

# The Pulse

A newsletter for staff and friends

**WINTER-SPRING**

**2020**



901 James Avenue, Farmerville, LA 71241

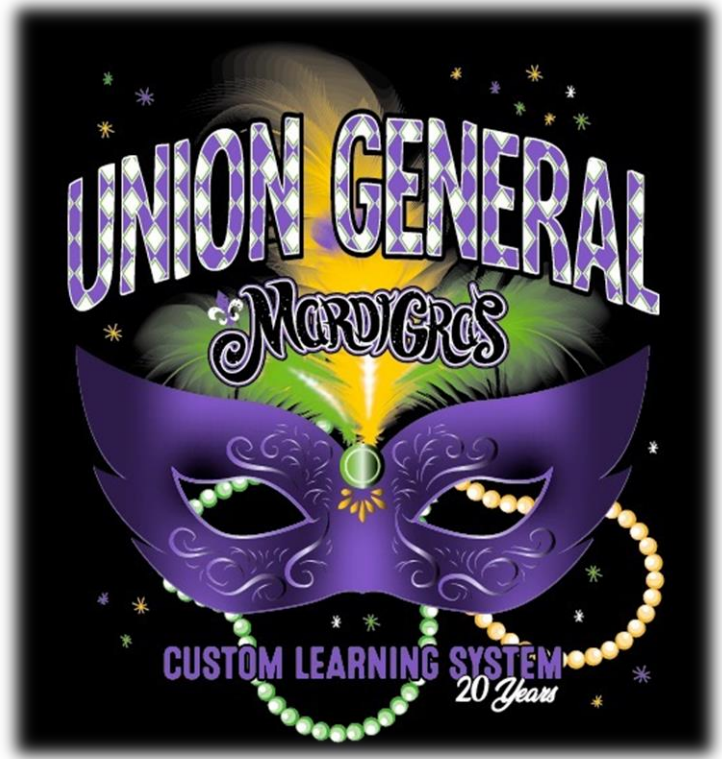
(318) 368-9751

[www.uniongen.org](http://www.uniongen.org)

"Providing Quality Service with  
Compassionate Care"

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

# CEO Message

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*Greetings from Union General Hospital!*

What sets Union General Hospital (UGH) apart is our people. Since opening in 1975, the people of UGH have provided compassionate, comprehensive healthcare to the residents and visitors of Union Parish. With a spirit of teamwork and tenacity, amidst an environment of continued challenges, Union General Hospital has excelled in creating a culture of service excellence. I am proud of the people of UGH and the recognition UGH continues to receive for being a leader in rural healthcare delivery.

The constant in healthcare is change and that could be no more evident than in the transforming healthcare landscape we are witnessing today. Market dynamics are rapidly changing as our industry moves from being reimbursed based on “volume” to being reimbursed based on “value”. Medicare is leading the charge by changing payment models based on treating the sick to models based on keeping communities healthy, sometimes referred to as “population health”. While it would be easy to resist change and complain about this transformation, it is

paramount we view these changes as an opportunity to excel using our collective creative minds.

The goal of our hospital is to be better tomorrow than we are today. As UGH prepares for future opportunities and challenges, we are committed to leading the charge to transition healthcare from a reactionary service to a place for helping the people of our community focus on wellness. We will remain committed to making decisions based on what is best for our patients and community while living our mission of delivering compassionate healthcare every day.

Sincerely,



**Evalyn Ormond, CEO**



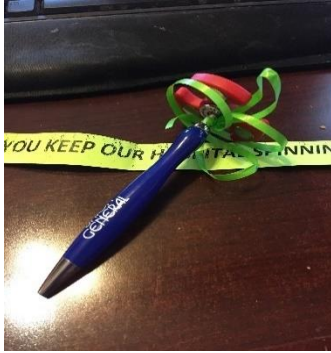


## Excellence

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

Service Excellence Advisors gave Ryan Williams a spinner pin for going above and beyond. Ryan was instrumental in putting the float together so that all our SEA's could decorate for the hospital video! Ryan is a new employee here at Union General Hospital. Less than six months and already fitting in with all! Thanks Ryan for going the extra mile! *Lydia Farrar, Emily Love, Ryan Williams, LaJuanda Black, Tosha Wyatt, Pamela Mason*





## SEA'S RECOGNIZE STAFF THAT EXEMPLIFY OUR STANDARDS OF BEHAVIOR

*OUR 9 SEA'S- Pam Mason, Kaitlin Thompson, Lydia Farrar, LaJuanda Black, Tosha Wyatt, Komacka Brewster, Rae Lynn Ware, Ginger Barkley and Emily Love have been rewarding your good behavior. UGH Pens with fidget spinner tops are awarded to those that display the star rating of our Behavioral standards.*

- ✓ *Supportiveness*
- ✓ *Etiquette*
- ✓ *Respect*
- ✓ *Vitality*
- ✓ *Integrity*
- ✓ *Communication*
- ✓ *Excellence (in service delivery)*

*Here are some that have received that pen which states "You Keep Our Hospital Spinning!"*

*Alicia Cain, Ryan Williams, Jessie McLelland, Carrie Perry, Bridget Jones, and Jan Rocket... or maybe there are more--- Have you gotten a pen? Hope so- be that star performer!*

# We all have a license to clean!

Remember that our behavioral standard of Respect states ***"I will strive to keep my work space clean, neat and organized"***. This includes when you are in the hallways, cafeteria, etc. Clean up behind yourself.

So think

- I just threw some trash toward the trash can and missed. Did I pick it up?
- I just ate some popcorn at my desk. Did I leave a mess under my chair?
- I just got some coffee in the cafeteria and spilt it on the way back to my office. Did I leave the coffee mess in the hallway?
- I just warmed up some soup in the microwave and it spilt everywhere. Did I wipe it up and wash my dishes after I ate?

All of these are just common courtesy and also safety issues. Do your best, clean up your own mess!

