



A Message From EVALYN ORMOND, CEO

What a year 2020 has become! The impact of COVID-19 pandemic and hurricane Laura a category 1 hurricane hitting this far north of the gulf, when rain and wind tore through our area causing serious, debilitating damage will be forever etched into our minds.

I wish we could rewind the clock and go back to a world before the pandemic and the hurricane or fast forward to a world with a vaccine for COVID-19. However, we have no choice but to live through these moments.

I just want to say that I am extremely proud of all my employees. **YOU ARE ALL MY HEROES!** Thank you for all you do for our hospital.

We have been able to recover from Laura but COVID continues.

Because of our precautions, we have avoided any UGH-acquired laboratory confirmed COVID-19 cases. We will remain vigilant. With widespread occurrence and hundreds of community-acquired cases reported every day, no place is free from COVID-19. We know precautions and PPEs are effective and we continue to be committed to providing you the PPE needed to take care of all our patients.

As we serve in these troubling times, we are aware this crisis will have an impact. We also have an opportunity to reflect on who we are and why we are here.

Unfortunately, we don't have the luxury of a world without COVID if we work in health care.

(Continued on page 1)

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EVALYN ORMOND, CEO

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"Providing Quality
Service with
Compassionate
Care"

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

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

We have admitted and treated COVID-19 patients to our facility and we expect more. We follow all guidelines provided by CDC and Louisiana Department of Health and Hospitals. In most cases our guidelines are more rigorous.

Union General Hospital has been in this community for many years. We have faced illness and we have faced fear and we have emerged with experience and expertise.

Remember the trust our community places in us. Remember that this is what we signed up for.

I thank each of you for your continued service and your commitment to our mission to provide quality service with compassionate care.

Kind Regards,

Evalyn Ormond, CEO

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



COMPLIANCE

OFFICER 318-368-7077

jduty@uniongen.org



CUSTOMER SERVICE

SERVICE EXCELLENCE COUNCIL

Sheri Taylor	Chair, Hospital Liason
Julie Duty	PD, Scribe, Vice Chair
Evalyn Ormond	Parliamentarian (CEO)
Connie Ginn	Department Liason
Brittany Smith	Celebrations
Maggie Voorhees	SEA Super Coach, HCAHPS & HCAHPS & Other Score Reporting
Darra Jung	Communication Board Super Coach (OASIS Team)
Dianne Davidson	Community Outreach Super Coach (OASIS Team)
Tina Dendy	Timekeeper
Emily Love	Summit Awards, Team Bragging Video
Ginger Barkley	Summit Awards, Team Bragging Video
Donna Banks	Department Liaison
Pam Mason	Department Liaison

AMBASSADORS

Theresa Moon	Nursing/Infection Control
Stephanie Colson	HR/Screening
Juandy Black	PFS
Donna Banks	Nursing
Tina Dendy	Lab
Ginger Barkley	ER

SERVICE EXCELLENCE ADVISORS = SEA

Remona Barron	Pharmacy
Janice Wyatt	Social Services
Jessica Bankston	ER
Jennifer Yelton	Rural Health Clinic
Kourtney Kimmerling	Rural Health Clinic
Jackquelyn Banks	Housekeeping
Keia Haulcy	Dietary
Claudia Wade	Administration
Betty Batterton	HIM
Derek Reid	IOP

2021-21 OASIS TEAMS

COMMUNICATION BOARD

Darra Jung Super Coach
Emily Love
Jessie McLelland
Juandy Black
Kelly Roberts
Tina Dendy

COMMUNITY OUTREACH

Dianne Davidson Super Coach
Claudia Wade
Janice Wyatt
Theresa Moon
Sheri Taylor
Ginger Barkley
Brittany Smith
Stephanie Colson



SERVICE EXCELLENCE WORKSHOPS

PRESENTED BY YOUR 2020 SEA GROUPS— CHARMING CHICKS, QUEEN BEES AND THE OVERCOMERS

****Mandatory-to attend at least 1 workshop—DUE TO SOCIAL DISTANCING WE ARE HAVING TO MAKE CLASSES SMALLER— NO MORE THAN 15/CLASS**

CHARMING CHICKS	NOV 9th	9AM– 12 NOON
CHARMING CHICKS	Nov 10th	3PM-6PM
CHARMING CHICKS	NOV 13TH	2PM-5PM
QUEEN BEES	NOV 9TH	2PM-5PM
QUEEN BEES	NOV 10TH	9AM– 12 NOON
QUEEN BEES	NOV 10TH	12-2 (LUNCH RHC ONLY)
QUEEN BEES	NOV 16TH	3PM-6PM
OVERCOMERS	DEC 8TH	9AM-12 NOON
OVERCOMERS	DEC 9TH	9AM-12 NOON
OVERCOMERS	DEC 10TH	11-2 (LUNCH THERAPY ONLY)
		3PM-6PM

CHARMING CHICKS:

JESSICA BANKSTON

JENNIFER YELTON

BETTY BATTERTON



QUEEN BEES:

CLAUDIA WADE

REMONA BARRON

SHAKEIA HAULCY



OVERCOMERS:

JANICE WYATT

KOURTNEY KIMMBERLING

DEREK REID

JACQUELYN BANKS



We are surrounded by healthcare heroes. Here are just a few of the nominations from the last few months:

