Tell us something
GOOD

T.J. HEALTH
CAVE CITY CLINIC

The T.J. Health Cave City Clinic is located at 440 E. Happy Valley Street in Cave City. We are open seven days a week with a staff of highly trained providers and nurses to meet your health care needs. The T.J. Health Cave City Clinic is open Monday through Saturday 10 a.m. to 6 p.m. and Sunday from noon to 6 p.m. for convenient medical care.

We are not only a walk-in care clinic, we also have Russell England, APRN, providing primary care Monday through Thursday each week. When visiting our office, you will pay a family provider co-pay, not an Urgent Care co-pay.

The clinic offers a variety of services: plain film x-rays; laceration repair; incision and drainage; point of care testing for urinalysis; flu, strep, RSV, mono, and pregnancy testing; Chem 8 and I-stat troponins. We also perform school and sports physicals, and we provide outpatient flu vaccinations. We can perform DOT physicals Monday to Thursday.

Our staff is highly dedicated to customer service and the T.J. Pledge. We are fortunate to have one of the first Service Excellence Award Winners, Raesha Weaver, providing care at our facility. Raesha was chosen for her kindness and friendliness to all the patients and staff. If you see Raesha, please thank her for the excellent job that she does with patient care and customer service.

If you are in need of medical care or would like to establish care with a primary care provider, come see us at the T.J. Health Cave City Clinic. Our friendly registration staff is ready to help you make an appointment for that primary care provider, or will meet you with a smile if you are a walk-in patient.

Raesha Weaver and Jan Meredith
Kristen Jurisich
Russell England
Sue Underwood and Laura Coomer
OCTOBER

October 24: Pink Power Hour
October 26: Alzheimer’s & Dementia Seminar
October 27: PINK OUT PHOTOS
Pumpkins on display
October 28: T.J. Health Columbia Health Fair
October 31: Pumpkins judged
October 31: FLU SHOT DEADLINE

NOVEMBER

November 28: Lunch & Learn with Laura Howard, APRN on Smoking Cessation

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

T.J. PINK OUT DAY
FRIDAY, OCTOBER 27

We will be taking Pink Out Pictures on Friday at the following times at the Pavilion and the Hospital. If you are wearing your pink and are available, please make every effort to show your support and meet for a group photo at these times:

- 12 p.m. in front of T.J. Samson's main entrance
- 1 p.m. in the main lobby of the Pavilion

If you are at another facility or clinic, please gather together for a photo and email your picture(s) to Bethany Matthews (bmatthews@tjsamson.org) for inclusion in our Weekly Newsletter. Photos will also be shared on our T.J. Regional Health Facebook page!

Thanks in advance for your support of Breast Cancer Awareness!

T.J. PATIENT ENCOUNTERS

10/14/17 - 10/20/17: 7,962
10/07/17 - 10/13/17: 7,963
Did you know that the social networking company Tumblr has an employee on staff whose job title is “Fashion Evangelist”? Or that another social networking company, LinkedIn, has a “Hacker-in-Residence”? While it may not be important for us to know exactly what those jobs involve, it is important for you to know that T.J. Samson has two people on staff who are known as “Patient Advocates”.

Becky Smith, RN, is the Patient Advocate Coordinator. Becky has been a nurse for 30 years and became part of the T.J. family in 2006 as a CTU/ICU nurse, and joined the Patient Advocate Office in 2016. Becky enjoys the challenge of assisting in the patient experience and believes that “any complaint can be a gift”! Becky has been married to John Smith (actual name) for 31 years, and they have two sons, Jordan and Hunter, and will be expecting their first girl in March 2018...a daughter-in-law! Becky stays busy as a Preacher’s wife and enjoys UK basketball, antique shopping, and Hallmark movies!