## WE ALL HAVE A LICENSE TO CLEAN

THE CHARLIE'S ANGELS OF  
HOUSEKEEPING



**Cleaning our spaces  
creates happy faces!**  
**Do your part – join the**  
**CLEAN CAMPAIGN**

# 2019

*Christmas Luncheon*



## *Employee Years of Service Recognition and Presentation of Awards*



### 5 Years

*Donna Banks Anita Lisotta  
Derek Russell Lance White  
Wade Brantley Paula Bilberry*

### 10 Years

*Cindy Dison Gloria Fields  
Elizabeth Hill  
Nancy Hargraves Jamie Sheehan*

### 15 Years

*Connie Ginn  
Shana Taylor  
Bridget Jones  
Callie Nutt*

### 20 Years

*Sandy Smith  
Janice Wyatt*

### 30 Years

*Dianne Davidson  
Wendy Hodge*

### 40 Years

*Lynette Wade*



*Employee of the Year – Lydia Farrar*

*Directors of the Year – Connie Ginn, ER Director*

*Michael Williams, IT Director*

*Employee of the Year: Lydia Farrar*



*Evalyn Ormond, CEO, Lydia Farrar and Tim Tettleton, Board President*



*Directors of the Year: Connie Ginn, ER Director and Michael Williams, IT Director*



*Evalyn Ormond, CEO and Connie Ginn*



*Evalyn Ormond, CEO, Michael Williams and William Adcock, CFO*





*Paula Bilberry, Tim Tettleton, Board President, Wade Brantley, Lance White and Evalyn Ormond, CEO.  
Not in the picture: Donna Banks, Anita Lisotta and Derek Russell*



*Tim Tettleton, Board President, Elizabeth Hill, Jaime Sheehan. Not in the picture:  
Cindy Dison, Gloria Fields and Nancy Hargraves.*



*Tim Tettleton, Board President, Bridget Jones, Shana Taylor, Callie, Nutt and Evalyn Ormond, CEO*



*Tim Tettleton, Board President, Janice Wyatt, Sandy Smith and Evalyn Ormond, CEO*





*Tim Tettleton, Board President, Dianne Davidson, COO and Evalyn Ormond, CEO.  
Not in the picture: Wendy Hodge.*



*Tim Tettleton, Board President, Lynette Wade and Evalyn Ormond, CEO*



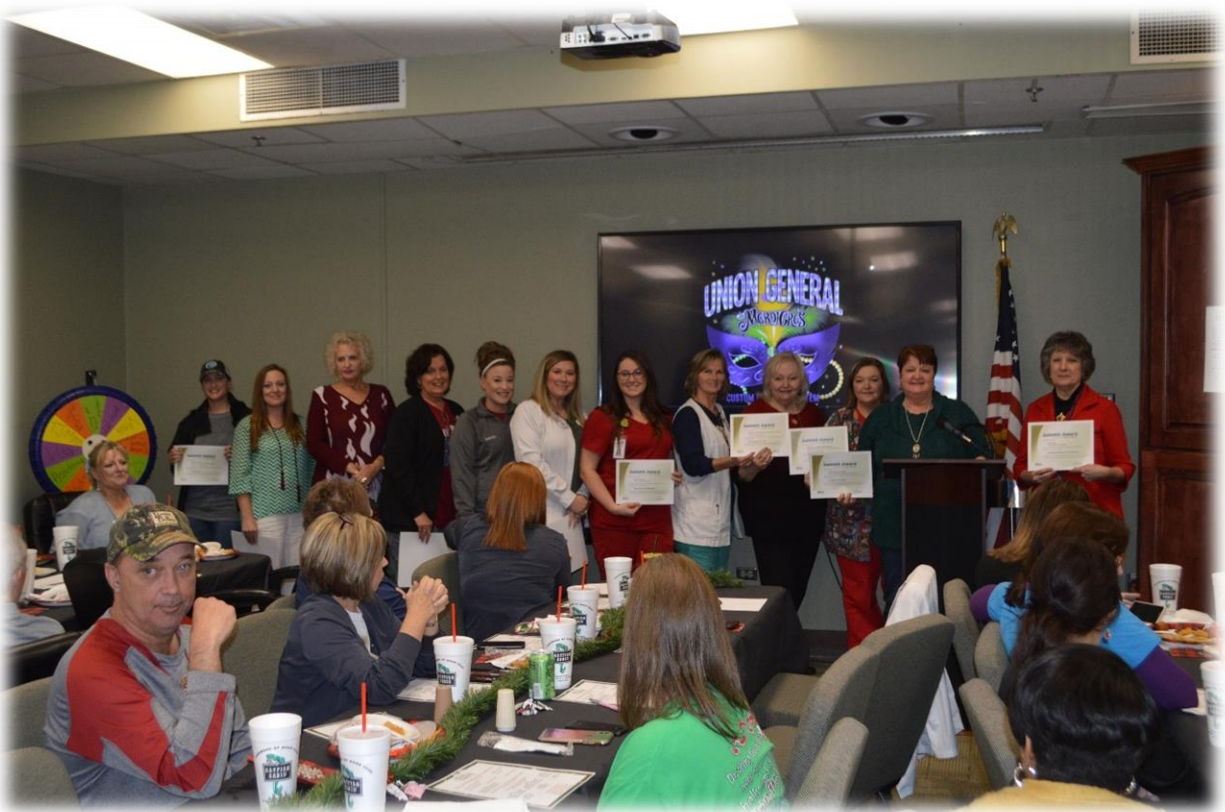


## Recognizing Custom Learning Nominations & Awards

2019 Custom Learning Awards - Pinnacle Awards Nominees. The Summit Awards are a North American wide recognition program established and managed by the HealthCare Service Excellence Conference. The awards will be presented at the 20th Annual HealthCare Service Excellence Conference on Wednesday, January 29, 2020 in New Orleans, LA.

