roasted Red Pepper & Gouda		Vegetable	
Features	Hot Dogs, Chili Cheese Dog	Lasagna		Chop Chop Salad		Baked Ham or Meatloaf		Baked Chicken Broccoli Alfredo	
	Cajun Grilled Mahi	Salmon with Lemon Cream Sauce		Fried or Grilled Chicken		Green Bean Casserole, Squash		Pepperoni & Cheese Calzone	
	Bacon Swiss Chicken Breast	Grilled Asparagus, Sautéed Mushrooms		Tuna Salad		Broccoli Cheddar Casserole		Pizza	
	Snap Peas, Broccoli, Potatoes	Creamy Spinach, Roasted Potatoes		Bacon, Tomato, Cucumber		White Beans, Mashed Potatoes		Brussels, Sautéed Vegetables	
Salad	Wedge Salad	Kale Caesar & Side Salad		Cheese, Onion, Dressing		Cucumber & Onion		Mediterranean Pasta & Side Salad	
Fried Item	Waffle Fries, Chili Cheese Fries	Mozzarella Sticks		Corn Nuggets				Fried Ravioli	
Bread	Cornbread	Breadsticks & Cornbread		Honey Butter Croissant		Cornbread		Cheesy Breadsticks & Cornbread	
Dessert	Ice Cream Bar	Lemon Meringue Pie		Peanut Butter Fudge Brownie		Pumpkin Pie		Oatmeal Raisin Cookies	
7		8		9		10		11	
Soup	Italian Wedding (chicken Florentine)	Chicken & Dumplings		Pinto Beans		Broccoli Cheddar		Chili, Potato, Gouda	
Features	Chicken Wings or Tenders	Nachos & Enchiladas		Roast Beef Manhattan		Brisket, Pulled Pork		Soup & Sandwich	
	Buffalo Cauliflower	Taco Meat or Fajita Chicken		Fried Catfish		BBQ Chicken Breast		Grilled Cheese	
	Broccoli & Cheese Sauce	Black Bean Enchiladas		Carrots, Brussels		Baked Beans, Mac & Cheese		Grilled Cheese with Bacon	
	Carrots & Celery	Cheese & Bean Enchiladas		Green Beans, Mashed Potatoes		Grilled Cabbage, Buttered Corn		Philly Steak Sandwich	
Salad	Coleslaw	Mexican Street Corn Salad		Vinegar Slaw		Potato Salad, Cucumber & Onion		Broccoli Salad & Kale Caesar	
Fried Item	Potato Wedges	Jalapeno Poppers		Hush Puppies				Onion Rings	
Bread	Dinner Roll	Cornbread		Cornbread & Dinner Rolls		Cornbread		Cornbread	
Dessert	Peanut Butter Cookies	Banana Bread Blondies		Lemon Bars		Banana Pudding		Brownies	
14		15		16		17		18	
Soup	Broccoli Cheddar	Chicken Noodle		Roasted Red Pepper & Gouda		Free BBQ Meal for Staff!		Potato Soup	
Features	Build Your Own Pasta	Nacho Bar		Build Your Own Sandwich				The Roast	
	Chicken or Italian Sausage	Taco Meat or Fajita Chicken		Turkey, Ham, Roast Beef, Bacon				Grilled or Fried Chicken Sandwich	
	Peas & Mushrooms	Refried Beans		Mahi Mahi, Chicken Salad				Bacon	
	Brussels, Bell Peppers	Grilled Peppers & Onions						Sweet Potato Casserole	
	Broccoli & Cauliflower	Rice or Cauliflower Rice							
Salad	Side Salad	Mexican Street Corn Salad		BLT Pasta & Kale Cranberry		Cabbage Slaw & Fruit Salad			
Fried Item	Mozzarella Sticks	Jalapeno Poppers		Fried Green Tomatoes & Onion Rings				French Fries	
Bread	Breadstick	Dinner Roll		Dinner Roll				Cornbread	
Dessert	Cannoli	Salted Caramel Pretzel Brownie		Chocolate Cake				Pecan Pie	