Casey Franklin, RN, has been a nurse since 2007, and with T.J. Samson since 2012. She enjoys being a youth leader at her church, reading, drinking good coffee, and watching her favorite football team, the Green Bay Packers, but above all else, loves spending time with her husband, Chris, as well as their three children, JR (14), Annie (6) and Rhonin (3).

T.J. Samson’s Patient Advocates care for patients who have concerns that can’t be resolved without a little bit of extra intervention. They coordinate the interpretive services program, Language Line, which is used for patients with communication barriers, and which includes the exciting new face-to-face remote video interpretation program, InSight. They can also be contacted to provide education for any patient or family member requesting information on Living Wills.

If you ever have a need for Becky or Casey’s help, they are happily available to you in the office Monday-Friday from 7:00 am to 4:30 pm, and can be reached at either extension 4282 or 4242.
HIPAA Realities:  
THE COST OF RECORD SNOOPING  
Published by: TMC - Total Medical Compliance

In the early hours of June 12, 2016 news broke of a horrific attack, and mass killing of patrons inside an Orlando night club. All told, there were a total of 49 people who were killed, and another 56 who were injured, but would survive. The victims were taken to two separate hospitals in the Orlando area for care: Orlando Regional Hospital and Florida Hospital.

In March of 2015, the body of Noah Thomas was found inside a septic tank near his family home. His mother, Ashley, was later charged with abuse and neglect that led to the young boy’s death. Ashley was a patient at a Virginia Carilion Healthcare Clinic.

Both cases are very sad and unthinkable stories of the darker side of humanity. Both cases were made worse by healthcare workers who were curious, and snooped in the records of the victims in the first case, and the guilty in the second case.

The HIPAA rules are very clear on the permissible uses and disclosures of protected health information (PHI). It is important for every member of the healthcare community to remember that while we may have broader access to the records of patients seen within a facility, that individual access is still governed by the concept of minimum necessary. In other words, I have been given the least privileged access necessary to complete my job for my employer, but I use that access judiciously. I access just those records that I currently have a treatment, payment or healthcare operation (TPO) reason to access.

Access and sanctions for wrongful access are governed by individual entities. Each practice must decide first – who needs what access. Then, the entity must put in place safeguards to assure that access is used appropriately, and finally, create sanctions for those times when an employee for whatever reason misuses their access privileges. It is the employer’s responsibility to train on appropriate and inappropriate use and access to patient information. It is the employee’s responsibility to know how and when to access patient information appropriately, and to ask when unsure.

Following the discovery of their employees snooping into the records of the victims of the Orlando Nightclub shooting, the hospitals announced they would be providing all care to the 56 survivors at no charge. Additionally, the cost of notifying each of the victims, and of notifying Health and Human Services, the risk of an investigation by the Office of Civil Rights, the cost of reputational harm, and potential law suits must all be taken into account. Additionally, each employee involved in the snooping case will face penalties from their employer, that could include termination. In the Carilion case, several employees were terminated. The concern of an investigation by the Office of Civil Rights looms overhead, and finally the cost of reputational harm can often not be undone.

In every sector of healthcare, we deal with sad, horrific and unthinkable cases of harm and inhumanity. However, it remains the role of the healthcare worker to provide excellent care at the time of emergency and afterwards. Once the immediate risk is removed, our responsibility to our patients is no less important. We take an oath to do no harm. We should remember that oath not just while treating our patients, but in the aftermath, and any time we are accessing patient information.
Make sure seasonal spending doesn’t get ugly.
Six simple steps to saving during the holidays.

If you’re like most shoppers, there’s a good chance you’ll hand over $805 in holiday gifts, parties and other expenses this year. Yes, the goodwill can add up fast. Yet there are ways for you to keep the holiday spirit and preserve your money, too.

1. Make a game plan for your spending.
   When you’re planning all the fun things to do over the holidays, making a budget probably isn’t the first thing that comes to mind. But it’s the first thing you may consider thinking about if you want to head into spring without a pile of debt.
   After you’ve determined your budget, jot down everyone you’re going to buy gifts for. Then, keep your list handy and refer to it often to make sure you stick to your plan. You might also want to leave a little wiggle room to cover any holiday travel or party expenses that could pop up.