The Pinnacle achievers from Union General Hospital are:

Service Excellence Ambassador – Theresa Little Moon  
Implementation Coordinator – Julie Spatafora Duty  
Inspiring Administrator – Evalyn Ormond, CEO  
Hospital Provider of Choice – Union General Hospital  
OASIS Team: Patient Parables, Union General Hospital







**COMPLIANCE**  
**CONCERN?**

**CONTACT JULIE DUTY**  
**COMPLIANCE OFFICER**  
**UNION GENERAL**  
**HOSPITAL**

**318-368-7077**

**[jduty@uniongen.org](mailto:jduty@uniongen.org)**

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

## **Medicare Premiums and Deductibles for 2020**

**Source: <https://medicare.com/about-medicare/medicare-premiums-deductibles-2020/>**

Last Updated: 12/20/2019

Medicare deductibles often change from one year to the next. The same is true for other Medicare out-of-pocket costs, including:

- Monthly premiums
- Coinsurance and copayments for covered prescription drugs
- Late enrollment penalties (if any apply to you)

Here's a rundown on some of Medicare's common out-of-pocket costs in 2020.

### **Medicare deductibles in 2020**

Here's some information on Medicare deductibles in 2020.



- Medicare Part A (hospital insurance): \$1,408 for each benefit period. A benefit period starts when you're admitted as an inpatient to a hospital or skilled nursing facility. It ends when you haven't had care in either of those facilities for sixty days in a row.  
Medicare Part B (medical insurance): \$198 per year
- Medicare Part C (Medicare Advantage): The annual deductible amount may vary from one plan to another. Medicare Advantage plans are available from private, Medicare-approved insurance companies.
- Medicare Part D (prescription drug coverage): The annual deductible amount may vary from one plan to another, but it can't be higher than \$435 per year in 2020. Medicare prescription drug plans are available from private, Medicare-approved insurance companies.
- Medicare Advantage deductibles decreased 13 percent but increased 5 percent for Part D plans in 2019, according to eHealth research. Average deductibles for Part D plans increased from \$292 to \$308.

## Medicare premiums in 2020

Here's some information on Medicare monthly premiums in 2020.

**Medicare Part A:** You might or might not have to pay a premium, depending on your work and tax history.

- If you worked at least 10 years (40 quarters) while paying Medicare taxes, you typically don't pay a monthly Part A premium.
- If you worked 30-39 quarters while paying Medicare taxes, you'll pay \$252 per month.
- If you worked fewer than 30 quarters while paying Medicare taxes, you'll pay \$458 per month.

**Medicare Part B:** Most people pay a monthly premium for Part B. The standard Part B premium in 2020 is \$144.60. If your income is above a certain amount, you could pay more. If your income is below a certain amount, you might qualify for help with your [Part B premium](#) through a Medicare Savings Program.

**Medicare Part C (Medicare Advantage):** Premiums will vary among plans. Some Medicare Advantage plans charge as little as \$0 per month for the premium. However, besides paying any premium the plan may charge, you'll still need to keep paying your Medicare Part B premium as well.

Find affordable Medicare plans in your area [Find Plans](#)

Find Medicare plans in your area

[Find Plans](#)

The average monthly premium for Medicare Advantage plans decreased from \$12 to \$8 between Q1 2018 and Q1 2019 according to eHealth research. The average monthly premium for Part D prescription drug plans decreased 4 percent, from \$26 to \$25.

**Medicare Part D (prescription drug coverage):** Premiums will vary among plans.

## How much does Medicare cost in 2020?

Premiums and deductibles are just some of the costs you could pay under Medicare. You may also have coinsurance or copayments to pay for most covered services. Read about out-of-pocket costs under [Medicare Part A](#) and [Part B](#).

## Could a Medicare Supplement insurance plan pay some of your Medicare out-of-pocket costs?

Did you know that Medicare Supplement insurance can help pay your Medicare Part A and Part B out-of-pocket costs? There are up to ten standardized Medicare Supplement insurance plans in most states. Each plan has a different set of basic benefits, but all of them may cover your inpatient hospital costs for up to a year after your Medicare benefits run out. Learn more about [Medicare Supplement insurance](#).

Do you want to know more about your Medicare coverage options? To compare plans right now, all you need to do is enter your zip code in the box on this page and click the button.

The product and service descriptions, if any, provided on these Medicare.com web pages are not intended to constitute offers to sell or solicitations in connection with any product or service. All products are not available in all areas and are subject to applicable laws, rules, and regulations



## TO THE TEAM

Latonya Burch	Dietary
Diamond Davis	Housekeeping
Amber Hudson	ER
Jenequa Jones	IOP
Kourtney Kimmerling	RHC
Jennifer Medlin	ER
Rachel Paskey	RHC
Candice Goodie	LAB
Kristine Vo	LAB



# News & Announcements



Evalyn Ormond, CEO, Dianne Davidson, COO, Claudia Wade, Community Development Manager/Grant Writer and Lynette Wade, RN

## UNION GENERAL RURAL HEALTH CLINIC LYNETTE WADE, RN-FNP RECEIVED STATE RECOGNITION



**Lynette Wade, RN-FNP** at Union General Rural Health Clinic received Rural Practitioner of the Year by the Louisiana Rural Health Association. **The Rural Practitioner of the Year** recognizes a direct healthcare clinical provider for their leadership in delivering health services to rural populations. Factors taken into consideration include providing outstanding care, involvement in the community, and lasting contributions to the healthcare system. In grateful appreciation and distinguished recognition of her hard work, devotion, and commitment to rural healthcare, the Louisiana Rural Health Association is honored to recognize Mary Lynette Wade as the 2019 Rural Practitioner of the Year.

Mary Lynette Wade is an Advanced Practice Nurse Practitioner (APNP) at Union General Hospital's Rural Health Clinic.



