



OUT WITH THE OLD IN WITH THE NEW BY EVALYN ORMOND, CEO

I am very pleased to announce the technology update of a 64 slice CT. Conveniently located adjacent to the Emergency Department, the 64-slice scanner is available to provide high-speed images for routine diagnostics, as well as in life-saving emergencies. In its ongoing commitment to provide high quality imaging equipment for the community, Union General Hospital now has the ability to see a film with 64 slices instead of 16 slices.

The new system can quickly scan any region of the body for disease or injury in just seconds, and provides essential information for a prompt diagnosis. This new technology painlessly creates photo-quality images of inside the body and generates three-dimensional views that are immediately available for diagnosis.

Highly detailed brain scans can help diagnose a stroke, allowing physicians to determine, within minutes, if the patient can receive medicines to restore blood flow and prevent brain damage.

The reduced scanning time offers many advantages. For example, it can be difficult for young children to hold still for the longer times required with older scanners. People with breathing problems often find it difficult to hold their breath for 30 seconds or more, since that is simply longer than most patients with advanced pulmonary conditions can manage.

Now, it only takes approximately less than 10 seconds of actual scan time to obtain images that provide important information for treatment and help produce better outcomes.

(Continued on page 1)

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EVALYN ORMOND, CEO

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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.

Message from the Chief Executive Officer of Union General Hospital (continued from front page)

Our goal is to help patients prevent illness or recover as quickly and as thoroughly as possible. With the CT64 we can help accomplish that.

For more information about the new and improved CT scanning capability, or for more information on diagnostic imaging services at Union General Hospital, please contact Cynthia Branch, Radiology Director, at 318-368-7072 or email cbranch@uniongen.org



**Evalyn Ormond, CEO; Cynthia Branch, Radiology Director;
Rosanne Snyder, Radiologic Technologist**

CUSTOMER SERVICE

SERVICE EXCELLENCE COMMITTEE = SEC

JULIE DUTY
DARRA JUNG
EVALYN ORMOND
CONNIE GINN
DIANNE DAVIDSON
BRITTANY SMITH
MAGGIE VOORHEES
CALLIE NUTT
CINDY BRANCH
KATE COOK
CLAUDIA WADE
BRENT CRANFORD
SHERI TAYLOR

ALL DIRECTORS = MT

AMBASSADORS = AMB

DONNA BANKS
TINA DENDY
ROSANNE SNYDER
STEPHANIE COLSON
THERESA MOON

SERVICE EXCELLENCE ADVISORS = SEA

JUANDY BLACK
KOMACKA BREWSTER
PAM MASON
LYDIA FARRAR
TOSHA WYATT
GINGER BARKLEY
RAE LYNN WARE
KAITLIN THOMPSTON
EMILY LOVE



QUESTIONS AND/OR
CONCERNS- CONTACT
PRIVACY OFFICER- JULIE
DUTY- COMPLIANCE

OFFICER **318-368-7077**
jduty@uniongen.org



MEET YOUR 2019 SERVICE EXCELLENCE ADVISORS

RAE LYNN WARE: My name is Rae Lynn Ware. Among my many accomplishments my greatest are my two boys, Slade 24 and Henry (AKA Bubba) 14 as well as my two wonderful grandboys Brydan 5 and Jaxton 4 months. We all enjoy hunting, fishing and vacationing. My oldest Slade, the father of my grandboys, is outgoing and enthusiastic. My youngest Bubba likes to skateboard, play video games and is becoming quite an excellent cook.

Since the year 2000, it has been my pleasure to serve here at Union General Hospital. Beginning all those years ago as a secretary I had no idea that I would now be working as a Registered Nurse.

Feeling inspired and motivated I went back to school in 2005. when I returned to this very hospital in 2008 I was licensed practical nurse. working as a licensed practical nurse did bring me joy; however, I wanted to further my education so in the year 2016, I received by registered nurse degree. I continued to work here at ugh all the years and continue to work here even now. my love for the community and the hospital draws me back here. you can find me working between the floor, emergency room, director of endoscopy and currently as service excellence advisor.



LYDIA FARRAR: Lydia Farrar grew up in Spearsville, Louisiana. she graduated from Spearsville High School and Louisiana Tech University. Lydia has been married to Richard for 42 years. They have 2 children- Rebecca and Daniel, a daughter in law Cambry and 1 grandson Bhrett. Lydia actually interned at Union General Hospital back in 1979. She loves being employed at UGH- WE ARE FAMILY!

EMILY LOVE: I received by Bachelor of Science degree in Radiologic Technology in 2005 from Northwestern State University Shreveport. I have been a rad tech for 14 years and have worked at UGH for 9 years. I have been married for 13 years and have one son. I grew up in Minden, LA but moved to Union Parish in 2006. My husband and his family are all Union Parish natives! my future goals are to become registered in mammography and CT. I am honored to be a SEA. I love serving my community and being part of a great hospital, UGH!

JUANDY BLACK: my name is Juandy Black and I reside in Spearville, Louisiana. I have been married to my husband Michael for 33 years. We have two children, Kayla Foster and Kyle Black. We have 6 grandchildren, Allie, Colton, Carson, Slade, Kurbi and Harper.

I attend Pilgrim's Rest Baptist church where I play the piano. I enjoy cooking, reading, jigsaw puzzles and spending time with the grandchildren. I came to work in the business office in October where I am proud to be a part of the Union General Hospital team!

TOSHA WYATT: My name is Tosha Wyatt and I am one of the 9 SEAs this year. I am honored to be listed alongside all the other wonderful women as your advisors to serve and teach Union General. I hope that we touch your lives and inspire each and every one to become better people inside our workplace as well as in our own personal lives.

I am the outpatient coder in the Health Information Management department, also known as Medical Records. I attended Louisiana Delta Community College and obtained my associates degree with a concentration in medical coding. I did my clinicals at Union General and about a month later I became an employee. Since that time, I have gotten 2 certifications and now have credentials after my name as a Certified Coding Specialist!

I am very blessed to be called mom by three boys, Gatlin, 17, Noah, 15, and Elijah 7. My boys are where my heart lies. An interesting thing about me is that I am a Certified Nutritional Herbologist since 2001 and know how to make herbal lotions, potions and formulas. It is a very interesting area of knowledge and is gaining way more popularity and acceptance daily. That is just one extra thing I have knowledge of and I often say I know a little bit about a lot of things.

I hope, along my fellow SEAs, that I will be able to teach something that makes a difference at Union General Hospital and in your own person lives. Thank you for this opportunity and God bless!



PAM MASON: Pam Mason lives in Spearville, LA with her husband Tony. they have two children in the military. A son, Justin (army) and a daughter, Mollie and son in law, Corey (air force). Pam enjoys baking and quilting and is a member of the Blue Stars Mothers of Louisiana.

