

A newsletter for staff and friends



The Pulse

SPRING-SUMMER
2020



UNION
GENERAL
HOSPITAL

A MESSAGE FROM THE CEO EVALYN ORMOND

In these days and trying times, communication is very important. First, I want to say that I am very proud to be working with a group of individuals at the hospital and the Town that represent emergency services and preparedness.

They are taking what we are facing right now extremely serious and working in great partnership with the hospital and it's very much appreciated. But as you know, we are in an unprecedented situation in our community and our nation is dealing with a global pandemic, so I wanted to brief the community on what we have done here at Union General Hospital and what we will be doing in the future.

First, you may already know, access to the hospital is now restricted to the Emergency Department so that we only allow people in through the ER once they have been screened.

All of our other doors within the building, have been locked and we are deferring our patients to the Emergency Room for screening.

We have cancelled all non-urgent appointments and elective procedures. We have set up on site for patients experiencing respiratory illness but this is not a voluntary testing site and we ask that patients don't come to Union General Hospital if they do not feel sick. If you do feel sick it's also important to call us first so we can give you some guidance on how to handle your illness and arrive.

On testing, I know there are questions out there about this. Testing capacity has been limited, not just on Union General Hospital, but in all of Louisiana and across the country.

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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.

"Providing Quality Service with Compassionate Care"

901 James Avenue, Farmerville, LA 71241
www.uniongen.org (318) 368-9751

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

Like other hospitals, we are able to take specimens from patients who meet criteria, which is constantly changing per the CDC, and then send it to the lab to be tested.

So, what is our reality? Union General is an amazing community hospital designed for emergencies, routine everyday care, procedures and diagnostics. It is not built for a global pandemic and no hospital is. We do not have an intensive care unit at Union General Hospital.

We will of course provide care to anyone who walks through our doors who needs us, and our Emergency Department team is an excellent group of physicians, nurses, techs and support personnel that has been preparing for this situation for weeks. But if we do have critical patients who need access to an intensive care unit, there is a very real possibility that if we see a surge of cases of Covid-19, we may not be able to transfer by helicopter to other hospitals because most likely they will be at capacity with their own patients at that time as well. That is simply our reality.

So, what can you do and what precautionary measures can you take? We need everyone in this community to take this extremely seriously right now. Stay home as much as possible and limit contact with people as much as possible.

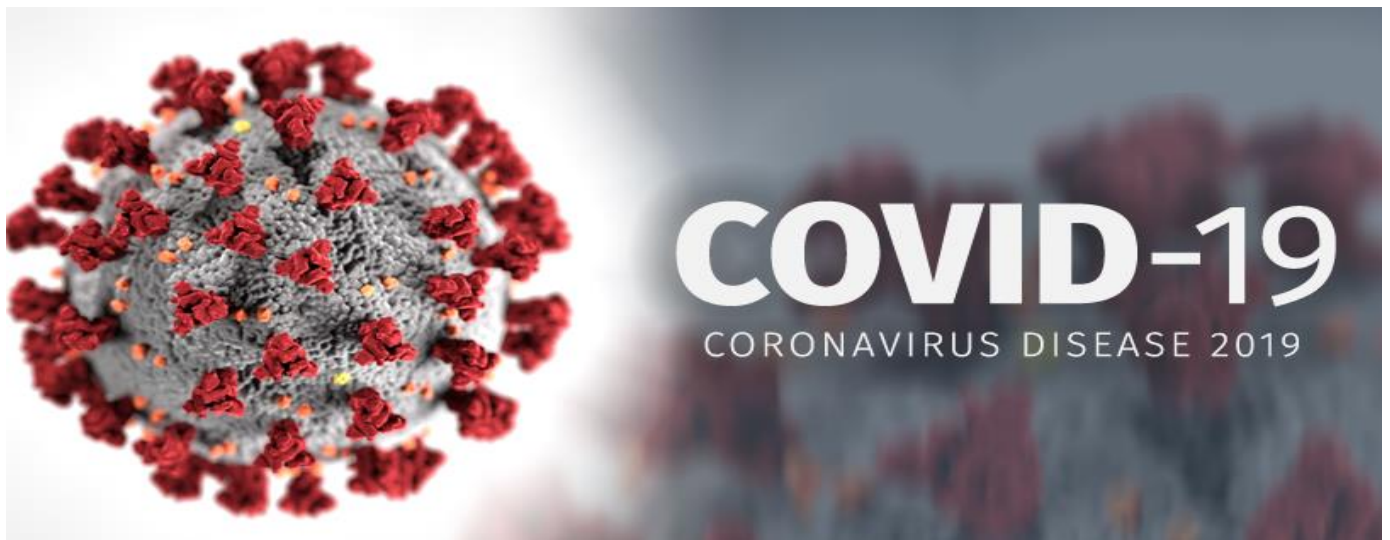
We are discouraging any play dates, parties, sleepovers, or families visiting one another during this national crisis. We are encouraging individuals to take walks or runs outside but to maintain a distance ideally of six feet between other people when you go outside. Reduce the frequency of going to the grocery store as much as possible.

If you do go, clean anything you touch and clean your hands thoroughly as you head home. And if you feel sick, absolutely, stay home as I mentioned before and contact Union General Hospital for further guidance on how to arrive so we can help you.

We understand there is a lot built into these suggestions, and they represent a real burden for residents, families and businesses, but this is what we all need to be doing today. I make these comments not to scare or create fear in our community, but to create a reality that for most of us in our lives, we've never faced anything as serious as this. Please take it seriously.

Thank you.

Evalyn Ormond, CEO



CENTERS FOR DISEASE CONTROL AND PREVENTION

What You Need to Know

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Watch for symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

These symptoms may appear **2-14 days after exposure** (based on the incubation period of MERS-CoV viruses).

- Fever
- Cough
- Shortness of breath

When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



COVID-19 TESTING

- UGH does NOT provide FREE TESTING!
- **LIMITED** tests are available for priority patients

PRIORITY 1:

Hospitalized patients

Healthcare workers with symptoms

PRIORITY 2: (Physician discretion to test)

Patients either greater than 60 years old or less than 60 years old with chronic conditions and these symptoms:

- Cough
- Fever greater than 100.4 degrees Fahrenheit
- Shortness of Breath (Difficulty Breathing)

******If you have been exposed to an individual with COVID-19 and NO SYMPTOMS- GO HOME AND ISOLATE***

******If you have minimal symptoms, call your doctor- screening is available with a doctor's order Monday – Friday. Screening Center is in Monroe, Louisiana***



Visitor Restriction

The Louisiana Department of Health is directing and requiring all licensed healthcare facilities (Hospitals) to restrict non-essential visitors from entering the hospital. This action is being taken to limit the spread of COVID-19 virus. Essential visitors are ones that are direct caregivers to the patient and are not defined as a restricted person after appropriate screening. Rural Health Clinic, IOP and Physical Therapy all included.

Thanks for your cooperation,
Evalyn Ormond, CEO

THANK YOU

thank
you!