According to those who work with and around her, Mary Lynette Wade has a ferocious advocacy for all of her patients. She began her career at Union General Hospital in 1979 as an RN Charge Nurse, Director of Quality Assurance, and Director of the operating room.

Those who work with Mrs. Wade can attest to the fact that her work ethic is “beyond the normal human.” She has been in demand for the past 19 years that she’s provided care at Union General Hospital’s Rural Health Clinic. She’s loved by all her patients and is booked out two weeks in advance. Everybody wants to see Mrs. Wade.

Her co-workers and supervisors say that “she is compassionate and caring.” Union General Hospital’s CEO, Evalyn Ormond said, “Lynnette does not know how not to care. Lynnette laughs with her patients, she cries with her patients, and she celebrates with them as well.”

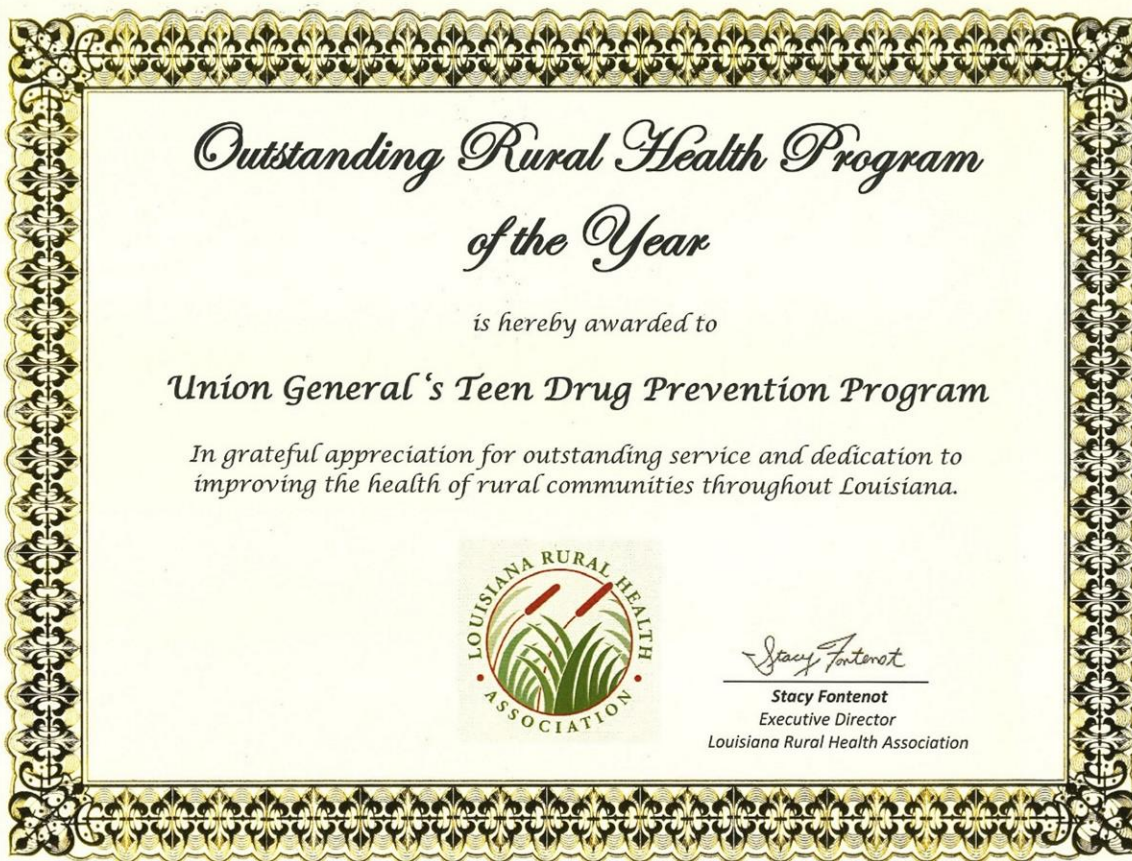
Over the years, Mrs. Wade has participated in numerous community and civic events, numerous health fairs. She has taught hand washing skills at area elementary schools, and STD classes at area high schools. Mrs. Wade is a leader with a heart of a servant.

In grateful appreciation and distinguished recognition of Mrs. Wade’s hard work, devotion, and commitment to rural healthcare, the Louisiana Rural Health Association is honored to recognize Mary Lynette Wade as the 2019 Rural Health Practitioner of the Year.

## **UNION GENERAL HOSPITAL TEEN DRUG AND ALCOHOL PREVENTION PROGRAM RECEIVED STATE RECOGNITION**

Union General Hospital Teen Drug and Alcohol Prevention Program received the Outstanding Rural Health Program of the Year Award by the Louisiana Rural Health Association. **The Outstanding Rural Health Program of the Year Award** recognizes a statewide or regional program that promotes the development of rural health care delivery systems; promotes and/or provides increased access to health care services for rural populations or that improves the quality of rural health care through outreach and education. Factors taken into consideration include coordination, networking, innovation, and lasting impact. The LRHA is honored to name Union General Hospital’s Teen Drug and Alcohol Prevention Program as the 2019 LRHA Outstanding Rural Health Program of the Year award recipient.





In 2018, Union General Hospital received FLEX supplemental funding from the Louisiana Department of Health and Hospitals to establish a teen drug and alcohol prevention program in Union Parish. The program began in March of 2018 in collaboration with two Union Parish schools for grades 6-12, law enforcement, the Union Parish Health Unit, local churches, health care providers, and civic and business organizations.

During the first year, over 300 students were enrolled. That number has been sustained up to the current school year. While the grant ended, the program became sustainable and was added to the pool of adolescent health programs offered by Union General Hospital at no cost.

The chief program goal was to improve the quality of rural health care through educational outreach, networking, coordination, innovation, and lasting impact. Union General Hospital's Teen Drug and Alcohol Prevention Program covers drug prevention suicide and anti-bullying and is bringing an increased level of awareness to the community. Emergency room visits due to youth overdoses have been reduced as well.

