

The Pulse

A newsletter for staff and friends

WINTER-SPRING

2019

2019
Happy
New Year



"Providing Quality Service with Compassionate Care"

901 James Avenue, Farmerville, LA 71241

www.uniongen.org (318) 368-9751

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The Pulse is also available on the Union General Hospital website www.uniongen.org and is published quarterly for staff and friends. News and other information may be submitted to Claudia Wade cwade@uniongen.org. Your comments and recommendations for improvement of this publication are welcomed.



As I See It...

By EVALYN ORMOND, CEO

For the past 20 years, Union General Hospital has been receiving a property tax passed by the voters of East Union Hospital Service District. This property tax was originally passed nearly 20 years ago by 74% of the voters who recognized the fact that having a hospital, physicians and clinics are a vital part of the community to keep healthcare in our community and as an economic generator.

Again the voters of our community approved a continuation of this assessment in 2008 and in November 6th 2018 showing confidence that Union General Hospital has been a good steward with the funding provided. Thanks to our citizens for supporting UNION GENERAL HOSPITAL in its efforts to offer outstanding health services in many forms. Union General offers inpatient, Skilled Care, Emergency Room with 24 hour on site Emergency Physician, Laboratory, Physical/Occupational/Speech Therapy, Radiology, Ultrasound, CT, Mammogram, Respiratory, Endoscopy and operates a Rural Health Clinic with two Nurse Practitioners.

This revenue enables Union General Hospital to keep the hospital that was built in 1975 in good condition by providing roofing repairs, maintenance on all buildings, repairing and replacing all the heating and cooling systems in both hospital and physician's offices, continually upgrading the equipment needed to provide the most current medical care that a rural hospital can provide.

Union General Hospital management has worked hard to maintain the facilities including working over the past ten years to use taxpayer money to upgrade the entire Emergency Room to provide lifesaving equipment including a trauma room. The facility has developed networks with Ochsner Health System to provide Tele-stroke and Tele-psych for immediate access to specialists when those patients present to our ER. Another partnership, through telemedicine, is LSU which enables referrals by local physicians to access certain specialties in Shreveport while never leaving Farmerville.

Union General Hospital has developed community outreach programs such as **It's a Girl Thing Making Proud Choices** which is offered through the schools to address teen pregnancy, STD prevention, and self-awareness in partnership with Union Parish Sheriff's Office and Anti-Bullying, Tobacco Usage, Suicide Prevention and Drug Prevention program.

Union General uses your tax dollars to make sure we have physical facilities that run well to allow your physician a place to practice by maintaining physician's offices.

The hospital has built a new Therapy building to bring the latest technologies and skilled technicians here to Union Parish to allow residents to get Physical, Occupational and Speech Therapies multiple times a week.

"We have been good stewards of the citizen's tax monies for the betterment and continuance of Union General Hospital but as healthcare changes and new technology and demands are required of us, this tax is so important to

our survival. My personal thanks and appreciation for this tax is overwhelming. Please continue in supporting your community hospital. Please come by our hospital to see how your tax dollars are being used."

Thank you,

Evalyn Ormond, CEO
Union General Hospital
318-368-7066
318-368-8270 (fax)
eormond@uniongen.org

Service Excellence

What are our goals?

- ★ Become 5 star healthcare facility! Currently our scores reflect a 2-3 star facility
- ★ Recapture market share that is going out of our parish.
- ★ Within three years, improve the delivery of compassionate, caring service at every level and be above the 90TH percentile ranking in all domains of patient satisfaction-
PROVIDER OF CHOICE!
- ★ Enhance employee morale and reduce controllable turnover by 50% over three years, through the creation of an empowering, supportive work environment -EMPLOYER OF CHOICE
- ★ Permanently hardwire leadership accountability to achieve individually negotiated goals for patient and employee satisfaction-LEADERSHIP ACCOUNTABILITY

Success is achieved and maintained by those who try, and keep trying.