Thank you! from the bottom of our heart to our community for your donations of sanitizing supplies, Personal Protective Equipment, food, prayers, homemade masks, gowns, etc. We appreciate everything you have donated to help us manage the impact of COVID-19

**Downsville Community Charter School and Mr. Tony Cain, Executive Director
Sanitizing Supplies**



**Union Parish Schools Superintendent
Ted Reeves -Exam Gloves**



**NELA Dental Dr. Vance Costello
and Dr. Daniel Raymond
Exam gloves, surgical masks and
gowns**



**Union Parish High School
Richi Roy - Safety goggles**



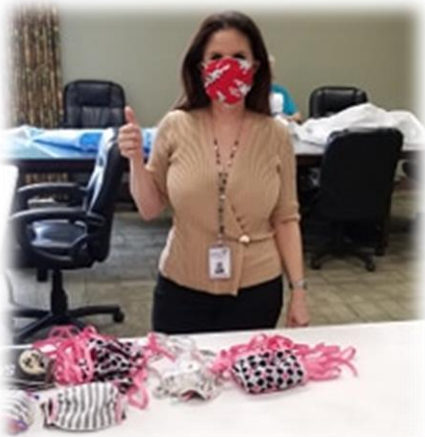
**Claudette Dalrymple, Brad Antley
and Tonya Nance
Exam gloves and N95 masks**

**Ray Lowry from Ray Motor Supply
Safety goggles**

Union Parish Library and Stephanie Herrman, Director - Exam gloves



Wanda Beckam - Homemade face masks



**Farrar Funeral Home in Farmerville
Patient Gowns**



**Griffin Funeral Home in West Monroe
Patient gowns, pads and blankets**



**Debby Roberts-Sew Unique
Homemade face masks**



Justa Foote Russell
Homemade face masks



Odom Veterinary Clinic
Exam Gloves and safety goggles



Judith Hampton and Dawn Frazier
Chick Fil-A Sandwiches



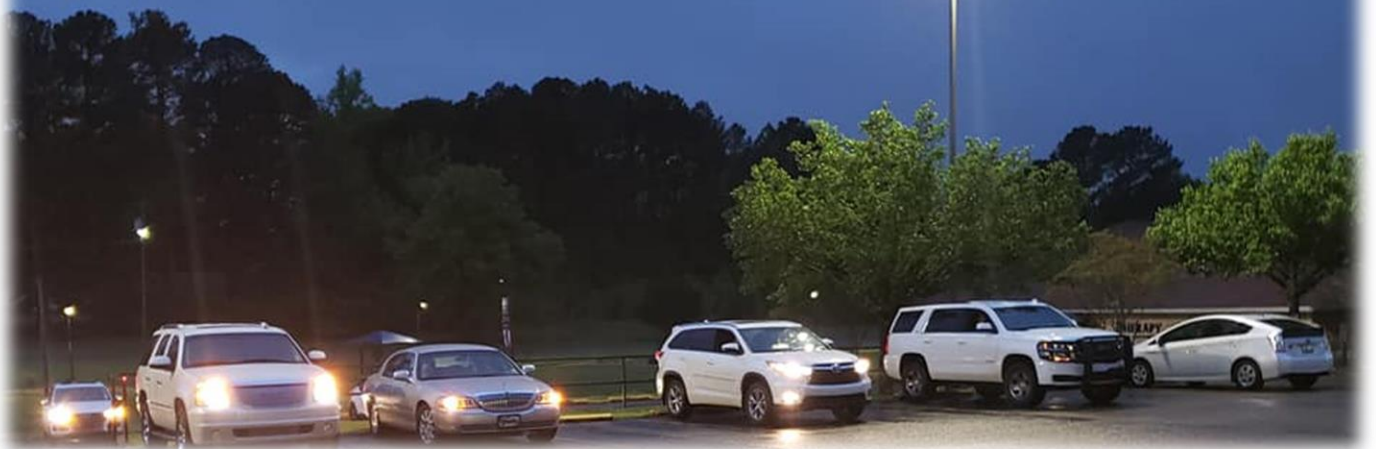
D'Arbonne Woods Charter School
Exam gloves, sanitizing supplies and googles



Enviro Services -Jarred Ramsey, Tray Towns
N95 Face Masks

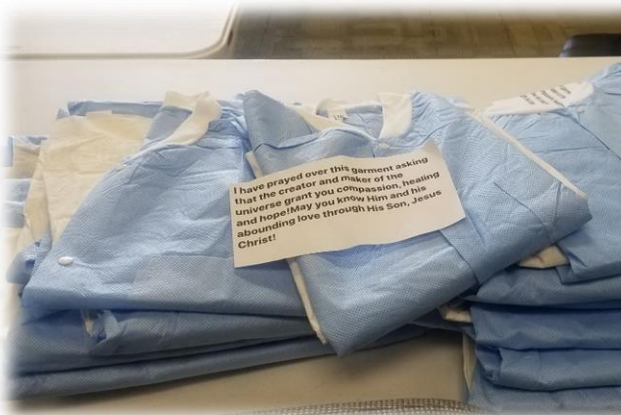
Mom's Helper Daycare and Pre-School
Lunch for ER Staff

Leslie Read – Praying gathering at Union General Hospital parking lot

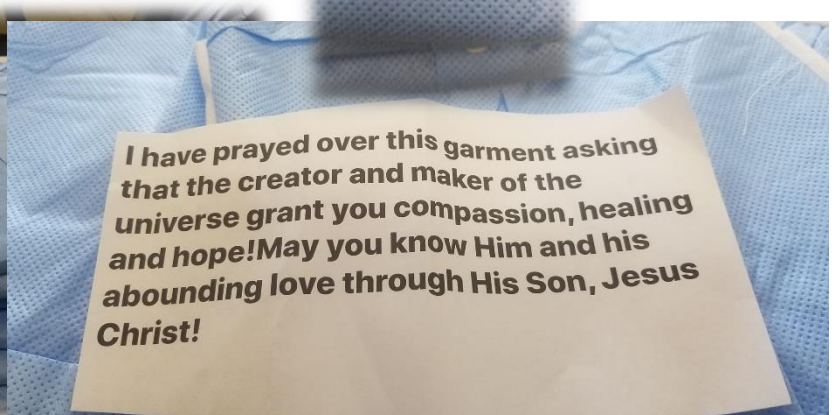




Some of our talented ladies sewed isolation gowns for Union General Hospital. Impossible to get any more ordered. Thanks so much to all: Marilyn Preaus and Connie Gilbert Kerrigan added a prayer. Other seamstresses so far Amy Rawls, Evelyn Andrews, Theresa Moon and Debbie Roberts.



I have prayed over this garment asking that the creator and maker of the universe grant you compassion, healing and hope! May you know Him and his abounding love through His Son, Jesus Christ!



I have prayed over this garment asking that the creator and maker of the universe grant you compassion, healing and hope! May you know Him and his abounding love through His Son, Jesus Christ!

Guard for delivering us personal protective equipment (PPE) from the Louisiana Governor's Office of Homeland Security and Emergency Preparedness for our physicians and front-line Associates! We are working hard for our community and so are they! Thank you so much!



Diann Hilton - Homemade masks



Connie Kerrigan Homemade face masks



Ann Haley-Sanitizing Supplies



The Healing Power of Generosity By Rose Hayes (www.sharecare.com)

One small act of generosity has the power to create a ripple effect: it can spread kindness from person-to-person until your good deed touches the lives of complete strangers. In fact, generosity spreads by up to three degrees of separation, according to a study published in a journal from the National Academy of Sciences.