Anna Roan Morrow	Mary Beth Benson	K'Mocka Brewster	Renee Barnes
Juandy Black	Candice Goodie	Alicia Cain	Julie Duty
Tina Dendy	Ann Marie Finklea	Elizabeth Hill	Dr. Hathaway
Taylor Hudson	Amy Howard	Angela Hamilton	Wendy Hodge
Dee Hines	Jacquelyn Banks	Jessica Bankston	Kelly Roberts
Dr. Hill	Levi Beckham	Ginger Barkley	
Bridget Jones	Dylan Jung	Maja Lewis	Jody Lloyd
Maintenance Dept.	Claudia Wade	Abbie Moon	Theresa Moon
Brent Cranford	Dr. Clawson	Pam Mason	Shellie Neal
Evalyn Ormond	Carrier Perry	Dr. Venters	Randy Banks
Jan Rocket	Latonya Stringfellow	Teresa Sandoval	Jenny Towns
Maggie Voorhees	Shannon Ward	Josie Thompson	
Radiology Dept	Jessie McLelland	Kaitlin Wade	
Brittany White	Janice Wyatt	Mandi Turner	
Kaneshia Mason	Sara Veillon	Donna Banks	
Dianne Davidson	Josie Thompson		

EMPLOYEE SPOTLIGHT

TAMMI ANDERSON

Tammi Anderson has worked at Union General Hospital for over 20 years. She has been married to Johnny Anderson for over 38 years and is the proud mother of two sons- John Richard Anderson and Jed Anderson. She says that she has no hobbies except taking care of her family and this hospital. But we all know that her hobby now is taking care of that grandson- Brantley.



Tammi is known to all of Union Parish as a caring and loving person. She grew up in Farmerville and has been very active in many civic organizations. Darra Jung, Director of Nurses at Union General and Tammi's direct supervisor had this to say about Tammi, "I am always

impressed with Tammi's willingness to help me, a patient, or a co-worker. I appreciate all the times that she has come to my rescue. Her quick troubleshooting abilities and willingness to jump right in and help have been a saving grace!" Thank you, Tammi and congratulations, on being our #1 Healthcare Hero this quarter!

INFECTION PREVENTION

THERESA MOON, RN
INFECTION PREVENTION



Because of the COVID-19 pandemic, reducing the spread of respiratory illnesses, like flu, this fall and winter is more important than ever.



**DRIVE IN AND GET
YOUR FLU SHOT
NOW!**



"FLU VACCINE CLINIC"

**Get your routine flu shot to
PREPARE FOR FLU SEASON!**

**First Baptist Church
Wednesday, October 7th and 14th
7:30a.m. - noon**

UGH will be offering the FLUBLOK vaccine to those 18 years and older.

Also, offering a high dose vaccine for those 65 years and older.

All insurances accepted. This includes Medicare, HMO Medicare, Medicaid and Private. If paying cash, no insurance coverage is \$80.00 for both the FLUBLOK OR HIGH DOSE.

WWW.UNIONGEN.ORG

Protect Your Health This Season

Source: CDC



This Season a Flu Vaccine is More Important than Ever!

Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself, your family and your community from flu. A flu vaccine this season can also help reduce the burden on our healthcare systems responding to the COVID-19 pandemic and save medical resources for care of COVID-19 patients.

The more people vaccinated; the more people protected. Do your part. Get a flu vaccine this fall.

Similarities and Differences between Flu and COVID-19

What is the difference between Influenza (Flu) and COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with [influenza viruses](#). Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it. This page compares COVID-19 and flu, given the best available information to date.

Signs and Symptoms

Similarities:

Both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. Common symptoms that COVID-19 and flu share include:

- Fever or feeling feverish/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Some people may have vomiting and diarrhea, though this is more common in children than adults

Differences:

Flu

Flu viruses can cause mild to severe illness, including common signs and symptoms listed above.

COVID-19

Other signs and symptoms of COVID-19, different from flu, may include change in or loss of taste or smell.

How long symptoms appear after exposure and infection

Similarities:

For both COVID-19 and flu, 1 or more days can pass between a person becoming infected and when he or she starts to experience illness symptoms.

Differences:

If a person has COVID-19, it could take them longer to develop symptoms than if they had flu.

Flu

Typically, a person develops symptoms anywhere from **1 to 4 days after infection**.

COVID-19

Typically, a person develops symptoms **5 days after being infected**, but symptoms can appear **as early as 2 days after infection** or **as late as 14 days after infection**, and the time range can vary.

How long someone can spread the virus

Similarities:

For both COVID-19 and flu, it's possible to spread the virus for at least 1 day before experiencing any symptoms.

Differences:

If a person has COVID-19, they may be contagious for a longer period of time than if they had flu.

Flu

Most people with flu are contagious for about 1 day before they show symptoms.

Older children and adults with flu appear to be most contagious during the initial 3-4 days of their illness but many remain contagious for about 7 days.

Infants and people with weakened immune systems can be contagious for even longer.

COVID-19

How long someone can spread the virus that causes COVID-19 is still under investigation.

It's possible for people to spread the virus for about 2 days before experiencing signs or symptoms and remain contagious for at least 10 days after signs or symptoms first appeared. If someone is asymptomatic or their symptoms go away, it's possible to remain contagious for at least 10 days after testing positive for COVID-19.

How it Spreads

Similarities:

Both COVID-19 and flu can spread from person-to-person, between people who are in close contact with one another (within about 6 feet). Both are spread mainly by droplets made when people with the illness (COVID-19 or flu) cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It may be possible that a person can get infected by physical human contact (e.g. shaking hands) or by touching a surface or object that has virus on it and then touching his or her own mouth, nose, or possibly their eyes.

Both flu virus and the virus that causes COVID-19 may be spread to others by people before they begin showing symptoms, with very mild symptoms or who never developed symptoms (asymptomatic).

Differences:

While COVID-19 and flu viruses are thought to spread in similar ways, COVID-19 is more contagious among certain populations and age groups than flu. Also, COVID-19 has been observed to have more superspreading events than flu. This

means the virus that causes COVID-19 can quickly and easily spread to a lot of people and result in continuous spreading among people as time progresses.