KAITLIN AUGER THOMPSON: Hi you guys! my name is Kaitlin Auger Thompson, I am 28 years old. I am married to Derek Thompson, 8 years strong. we have 3 red headed kiddos- Leland Walker, Henleigh Rose, and Barron Mickel, who are my absolute favorite souls. They are the funniest kids you will ever meet! I like to think they get that from me! 😊 I graduated high school from Union Christian Academy in 2009, and have taken several college courses. I put myself on the back burner to raise my children but hope to finish my degree soon, when the time is right. Before I started working here at Union General I was a stay at home mom for 7 years, as well as a cheer coach at D'Arbonne Woods. I grew up in Spearville and Truxno, with two sets of amazing parents, 6 brothers and 2 sisters all together. I grew up playing softball, taking dance, and cheering. I am so thankful to work for an establishment like UGH. I have met some of the best people here, who are more like family now. I was hired in to be an assistant to the administrators but now have taken on a few more roles in HR and payroll. When asked if I would accept the honor of being a SEA this year I was pretty shocked, as I had only been here right at a year at that point. but my team and I are having such a fun time learning more about each other and getting prepared to teach our coworkers how to be more compassionate and understanding, so we may make this hospital the best that it can be. I am not big on public speaking, but I think this is going to be an interesting summer teaching these service excellence classes. thanks go to Mrs. Julie Duty and Maggie Voorhees for all they do, have done, and will do to make this year of being a Service Excellence Advisor the best it could possibly be. That's all for now, thanks for reading. 😊

GINGER BARKLEY: My name is Ginger. I have been married for 12 years to my husband, Brad. I have 2 daughters, Abbie and Faith. I have been a nurse for 7 years. I started out as an LPN and attended South Ark Community College. I then went back to school at Delta Community College and got my RN degree. I have been an employee of Union General Hospital for 7 years and I work in the emergency room.

KOMOCKA BREWSTER: Greetings! I am happy to serve as one of the SEA (Service Excellence Advisor) members for this year. I feel that being chosen to represent the clinic/hospital is indeed an honor. I've been employed with the clinic since February of 2018. I am a data entry clerk at the Rural Health Clinic. I was blessed to be the very proud mother of 2 wonderful and talented daughters, Kesynce, 15 and Kebyni, 7. I am from Bernice, but I reside in Dubach, Louisiana.

I ranked #1 in my graduating class and received my Office Systems Technology certification from the Louisiana technical college here in Farmerville in 2009. Prior to this, I attended Louisiana Tech University in Ruston for 3 ½ years, majoring in Business Administration, until pregnancy complications forced me to resign.

As an employee of Union General Hospital/Rural Health Clinic, I strive to exemplify quality service and compassionate care in all that I do.

My goal as a health care employee, is to send them from the clinic knowing that, not only did I help meet their expectations, but I did all that I could to exceed their expectations!

Service Excellence Advisors 2019



Left to right down: Rae Lynn Ware, Ginger Barkley, Tosha Wyatt. Standing: Komocka Brewster, Emily Love, Pam Mason, Juandy Black, Lydia Farrar, Kaitlin Thompson. On the Bench: Michael Bayer, Custom Learning.



"Providing Quality Service with Compassionate Care"

901 James Avenue * Farmerville, LA 71241 * (317) 368-9751 * www.uniongen.org



SERVICE EXCELLENCE WORKSHOPS

PRESENTED BY YOUR 2019 SEA GROUPS– SOUTHERN
SWEETIES, SUNNY SMILES AND RARE GEMS

****Mandatory**

to attend at least one workshop**

July 16th 9:00a.m.-12:00p.m.-SUNNY SMILES

July 17th 1:00-4:00 p.m.-SUNNY SMILES

July 18th 2:00p.m.-5:00 p.m.-SUNNY SMILES

July 31st 3:00p.m.-6:00 p.m.-RARE GEMS

Aug 1st 3:00p.m.-6:00p.m.-RARE GEMS

Aug 2nd 11:00a.m.-2:00p.m.-RARE GEMS (reserved)

Aug 15th 9:00 a.m.-12:00 p.m.-SOUTHERN SWEETIES

August 19th 1:00 p.m.– 4:00 p.m.-SOUTHERN SWEETIES

August 21st 9:00a.m.-12:00p.m.-SOUTHERN SWEETIES

SUNNY SMILES:
Pam Mason,
Komocka Brewster,
Juandy Black

LIMITED TO

20

**REGISTRANTS
PER SESSION-**

RARE GEMS:
Ginger Barkley,
Rae Lynn Ware,
Emily Love

SOUTHERN SWEETIES

Kaitlin Thompson,
Lydia Farrar, Tosha Wyatt

Union General Hospital meets with Director of the Centers for Medicare & Medicaid Services CMS

On May 20, Critical Access Hospitals executives and The Critical Access Hospital Coalition, from across the nation, had the opportunity to meet with CMS leadership to discuss the identified issues outline in the Coalitions' Regulatory Relief Initiative. The CMS participants included Director of CMS Seema Verma, Cara James, PH.D., Dir. Of the Office of Minority Health and Co-Chair of the CMS Rural Health Council and Kimberly Brandt, Principal Deputy Administrator for Operations. Critical Access Hospitals executives participating where from Illinois, Colorado, Idaho, Ohio, Minnesota, Farmerville, Louisiana, and Arkansas. On May 21, the same group took this message to staff members of the Senate Finance Committee. The finance committee is Senate Finance Chairman Chuck Grassley (R-IA), Senator Michael Crapo (R-ID) and Senator Bill Cassidy (R-LA).

The big takeaway from the meetings is that CMS is engaged and willing to work with CAH Coalition to make changes that make sense for CAHs. Director Verma assured us that President Trump understands there are needs for rural healthcare and he intends to help. Committee would like to move a bipartisan rural health care package, in hopes of moving legislation later this year or at the beginning of next year. As a result of this meeting Evalyn Ormond, CEO and Dianne Davidson, COO are now members of the CAH Policy and advocate advisory board.



INFECTION PREVENTION

HAND HYGIENE IN HEALTHCARE



THERESA MOON, INFECTION PREVENTION NURSE

Hand hygiene is the single most effective method that prevents the spread of disease in the hospital. Thousands of people die every day around the world from infections acquired while receiving healthcare. At Union General Hospital it is expected that consistent, effective hand hygiene will be practiced by all healthcare workers as well as encouraged for patients and visitors. Hands are the main pathway for germ transmission from person to person within the hospital and therefore vigilant hand hygiene is the most important measure we can implement to avoid the transmission of harmful germs and limit healthcare acquired infections. Healthcare workers are the primary conduit for the spread of infections to patients and the simplest source to correct. Hand hygiene is a low-cost action that prevents the spread of illness and contributes significantly to keeping all of our patients safe. While hand hygiene is not the only way to counter healthcare associated infections, compliance with it can dramatically enhance the safety of our patients. The cost of hospital acquired infections across the globe is enormous.”

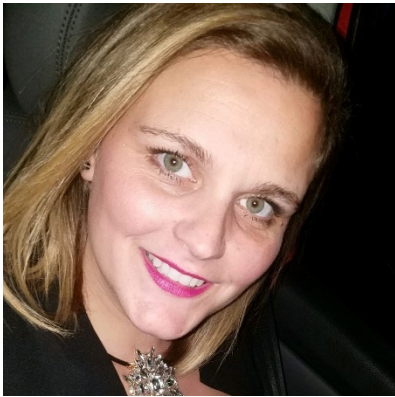
Whatever the reasons, improved compliance with proper hand washing has been clearly shown to make a difference, lowering the risk of hospital acquired infections or illness. Improved compliance with hand hygiene is a practice that we as healthcare professionals must make a concerted effort to improve upon. Healthcare facilities which readily embrace strategies for improving hand hygiene also prove to be more open to a closer scrutiny of their infection control practices in general. Therefore, focusing on hand hygiene can lead to an overall improvement in patient safety across an entire organization. Our hands may become contaminated even after seemingly ‘clean’ procedures such as, taking a pulse, checking a blood pressure, temperature, or touching a patient’s hand or shoulder. Prior to performing an aseptic task Alcohol based hand sanitizer kills most of the bad germs that make us sick, is more effective and less drying than using soap and water and does not create antibiotic resistant superbugs. However, hand sanitizer does not kill *Clostridium difficile*. In order to decrease the transmission of *Clostridium difficile* health care workers must wash their hands with soap and water and wear gloves when caring for patients with known or suspected *Clostridium difficile*. Today more than ever the benefit of hand washing is abundantly clear. When in doubt we should all wash our hands. The infection you avert will go unseen but may save a life near and dear to you and no doubt will be significant. Thank you for reading, tmoon@uniongen.org.