When you start a chain of generosity, you're not only helping others, you're also doing yourself a favor: being generous can improve both your emotional and physical health.

"A number of studies show that people who do volunteer work have less depression and even lower death rates," says Michelle Carlino BA, CYT, ERYT500, instructor and member of Lourdes Wellness Services at Our Lady of Lourdes Medical Center in Camden, New Jersey.

Generosity is a stress-buster

A growing number of studies suggest that selfless giving lowers stress and eases depression symptoms—regardless of a person's culture or income. In fact, one study found positive emotional effects linked to generosity in 120 countries across the globe, including some of the world's poorest places.

In another experiment, researchers found that individuals who bought a bag of food for a sick child, rather than a bag of food for themselves, reported feeling happier. This including people struggling to feed their own families.

"When you're generous, the bonding hormone, oxytocin, increases and the stress hormone, cortisol, decreases," explains Carlino. "The region of the brain that's linked to empathy,

caring and feeling pleasure lights up on MRI brain scans, as well."

In addition to its effect on brain chemistry, generosity may tackle some of the underlying issues that trigger depression symptoms. Older adults who volunteer tend to have:

- A better sense of purpose
- Higher self-esteem
- A stronger sense of personal control

Volunteering also relieved feelings of depression and despair among heart attack survivors, according to a study from Duke University. Since moderate-to-severe depression increases risk of death by 70 percent for people with certain heart conditions, generosity may be one powerful form of medicine.

Generosity heals the heart (in more ways than one)

Generosity helps stave off chronic illnesses, like heart disease, by lowering disease risk factors. It reduces stress, often involves exercise, builds social connections and may even lower blood pressure.

Older adults who volunteered for 200 hours or more per year were actually 40 percent less likely to have high blood pressure than those who didn't according to one four-year study.

“But generosity doesn't only include volunteering,” says Carlino. “You can be generous with your thoughts for another person or perform small acts of kindness.”

Ways to practice generosity

Even the smallest acts of generosity can be meaningful. Here are seven you can complete today:

1. If someone cuts you off on the road, don't react with anger. Forgive them and say a prayer of protection and gratitude, Carlino recommends. Why? “If they're driving crazy, you could have been in an accident,” she explains. “Plus, forgiveness is a form of generosity—it's generous to the other person and to yourself. The other person was wrong, but you're holding onto the stress and hurt.”
2. In the winter, sneak a love note and a piece of chocolate into your spouse's or child's coat pocket.
3. Write a positive online review for a local business.
4. Pay for the person's order behind you at the drive through window.
5. “Carry an extra water bottle or granola bar and give it to a homeless person,” suggests Carlino. If you pass the same homeless person every day, bring them a warm pastry and coffee on cold mornings.
6. Join the bone marrow registry, become an organ donor, donate blood.
7. The next time you attend an event with flowers, bring the leftover bouquets to a nursing home. On holidays, bake cookies or cupcakes and hand deliver them to nursing home residents.

Choose from this list or come up with random acts of kindness on your own. Try to complete five acts on your next day off. Psychology research shows that planning and performing multiple, small acts of kindness back-to-back can improve your overall happiness. Plus, imagine all of the people who will have better days if you start many chains of generosity. *Medically reviewed in February 2019.*



Thank you!

WASH YOUR HANDS

Washing your hands for at least 20 seconds is the first and most important step to stay safe from COVID-19. Learn to do it correctly!



1. Wet Hands



2. Use Liquid Soap



3. Rub Palms & Fingers



4. Rub Base Of Thumbs



5. Clean Wrists



6. Rinse



7. Use Clean Paper Towel



8. Dry hands and dispose towel



COVID-19: A PRAYER OF SOLIDARITY

For all who have contracted coronavirus,
We pray for care and healing.

For those who are particularly vulnerable,
We pray for safety and protection.

For all who experience fear or anxiety,
We pray for peace of mind and spirit.

For affected families who are facing difficult decisions between food on the table or public
safety,
We pray for policies that recognize their plight.

For those who do not have adequate health insurance,
We pray that no family will face financial burdens alone.

For those who are afraid to access care due to immigration status,
We pray for recognition of the God-given dignity of all.

For our brothers and sisters around the world,
We pray for shared solidarity.

For public officials and decisionmakers,
We pray for wisdom and guidance.

Father, during this time may your Church be a sign of hope, comfort and love to all.

Grant peace.

Grant comfort.

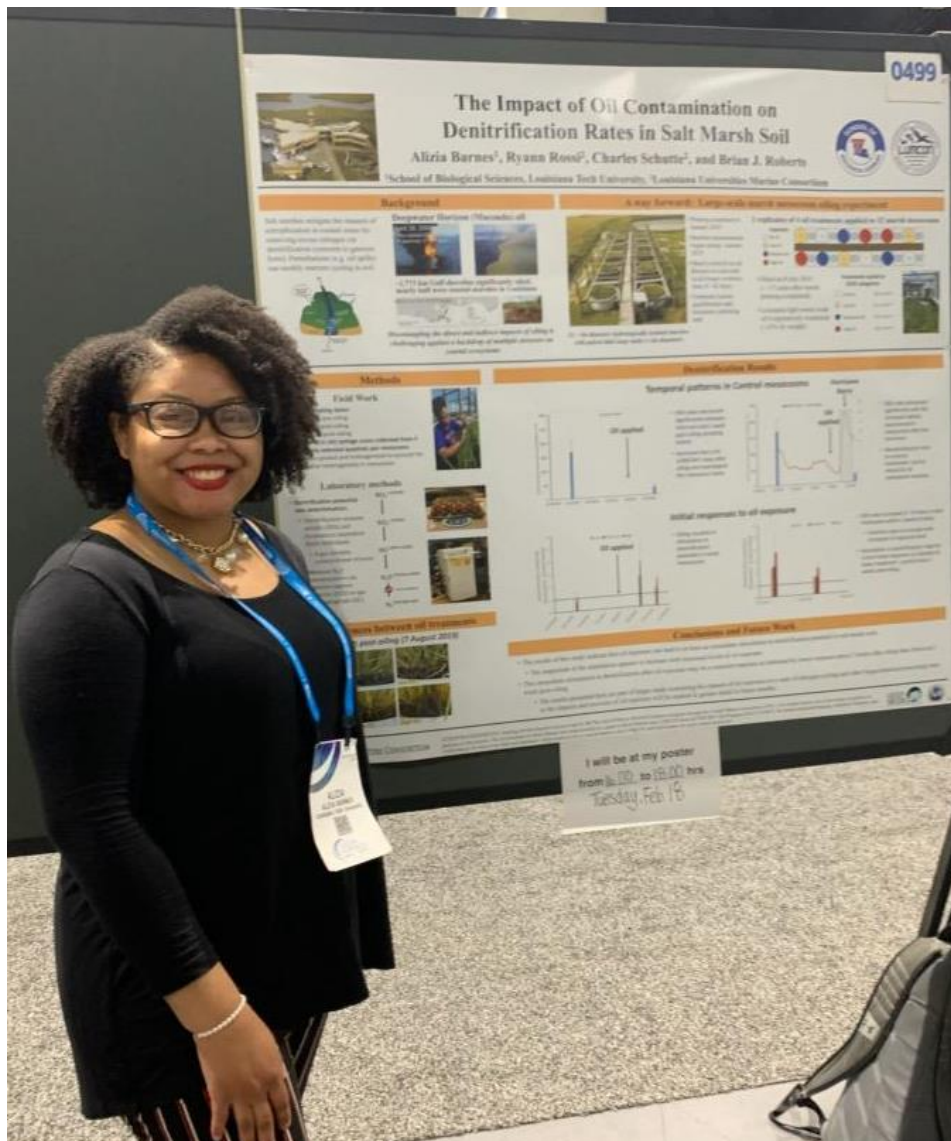
Grant healing.