People at High-Risk for Severe Illness

Similarities:

Both COVID-19 and flu illness can result in severe illness and complications.

Those at highest risk include:

- Older adults
- People with certain underlying medical conditions
- Pregnant people

Differences:

The risk of complications for healthy children is higher for flu compared to COVID-19. **However, infants and children with underlying medical conditions are at increased risk for both flu and COVID-19.**

Flu

Young children are at higher risk of severe illness from flu.

COVID-19

School-aged children infected with COVID-19 are at higher risk of [Multisystem Inflammatory Syndrome in Children \(MIS-C\)](#), a rare but severe complication of COVID-19.

Complications

Similarities:

Both COVID-19 and flu can result in complications, including:

- Pneumonia
- Respiratory failure
- Acute respiratory distress syndrome (i.e. fluid in lungs)
- Sepsis
- Cardiac injury (e.g. heart attacks and stroke)
- Multiple-organ failure (respiratory failure, kidney failure, shock)

- Worsening of chronic medical conditions (involving the lungs, heart, nervous system or diabetes)
- Inflammation of the heart, brain or muscle tissues
- Secondary bacterial infections (i.e. infections that occur in people who have already been infected with flu or COVID-19)

Differences:

Flu

Most people who get flu will recover in a few days to less than two weeks, but some people will develop [complications](#), some of these complications are listed above.

COVID-19

Additional complications associated with COVID-19 can include:

- Blood clots in the veins and arteries of the lungs, heart, legs or brain
- [Multisystem Inflammatory Syndrome in Children \(MIS-C\)](#)



News and Updates

WELCOME TO OUR TWO FULL-TIME GREETERS



Stephanie Colson



Mackenzie Colvin

Hospital GREETERS ensure that patients and visitors to the hospital, as well as employees, are following any guidelines put forth in the hospital's visitor policy.

- The GREETERS are responsible for making sure all patients/visitors/vendors are screened for COVID-19 symptoms, wearing a proper mask and following all procedures put in place when entering the hospital.
- The GREETERS are also responsible for ensuring all employees are issued a mask and are following all procedures put in place when entering the hospital.



Carelearning Courses have been reset. Any employee that completed their Carelearning after August 1, 2020, will **NOT** have to retake Carelearning.



Pumpkin Decorating Contest

Dr. Jerry Liles wants to continue with his sponsoring of the pumpkin decorating contest this year. If you would like to enter, please send me your name. Deadline to enter will be Friday, 10/16. Let Sheri Taylor ext. 7081 know.



Mama's with Christmas Heart

Any employee that would like to sponsor a child and/or child this year for Christmas, please let Sheri Taylor ext. 7081 know. The employees of the hospital help sponsor under privileged children in our parish through Mama's with Christmas Heart organization. Please consider sponsoring a child.



It is time for us to start our United Way Campaign for 2021. If you are interested in serving on the committee and planning special events, please let me know. We will have our

first committee meeting Monday, 10/12 at 2:00pm in the conference room. We will have to be extra creative this year due to COVID, so be thinking of ways we can raise money. Thanks for your help and look forward to seeing you. Sheri Taylor, ext. 7081

MASK DECORATING CONTEST



UGH PORTICO CONSTRUCTION

With a grant from the State, the construction of Union General Hospital Portico will begin in November 2020 and it will take approximately 5 months to complete. We have signed a contract with WIELAND for the construction and TEG Architects are responsible for the design and the supervision. We are very excited to share the news!



UNION GENERAL HOSPITAL | FRONT ENTRANCE CANOPY PROPOSAL | 26 MARCH 2020



Ground View Rendering

TEG ARCHITECTS | 2



UNION GENERAL HOSPITAL | FRONT ENTRANCE CANOPY PROPOSAL | 26 MARCH 2020



Ground View Rendering

TEG ARCHITECTS | 3

Community Outreach Union General Hospital Adolescent Health

Adolescent Health Programs implemented by Union General Hospital for Union Parish

As boys and girls mature, their world becomes filled with emotional and physical changes that are both exciting and challenging. Adolescents and young adults would enjoy a comfortable and welcoming environment with a capable and compassionate team that will listen and can answer their most sensitive questions. So, we responded with three adolescent health programs created for you: **It's a Girl Thing, Making Proud Choices, Bullying and Suicide Prevention and Drug/Alcohol and Tobacco Prevention**. We celebrated 7 years of service this year.

The mission of our programs is to make sure that teenagers in Union Parish are healthy. We work closely with the school district, our health care providers and other professionals and organizations in the community who are dedicated to helping young people and their families. We encourage methods that have the best chance of working. Teenagers feel comfortable in caring environments that are respectful of them.

Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health. There is significant death, illness and injury in the adolescent years despite being thought of as a health stage of life. Adolescents establish patterns of behavior during this phase, for instance related to diet, physical activity, substance use, and sexual activity that can either protect their health and the health of others around them, or put their health at risk now and in the future.

Adolescents need information to grow and develop in good health, including age-appropriate comprehensive sexuality education; opportunities to develop life skills; and safe and supportive environments.

For more information about Union General Hospital Adolescent Health Programs call Claudia Wade, Community Development Manager (318) 368-7075.