In 2018, Union General Hospital received national recognition for demonstrating innovation in behavioral and mental health initiatives. Of the approximately 1,300 Critical Access Hospitals in the country, Union General was one of only four hospitals receiving this recognition.

In grateful appreciation and distinguished recognition of their hard work, devotion, and commitment to rural health care, the Louisiana Rural Health Association is honored to recognize Union General Hospital's Teen Drug and Alcohol Prevention Program as the 2019 Outstanding Rural Health Program of the Year Award Recipient.



**Diane Davidson, COO** was honored for being a Louisiana Rural Health Association Board Member. Dianne has served on the Louisiana Rural Health Association's board of directors for many years and it is a great organization representing hospitals, clinics, state health organizations, healthcare consultants and many others to make up a diverse group who are all interested in providing the best healthcare we can for our communities.



## **CARE LEARNING COURSES ARE AVAILABLE NOW**

Carelearning courses must be completed by January 31<sup>st</sup>. Please print **ONLY** page that list all the courses and shows that courses have been completed. Turn this sheet in to your Director.

Employees hired after August 1, 2019 will **NOT** have to retake Care learning for this evaluation period.

### **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.

Sheri Taylor, HR





## January

- Human Trafficking Awareness Month
- Cervical Health Awareness Month

## February

- American Heart Month

- Teen Dating Violence Awareness Month

## March

- National Colorectal Cancer Awareness Month
- National Social Workers Month
- National Nutrition Month



January is National Human Trafficking Awareness Month. According to [Louisiana's Department of Children and Family Services' 2019 Annual Human Trafficking Report](#), last year in 2018 there were more than 700 total human trafficking victims in Louisiana.

- Sometimes as community members, we miss the red flags. Some of the ones we see consistently is bruising, signs of abuse, new tattoos, marks, it's very common for pimps traffickers to brand or mark victims, having unexplained absents from home and school, having new unexplained access to money. The list goes on and the victims are adding up. Education can be the key to change. Don't miss our next It's a Girl Thing, Making Proud Choices meeting on Monday, January 20, 2020 from 5-7PM and learn more about Human Trafficking. We have some special guests' speakers from the Louisiana Office of Alcohol and Tobacco Control and Louisiana Communities against Human Trafficking.
- If you or maybe someone you know is a victim of human trafficking call the national hotline at 1-888-373-7888 or text 233733.

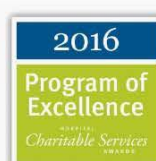


**MONDAY**  
**January 20, 2020**  
**5:00 PM - 7:00 PM**  
**UNION GENERAL HOSPITAL**  
**CONFERENCE ROOM**

**Guest Speakers:**  
**Allison Livingston**  
**Tarralynn Webster**  
**Louisiana Office of Alcohol and**  
**Tobacco Control**  
**and Louisiana Communities**  
**against Human Trafficking**

Girls need written consent of parent or guardian to  
attend. Due to liability small children  
are not allowed in our meetings  
**FOR GIRLS 6-12 GRADE**

Open to Law Enforcement, social service workers,  
first responders, school personnel, therapists, health  
care workers and concerned citizens.  
**REFRESHMENTS WILL BE SERVED**



901 James Avenue  
 Farmerville, LA  
 71241

318-368-9751  
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## 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.





## 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.

## Dating Violence Consequences

Source: [www.youth.org](http://www.youth.org)

As teens develop emotionally, they are heavily influenced by their relationship experiences. Healthy relationship behaviors can have a positive effect on a teen's emotional development. Unhealthy, abusive, or violent relationships may contribute to negative consequences. Research focused on the consequences of teen dating violence have similar limitations as those focused on identifying risk factors for teen dating violence making it difficult to make causal connections between teen dating violence and certain outcomes. Despite limitations, correlational research suggests that victims of teen dating violence are more likely to

- do poorly in school or not attend school due to feeling unsafe;<sup>1</sup>
- report binge drinking, smoking, using drugs, or engaging in unhealthy diet behaviors, including taking diet pills or laxatives and vomiting to lose weight;<sup>2</sup>
- become pregnant or have an STD;<sup>3</sup>

- attempt suicide and report feelings of hopelessness and sadness;<sup>4</sup>
- develop a negative body image and become uncomfortable with their sexuality;<sup>5</sup>
- be overly dependent on others and not achieving independence;<sup>6</sup> and
- enter into violent adult relationships.<sup>7</sup>

Victims of teen dating violence may also find it very challenging to

- establish intimacy with a partner;
- become a positive member of society;
- develop a personal value system; and
- establish an adult identity.<sup>8</sup>

Abusers involved in teen dating violence create a pattern of behavior for themselves, which puts them at risk for ruining future relationships. In addition, perpetrators of teen dating violence may be more likely to bully and perpetrate violence against their peers.<sup>9</sup> The earlier a problem is recognized, the sooner it can be addressed.

<sup>1</sup> Davis, 2008; CDC, 2005

<sup>2</sup> Silverman, Raj, Mucci, & Hathaway, 2001

<sup>3</sup> Silverman, Raj, Mucci, & Hathaway, 2001; Decker, Silverman, & Raj, 2005

<sup>4</sup> Howard, Yang, & Fan, 2009; CDC, 2005

<sup>5</sup> CDC, 2005

<sup>6</sup> CDC, 2005

<sup>7</sup> Smith et al., 2002; CDC, 2005

<sup>8</sup> CDC, 2005

<sup>9</sup> Swahn et al., 2008

## Characteristics of Healthy & Unhealthy Relationships

Respect for both oneself and others is a key characteristic of healthy relationships. In contrast, in unhealthy relationships, one partner tries to exert control and power over the other physically, sexually, and/or emotionally.