Be with us, Lord.

Amen.

The Bulletin Board

Alizia Barnes, a former It's A Girl Thing, Making Proud Choices member, presented her scientific research at the 2020 national Ocean Sciences Meeting in San Diego, California. The Ocean Sciences Meeting is a flagship conference for the ocean sciences and the larger ocean-connected community. Alizia partnered with the Association for the Sciences of Limnology and Oceanography (ASLO) to attend the conference. Alizia presented her summer Researcher Experience for Undergraduates (REU) project on the impacts of oil contamination on salt marsh soil at Louisiana Universities Marine Consortium (LUMCON). We are VERY proud of Alizia



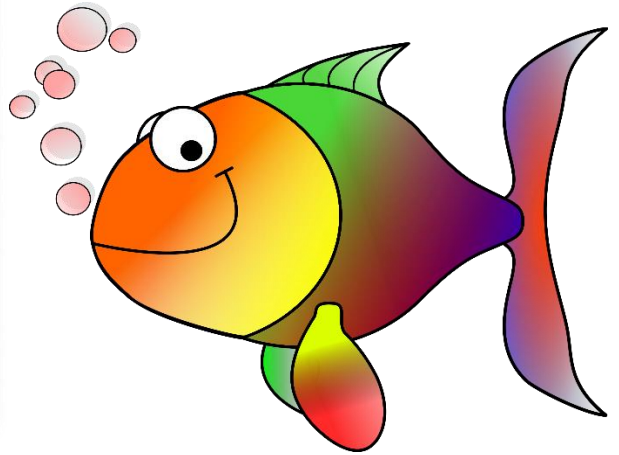
BABY GIRL

Union General Hospital holds stop-by office baby shower to make the most of social distancingco-workers made sure all the planning didn't go to waste. UGH held a stop-by baby shower for Larke Binford, IT welcoming baby Navey. The original plan was to have the celebration in the Conference Room, but with the coronavirus pandemic forcing people to keep their distance, we decided to change the way we would celebrate. Co-workers stopped by Larke's office to hand off their gifts and went on their way to the cafeteria to get a pre-packed piece of cake.



Janice Wyatt' Grandson

School is out so Kylen is fishing not all things are bad in this world



New Employees

Cassandra Collins- ER RN

Mackenzie Colvin- Housekeeping

Patricia Hunt- Switchboard

Zentavian Jones- Maintenance

Jimmy Melna- IOP Therapist

Derek Reid- IOP Therapist

Josie Thompson- Registration Clerk

Felicia Washam- Registration Clerk

Brittany White- Radiologic Technologist

Community

April

National Occupational Therapy Month

About Occupational Therapy

Contact us today

901 James Avenue | Farmerville, LA 71241 | 318-368-7092

Occupational therapy practitioners ask, "What matters to you?" not, "What's the matter with you?"

In its simplest terms, occupational therapists and occupational therapy assistants help people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations). Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills, and providing supports for older adults experiencing physical and cognitive changes. Occupational therapy services typically include:

- * An individualized evaluation, during which the client/family and occupational therapist determine the person's goals,
- * Customized intervention to improve the person's ability to perform daily activities and reach the goals, and
- * An outcomes evaluation to ensure that the goals are being met and/or make changes to the intervention plan.

Occupational therapy services may include comprehensive evaluations of the client's home and other environments (e.g., workplace, school), recommendations for adaptive equipment and training in its use, and guidance and education for family members and caregivers. Occupational therapy practitioners have a holistic perspective, in which the focus is on adapting the environment to fit the person, and the person is an integral part of the therapy team.



Trusted. Dedicated.
Innovative.



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



COVID-19 and Alcohol

<https://www.ditchedthedrink.com/blog/covid-19-and-alcohol>

With the news of COVID-19 you might be tempted to stock up on alcohol along with toilet paper to survive the pandemic, potential lock down, and save your sanity.

If you are a drinker, one positive thing you can do for your health and the health of those around you, is ditch the drink.

Alcohol negatively affects your health.

To be your strongest and healthiest, being alcohol free, is the best line of defense.

Alcohol and Overall Health

Alcohol affects your health in many ways. Most people are aware that excessive drinking can damage your liver and cardiovascular system, but did you know that it can also damage your digestive system? This leads to malnutrition and even increases your risk of cancer. Many people see these conditions as problems for the distant future. You may be less aware that alcohol also damages your immune system, increasing your risk of potentially fatal illnesses such as pneumonia, the flu or even the recent health scare, COVID-19. There are a number of ways alcohol impairs your immune system, making you more likely to get sick.

Alcohol on Immune System and Gut Health

Microbes live in your intestines, and your gut's microbiome plays an important role in fighting diseases. Alcohol severely disturbs your gut's microbiome, significantly altering the balance of healthy and unhealthy bacteria. Alcohol negatively affects the way health gut microbes interact with the immune system. Alcohol disrupts the gut barrier, allowing more bacteria to pass into the blood. These rogue bacteria can cause inflammation in the liver and may lead to liver damage.

Alcohol and Respiratory Health

Alcohol affects the respiratory system. Excessive drinking can impair the function of immune cells in the lungs and upper respiratory system, leading to increased risk for pneumonia, tuberculosis, and acute respiratory distress syndrome, ARDS, and more. When the immunity of the mucus is impaired in both the lungs and digestive tract, any disease becomes more severe. Regular, heavy drinking is the worst for your immune system, but binge drinking can also knock out your immune system temporarily.

Alcohol and Fear

Fear is a normal human emotion that is triggered by a perceived threat. It is a basic survival mechanism that signals our bodies to respond to danger with a fight or flight response. Fear is an essential part of keeping us safe.

However, when people live in constant fear, they can become incapacitated.

Once we sense a potential danger, our body releases hormones that slow or shut down functions not needed for survival (such as our digestive system), sharpens functions that might help us survive (such as eyesight). Our heart rate increases, and blood flows to muscles so we can run faster, to escape.

Our body also increases the flow of hormones to an area of the brain known as the amygdala to help us focus on the presenting danger and store it in our memory.

Living under constant threat has serious health consequences on our physical and mental health. Fear weakens our immune system and can cause many serious health problems. Fear affects memory, brain processing, reactivity and mental health in many ways that can result in fatigue, clinical depression, anxiety, and PTSD, all which affect our physical health as well.

What can you do?

Avoiding alcohol will go a long way towards staying physically and mentally healthy. Going alcohol free increases resiliency. Get support for removing alcohol, you don't have to do it alone.

Good nutrition, sleep, and basic hand washing are always good practices.

If you are sick or at high risk for illness, stay home and get well to minimize the spread of illness.

