



PROVIDING QUALITY SERVICE WITH COMPASSIONATE CARE

THANK YOU! BY EVALYN ORMOND, CEO

Dear Employees,

Over the last several weeks, we have come together for our patients and our community in extraordinary ways to prepare and face the coronavirus (COVID-19) pandemic.

As activity has increased at our hospital and in the community, we are seeing the benefits of our preparation and collaboration.

We count among our many talented employees some with the best experts in emergency planning, clinical and non-clinical care and operations.

You are ALL MY HEROS. You are not only supporting the needs of our patients and each other, but you are also providing guidance and assistance to our community.

This pandemic is precipitating a set of events unprecedented in our lifetime. I see how hard everyone is working together for our patients and so many others across the community and beyond.

Our Emergency Preparedness Team and all Departments are meeting every week. We are sharing best practices, developing policies and procedures and continuing to develop additional emergency plans to address staffing issues, space, supplies, testing and other logistical considerations for managing the potential surge of patients.

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EVALYN ORMOND, CEO

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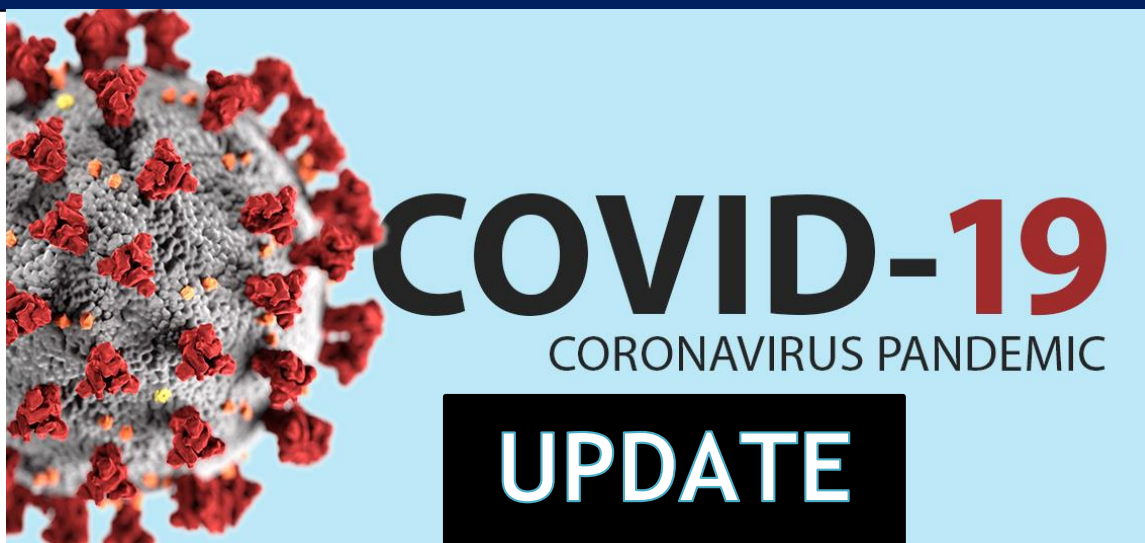


The Pulse is also available on the Union General Hospital website www.uniongen.org and is published quarterly for staff and friends. News and other information may be submitted to Claudia Wade cwade@uniongen.org. Your comments and recommendations for improvement of this publication are welcomed.

The ways in which you have come together confirms that when we combine our resources and talents, we can have the greatest impact for patients and the community we serve.

With deep appreciation,

Evalyn Ormond, CEO



Gov. Edwards Issues Order Keeping Louisiana in Phase Two, Encourages Louisianans to Mask Up

June 25, 2020

Gov. John Bel Edwards formally extended Phase Two of reopening in Louisiana for another 28 days, as new COVID-19 cases and hospitalizations increase across the state. The new order leaves in place occupancy and other restrictions of the previous Phase Two order and adds a crowd size limit of 250 to indoor gatherings.

“We have watched with concern as cases continue to rise in Louisiana, which is why we are pausing the state in Phase Two for now. Data from the last three days makes it crystal clear that Louisiana is not ready to move to Phase Three just yet,” Gov. Edwards said. “Our plan is to watch the daily trends and then to do another deep dive into the data in 14 days to determine if things are improving or getting worse, so we can make a plan for our future. None of us wants to go back to a time of greater

restrictions, which is why it is incredibly important that all Louisianans take the necessary mitigation measures to slow the spread of COVID-19 in the state, including wearing cloth masks or face coverings when they are in public, staying home if you are sick or experiencing symptoms, keeping six feet of social distance and washing their hands frequently.”

“Some in Louisiana may be done with COVID, but I promise you that COVID is not yet done with Louisiana,” Gov. Edwards said. “I especially want to call on the young people of our state, those ages 18 to 29, to take this illness seriously. This is the age group with the largest numbers of new cases and while you may think you are invincible; you are not. Moreover, you should make sure you don’t spread the illness to others, especially those most vulnerable to it.”

FOR MORE INFORMATION:

- Business and faith leaders can visit [OpenSafely.la.gov](https://www.opensafely.la.gov) to receive guidance and updates from the State Fire Marshal’s Office and the Louisiana Department of Health. Businesses that require approval of reopening plans will be notified by the State Fire Marshal’s Office or the Louisiana Department of Health.
- For a guide listing businesses that can be open at any given time, visit gov.louisiana.gov/page/can-this-business-open.
- Members of the public can continue to get information from the Governor’s Office by visiting [Coronavirus.la.gov](https://coronavirus.la.gov) and by texting LAGOV to 67283.
- Members of the public can continue to get information from the Department of Health by visiting ldh.la.gov/coronavirus.
- People with general questions about COVID-19 in Louisiana can call 211.

About Covid-19

Coronaviruses are a large family of viruses, some causing illness in people and others that circulate among animals, including camels, cats and bats. Rarely, animal coronaviruses can evolve and infect people and then spread between people such as has been seen with recent outbreaks of MERS and SARS.

Visit <http://www.coronavirus.gov> to learn more.

Symptoms

For confirmed infections, reported illnesses have ranged from infected people with little to no symptoms (similar to the common cold) to people being severely ill and dying. Symptoms can include:

- Cough
 - Shortness of breath or difficulty breathing
- Or at least two of these symptoms:

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 after exposure.

There is no specific antiviral treatment recommended for COVID-19 infection. People infected with COVID-19 should receive supportive care to help relieve symptoms.

A person is considered recovered when it has been at least seven days after the onset of illness, AND at least three day after resolution of fever (without the use of fever-reducing medications) AND resolution or improvement in respiratory symptoms.

How does novel coronavirus spread?

Coronavirus spreads from an infected person to others through:

- Respiratory droplets produced when coughing and sneezing
- Close personal contact
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.

Questions about Coronavirus?

If you have questions about coronavirus, please contact the Louisiana 211 Network by dialing dial 211. Or, you can text the keyword LACOVID to 898-211 for the most current information about the outbreak as it becomes available.

Stressed about COVID-19? We're here to talk.

If you are feeling overwhelmed with stress, fear and anxiety about the uncertainty surrounding this public health emergency, there is a special Keep Calm through COVID Hotline you can call. This connects you to trained, compassionate counselors who can offer support and who can direct you to mental health and substance abuse counseling services.

Call 1-866-310-7977 24/7

Trained counselors available 24/7. All calls are confidential.



UNION GENERAL HOSPITAL HEROES

Want to nominate a healthcare hero- someone who has gone above and beyond their own job? Send nominations to Julie Duty,

jduty@uniongen.org

OUR HEROES!

Jessie McLelland, RN - Clinical- *“Jessie: She goes above and beyond for our patients all the time, but during this pandemic her heart has been 100% in it and you can tell how much she cares!”*

Julie Duty - Non -clinical- *Julie: “She has worked on more reports and reporting of items during this pandemic and she puts all her efforts into them. She has also coordinated different ideas to keep morale up, and she has helped to make homemade items we can’t get!”*

“So many- I’ve seen so many steps out of their comfort zones”

“Jessie McLelland, RN. *I have personally seen her go above and beyond from working in the ED/on the nursing floor odd shifts to going to pick up a patient’s vehicle for them. And went to the store to pick up carmax for a patient.”*

“Jessie McLelland- *for going the extra mile during this Covid pandemic. All nurses to me are my caregiver heroes during this time. They all should be recognized!”*

“Julie Duty- Julie takes care of everyone and takes things on that she doesn’t have to. Thank you, Julie. Also, Dianne Davidson is my boss but she is my hero - also because she treats me like a friend”

“Hats off to the Nursing Staff!”