CHRISTMAS 2018 AT UNION GENERAL

Employee Years of Service Recognition and Presentation of Awards

5 Years

Elizabeth Ales Maja Lewis
Cindy Branch Melanie Pearson
Wendy Gaspard Mary Robertson
Arthur Hunter Karen Bradford

10 Years

Sandra Carnes
Nicole Satterwhite
Susie Calk

15 Years

Betty Batterton
Maureen Nobles
Dee Pearson
Barbara Gates
William Adcock

Employee of the Year – Tammy Anderson

Directors of the Year – Brittany Smith, Dietary Director

Employee of the Year



*Evalyn Ormond, CEO and
Tammi Anderson*

Director of the Year



*Brittany Smith and Evalyn
Ormond, CEO*



5 Years



Evalyn Ormond, CEO, Melanie Pierson, Karen Bradford, Wendy Gaspard, Arthur Hunter, Cindy Branch, Elizabeth Ales, Maja Lewis and Mary Robertson

10 Years



Nicole Satterwhite, Sussie Calk, Sandra Carnes and Evalyn Ormond, CEO



- Guard your Medicare and Social Security numbers carefully. Treat them like you would treat your credit cards.
- Be suspicious of anyone who offers you free medical equipment or services and then requests your Medicare number. If it's free, they don't need your number!

- Do not let anyone borrow or pay to use your Medicare ID card or your identity. It's illegal and it's not worth it!
 - If your Medicare card is lost or stolen, report it right away. Call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) for a replacement.
- WATCH VIDEO: https://youtu.be/iJI_-LGh2Do

COMPLIANCE CONCERN?
CONTACT JULIE DUTY
COMPLIANCE OFFICER
UNION GENERAL HOSPITAL
318-368-7077
jduty@uniongen.org

OIG #: 1-800-HHS-TIPS (447-8477)



How much is the Medicare Deductible for 2019?

Learn more about the Medicare costs for 2019, particularly with regards to Medicare Part A and Medicare Part B deductibles.

Understanding the various expenses associated with Medicare is crucial to choosing the right **Medicare insurance plan**. You need to consider your **Medicare premiums**, co-payments and coinsurance expenses. A Medicare beneficiary under Original Medicare will have different out of pocket and deductible expenses than those enrolled in Medicare Advantage Plans.

Medicare Deductibles 2019

Deductibles are the amount of money an insured will need to pay out of pocket for health care services before his/her plan starts coverage. In most cases, the insured pays one hundred percent of the costs until the deductible is reached. After the deductible has been reached, the insured

may still be responsible for paying coinsurance and/or copays under certain plans. Let's look at an example of how deductibles work.

Larry goes to his doctor for his annual physical which is considered preventive care. His plan covers one hundred percent of preventive care. Joe's plan has a \$250 deductible. After his physical exam, Larry's deductible is still intact.

In December, Larry is out skiing and takes a wrong and hurts his knee. He goes to the doctor to get it examined. The doctor visit along with incidentals costs \$375. Because his deductible is still intact, he has to pay \$250 and then the plan pays the rest. He will also need a knee brace while the knee heals. Now that Larry has met his deductible, he will pay twenty percent coinsurance for the knee brace.

Coinsurance and Copays for Medicare

It's important to be able to understand the difference between these two expenses; it can be substantial in out of pocket amounts depending on the circumstances. Coinsurance is a percentage of the bill for medical care. Let's take an example; Joe has hip-replacement surgery. The total bill for the procedure is \$35,000 with his current plan, which has a copay of \$125 a day for the first six days in the hospital. Joe stays for three days in the hospital in this case. He will pay \$375, and his plan will pay the remainder of his hospital expenses.

Joe is going to need crutches while his hip is healed, and he can walk around without them. Crutches fall under the category of durable medical equipment. Joe's plan has a twenty percent coinsurance for durable medical equipment. The crutches cost \$75. Joe's portion of the cost will be 20% of \$75 which is \$18.75

Mary, on the other hand, has a plan which only requires a copay. She visits her doctor and has a \$20 copay regardless of the Medicare-approved amount the doctor charges for the visit. All she pays is \$20. If she were to require additional care, surgery, tests etc. She will only pay a predetermined copay amount that will always be fixed.

