

THE PULSE

"Providing Quality Service with Compassionate Care"



COVID VACCINE HAS ARRIVED

By Julie Duty
Compliance/HIPPA Privacy Officer

Union General Hospital received their first shipment of the Covid vaccine December 16th.

By December 24th, we had vaccinated 80 healthcare workers. Our goal is to vaccinate at least 70% of our workforce. Currently counting UGH employees and contracted employees, we are at about 46%. The 80 individuals who received the first vaccines will be inoculated again in three weeks.

Then after 7 days, these individuals will have antibodies developed to fight this virus.

Questionnaires were sent out to all employees and contract workers asking if they wanted the vaccine and then questions to help prioritize. The vaccines were very time sensitive and had to be given in groups of five. Therefore, we had to have individuals lined up. Initially some of the front line/clinical staff were resistant to take the shot.

(continued on page 4)

I know that there is still much uncertainty about the Covid-19 Vaccine so I thought I would share a story with you all about what happened for those of us that were born in the fifties, that's 1954 to be exact! When I was a child, polio was running rampant throughout the world. The Polio Epidemic was as serious as the Covid-19 Epidemic is today.

When Dr. Salk developed the polio vaccine in 1955, our country stepped up to the plate to protect their citizens.
(continued on page 3)



Evalyn Ormond, CEO

IN THIS ISSUE

A MESSAGE FROM EVALYN ORMOND, CEO	1
COVID VACCINE	1
CONVALESCENT PLASMA DRIVE	6
HEALTHCARE HERO	8
NEWS AND UPDATES	9
CARELEARNING	30
AWARDS AND RECOGNITION	31
COMMUNITY	39
BIRTHDATES	57
PRAYER CORNER	58
RECIPE	60
HOSPITAL SERVICES	63

Recovered from COVID-19?

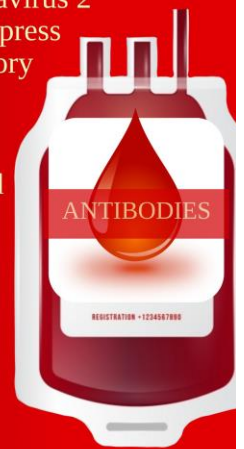
Studies are showing that Plasma from donors who have recovered from COVID-19 may contain antibodies to severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) that may help suppress the virus and modify the inflammatory response.

We are urging ALL that have recovered with COVID-19 and had no symptoms for 14 days to visit your local Lifeshare Center and DONATE.

2909 Kilpatrick Blvd.
Monroe, LA 71201
(318) 322-4445
1-800-256-4445

Monday-Friday 8AM - 5PM

- NO ORDER NEEDED
- NO POSITIVE RESULTS NEEDED
- JUST GO TO LIFESHARE



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

CEO Message

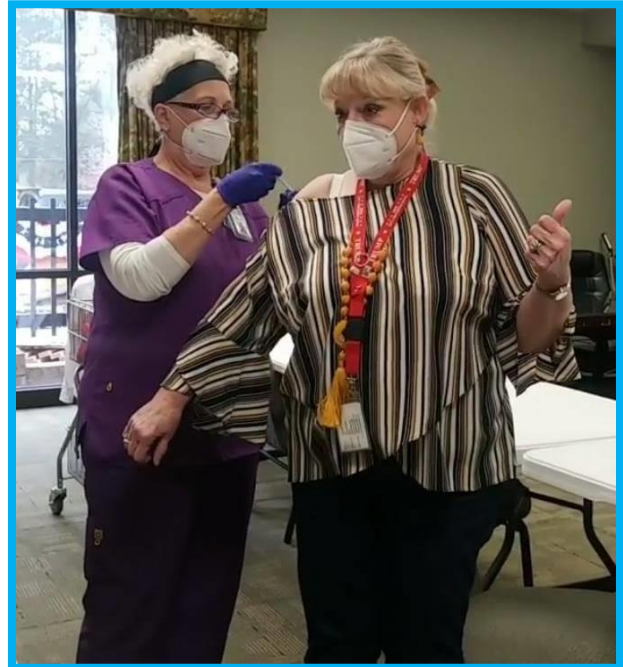
Continued from page 1

A nationwide inoculation of the vaccine was given to all citizens across our country. I remember that day very well. I was 6 years old and my daddy loaded my mama and my two sisters up in his truck and we headed to Lakeshore Elementary School in Monroe to get the polio vaccine. We all filed into the school cafeteria and lined up along with everyone else from our Lakeshore community knowing that there was now hope of a cure for polio. There was no second thought about this because none of us wanted to contract polio and have to live in an iron lung or even lose our life. Because of this widespread vaccination program, polio was eliminated from our country and by 1994 it was eliminated completely in the western hemisphere.

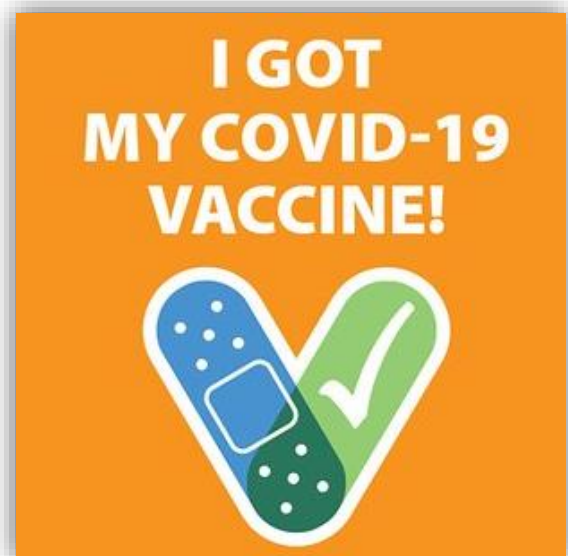
I am in no way telling you all that it is going to be perfect, I am asking you to give the unknown a chance to work. Without the herding vaccination program, Covid-19 will

not leave us and we will have to continue to wear mask, social distance and have our lives disrupted.

My prayers for your peace of mind.



Evalyn Ormond, CEO





Compliance
HIPPA Privacy Officer

COVID VACCINE HAS ARRIVED continued from page 1

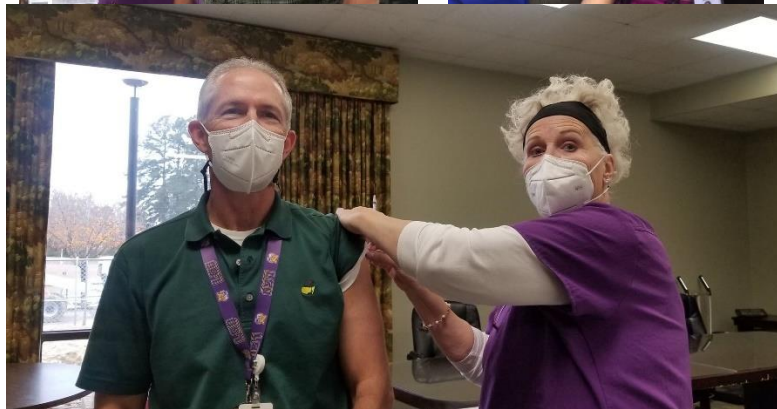
Since we had to have all slots filled urgently, we started pulling non-clinical people to get the vaccine. Our goal was to try to get any employee that wanted the vaccine a shot.

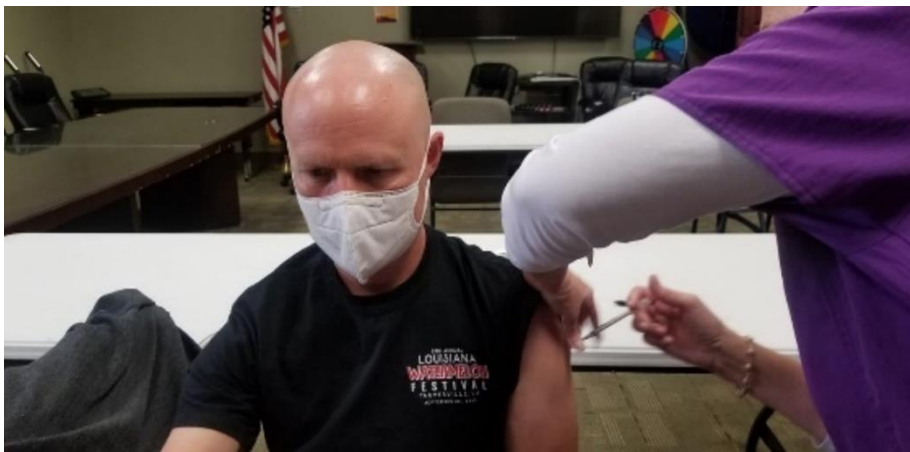
We were very successful and were able to get all employees that did not have a contraindication and wanted the shot to get one. Employees that have tested positive for Covid are having to wait 90 days from diagnosis to get the vaccine. Some employees wanted to wait and see how the first rounders handled the vaccine.

We are hoping to get another shipment after this first round receives their second dose.... but we are just not sure of a date.

Community members are asking about getting the vaccine as well. The state health department has not given us any guidance yet. Theresa Moon, Infection Control nurse and Kate Cook, Pharmacist are monitoring guidance from the state. This will be shared with the community as soon as we have more information.

We encourage all employees whether front line or not to get the vaccine. Our goal again is to vaccinate 70% of our workforce. Stay tuned for more information. Stay healthy and wear your mask.





COVID-19 VACCINE

SAFE AND EFFECTIVE

 LOUISIANA
DEPARTMENT OF HEALTH

1) SAFETY PRIORITIZED

We are confident that COVID-19 vaccines including those by Pfizer and Moderna will be critical tools in ending the pandemic. No steps were skipped in the development process, and safety was a top priority.

2) TRIED AND TESTED

More than 44,000 people took the Pfizer vaccine during clinical trials, during and after which rigorous safety monitoring occurs. An FDA analysis found "no specific safety concerns" among people ages 16 and older that would prevent the vaccine's use.

3) HIGHLY EFFECTIVE

Very encouraging news: The Pfizer and Moderna vaccines both indicate greater than 90% efficacy. The FDA authorized the Pfizer vaccine on December 11 and will review Moderna's vaccine candidate on December 17.

CONVALESCENT PLASMA DRIVE

Has it been 14 days since your COVID-19 recovery?