“There is no way I could name just one. Everyone has stepped up in a very big way the last few months. The housekeepers have been awesome during this pandemic! Fearless team players, life savers.... I could go on !!!!”

“Lynette Wade, RN- Great person who gives her all”

“Theresa Moon, RN- Endless hours and always compassionate and cares for her patients and all workers”

“Theresa Moon, RN- spending a lot of time coordinating our defenses from this virus!”

“Claudia Wade- working to diligently to find grant money to help us in these pandemic times. And then when at home she bakes these delicious and creative treats for all!”

“There is no way I could name just one. Everyone has stepped up in a very big way the last few months. The housekeepers have been awesome during this pandemic! Fearless team players, life savers.... I could go on !!!!”

“Lynette Wade- Great person who gives her all”

WEAR A MASK



Stop The Spread
PREVENT CORONAVIRUS

WWW.UNIONGEN.ORG

Evalyn providing breakfast on Tuesdays to show her appreciation for all the hard work that UGH's employees have been doing!

In the Cafeteria 7am - 9am

**IN THE PICTURE: BRITTANY SMITH, DIETARY DIRECTOR
THANK YOU BRITTANY!**



Everyday Mercies: 7 Ways to Build Resilience during COVID-19 –

Valerie Ling, Clinical Psychologist

COVID-19 has many of us wondering what the future will look like.

Will we be able to hang onto our jobs and businesses?

Will our relationships survive?

Will our loved ones be okay?

Adversity means an opportunity to grow. At the heart of growth is the ability to be resilient. Resilience is all about the ability to cope and bounce back. How can we develop resilience, in these times?

Adversity means an opportunity to grow.

Invest deeply in God's identity when ours feels like it is falling apart. It may feel like we are losing parts of who we are, what we do and who we love. One thing that we can rest on is the unfailing character of God. His steadfast love never ceases. Embrace the opportunities you have to soak in his Word that points to his unchanging nature. Take time to recall the message of the Bible – that our hope is not based on things seen, but on the unseen ([2 Corinthians 4:18](#)). That we are eternity bound. That not one of our hairs goes uncounted ([Luke 12:7](#)). That not one tear goes unseen ([Psalm 56:8](#)). He is the God of your today and your tomorrow. His mercies are new every day. And some of those mercies are in the form of healthy psychological habits. In God's goodness, he has given us many practical ways to protect our mental health and build resilience.

1. Manage Isolation

It is not natural for us to be away from people. Interaction with others outside your home is no longer an option. This is especially difficult if you live on your own—but we are all impacted. We cannot visit family. We

cannot attend celebrations. Our children long for playdates and playmates. Understanding your needs and creating new ways of connecting helps build resilience. Coffee dates over an online call. Sharing a screen and watching a movie together. Reading aloud to one another over the telephone. Even a text that says “I am thinking of you”. These are ways to meet our connection needs. If you live alone, let your friends and family know that you need them to reach out. It’s difficult if you are always the one making contact. Surround yourself with opportunities and outlets for caring – the garden, pets, writing letters and cards.

2. Quieten Anxiety

At the core of anxiety is the fear of uncertainty. When we don’t know what the future holds, we look to fill in the blanks, trying to predict the future and seeking reassurance that we will be alright. Uncertainty, however, is the norm. Certainty is the myth. Even before COVID-19, we were never in control. Focus on the things you have influence over, instead of focusing on certainty. Cooking a meal from a tried and true recipe. Working on a small home project. Learning a musical piece or a new language. This helps us to feel that we are achieving and moving in positive direction.

3. Reduce the Noise

Our emotional distress levels rise when we are surrounded by alarming news. It is like our brain is constantly bombarded by danger. The constant stream of COVID-19 news and statistics sets off fear mechanisms in our brain. Reducing our exposure to this helps us to maintain perspective that while COVID-19 is real—so are the birds that still sing, the flowers that still bloom and sun that rises and sets. Keep the balance of staying informed without being over-informed. Things are unlikely change by the minute, and so there is no need to keep yourself constantly tuned in to information sources. Schedule a designated time to check a trusted source and then let go of the need to keep checking.

4. Let Yourself Grieve

Change brings loss, and loss brings grief. We cannot underestimate how much we are grieving the loss of face-to-face time with our church communities—a source of spiritual encouragement. We are human beings—made for touch. Our spirits soar when we hear each other sing, our pain is soothed by a kind hug or a room filled with prayer. Take time

to reflect on this. Journaling, talking about it with others will help you to acknowledge, observe and articulate the grief.

5. Don't Forget to Move

Exercise and movement are important to our mental wellbeing. Exercise provides us with vital neurochemistry that helps our mood regulation. Take breaks during your day to move. When we are working from home there is very little movement that is required. YouTube videos provide an amazing array of exercise videos. Going for a walk provides a good dose of sunlight.

6. Rest Well

This sounds strange to say. We have more time on our hands . . . don't we? Constant change and adjustment is exhausting. Parenting and working in the same space. Feeling sad for our friends and family. These are all taxing on our resources. Sleep is God's wonderful way of helping us to process our day, regenerate our bodies and mind—waking refreshed for the challenges of a new day. Protect your sleep by taking measures to wind down and relax before bed, take joy in making your bed comfortable and reduce caffeinated drinks (it's so much easier to get to the kettle and machine at home!).

7. Recover Milestones and Celebrations

Our natural rhythms are being disrupted. School holidays are like any other day, without the punctuation of carefree beach time, playdates or sleepovers. Birthdays, anniversaries, and celebrations all blur into a normal week. Milestone events like weddings, graduations, and the like – have all come to a halt. It is important to meet the fundamental needs these events serve. Grieve what it would have been. And, attend the events in new ways. We may have to do them online, or simply with our household. Or, perhaps we look forward with excitement to a time when we can gather together again.

In God's goodness, he has given us many practical ways to protect our mental health and build resilience.

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God cares for his children. He has given us tools to cope with adversity and uncertainty. Our hope is in Christ, and so we can move forward, armed with good psychological habits to keep us healthy during this difficult time.

**Don't close the book when bad
things happen in your life,
just turn the page and
begin a new chapter.**

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

OFFICER 318-368-7077

jduty@uniongen.org



CUSTOMER SERVICE-YEAR III

MARK YOUR CALENDAR

Rural Hospital of Choice Initiative™ Timetable – Year III Union General Hospital, Farmerville, LA

ET – Executive Team, ATC – Assistant Team Captain, SEC – Service Excellence Council, SEA – Service Excellence Advisors, SSC – SEA Super Coaches,
PD – Program Director, TC – OASIS Team Captain, OSC – OASIS Super Coach, BIO – By Invitation Only, AMB – Service Excellence Ambassadors,
OASIS (Organizationally Advanced Service Improvement Systems) Teams, MT – Management Team (includes all Supervisors, Managers, Directors, & Executives)