Jiame L. Brown
Union General Hospital
Community Outreach
Coordinator/Adolescent Health Educator

As the outreach coordinator I work in the community and at all the schools in some capacity or another. Having to have a “flexible” schedule is an understatement but this pandemic has taught me to go with the flow like my life depended on it, because it did! This year has definitely been challenging for all of us and getting adjusted to our “new normal” has been more challenging for our youth. After the schools

closed in March, Mrs. Claudia and I decided to offer zoom meetings weekly so the students would still be able to learn about their overall health and have an outlet from all the craziness they were hearing about COVID and all the things they were experiencing at home. Offering the zoom meetings, the hospital could still have a presence in the community and with the students outside of COVID-19 testing’s and their day-to-day operations. I’ve enjoyed the students that join the calls weekly but I must admit that I miss the 200 plus students I would normally see weekly at the schools. Having experienced the virus, myself I was fearful of getting back to my regular schedule but the love I have for the students and my faith surpasses all my fears. Although we will still offer the weekly zoom classes, we are starting to have some face-to-face classes at the schools and we’re currently working on offering some classes in different areas of the community. I would like to encourage everyone to invite your children, nieces, nephews and cousins to join our classes. I am always open to hearing your feedback on the classes and any ideas you may have to help us successfully get back at what we love doing. I would also like to thank Mrs. Evalyn, Mrs. Claudia and the entire U.G.H. staff for the love and support you’ve always shown me; it is an honor working with you all and the community! Together We Can!



NEVER LET
a STUMBLE
IN THE ROAD
BE THE
END OF YOUR
JOURNEY

"The Pulse"

The WINNERS of our It's a Girl Thing, Making Proud Choices 7th Anniversary Basket Giveaway are 🙌

Sandy Smith & Paula Knight 🎉🎉🎉🎉🎉

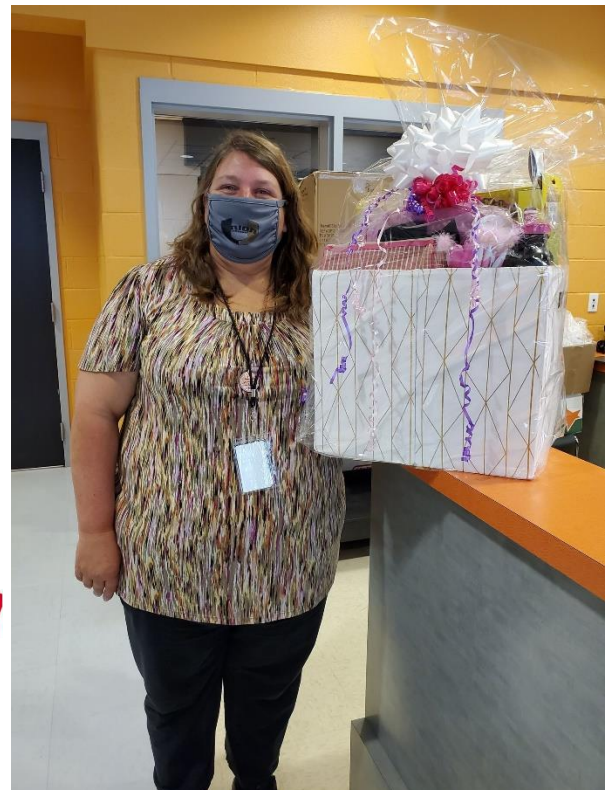
THANK everyone who shared, liked, and tagged on FACEBOOK!!! We appreciate your support in the community with all of our programs at [Union General Hospital](#)

We absolutely love each of you!!!

Thank you so much 💖 [#IAGT](#)



Sandy Smith



Paula Knight



Union General Hospital donated backpacks, water bottles and school supplies to the students attending all schools in Union Parish. The hospital is aware that there is always a great need for these items for students, but specially this year following COVID 19 crisis.



Union General Hospital Adolescent Health 2020 Calendar

Adolescent Health Zoom Classes (Thursday's at 5 p.m.)

Union Parish Jr. High

Union Parish High School

Downsville Community Charter School

D'Arbonne Woods Charter School

It's A Girl Thing Zoom Meeting's



SEPTEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

NOTES:

Sep 07 Labor Day

OCTOBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOTES:

Oct 12 Columbus Day

Oct 31 Halloween

NOVEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat	NOTES:
1	2	3	4	5	6	7	Nov 3 Election Day/Veterans Day
8	9	10	11	12	13	14	Nov 26 Thanksgiving Day (whole week out)
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

DECEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat	NOTES:
		1	2	3	4	5	Dec 24 Christmas Eve (whole week out)
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			



“The Pulse”



Union General Hospital is partnering with Delta Community College Adult Education Center to offer the Adolescent Health Classes at their Farmerville campus every Thursday from 5 to 6pm. The classes will continue being offered via ZOOM also.

Classes are offered to boys and girls 6th-12th grades

<https://us02web.zoom.us/j/84676227068...>

Meeting ID: 846 7622 7068

Passcode: 045343

Each participant will be entered for a chance to win a \$20 gift card.

FACE MASK MUST BE WORN. THERE WILL BE LIMITED SEATS AVAILABLE ON A FIRST-COME, FIRST-SERVED BASIS FOR SAFETY. NO FOOD ALLOWED IN THE ROOM. PRACTICE SOCIAL DISTANCING BY STAYING 6 FEET APART. Please Share!



Submitted by Mayor Danny A. Smith

The Marion Community Back to School Supply Event was on Saturday, September 5, 2020 at the Marion Fire Station. This event was organized by the Town of Marion and the Marion Fire Department. 150 bags of school supplies were distributed to area students who attend Union Parish School System, D'Arbonne Woods Charter School and Union Christian Academy. 75 bags were passed out to elementary students and 75 to our high school students. It took only one hour to distribute all of the supplies!



Our Marion Community Back to School Committee did an excellent job coordinating the event!

Thanks to our churches, local merchants, government agencies and residents for their generous financial support! Also, thanks to Union General Hospital and CommuniHealth Medical Center for providing the bags for our supplies.


We plan to make this an annual event since it was such a huge success for our town and surrounding area!