BE A SAVIOUR

BLOOD PLASMA DONATION FROM A COVID-19 SURVIVOR CAN SAVE MANY

DATE: DECEMBER 15, 2020
LOCATION: UNION GENERAL HOSPITAL

APPOINTMENTS ARE REQUIRED:
CALL JULIE DUTY (318) 368-7077

901 James Ave
Farmerville, LA 71241

UNION GENERAL HOSPITAL
WWW.UNIONGEN.ORG

f i

CORONA VIRUS

December 15th, Union General Hospital hosted a plasma drive with Lifeshare Blood Center. Anyone that had recovered from Covid was asked to donate. 21 people were scheduled for the drive with two more showing up the day of the event. No one was turned away for screening to see if they were a candidate. 13 plasma donations were able to be secured that day. This will help approximately 39 patients. We were very pleased with our efforts that day.

If you know anyone that has recovered from Covid, ask them to consider donating convalescent

plasma. Convalescent plasma therapy uses blood from people who've recovered from an illness to help others recover.

The U.S. Food and Drug Administration (FDA) authorized convalescent plasma therapy for people with coronavirus disease 2019 (COVID-19). The FDA is allowing its use during the pandemic because there's no approved treatment for COVID-19.

Blood donated by people who've recovered from COVID-19 has antibodies to the virus that causes it. The donated blood is processed to remove blood cells, leaving behind liquid (plasma) and antibodies. These can be given to people with COVID-19 to boost their ability to fight the virus.



In the picture Shontell with Lifeshare assists Union General RN, Donna Banks with convalescent plasma. Donna Banks has fully recovered from Covid and wants to help others recover faster.

Thank you, Donna Banks, for your sacrifice to help others. She asks that others who have recovered from Covid-19 consider to donate plasma. Call 368-7077 if you need more information.

WEAR A MASK

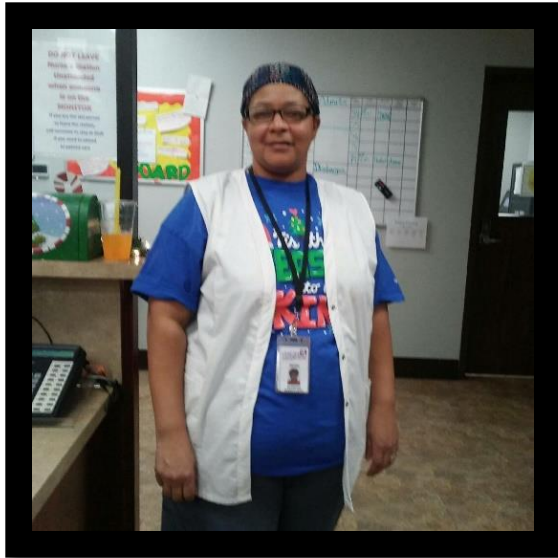


Stop The Spread
PREVENT CORONAVIRUS

WWW.UNIONGEN.ORG



UNION GENERAL HOSPITAL HEROES



Renee Barnes is our healthcare hero to spot light this issue. Renee has worked at Union General for over 9 years. In her years here she has completed ward clerk and billing clerk duties. She currently is ward clerk on the nursing floor. Renee has 3 biological children and another child that she has been raising since 5 months old. Renee is a devoted Christian and very active in her church. She is the church clerk, usher and youth leader at Friendship Baptist Church. Renee loves to watch TV and is a huge fan of all the Chicago shows- Chicago Fire, Chicago PD and Chicago Med..... Sounds like Renee may retire to Chicago

one day.

“Renee has been one of the most flexible employees I have had the pleasure to work with”, says Darra Jung, DON. “She has come to my rescue many times when staff called in- not only to help with ward clerk duties but also assist in helping with nursing aide duties. Thank you Renee, for all you do and congratulations on being our #1 Healthcare Hero this quarter! “

Others mentioned in the past two months are: Angela Hamilton, Randy Banks, Jenny Towns, Jessie McLelland, Tammi Anderson, Reagan, Marty Beth Benson, Ali Cummings, Abbie Moon, Dee Hines, Levy Beckham, Amy Howard, Jessica Bankston, Ginger Barkley, Lydia Farrar, Shakeia Haulcy, Keke Joiner, Brittany Smith, Dianne Davidson, Darra Jung, Brent Cranford, Theresa Moon, Kaneshia Mason, and Darneshia Murray.

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

News and Updates



Laura Davis

KeKe Joiner

Rachel Morrow

Martika Owens

Trudy Vernon

Housekeeping

Nursing

Medical Records

Dietary

IOP

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



In the picture: Mrs. Debra James and Mr. Tim Tettleton, President



UNION GENERAL HOSPITAL BOARD NEW ELECTED OFFICIALS

Thank you, Ms. Bessy Warren for 37 years of service as Secretary of Union General Hospital Board of Directors. We appreciate your continuing service.

Ms. Bessie Warren

Union General Hospital Board of Directors



Left to right: Mrs. Debra James, Mr. Tim Tettleton, President, Ms. Bessie Warren, Mr. Daniel Hunter, Vice-President, Mrs. Allyson Rogers Crow, Secretary, Mr. Danny Smith and Mrs. Kristy Auger Fine

Congratulations Jessica Bankston



Please join us in congratulating Jessica Bankston on passing her CEN (Certified Emergency Nurse) exam! We are so proud of Jessica for choosing to go above and beyond to achieve her goal of becoming certified. She spent numerous hours studying and preparing and that is

not an easy task for a wife, mother of two and Full-Time Registered Nurse. Certification is a measure of one's knowledge, skills and clinical judgment within their nursing specialty and is not required. This accomplishment shows just how committed Jessica is to being the best ER nurse she can be for our community. Jessica is an exceptional nurse, mentor, and even better human being. We are so blessed and thankful that Jessica has chosen UGH ER as her work family! Congratulations Jessica Bankston, RN CEN on this amazing accomplishment!!



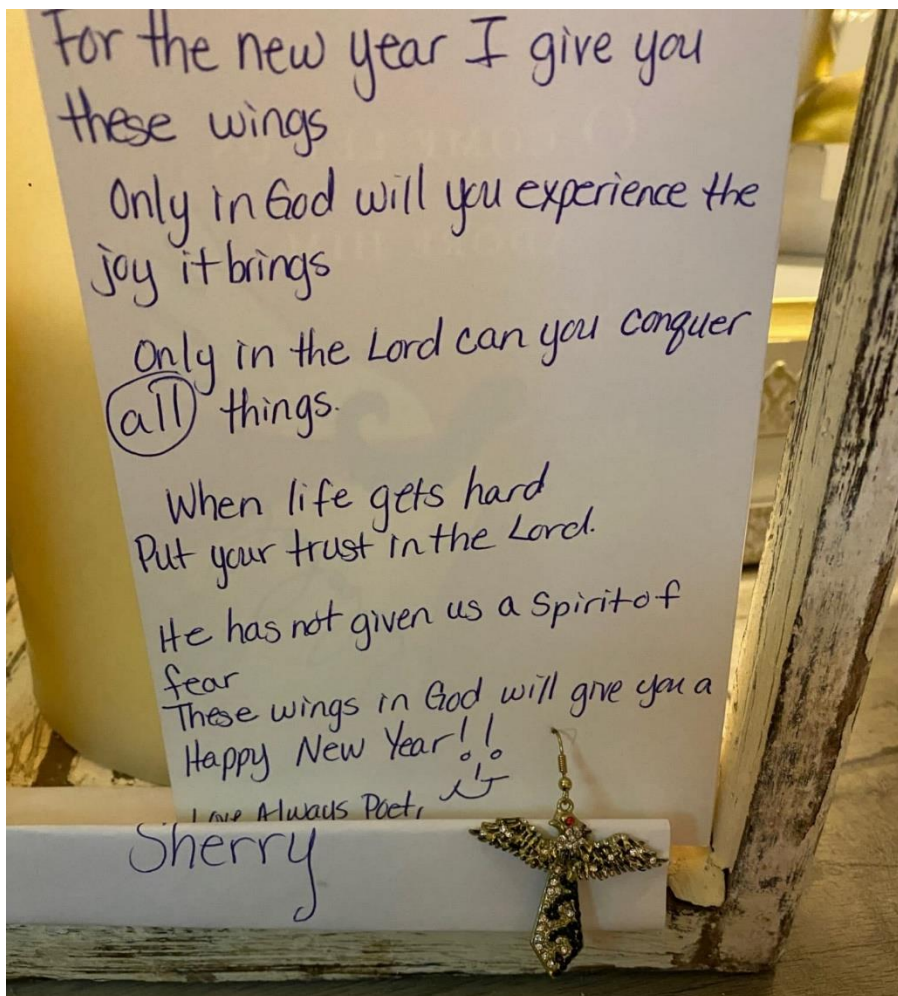
“This place has given me wings”



Sherry Banks, MSN RNBC

At the Intensive Outpatient Program (IOP) on the campus of UGH we focus on geriatric depression, anxiety, and adjustment disorders. Even at times we treat schizophrenia, bi-polar and diseases of the personality.

We treat patients for long periods of time, so we get to know a lot about them and their living situations. Right now, during COVID-19 we are in a modified mode of operation. We have a limitation on the patients that may attend, and it has affected the nursing home patients unfortunately as they cannot leave their premises of their facilities. Those are treated with telehealth.



Back to my title – we have a home bound patient that worked in positions much like those of you reading this. She was a healthcare worker with decades of experience.

One tragic day her life changed and after hospitalization her doctor ordered continued physical therapy and Intensive Outpatient Program.

The physical therapist was able to teach and rehabilitate a bed and chair bound person back to walking with a cane.

Her mood was very depressed as she lost her mobility, her career, autonomy and will to get out of bed. Because of her healthcare position and education, she was astute to the need to become mentally stronger.

Prior to the pandemic she started at the IOP and was quiet and rather flat and isolative. When she spoke, she did talk about her previous job as a healthcare worker in a facility. She talked about her love for her patients and missing her purpose in



**OUTPATIENT
MENTAL HEALTH
FOR ELIGIBLE
MEDICARE
PATIENTS**

**UNION
GENERAL
HOSPITAL**

Stressed Out?

We have a SOLUTION.

Call us on 318-368-4748

www.uniongen.org

life.

After the last several months as a patient at the IOP she started becoming interactive and we started to see her sparkle and smiles.

When you work with a patient for a long period of time you can work towards many short-term goals and achievements that you do not get the biggest and most important part of their success. You can see the improvements but to know you have done a good job is more evasive. While we see many successes and know that our job is meaningful it comes full circle starring back at you when you receive a poem like this from your patient and we want to share it with you.