December-20

WINTER

Apple A Day

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29	30	1	2	3	4	5
Breakfast Special	Nashville Hot Chicken Biscuit \$2.50	Nashville Hot Chicken Biscuit \$2.50	Nashville Hot Chicken Biscuit \$2.50	Nashville Hot Chicken Biscuit \$2.50	Nashville Hot Chicken Biscuit \$2.50	Nashville Hot Chicken Biscuit \$2.50	Nashville Hot Chicken Biscuit \$2.50
Lunch Special	Fish & Chips \$5	Fish & Chips \$5	Fish & Chips \$5	Fish & Chips \$5	Fish & Chips \$5	Fish & Chips \$5	Fish & Chips \$5
	6	7	8	9	10	11	12
Breakfast Special	Steak, Egg, & Cheese Breakfast Sandwich \$3.00	Steak, Egg, & Cheese Breakfast Sandwich \$3.00	Steak, Egg, & Cheese Breakfast Sandwich \$3.00	Steak, Egg, & Cheese Breakfast Sandwich \$3.00	Steak, Egg, & Cheese Breakfast Sandwich \$3.00	Steak, Egg, & Cheese Breakfast Sandwich \$3.00	Steak, Egg, & Cheese Breakfast Sandwich \$3.00
Lunch Special	Big Daddy Brisket Sandwich \$4	Big Daddy Brisket Sandwich \$4	Big Daddy Brisket Sandwich \$4	Big Daddy Brisket Sandwich \$4	Big Daddy Brisket Sandwich \$4	Big Daddy Brisket Sandwich \$4	Big Daddy Brisket Sandwich \$4
	13	14	15	16	17	18	19
Breakfast Special	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50
Lunch Special	Grilled Pimento Cheese with Bacon \$4	Grilled Pimento Cheese with Bacon \$4	Grilled Pimento Cheese with Bacon \$4	Grilled Pimento Cheese with Bacon \$4	Grilled Pimento Cheese with Bacon \$4	Grilled Pimento Cheese with Bacon \$4	Grilled Pimento Cheese with Bacon \$4
	20	21	22	23	24	25	26
Breakfast Special	Bananas Foster French Toast 2 for \$3	Bananas Foster French Toast 2 for \$3	Bananas Foster French Toast 2 for \$3	Bananas Foster French Toast 2 for \$3	Bananas Foster French Toast 2 for \$3	Free Breakfast Pastries & Coffee for Staff	Bananas Foster French Toast 2 for \$3
Lunch Special	Hawaiian Ham & Cheese Sliders 2 for \$4	Hawaiian Ham & Cheese Sliders 2 for \$4	Hawaiian Ham & Cheese Sliders 2 for \$4	Hawaiian Ham & Cheese Sliders 2 for \$4	Hawaiian Ham & Cheese Sliders 2 for \$4	Free Chili, Soup, Grilled Cheese, Dessert & Drink for Staff	Hawaiian Ham & Cheese Sliders 2 for \$4
	27	28	29	30	31	1	2
Breakfast Special	Breakfast Quesadilla \$2.75	Breakfast Quesadilla \$2.75	Breakfast Quesadilla \$2.75	Breakfast Quesadilla \$2.75	Breakfast Quesadilla \$2.75	Breakfast Quesadilla \$2.75	Breakfast Quesadilla \$2.75
Lunch Special	Crab Cake Sandwich \$5 Crab Cakes \$2 each	Crab Cake Sandwich \$5 Crab Cakes \$2 each	Crab Cake Sandwich \$5 Crab Cakes \$2 each	Crab Cake Sandwich \$5 Crab Cakes \$2 each	Crab Cake Sandwich \$5 Crab Cakes \$2 each	Crab Cake Sandwich \$5 Crab Cakes \$2 each	Crab Cake Sandwich \$5 Crab Cakes \$2 each