2. Shop all year long.
   Sounds counterintuitive, doesn’t it? But making holiday purchases throughout the year is a good way to spread out costs and find items at the best price. Plus, shopping early will help cut back on hasty purchases that could lead to overspending.

3. Save all year long, too.
   Think about setting up a holiday savings account with automatic transfers from your checking account each month. That way you can contribute little by little and earn interest all year. There are also several apps available that can help make saving simple.

4. Turn pennies into presents.
   Saving change is an easy, old-school way to put money aside without putting much of a dent in your finances. Throw your leftover coins into a jar every day, and you could end up with extra cash by the end of the year.

5. Address the white elephant in the room.
   Remember, you don’t have to buy presents for everyone you care about. Suggest having a family gift exchange or white elephant party to save money and have fun. Even better, volunteer at a local shelter or food pantry to pass along the spirit of giving in a meaningful way.

6. Make it yourself.
   DIY gifts or baked goods are thoughtful and affordable ways you can spread the holiday cheer. If you’re hosting a get-together, whip up your own food and decorations to cut back on costs. Invite friends over beforehand for a social and productive holiday craft party.

It’s possible to enjoy all the festivities without going overboard with your spending. After all, spending time with friends and family is what the season’s really about — and it doesn’t cost a dime.
To purchase tickets, please call: (866) 248-8740 and choose Option 1
For questions, email: FeldDirectGroups@feldinc.com

*Ticket prices are subject to change without notice based on market demand. Children ages 2 and older require a ticket. Children under 2 do not require a ticket but must sit on a lap for the event. A facility fee of up to $4.50 per ticket will apply. A one-time $5 per order processing fee will apply. No double discounts. Tickets subject to availability. Trucks appearing are subject to change. Restrictions, exclusions and additional charges may apply. This flyer is NOT a coupon and CANNOT be redeemed at the box office. NO REFUNDS OR EXCHANGES, ALL SALES ARE FINAL. ORDERING DEADLINES ARE STRICTLY ENFORCED.

DEADLINE TO ORDER: WEDNESDAY, DECEMBER 27, 2017 AT 11:00 AM CST

National Respiratory Care Week
• October 22 to 28 •

The T.J. Respiratory Care team proudly celebrates National Respiratory Care Week. We thank each of you for the excellent care you provide to our patients every day. Keep up the great work!
Show off your artistic skills in celebration of the harvest season. Create a pumpkin masterpiece with your T.J. Team members!

Every entry will be exhibited, but only a few will be chosen as the best of the best!

One entry is allowed per department, and prizes will be awarded for First Place and Runner-Up at each of the following locations: T.J. Samson, T.J. Health Pavilion, T.J. Health Columbia, Clinic Locations (all combined).

Pumpkin creations will be judged according to the following criteria:
- Originality
- Creative use of materials
- Quality of the work
- Suitability of the title (yes, you must name your pumpkin!)

Pumpkins and display cards will be available on October 19 and 20. T.J. Samson: Pick up in HR. Pavilion: Pick up in Pavilion Admin. T.J. Health Columbia and clinics will have pumpkins delivered.

Pumpkins should be ready for display on Friday, October 27. Display tables will be set up at T.J. Samson (outside cafeteria), T.J. Health Pavilion (in main foyer) and at T.J. Health Columbia. Clinics, please keep your pumpkins on display at your clinic.

JUDGING WILL TAKE PLACE ON HALLOWEEN.