***Implementation Specialist: Michael Bayer, MBA, CSP; *VP of Process Improvement: Ron Webb, FACHE

Revised: June 18, 2020

Month/Year	Event	Attendees	Location
ENGAGE			
1.	Tuesday, August 18, 2020	Service Summit*** 8:00 - 10:00 am (Meet & Greet/Coffee 7:45 - 8:00 am) - OASIS Teams Report & DO IT Team Accomplishments	SEA, ET, MT, SEC, OASIS, PD
		1A. Year III Leadership Briefing *** 10:00 - 12:00 pm	ET, MT, SEC, OASIS, PD
		1B. Service Excellence Council Refocus and Review Year III Stress Less Service Excellence Workshop Workbook *** 12:15 - 3:00 pm (Working lunch)	SEC, PD
		1C. Service Excellence Advisor Orientation*** 3:30 - 5:00 pm (Meet & Greet 3:15 - 3:30 pm)	SEA, SSC, PD
	Wednesday, August 19, 2020	1D. Service Empowerment Leadership Course for New Managers*** 8:00 - 12:00 pm (Meet & Greet/Coffee 7:45 - 8:00 am) 1E. Service Excellence Ambassador Course*** 1:00 - 5:00 pm (Meet & Greet 12:45 - 1:00 pm)	New Managers, PD AMB, ASC, PD
EMPOWER			
2.	Tues. & Wed., Sept. 22 & 23, 2020	2A. Service Excellence Advisor (Train-the-Trainer) Course *** Day 1, 8:00 - 5:00 pm (Meet & Greet/Coffee Daily 7:45 - 8:00 am) Day 1, AMB to attend 8:00 am-12:00 pm only Day 2, 8:00 - 4:00 pm (8:00 - 9:00 am Q&A with Executive Team) Day 2, 4:30 - 6:00 pm Graduation Celebration	SEA, SSC, AMB, ASC, PD SEA, SEC, SSC, ET, MT, AMB, ASC, PD, BIO
	Thursday, October 1, 2020	Materials Organization Meeting (Facilitated by Program Director) 9:00 - 12:00 pm (Meet & Greet 8:45 - 9:00 am)	SEA, AMB, SSC, ASC, PD
3.	Wednesday, October 21, 2020	3A. Thriving on Multiple Priorities *** (and final pre-roll out preparation 8:00 - 12:00 pm (Meet & Greet/Coffee 7:45 - 8:00 am) 3B. Workshop Pilot – SEA Teams *** 1:00 - 5:00 pm (Meet & Greet 12:45 - 1:00 pm)	SEA, SSC, SEC, ET, MT, AMB, ASC, PD SEA, SSC, AMB, ASC, PD
	Thursday, October 22, 2020	3C. Hardwiring Leadership for Sustained Improvement*** 8:00 - 12:00 pm (Meet & Greet/Coffee 7:45 - 8:00 am) 3D. OASIS Team Launch*** 1:00 - 5:00 pm (Meet & Greet 12:45 - 1:00 pm)	SEC, ET, MT, PD OASIS, OSC, PD, SEC
	November/December 2020	Year III Stress Less Service Excellence Workshops Roll out to everyone. Each workshop is 3 hours in length. Based on 15-30 employees per workshop.	Anyone with a Badge
	TRANSFORM		
4.	Thursday, January 14, 2021	4A. Mid-Year Summit Report*** 9:00 - 11:00 am (OASIS Updates, DO IT Updates, SEA & Ambassador Celebration!) 4B. SEC Meeting to Review SEI Hardwiring Dashboard*** 11:30 - 12:30 pm 4C. DO IT Facilitator's Course*** 1:00 - 5:00 pm (Meet & Greet 12:45 - 1:00 pm)	AT, MT, SEA, SSC, AMB, ASC, PD, BIO SEC, PD SEA, AT, MT, SEC, PD
	Feb. 8-10, 2021	HealthCare Service Excellence Conference (21 st Annual)	BIO La Jolla, CA
	Thursday, March 11, 2021	OASIS Hardwiring Support*** (via Zoom) (Schedule TBD) DO IT Team Support*** (via Zoom) (Schedule TBD)	OASIS, TC, ATC, PD SEA, SSC, ASC, ET, MT, SEC, PD
	Monday, April 12, 2021	Transform Series All-Staff Education*** (via Zoom) (4 Sessions Available – Staff Attend One Session Only – Schedule TBD)	Anyone Wearing a Badge
	Tuesday, May 25, 2021	5. Year III Accountability Audit* (via Zoom) 8:00 - 4:00 pm (Meet & Greet/Coffee 7:45 - 8:00 am) - Separate Sessions w/ SEAs, AMBs, OASIS, SEC & Executive Team	Auditor, SEA, TC, ATC, SEC, ET, MT, & PD
6.	Tuesday, July 20, 2021	6. Year III Service Summit (Facilitated by Program Director) 8:00 - 10:00 am Year IV Program Start (If applicable)	SEA, ET, MT, SEC, AMB, PD

Internally Scheduled Items:

- ☐ OASIS Synergy Meeting, ☐ DO IT Meetings, ☐ CEO Service Accountability Roundtables, ☐ SEA/AMB Synergy Meetings,
- ☐ Service Excellence Council Meetings, ☐ Semi-Annual Leadership Empowerment Survey, ☐ Board Accountability Briefing, ☐ Service Huddles
- ☐ Internal Services Scorecard

News and Updates



Amy Howard
Kaitlin Wade
Heather Brantley
Ashley Silmon

Nursing LPN
Admission Clerk ER
Nursing CNA
RHC Billing Clerk



Brittany White
Radiologist Technologist

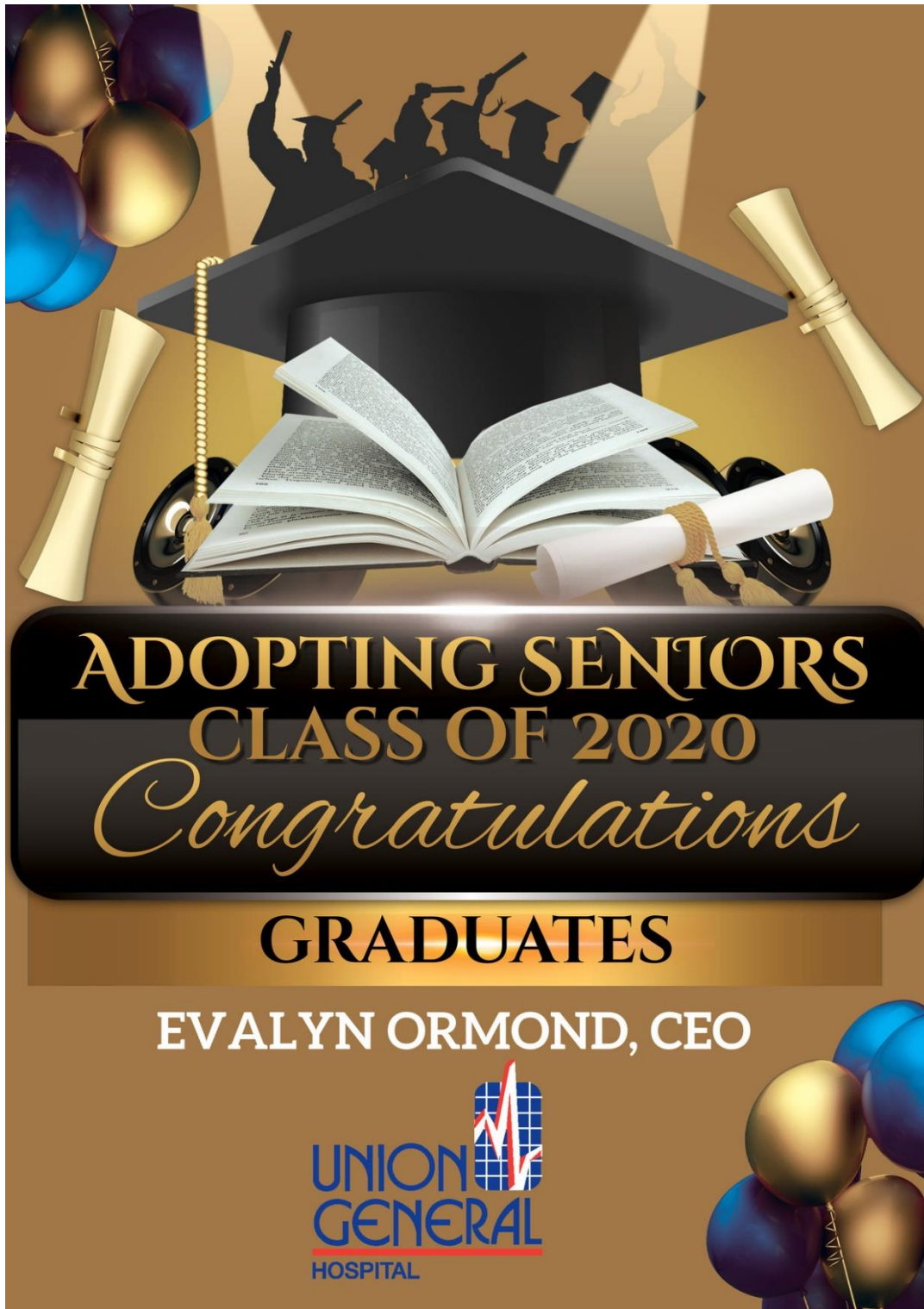




Carelearning will be reset in August. Sheri Taylor will be notifying employees when reset and who will have to complete courses again. This is the annual reset of courses.

Never sacrifice your
class to get even with
someone who has
none. Let them have
the gutter. You take
the high road.

www.WisdomLifeQuotes.com



Union General Hospital delivered 211 gifts
to Graduating Seniors in Union Parish



"Providing Quality Service With Compassionate Care"

Dear 2020 Graduating Seniors,

As we live in these troubling times, our spirits cannot be broken. A worldwide pandemic has made us cancel all our personal gatherings, our celebrations of graduating ceremonies, and keeping us away from our communities and friends. Despite the challenges that we are all facing, we want you to know that our support to each of you is more important than ever. I trust that you will continue to look at each day as a learning experience and to always remember the most important ingredient for achieving true success in integrity.

My blessings go with you as you face a new career and new challenges. You can obtain anything you want in life with family values, a good education, and with God always in your heart and soul.