Medicare 2019 Part A Premiums, Deductible and Coinsurance

Medicare Part A covers in-hospital care, home health care and skilled nursing facility (SNF) for the particular benefit period, with the exception of deductibles and coinsurance expenses.

Medicare 2019 Part A Premium

The majority of Medicare recipients don't pay monthly premiums for part A. If the beneficiary or their spouse paid Medicare taxes for forty quarters, ten years, then Medicare Part A is free. For those who do not meet the forty quarters rule, buying part A may cost you as much as \$422 a month.

Medicare 2019 Part A Deductible

For the year 2019, Medicare Part A deductible will be \$1,316 for each benefit period. A “Benefit Period” starts the day you enter a hospital facility or skilled nursing facility. The benefit period ends when the recipient has NOT received inpatient hospital care, or SNF (Skilled Nursing Facility) Care for sixty days in a row. There is no limit on how long the benefit period can be or on the number of benefit periods.

For 2019, the amount you pay per benefit period will vary depending on the length of the hospital stay:

- For each benefit period, there is a Medicare deductible of \$1,316
- Per day coinsurance of each benefit period for days 1-60 there is zero.
- Per day coinsurance of each benefit period for days 61-90 is \$329.
- Per day coinsurance of each benefit period starting on day 91 and beyond, is \$658 for each “lifetime reserve day” beyond day ninety for each benefit period.
- Beneficiaries are one hundred percent responsible for all costs beyond “lifetime reserve days”.

Original Medicare will cover up to ninety days of in-patient hospital care during each benefit period. Recipients also have an additional sixty days of coverage- these are called “lifetime reserve days”. These additional sixty days may only be used once.

Medicare 2019 Part B Premiums, Deductible and Coinsurance

Medicare Part B covers two areas of services:

- **Medically Necessary Services** – those needed to diagnose and treat medical conditions that meet qualified and accepted standards of medical practice.
- **Preventive Care Services** – Services and care needed to prevent illnesses like the flu, or detect conditions at an early stage when treatment has the highest possibility to work best.

Recipients usually don’t pay anything for preventive care as long as the services are provided by a medical provider who accepts Medicare assignments. Some of the services covered under part B are:

- Durable Medical Equipment
- Inpatient and Outpatient Mental health
- Ambulance services
- Clinical research
- Outpatient prescription drugs on a limited basis.

The standard premium for part B for seniors whose income is \$85,000 or below, is \$134 and can be higher depending on your income. It can be as high as \$428.60 for those in the highest income bracket.

In 2019, the **Medicare Part B deductible** will be \$183. Once the deductible has been met, the recipient is responsible for paying twenty percent coinsurance of the Medicare-approved amount for the following:

- Most doctor visits and services. These include the services of a doctor while you are patient at a hospital.
- Outpatient therapy services.
- Durable Medical Equipment.

Medicare 2019 Part D Premiums, Deductible and Coinsurance

Medicare Part D covers prescription drugs. The monthly premiums vary based on the plan chosen.

Deductibles– The initial deductible in 2019 will be \$415, a ten dollar increase from 2018.

Other costs and considerations to keep in mind about Plan D. The initial coverage limit (ICL) will be increasing to \$3,820. The out of pocket threshold will go to \$5,100. The Coverage Gap, also known as the Medicare Donut Hole will increase to \$5,100 in 2019.

Prescription drugs out of pocket costs are progressive, much like your income tax. Recipients will pay the initial deductible of \$415. After the deductible, they will pay a twenty-five percent coinsurance up to the ICL of \$3,820.

The Donut Hole phase of part D coverage begins when the total cost of retail drugs reaches \$3,820 and ends when your total out of pocket costs reach \$5,100. Note that the \$3,820 amount is the total retail cost of medications covered and NOT what you pay out of pocket at the pharmacy. The retail cost of the medication is computed from your specific Medicare plan D's negotiated prices for the covered medications, and each Part D plan may have different negotiated prescription drug rates. Different enrollees with plan Ds from different providers can reach the Donut Hole at different times.