Rules and Restrictions:
- The main part of each entry must be a pumpkin.
- Pumpkins may not be carved, punctured or hollowed out. Pumpkins with any carvings or punctures will not be accepted.
- Objects, paper, and materials of any kind may be glued to pumpkins. Participants may also draw or paint on their entries.
- No electrical device or candle may be used as part of any entry.
- Each entry must have a title and be accompanied with a display card. Pick this up in HR along with pumpkin.
MONDAY 10/23/17
Country Fried Steak, Grilled Shrimp, Mashed Potatoes and Gravy, Asparagus, Creamed Corn, Grilled Mixed Vegetables, Assorted Breads

TUESDAY 10/24/17
TURKEY TUESDAY
Roasted Turkey, Corn Bread Dressing, Mashed Potatoes, Green Beans, Carrots, Cranberry Sauce, Dinner Roll

WEDNESDAY 10/25/17
PASTA BAR
Pasta with your choice of Alfredo or Marinara, Grilled Chicken, Meatballs, Assorted Cheeses and Toppings, Garlic Bread

THURSDAY 10/26/17
Chicken and Dumplings, BBQ Pork Loin, Roasted Mushrooms, Lima Beans, Roasted Yellow Squash, Hashbrown Casserole, Assorted Breads

FRIDAY 10/27/17
Frito Chili Pie AND Baked Potato Bar
A Regional Favorite! Enjoy House Made Chili on a Bed of Fritos or a Baked Potato and pile on the toppings.

For outside orders, please call ahead and we will happily prepare your lunch for you to pick up. 270-651-4248
Learn to
DISCONNECT

“Never go to excess, but let moderation be your guide.”
— Marcus Tullius Cicero

Sage advice when it comes to technology, screen time and multitasking. Continuously being connected without a break can cause anxiety and may inhibit deep thought. A study from the University of Michigan found that multitasking heavily can fatigue the brain, which causes it to lose the ability to focus. Your brain needs a rest from the multitasking. Some recent imaging studies have found that major cross sections of the brain become surprisingly active during downtime. Just as plugging in and logging on is a habit, so should be taking a break from it. If you are not accustomed to breaking the plugged-in habit, it may take some diligent practice and rewiring on your part. Here are some suggestions for making the break.

- Challenge yourself to the 20-20-20 rule. After 20 minutes of computer use, look at something 20 feet away for 20 seconds.
- Say no to multitasking, and allow yourself to do one thing at a time. Read a magazine, talk on the phone, walk to a co-worker’s cube to ask a question instead of instant messaging or emailing.
- Change your environment by going on vacation and making it technology free. It may result in a level of relaxation and free-flowing ideas that you never imagined possible.

- Be a part of nature. Go where mobile phones don’t work, where there is no Internet or where it is forbidden. For example, visit the ocean or a cave in the mountains, or take a class.
- Start slowly. Create time each day, say 30 to 60 minutes, for no interruptions. For example, turn off technology an hour before bed or right before working out; try driving to work with no radio and no mobile phone.
- Include the whole family. Limit children’s time on technology. Declare a TV Turnoff Week, with small prizes for contestants at the end of each day and the week.
- Practice mapping a destination, instead of using the GPS.
- Go for a walk or jog without headphones; engage another person to go with you.
- Turn off notifications so you are not tempted to plug in.
- Set aside time for social networking.
- Move apps away from your home screen to avoid constant interruptions.

Feel the freedom of single tasking. This means being comfortable working on one thing at a time, which helps sharpen focus and produce a higher quality, uninterrupted output. Balance is the key. While it is vitally important to be plugged in sometimes, it is equally important to recognize that there is a world beyond the screens surrounding you.

References

Question and Answer Session on Alzheimer’s Disease and Dementia

October 26, 2017
6:30PM-8:00PM Eastern/5:30PM-7:00PM Central

Join us for a question and answer session with a range of dementia care experts. The expert panel will include a behavioral neurologist, a clinical social worker, a community outreach coordinator for the Alzheimer’s Association, and a gerontologist. Please bring your questions about diagnosis and treatment, behavioral management, community and supportive services, research opportunities, and anything else!
We look forward to an engaging session!