December-20

WINTER

Apple, Too

	Monday	Tuesday	Wednesday	Thursday	Friday	
	30	1	2	3	4	
Breakfast Special	Pumpkin Pecan Pancakes 2 for \$2	Pumpkin Pecan Pancakes 2 for \$2	Pumpkin Pecan Pancakes 2 for \$2	Pumpkin Pecan Pancakes 2 for \$2	Pumpkin Pecan Pancakes 2 for \$2	
Lunch Special	Chicken Salad Sandwich	BLTA Croissant	Chicken Fajitas	Pizza Sub	Chicken Spinach Casserole	
	Broccoli Cheddar Soup	Creamy Broccoli Salad	Black Beans	Side Salad	Garlic Butter Noodles	
	20oz Bottled Drink	20oz Bottled Drink	20oz Bottled Drink	20oz Bottled Drink	20oz Bottled Drink	
	\$5	\$5	\$5	\$5	\$5	
	7	8	9	10	11	
Breakfast Special	Fried Bologna, Egg & Cheese on Texas Toast \$2.75	Fried Bologna, Egg & Cheese on Texas Toast \$2.75	Fried Bologna, Egg & Cheese on Texas Toast \$2.75	Fried Bologna, Egg & Cheese on Texas Toast \$2.75	Fried Bologna, Egg & Cheese on Texas Toast \$2.75	
	Lunch Special	Jalapeno Cornbread	Philly Steak	Chicken & Cheese Quesadilla	Meatball Marinara	BBQ Bacon Cheddar Sliders
		Chili	Spinach, Bacon, Parmesan Salad	Chips & Salsa	Side Salad	Chips
20oz Bottled Drink		20oz Bottled Drink	20oz Bottled Drink	20oz Bottled Drink	20oz Bottled Drink	
\$4.75		\$5	\$5	\$5	\$5	
	14	15	16	17	18	
Breakfast Special	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	Breakfast Tacos 2 for \$3.50	
	Lunch Special	Hot Ham & Cheese	Chicken BLT Salad	Italian Wrap	Free BBQ Meal for Staff	2 Roast Beef & Cheddar Sliders
Loaded Potato Soup		Croissant	Kale Caesar Salad	Loaded Potato Salad		
20oz Bottled Drink		20oz Bottled Drink	20oz Bottled Drink	20oz Bottled Drink		
\$5		\$5	\$5	\$5		
	21	22	23	24	25	
Breakfast Special	Chocolate Chip Pancakes 2 for \$2	Chocolate Chip Pancakes 2 for \$2	Chocolate Chip Pancakes 2 for \$2	Closed for Christmas	Closed for Christmas	
	Lunch Special	Grilled Pimento Cheese w/ Bacon	Chicken Cobb Salad			Tuna Salad Croissant
Chili		Croissant	Chips & Fresh Fruit			
20oz Bottled Drink		20oz Bottled Drink	20oz Bottled Drink			
\$5		\$4.75	\$5			
	28	29	30	31	1	
Breakfast Special	Breakfast Quesadilla \$2.75	Breakfast Quesadilla \$2.75	Breakfast Quesadilla \$2.75	Breakfast Quesadilla \$2.75	Closed for New Year	
	Lunch Special	Club Sandwich	Bacon Cheeseburger	Big Daddy Brisket Sandwich		Fall Harvest Chicken Salad
Potato Soup		Creamy Broccoli Salad	Loaded Potato Salad	Croissant		
20oz Bottled Drink		20oz Bottled Drink	20oz Bottled Drink	20oz Bottled Drink		
\$5		\$5	\$5	\$5		

TJ EMPLOYEE MOD FUNDRAISER APPAREL ORDER FORM

A

Blue Moon Crew
White Ink



B

Pewter Crew
White Ink



C

Black Quarter Zip
White Thread



D

Iron Grey Quarter Zip
White Thread



**Add your name
to the Quarter Zip
an additional \$5**

Name _____ Phone # _____

Description	Adult Size & Quantity		Price ea.	Total Price
A Blue Moon Crew	S___ M___ L___ XL___ 2X___ (add \$2) 3X___ (add \$3) 4X___ (add \$4)		\$25	
B Pewter Crew	S___ M___ L___ XL___ 2X___ (add \$2) 3X___ (add \$3) 4X___ (add \$4)		\$25	
C Black 1/4 Zip	XS___ S___ M___ L___ XL___ 2X___ (add \$2) 3X___ (add \$3) 4X___ (add \$4) 5X___ (add \$5) 6X___ (add \$6)		\$30	
D Iron Grey 1/4 Zip	XS___ S___ M___ L___ XL___ 2X___ (add \$2) 3X___ (add \$3) 4X___ (add \$4) 5X___ (add \$5) 6X___ (add \$6)		\$30	

Turn forms in to the OB Department • Deadline December 14
Fax to 270.651.4267

Payroll Deduction, Cash, or Check made to TJ Samson

Grand Total



I _____ give the hospital
(please print name)
payroll department permission to deduct my March of Dimes shirt
purchase from my payroll check.