Beneficiaries are responsible for the first \$415 of the initial deductible, and then they will be responsible for twenty-five percent of the next \$3,405 for a grand total of \$1,266.25 as the true out of pocket costs, excluding any monthly plan premiums.

It is a lot to digest. As you are shopping around for the right **Medicare Plan**, you will be well served by speaking with a licensed Insurance Agent who can make sense of all of this information.

Union General Hospital Welcomes



Juanda Black
Keishun Brown
Miranda Cash
Gene Cheney
Shelly Desoto
Ann Maria Finklea
Kanisha Ford
Sabra Hall
Shakeia Haulcey
Evan Hodge
Carrie Perry
Latonya Stringfellow
Maggie Voorhees

Business Office
Housekeeping
ER
IT
RHC
Nursing
Nursing
RHC
Dietary
ER
Nursing
Nursing
Director of Medical Records



"I don't know which doctor to choose. One has more friends on Facebook, but the other one just retweeted my message."



And Beatrice was never invited to a Halloween party ever again.

Beatrice the Biologist

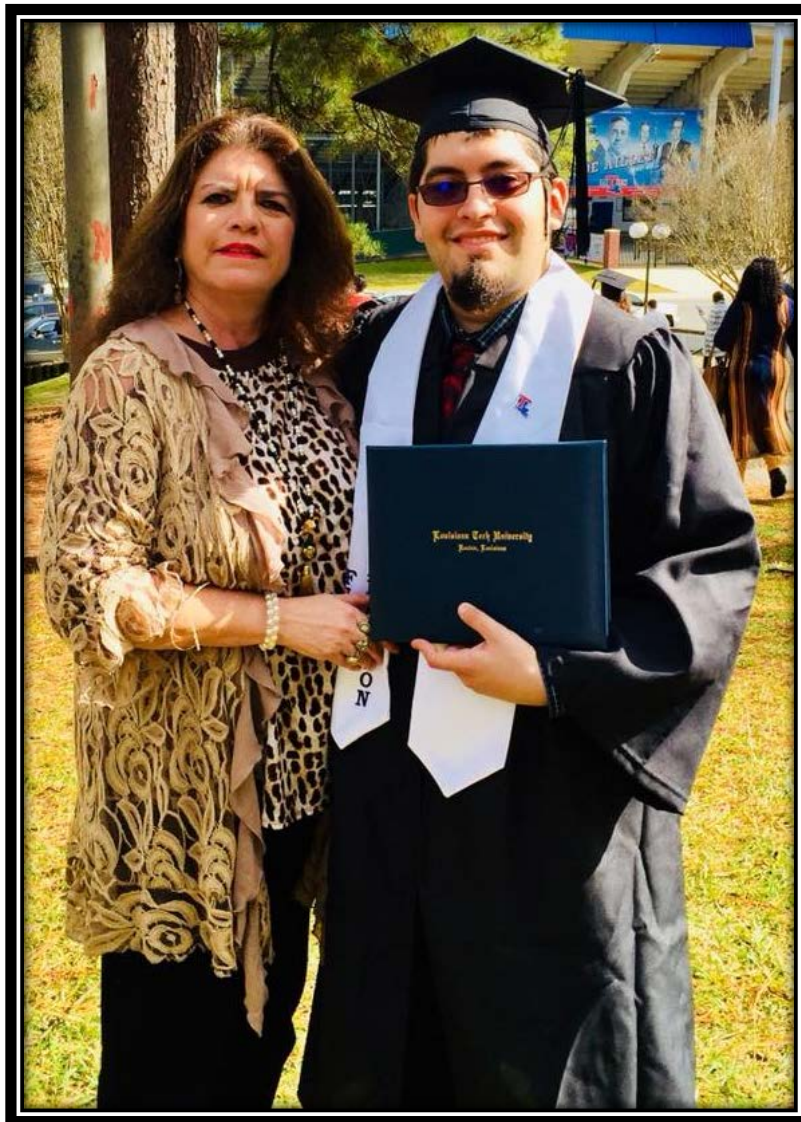
NEWS *and* ANNOUNCEMENTS



Juanita Sanford, Comptroller

Juanita's son HERBERT WAYNE SANFORD, III Graduated on November 17th 2018 from Louisiana Tech University. Degree: Bachelor of Computer Science/Cyber Security

He has been hired by Vantage in Monroe and will be working in the I.T. Department.