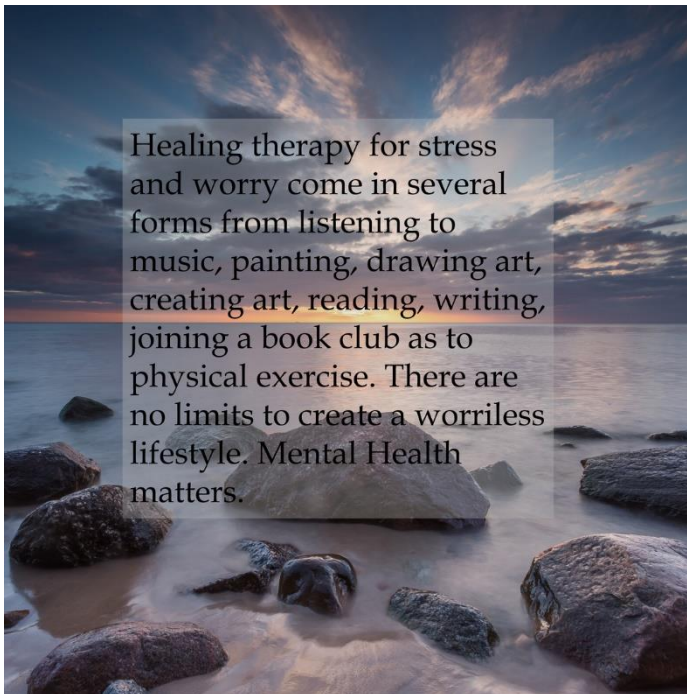
She told me that “this place has given me wings and I wanted to give you something back”. She handwrote a card to each IOP employee her poem in which she wrote for our unit.

Union General Hospital Outpatient Mental Health

Union General Hospital Intensive Outpatient Program provides confidential, therapeutic guidance and counseling to people who need help in dealing with life issues or other mental health concerns.

The Intensive Outpatient Program helps people with:

- Stress and anger associated with illness
- Depression
- Psychiatric disorders
- The coping process
- Compliance with medications
- Understanding the grieving process
- Families in understanding and coping with the disease process
- Coping with new or altered physical appearance
- Alternatives for pain relief
- Impaired judgment



Healing therapy for stress and worry come in several forms from listening to music, painting, drawing art, creating art, reading, writing, joining a book club as to physical exercise. There are no limits to create a worriless lifestyle. Mental Health matters.

Our team of experienced Licensed Professional Counselor, Therapists, Registered Nurses, Psychiatrists and other trained professionals treat patients in a manner that will enhance self-confidence and independence, all in the least restrictive environment possible.

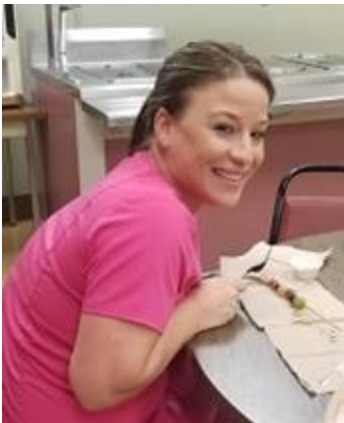
ADMISSION TO PROGRAM

Life can be more enjoyable. Call [318-368-4748](tel:318-368-4748) today for a free, confidential assessment. All referrals and assessments are confidential. Talk to your doctor. **THE INTENSIVE OUTPATIENT PROGRAM IS AVAILABLE TO ALL ELIGIBLE MEDICARE PATIENTS**

Management of Aggressive Behavior (MOAB) TRAINING 2020



GO PINK DAY 2020 IN HONOR OF BREAST CANCER AWARENESS MONTH



HALLOWEEN COSTUME CONTEST 2020

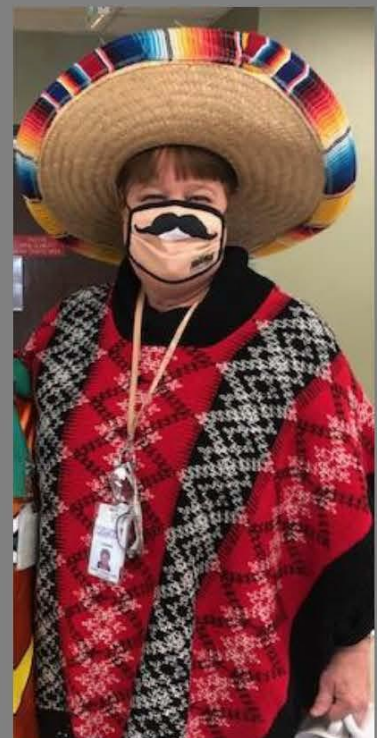


FIRST PLACE-RURAL HEALTH CLINIC



SECOND PLACE

THIRD PLACE



IOP FALL FESTIVAL





LYNETTE WADE FNP



VANESSA BRASS FNP

KELLY YOUNG FNP









NURSES WERE BUSY BEES



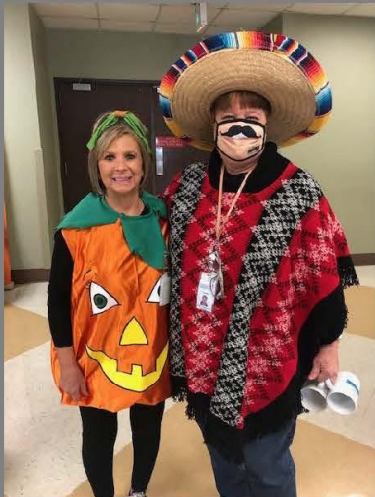
IOP FALL FESTIVAL





READ
THIS-LOL





**UNION GENERAL HOSPITAL
PUMPKIN CONTEST
SPONSORED BY DR LYLES**



FIRST PLACE



SECOND PLACE



THIRD PLACE



TIE FOURTH PLACE



TIE FOURTH PLACE



**HAPPY
HALLOWEEN**





BOO





3D MAMMOGRAPHY

Together We
*Can Make a
Difference*

Radiology Department

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

CARE LEARNING COURSES ARE AVAILABLE NOW



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

Employees hired after August 1, 2020 will **NOT** have to retake Care learning for this evaluation period.

WHAT TO DO WHEN ALL COURSES ARE COMPLETED?

Once all courses are complete, please **ONLY PRINT** the **STUDENT MAIN MENU PAGE**. This page lists all courses that you had to take and should have green check marks to the left of the name of each course. **Turn this page in to your Director.**

Sheri Taylor, HR

*2020 Employee Years of Service Recognition
and Presentation of Awards*

CONGRATS



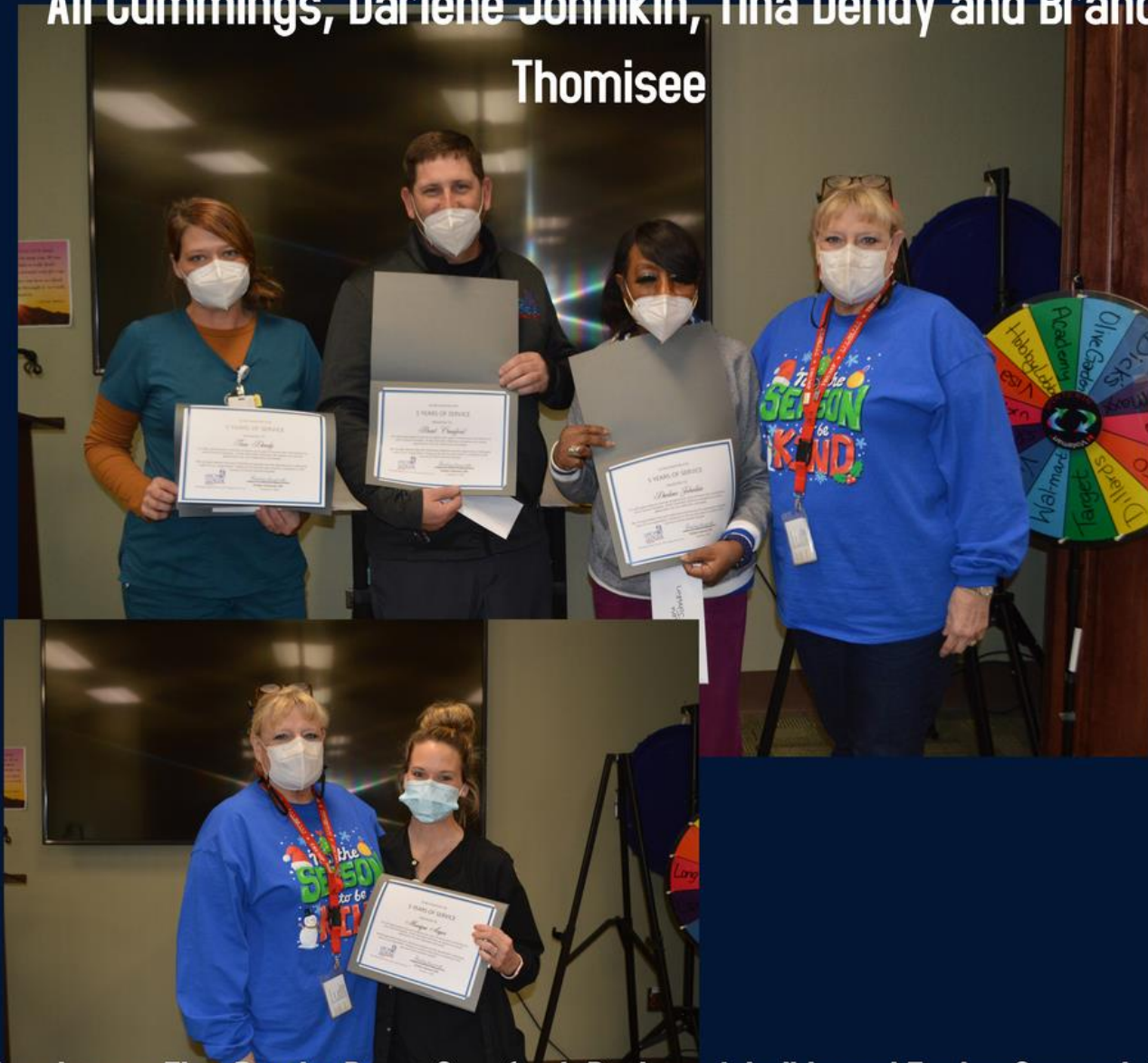
Ginger Barkley

**EMPLOYEE
OF THE YEAR AWARD**

In the picture: Ginger Barkley receiving her award from
Mrs. Evalyn Ormond, CEO

5 YEARS OF SERVICE

Monique Auger, Randy Banks, Alicia Cain, Brent Cranford,
Ali Cummings, Darlene Johnikin, Tina Dendy and Brandi
Thomisee



In the picture: Tina Dendy, Brent Cranford, Darlene Johnikin and Evalyn Ormond, CEO and Monique Auger. Not pictured Randy Banks, Alicia Cain, Ali Cummins and Brandi Thomisee