### Healthy Relationships

Healthy relationships share certain characteristics that teens should be taught to expect. They include:

- *Mutual respect.* Respect means that each person values who the other is and understands the other person's boundaries.
- *Trust.* Partners should place trust in each other and give each other the benefit of the doubt.
- *Honesty.* Honesty builds trust and strengthens the relationship.

- *Compromise.* In a dating relationship, each partner does not always get his or her way. Each should acknowledge different points of view and be willing to give and take.
- *Individuality.* Neither partner should have to compromise who he/she is, and his/her identity should not be based on a partner's. Each should continue seeing his or her friends and doing the things he/she loves. Each should be supportive of his/her partner wanting to pursue new hobbies or make new friends.
- *Good communication.* Each partner should speak honestly and openly to avoid miscommunication. If one person needs to sort out his or her feelings first, the other partner should respect those wishes and wait until he or she is ready to talk.
- *Anger control.* We all get angry, but how we express it can affect our relationships with others. Anger can be handled in healthy ways such as taking a deep breath, counting to ten, or talking it out.
- *Fighting fair.* Everyone argues at some point, but those who are fair, stick to the subject, and avoid insults are more likely to come up with a possible solution. Partners should take a short break away from each other if the discussion gets too heated.
- *Problem solving.* Dating partners can learn to solve problems and identify new solutions by breaking a problem into small parts or by talking through the situation.
- *Understanding.* Each partner should take time to understand what the other might be feeling.
- *Self-confidence.* When dating partners have confidence in themselves, it can help their relationships with others. It shows that they are calm and comfortable enough to allow others to express their opinions without forcing their own opinions on them.
- *Being a role model.* By embodying what respect means, partners can inspire each other, friends, and family to also behave in a respectful way.
- *Healthy sexual relationship.* Dating partners engage in a sexual relationship that both are comfortable with, and neither partner feels pressured or forced to engage in sexual activity that is outside his or her comfort zone or without consent.

## Unhealthy Relationships

Unhealthy relationships are marked by characteristics such as disrespect and control. It is important for youth to be able to recognize signs of unhealthy relationships before they escalate. Some characteristics of unhealthy relationships include:

- *Control.* One dating partner makes all the decisions and tells the other what to do, what to wear, or who to spend time with. He or she is unreasonably jealous, and/or tries to isolate the other partner from his or her friends and family.
- *Hostility.* One dating partner picks a fight with or antagonizes the other dating partner. This may lead to one dating partner changing his or her behavior in order to avoid upsetting the other.
- *Dishonesty.* One dating partner lies to or keeps information from the other. One dating partner steals from the other.
- *Disrespect.* One dating partner makes fun of the opinions and interests of the other partner or destroys something that belongs to the partner.
- *Dependence.* One dating partner feels that he or she “cannot live without” the other. He or she may threaten to do something drastic if the relationship ends.



- *Intimidation.* One dating partner tries to control aspects of the other's life by making the other partner fearful or timid. One dating partner may attempt to keep his or her partner from friends and family or threaten violence or a break-up.
- *Physical violence.* One partner uses force to get his or her way (such as hitting, slapping, grabbing, or shoving).
- *Sexual violence.* One dating partner pressures or forces the other into sexual activity against his or her will or without consent.<sup>1</sup>

It is important to educate youth about the value of respect and the characteristics of healthy and unhealthy relationships before they start to date. Youth may not be equipped with the necessary skills to develop and maintain healthy relationships, and may not know how to break up in an appropriate way when necessary. Maintaining open lines of communication may help them form healthy relationships and recognize the signs of unhealthy relationships, thus preventing the violence before it starts.

<sup>1</sup> Adapted from Centers for Disease Control and Prevention. National Center for Injury Prevention and Control. (2005). *Choose respect community action kit: Helping preteens and teens build healthy relationships*. Retrieved from [http://www.aldine.k12.tx.us/cms/file\\_process/download.cfm?docID=BED9BF514B2EAD07](http://www.aldine.k12.tx.us/cms/file_process/download.cfm?docID=BED9BF514B2EAD07) (link is external) (PDF, 60 pages)

Enrollment forms for Union General Hospital, It's a Girl Thing, Making Proud Choices Program are available in the hospital lobby or online [www.uniongen.org](http://www.uniongen.org)



# UNION GENERAL HOSPITAL ADOLESCENT HEALTH PROGRAMS

## September 2019 - July 2020

It's A Girl Thing UPHS (Purple)  
 Drug Prevention UPJHS (Orange)  
 It's A Girl Thing UPJHS 21<sup>st</sup> Century (Thursday's)  
 Drug Prevention DCCS (Red)  
 No Class (Yellow)  
 IAGT Monthly Meetings (Turquoise)  
 Anti-Bullying UPJHS (Green)  
 Anti-Bullying DWCS (Pink)  
 Social Perspective Classes UPES (Blue)

### February

S	M	T	W	T	F	S	
						1	2 - Groundhog Day
2	3	4	5	6	7	8	12 - Lincoln's Birthday
9	10	11	12	13	14	15	14 - Valentine's Day
16	17	18	19	20	21	22	17 - President's Day
23	24	25	26	27	28	29	22 - Washington's Birthday
							25 - Mardi Gras

### September

S	M	T	W	T	F	S	
1	2	3	4	5	6	7	2 - Labor Day
8	9	10	11	12	13	14	30-No School
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

### March

S	M	T	W	T	F	S	
1	2	3	4	5	6	7	17 - St. Patrick's Day
8	9	10	11	12	13	14	30-31 Spring Break
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

### October

S	M	T	W	T	F	S	
		1	2	3	4	5	14 - Columbus Day
6	7	8	9	10	11	12	31 - Halloween
13	14	15	16	17	18	19	14-15 Fall Break
20	21	22	23	24	25	26	
27	28	29	30	31			