Many blessings,



Evalyn Ormond, CEO

CONGRATULATIONS
UGH HIGH SCHOOL GRADUATES
Kali Smith – Sterlington High School
Parent: Sandy Smith, Purchasing Director



Callie Williams

Parent: Mike Williams, IT Director




CLASS OF 2020
GRADUATE
SPOTLIGHT

IN HIGH SCHOOL
4 YEARS AT OCS
VALEDICTORIAN
VARSITY CHEER, 4 YRS,
CAPTAIN
HOMECOMING COURT,
3 YRS
NHS, 2 YRS, SECRETARY
STUDENT COUNCIL, 3 YRS

AFTER HIGH SCHOOL
UNIVERSITY OF
LOUISIANA AT MONROE

MAJOR
RADIOLOGIC
TECHNOLOGY



CALLIE WILLIAMS

"BE ON YOUR GUARD; STAND FIRM IN THE FAITH; BE COURAGEOUS; BE STRONG. DO EVERYTHING IN LOVE." 1 CORINTHIANS 16:13-14

Jamari Morris – El Dorado High School

Parent: Yolanda Phillips, Lab Director



Devin Jung – Cedar Creek High School

Parents: Darra Jung, Director of Nurses and
Billy Jung, Safety Director

Devin
JUNG

Senior
Spotlight

Class of
2020

- AHEC DAY WITH THE DOCTORS PARTICIPANT
- FFA VICE-PRESIDENT, SPANISH CLUB, AND CHESS CLUB
- FALL FESTIVAL AND FARMERVILLE FIRE DEPARTMENT VOLUNTEER
- OPERATION CHRISTMAS CHILD AND DART ANGEL TREE VOLUNTEER
- ENJOYS FISHING, HUNTING, BASEBALL, VIDEO GAMES, AND PING PONG
- VARSITY BASEBALL, NATIONAL HONOR SOCIETY, AND PING PONG CLUB
- PLANS TO ATTEND LOUISIANA TECH UNIVERSITY AND MAJOR IN BIOLOGY

CEDAR CREEK
SCHOOL

COLLEGE GRADUATE

DYLAN JUNG – Bachelor's of Fine Arts Degree

UNIVERSITY OF LOUISIANA MONROE

Parents: Darra Jung, Director of Nurses and
Billy Jung, Safety Director



OUR ATHLETE - MADDIE TAYLOR

EVALYN ORMOND, CEO

GRANDDAUGHTER

MARUCCI PATRIOTS 2020



Maddie makes great grades in her studies at the Middle school, she is now a teenager in High School. Maddie LOVES her softball and other sports. She is a member of a Baton Rouge travel softball team. Her games are mainly away from home and she plays against some very competitive teams. Proud of Maddie





JANICE AND MIKE WYATT





Grandson of Sheri Taylor, HR Director



GRANTS Q3 2020

Union General Hospital is very grateful for the support received from the following organizations:

Louisiana Department of Health and Hospitals	\$84,317
Living Well Foundation	\$15,000
LHA Workplace Safety Fund	\$3,287
LHA Funds for Safety	\$15,000
LHA Research and Education	\$4,832
LWCC Foundation	\$20,000

Thank You



SILVER WINNER

Presented To:

Union General Hospital

Winning Entry:

Branding Strategy

Group:

Hospital under 75 beds

Category:

Brochure Advertising - Series

2020 COMPETITION

Aster Awards

HONORING EXCELLENCE IN HEALTHCARE ADVERTISING





Aster Awards

HONORING EXCELLENCE IN HEALTHCARE ADVERTISING

The Aster Awards, one of the largest and most respected national competitions of its kind, is hosted by Creative Images, Inc. This elite program has recognized outstanding healthcare professionals for excellence in their advertising/marketing efforts for over 19 years.

The 2020 Aster Awards received entries from across the entire United States. All entries are reviewed by a panel of industry experts and are scored on multiple criteria with a possibility of 100 percent. Participant's entries compete against similar-sized organizations in their specific groups and categories.

Awards were issued for entries that received top marks from judges placing them in the top 16% of the nation for advertising excellence. Judging criteria included creativity, layout and design, functionality, message effectiveness, production quality and overall appeal and execution.

"The quality and creativity of the entries submitted in the 2020 Aster Awards competition exceeded all expectations for healthcare advertising. All winning entries represent the best of the best on a national level," said Melinda Lucas, Aster Awards Program Coordinator.

All winners are currently posted on the Aster Awards website:
(www.asterawards.com/winners).

The entire Aster Awards staff would like to thank all entrants for your patience and perseverance through the COVID-19 pandemic this year and the unprecedented challenges that it created. We appreciate each and every person and organization who participated in this year's competition.

Congratulations to all the winners of the 2020 Aster Awards!

Best of Show – Only 1 issued in 2020

Judges Choice – Score of 100% (only 6 issued in 2020 – top 1%)

Gold Awards – Score of 95 to 99 (top 5% in the nation)

Silver Awards – Score of 90 to 94 (top 12% in the nation)

Bronze Awards – Score of 85 to 89 (top 16% in the nation)

Adolescent Health Programs

It's a Girl Thing Making Proud Choices

2020 Scholarship Recipient



Congratulations to Taylor Lee for being selected as a recipient of this year's It's a Girl Thing, Making Proud Choices scholarship. Taylor is a 2020 graduate of Union Parish High School and the daughter of Lakeisha Lee and Jonte Lee from Marion. Under the Program, (1) \$1,000 scholarship is awarded to (1) senior girl attending high school in Union Parish. Applicants must have a minimum GPA of 3.0 and plan to attend a 2 or 4-year College or technical school pursuing a career in the medical field. Taylor will be attending Louisiana Tech pursuing a degree in nursing. For more information about the scholarship visit www.uniongen.org



IT'S A GIRL THING TESTIMONIALS



Taylor Lee - 2020 Scholarship Recipient

My name is Taylor Lee. I am a senior at Union Parish High School. I have been a member of It's a Girl Thing, Making Proud Choices for a little over two years now. And in those two years I have learned a lot of things from being in this progra. The teachers taught us the importance of having safe sex. We were taught the different types of STD's that can be contracted if you have unprotected sex and the outcomes. I did not like how my body looked and used to compare myself

to others. The program taught me to love myself and understand the changes my body goes through over time. I once was a very shy person and did not like to speak in public. During my time in this program my social skills have improved.

Not only has the program enhanced my overall well-being, it has also assisted me in the preparation for my next journey in life, college. As I get ready to go to college I can utilize the knowledge and speaking skills learned to assist me in my studies. In addition, the information I received in regard to sex education has given me a better understanding of the human body.

Last, I would like to add that the leaders of this program are friendly and understanding. If you need a shoulder to lean on there are always there to listen and assist in anyway they can. Thank you!



**"Believe in yourself and
you can do
unbelievable things."**

-Unknown

girl



Jocelyn Alvarez

It's A Girl Thing is a program that aims to educate young girls on how they should take care of their body and their mind, while creating a fun and safe environment. Ever since I began attending the meetings, I have learned so many things that I never thought I would need to know. The information that I have learned has taught me to not only to take care of myself, but to take care of others as well.

Educating young girls on how to care for themselves in many ways is important. I have learned that we as girls should take care of our bodies. There was so much I didn't know when it came to proper precautions for taking care of my body. This program taught me what to do and what not to do when it comes to personal hygiene for girls. There are so many products that are advertised towards personal hygiene, but they are not all safe for the body because it can cause health issues, and some products are meant for women, not young girls. This type of information has taught me to not believe everything that might be supposedly good for you, it's always important to do research, or to ask a medical professional.

Not everyone might feel comfortable talking about such personal topics, such as personal hygiene, or even their menstrual cycle. Some girls might not feel too confident talking about this with their parents, especially if they might only have a dad, which of course could be an uncomfortable discussion to have. This program is extremely helpful because it shows girls that they can learn and ask questions without feeling shame or embarrassment because the program teaches what every female will eventually go through in life. Trust and confidence are important factors in the It's a Girl Thing program. In the beginning, when I went to the program, I was shy and I didn't speak much, the instructors made me (and everyone) feel completely comfortable when asking questions. They always assured us that whatever was said in the meeting, was going to stay in the room.

As we learned about health issues and how to prevent them, we also



learned how to take care of ourselves mentally and emotionally. No one ever knows what someone else might be dealing with, so we were taught that if we, or someone we knew, was going through something, we could always ask for help. When someone is feeling depressed, or insecure, it drains them mentally causing other problems in their lives as well. The instructors assured us that if we ever needed help, to speak up because there is no shame in seeking help. They know that not everyone might feel comfortable talking about something private to a family member, so our program mentors always offered to help in any way possible. Mental health is just as

important as physical health. This program not only taught me to ask for help but to help others as well.