**Theresa Moon, Infection Prevention Nurse
represented UGH at the 2019 Association of
Professionals in Infection Control (APIC) Convention
in Philadelphia, Pennsylvania in June.**



YOUR MENTAL HEALTH

Incorporating Mindfulness in Your Daily Life



Mindfulness exercises are ways of paying attention to the present moment, using techniques like meditation, breathing, and yoga. Practicing mindfulness helps people to become more aware of their thoughts, feelings, and body sensations so that instead of being overwhelmed by them, they are better able to manage them. Practicing mindfulness can give more insight into emotions, boost attention and concentration, and improve relationships. You don't need to be religious or spiritual to practice mindfulness. It can help people with or without religious beliefs. There are different ways to practice mindfulness. Take a few moments and try the exercise below:

Emily Bailey, IOP Director

Five Senses Exercise

This exercise is called “five senses,” and provides guidelines on practicing mindfulness quickly in nearly any situation. All that is needed is to notice something you are experiencing with each of the five senses.

Follow this order to practice the **Five Senses Exercise**:

- Notice five things that you can see.

Look around you and bring your attention to five things that you can see. Pick something that you don't normally notice, like a shadow or a small crack in the concrete.

- Notice four things that you can feel.

Bring awareness to four things that you are currently feeling, like the texture of your pants, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on.

- Notice three things you can hear.

Take a moment to listen, and note three things that you hear in the background. This can be the chirp of a bird, the hum of the refrigerator, or the faint sounds of traffic from a nearby road.

- Notice two things you can smell.

Bring your awareness to smells that you usually filter out, whether they're pleasant or unpleasant. Perhaps the breeze is carrying a whiff of pine trees if you're outside or the smell of a fast food restaurant across the street.

- Notice one thing you can taste.

Focus on one thing that you can taste right now, at this moment. You can take a sip of a drink, chew a piece of gum, eat something, notice the current taste in your mouth, or even open your mouth to search the air for a taste.

This is a quick and relatively easy exercise to bring you to a mindful state quickly. The five senses exercise can help you bring awareness to the current moment in a short amount of time.

News and Updates

LOUISIANA FIRST LADY DONNA EDWARDS VISIT TO UNION GENERAL HOSPITAL ON JUNE 27



Hospital Week 2019





Union General Hospital is pleased to welcome Kristy Auger to the Board of Directors of Union General Hospital. We anticipate that Kristy's skills and experience will be an asset to our Board and we look forward to working with her.



Tim Tettleton, President;
Kristy Auger

UGH WALKING PATH PROJECT UPDATE

Union General Hospital is almost finished constructing a walking path in front of the hospital.

"It extends 900 feet (approximately 6 laps make a mile) and includes commercial heavy weight grade park benches and trashes receptacles at each area (located adjacent to lights), a water fountain and surveillance cameras so the community and hospital employees, patients and visitor can walk and exercise.

The project has been in the works for over a year. We finally just got it pushed over to the finish line.

The project was largely funded by a grant from The Livingwell Foundation and the tax payers of Union Parish.

Due to liability we ask that the path is not used until its completion. We will let everybody know when is ready.





SUSAN G KOMEN GRANT UPDATE

Union General
Hospital is very

grateful for the support received from Susan G Komen in 2019. The hospital received over \$7,300 in funding to be able to offer free mammograms to our community. Unfortunately, we don't have any more funding left to offer any more free mammograms this year. Hopefully we will be considered for a higher grant amount in 2020. Thanks to the Radiology Department that works hard every year to accommodate all the women under this grant to make sure they get their mammograms done.

Community Programs Adolescent Health



SCHOLARSHIP AWARD

2019 WINNER

(318) 368-9751
www.uniongen.org

It's a Girl Thing Trinity Wallace

It's a Girl Thing making proud choices has helped shape me into who I am today by giving me the opportunity to listen and learn about positive things and also things that aren't so positive. It is a great program, and for some girls who don't have parents or immediate family members to help them understand and teach them the right thing to do. One thing about this program is that the door is always open regardless of what the situation may be. Being a five-year member taught me a lot, I've grown. Entering college is an exciting and sometimes intimidating venture for many students, leaving high school and entering college is a big step. This will help me in college because I'll always remember my self-worth first. This program has helped me realize that no one, especially boys care about you more than you do.

In conclusion, this program has been a blessing to me, will help me out as I end one chapter in life and begin another one. I really hope the others that are involved will find this program helpful as well. As they get older I hope their eyes will be fully opened and they will commit to themselves first before trying to please anyone else.

A HEALTHY COMMUNITY IS A HAPPY COMMUNITY

2019 SUMMER PROGRAM IN PARTNERSHIP WITH THE 21st CENTURY GRANT AND THE UNION PARISH HEALTH UNIT.

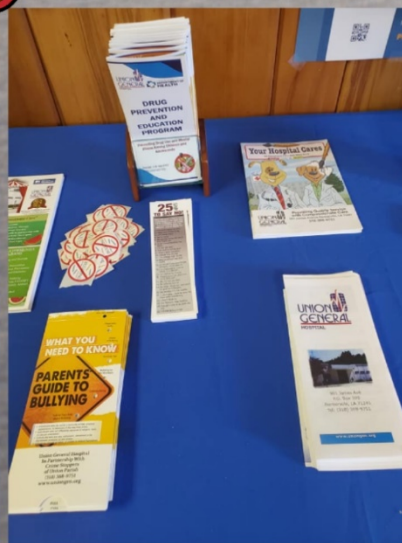


Jiame Brown, Community Outreach Coordinator

We had a great summer with the hospital's Adolescent Health Programs It's a Girl Thing, Making Proud Choices, Anti-Bullying/Suicide and Drug/tobacco/alcohol Prevention. In partnership with the 21st Century Grant and the Union Parish Health Unit, Jiame Brown, Community Outreach Coordinator taught at the Union Parish Junior High and offered information about the programs at the Union Parish Health Unit every week. WE LOVE OUR COMMUNITY AND OUR COMMUNITY PARTNERS. Thank you Jiame for your commitment to our programs and for doing a **GREAT JOB!**



great job!





FROM IT'S A GIRL THING TO BIOLOGIST ALIZIA BARNES

Alizia Barnes, Senior Biology major at La Tech University, was chosen for a 10-week internship in Marine Biology at LUMCOM in Cocodrie, LA. Alizia began her internship on June 3 and shall return to North Louisiana on August 9. Alizia has enjoyed learning about the different fish in the Gulf. She is also working on a project testing the waters for oil spills. Alizia gets to go out on the Gulf twice a week and the rest of the week is spent working in the lab. Alizia has had two job offers so far. Alizia is the daughter of Renee Barnes, Ward Clerk.



FROM IT'S A GIRL THING TO QUEENS

Union General Hospital and all of us from It's A Girl Thing would like to wish the 2019 Miss Grambling State University Rickenzie Johnkin and the 2019 Miss Southern University Alacia Brew well wishes on their reign as Queen! From It's a Girl Thing to Queens...making proud choices will take you further than you could ever imagine! We are so very proud of you ladies 😊

To all the young ladies...know your worth and always aim high👑





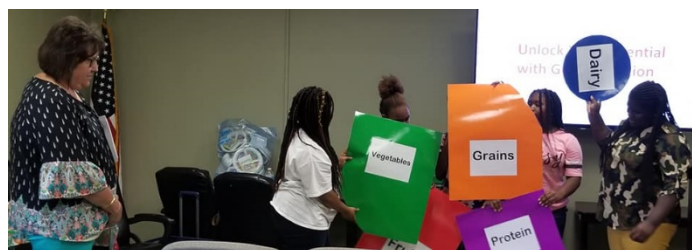
UNLOCK YOUR POTENTIAL WITH GOOD NUTRITION



Brittany Smith, MS, RD, LDN
Dietary Director



Markaye Russell, LSUAg Area Nutrition Agent



JUNE 2019 MONTHLY MEETING



Vitamin D: The Sunshine Vitamin



Brittany Smith, MS, RD, LDN
Dietary Director

Vitamin D is very important in our bodies because it has so many functions. One of the major roles of Vitamin D in our bodies is to help absorb calcium from our diet to build bones and keeps them strong and healthy. Vitamin D has been shown to also protect against some cardiovascular diseases and some cognitive impairment.