Renee Barnes, Work Clerk

Renees' daughter ANTONEA BUGGS graduated on December 14th, 2018 from Grambling State University. Degree: Bachelor of Arts



Nicole Satterwhite, LPN/QUALITY IMPROVEMENT COORDINATOR

**Nicole's son Graduated on November 17th 2018 from Louisiana Tech University.
CONGRATULATIONS!**



CARE LEARNING COURSES ARE AVAILABLE NOW

Carelearning Courses have been reset and are now available for employees to begin completing. Employees hired after August 1, 2018 will NOT have to retake. This is for the next employee evaluation that will be done the first of 2019.

Two new courses have been added this year.

- Combating Medicare Parts C&D Fraud, Waste and Abuse
- Medicare Parts C&D General Compliance

WHAT TO DO WHEN ALL COURSES ARE COMPLETED?

Once all courses are complete, please **ONLY PRINT** the **STUDENT MAIN MENU PAGE**. This page lists all courses that you had to take and should have green check marks to the left of the name of each course. Turn this page in to your Director.



Month/Date	Observance	Departments
January	National Blood Donor Month	
20-26	National Nurse Anesthetists Week	
28-Feb. 1	National Medical Group Practice Week	Venters/Unkels Office
February		
30-Feb. 3	National Patient Recognition Week	
March	National Social Workers Month	
10-16	Patient Safety Awareness Week	
10-16	National Healthcare HR Week	
8	Registered Dietician Day	
24-30	Health Information Professional Week	
30	National Doctors Day	



FARMERVILLE JAYCEES PRESENTS

02.09.2019



mardi GRAS

PARADE

LINE UP: 5:30 OLD UPHS PARKING LOT

INFO: LACY at 318-245-7836

NO ENTRY FEE

FLOATS MUST BE DECORATED FOR MARDI GRAS
TRADITIONAL MARDI GRAS THEME

PosterMyWall.com

Join us for the



CASH
PRIZES

FOOD, GAMES, AND FUN

FARMERVILLE TOWN SQUARE

-FEBRUARY 9, 2019- 2:00 P.M.

**FOR MORE INFORMATION
PLEASE CONTACT ASHLEY**

318-548-7171

Community

Cervical Health Awareness Month

January is Cervical Health Awareness Month, and **UNION GENERAL HOSPITAL** wants you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.



HPV (human papillomavirus) is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news?

The HPV vaccine (shot) can prevent HPV.

- Cervical cancer can often be prevented with regular screening tests and follow-up care.

In honor of National Cervical Health Awareness Month, **Union General Hospital** encourages:

- Women to start getting regular cervical cancer screenings at age 21
- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12

Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you. Check with your insurance company to learn more.

Taking small steps can help keep you safe and healthy.

National Drug and Alcohol Facts Week® (NDAFW) is coming January 22-28, 2018. NDAFW is a national health observance linking teens to science based facts to **SHATTER THE MYTHS®** about drugs!



February is... **AMERICAN HEART MONTH**



Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, **Union General**

Hospital is proudly participating in American Heart Month. For the period 2009-2013 the Louisiana death rate from heart disease was higher than the U.S. rate. The Union Parish rate was higher than both the State and U.S. rates.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy. For more information, visit www.uniongen.org



Teen Dating Violence Awareness Month

February is Teen Dating Violence Awareness Month. **Union General Hospital** wants you to know that there's a lot you can do as a parent to prevent teen dating violence and abuse.