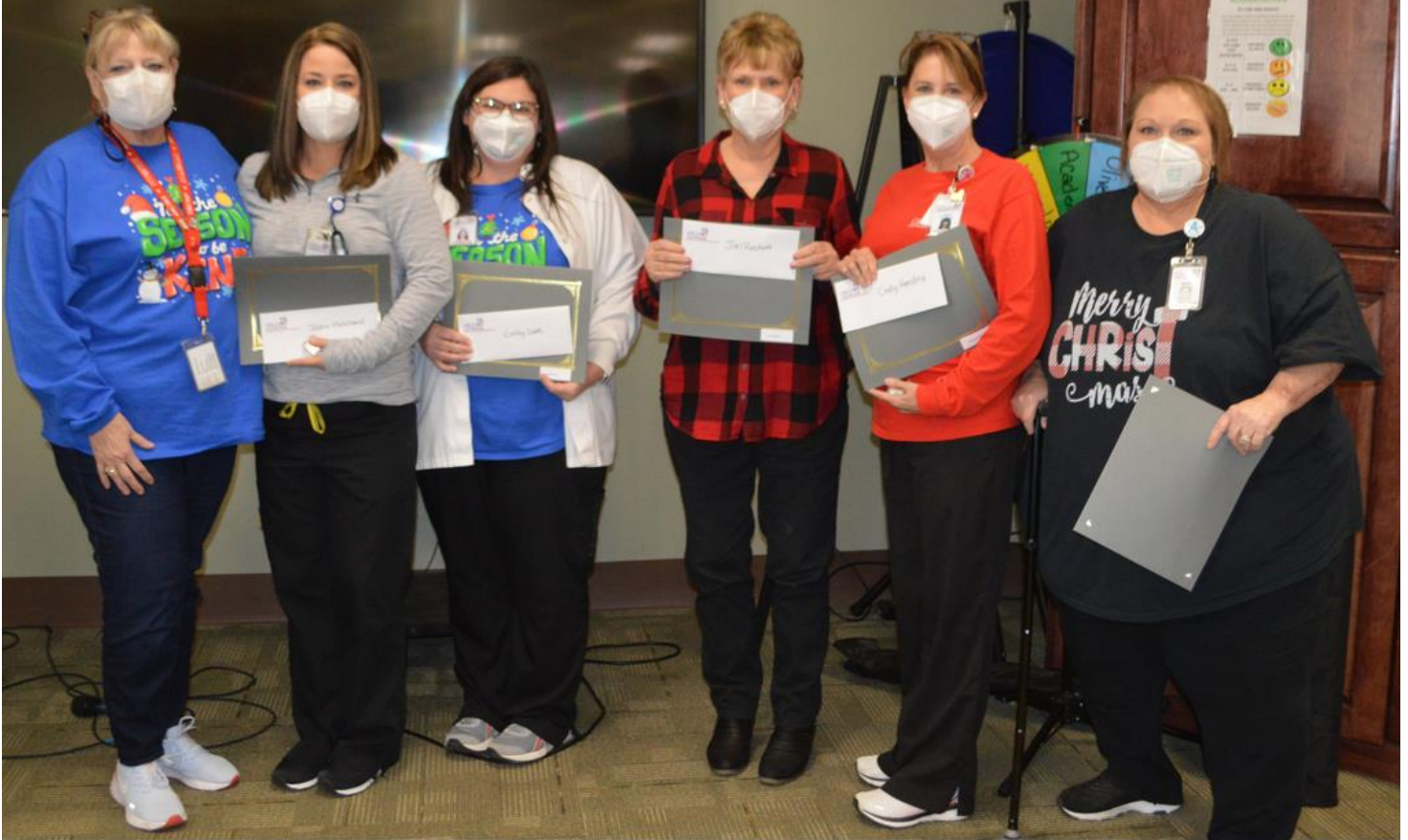
OUT OF DIFFICULTIES

GROW MIRACLES

JEAN DE LA BRUYERE

10 YEARS OF SERVICE

Jessie Mclelland, Emily Love, Jan Rockett, Cindy Hendrix and
Anita Allen



In the picture: Evalyn Ormond, CEO, Jessie Mclelland, Emily Love, Jan Rockett, Cindy Hendrix and Anita Allen

- DREAM IT -
- BELIEVE IT -
- ACHIEVE IT -

15 YEARS OF SERVICE

Courtney Nation, Pam Hunter, Delois Traylor and Jennifer Yelton

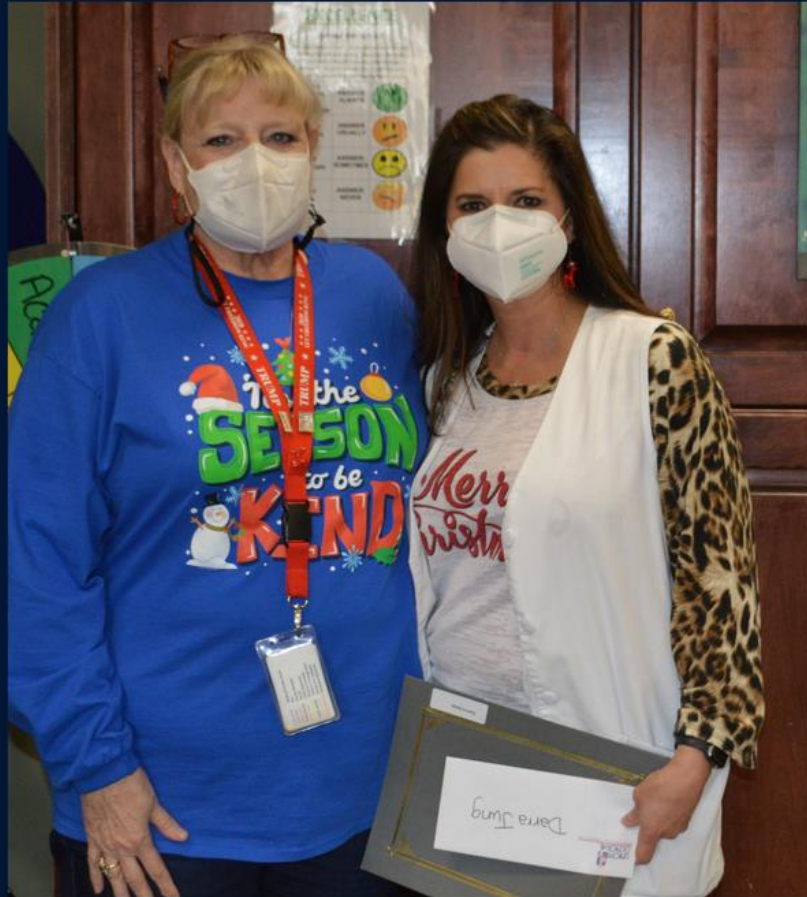


In the pictures: Evalyn Ormond, CEO, Courtney Nation, Pam Hunter, Delois Traylor and Jennifer Yelton

**CONFIDENCE COMES
NATURALLY WITH
SUCCESS
BUT SUCCESS COMES
ONLY TO THOSE WHO ARE
CONFIDENT
SO, BEGIN YOUR DAY WITH
CONFIDENCE.**

20 YEARS OF SERVICE

Teresa Sandoval, Evelyn Andrews and Darra Jung

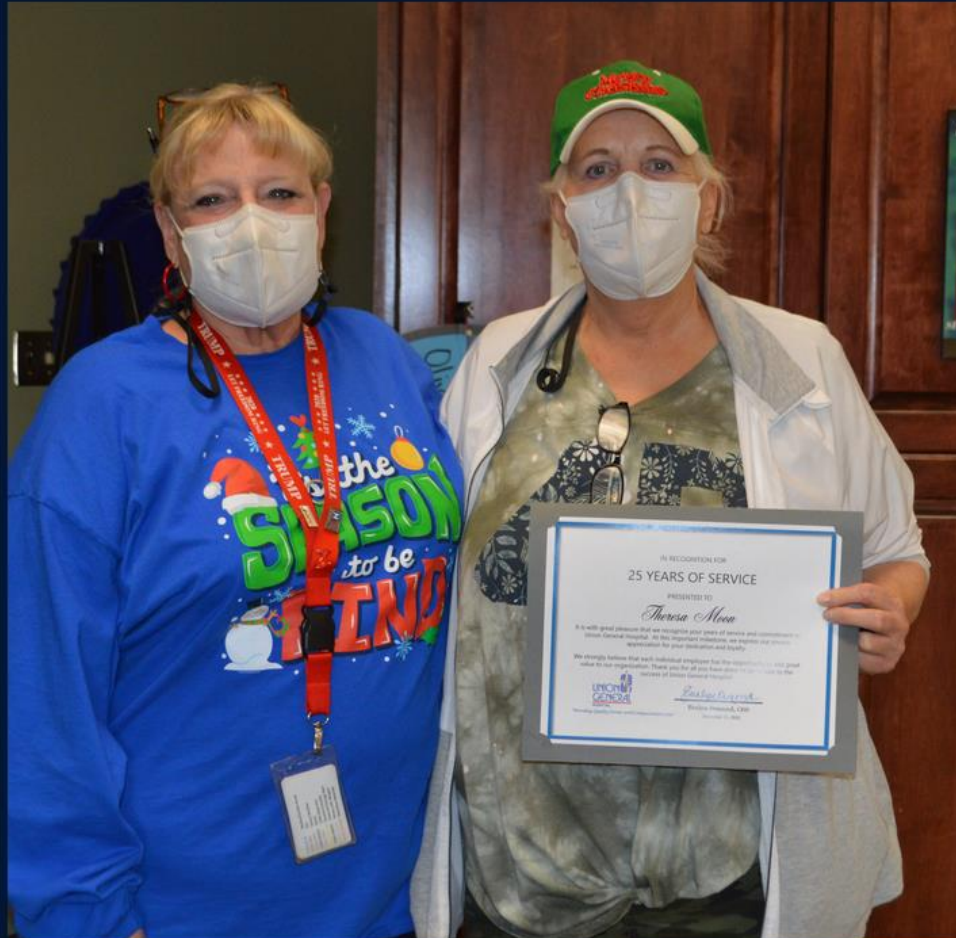


In the picture: Evelyn Ormond, CEO and Darra Jung.
Not pictured Teresa Sandoval and Evelyn Andrews

Behind every success
story are people who
worked hard to make it
happen

25 YEARS OF SERVICE

Theresa Moon



In the picture: Evalyn Ormond, CEO and Theresa Moon

" The best way to predict your
FUTURE
is to create it "