Meditation, exercise, and journaling are great ways to work through the fearful emotions you may be experiencing to keep you healthy during a stressful time.

Knowledge is power. There is so much we can't control, but we can learn the facts and stay calm. World Health Organization Director-General Tedros Adhanom Ghebreyesus said at a briefing in Geneva, "People, we're in this together — to do the right things with calm and protect the citizens of the world, It's doable."

Sharpen your coping skills, and take care of yourself. Stick to your routines, as best you can, during this stressful time. "Put on your own oxygen mask, before helping others" is the only way you will be of service to others who may need you.

YOUTH TEEN ALCOHOL, DRUG AND SMOKE PREVENTION AND EDUCATION PROGRAM



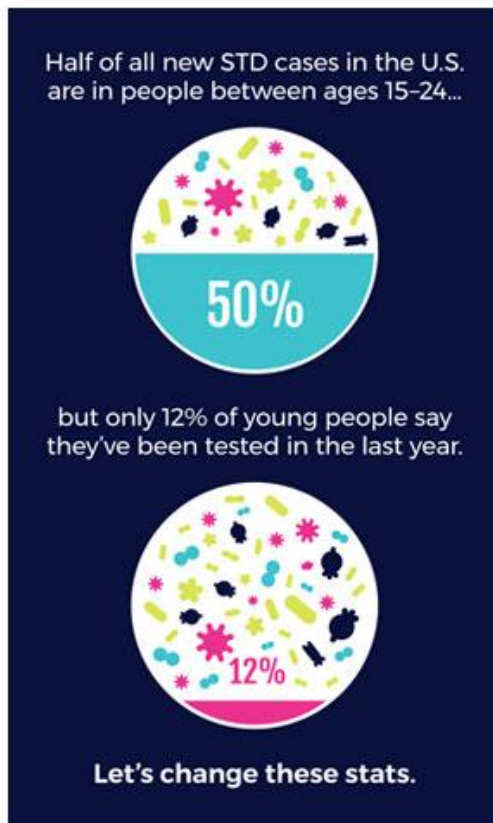
Ways to Say **NO**

- Simply say, "No."
- Give a reason
- Leave the scene
- Stand up to pressure
- Offer an alternative
- Avoid the scene

Picture: 1. Adapted by Day 90
Project: 2000 (New Curriculum) (Lesson 5.5) and 4. Revised Curriculum (Lesson 2.5)
© 2007 Foundation for a Drug-Free Tomorrow

APRIL -Sexually Transmitted Infections Awareness Month

Each April, ASHA recognizes **STD Awareness Month**. According to the Centers for Disease Control and Prevention (CDC):

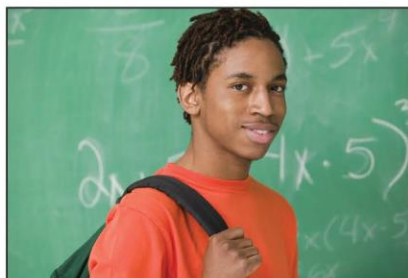


- There are 20 million new STI cases in the U.S. every year
- The medical costs for these new cases are \$16 billion
- Adding the new cases each year with existing infection, there are an estimated 110 million total STIs among Americans
- STDs are common, but people may not know they have an STD because many don't have symptoms. But left undetected and untreated, STDs can cause serious health consequences. For example, chlamydia or gonorrhea left untreated can put a woman at risk for pelvic inflammatory disease, a condition that can lead to infertility.
- This STD Awareness Month, ASHA is drawing attention to the importance of STD testing. As part of this effort, we are promoting a new campaign—**YES Means TEST**. Having sex is a choice, and so is saying healthy. Saying yes to sex should mean saying yes to test!
 - The only way to know if you have an STD to get tested. To learn what tests are recommended for you, you can talk to your healthcare provider and check out our testing page.
 - STD testing can be confidential and free or low-cost, and common STDs, such as chlamydia or gonorrhea, are usually easily treated with antibiotics. For more information about STDs, YES Means TEST, or how and where to get tested, YESmeansTEST.org. Join the conversation online with **#YESmeansTEST**.



Information for Teens: Staying Healthy and Preventing STDs

If you choose to have sex, know how to protect yourself against sexually transmitted diseases (STDs).



What are sexually transmitted diseases (STDs)?

STDs are diseases that are passed from one person to another through sexual contact. These include chlamydia, gonorrhea, genital herpes, human papillomavirus (HPV), syphilis, and HIV. Many of these STDs do not show symptoms for a long time. Even without symptoms, they can still be harmful and passed on during sex.

How are STDs spread?

You can get an STD by having vaginal, anal or oral sex with someone who has an STD. Anyone who is sexually active can get an STD. You don't even have to "go all the way" (have anal or vaginal sex) to get an STD. This is because some STDs, like herpes and HPV, are spread by skin-to-skin contact.

How common are STDs?

STDs are common, especially among young people. There are about 20 million new cases of STDs each year in the United States. About half of these infections are in people between the ages of 15 and 24. Young people are at greater risk of getting an STD for several reasons:

- Young women's bodies are biologically more prone to STDs.
- Some young people do not get the recommended STD tests.
- Many young people are hesitant to talk openly and honestly with a doctor or nurse about their sex lives.
- Not having insurance or transportation can make it more difficult for young people to access STD testing.
- Some young people have more than one sex partner

What can I do to protect myself?

- The surest way to protect yourself against STDs is to not have sex. That means not having any vaginal, anal, or oral sex ("abstinence"). There are many things to consider before having sex. It's okay to say "no" if you don't want to have sex.

- If you do decide to have sex, you and your partner should get tested for STDs beforehand. Make sure that you and your partner use a condom from start to finish every time you have oral, anal, or vaginal sex. Know where to get condoms and how to use them correctly. It is not safe to stop using condoms unless you've both been tested for STDs, know your results, and are in a mutually monogamous relationship.
- Mutual monogamy means that you and your partner both agree to only have sexual contact with each other. This can help protect against STDs, as long as you've both been tested and know you're STD-free.
- Before you have sex, talk with your partner about how you will prevent STDs and pregnancy. If you think you're ready to have sex, you need to be ready to protect your body. You should also talk to your partner ahead of time about what you will and will not do sexually. Your partner should always respect your right to say no to anything that doesn't feel right.
- Make sure you get the health care you need. Ask a doctor or nurse about STD testing and about vaccines against HPV and hepatitis B.
- Girls and young women may have extra needs to protect their reproductive health. Talk to your doctor or nurse about regular cervical cancer screening, and chlamydia and gonorrhea testing. You may also want to discuss unintended pregnancy and birth control.
- Avoid mixing alcohol and/or recreational drugs with sex. If you use alcohol and drugs, you are more likely to take risks, like not using a condom or having sex with someone you normally wouldn't have sex with.



Centers for Disease
Control and Prevention
National Center for HIV/AIDS,
Viral Hepatitis, STD, and
TB Prevention

If I get an STD, how will I know?

Many STDs don't cause any symptoms that you would notice. The only way to know for sure if you have an STD is to get tested. You can get an STD from having sex with someone who has no symptoms. Just like you, that person might not even know he or she has an STD.

Where can I get tested?

There are places that offer teen-friendly, confidential, and free STD tests. This means that no one has to find out you've been tested. Visit gettested.cdc.gov to find an STD testing location near you.