### April

S	M	T	W	T	F	S	
			1	2	3	4	1 - April Fool's Day
5	6	7	8	9	10	11	1-3 Easter Break Continue
12	13	14	15	16	17	18	10 - Good Friday
19	20	21	22	23	24	25	12 - Easter
26	27	28	29	30			22 - Earth Day

### November

S	M	T	W	T	F	S	
					1	2	11 - Veterans Day
3	4	5	6	7	8	9	28 - Thanksgiving Day
10	11	12	13	14	15	16	25-29 Thanksgiving Break
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

### May

S	M	T	W	T	F	S	
					1	2	10 - Mother's Day
3	4	5	6	7	8	9	25 - Memorial Day
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

### December

S	M	T	W	T	F	S	
1	2	3	4	5	6	7	25 - Christmas
8	9	10	11	12	13	14	23-31 Christmas Break
15	16	17	18	19	20	21	31 - New Year's Eve
22	23	24	25	26	27	28	
29	30	31					

### June

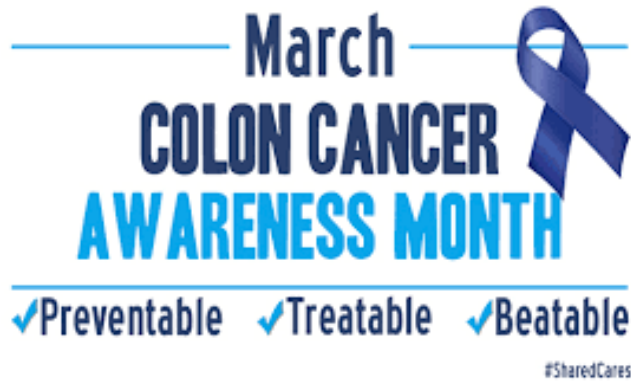
S	M	T	W	T	F	S	
	1	2	3	4	5	6	14 - Flag Day
7	8	9	10	11	12	13	21 - Father's Day
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30					

### January

S	M	T	W	T	F	S	
			1	2	3	4	1 - New Year's Day
5	6	7	8	9	10	11	1-3 Christmas Break Continue
12	13	14	15	16	17	18	20 - Martin Luther King Day
19	20	21	22	23	24	25	
26	27	28	29	30	31		

### July

S	M	T	W	T	F	S	
			1	2	3	4	4 - Independence Day
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		



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:

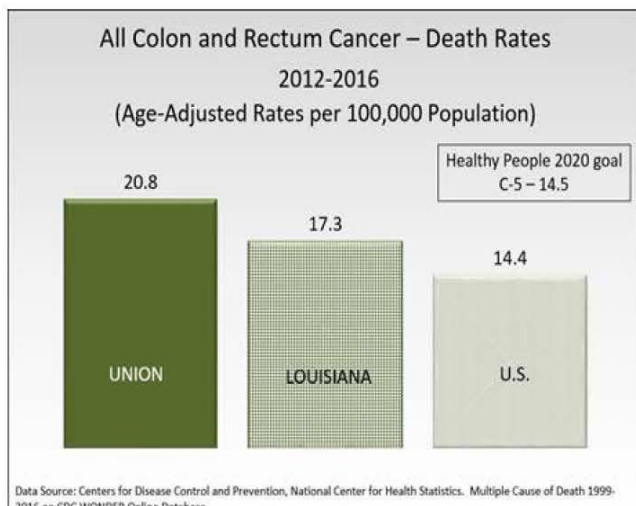
- Get screened starting at age 50.
- Encourage your family members and friends over age 50 to get screened.
- Quit smoking and stay away from secondhand smoke.
- Get plenty of physical activity and eat healthy.



# COLORECTAL CANCER SCREENING AND EDUCATION PROGRAM **FREE AT-HOME TEST**

CALL OR STOP BY UNION GENERAL HOSPITAL LAB 318-368-7080 OR  
ADMINISTRATION (CLAUDIA WADE) 318-368-7075 FOR YOUR **FREE** AT-HOME  
TEST

Hemoccult test kits are the first step in detecting colorectal cancer. This kit detects bleeding from the lower GI tract and is superior in detecting colorectal cancer. The Hemoccult is a screening, **not a diagnosis for colorectal cancer**.

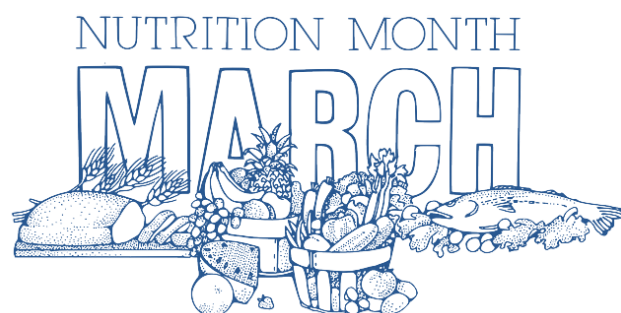


**Louisiana** has the third highest incidence and fourth highest death (mortality) rate of colorectal cancer in the U.S.

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"



**LEARN TO EAT RIGHT**

## **2020 FREE COMMUNITY NUTRITION WORKSHOPS**

**2pm in Union General Hospital's Conference Room**

**Jan 22 – Walking DVD**

**Feb 5 – Small Changes, Healthy Habits**

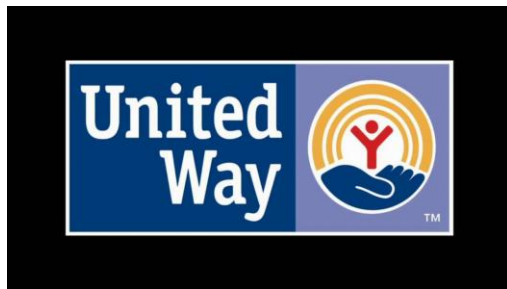
**Feb 25 – Walking DVD**

**March 12 – Shopping for Health: Yogurt**

**March 26 – Walking DVD**

**April 9 – Healthy Kitchen Makeover**

**April 23– Walking DVD**



**Thanks to our wonderful employees  
we our hospital raised \$17,072.73**

**Thanks to all the employees that  
donated 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](https://www.ughrhc.org:4443/pls/apex/f?p=2020:LOGIN:0::NO::G_DB_PORTAL_ID:299&tz=-6:00)

These Patient Portals are provided to you by your healthcare provider as a convenient means of communication. The Patient Portals are stored on a secure server and communications with the server are encrypted. However, be aware that no encryption method can be guaranteed to be unbreachable. Additionally, if you store screen shots of data on your computer or print out information from the Patient Portals, those copies would not be protected.