35 YEARS OF SERVICE

Sheree Hicks

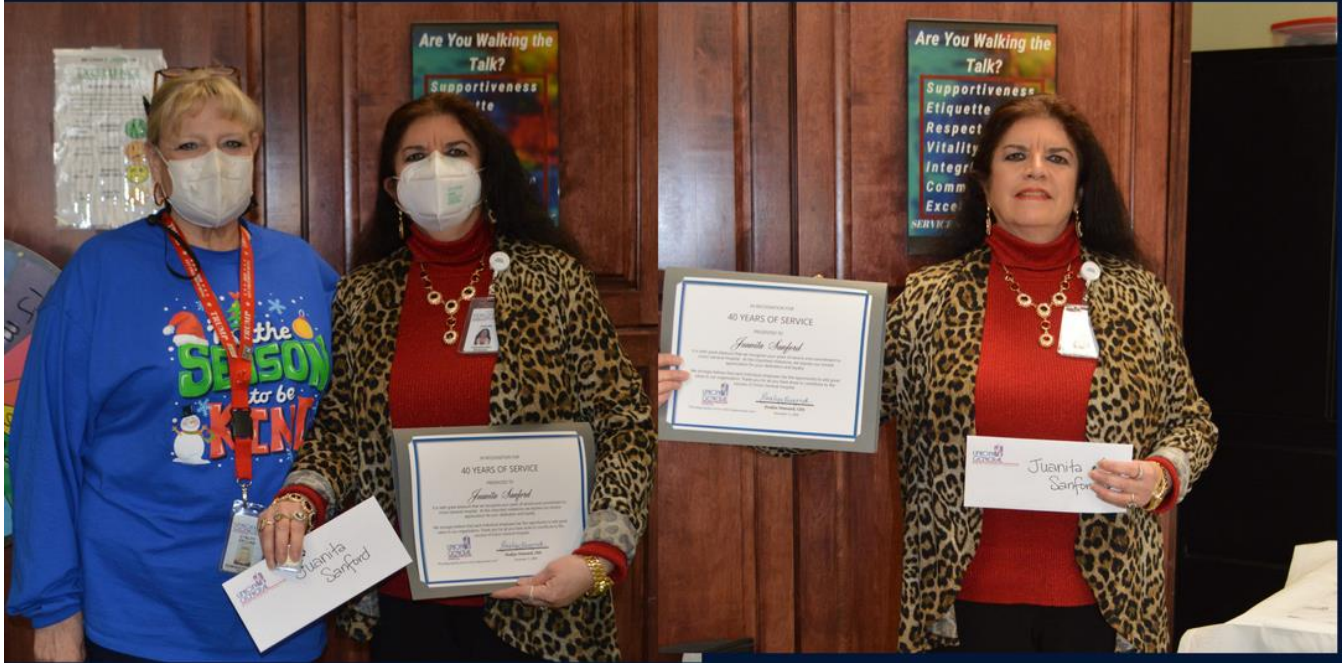


Success is not final, failure is not fatal:
it is the courage to continue that
counts.

-Winston Churchill

40 YEARS OF SERVICE

Juanita Sanford



In the picture Evalyn Ormond, CEO and
Juanita Sanford

45 YEARS OF SERVICE

Brenda Henderson



WORK HARD
IN
Silence
LET YOUR
Success
BE
YOUR NOISE

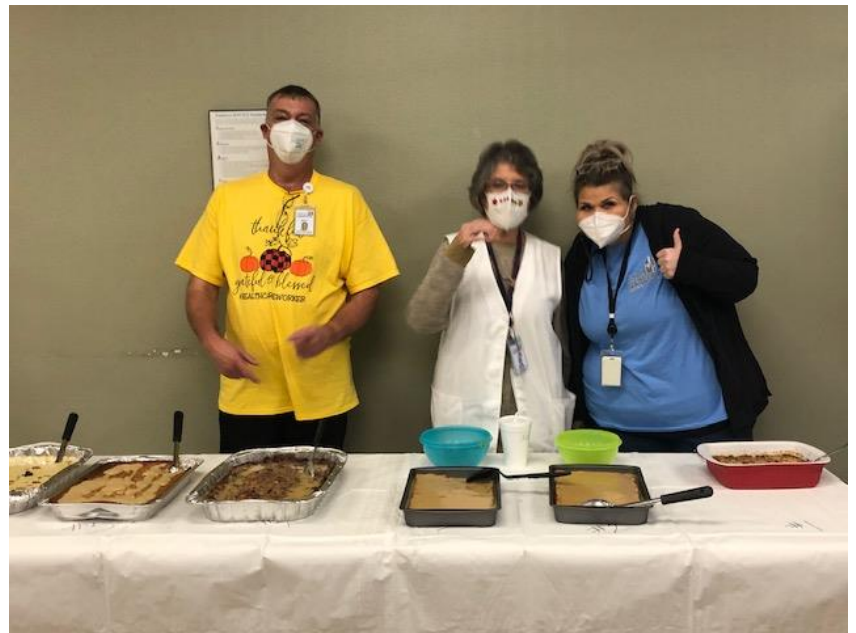


I would like to thank the United Way Committee for helping run such an amazing 2021 Campaign. Committees members include Sandy Smith, Betty Batterton, Maggie Voorhees, Brittany Smith, Marty Huff, Sara Mason, Claudia

Wade and Juandy Black. We raised \$15,000 for the United Way. So proud of our hospital and the employees for making this campaign a success.

Sheri Taylor
United Way Coordinator







MAMA'S WITH CHRISTMAS HEARTS



Hospital employees and their families were able to sponsor 42 kids in 2020 for Christmas through *Mama's with Christmas Hearts*. I can only imagine the smile these children had on their faces Christmas morning when they woke up and saw all their gifts.

A huge thank you to Administration, Housekeeping, Dietary, Information Technology, Emergency Room, Laboratory, Business Office, Nursing, IOP, Human Resources, Rural Health Clinic, Therapy and Pharmacy

“Let us remember that the Christmas Heart is a giving heart, a wide open heart that thinks of others first.”

Thanks, and much love to you all. Sheri Taylor, Campaign Coordinator



UNTIL DECEMBER 15

NON PERISHABLE

FOOD DRIVE

BE THE REASON SOMEONE SMILES

ACCEPTING ITEMS:

- WATER BOTTLES
- CANNED FRUITS/VEGGIES
- CANNED FOODS
- CANNED SAUCE
- RICE
- PASTA
- JUICE
- SNACKS
- OATMEAL, ETC

DROP-OFF LOCATION
901 James Avenue
Farmerville, LA 71241

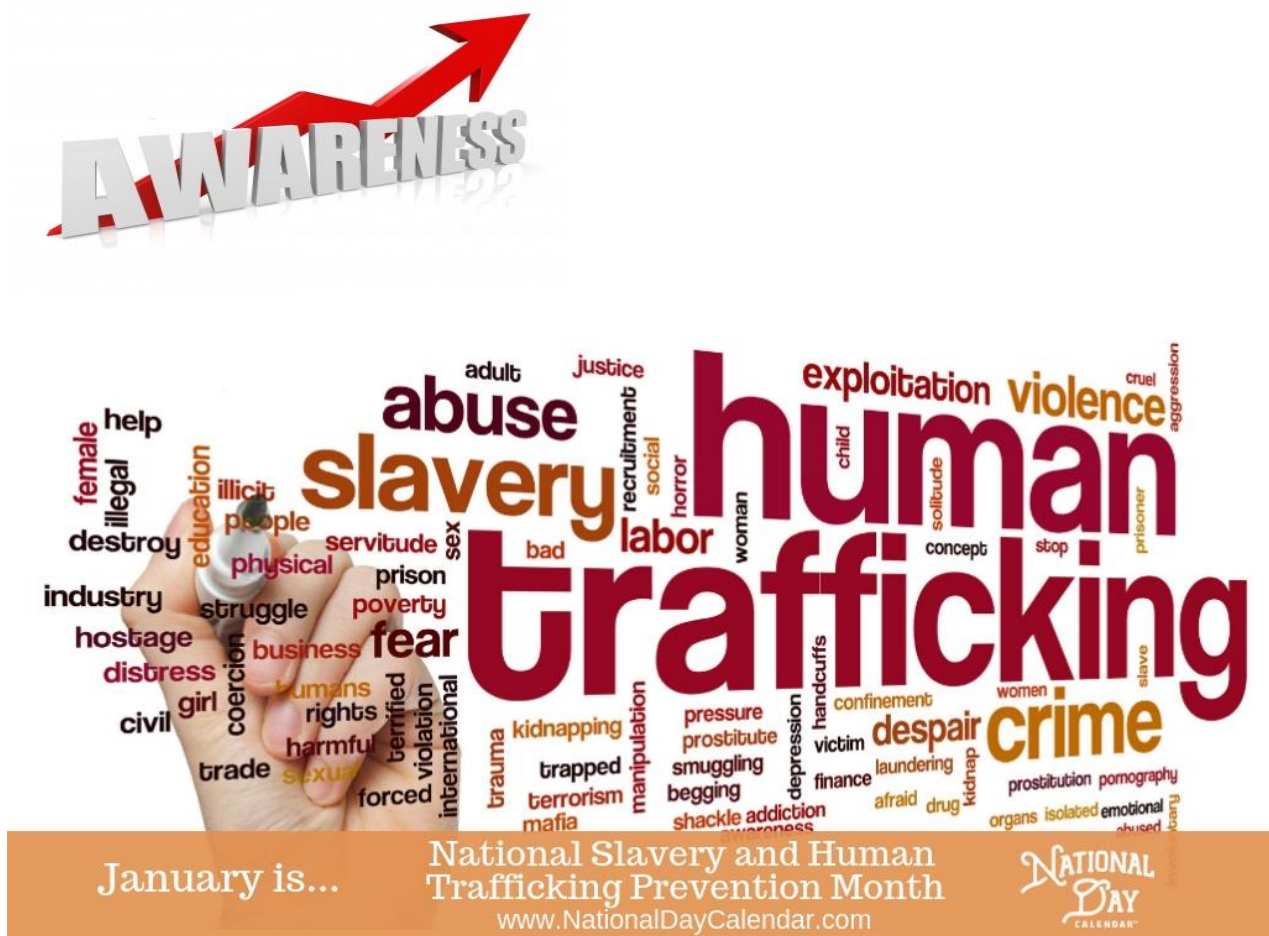
ALL PROCEEDS GO TO THE LOCAL THRIFT STORES

FOR MORE INFO CALL
318-368-7075
WWW.UNIONGEN.ORG

"Providing Quality Service with Compassionate Care"

The Union General Hospital food drive was a success. We are so happy to provide our local Food Pantries with non-perishable items. Thank you to everyone who donated nonperishable food. You were the reason someone smiled in Christmas.