Can STDs be treated?

Your doctor can prescribe medicine to cure some STDs, like chlamydia and gonorrhea. Other STDs, like herpes, can't be cured, but you can take medicine to help with the symptoms.

If you are ever treated for an STD, be sure to finish all of your medicine, even if you feel better before you finish it all. Ask the doctor or nurse about testing and treatment for your partner, too. You and your partner should avoid having sex until you've both been treated. Otherwise, you may continue to pass the STD back and forth. It is possible to get an STD again (after you've been treated), if you have sex with someone who has an STD.

What happens if I don't treat an STD?

Some curable STDs can be dangerous if they aren't treated. For example, if left untreated, chlamydia and gonorrhea can make it difficult—or even impossible—for a woman to get pregnant. You also increase your chances of getting HIV if you have an untreated STD. Some STDs, like HIV, can be fatal if left untreated.

What if my partner or I have an incurable STD?

Some STDs, like herpes and HIV, aren't curable, but a doctor can prescribe medicine to treat the symptoms.

If you are living with an STD, it's important to tell your partner before you have sex. Although it may be uncomfortable to talk about your STD, open and honest conversation can help your partner make informed decisions to protect his or her health.

If I have questions, who can answer them?

If you have questions, talk to a parent or other trusted adult. Don't be afraid to be open and honest with them about your concerns. If you're ever confused or need advice, they're the first place to start. After all, they were young once, too.

Talking about sex with a parent or another adult doesn't need to be a one-time conversation. It's best to leave the door open for conversations in the future.

It's also important to talk honestly with a doctor or nurse. Ask which STD tests and vaccines they recommend for you.

Where can I get more information?

CDC

How You Can Prevent Sexually Transmitted Diseases

www.cdc.gov/std/prevention/

Teen Pregnancy

<https://www.cdc.gov/teenpregnancy/teens/index.htm>

CDC-INFO Contact Center

1-800-CDC-INFO

(1-800-232-4636)

Contact www.cdc.gov/dcs/ContactUs/Form

HealthFinder.gov

STD Testing: Conversation Starters

<https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/hiv-and-other-stds/std-testing-conversation-starters>

American Sexual Health Association

Sexual Health and You

<http://www.iwannaknow.org/teens/sexualhealth.html>





**MAY IS 2
MENTAL 0
HEALTH 2
MONTH 0**

COVID-19 AND YOUR MENTAL HEALTH

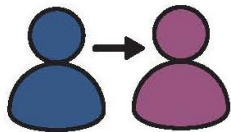
While we are familiar with viruses like the common cold and the flu, the coronavirus (COVID-19) is new and presents a situation that none of us could have imagined a few short months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disrupted our daily lives. It is more important now than ever to pay attention to mental health during this time of isolation and uncertainty.

YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:



Getting sick



**Passing the virus onto others,
especially those that are high-risk**



**Adjusting to a new reality for
an uncertain amount of time**



**Taking care of and
supporting your family**



**Concern about the health
of your friends and family**



Financial stress



**Not being able connect with
friends and family the way you're
used to**



**Shortages of certain
common supplies**

REALIZE WHAT YOU CAN CONTROL

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

YOUR MIND AND BODY



- Keep a healthy diet
- Exercise at home
- Get enough sleep
- Do not smoke or drink alcohol excessively
- Take care of your mental health
- Maintain self-care and personal hygiene

YOUR IMMEDIATE ENVIRONMENT



- Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized
- Make responsible choices about when to leave the house and only go out if necessary
- Limit the number of people you come into contact with
- Work from home if you are able to

WHAT YOU CONSUME



- Don't overdo your news and information intake
- Get your information from reliable sources like the CDC or WHO
- Watch TV, movies, and videos that make you feel good

HOW YOU PREPARE



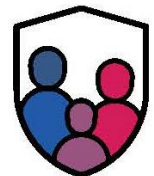
- Keep 2-4 weeks of food on hand
- Avoid overstocking on supplies that are in high demand so other people can have enough of the essentials too
- If you take medication, get refills and keep a month's supply at home if possible

HOW YOU PROTECT YOURSELF



- Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose and mouth
- Avoid greeting people by shaking hands, kissing or hugging
- Keep 6 feet of distance between you and anyone who is coughing or sneezing

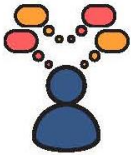
HOW YOU PROTECT OTHERS



- Stay home if you are sick aside from getting medical care
- Cover your coughs and sneezes
- Clean and disinfect frequently touched surfaces

SIGNS OF ANXIETY

It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience more exaggerated feelings of worry and tension. Some common symptoms include:



Uncontrollable worry or dread



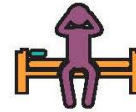
Stomach and digestion problems



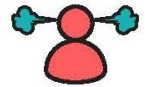
Trouble with concentration, memory, or thinking clearly



Increased heart rate



Changes in energy and difficulty sleeping



Irritability and/or restlessness

In extreme cases of anxiety, people may experience a panic attack. Panic attacks are often mistaken for heart attacks at first, but usually go away when people are able to talk to someone else to calm their fears and practice deep breathing.

MANAGING ANXIETY

There are small things that everyone can do while practicing social distancing or self-quarantine to help reduce the amount of anxiety they are experiencing.

Ask someone to be your support buddy. Call, text, or video chat as needed.

Exercise at home

Use resources like online support groups or the Crisis Text Line (Text MHA to 741741)

Set boundaries with your phone

Use a mindfulness or meditation app

Set a timer for every hour to get up and stretch or take a walk

Create a new routine

Take 10 deep breaths when you feel stressed

WHEN ANXIETY WON'T LET UP

If you're taking steps to manage worry and anxiety during the COVID-19 crisis but they don't seem to be helping, there are additional resources you can take advantage of.

Mental Health Screening

If you feel like you are struggling with your mental health, visit mhascreening.org to check your symptoms.

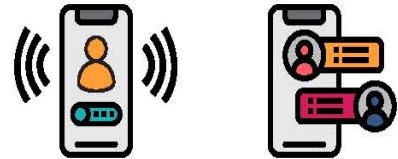


It's free, private, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.

Crisis Hotlines and Textlines

If you are experiencing emotional distress related to the COVID-19 pandemic, crisis counselors are available 24/7, 365 days a year.

**Call 1-800-985-5990
or text "TalkWithUs" to 66746.**



If you are in crisis or thinking about suicide, get connected to a local crisis center and get in touch with someone immediately.

**Call 1-800-273-8255 (TALK)
or text "MHA" to 741741.**

Find more information and resources about COVID-19 and mental health at mhanational.org/covid19.



f /mentalhealthamerica
t @mentalhealtham
i @mentalhealthamerica
p /mentalhealtham
y /mentalhealthamerica
www.mhanational.org



It's important to recognize your emotions and own your feelings, work to find the positive even when facing adversity or loss, reach out and try to connect with others, remove those people in your life who are bringing you down, and create healthy routines to take care of yourself.

May



High Blood Pressure Awareness



Did you know?



1 in 3 women with high blood pressure doesn't know she has it.

High blood pressure is the biggest risk factor for a stroke. A woman can have a stroke at any age.

Heart disease is the leading cause of death among American Indians and Alaska Natives.