October-National Bullying Prevention Month



BE A BUDDY NOT A BULLY





#STOP BULLYING

ADOLESCENT HEALTH PROGRAMS:

- It's a Girl Thing, Making Proud Choices
- Anti-Bullying/Suicide Prevention
- Drug/Tobacco/Alcohol Prevention

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



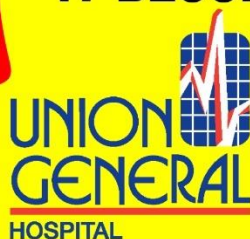
W YOUR THOUGHTS
THEY BECOME **WORDS**

A YOUR WORDS
THEY BECOME **ACTIONS**

T YOUR ACTIONS
THEY BECOME **HABITS**

C YOUR HABITS
THEY BECOME **CHARACTER**

H YOUR CHARACTER
IT BECOMES YOUR **DESTINY**



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



HELP DO **YOUR PART** TO KEEP
UNION PARISH SCHOOLS
A BULLY FREE ZONE

October - National Breast Cancer Awareness Month



OCTOBER
BREAST
Cancer
AWARENESS MONTH

Don't delay

GET YOUR SCREENING TODAY!


**UNION
GENERAL**
HOSPITAL

3D MAMMOGRAPHY

CALL: (318) 368-7072
RADIOLOGY DEPARTMENT
901 James Avenue
Farmerville, LA 71241
www.uniongen.org

GOING PINK FOR THE CURE

On Friday October 16, Union General Hospital is challenging the men, women and all the organizations and business in Union Parish to GO PINK in support of the thousands of mothers, brothers, sisters, husbands, wives, daughters and sons that have been – or will be – affected by breast cancer. Post your pictures and TAG UNION GENERAL HOSPITAL.

We are also encouraging our Parish to donate to Union General Hospital Susan G Komen Virtual Team Race for the Cure. The race is Saturday, October 17th. In addition to sponsoring the Race at the \$2500 level, we are hoping to fundraise another \$2500. We will need your help to make this happen!

The money we raise will fund research to discover more effective treatments, as well as vital patient support to help connect people with things like breast cancer screenings, diagnostics, treatment assistance and so much more.

Breast cancer is the second most frequently diagnosed cancer in women. It's a disease we cannot ignore. But together, we can change the outcomes. While "Going Pink" this 16th October, we're raising money for the cure.

Please donate to Union General Hospital **Susan G Komen** Virtual Race for the Cure Team <http://batonrouge.info-komen.org/.../teamuniongeneralhosp...>

A poster for Breast Cancer Awareness Month. It features a large, stylized pink ribbon that loops around the text. The background is dark with a wood-grain texture. In the top right corner, there is a logo for Union General Hospital, which includes a blue and white grid pattern with a red pulse line. The text is arranged in a hierarchy: a main headline in large, bold, sans-serif font, followed by a subtitle in a smaller, bold, sans-serif font, then the date in a large, elegant script font, and finally a closing statement in a smaller, elegant script font.

UNION
GENERAL
HOSPITAL

IS GOING **PINK**

FOR THE CURE

*Friday 16th
October 2020*

*Join us in support of thousands
who have been affected by
breast cancer.*

2020 Breast Cancer Awareness Presentation

October marks **Breast Cancer Awareness Month** in states across the country in order to increase attention and support for the awareness, early detection and treatments of this dreadful disease. Research data shows that breast cancer is one of the most common types of cancer in American women. Alpha Kappa Alpha Sorority, Inc.'s **Breast Cancer Awareness Impact Day** was scheduled for Monday, October 5, 2020.

In advance of the 2020 Breast Cancer Awareness Impact Day event, Alpha Kappa Alpha Sorority, Inc.'s Zeta Phi Omega Chapter in collaboration with its Ivy Merit Foundation, Inc. and Walmart Community Grants, presented **Union General Hospital** with a donation of 10 patient care bags, consisting of pink camo throws and pink beanies. The items are to be distributed to breast cancer patients who are diagnosed through their facility.



Pictured from left to right: Mrs. Jackuline Hill, Mrs. Claudia Wade, Mrs. Evalyn Ormond, and Mrs. Debra James.

October is National Substance Abuse Prevention Month

Mental and substance use disorders can have a powerful effect on the health of



individuals, their families, and their communities. In 2014, an estimated 9.8 million adults aged 18 and older in the United States had a serious mental illness, and 1.7 million of which were aged 18 to 25. Also 15.7 million adults (aged 18 or older) and 2.8 million youth (aged 12 to 17) had a major depressive episode during the past year. In 2014, an estimated 22.5 million Americans aged 12 and older self-reported needing treatment for alcohol or illicit drug use, and 11.8 million adults self-reported needing mental health treatment or counseling in the past year. These disorders are among the top conditions that cause disability and carry a high burden of disease in the United States, resulting in significant costs to families, employers, and publicly funded health systems. By 2020, mental and substance use disorders will surpass all physical diseases as a major cause of disability worldwide. (Source: SAMHSA.com)

Prevention is extremely important and it is why we dedicate an entire month to inform and start the conversation. Mental health awareness is a very important part of prevention and intervention can prevent a tragic event and save lives.

What is often not talked about is the cultural stigma that is associated with mental health. Mental health awareness is a strategy that can be used across an entire community to use positive language when speaking about mental illness. At assessURhealth we are

spreading the #EndTheStigma message to bring positive change to cultural connotations so the people that need help can receive it confidentially.

Start the conversation in your community today. #EndTheStigma

Do you or someone you know need help? Please see the following resources for information on prevention and mental health.