Claudia Wade, Campaign Coordinator



NATIONAL SLAVERY AND HUMAN TRAFFICKING PREVENTION MONTH

January is National Slavery and Human Trafficking Prevention Month. Across the nation, law enforcement and organizations strive to eliminate human trafficking. Join the effort to raise awareness and prevent human trafficking in your community.

According to the International Labor Organization, there are approximately 40 million human trafficking victims worldwide. Through a variety of tactics including violence and threats, traffickers force their victims into forced labor or commercial sex against their wishes. While it seems victims would be the poor, weak or a minority, every gender, race, religion and social-economic background can be impacted by human trafficking. As a result, the issue belongs to every community in the country.

Despite the bleak picture human trafficking paints, there are ways to take action. Become informed and get involved.

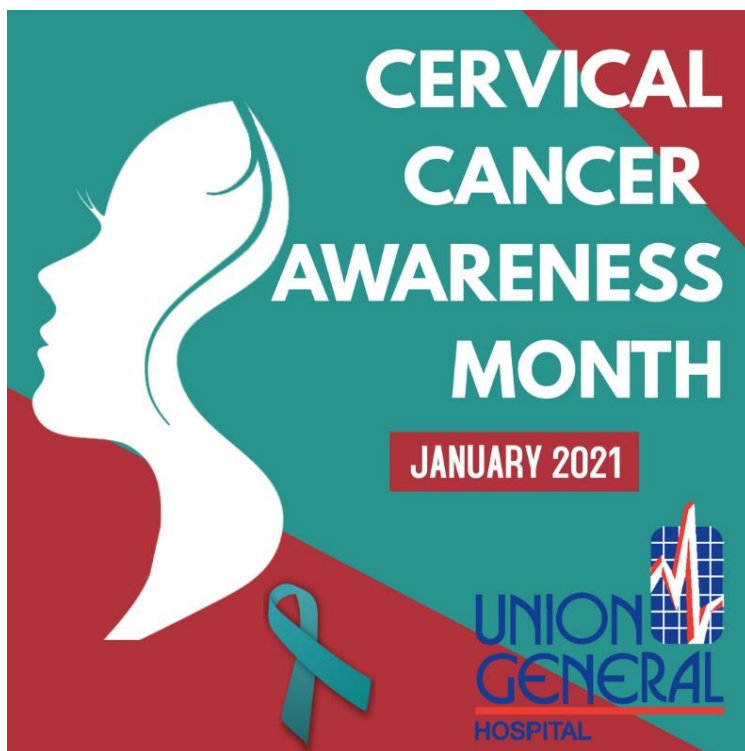
HOW TO OBSERVE

Don't let human trafficking become a part of your story. Find out how you can help change the narrative. Use #SlaveryHumanTraffickingPreventionMonth to share on social media.

- **Knowledge** – Learn how human trafficking is happening. Visit www.dhs.gov/blue-campaign to inform yourself about what human trafficking looks like.
- **Get involved** – If you suspect human trafficking report it. In the U.S. call 1-866-347-2423. For more information visit www.dhs.gov/blue-campaign. You can also volunteer through organizations committed to eliminating human trafficking. Contact local, state and regional service organizations to volunteer time, services or a donation.
- **Get help** – If you need help, call 1-888-373-7888. Visit www.dhs.gov/blue-campaign

HISTORY

National Day of Human Trafficking Awareness is January 11 as designated by the United States Senate in 2007. President Barack Obama increased awareness by declaring January National Slavery and Human Trafficking Month in 2010.



Cervical Health Awareness Month

January is Cervical Health Awareness Month, and **UNION GENERAL HOSPITAL** wants you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.

HPV (human papillomavirus) is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV,

but many people with HPV don't know they are infected.

The good news?

The HPV vaccine (shot) can prevent HPV.

- Cervical cancer can often be prevented with regular screening tests and follow-up care. In honor of National Cervical Health Awareness Month, **Union General Hospital** encourages:
- Women to start getting regular cervical cancer screenings at age 21
- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12
- Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

Providing Quality Service with Compassionate Care

UNION GENERAL **RURAL HEALTH CLINIC**



MONDAY - FRIDAY
8AM - 12PM
1PM - 5PM

**YOUR HEALTH
 IS OUR PRIORITY**

Our Services

- ✓ Family Medicine-All Ages
- ✓ Routine Health Screenings
- ✓ Women's Health
- ✓ Pre-Employment/Athletic Physicals
- ✓ Medicaid Kidmed
- ✓ Diabetes Foot Care



CALL FOR APPOINTMENTS (318) 368-9745

WWW.UNIONGEN.ORG

1025 MARION HWY
 FARMERVILLE, LA 71241



National Teen Dating Violence Awareness And Prevention Month february

www.uniongen.org

February is Teen Dating Violence Awareness Month. Union General Hospital wants you to know that there's a lot you can do as a parent to prevent teen dating violence and abuse.

More than 1 in 10 teens who have been on a date have also been physically abused by a boyfriend or girlfriend in the last year. One of the most important things you can do is keep the lines of communication open with your kids.

Take steps to make a difference:

- Be a role model – treat your kids and others with respect.
- Start talking to your kids about healthy relationships early – before they start dating.
- Get involved with efforts to prevent dating violence at your teen's school.
- If you are worried about your teen, call the National Dating Abuse Helpline at 1-866-331-9474 or text "loveis" to 22522.

The National Domestic Violence Hotline provides 24-hour phone, chat and text services specifically designed for teens and young adults. For more information, call 1-866-331-9474 (1-866-331-8453 TTY), text "loveis" to 22522 or click the live chat icon at www.loveisrespect.org. The National Domestic Violence Hotline and Break the Cycle came together to form Loveisrespect, the ultimate resource for young people to build healthy relationships.



It's a Girl Thing, Making Proud Choices Program **MISSION** is to help change the views, circumstances and lives of teen girls.

GOAL To connect and educate with teen girls 6th to 12 Grades with a focus on Pregnancy and STDs prevention, while utilizing educational activities, health information and comparable testimonials from influential community leaders.

We provide information to teen girls for use of tools to guide a process of understanding the importance of self-worth and setting goals in life.

It's a Girl Thing Objectives

Provide education to increase knowledge base of local teens (Education changes a person's lifestyle and changes the future

generations.)

- Enhance decision making skills
- Change attitudes and beliefs about self-worth.

Why Are Self-Esteem and Body Image Important?

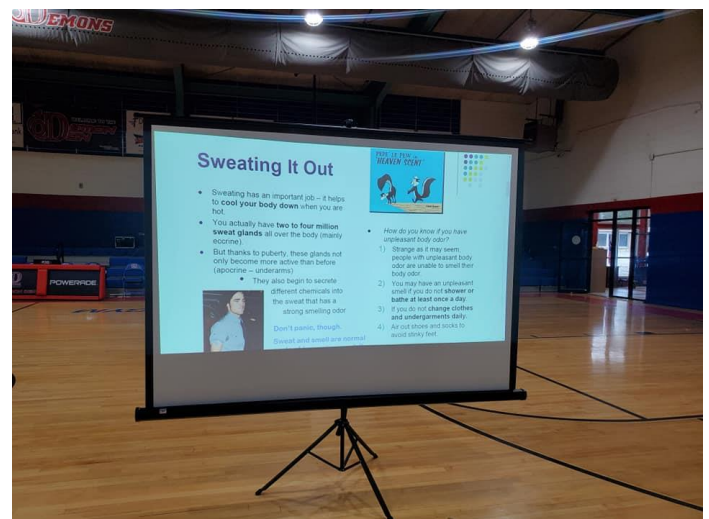
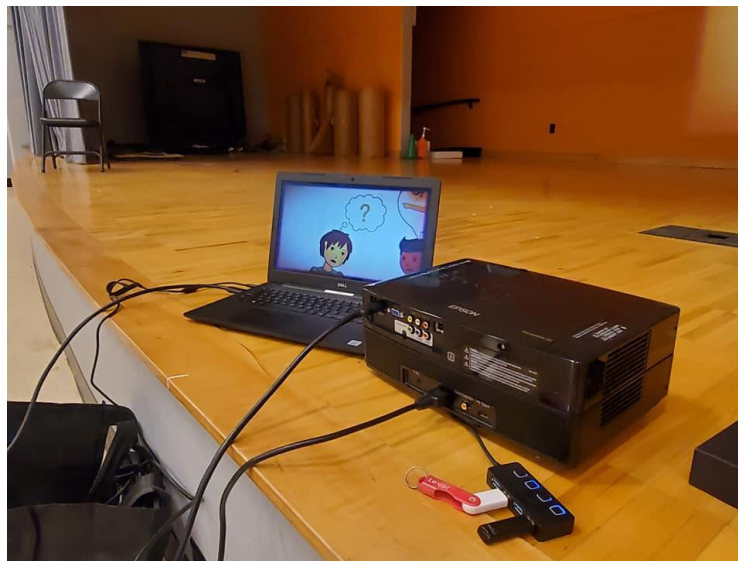
Self-esteem is all about how much you feel you are worth — and how much you feel other people value you. Self-esteem is important because feeling good about yourself can affect your mental health and how you behave.

People with high self-esteem know themselves well. They're realistic and find friends that like and appreciate them for who they are. People with high self-esteem usually feel more in control of their lives and know their own strengths and weaknesses.

Enrollment packet for Union General Hospital, It's a Girl Thing, Making Proud Choices Program is available online www.uniongen.org



UNION GENERAL HOSPITAL ADOLESCENT HEALTH PROGRAMS IN TIMES OF COVID-19



NATIONAL HEART MONTH

FEBRUARY 1, 2021 - FEBRUARY 28, 2021

HELP RAISE AWARENESS FOR HEART DISEASE



FEBRUARY IS HEART MONTH ACROSS THE USA

**OBESITY, ACOHOL, SMOKING AND HIGH BLOOD
PRESSURE ARE ALL THINGS THAT PEOPLE OF ALL
AGES ARE AFFECTED BY BUT YET ARE ALL THINGS
THAT WE CAN DO SOMETHING ABOUT.**

WWW.UNIONGEN.ORG// PH: 318-368-9751

MMWR | RECOGNIZE A HEART ATTACK; SAVE A LIFE!