Each year, stroke kills twice as many women as breast cancer. Up to 80% of strokes can be prevented.

General Tips

Lose extra pounds and watch your waistline. Blood pressure often increases as weight increases.

Learn to manage stress and get check-ups regularly. Talk to your doctor if your blood pressure is high and take the prescribed medications.



Nutrition Tips

Incorporate garlic, herbs, and other spices

Don't add salt

Avoid alcohol and smoking

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May is National Stroke Awareness Month.

F	A	S	T
FACE	ARM	SPEECH	TIME
Does one side of the face droop?	Does one arm drift downward?	Does the speech sound slurred or strange?	If you observe any of these signs, call 911.

Be Stroke Aware

Each year, stroke kills twice as many women as breast cancer. Yet, only 1 in 4 women can name more than two of the six primary stroke symptoms, according to the National Stroke Association. Taking time to learn the signs of stroke might save someone's life, maybe even your own.

6 Primary Stroke Symptoms:

1. Sudden numbness or weakness of face, arm or leg, especially on one side of the body
2. Sudden confusion or trouble understanding
3. Sudden trouble speaking
4. Sudden trouble seeing in one or both eyes
5. Sudden trouble walking, dizziness, loss of balance or coordination
6. Sudden severe headache with no known cause

370,000
NUMBER OF MEN WHO
SUFFER A STROKE EACH YEAR

Stroke Symptoms Unique to Women:

Sudden face and limb pain

Sudden shortness of breath

Sudden hiccups

Sudden heart palpitations

Sudden chest pain

Sudden nausea

Sudden general weakness

80%

PORTION OF STROKES
THAT ARE PREVENTABLE

Ways to Prevent a Stroke:

- ✓ Maintain a healthy weight.
- ✓ Control your blood pressure.
- ✓ Don't smoke.
- ✓ Get tested for diabetes.
- ✓ Have your cholesterol and triglyceride levels checked.
- ✓ Find healthy ways to cope with stress.
- ✓ Drink no more than one alcoholic beverage per day.

425,000

NUMBER OF WOMEN WHO
SUFFER A STROKE EACH YEAR

Source: U.S. Department of Health & Human Services Office on Women's Health; National Stroke Association



JUNE IS MEN'S HEALTH MONTH

SKIN CANCER IS THE EASIEST CANCER TO DETECT

60

More men are diagnosed with melanoma than women – roughly about 60% and 40%.



MALIGNANT MELANOMA

The most deadly type of skin cancer. It is 100 percent curable if found early.

While the number of deaths in melanoma patients under 50 has been dropping, the number of men dying from melanoma over the age of 50 has been rising.

COLON CANCER IS THE 3rd MOST COMMON CANCER IN THE UNITED STATES

Only about 40% of people over the age of 50 are being tested.

40 10-15

About 10-15% of colon cancer cases are inherited.

Cause is unknown, but higher rates in industrialized countries suggest environmental factors such as a diet of fatty, low-fiber foods might contribute to colon cancer.

PROSTATE CANCER IS THE MOST COMMON CANCER IN MEN, REGARDLESS OF RACE OR ETHNICITY.



30,000

Men die in the US from prostate cancer every year.



The average age of diagnoses is 67.

Several types of cancers can develop in the prostate, such as sarcomas, small cell carcinomas and transitional cell carcinomas. These types are extremely rare and nearly all prostate cancers are adenocarcinoma, meaning it started in gland cells.

7 HEALTH FACTS MEN NEED TO KNOW

Men live **9** years in poor health - mostly preventable by making small lifestyle changes.

Only **30%** of a man's overall health is determined by his genetics.

70% is controllable through lifestyle.



MENTAL HEALTH

Inactive men are **60%** more likely to suffer from depression than those who are active.

DRINKING



Those who consume 4 to 10 drinks a week at most have a **lower risk** of developing type 2 diabetes. Drinking more than 10 drinks a week almost **doubles your risk** of type 2 diabetes.

7-8 HOURS



SLEEP

Men who sleep 7-8 hours a night have about **60%** less risk of fatal heart attack than those who sleep 5 hours or less.



ACTIVITY

Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by **25%**.

NUTRITION

How easy is this?! Getting your 5-7 servings of fruit and veggies is as simple as a glass of orange juice, one potato, one big carrot, ½ an avocado, and a pear.



DONTCHANGEMUCH.ca

#DONTCHANGEMUCH

SOURCES www.statcan.gc.ca/tables-tableaux/sum-som/l01/cst01/hlth67-eng.htm
www.health.gov.bc.ca/library/publications/year/2004/inactivity.pdf
www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/fruit/serving-portion-eng.php
www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf
www.ncbi.nlm.nih.gov/pubmed/18952563
www.ncbi.nlm.nih.gov/pubmed/7572969
www.ncbi.nlm.nih.gov/pubmed/10857962
www.ncbi.nlm.nih.gov/pubmed/11976443

Keenagers Luncheon First Baptist Church March 10, 2020

Theresa Moon, Infection Prevention Nurse and Brittany Smith, Dietitian attended the Keenagers luncheon at First Baptist Church in Farmerville.

Theresa spoke about the Flu for this present season and the statistics that are available to the public.

She also spoke about Coronavirus and gave updates on information provided through CDC and Louisiana Health and Hospitals.

Brittany Smith spoke on nutrition and opportunities that are available that will allow people to stay socially active so they can maintain their social skills, communication skills, and boost their mood. She discussed the importance of diet and the benefits of nutrients. They also discussed and reviewed the output information of using the body composition Tanita Scale. Each member was able to use the body composition scale which shows body weight, BMI, fat mass %, muscle mass, total body water, visceral body fat, body balance, muscle mass, and fat percentage on each part of the body.

We offer our time and knowledge to let you the public be made more aware of the Coronavirus and many other things that we can provide.

If you would like to learn more contact Theresa Moon at 318-368-6532



Healthy
Living

Since our patients are unable to have visitors, I went outside to get a personal item that was being dropped off for our patient. The person driving the car asked me to tell our patient that “Buster” misses her and couldn’t wait to see her. I asked if I could take a picture of Buster and show our patient. Our patient was all smiles when I showed her the pictures on my phone. Later on, I decided to print the pictures and put them on the patient’s wall so she could see Buster every day. Now, every time I go in to check on her, she thanks me for the pictures and tells me a new story about Buster. It feels good to be able to bring a smile to our patients face, especially during this time. Just thought I would share.