You're not alone. Confidential help is available for free. Call 1-800-273-8255

- Behavioral Health Treatment Locator: <https://findtreatment.samhsa.gov/>
- SAMSHA: <https://www.samhsa.gov/prevention>
- National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/>
- The Trevor Project: <http://www.thetrevorproject.org/>
- National Center of PTSD: <https://www.ptsd.va.gov/public/where-to-get-help.asp>



OCTOBER IS NATIONAL DOMESTIC VIOLENCE
AWARENESS MONTH

A poster for Domestic Violence Awareness Month. The background is black with white horizontal brush strokes. On the left, a red octagonal stop sign with the word "STOP" in white is on a red pole. Above it, the text "#Don't Be Silent" and "Report it!" is written in red. To the right, the words "DOMESTIC VIOLENCE" are in large red letters. Below that, "AGAINST WOMEN AND CHILDREN" is in white. Then, "FORCE", "BEATING", "PAIN", and "ABUSE" are in large black letters, each with a red 'X' over it. In the bottom left, there is a purple box containing the Union General Hospital logo (a blue and white grid with a red heart) and text about adolescent health programs and contact information.

#Don't Be Silent
Report it!

STOP

DOMESTIC VIOLENCE

AGAINST WOMEN
AND CHILDREN

~~FORCE~~

~~BEATING~~

~~PAIN~~

~~ABUSE~~

**UNION
GENERAL
HOSPITAL**

Adolescent Health Programs:
It's a Girl Thing, Making Proud
Choices
Anti-Bullying/Suicide Prevention
Drugs/Tobacco/Alcohol Prevention

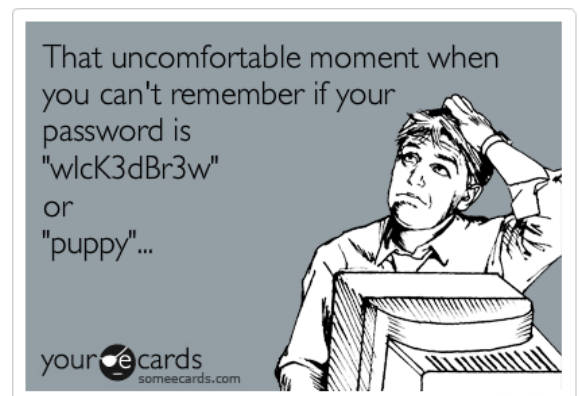
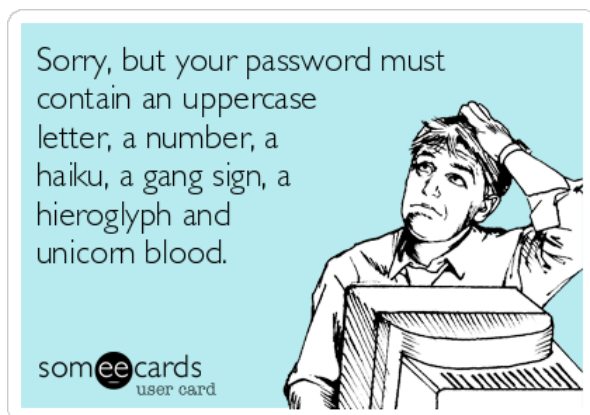
901 James Avenue
Farmerville, LA 71241
(318) 368-9751
www.uniongen.org

The National Domestic Violence **HOTLINE**

1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

Mike Williams IT Director

October is National Cybersecurity Awareness Month (NCSAM) continues to raise awareness about the importance of cybersecurity across our Nation, ensuring that all Americans have the resources they need to be safer and more secure online. Visit cisa.gov/ncsam to learn more about the campaign.





DO YOUR PART.
#BECYBERSMART



CYBERSECURITY WHILE TRAVELING

In a world where we are constantly connected, cybersecurity cannot be limited to the home or office. When you're traveling—whether domestic or international—it is always important to practice safe online behavior and take proactive steps to secure Internet-enabled devices. The more we travel, the more we are at risk for cyberattacks. #BeCyberSmart and use these tips to connect with confidence while on the go.

SIMPLE TIPS

Before You Go

- **If You Connect IT, Protect IT.** Whether it's your computer, smartphone, game device, or other network devices, the best defense against viruses and malware is to update to the latest security software, web browser, and operating systems. Sign up for automatic updates, if you can, and protect your devices with anti-virus software. Read the Phishing Tip Sheet for more information.
- **Back up your information.** Back up your contacts, financial data, photos, videos, and other mobile device data to another device or cloud service in case your device is compromised and you have to reset it to factory settings.
- **Connect only with people you trust.** While some social networks might seem safer for connecting because of the limited personal information shared through them, keep your connections to people you know and trust.
- **Keep up to date.** Keep your software updated to the latest version available. Maintain your security settings to keeping your information safe by turning on automatic updates so you don't have to think about it and set your security software to run regular scans.
- **Double your login protection.** Enable multi-factor authentication (MFA) to ensure that the only person who has access to your account is you. Use it for email, banking, social media, and any other service that requires logging in. If MFA is an option, enable it by using a trusted mobile device, such as your smartphone, an authenticator app, or a secure token—a small physical device that can hook onto your key ring. Read the Multi-Factor Authentication (MFA) How-to-Guide for more information.

During Your Trip

- **Stop auto connecting.** Some devices will automatically seek and connect to available wireless networks or Bluetooth devices. This instant connection opens the door for cyber criminals to remotely access your devices. Disable these features so that you actively choose when to connect to a safe network.
- **Stay protected while connected.** Before you connect to any public wireless hotspot—such as at an airport, hotel, or café—be sure to confirm the name of the network and exact login procedures with appropriate staff to ensure that the network is legitimate. If you do use an unsecured public access point, practice good Internet hygiene by avoiding sensitive activities (e.g., banking) that require passwords or credit cards. Your personal hotspot is often a safer alternative to free Wi-Fi. Only use sites that begin with “https://” when online shopping or banking.