Overall, It's A Girl Thing has taught me so much since I started attending the meetings that I probably wouldn't have learned otherwise. The instructors made us feel like a family, which helped me and others feel comfortable attending. Plus the program didn't feel like a "meeting" it simply felt like "girl talk". The continuation of It's a Girl Thing would be great because the program empowers young girls by teaching them how to take care of their body and mind, while having a great time.





JAILE GRIFFIN


Organizations like It's a Girl Thing, Making Proud Chices are the reason teenage girls like myself are knowledgeable on the topi of sex, consent and peer pressure. This program shaped me into the young lady I am today by just being the perfet go-to. While being a part of it I was able to learn about the small things young girls should know such as changes in a woman's body, love and relationships. This organization has allowed me to have a voice and be a voice for girls my age. It has also given me the opportunity to meet teenagers in my community that go through similar

situations. One thing I will always carry with me from this group is that even though we are taught to practice abstinence and not to fall victime to peer pressure we are still human and things still happen. The atmosphere was just good for the girls going through trials, it was a judgement free zone. I think that all communitites could benefit from programs like It's a Girl Thing I can walk into the real world and womanhood prepared. I greatly appreciate the ladies who took the time out of their lives to give the girls of my community an outlet, without the ladies who make It's a Girl Thing Possible I can't imagine what hardships I would have faced. Thank you!





Jaile Griffin



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2020 IT'S A GIRL THING COLLEGE GRADUATES



ALIZIA BARNES

Alizia Barnes is a Spring 2020 graduate of Louisiana Tech University. She received her Bachelor of Science degree in Biology with a concentration in Applied Biology and a minor in Secondary Education. Alizia is affiliated with the Beta Beta Beta Biological Honor Society (TriBeta), the Association for the Sciences of Limnology and Oceanography (ASLO), the National Society of Black Engineers (NSBE), the National Science Teachers Association (NSTA), and the National Society of Leadership and Success (NSLS). Alizia finished with a cumulative GPA of 3.5.

Alizia plans on pursuing her career as an entrepreneurial environmental researcher. Alizia also serves as the Youth Department Secretary of Friendship Baptist Church. Alizia is the daughter of Renee Barnes, Ward Clerk. Congratulations Alizia, we are very proud of you!



NAOMI HILL

2020 LOUISIANA TECH WINTER GRADUATE

IT'S FINALLY OVER!!!! 🎓 🖊️

I remember those days when people would tell my parents that I would get pregnant again and not finish school. I remember when a high school teacher and my CNA instructor told me that I needed to start off as an LPN because I wasn't

smart enough to start off as an RN due to the fact that I had a 19 on my ACT. BUT GOD! Got into nursing school on the 1st try.

No one told me how hard nursing school would be or how I wouldn't have a social life.

Nursing school is exhaustion. Nursing school is drinking so much coffee that you lose track. Nursing school is being so stressed that you just eat and get super fat like me 😩. Nursing school is having 3 tests and an essay jam packed in one week that it makes you go insane. Not only that, it's so hard for JOBS to work around your nursing school schedule so I could never keep a job. I even worked night shifts at a prison and was making \$\$\$ but I had to quit due to my grades. So here I was, 21, no job, 3 year old, rent bill, daycare bill, groceries. Special thanks to my close friends and parents ❤️

Some days I couldn't see Asher until late night when he's sleeping because either I was up all night studying or had 12 hr. clinicals which was an hour away from my apartment. I cried ALOT, almost every day! I felt terrible only being able to feed Asher noodles because I didn't have any money to buy groceries or either I didn't have time to cook so I had to order pizzas. The struggle was real but I must say it was all **WORTH** it. I'm so happy it's OVER. God knew what he had planned for me and he knew I could handle it! This journey has changed me into a strong, humble, vibrant woman!

Let me introduce you to Naomi Hill, RN 💉

Thank you to all my family and friends who supported me and Asher through this journey 🙏 I couldn't have done it without you all.

Jeremiah 29:11 "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." 🎓



Rackenzie Johnikin

B.A. Mass Communication
Graduated Magna Cum Lauda from
Grambling State University with an
overall GPA of 3.85

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September

Sexual Health Awareness Month

Teens and sex: Protecting your teen's sexual health

Teens and sex can be a risky combination. Find out how to talk to your teen about abstinence and contraception.

[By Mayo Clinic Staff](#)

Few parents want to face the idea that their teens are having sex — but research shows that many teens are sexually active by high school, potentially putting themselves at risk of pregnancy and sexually transmitted infections (STIs). When it comes to teens and sex, the key is discussing the importance of contraception before sexual activity begins.

Talk about safe sex with your teen even if he or she identifies as gay. He or she may still engage in heterosexual activities, and is at risk of STIs regardless of the partner with whom he or she engages in sexual activity.

Promoting abstinence

When broaching the topic of teens and sex, it's never too late to talk about abstinence. Whether you feel strongly that sex before marriage is wrong or you simply want your teen to postpone sex until he or she is more mature, explain your feelings to your teen. If you share the reasons behind your beliefs, your teen may be more likely to understand and adopt your values.

Also ask your teen to think about his or her own values and hopes for the future — and consider how sex might affect them. Explain that:

- Teens and sex can be a risky combination
- There are many nonsexual ways he or she can show feelings for someone
- The only sure way to prevent teen pregnancy and STIs, such as chlamydia, gonorrhea, human papillomavirus (HPV), herpes and HIV, is to abstain from sex — oral, vaginal and anal

Discussing birth control options

Understanding birth control methods is an important life skill for everyone. Whether your teen decides to have sex or wait, make sure your teen knows how to prevent pregnancy and protect himself or herself from sexually transmitted infections.

Condoms

Stress the importance of always using condoms during sex, even if your teen is using a second form of contraception.

- Consistent and correct use of condoms is the most effective way for sexually active teens to protect themselves from sexually transmitted infections.
- Condoms help prevent pregnancy.

Prescription birth control

Various prescription contraceptives can help prevent teen pregnancy. The American College of Obstetricians and Gynecologists encourages adolescents to consider long-acting reversible contraception first — including intrauterine devices and contraceptive implants — as these options are highly effective with little thought required.

Prescription birth control options that help prevent teen pregnancy include:

- Intrauterine devices (Mirena, Skyla, Paragard)
- A contraceptive implant (Nexplanon)
- Combination birth control pills
- The contraceptive patch (Xulane)
- The vaginal ring (NuvaRing)
- The contraceptive injection (Depo-Provera)

Your teen will need to see a doctor to get a prescription for these types of contraceptives. Before scheduling the appointment, find out if she would prefer to see a female doctor.

Explain to your teen that the doctor likely will:

- Review medical history
- Go over the risks and benefits of different types of birth control

The doctor will also conduct a pelvic exam if your teen chooses an intrauterine contraception method.

Make sure your teen understands that prescription birth control isn't a replacement for condoms. Prescription birth control helps prevent pregnancy, but it doesn't offer protection from sexually transmitted infections.

Emergency birth control

Explain to your teen that it's always a good idea to make a decision about birth control before having sex. However, emergency contraception — such as the morning-after pill levonorgestrel (Plan B One-Step, Next Choice One Dose, Take Action) or ulipristal (ella) — can help prevent pregnancy if your teen doesn't plan ahead or contraception fails.

- Plan B One-Step is available over-the-counter without a prescription.
- Next Choice One Dose and Take Action, are available over-the-counter for those age 17 and older and by prescription for girls younger than age 17.
- Ella is available only with a prescription from your doctor or health care provider.

Make sure your teen understands that emergency contraception must be started as soon as possible after unprotected intercourse. The sooner the pills are taken, the more likely they are to be effective, though they may be taken up to 5 days (120 hours) after unprotected intercourse.

Natural family planning

If use of contraception goes against your values, you might consider talking to your teen about natural family planning, which involves abstaining from sex during a woman's most fertile days.

Keep this in mind:

- Natural family planning methods aren't as effective as prescription birth control and don't offer protection from sexually transmitted infections.
- Effective use of natural family planning methods requires diligence and planning — and teen sex is often unplanned.
- Teen girls commonly have irregular menstrual cycles, which can make it difficult to assess fertility signs.

Don't be afraid that talking to your teen about contraception will encourage him or her to have sex. Your teen is likely curious about sex and contraception, whether or not you bring up the topic. By being open and honest, you can help your teen make informed decisions and act more responsibly when he or she decides to have sex — whether it's now or years in the future.

If you're having trouble talking to your teen about contraception, ask your teen's doctor for help. He or she may offer advice on how to talk to your teen and accurately answer questions about contraception.