More than 1 in 10 teens who have been on a date have also been physically abused by a boyfriend or girlfriend in the last year. One of the most important things you can do is keep the lines of communication open with your kids.

Take steps to make a difference:

- Be a role model – treat your kids and others with respect.
- Start talking to your kids about healthy relationships early – before they start dating.
- Get involved with efforts to prevent dating violence at your teen's school.
- If you are worried about your teen, call the National Dating Abuse Helpline at 1-866-331-9474 or text “loveis” to 22522.

You can help keep your loved ones safe and healthy.



Colorectal Cancer Awareness Month

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that's why it's so important to get screened.

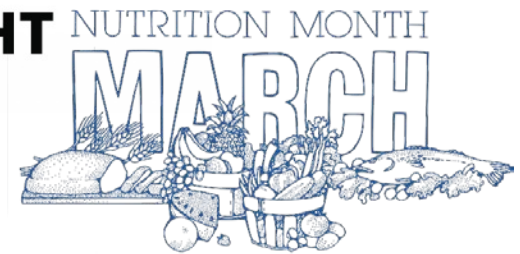
To increase awareness about the importance of colorectal cancer screening, **Union General Hospital** is proudly participating in Colorectal Cancer Awareness Month.

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke, or have a family history of colorectal cancer. Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50.
- Encourage your family members and friends over age 50 to get screened.
- Quit smoking and stay away from secondhand smoke.
- Get plenty of physical activity and eat healthy.
-



4 EASY WAYS TO LOSE WEIGHT WITHOUT DIETING!



1 Drink More Water!

Did you know that water flushes your system cleaning your whole system from toxins, killing your cravings? Drink a glass or two before each meal.



2 Eat Omega 3 Fatty Acids Every Day!

It has been demonstrated that Omega 3 fatty acids reverses insulin resistance and allows your cells to have a proper communication with hormones. Once your body is sensitive to insulin, it will be easier for your body to lose weight.



3 Take it Easy...

Emotional stress could cause leptin resistance. That's the hormone that controls what and how much you eat. If you control your stress levels you will impact positively your weight.



4 How to Eat Vegetables

Eat them like this: First the vegetables with the proteins (meat) and then the carbs. Why? Your body will process and react better to this simple eating formula. Results? You will lose weight.

www.thewaytofit.com

Thank you to The Living Well Foundation

Union General Hospital will be purchasing a professional nutrition scale thanks to a \$8,300 grant received from THE LIVING WELL FOUNDATION.

We are honored to have received support from the Living Well Foundation over the past three years.

THANK YOU!

Monthly Meeting Schedule

Conference Room

5PM - 7PM

Monday, January 28

Monday, February 25

Monday, March 25

Union Parish Junior High
Once a Week on Thursdays

Union Parish High School
Every Other Week on Tuesdays





TEEN DRUG PREVENTION AND EDUCATION PROGRAM

UNION GENERAL HOSPITAL PREVENTING DRUG USE AND MENTAL
ILLNESS AMONG CHILDREN AND ADOLESCENTS

MEETING SCHEDULE

Union Parish Junior High

Every Thursday

6th Grade

Downsville Community Charger School

Every Friday

6th 7th and 8th Grades

Anti-Bullying and Suicide Prevention Program
MEETING SCHEDULE

Quarterly

Union Parish Elementary School
D'Arbonne Woods Charter School
Downsville Community Charter School

**UNION PARISH
TOGETHER
WE CAN BE BULLY FREE**

GUIDING THE COMMUNITY TO PROTECT
CHILDREN FROM ABUSE



For more information call: (318) 368-7075

www.uniongen.org



Thanks to you we met our 2019 United Way goal of \$15,000. Our hospital raised \$15,050.18.

United Way Committee: Sheri Taylor, Campaign

Coordinator. Members: Sandy Smith, Brittany Smith, Betty Batterton, Connie Ginn, Ginger Barkley, Anna Kinnison, Laquanta Atkins, Ariel Loyd

Thanks to all the employees that made a donation and helped us reach our goal.