For more information about how you can Do Your Part. #BeCyberSmart, visit www.cisa.gov/ncsam





DO YOUR PART. #BECYBERSMART



- **Play hard to get with strangers.** Cyber criminals use phishing tactics, hoping to fool their victims. If you're unsure who an email is from—even if the details appear accurate—or if the email looks “phishy,” do not respond and do not click on any links or attachments found in that email. When available use the “junk” or “block” option to no longer receive messages from a particular sender. Read the Phishing Tip Sheet for more information.
- **Never click and tell.** Limit what information you post on social media—from personal addresses to where you like to grab coffee. What many people don't realize is that these seemingly random details are all that criminals need to know to target you, your loved ones, and your physical belongings—online and in the real world. Keep Social Security numbers, account numbers, and passwords private, as well as specific information about yourself, such as your full name, address, birthday, and even vacation plans. Disable location services that allow anyone to see where you are—and where you aren't—at any given time. Read the Social Media Cybersecurity Tip Sheet for more information.
- **Guard your mobile devices.** To prevent theft and unauthorized access or loss of sensitive information, never leave your equipment—including any USB or external storage devices—unattended in a public place. Keep your devices secured in taxis, at airports, on airplanes, and in your hotel room.




For more information about how you can Do Your Part. #BeCyberSmart,
visit www.cisa.gov/ncsam



Visit cisa.gov/ncsam to learn more about the campaign

November - American Diabetes Month



**UNION
GENERAL
HOSPITAL**

**EAT WELL
BE WELL**

MEDICAL NUTRITION THERAPY

- Are you Diabetic?
- Do you have high blood sugar?
- Do you want to improve your health?
- Do you need a refresher on how to count carbohydrates?

Our outpatient program offers one-on-one education sessions for anyone with diabetes who meets certain blood sugar requirements. Each patient is allowed up to three 1-hour visits with the dietitian for the first year. The sessions are individualized and can be scheduled at your convenience. Most insurance companies cover the entire cost of this service. Don't delay, ask your provider about getting an appointment at Union General Hospital for Medical Nutrition Therapy.

Brittany Smith, RD, LDN, MS
CALL TODAY: (318) 368-9751
901 James Ave., Farmerville, LA

Personalized strategies
FOR HEALTHY LIVING
www.uniongen.org



THE WAY TO EAT WITH DIABETES

Food plays a vital role - monitor how much and when, plus get a little exercise.

TIMING

- eat regularly about every 3-4 hours.

HEALTHY PLATE

1/2 plate = fruits & nonstarchy veggies;
1/4 plate = heart healthy protein (fish, nuts);
1/4 plate = whole grains + low fat dairy, like milk or yogurt (it is important to measure portions and this is the easiest way).



RIGHT CARBOHYDRATES

- slow carbs are whole foods that are high in fiber and that digest slowly.



KNOW YOUR LIMITS

- limit empty calories from alcohol, sweets and unhealthy fats; limit sweets to one small cookie or the equivalent per day. No more than 1 alcoholic drink per day for women and 2 per day for men.

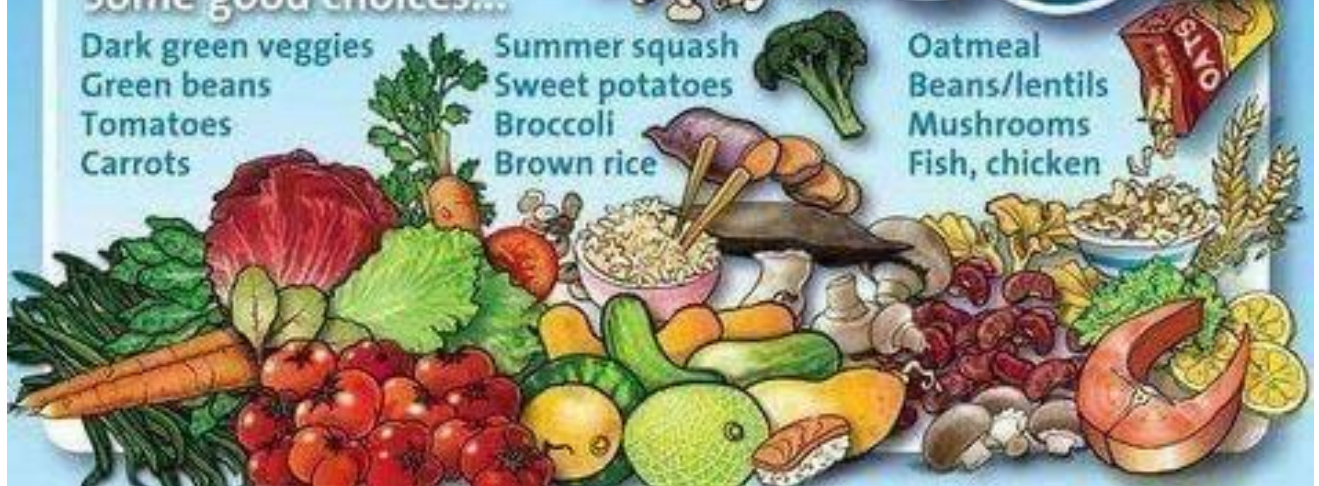


Some good choices...