Encouraging responsible behavior

Teens may lack the maturity to properly and consistently use certain types of contraception. If your teen is thinking about using prescription birth control, make sure to explain the following to help her select a method:

- **Frequency of use and convenience.** For instance, combination birth control pills need to be taken at the same time every day, while NuvaRing is worn for three weeks at a time.
- **Tracking doctor's appointments and birth control use.** Explain the importance of keeping track of doctor's appointments and discuss how to build birth control use part of her routine — such as by taking a daily combination birth control pill at the same time your teen gets ready for bed.
- **Missed doses.** Make sure your daughter understands what to do if she misses a dose or suspects that she may be pregnant.

If your teen is considering becoming sexually active, you might also provide practical tips — such as keeping condoms in a wallet or purse. Explain to your teen that use of alcohol and other drugs may affect his or her judgment and increase the risk of contracting a sexually transmitted infection.

The bottom line

Talking about sex and contraception with your teen isn't easy. However, your guidance can help your teen make informed choices that help protect his or her sexual health.

National Suicide Prevention Week (Sept. 6–12)

TEEN Suicide Prevention

Developmentally, the years between childhood and adulthood represent a critical period of transition and significant cognitive, mental, emotional, and social change. While adolescence is a time of tremendous growth and potential, navigating new milestones in preparation for adult roles involving education, employment, relationships, and living circumstances can be difficult. These transitions can lead to various mental health challenges that can be associated with increased risk for suicide.

Suicide is the second leading cause of death among youth age 15-24.¹ Approximately one out of every 15 high school students reports attempting suicide each year.² One out of every 53 high school students reports having made a suicide attempt that was serious enough to be treated by a doctor or a nurse.³ For each suicide death among young people, there may be as many as 100 to 200 suicide attempts.⁴ For some groups of youth—including those who are involved in the child welfare and juvenile justice systems; lesbian, gay, bisexual and transgender; American Indian/Alaska Native; and military service members—the incidence of suicidal behavior is even higher.⁵

Despite how common suicidal thoughts and attempts (as well as mental health disorders which can be associated with increased risk for suicide) are among youth, there is a great deal known about prevention as well as caring for youth and communities after an attempt or death. Parents, guardians, family members, friends, teachers, school administrators, coaches and extracurricular activity leaders, mentors, service providers, and many others can play a role in preventing suicide and supporting youth.

Talking to teens

Suicide prevention (American Psychological Association)

Suicide is a difficult topic, but it's too important to ignore. Suicide is the second leading cause of death for young people ages 15 to 24. Despite a common belief that only teens and adults die by suicide, younger children can also be at risk.

Depression and suicide often coincide. Yet not everyone who is depressed attempts suicide — and not everyone who attempts suicide is depressed. If you're a parent, a teacher, or anyone who spends time with children and teens, it's important to learn the warning signs. These tools can help you prevent youth suicide.

Risk Factors

Several factors increase the risk of suicidal thoughts or behaviors, including:

- Mental health disorders such as depression, anxiety and other mood disorders

- Alcohol and substance use
- Impulsive behaviors
- History of trauma or abuse
- Family history of suicide
- Previous suicide attempt(s)

Warning Signs

Not everyone exhibits the same signs that they're thinking about suicide, but these warning signs are cause for concern:

- Physical changes in appearance or hygiene
- Increase in alcohol or drug use
- Sudden drop in grades
- Social withdrawal
- Talking about suicide or preoccupation with death
- Risky or reckless behaviors (such as reckless driving or unsafe sex)
- Self-harm behaviors such as cutting
- Talking about feeling hopeless or having nothing to live for
- Researching suicide methods and/or acquiring weapons

If you have any concerns about a young person's mental health, take action.

These steps can help:

Express your concern. It's a myth that if you mention suicide, you might plant the idea. By honestly and openly expressing your concerns, you'll send an important message that you care and understand.

Really listen. Parents can be tempted to shut down an upsetting conversation by saying, "I don't want to hear those things," or "I had a hard time as a teen, but I got over it." Instead, say, "Tell me more about how you're feeling." Then listen.

Maintain connection. You might want to safeguard a child or teen by keeping him home in a protective cocoon, but isolation can increase the risk of suicidal behaviors. Help a struggling child maintain connections with friends and loved ones. As a parent, spend extra time with your child. Even watching TV or playing video games together sends a signal that you're there.

Be compassionate. Express your love for the child or teen. Tell her you hear her pain, that it can get better, that you will make sure she gets help and will support her every step of the way.

Trust your judgment. If a young person denies that he is having suicidal thoughts, but you doubt his honesty, trust your intuition. Take further steps to ensure his or her safety.

Prioritize safety. Remove weapons from the house, make sure the child or teen is not left alone and consult a mental health professional right away.

Where to Find Help

In an emergency, call 911 or take the child to a hospital or crisis center for evaluation. If your concerns are less urgent, seek help as soon as possible from a mental health professional. The child's school psychologist might be able to share resources in your community.

Ideally, seek out a mental health professional with specialized training in treating children or adolescents.

Resources

- [National Suicide Prevention Lifeline](#)
1-800-273-TALK (8255)
- [American Foundation for Suicide Prevention](#)
- [American Association of Suicidology: Directory of Support Groups](#)
- [Society for the Prevention of Teen Suicide](#)

The American Psychological Association gratefully acknowledges psychologists Mary Alvord, PhD, Nadine Kaslow, PhD, Shane Owens, PhD, and Robin Gurwitch, PhD, for their help with this fact sheet.

TAKE A STAND AND LEND A HAND



**Anti-Bullying and Suicide Prevention
Program in partnership with Union Parish
School District and Crime Stoppers of Union
Parish**

BULLYING

WHAT IS BULLYING?

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

WHO GETS BULLIED?

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

WHERE DOES BULLYING HAPPEN?

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

WHY DO PEOPLE BULLY?

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

WHEN DO PEOPLE BULLY?

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

HOW DO PEOPLE BULLY?

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

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**TEEN
DRUG/TOBACCO/ALCOHOL PREVENTION
PROGRAM IN PARTNERSHIP WITH THE
SCHOOL DISTRICT AND CRIME STOPPERS**



**World Heart Day
(Sept. 29)**

**Heart-healthy diet: 8 steps to prevent
heart disease**

Ready to start your heart-healthy diet? Here are eight tips to get you started.

[By Mayo Clinic Staff](#)

Although you might know that eating certain foods can increase your heart disease risk, it's often tough to change your eating habits. Whether you have years of unhealthy eating under your belt or you simply want to fine-tune your diet, here are eight heart-healthy diet tips. Once you know which foods to eat more of and which foods to limit, you'll be on your way toward a heart-healthy diet.

1. Control your portion size

How much you eat is just as important as what you eat. Overloading your plate, taking seconds and eating until you feel stuffed can lead to eating more calories than you should. Portions served in restaurants are often more than anyone needs.

Use a small plate or bowl to help control your portions. Eat larger portions of low-calorie, nutrient-rich foods, such as fruits and vegetables, and smaller portions of high-calorie, high-sodium foods, such as refined, processed or fast foods. This strategy can shape up your diet as well as your heart and waistline.

Keep track of the number of servings you eat. The recommended number of servings per food group may vary depending on the specific diet or guidelines you're following. A serving size is a specific amount of food, defined by common measurements such as cups, ounces or pieces. For example, one serving of pasta is about 1/3 to 1/2 cup, or about the size of a hockey puck. A serving of meat, fish or chicken is about 2 to 3 ounces, or about the size and thickness of a deck of cards. Judging serving size is a learned skill. You may need to use measuring cups and spoons or a scale until you're comfortable with your judgment.

2. Eat more vegetables and fruits

Vegetables and fruits are good sources of vitamins and minerals. Vegetables and fruits are also low in calories and rich in dietary fiber. Vegetables and fruits, like other plants or plant-based foods, contain substances that may help prevent cardiovascular disease. Eating more fruits and vegetables may help you cut back on higher calorie foods, such as meat, cheese and snack foods.

Featuring vegetables and fruits in your diet can be easy. Keep vegetables washed and cut in your refrigerator for quick snacks. Keep fruit in a bowl in your kitchen so that you'll remember to eat it. Choose recipes that have vegetables or fruits as the main ingredients, such as vegetable stir-fry or fresh fruit mixed into salads.

Fruits and vegetables to choose

- Fresh or frozen vegetables and fruits
- Low-sodium canned vegetables
- Canned fruit packed in juice or water

Fruits and vegetables to limit

- Coconut
- Vegetables with creamy sauces
- Fried or breaded vegetables
- Canned fruit packed in heavy syrup
- Frozen fruit with sugar added

3. Select whole grains

Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. You can increase the amount of whole grains in a heart-healthy diet by making simple substitutions for refined grain products. Or be adventuresome and try a new whole grain, such as whole-grain farro, quinoa or barley.