HEART ATTACK FACTS

HEART ATTACKS
HAPPEN EVERY
40 SECONDS



OCCUR WHEN
THE HEART MUSCLE
DOESN'T GET ENOUGH BLOOD

ONLY ~50% KNEW ALL 5 MAJOR SYMPTOMS



TAKE ACTION



**KNOW THE
SYMPTOMS**



**CALL 9-1-1
IMMEDIATELY**



**ACT FAST, DELAYS
CAN LEAD TO
FURTHER HEART
DAMAGE OR DEATH**

Data from the National Health Interview Survey (NHIS) among U.S. adults in 2008, 2014, and 2017 as published in Fang et al. MMWR 2019; 68(1):1-4

WWW.CDC.GOV

28 Days Towards a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#ourhearts
are healthier together

Day 1

Grab a friend and join the #OurHearts movement.



Day 2

Make a heart healthy snack with a friend or your family.

Day 3

Schedule your annual physical. Ask your doctor for your heart health goals.



Day 4

Squat it out. Do 1 minute of squats.

Day 5

Visit Smokefree.gov to take the first step to quitting smoking.



Day 6

Make today a salt-free day. Use herbs for flavor instead of salt.



Day 7

Sport red today for National Wear Red Day.



Day 8

Get your blood pressure checked.



Day 9

Walk an extra 15 minutes today.



Day 10

Aim for 30 minutes of physical activity today.



Day 11

Plan your menu for the week with [heart healthy recipes](http://hearthealthyrecipes.gov).



Day 12

Reduce stress using relaxation techniques.



Day 13

Give the elevator a day off and take the stairs.

Day 14

Protect your sweetheart's heart: Plan a heart healthy date.



Day 15

Swap the sweets for a piece of fruit for dessert.



Day 16

Stress less. Practice mindful meditation for 10 minutes.

Day 17

Head to bed with enough time to get a full 8 hours of sleep.



Day 18

Add a stretch break to your calendar to increase your flexibility.



Day 19

Eat vegetarian for a day.



Day 20

Share a funny video or joke that makes you laugh.

Day 21

Dance for 15 minutes to your favorite music.



Day 22

Call a relative and ask about your family health history.



Day 23

March in place during commercial breaks to get your heart going.



Day 24

Get a tape measure and find out the size of your waist.

Day 25

Phone a friend or neighbor and go for a walk.



Day 26

Fill half of your lunch and dinner plates with vegetables.



Day 27

See how many push-ups you can do in 1 minute.

Day 28

Pay it forward and tell a friend about [The Heart Truth](http://TheHeartTruth.org).



nhlbi.nih.gov/heartmonth



National Heart, Lung, and Blood Institute



Know the Difference

Cardiovascular Disease, Heart Disease, Coronary Heart Disease



Cardiovascular disease, heart disease, coronary heart disease – what's the difference?

Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.

Cardiovascular Disease

The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **heart failure**, and **peripheral artery disease**.



Heart Disease

A type of cardiovascular disease

"Heart disease" is a catch-all phrase for a variety of conditions that affect the heart's structure and function.

Keep in mind — all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about "heart disease" they often mean coronary heart disease.



Nearly 650,000 Americans die from heart diseases each year.

About 11% of American adults (that's more than 1 of every 9) have been diagnosed with heart disease.

Coronary Heart Disease

A type of heart disease

Coronary heart disease is often referred to simply as "heart disease," although it's not the only type of heart disease. Another term for it is coronary artery disease.

About 366,000 Americans die from coronary heart disease each year.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

What you can do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C.**
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active.**
- **Maintain a healthy weight.**
- **Don't smoke.**
- **Manage stress.**
- **Keep your diabetes under control.**

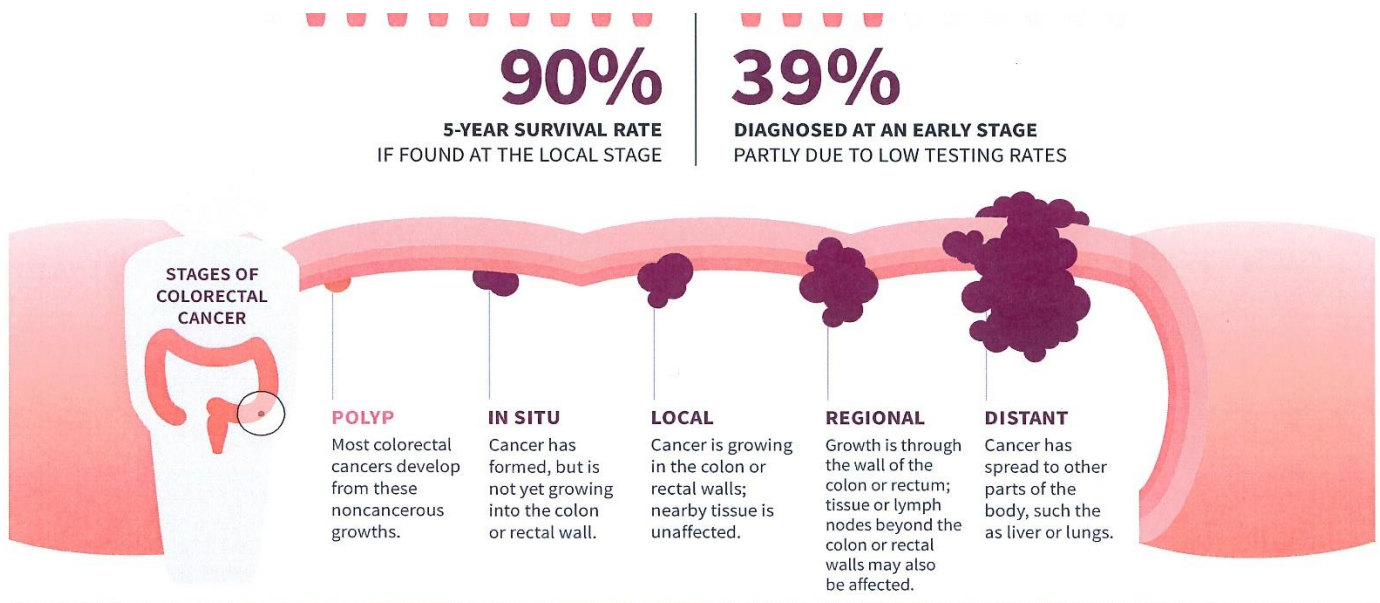


March is National Colorectal Cancer Awareness Month

COLORECTAL CANCER: CATCHING IT EARLY

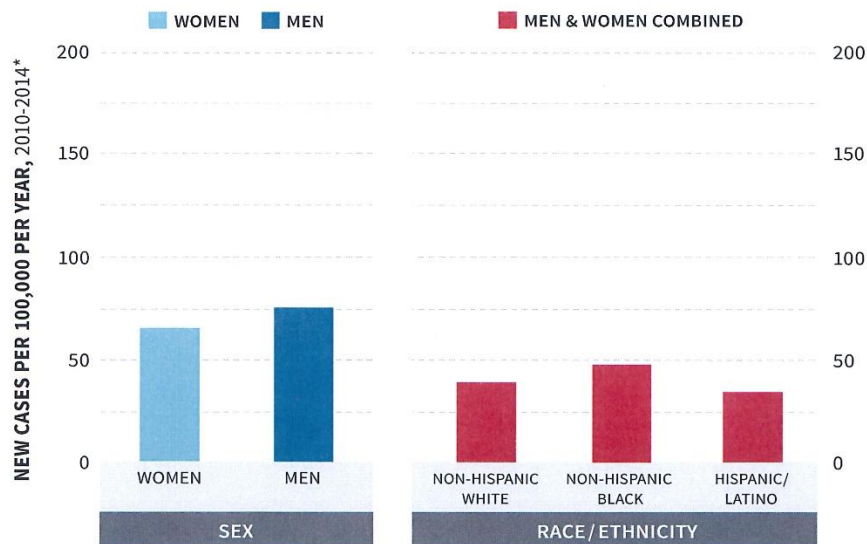
American Cancer Society // Infographics // 2018

Colorectal cancer is the third most commonly diagnosed cancer in both men and women in the US. Routine testing can help prevent colorectal cancer or find it at an early stage, when it's more treatable.

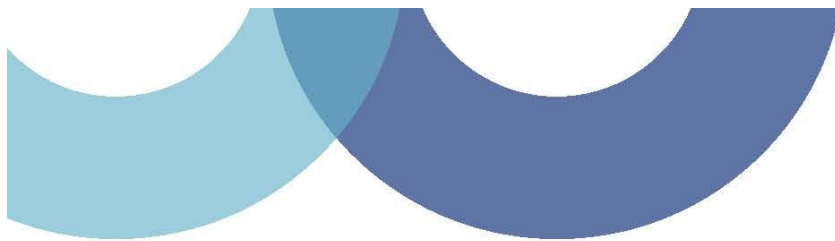


WHO GETS COLORECTAL CANCER?

ANYONE CAN GET COLORECTAL CANCER, BUT SOME PEOPLE ARE AT AN INCREASED RISK.



*Age adjusted to the 2000 US standard population
Data source: Colorectal Cancer Facts & Figures 2018

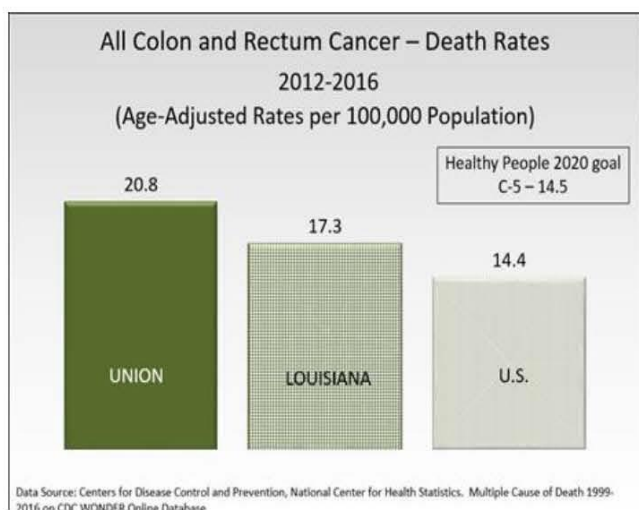


COLORECTAL CANCER SCREENING AND EDUCATION PROGRAM **FREE AT-HOME TEST**

CALL OR STOP BY UNION GENERAL HOSPITAL LAB 318-368-7080 OR
ADMINISTRATION 318-368-7075

FOR YOUR **FREE** AT-HOME TEST

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



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

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

Screening for Colorectal Cancer It's the Right Choice

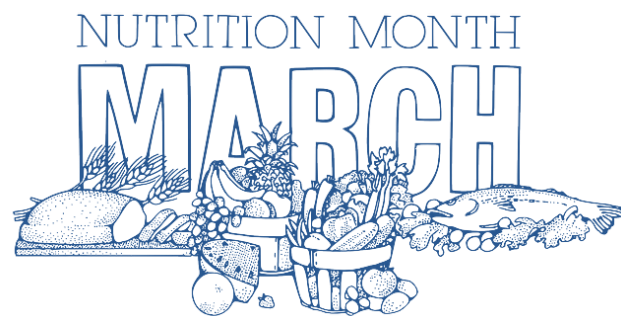
"Providing Quality Service With Compassionate Care"

901 James Avenue
Farmerville, LA 71241

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

www.uniongen.org





**EAT WELL
BE WELL**

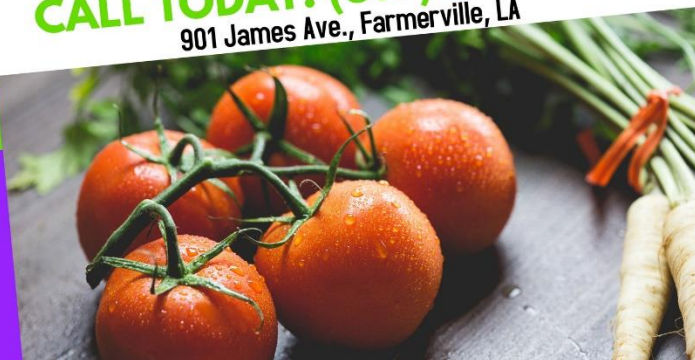
MEDICAL NUTRITION THERAPY

- 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?