Union General Hospital has made it easier to manage your medical records and health information from home or on the go with our Patient Portal.

<https://uniongen.yourcarecommunity.com./#/>

Union General Hospital Rural Health Clinic has made it easier to manage your medical records and health information from home or on the go with our Patient Portal.

https://www.ughrhc.org:4443/pls/apex/f?p=2020:LOGIN:0::NO::G_DB_PORTAL_ID:299&tz=-6:00

LIVE THE **GOLDEN** RULE

*"Do unto others, as you would
have them do unto you"*

HAPPY BIRTHDAY

January

BATTERTON, BETTY	1/12
BROWN, KESHUN	1/13
LISOTTA, ANITA	1/26
HILL, ELIZABETH	1/14
TAYLOR, SHERI	1/10
DAVIS, KEVIN	1/15
MASON, KANEISHA	1/01
ROWE, KATHRYN	1/29
SMITH, BRITTANY	1/31
THOMPSON, KAITLYN	1/23
TURNER, AMANDA	1/21

February

BLACK, LAJUANDA	2/11
CHENEY, GENE	2/08
GATES, BARBARA	2/22
FINLEY, MAUREEN	2/20
HICKS, SHEREE	2/23
JOHNIKIN, DARLENE	2/18
KELLEY, CRISTY	2/08
LOYD, ARIEL	2/03
WILLIAMS, MICHAEL	2/25

March

COLSON, STEPHANIE	3/21
COOK, KATE H	3/18
WADE, LYNETTE	3/03
LENARD, JASON	3/14
HUNTER, ARTHUR	3/07
MORROW, ANNA	3/19
ROCKETT, JANIS	3/26
SMITH, SANDY	3/14
MURRAY, LINDA	3/03
GASPARD, WENDY	3/02
STEVENS, CHEKELAH	3/19
VOORHEES, MAGGIE	3/25





Father God, we humbly pray for:

Dr. Duke McHugh – recovering from stroke

Sheri Taylor – breast cancer treatments

Michael Elliott – brother in law of Brent Cranford with cancer

Janice Wyatt – continued prayers for heart

Jeff Pohl – Abbie Moon's brother in law recovering from Non-Hodgkin's lymphoma

Vada Powell – Evalyn Ormond's niece with brain tumor

Remona Barron – recovering from broken ankle and surgery

Philippians 4:6-7 *Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

Trusted. Dedicated.
Innovative.

We provide Physical Therapy, Occupational Therapy, and Speech Therapy services for a wide range of orthopedic and neurological conditions.

White Bean Chicken Chili

Brittany Smith/Dietary



Prep time

15 mins

Cook time

1 hour

Total time

1 hour 15 mins

A delicious soup made with white beans, chicken and a tasty blend of seasonings.

Author: ©Amy Johnson | She Wears Many Hats

Recipe type: Main

Serves: 8

Ingredients

- 7 cups chicken broth
- 4 – 15.8 ounce cans of Bush's Beans great northern beans (cannellini or navy beans could be substituted)
- 1 teaspoon parsley
- 1 teaspoon cumin
- 1 teaspoon oregano
- 1 teaspoon paprika
- ¼ teaspoon ground red pepper (or ground cayenne pepper)
- ¼ teaspoon black pepper
- ¼ teaspoon salt
- 4 tablespoons olive oil (divided)
- 1¼ pound chicken breast, cubed
- 1 cup onion, diced

- 4 cloves garlic, minced
- 1 tablespoon jalapeno, chopped (about one jalapeno)
- 1 cup cilantro leaves, packed

Instructions

1. In a large stock pot bring chicken broth and beans to a boil.
2. Add all seasonings (parsley, cumin, oregano, paprika, red pepper, black pepper, salt). Reduce heat to medium and let simmer.
3. In a saute pan heat 2 tablespoons of olive oil over medium high heat. Add chicken and saute about 3-5 minutes then add to pot.
4. In saute pan heat the remaining 2 tablespoons of olive oil over medium heat. Add onion, garlic and jalapeno and saute until softened, about 5 minutes.
5. Rough chop ½ cup of cilantro and add to onion, garlic and jalapeno mixture. Saute for a few seconds then add all to pot.
6. Let chili simmer at least another 30 minutes, but the longer, the better. To thicken up chili a little use a potato masher to mash some of the beans up. A few mashes should do the trick. You could do this before adding the chicken if the beans are nice and soft.
7. Before serving, add the rest of cilantro.
8. (Don't forget the cornbread!)