Grain products to choose	Grain products to limit or avoid
<ul style="list-style-type: none">• Whole-wheat flour• Whole-grain bread, preferably 100% whole-wheat bread or 100% whole-grain bread• High-fiber cereal with 5 g or more fiber in a serving• Whole grains such as brown rice, barley and buckwheat (kasha)• Whole-grain pasta• Oatmeal (steel-cut or regular)	<ul style="list-style-type: none">• White, refined flour• White bread• Muffins• Frozen waffles• Corn bread• Doughnuts• Biscuits• Quick breads• Cakes• Pies• Egg noodles• Buttered popcorn• High-fat snack crackers

4. Limit unhealthy fats

Limiting how much saturated and trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease. A high blood cholesterol level can lead to a buildup of plaques in your arteries, called atherosclerosis, which can increase your risk of heart attack and stroke.

The American Heart Association offers these guidelines for how much fat to include in a heart-healthy diet:

Type of fat	Recommendation
Saturated fat	No more than 5 to 6% of your total daily calories, or no more than 11 to 13g of saturated fat if you follow a 2,000-calorie-a-day diet

Trans fat

Avoid

You can reduce the amount of saturated fat in your diet by trimming fat off your meat or choosing lean meats with less than 10 percent fat. You can also add less butter, margarine and shortening when cooking and serving.

You can also use low-fat substitutions when possible for a heart-healthy diet. For example, top your baked potato with low-sodium salsa or low-fat yogurt rather than butter, or use sliced whole fruit or low-sugar fruit spread on your toast instead of margarine.

You may also want to check the food labels of some cookies, cakes, frostings, crackers and chips. Some of these — even those labeled "reduced fat" — may be made with oils containing trans fats. One clue that a food has some trans fat in it is the phrase "partially hydrogenated" in the ingredient list.

When you do use fats, choose monounsaturated fats, such as olive oil or canola oil. Polyunsaturated fats, found in certain fish, avocados, nuts and seeds, also are good choices for a heart-healthy diet. When used in place of saturated fat, monounsaturated and polyunsaturated fats may help lower your total blood cholesterol. But moderation is essential. All types of fat are high in calories.

An easy way to add healthy fat (and fiber) to your diet is ground flaxseed. Flaxseeds are small brown seeds that are high in fiber and omega-3 fatty acids. Some studies have found that flaxseeds may help lower cholesterol in some people, but more research is needed. You can grind the seeds in a coffee grinder or food processor and stir a teaspoon of them into yogurt, applesauce or hot cereal.

Fats to choose

Fats to limit

-
- | | |
|--|--|
| <ul style="list-style-type: none">• Olive oil• Canola oil• Vegetable and nut oils• Margarine, trans fat free• Cholesterol-lowering margarine, such as Benecol, Promise Activ or Smart Balance• Nuts, seeds• Avocados | <ul style="list-style-type: none">• Butter• Lard• Bacon fat• Gravy• Cream sauce• Nondairy creamers• Hydrogenated margarine and shortening• Cocoa butter, found in chocolate |
|--|--|

-
- Coconut, palm, cottonseed and palm-kernel oils

5. Choose low-fat protein sources

Lean meat, poultry and fish, low-fat dairy products, and eggs are some of your best sources of protein. But be careful to choose lower fat options, such as skim milk rather than whole milk and skinless chicken breasts rather than fried chicken patties.

Fish is another good alternative to high-fat meats. And certain types of fish are rich in omega-3 fatty acids, which can lower blood fats called triglycerides. You'll find the highest amounts of omega-3 fatty acids in cold-water fish, such as salmon, mackerel and herring. Other sources are flaxseed, walnuts, soybeans and canola oil.

Legumes — beans, peas and lentils — also are good sources of protein and contain less fat and no cholesterol, making them good substitutes for meat. Substituting plant protein for animal protein — for example, a soy or bean burger for a hamburger — will reduce your fat and cholesterol intake and increase your fiber intake.

Proteins to choose

Proteins to limit or avoid

-
- Low-fat dairy products, such as skim or low-fat (1%) milk, yogurt and cheese
 - Eggs
 - Fish, especially fatty, cold-water fish, such as salmon
 - Skinless poultry
 - Legumes
 - Soybeans and soy products, such as soy burgers and tofu
 - Lean ground meats

- Full-fat milk and other dairy products
- Organ meats, such as liver
- Fatty and marbled meats
- Spareribs
- Hot dogs and sausages
- Bacon
- Fried or breaded meats

6. Reduce the sodium in your food

Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease. Reducing sodium is an important part of a heart-healthy diet. The American Heart Association recommends that:

- Healthy adults have no more than 2,300 milligrams (mg) of sodium a day (about a teaspoon of salt)
- Most adults ideally have no more than 1,500 mg of sodium a day

Although reducing the amount of salt you add to food at the table or while cooking is a good first step, much of the salt you eat comes from canned or processed foods, such as soups, baked goods and frozen dinners. Eating fresh foods and making your own soups and stews can reduce the amount of salt you eat.

If you like the convenience of canned soups and prepared meals, look for ones with reduced sodium. Be wary of foods that claim to be lower in sodium because they are seasoned with sea salt instead of regular table salt — sea salt has the same nutritional value as regular salt.

Another way to reduce the amount of salt you eat is to choose your condiments carefully. Many condiments are available in reduced-sodium versions, and salt substitutes can add flavor to your food with less sodium.

Low-salt items to choose	High-salt items to limit or avoid
<ul style="list-style-type: none">• Herbs and spices• Salt-free seasoning blends• Reduced-salt canned soups or prepared meals• Reduced-salt versions of condiments, such as reduced-salt soy sauce and reduced-salt ketchup	<ul style="list-style-type: none">• Table salt• Canned soups and prepared foods, such as frozen dinners• Tomato juice• Condiments such as ketchup, mayonnaise and soy sauce• Restaurant meals

7. Plan ahead: Create daily menus

You know what foods to feature in your heart-healthy diet and which ones to limit. Now it's time to put your plans into action.

Create daily menus using the six strategies listed above. When selecting foods for each meal and snack, emphasize vegetables, fruits and whole grains. Choose lean protein

sources and healthy fats, and limit salty foods. Watch your portion sizes and add variety to your menu choices.

For example, if you have grilled salmon one evening, try a black-bean burger the next night. This helps ensure that you'll get all of the nutrients your body needs. Variety also makes your meals and snacks more interesting.

8. Allow yourself an occasional treat

Allow yourself an indulgence every now and then. A candy bar or handful of potato chips won't derail your heart-healthy diet. But don't let it turn into an excuse for giving up on your healthy-eating plan. If overindulgence is the exception, rather than the rule, you'll balance things out over the long term. What's important is that you eat healthy foods most of the time.

Incorporate these eight tips into your life, and you'll find that heart-healthy eating is both doable and enjoyable. With planning and a few simple substitutions, you can eat with your heart in mind.



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



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901 James Avenue
Farmerville, LA 71241
DOCTOR'S ORDER IS REQUIRED



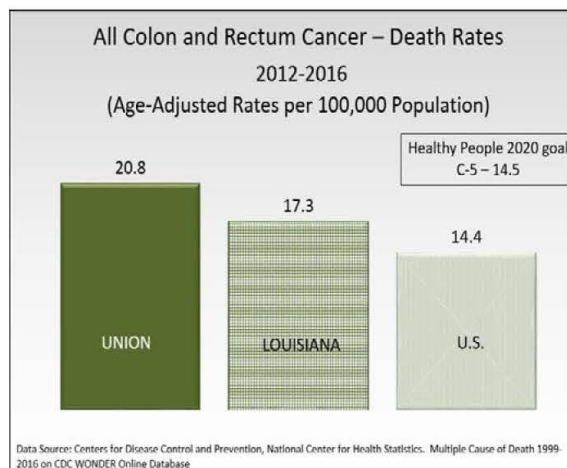
COLORECTAL CANCER SCREENING AND EDUCATION PROGRAM **FREE AT-HOME TEST**

COLORECTAL CANCER SCREENING SAVES LIVES

CALL UNION GENERAL HOSPITAL LAB OR CLAUDIA WADE FOR YOUR
FREE AT-HOME TEST

LAB: 318-368-7080

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



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

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

Screening for Colorectal Cancer It's the Right Choice

Providing Quality Service With Compassionate Care

901 James Avenue
Farmerville, LA 71241

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

www.uniongen.org
By Claudia Wade



HAPPY BIRTHDAY

JULY

<u>EMPLOYEE NAME</u>	<u>BIRTHDATE</u>
ANDREWS, EVELYN	7/09
BANKSTON, JESSICA	7/08
COLLINS, CASSANDRA	7/21
JONES, JENEQUA L.	7/28
JUNG, DYLAN	7/03
MONCRIEF, MARIA	7/10
SPENCER, JENIS	7/07