Please note: Only employees paid by T J Regional Health, T J Samson
Community Hospital and T J Health Columbia may use Payroll
deduction.

Purchases of \$25.00 or less will be deducted in full from one paycheck.
Purchases over \$25.00 will be divided into two paychecks.

In the event I terminate employment the entire balance due will be
deducted from my final paycheck.

Total \$ _____ (attach receipt if available)

_____/_____
Employee Signature Badge # (mandatory)

Department

Company ID (TJ Samson – 101270 Regional – 101269 Columbia – 101268)



TJ GLASGOW 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.)

AUTO SPA COMPLEX

Receive \$2 off the \$20 or \$28 car wash.

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.

CAPTAIN D'S

Receive 15% off your purchase.

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

FANCY PANTS BOUTIQUE

Receive 10% off your purchase.

FREDDY'S

Receive 10% off your total on T.J. Tuesdays.

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.

MARCO'S PIZZA

Receive 30% off regular-priced pizza. (Delivery & carryout.)

NEW CENTURY BUFFET

Receive 10% off (T.J. employee's meal only).

NOT AVERAGE JOES GYM

\$20 a month. No fees.

GLASGOW EMPLOYEE DISCOUNTS, CONT.

PAPA JOHN'S PIZZA

Any large 5-topping or specialty pizza for \$12: Tj20
Large 3-topping pizza for \$9.99: 999WFG3T
Reg. menu prices. Online, call-in and in-store orders.

RALPHIE'S FUN CENTER

Receive free shoe or skate rental.

RIB LICKERS

Receive 10% off your purchase.

SHOGUN BISTRO

Receive 10% off your food purchase.

SIDELINES CASUAL DINING

Receive 10% off your purchase.

SWEETHEART BAKERY

Receive 10% off your purchase.

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 • \$15 Basic Individual Plan
\$25 Premium Individual Plan • \$35 Friends & Family (2 ppl)

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.*



Employee Donation Form Payroll Deduction Authorization/One Time Gift

I understand my donation will be made to the **T.J. Community Mission Foundation** to advance the *Love Makes a House a Home* campaign to support the **Shanti Niketan** Hospice Home, its programs and/or endowment.

Employee Name: _____

Home Address: _____

Phone: _____

Email Address: _____

Social Security Number: _____

Employee Number: _____

☐ **PAYROLL DEDUCTION**

Please deduct the following amount from each paycheck: \$_____

- My gift is a: ☐ **5 year contribution**
☐ **3 year contribution**
☐ **2 year contribution**
☐ **1 year contribution**

*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 is not executed on or before the next year-end, this form shall be deemed to continue in force for the next succeeding year.*

Employee Signature: _____ Date: _____

☐ **ONE TIME GIFT**

Please accept my one time gift: \$_____ (check attached)

Make check payable to: *T.J. Community Mission Foundation*



Total. Local. Care.

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 Robertson, APRN • Heather Bull, APRN

Gastrointestinal Clinic: 270.659.3398

General Surgery: 270.659.5945

Dr. Klapheke • Dr. Marion • Dr. Saridakis

Gynecology & Obstetrics: 270.659.5865

Dr. Craddock • Dr. Dirig • Nellie Bell, APRN

Casey Sacia, APRN • Michelle Wilson, APRN

Nephrology: 270.659.5834

Dr. S. Reddy • Marissa Howard, APRN

Neurology: 270.659.5945

Dr. Koury

Oncology: 270.659.5890

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

Pain Management: 270.659.5990

Dr. Bahadur

Pulmonology: 270.659.5835

Dr. Kummerfeldt

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: Ashley Robertson, 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

Latasha Gilpatrick, APRN • Nikki Loy, APRN

T.J. Health Scottsville Clinic: 270.237.3123

Emily Tabor Jessie, APRN • Lindsey Landers, 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

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