This program is offered through an interactive telemedicine system to connect with persons who are impacted by Alzheimer’s disease and related memory disorders, providing education and supportive services across the state of Kentucky.

This event is FREE and open to the public.
Registration is required.

Please register for this FREE event by October 19th!
Contact: Judy Ferguson at 270.651.4312 or jferguson@tjsamson.org
It’s That Time Again
FLU SHOTS are in!

EMPLOYEE FLU SHOTS
OCTOBER 2-31

EMPLOYEE HEALTH OFFICE HOURS:
Monday to Thursday: 6 a.m. to 4 p.m. • Friday: 6 a.m. to 2 p.m.
(Call ext. 4883, 4463 or 4546 for more information.)

PAVILION PRIMARY CARE POD C:
Tuesday: 9 a.m. to 10:30 a.m.

IMPORTANT REMINDERS: Please remember that ALL employees, contracted staff, volunteers and students must take the flu shot or sign the declination by October 31. Any health care workers that declines the flu shot will be required to wear a surgical mask the duration of their scheduled shift from NOVEMBER 1 or as determined, through March 30 of the following year. Please refer to the policy: IP-Influenza Immunization for Hospital Staff, Volunteers, Contract Workers, and Students.

ADDITIONAL OPPORTUNITIES TO RECEIVE FLU SHOTS:

| October 10:  | 8 a.m. Home Care |
| October 11:  | 7 to 9 a.m. Urgent Care |
| October 12:  | 6:30 to 9:00 a.m. T.J. Health Columbia |
| October 12:  | 10 a.m. TJHC Primary care |
| October 13:  | 7 to 9 a.m. Pavilion MOB 1st Floor |
| October 13:  | 12 p.m. Cave City Clinic |
| October 16:  | 10 a.m. T.J. Health Edmonton Clinic |
| October 17:  | 9:45 a.m. TJHC Clinic |
| October 17:  | 10 a.m. T.J. Health Russell Springs Clinic |
| October 17:  | 11 a.m. T.J. Health Tompkinsville Clinic |

T.J. SAMSON COMMUNITY HOSPITAL:
(We will be out on the floor rounding.)

| October 9:   | 1 to 3 p.m. 1st floor |
| October 11:  | 1 to 3 p.m. 2nd floor |
| October 18:  | 1 to 3 p.m. 3rd floor |
| October 19:  | 6 to 8 a.m. 1st floor |
| October 20:  | 6 to 8 a.m. 2nd floor |
| October 24:  | 6 to 8 a.m. 3rd floor |
T.J. employees receive discounts at the following Glasgow businesses by showing their T.J. name badge.

**AT&T**
Receive 25% off base rates.

**AUTO SPA COMPLEX**
Receive $2 off the $20 or $28 car wash.

**AWARDS, INC.**
Receive 15% off your purchase of gift items.
Brides who register receive a free gift!
(Excludes trophies and plaques.)

**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.

**EXTREME FITNESS**
Individual: $21  Family: $26
Access Key Card: $10

**LONG JOHN SILVERS / A&W**
Receive 20% off regular-priced purchase.

**MARCO'S PIZZA**
Receive 25% off regular-priced purchase.

**MARY ANNE'S HALLMARK**
Receive 15% off on Wednesdays.

**NEW CENTURY BUFFET**
Receive 10% off your purchase.

**PAPA JOHN'S PIZZA**
Receive 40% off regular prices with code TJ40 at papajohns.com or by calling 270.651.7775.

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

**SERENDIPITY GIFT SHOP AT T.J.**
Receive 10% off your purchase.
(Some exclusions apply.)

**SERENITY SALON & SPA**
Receive 15% off salon services.

**SHOGUN BISTRO**
Receive 15% 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.

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

If you are aware of other discounts that T.J. employees receive from local businesses, please email it to bmatthews@tjsamson.org.
TJRHH 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: ____________________________
Mission

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

Vision

TJ 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
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