Any communication through the Patient Portals is directed only to the Practice/Clinic to which it is addressed. The Practice/Clinic to which the communication is addressed may use the information you send to deliver care to you, but the content of the message will not automatically be included in or automatically be added to your electronic medical record. If you have any questions about your medical record, your patient portal account, or whether your communications through the Patient Portal will be included in your medical record, please contact your healthcare provider.



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

## HAPPY BIRTHDAY

### January

BATTERTON, BETTY	1/12
BRANTON, CLAYTON	1/19
BROWN, KEISHUN	1/13
DYE, LEANN	1/17
HILL, ELIZABETH	1/14
MASON, KANEISHA	1/01
PASKEY, RACHEL	1/15
SMITH, BRITTANY	1/31
TAYLOR, SHERI	1/10
THOMPSON, KAITLYN	1/23
TURNER, AMANDA	1/21
YOUNG, KELLY	1/08
LISOTTA, ANITA	1/26

### February

BLACK, LAJUANDA	2/11
GATES, BARBARA	2/22
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
GASPARD, WENDY	3/02
HUNTER, ARTHUR	3/07
MORROW, ANNA	3/19
MURRAY, LINDA	3/03
ROCKETT, JANIS	3/26
SMITH, SANDY	3/14
STEELE, ELIZABETH	3/06
STEVENS, CHEKELAH	3/09
TRAYLOR, ANTORIA	3/03
VOORHEES, MAGGIE	3/25
WADE, LYNETTE	3/03





**POWER**  
of  
**PRAYER**

Father God, we humbly pray for:

**Dr. Duke McHugh** – recovering from stroke

**Sheri Taylor** – surgery in January

**Janice Wyatt** – continued prayers for heart

**Vada Powell** – Evalyn Ormond's niece with brain tumor

**Kim Bowen** – Leukemia

**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.*



Trusted. Dedicated.  
Innovative.



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



# CUSSIN' COUSIN CHOCOLATE CHIP COOKIES

**Kate Cook, Pharmacy Director**



## Ingredients

- 2 c. minus 2 tablespoons cake flour
- 1 2/3 c. bread flour
- 1 1/4 tsp. baking soda
- 1 1/2 tsp. baking powder
- 1 1/2 tsp. coarse salt
- 2 1/2 sticks unsalted butter
- 1 1/4 c. light brown sugar
- 1 c. plus 2 tablespoons granulated sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- 1 1/4 pounds bittersweet chocolate (I used Ghirardelli 60% cocoa chocolate chips)
- Sea salt

## Instructions

1. Sift flours, baking soda, baking powder and salt into a bowl. Set aside.
2. In your mixer with a paddle attachment, cream butter and sugars together until very light, about 5 minutes.
3. Add eggs, one at a time, mixing well after each addition.
4. Stir in the vanilla.
5. Add dry ingredients and mix until just combined.

6. Add chocolate chips and mix until incorporated.
7. Wrap dough in plastic wrap and refrigerate for 24 hours.
8. Dough may be used in batches, and can be refrigerated for up to 72 hours. (I portion mine out and freeze them.)
9. Preheat oven to 350 degrees. Line a baking sheet with parchment paper or a nonstick baking mat.
10. Scoop dough (the size of generous golf balls) or about 1/3 cup onto baking sheet, making sure to turn horizontally any chocolate pieces that are poking up; it will make for a more attractive cookie. Sprinkle lightly with sea salt and bake until golden brown but still soft, 18 to 20 minutes. Allow cookies to cool for 10 minutes, then slip cookies onto a rack to cool a bit more.





# 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

## Personalized breast care, comfort, and results you can trust.



Routine mammograms are important for maintaining your health. The earlier breast cancer is found, the better the chance of survival.\*

**Union General Hospital** has recently invested in your health with state-of-the-art 3D digital mammography technology. We chose Fujifilm's ASPIRE Cristalle system because it provides:

- a fast exam
- results you can trust
- a more comfortable experience
- personalized breast care

We are making mammograms easier for you by investing in the latest, most comfortable high-technology equipment.

**So take charge of your health and schedule your mammogram today!**

Call **(318) 368-7072** to schedule your appointment, or visit **[www.uniongen.org](http://www.uniongen.org)** to find out more.

**ASPIRE Cristalle**

\*American Cancer Society's publication, Cancer Facts & Figures 2016.





## “Providing Quality Service with Compassionate Care”



**Evalyn Ormond, CEO**

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Farmerville, LA 71241  
(318) 368-9751  
[www.uniongen.com](http://www.uniongen.com)

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- Respiratory Therapy
- Endoscopy Services
- Telehealth in partnership with Ochsner/LSU Shreveport
- Medicaid Enrollment
- Diabetic Foot Care



**Union General Rural Health Clinic**



**Geriatric Psychiatry Outpatient Program**



**Physical, Occupational and Speech Therapy for Pediatrics and Adults**

### HOSPITAL COMMUNITY PROGRAMS

- Anti-Bullying and Suicide Prevention
- Breast Cancer Prevention
- Colorectal Cancer Prevention
- Heart Disease and Diabetes Prevention
- It's a Girl Thing, Making Proud Choices (Teen STD/HIV Pregnancy Prevention), Annual Scholarship
- Teen Drug and Alcohol Prevention