The recommended daily intake of Vitamin D is 600UI per day. Deficiency of Vitamin D could have symptoms such as bone pain and muscle weakness. It is important to have sufficient amounts of Vitamin D in our diets in order to keep our bones, muscles, and minds healthy. Here are some ways you can get Vitamin D every day:

1. **Sun Exposure:** 15 minutes of direct sunlight on your skin will allow your body to create vitamin D from the sunshine (hints the nickname). This is extremely important to our aging population and people who maybe bed bound, due to limited exposure to the sun. Encourage them to get outdoors or to sit next to a window with some sun exposure every day.
2. **Fish:** Salmon, Tuna, Sardines, and Swordfish are among the fish with highest Vitamin D content. Enjoy fish at least twice a week to get a healthy dose of Vitamin D.
3. **Fortified Dairy Products:** Drink milk and eat yogurt. Although these foods do not contain Vitamin D naturally, these items are fortified with Vitamin D due to their high calcium content.
4. **Egg Yolk:** One large egg yolk provides a good source of Vitamin D. Whether you like your eggs scrambled, boiled, or sunny side up, you are getting a healthy dose of Vitamin D when you have an egg!
5. **Fortified Cereals:** Some cereals are fortified with Vitamin D which can help you reach daily need of the Sunshine Vitamin. Read the labels on your cereals to ensure you are getting one fortified with Vitamin D before you buy.
6. **Swiss & Monterey Cheese:** Although cheese is a dairy product, not all cheeses contain adequate sources of Vitamin D. Swiss & Monterey cheeses are the cheese that provide the most Vitamin D to your diet.
7. **Vitamin D Supplements:** Supplements are an option to add in addition to your diet. Consult your doctor before starting a Vitamin D supplement, and be sure to use supplements from reputable manufacture to ensure you are getting a quality vitamin supplement.



FREE NUTRITION **WORKSHOPS**



July 24th – Grilling Safety

Aug. 1 – Be Good to Your Gut

Aug 20 - Spice Up Your Salad

Sept 11 - Diverticular Disease

Sept 25 - Stocking

**refrigerator and pantry with
staples**



**UNION GENERAL HOSPITAL
CONFERENCE ROOM 2PM**

318-368-9751


www.uniongen.org





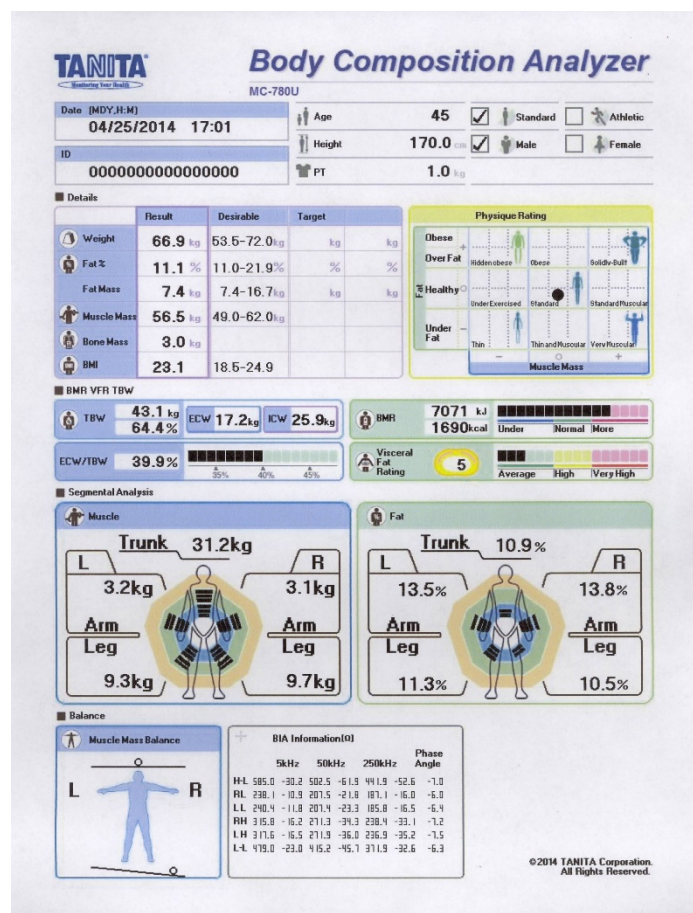
Call Brittany Smith, MS, RD, LDN
Dietary Director
For more information
(318) 368-9751

THANK YOU!


LivingWell
 FOUNDATION

This year, we received funding from the Living Well Foundation. The funds were used to purchase a Tanita Multi Frequency Segmental Body Composition Analyzer Scale. The hospital is very grateful for the support received from the LivingWell Foundation.

Thanks to this funding the hospital provides individualized assessments and some fun activities on healthy eating and exercise to the community members participating in the hospital's community projects and the hospital patients enrolled in the Medical Nutrition Therapy Program. **FREE OF CHARGE!**