Renee Barnes, Nurse Clerk





Lynette Wade, APRN, FNP-C
Family Nurse Practitioner



Kelly Young, RN-FNP
Family Nurse Practitioner



Vanessa Brass, RN-FNP
Family Nurse Practitioner



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Union General Hospital announces the 2020 It's a Girl Thing, Making Proud Choices Scholarship Program. Under the Program, (1) \$1,000 scholarship will be awarded to a deserving senior girl attending high school. Every year we look forward to receiving the applications and reading about the students' accomplishments and the impact of our program in their lives. Children of Union General Hospital employees are eligible to apply. Click on the link to download the application. Due date to apply April 30, 2020 <https://www.uniongen.org/media/1145/2020-application-and-guidelines-scholarship-program.pdf>

Call or email Claudia Wade, Program Director if you have any questions.
318-368-7075 cwade@uniongen.org



HAPPY BIRTHDAY

April

ALFORD, SHANA	04/02
HALL, SABRA	04/06
SANDOVAL, TERESA	04/08
THOMPSON, JOSIE L.	04/09
ELLIS, SABRINA	04/15
BRANCH, CYNTHIA	04/15
TRAYLOR, DELOIS	04/24
DAVIDSON, DIANNE	04/27
GINN, CONNIE	04/21
JOHNSON, BARBIE	04/09

May

CUMMINGS, ALISTINE	05/31
COLE, TAMA M.	05/21
CRANFORD, GREGORY B.	05/15
DENDY, TINA	05/21
HARGRAVES, NANCY	05/01
LOYD, JODY	05/09
RUSSEL, DEREK	05/31
TOWNS, JENNIFER L.	05/18
WYATT, TOSHA	05/02
WHITE, BRITTANY	05/08

June

BANKS, RANDALL	06/16
BECKHAM, JOHN	06/16
BARLEY, GINGER	06/12
BREWSTER, KOMOCKA	06/22
DAVIS, TAYLOR B	06/20
NUTT, CALLIE	06/07
PEARSON, MELANIE	06/26
CARNES, SANDRA	06/20
KIMMERLING, KOURTNEY	06/21
ALBRITTON, BRENT	06/24
SHIREY, JESSICA	06/26
RAWLS, AMY	06/30



Custom Learning

Thursday, January 30, 2020

**The 20th Annual Night of Excellence Summit Awards Celebration
InterContinental New Orleans, New Orleans, LA**

The Summit Award is the highest award of excellence presented at the HealthCare Service Excellence Conference. It is awarded to qualified, innovative, and progressive individuals, teams, and healthcare facilities who have made outstanding progress towards improving the patient experience and staff engagement. Individuals, teams, or organizations must be nominated to be eligible for a Summit Award.

In 2019, the Summit Awards committee received 214 nominations from 19 different healthcare organizations spanning 11 states. 57 of the nominees were chosen as Pinnacle Achievers (the best of the best), and 16 of those were presented the Summit Award at the Night of Excellence held on Wednesday, January 29, 2020.

The 2019 Breakthrough Awards were open to all Service Excellence Initiative™ participants and alumni and highlights improvements and achievements of Patient Satisfaction and Patient Experience Scores within an organization. These awards were presented during the Breakthrough Awards Luncheon and serve to draw attention to and reward excellence in score improvement.

Both the 2019 Summit and Breakthrough Awards are presented by Custom Learning Systems during the annual HealthCare Service Excellence Conference, held this year at the InterContinental New Orleans in New Orleans, LA. (www.customlearning.com) The HealthCare Service Excellence Conference is dedicated to delivering evidence based solutions to help hospitals and other healthcare facilities improve the overall patient experience.

Our organization received 5 Pinnacle Awards, 2 Summit Awards and 18 Breakthrough Awards:

2019 Pinnacle Award Recipients:

Theresa Moon

Service Excellence Ambassador

Patient Parables

OASIS Team

Julie Duty

Implementation Coordinator

Evalyn Ormond
Inspiring Administrator

Union General Hospital
Hospital Provider of Choice

2019 Summit Award Recipients:

Julie Duty
Implementation Coordinator

Union General Hospital
Hospital Provider of Choice

2019 Breakthrough Awards Highlight:

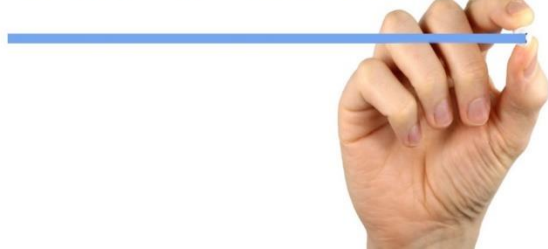
Achieved a higher than National Average Top Box Percentage in all HCAHPS Domains with 10 out of 11 being Diamonds!

We are so proud of our team members for this amazing accomplishment!

For more information, please contact
Chelan MacMillan, Conference Vice-Chair (1-800-667-7328 ext. 230),
or visit www.healthcareserviceexcellence.com.



COMPLIANCE



**QUESTIONS AND/OR CONCERNS
CONTACT PRIVACY OFFICER**

**JULIE DUTY
COMPLIANCE
OFFICER 318-368-7077
jduty@uniongen.org**

— *advice for* —

STAYING HIPAA COMPLIANT

when using social media

What can healthcare providers do to help ensure HIPAA privacy and security rules are adhered to when posting online?

Here are five tips to avoid disclosing PHI when using social media.



NEVER POST ABOUT PATIENTS

It's extremely difficult to anonymize patients - even the subtlest identifier could land you and your practice in a lot of trouble.



DON'T TRUST MESSAGING SERVICES

Privacy of messages relies on the recipient keeping the information to themselves and not leaving themselves logged into public or office computers. Best to avoid private messaging altogether.



EDUCATE YOURSELF AND OTHERS

Staff should always be trained and kept up to date with HIPAA compliance best practices and company social media policies.



DON'T MIX WORK AND PERSONAL LIFE

Healthcare professionals should keep their personal and professional lives separate. Interacting with a patient online could result in PHI inadvertently being exchanged in the public domain.



WHEN IN DOUBT, DON'T POST

People can make mistakes in the heat of the moment. Always take a minute, read the post back to yourself, and consider the potential consequences before hitting the 'post' button



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Evalyn Ormond, CEO

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- Diabetic Foot Care



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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

Creamy Shrimp Pasta Primavera (Allrecipes.com)

- Prep 20 m
- Cook 20 m
- Ready In 40 m

Recipe By: Littlechef



"This is a fun recipe that me and my family developed ourselves. It is really flexible and you can swap out ingredients and change measurements to your liking."

Ingredients

- 1/2 (8 ounce) package spaghetti
- 3 tablespoons olive oil
- 1/4 cup chopped onions
- 1 large clove garlic, minced
- 1/3 cup sliced fresh mushrooms
- 1/4 cup chopped red bell pepper
- 1 pound uncooked medium shrimp, peeled and deveined
- 1 splash white wine (optional)
- 1 pinch dried oregano (optional)
- 1/2 cup heavy cream, or to taste
- 3 tablespoons butter
- 1 tablespoon all-purpose flour (optional)
- 1 pinch salt and ground black pepper to taste
- 1 tablespoon freshly grated Parmesan cheese, or to taste (optional)
- 1 tablespoon chopped fresh basil, or to taste (optional)

Directions

1. Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally, until tender yet firm to the bite, about 12 minutes. Drain.
2. Meanwhile, heat olive oil in a skillet over medium heat. Add onions and cook until soft and translucent, about 5 minutes. Add garlic and cook until fragrant, about 30 seconds. Stir in mushrooms and bell pepper; cook until bell pepper has softened and mushrooms are lightly browned, 3 to 5 minutes. Add shrimp, white wine, and oregano. Cook until shrimp are almost cooked through and turning pink, 3 to 5 minutes.
3. Add cream and butter. Simmer, stirring constantly, for 8 minutes. Add cooked spaghetti, mix to combine, and turn off heat. If cream sauce is too thin, thicken with flour. Season with salt and pepper and sprinkle with Parmesan cheese and basil.

COVID-19 WORD SEARCH

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

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