AUGUST

<u>EMPLOYEE NAME</u>	<u>BIRTHDATE</u>
ADCOCK, WILLIAM	8/27
ALLEN, ANITA	8/17
BARNES, RENEE	8/25
CAIN, ALICIA	8/02
COLVIN, MACKENZIE	8/08
HAMILTON, ANGELA	8/02
LEWIS, MAJA	8/18
LOVE, EMILY	8/17
MASON, PAM	8/22
MASON, SARA	8/31
MILLER, CALLY	8/15
NOBLES, MAUREEN	8/13
SATTERWHITE, NICOLE	8/27
TAYLOR, SHANA M	8/02
PHILLIPS, YOLANDA	8/24

SEPTEMBER

<u>EMPLOYEE NAME</u>	<u>BIRTHDATE</u>
ACREE, KIMBERLY	9/20
BINFORD, ASHTON	9/10
CASH, SUE	9/10
DUTY, JULIE	9/02
HENDERSON, BRENDA	9/23
HUNTER, PAMELA	9/14
KINNISON, ANNA	9/01
MOON, ABBIE	9/02
MURRAY, DARNESIA	9/07
NEAL, MICHELLE	9/30
PERRY, CARRIE	9/02
ROBERTS, KELLY	9/17
SANFORD, JUANITA	9/16
SNYDER, ROSANNE	9/24
STRINGFELLOW, LATONYA	9/07
TURNER, ANGELA M	9/28
WARD, SHANNON	9/28
YELTON, JENNIFER	9/16



PRAYER CORNER

Father God, we humbly pray for:
Barbara Nolan – Sandy Smith,
Purchasing Department Director's
mother having health issues.

Gregory Owens – Renee Barnes,
Ward Clerk's brother with cancer
in hospice in North Carolina.

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.*



Thank you lord for you are always in control. We trust your eternal nature to be revealed in the body of the sick, to bring peace and healing. Help us in this times to rely only on your power.



TheRightMessages.com

Things always have a way of working out. Never underestimate the power of prayer, faith, and love.

WWW.LIVELIFEHAPPY.COM

Need More Time to Heal?



Private newly renovated rooms.



Patients have access to a patio and Healing garden to comfort the body, mind and soul.



Newly renovated emergency department.



Try Union General Hospital's Skilled Nursing Short-Term Rehabilitation Program

Our short-term rehab program, often called "Swing Bed" is unique to small, rural hospitals and offers a variety of benefits:

Here you'll find:

- ✓ Nursing care with 24 hour registered nurse coverage
- ✓ 24 hour emergency department physician and staff on site to address any emergent needs
- ✓ Therapists visits by physical, occupational, speech or respiratory therapists 5-7 days a week based on your needs
- ✓ Daily visits with physician to address any change in condition or need
- ✓ Staffing with high nurse to patient ratio with average of 6 patients to 1 nurse
- ✓ On-site lab and radiology
- ✓ Registered dietician

For more information call one of the following:

Jessie McLelland, RN
Case Manager
318-368-6503

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

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

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



901 James Avenue
Farmerville, LA 71241
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www.uniongen.org



BLACK BEAN SALSA

TERRI CHRISMAN-FARMERVILLE, LA



Ingredients

1 white onion roughly chopped

1 clove garlic roughly chopped

1 or 2 jalapeño roughly chopped

10 to 20 medium size tomatoes

14.5 ounce can fire roasted diced tomatoes optional

Pinch of sugar optional, to balance the acidity of the tomatoes

1/4 teaspoon salt

1/4 teaspoon ground cumin

1/2 cup fresh cilantro leaves

Red pepper flakes and cayenne pepper depending on the amount of heat u want

Juice from 1 lime

1/2 cup cider vinegar u can use white

1 can of black beans per quart of salsa

Directions: Peel tomatoes after blanching, chop rough, put all in a pot and cook till thick, put in jars



DRY NEEDLING



LEGACY
REHABILITATION

AVAILABLE TO QUALIFYING PATIENTS

Pain relief for the patient is our first priority. Dry needling is a technique physical therapist use for the treatment of pain and movement impairments. The technique uses a "dry" needle, one without medication or injection, inserted through the skin into areas of the muscle.

NEED DOCTOR'S ORDER FOR PHYSICAL THERAPY

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



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Tobacco-Free Campus

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

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

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

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

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

How to stay safe when flying during the coronavirus pandemic

Experts say flying is safer than it was earlier in the COVID-19 pandemic because of airlines' changes, but travelers can take these precautions, too.

USA TODAY NETWORK STAFF, ILLUSTRATIONS BY VERONICA BRAVO/USA TODAY

Air travel requires spending time in security lines and at airport terminals, taking sometimes full flights and coming into close contact with other people and frequently touched surfaces. As COVID-19 cases spike in some states, people wonder: Is it safe to fly?

Joseph Khabbaza, a pulmonary and critical care physician at the Cleveland Clinic who treats coronavirus patients, told USA TODAY that flying offers more potential for exposure to the coronavirus than other forms of travel because of the configuration of planes.

"Once you're in the cabin, you don't know who's on the plane," he said. "You're in relative closer proximity to people you don't know." You may have to sit near others (closer than the 6-foot social distancing recommendation), sometimes for hours.

Still, he said, flying is safer than it was earlier in the pandemic because of the changes airlines have made. If you do choose to fly, here are some ways to mitigate the risks:

Ditch the bins at the TSA checkpoints

The Transportation Security Administration recommends travelers put personal items such as cellphones, keys, lip balm and tissues in their carry-on bags instead of in a bin to avoid cross-contamination. TSA has also implemented procedures to increase social distancing and reduce direct contact between travelers and agents, such as having passengers scan their own boarding passes.

Face masks are mostly required

Bring a face mask or face covering and wear it at the airport and on the plane. All major U.S. airlines require passengers to wear them. Some airlines, including United and American and Delta, have said they will ban passengers who refuse to wear them.

Yes, you can take off a face covering when you eat or drink. But make sure to put it back on when you're done. And don't yank it off as soon as you're off the plane.

Forget a mask? Many airlines and airports are handing them out to travelers who don't bring them and they are for sale at airport shops and, in some places, vending machines.

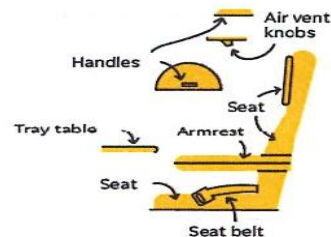
Window or aisle seat?

Sit by the window. Selecting the window seat reduces the number of people sitting around you, and you're farther from people who may be walking by in the aisle.



Bring hand sanitizer and wipes

Bring your own hand sanitizer and use it regularly. The TSA has relaxed its liquid rule for hand sanitizers and is allowing travelers to bring a hand sanitizer container as big as 12 ounces instead of the usual 3.4-ounce limit in their carry-on bag. Take antibacterial wipes, too, and wipe down your seat, tray table, armrest and other areas around you.

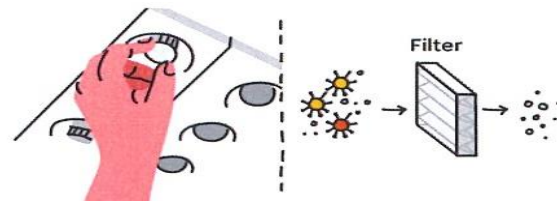


Travelers should consider how many surfaces could have the virus and make sure those are disinfected. If you have to use the bathroom on your flight, wipe down the door handle and other surfaces you may touch while inside the lavatory.

Consider connecting flights

Paloma Beamer is an associate professor of environmental health science at the University of Arizona College of Public Health and president of the International Society of Exposure Science, a field that studies how to minimize exposure to health risks in the environment.

Beamer said taking shorter flights, rather than one long one, would limit the time in the vicinity of a possibly infected person in a nearby seat, especially as airlines' commitments to blocking seats and limiting plane capacity expire. You're also less likely to need to use the bathroom on two shorter flights, which would reduce the amount of time spent in the aisle.



Open the air vent

Most airborne viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes.

And most planes have filters that remove 99.9% of particles from the air while bringing in outside air, Beamer said, noting the added turbulence from the filtered air will push the non-filtered air away.

So keep the air vents above your seat open to improve ventilation.