It's a Girl Thing Meeting Schedule

Monthly Meetings

5 - 7 PM

Union General Hospital
Conference Room

July 29

August 26

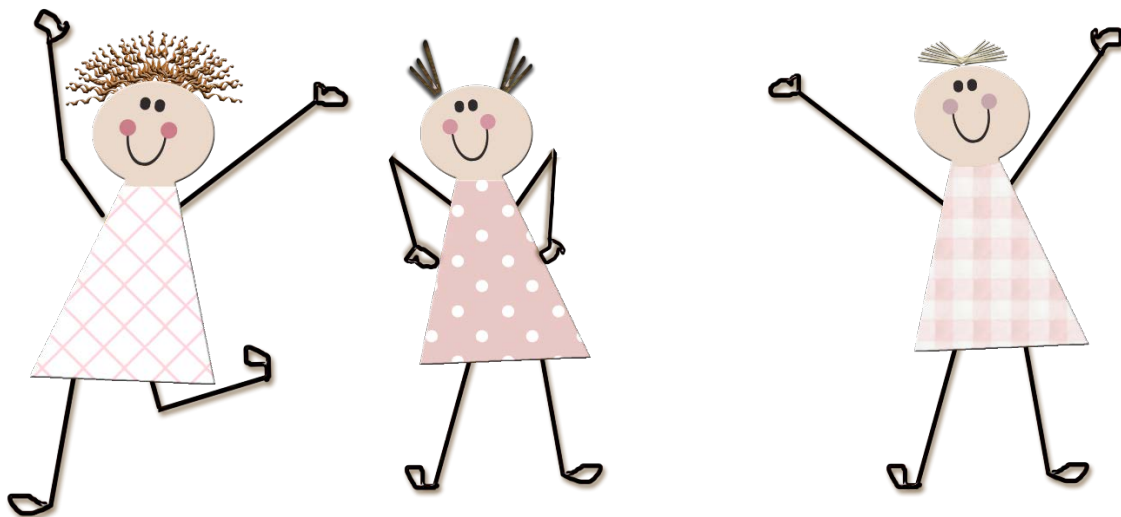
September 30

Union Parish Junior High

Once a Week on Thursdays

Union Parish High School

Every Other Week on Tuesdays



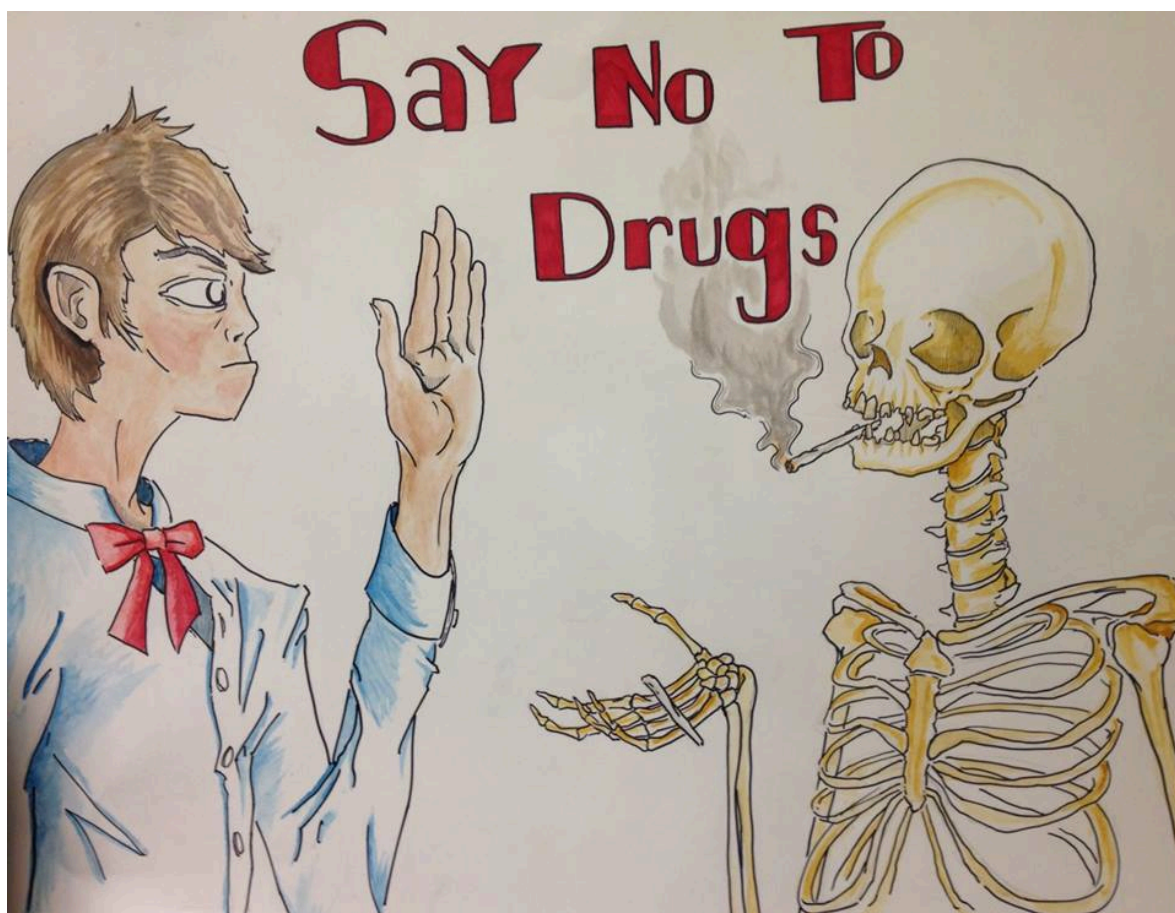
**GIRLS MAKING PROUD CHOICES
KNOW THEIR WORTH**



TEEN DRUG PREVENTION
AND EDUCATION PROGRAM

UNION GENERAL HOSPITAL

PREVENTING DRUG USE AND MENTAL ILLNESS AMONG
CHILDREN AND ADOLESCENTS

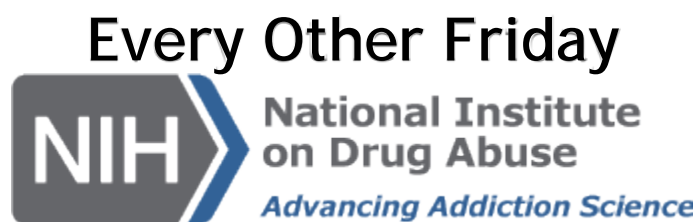


DRUG PREVENTION PROGRAM MEETING SCHEDULE

Union Parish Junior High

Every other Thursday

Downsville Community Charger School



Preventing Drug Misuse and Addiction: The Best Strategy

Why is adolescence a critical time for preventing drug addiction?

Early use of drugs increases a person's chances of becoming addicted. Remember, drugs change the brain—and this can lead to addiction and other serious problems. So, preventing early use of drugs or alcohol may go a long way in reducing these risks.

Risk of drug use increases greatly during times of transition. For an adult, a divorce or loss of a job may increase the risk of drug use. For a teenager, risky times include moving, family divorce, or changing schools. When children advance from elementary through middle school, they face new and challenging social, family, and academic situations. Often during this period, children are exposed to substances such as cigarettes and alcohol for the first time. When they enter high school, teens may encounter greater availability of drugs, drug use by older teens, and social activities where drugs are used.

A certain amount of risk-taking is a normal part of adolescent development. The desire to try new things and become more independent is healthy, but it may also increase teens' tendencies to experiment with drugs. The parts of the brain that control judgment and decision-making do not fully develop until people are in their early or mid-20s; this limits a teen's ability to accurately assess the risks of drug experimentation and makes young people more vulnerable to peer pressure.

Because the brain is still developing, using drugs at this age has more potential to disrupt brain function in areas critical to motivation, memory, learning, judgment, and behavior control. So, it's not surprising that teens who use alcohol and other drugs often have family and social problems, poor academic performance, health-related problems (including mental health conditions), and involvement with the juvenile justice system.

Can research-based programs prevent drug addiction in youth?

Yes. Scientists have developed a broad range of programs that positively alter the balance between risk and protective factors for drug use in families, schools, and communities. Studies have shown that research-based programs, can significantly reduce early use of tobacco, alcohol, and other drugs. Also, while many social and cultural factors affect drug use trends, when young people perceive drug use as harmful, they often reduce their level of use.

How do research-based prevention programs work?

National drug use surveys indicate some children are using drugs by age 12 or 13. Prevention is the best strategy.

These prevention programs work to boost protective factors and eliminate or reduce risk factors for drug use. The programs are designed for various ages and can be used in individual or group settings, such as the school and home. There are three types of programs:

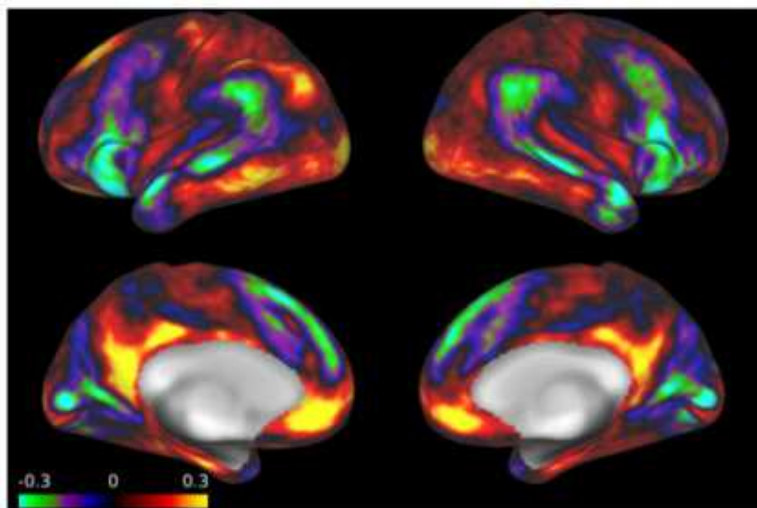
- **Universal programs** address risk and protective factors common to all children in a given setting, such as a school or community.
- **Selective programs** are for groups of children and teens who have specific factors that put them at increased risk of drug use.
- **Indicated programs** are designed for youth who have already started using drugs.