Things your Granny said (If you're from the South)

1. "Did you forget to put on your lipstick, honey? Here, dab on a little bit of mine in case we see somebody we know at Publix."
2. "I wish you'd look a-yonder. A woman her age hasn't got a bit of business wearing such as that."
3. "I don't mind feeling this way, but I sure do hate to look like this."
4. "Yes, *what?* It's yes, *ma'am*, when you're talking to me, little mister."
5. "If you do that again, Granny's fixing to thump your head!"
6. "Well, bless!"
7. "That's worse than burnt okra stuck to the pan."
8. "I hope this is fit to eat."
9. "Just remember—Mamaw knows everything and has eyes in the back of her head."
10. "I can see you're upset, but you just better get glad in the same clothes you got mad in."
11. "You children want a sammich for lunch?"
12. "Bless your heart! C'mere and show Mimi your skinned knee so she can kiss it well."
13. "Don't you sass me!"
14. "You're not too old for your wants to hurt you!"
15. "Come in here and let Memaw fix you a plate."
16. "Why, honey, there's nothing to a pound cake. Come on back to the kitchen and I'll show you how to stir one up."
17. "You've got such a pretty face. Don't you wanna pull your hair back so everybody can see it?"
18. "You've got such a handsome face. Don't you wanna get rid of that beard so everybody can see it?"
19. "You kids [who are all over 30] carry your plates out on the porch so we'll have enough room for the grown folks at the big table."
20. "Y'all come see me now, sweetheart!"
21. "Lordy mercy sakes alive!"
22. "What my mother said to me: 'I would never lay a hand on my grandson!' What my mother said to my son: 'You better get in here right now or I'm gonna tan your hide.' She had the bluff on both of us."
23. "Bill . . . I mean Rowdy . . . I mean Tracy . . . I mean Jody . . . Lord, I can't keep all you grandkids straight!"
24. "I am give *out*."
25. "This tastes pretty good even if I did make it."



HOW THE BODY WORKS

Cardiovascular System Word Find

Directions: Print out the word find. See how many words you can find from the list below.

A	L	E	T	I	T	F	L	O	W	Y	M	S	Y	E
N	T	M	C	J	F	Z	D	A	F	I	L	N	T	W
X	A	R	W	I	O	V	A	S	P	H	L	A	R	N
R	S	N	I	E	V	N	G	J	L	N	H	F	U	B
M	C	Q	Y	U	U	W	W	H	C	Y	P	T	L	C
V	W	W	V	O	M	X	H	W	C	D	R	O	J	N
W	T	A	E	T	S	A	W	E	A	I	O	B	A	Y
J	B	N	N	E	G	Y	X	O	E	D	F	R	Z	G
A	R	T	T	P	K	M	S	N	W	F	T	N	I	W
H	E	A	R	T	S	R	T	L	S	E	V	L	A	V
F	B	U	I	S	W	S	B	G	R	B	H	L	Q	R
C	I	R	C	U	L	A	T	I	O	N	E	R	M	C
V	X	Z	L	G	V	X	E	G	Y	Q	D	A	Y	W
S	L	P	E	P	A	S	H	V	S	G	C	O	T	O
B	V	U	S	S	E	A	D	H	X	T	H	Y	R	E

ARTERIES

ATRIUM

BEAT

BLOOD

CIRCULATION

HEART

NUTRIENTS

OXYGEN

VALVES

VEINS

VENTRICLES

WASTE