Dark green veggies
Green beans
Tomatoes
Carrots

Summer squash
Sweet potatoes
Broccoli
Brown rice

Oatmeal
Beans/lentils
Mushrooms
Fish, chicken





COLORECTAL CANCER SCREENING AND EDUCATION PROGRAM

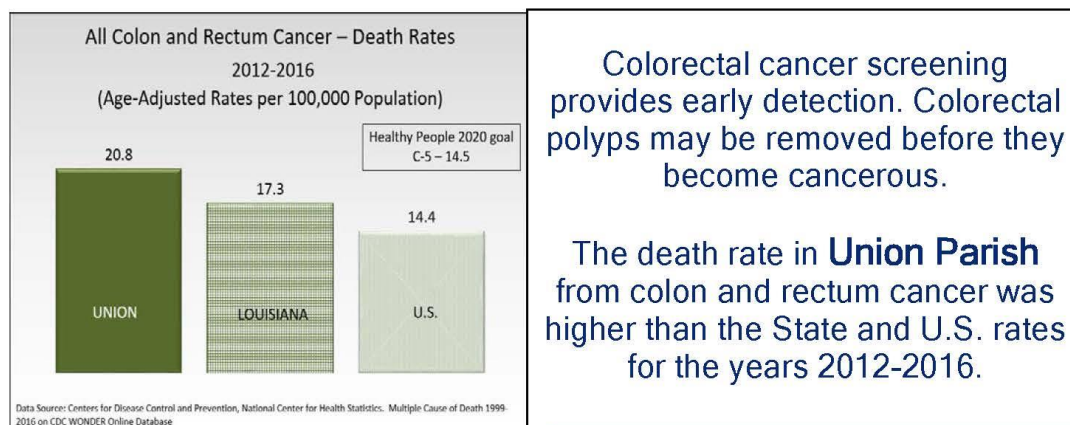
FREE AT-HOME TEST

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



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

october

Hines, Deborah B.	10/01
Brass, Vanessa	10/03
Banks, Donna	10/04
Goodie, Candice	10/04
Jung, Darra	10/07
Nation, Courtney	10/08
Banks, Jacquelyn	10/10
Medlin, Jennifer	10/12
Finklea, Ann Marie	10/13
Melna, James	10/14
Fields, Gloria	10/20
Farrar, Lydia	10/23
Haulcy, Shakeia	10/24
Lee, Lakeisha	10/27
Wade, Claudia	10/28
Scott, Ronald	10/29
Harper, Amanda	10/30

november

Hodge, Winifred	11/01
Reid, Derek	11/04
Ginn, Bonnie	11/07
Anderson, Tammi	11/09
Jones, Bridget	11/12
Peterson, Patrick	11/14
Sides, Alexandra	11/16
Terral, Katelyn	11/16
Jackson, Wanda L.	11/17
Burch, LaTonya B.	11/20
Hudson, Lauren	11/23
Benson, Mary	11/27

december

Ormond, Evalyn	12/02
Howard, Amy	12/09
Barron, Remona	12/13
McLelland, Jessie	12/16
Sheehan, Jamie	12/16
Wyatt, Janice	12/20
Moon, Theresa	12/24
Hunt, Patricia	12/26



WELCOME

NEW EMPLOYEES

Shereka Grigsby
Marty Huff
Joel Istre
LaShay Jackson
Laken Colson
Telisha Kennedy
Alex Sides
Sarah Veillion

Nursing
RHC
IT
Dietary
Housekeeping
Nursing
ER
Nursing



HEARTFELT CORNER

Prayers for health, social care and key workers

Loving God, we place into your care all our doctors, nurses and healthcare workers. Give them courage of heart and strength of mind and body. Keep them safe from harm. May they know our deep gratitude for all they are doing to heal and help those affected by the coronavirus. God of all consolation, may they know your protection and peace. Bless them in these challenging days and bless their families. ***Lord in your mercy, hear us.***

gratitude Community
Protection
Reassuring
Advocate Dignity
appreciation
Body Sympathy
Resilience PPE
Restoring Anxious Injustice
Respect Courage
Nurses Grace
Loneliness Support
Wisdom Vulnerable Hope
Doctors Skill Key Healing Mind
Love Comforting Integrity
Mercy Privilege peace
Strength Crisis
Care God Grieving
Families
Safeguarding
Emergency knowledge
inequality
Workers
Loving Bereaved
Consolation

Thank you Lord, for the health workers tending the seriously ill; for the scientists working on a vaccination; for the researchers analyzing data and identifying trends; for the media outlets working to communicate reality; for the supermarket workers, hygiene and sanitation providers; for the good news stories of recoveries and effective planning; for the singing from balconies by locked-down communities; for the recognition that isolation doesn't need to mean loneliness; for the notes through letterboxes offering help and support; for the internet and telephones and technology that connects; for the awakened appreciation of what is truly important. ***Lord in your mercy, hear us***

God of grace and mercy, give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure. Strengthen them with your Spirit, that through their work many will be restored to health; ***Lord in your mercy, hear us.***



Peanut-butter-cookie-lasagna

[HTTPS://HOWCOOKINGPRO.COM/](https://howcookingpro.com/)



* Ingredients:

- 30 nut butters
- 1 cup heated creamy peanut butter
- 2 cans (3.4 oz) Vanilla Instant Pudding
- 16 ounces of whipped topping, like Cool Whip
- 10 mini cups of peanut butter, chopped

* Preparation:

In a 9 × 9 tray, place half of the Nutter butters on a flat layer.
Sprinkle half the hot peanut butter on top, being as smooth as possible.

Neathly drizzle half of the whipped topping on pudding.
Reiterate layers, start with other layer of nutter butters.
Finish by sprinkling with cups of chopped peanut butter.
Let cool 30 minutes before serving, until the next day.

ENJOY !!

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



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Evalyn Ormond, CEO

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- 24-Hour Physician Staffed Emergency Room
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- Radiology/CT Scan
- 3D Mammograms

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



Union General Rural Health Clinic



Geriatric Psychiatry Outpatient Program



Physical, Occupational and Speech Therapy
for Pediatrics and Adults

HOSPITAL COMMUNITY PROGRAMS

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



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>.