Young Brains Under Study

Using cutting-edge imaging technology, scientists from the NIDA's Adolescent Brain Cognitive Development (ABCD) Study will look at how childhood experiences, including use of any drugs, interact with each other and with a child's changing biology to affect brain development and social, behavioral, academic, health, and other outcomes. As the only study of its kind, the ABCD study will yield critical insights into the foundational aspects of adolescence that shape a person's future.

These brain images show the reward-related circuitry in the cortical and subcortical regions of the brain

that tend to be more active when a child is successful at achieving a reward. While all of the images show the regions of the brain that are active to reward, the regions in yellow and red are the most active.



Courtesy of the ABCD Study. Adapted from Casey et al.,

Contrast: Reward success vs fail



2018. <https://doi.org/10.1016/j.dcn.2018.03.001>

Economics of Prevention

Benefit-per-dollar cost ratios for evidence-based interventions range from small returns per dollar invested to more than \$65 every dollar invested.

TAKE A STAND AND LEND A HAND



Anti-Bullying and Suicide Prevention Program MEETING SCHEDULE Quarterly

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

BULLYING

WHAT IS BULLYING?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated over time. Both kids who are bullied and who bully others may have serious, long lasting problems.

WHO GETS BULLIED?

Bullying can happen to anyone, but some individuals may be at a greater risk. The greatest risk comes to those with disabilities, those who are socially challenged, and LGBT individuals.

WHERE DOES BULLYING HAPPEN?

Bullying can occur during or after school hours. While most reported bullying happens at school, a significant percentage also happens in places like the playground or the bus. It can also happen traveling to or from school, in the youth's neighborhood, or on the Internet.

WHY DO PEOPLE BULLY?

The main reason people bully is to demonstrate power over others. The reason behind the repetition is because the bullies get away with poor behavior. Nobody is calling the bully out on the poor behavior. This gives the bully a sense that this poor behavior is acceptable.

WHEN DO PEOPLE BULLY?

Bullying occurs in early ages, but in the United States it increases for boys and girls during late elementary years, peaks during the middle school years, and decreases in high school (Hoover, Oliver, & Hazler, 1992; Banks, 1997; Garrett, 2003).

HOW DO PEOPLE BULLY?

Some examples of bullying include but not limited to: punching, shoving and other acts that hurt people physically, spreading bad rumors about people, keeping certain people out of a group, teasing people in a mean way, getting certain people to "gang up" on others, and cyberbullying (bullying using technology).

SUICIDE

WHAT IS SUICIDE?

Suicide is the act of intentionally causing one's own death.

WHO IS AFFECTED BY SUICIDE?

Everyone knows someone who is affected by a suicide. The best way to prevent it is to be aware of the warning signs.

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities - seemingly without thinking
- Feeling trapped - like there's no way out
- Increasing alcohol or drug use

- Withdrawing from friends, family, and society
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes

WHERE CAN ONE GO FOR HELP?

Call this toll-free number, available 24 hours a day, every day: 1-800-273-TALK (8255). Nobody is alone in dealing with this issue, help is available. You can also reach out to family, friends, trusted adult, teacher, counselor, social worker, principal, police officer, and/or a mental health professional.

WHY DO PEOPLE GET SUICIDAL?

Some factors that can put a person at risk are but not limited to: previous suicide attempts, history of depression and/or mental illnesses, alcohol or drug abuse, physical illness and depression.

WHEN DO PEOPLE GET SUICIDAL?

While causes of suicide may vary, these tragic occurrences are preventable. Many people face tough challenges, ranging from family conflict or relationship problems to mental health problems like self-harm and depression. All these and more can escalate to situations where people consider ending their own lives, but with support and the right resources, people can be empowered to start the process of coping.

HOW CAN I BE HELPFUL TO SOMEONE WHO IS THREATENING SUICIDE?

If you see someone who is suicidal, there are several steps you can take to help this person:

- Give him or her a helpful resource
- Take his/her words seriously and respond with compassion
- Encourage him/her to reach out for help to a friend, family member, counselor, clergy and other community members
- Be willing to listen. Allow expressions of feelings. Accept the feelings
- Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life
- Get involved. Become available. Show interest and support
- Don't dare him or her to do it
- Don't act shocked. This will put distance between you
- Don't be sworn to secrecy. Seek support
- Offer hope that alternatives are available but do not offer glib reassurance
- Take action. Remove means, such as guns or stockpiled pills
- Get help from persons or agencies specializing in crisis intervention and suicide prevention.

Don't Wait. Vaccinate.

Protect your children and keep them safe from
childhood life-threatening diseases.

It's back-to-school time



FOR APPOINTMENTS:
UNION RURAL HEALTH CLINIC
(318) 368-9745



Heatstroke

Overview

Heatstroke is a condition caused by your body overheating, usually as a result of prolonged exposure to or physical exertion in high temperatures. This most serious form of heat injury, heatstroke, can occur if your body temperature rises to 104 F (40 C) or higher. The condition is most common in the summer months.

Heatstroke requires emergency treatment. Untreated heatstroke can quickly damage your brain, heart, kidneys and muscles. The damage worsens the longer treatment is delayed, increasing your risk of serious complications or death.

Symptoms

Heatstroke signs and symptoms include:

- **High body temperature.** A core body temperature of 104 F (40 C) or higher, obtained with a rectal thermometer, is the main sign of heatstroke.
- **Altered mental state or behavior.** Confusion, agitation, slurred speech, irritability, delirium, seizures and coma can all result from heatstroke.
- **Alteration in sweating.** In heatstroke brought on by hot weather, your skin will feel hot and dry to the touch. However, in heatstroke brought on by strenuous exercise, your skin may feel dry or slightly moist.
- **Nausea and vomiting.** You may feel sick to your stomach or vomit.
- **Flushed skin.** Your skin may turn red as your body temperature increases.
- **Rapid breathing.** Your breathing may become rapid and shallow.
- **Racing heart rate.** Your pulse may significantly increase because heat stress places a tremendous burden on your heart to help cool your body.
- **Headache.** Your head may throb.

When to see a doctor

If you think a person may be experiencing heatstroke, seek immediate medical help. Call 911 or your local emergency services number.

Take immediate action to cool the overheated person while waiting for emergency treatment.

- Get the person into shade or indoors.
- Remove excess clothing.

- Cool the person with whatever means available — put in a cool tub of water or a cool shower, spray with a garden hose, sponge with cool water, fan while misting with cool water, or place ice packs or cold, wet towels on the person's head, neck, armpits and groin.

Causes

Heatstroke can occur as a result of:

- **Exposure to a hot environment.** In a type of heatstroke, called nonexertional (classic) heatstroke, being in a hot environment leads to a rise in core body temperature. This type of heatstroke typically occurs after exposure to hot, humid weather, especially for prolonged periods. It occurs most often in older adults and in people with chronic illness.
- **Strenuous activity.** Exertional heatstroke is caused by an increase in core body temperature brought on by intense physical activity in hot weather. Anyone exercising or working in hot weather can get exertional heatstroke, but it's most likely to occur if you're not used to high temperatures.

In either type of heatstroke, your condition can be brought on by:

- **Wearing excess clothing** that prevents sweat from evaporating easily and cooling your body
- **Drinking alcohol**, which can affect your body's ability to regulate your temperature
- **Becoming dehydrated** by not drinking enough water to replenish fluids lost through sweating

Risk factors

Anyone can develop heatstroke, but several factors increase your risk:

- **Age.** Your ability to cope with extreme heat depends on the strength of your central nervous system. In the very young, the central nervous system is not fully developed, and in adults over 65, the central nervous system begins to deteriorate, which makes your body less able to cope with changes in body temperature. Both age groups usually have difficulty remaining hydrated, which also increases risk.
- **Exertion in hot weather.** Military training and participating in sports, such as football or long-distance running events, in hot weather are among the situations that can lead to heatstroke.
- **Sudden exposure to hot weather.** You may be more susceptible to heat-related illness if you're exposed to a sudden increase in temperature, such as during an early-summer heat wave or travel to a hotter climate. Limit activity for at least several days to allow yourself to acclimate to the change. However, you may still have an increased risk of heatstroke until you've experienced several weeks of higher temperatures.
- **A lack of air conditioning.** Fans may make you feel better, but during sustained hot weather, air conditioning is the most effective way to cool down and lower humidity.
- **Certain medications.** Some medications affect your body's ability to stay hydrated and respond to heat. Be especially careful in hot weather if you take medications that narrow your blood vessels (vasoconstrictors), regulate your blood pressure by blocking adrenaline (beta blockers), rid your body of sodium and water (diuretics), or reduce psychiatric symptoms (antidepressants or antipsychotics).

Stimulants for attention-deficit/hyperactivity disorder (ADHD) and illegal stimulants such as amphetamines and cocaine also make you more vulnerable to heatstroke.

- **Certain health conditions.** Certain chronic illnesses, such as heart or lung disease, might increase your risk of heatstroke. So, can being obese, being sedentary and having a history of previous heatstroke.

Complications

Heatstroke can result in a number of complications, depending on how long the body temperature is high. Severe complications include:

- **Vital organ damage.** Without a quick response to lower body temperature, heatstroke can cause your brain or other vital organs to swell, possibly resulting in permanent damage.
- **Death.** Without prompt and adequate treatment, heatstroke can be fatal.

Prevention

Heatstroke is predictable and preventable. Take these steps to prevent heatstroke during hot weather:

- **Wear loosefitting, lightweight clothing.** Wearing excess clothing or clothing that fits tightly won't allow your body to cool properly.
- **Protect against sunburn.** Sunburn affects your body's ability to cool itself, so protect yourself outdoors with a wide-brimmed hat and sunglasses and use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously, and reapply every two hours — or more often if you're swimming or sweating.
- **Drink plenty of fluids.** Staying hydrated will help your body sweat and maintain a normal body temperature.
- **Take extra precautions with certain medications.** Be on the lookout for heat-related problems if you take medications that can affect your body's ability to stay hydrated and dissipate heat.
- **Never leave anyone in a parked car.** This is a common cause of heat-related deaths in children. When parked in the sun, the temperature in your car can rise 20 degrees F (more than 6.7 C) in 10 minutes.

It's not safe to leave a person in a parked car in warm or hot weather, even if the windows are cracked or the car is in shade. When your car is parked, keep it locked to prevent a child from getting inside.

- **Take it easy during the hottest parts of the day.** If you can't avoid strenuous activity in hot weather, drink fluids and rest frequently in a cool spot. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening.
- **Get acclimated.** Limit time spent working or exercising in heat until you're conditioned to it. People who are not used to hot weather are especially susceptible to heat-related illness. It can take several weeks for your body to adjust to hot weather.
- **Be cautious if you're at increased risk.** If you take medications or have a condition that increases your risk of heat-related problems, avoid the heat and act quickly if you notice symptoms of overheating. If you participate in a strenuous sporting event or activity in hot weather, make sure there are medical services available in case of a heat emergency.

Stroke patients at Union General Hospital have immediate access to highly specialized vascular neurologists as the result of a partnership between Union General Hospital and Ochsner Clinic Foundation in New Orleans (Ochsner). In the picture Jessica Bankston, RN and Ginger Barkley, RN with the Stroke Cart.





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- Breast Cancer Prevention
- Colorectal Cancer Prevention
- Heart Disease and Diabetes Prevention
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- Teen Drug and Alcohol Prevention





COLORECTAL CANCER SCREENING AND EDUCATION PROGRAM

FREE AT-HOME TEST

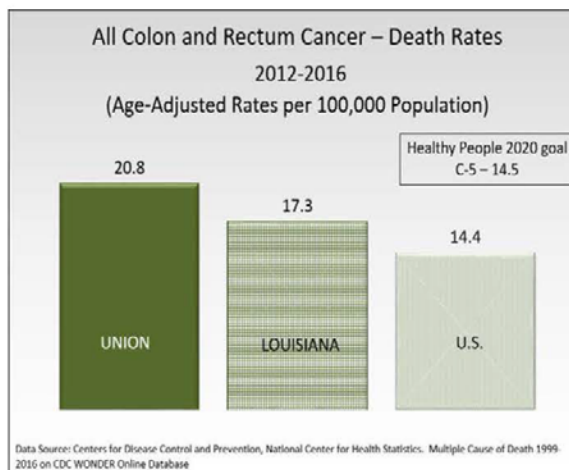
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CALL UNION GENERAL HOSPITAL LAB OR CLAUDIA WADE FOR YOUR

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LAB: 318-368-7080

CLAUDIA WADE: 318-368-7075 cwade@uniongen.org



Colorectal cancer screening provides early detection. Colorectal polyps may be removed before they become cancerous.

The death rate in **Union Parish** from colon and rectum cancer was higher than the State and U.S. rates for the years 2012-2016.

Screening for Colorectal Cancer It's the Right Choice

Providing Quality Service With Compassionate Care

901 James Avenue
Farmerville, LA 71241

Phone: 318-368-9751
E-mail Address: cwade@uniongen.org

www.uniongen.org
By Claudia Wade

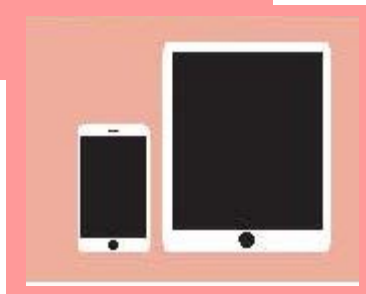


MANAGING YOUR MEDICAL RECORDS

AT YOUR FINGERTIPS

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

HAPPY

BIRTHDAY

JULY

EMPLOYEE NAME	BIRTHDATE
---------------	-----------

BANKSTON, JESSICA	7/08
ANDREWS, EVELYN	7/09
SPENCER, JENIS	7/07
JUNG, DYLAN	7/03

AUGUST

EMPLOYEE NAME	BIRTHDATE
---------------	-----------

NOBLES, MAUREEN	8/13
BARNES, RENEE	8/25
LEWIS, MAJA	8/18
CAIN, ALICIA	8/02
LOVE, EMILY	8/17
BILBERRY, PAULA	8/18
HAMILTON, ANGELA	8/02
ADCOCK, WILLIAM	8/27
ROBERTSON, MARY	8/01
TAYLOR, SHANA M	8/02
SATTERWHITE, NICOLE	8/27
ALLEN, ANITA	8/17
MASON, PAM	8/22
MASON, SARA	8/31
PHILLIPS, YOLANDA	8/24
POSEY, LISA	8/21

SEPTEMBER

EMPLOYEE NAME	BIRTHDATE
---------------	-----------

MOON, ABBIE	9/02
ROBERTS, KELLY	9/17
SNYDER, ROSANNE	9/24
CASH, SUE	9/10
DUTY, JULIE	9/02
MURRAY, DARNESIA	9/07
HENDERSON, BRENDA	9/23
WARD, SHANNON	9/28
HUNTER, PAMELA	9/14
SANFORD, JUANITA	9/16
TURNER, ANGELA M	9/28
YELTON, JENNIFER	9/16
ACREE, KIMBERLY	9/20
KINNISON, ANNA	9/01
HOGGATT, KATELYN	9/06
MCCORMICK, KENNETH	9/17



celebrate!



UGH'S HEARTFELT CORNER

Father God, we humbly pray for:

Dr. Duke McHugh – recovering from stroke

Sheri Taylor – breast cancer treatments

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

Kim Bowen – Leukemia treatments

Estela Escobar – Claudia Wade's mother having surgery in August.

David Wade – Health issues.

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.*



Need More Time to Heal?



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- ✓ Staffing with high nurse to patient ratio with average of 6 patients to 1 nurse
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For more information call one of the following:

Jessie McLelland, RN
Case Manager
318-368-6503

Tammi Anderson, LPN
Nursing Services
318-368-9751 ext. 7356

Darra Jung, RN, CCRN
Director of Nurses
318-368-7095

Janice Wyatt
Social Services/Activities
318-368-9751 ext. 7399



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(318) 368-9751

www.uniongen.org



Pasta Salad with Homemade Dressing

Recipe By: BONNIES

"Pasta salad filled with veggies, cheese, and seasoning. Very tasty and versatile -- is great to make ahead."

Ingredients

- 1 (8 ounce) package uncooked tri-color rotini pasta
- 6 ounces pepperoni sausage, diced
- 6 ounces provolone cheese, cubed
- 1 red onion, thinly sliced
- 1 small cucumber, thinly sliced
- 3/4 cup chopped green bell pepper
- 3/4 cup chopped red bell pepper
- 1 (6 ounce) can pitted black olives
- 1/4 cup minced fresh parsley
- 1/4 cup grated Parmesan cheese
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 2 cloves garlic, minced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon ground mustard seed
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper



Directions

1. Bring a large pot of lightly salted water to a boil. Add rotini pasta, and cook for 8 to 10 minutes, until al dente. Drain, and rinse with cold water.
2. In a large bowl, mix the cooled pasta, pepperoni, provolone cheese, red onion, cucumber, green bell pepper, red bell pepper, olives, parsley, and Parmesan cheese.
3. In a jar with a lid, mix the olive oil, vinegar, garlic, basil, oregano, ground mustard, salt, and pepper. Seal jar, and shake well.
4. Pour the dressing mixture over the pasta salad, and toss to coat. Cover, and chill 8 hours in the refrigerator

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1.



SUMMER



7.

Name: _____ Date: _____



2.



3.



4.



5.



6.



8.



9.



10.



11.



12.

p j y q p k e w i x w s g v j y d f n a
 m j o q n s f h p r u p r z u t n y r a
 q e t i k a s a t n a z f k s n x a a e
 j x u c t w l e b r u x e s u e o j e c
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 b o k r e n u j e q p i a k l q s s k f
 v l e e m f y y g p f e b l a s i l d n
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 h s n m j f q h n o i t o l s n n d s k
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 x s w p y x b c a m p i n g h h u s i q
 x r y x q z r i c q b e a c h c n v r y
 t o n e r e d x h p f f i s r w j d u k
 m p u o m u f n w g v r y z r x a v b z
 w s h m p w v a v p g y q l m h y v n d
 u j u o o u c d s u j s p o s o q f x k
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 l w f m v t n f c c v r c k p o c s n o

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ice cream

tent

beach

June

camping

swimming

fan

sun

hot

swimsuit

sunglasses

park

sandals

sunburn

Share Your Patient Story

Tell Us About Your Experience

Help others with their health journey by sharing your experience. Whether you're a hospital employee, patient or family member, we'd love to hear any stories that can educate or inspire others.

Share your story with us by filling out the form below. Stories may be featured in our patient parables book (on the work), publications or on our website. Please be aware that we're not able to use every story submitted. Please submit your story to any of the patient parables team: Kate Cook, kcook@uniongen.org; Emily Bailey, ebailey@uniongen.org; Claudia Wade, cwade@uniongen.org; Mike Williams, mwilliams@uniongen.org; Stephanie Colson, colsonsins1@aol.com

Please sign the release form included in this newsletter when you submit your story.

Tell Us Your Story

First Name: _____

Last Name: _____

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Mailing Address: _____

City: _____ State: _____

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I understand that the provisions of this release are legally binding. Please check one:

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I do not consent ☐

Print Name: _____

Signature: _____

Date: _____



DRY NEEDLING

Available to qualifying patients. You will need a doctor's order for Physical Therapy and our PT Lance White will determine if Dry Needling is appropriate for your care.



Dry needling is a technique physical therapists use (where allowed by state law) for the treatment of pain and movement impairments. The technique uses a "dry" needle, one without medication or injection, inserted through the skin into areas of the muscle.

Other terms commonly used to describe dry needling, include trigger point dry needling, and intramuscular manual therapy.

Dry needling is not acupuncture, a practice based on traditional Chinese medicine and performed by acupuncturists. Dry needling is a part of modern Western medicine principles, and supported by research.

What is a Trigger Point?

A trigger point is a taut band of skeletal muscle located within a larger muscle group. Trigger points can be tender to the touch, and touching a trigger point may cause pain to other parts of the body.

What Kind of Needles Are Used?

Dry needling involves a thin filiform needle that penetrates the skin and stimulates underlying myofascial trigger points and muscular and connective tissues. The needle allows a physical therapist to target tissues that are not manually palpable.

Physical therapists wear gloves and appropriate personal protective equipment (PPE) when dry needling, consistent with Standard Precautions, Guide to Infection Prevention for Outpatient Settings, and OSHA standards. The sterile needles are disposed of in a medical sharps collector.

Why Dry Needling?

In cases when dry needling is used by physical therapists, it is typically 1 technique that's part of a larger treatment plan.

Dry needling, often combined with physical therapy, involves gently inserting tiny needles into certain areas of the muscle known as trigger points. Dry needling, which may cause a slight ache but for many is painless, can help relax certain muscles.

For questions or to make an appointment with our Therapy Department, call 318.368.7092.

www.uniongen.org



Tobacco-Free Campus

Union General Hospital is a tobacco-free environment. No one - doctors, patients, staff, visitors, volunteers, students, emergency medical staff, contract staff or vendors - is allowed to use tobacco products including, but not limited to, cigarettes, cigars, smokeless tobacco products, pipe smoking and electronic smoking devices, in any Union General properties, outdoor common areas or walkways.

This use is prohibited in all buildings, parking lots, garages and grounds of all Union General properties any vehicle on the properties, any facility-owned vehicle, and office/ property owned, leased or operated by Union General Hospital.

The Joint Commission and Louisiana law (RS40; 2115) require all hospitals to maintain a tobacco-free environment. Violating this law may result in a \$500 fine and/or community service. Please respect our right to provide a smoke free environment.

Patients are at the hospital to rest and heal, so please be respectful of this if you use tobacco products before you arrive to visit any of our campuses. Often, the smell of smoke on a visitor's clothes can help trigger additional health issues and does not promote an ideal environment for healing.

The Louisiana Tobacco Quitline, 1-800-QUIT-NOW, is available 24 hours a day and is a confidential, free tobacco cessation helpline which links people who want to quit using tobacco with trained tobacco cessation specialists who create an individualized plan to quit. For more information, visit <http://quitwithusla.org/pages/detail/73/Louisiana-Tobacco-Quitline>.