Personalized strategies
FOR HEALTHY LIVING
www.uniongen.org

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



**It's all fun and game
until your jeans
don't fit**



**Good nutrition starts with a well-rounded
diet consisting of fresh fruit and vegetables**

Eat Smart

Be Smart

LIVE THE **GOLDEN** RULE

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

HAPPY BIRTHDAY

January

BATTERTON, BETTY	1/12
BRANTON, CLAYTON	1/19
DAVIS, LAURA	1/24
DYE, LEANN	1/17
HILL, ELIZABETH	1/14
MASON, KANEISHA	1/01
ROBERTS, PAYTON	1/21
SMITH, BRITTANY	1/31
TAYLOR, SHERI	1/10
THOMPSON, KAITLYN	1/23
TURNER, AMANDA	1/21
YOUNG, KELLY	1/08
LISOTTA, ANITA	1/26

March

COLSON, STEPHANIE	3/21
COOK, KATE H	3/18
HUNTER, ARTHUR	3/07
MORROW, ANNA	3/19
ROCKETT, JANIS	3/26
SMITH, SANDY	3/14
STEELE, ELIZABETH	3/06
TRUMAN EMILY	3/20
VOORHEES, MAGGIE	3/25
WADE, LYNETTE	3/03

February

BLACK, LAJUANDA	2/11
GATES, BARBARA	2/22
HICKS, SHEREE	2/23
JOHNIKIN, DARLENE	2/18
KELLEY, CRISTY	2/08
WILLIAMS, MICHAEL	2/25



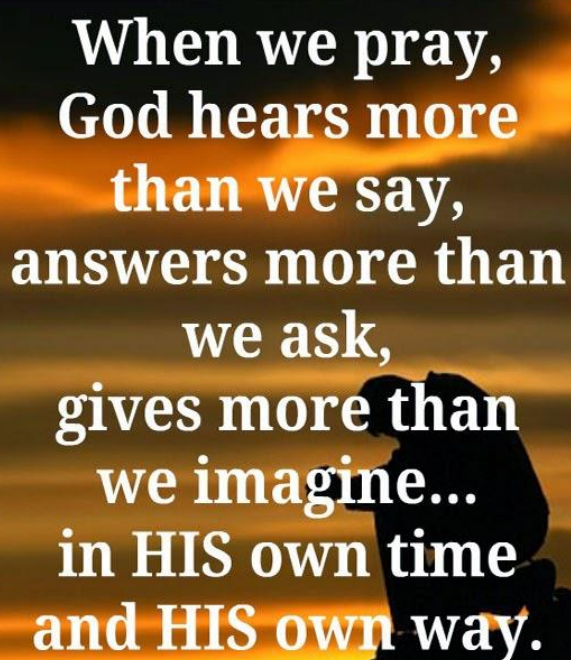
Prayers for Staff Support during the Covid-19 crisis

A Prayer for the Medical Community

Source of all life, We are those Who dedicate their lives to health and healing, Preventing disease, reducing pain, Prolonging lives, providing hope. Source of life, Watch over us And all who work in the healing professions, As we serve during times of health and In the times of our deepest needs, As we struggle with decisions none should have to make, Bless our hands with kindness and compassion, Our eyes with clarity, Our hearts with courage, And our souls with love and forgiveness, So that we can carry on in the midst of what might be Choices that may conflict with doing no harm. Bless us with fortitude and strength. Source of life, we pray that there will come A time when we can embrace an end to pain and suffering, So that as physicians, nurses, and members of the care team, we may find rest in You. Source of all life, Bless our team members in this hospital With peace that surpasses all understanding.

Daily Blessing for the Care Team

As we start our day, let us remember these words, with a slight adaptation at the end, from an 18th century poet, Henri-Frederic Amiel: "Friends, we know that life is short and we have too little time to gladden the hearts of those who travel with us. So be swift to love and make haste to be kind" and may the blessing of God or all that sustains you, keep you safe, grant you peace and fill you with all that you need, just for today. Amen



**When we pray,
God hears more
than we say,
answers more than
we ask,
gives more than
we imagine...
in HIS own time
and HIS own way.**



HANDWRITING MATTERS



EARLY INTERVENTION AND SCHOOL READINESS PROGRAM

WE OFFER:

- ✓ MULTI SENSORY INSTRUCTION
- ✓ INTEGRATED LEARNING WITH A HANDS ON APPROACH
- ✓ DEVELOPMENTAL SEQUENCED SCHOOL-BASED CURRICULUM

WHO: Pre-K through 3rd grade students

PEDIATRIC OUTPATIENT THERAPY

UNION GENERAL HOSPITAL

901 James Avenue

Farmerville, LA 71241

CALL TODAY! 318-368-7092



Mardi Gras King Cake



Ingredients

PASTRY:

- ☐ 1 cup milk
- ☐ ¼ cup butter
- ☐ 2 (.25 ounce) packages active dry yeast
- ☐ ⅔ cup warm water (110 degrees F/45 degrees C)
- ☐ ½ cup white sugar

- ☐ 2 eggs
- ☐ 1 ½ teaspoons salt
- ☐ ½ teaspoon freshly grated nutmeg
- ☐ 5 ½ cups all-purpose flour

FILLING:

- ☐ 1 cup packed brown sugar
- ☐ 1 tablespoon ground cinnamon
- ☐ ⅔ cup chopped pecans
- ☐ ½ cup all-purpose flour
- ☐ ½ cup raisins
- ☐ ½ cup melted butter

FROSTING:

- ☐ 1 cup confectioners' sugar
- ☐ 1 tablespoon water



Directions

☐ Step 1

Scald milk, remove from heat and stir in 1/4 cup of butter. Allow mixture to cool to room temperature. In a large bowl, dissolve yeast in the warm water with 1 tablespoon of the white sugar. Let stand until creamy, about 10 minutes.

• ☐ Step 2

When yeast mixture is bubbling, add the cooled milk mixture. Whisk in the eggs. Stir in the remaining white sugar, salt and nutmeg. Beat the flour into the milk/egg mixture 1 cup at a time. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 to 10 minutes.

• ☐ Step 3

Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth or plastic wrap and let rise in a warm place until doubled in volume, about 2 hours. When risen, punch down and divide dough in half.

• ☐ Step 4

Preheat oven to 375 degrees F (190 degrees C). Grease 2 cookie sheets or line with parchment paper.

• ☐ Step 5

To Make Filling: Combine the brown sugar, ground cinnamon, chopped pecans, 1/2 cup flour and 1/2 cup raisins. Pour 1/2 cup melted butter over the cinnamon mixture and mix until crumbly.

- ☐ **Step 6**

Roll dough halves out into large rectangles (approximately 10x16 inches or so). Sprinkle the filling evenly over the dough and roll up each half tightly like a jelly roll, beginning at the wide side. Bring the ends of each roll together to form 2 oval shaped rings. Place each ring on a prepared cookie sheet. With scissors make cuts 1/3 of the way through the rings at 1 inch intervals. Let rise in a warm spot until doubled in size, about 45 minutes.

- ☐ **Step 7**

Bake in preheated oven for 30 minutes. Push the doll into the bottom of the cake. Frost while warm with the confectioners' sugar blended with 1 to 2 tablespoons of water.



Cook's Note:

Make sure to buy a new small plastic baby so you can get the full effect from this cake! Sprinkle with purple, green and gold sugar, or decorate with whole pecans and candied cherries. Note: Be sure to tell everyone to inspect their piece of cake before they begin eating it. To be extra careful, use a plastic toy baby that is too large to swallow, or hide an orange wedge or 3-4 pecan halves inside the cake (avoid items that may hurt someone's teeth) and then simply place the

honorable toy baby outside on the top of the cake for all to see and adore!

Nutrition Facts

Per Serving:

418 calories; protein 7.2g; carbohydrates 68.7g; fat 13.4g; cholesterol 47.3mg; sodium 300.5mg.

UNION GENERAL HOSPITAL THERAPY SERVICES

Post-COVID Outpatient Therapy Recovery Program

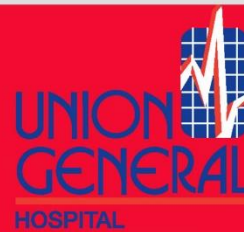
Everyone has either experienced the virus, know someone who has or will be impacted by general deconditioning, reduced functional capacity, and speech and swallowing deficits common to post-COVID recovery.

Therapy services are focused on one thing during this healthcare crisis and that is to enable a return to normal daily activity in a safe and effective manner.

It has been determined that post-COVID patients can experience long-term complications related to prolonged inactivity, extended hospitalization with associated mechanical ventilation.

FOCUS AREAS:

- Deconditioning
- Pain
- Fatigue
- Damaged vocal folds
- Speech and Swallowing deficits
- Inability to perform/resume normal daily activities
- Depression/Isolation



LEGACY
REHABILITATION

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

Evidence cited by the US Department of Health and Human Services supports the fact that physical activity improves and maintains cardio-respiratory and muscular fitness and reduces the risk of chronic diseases, depression, and cognitive decline.

Our goal is to break the cycle of inactivity using Individualized Evaluation and Plan of Care to address the needs of each patient in order to meet the goal of returning to previous home and work-related activities.

Our licensed clinicians are able to determine the best path of care for these unique patients.

We are able to safely accommodate referrals of your post-COVID patients according to Centers for Disease Control and Prevention (CDC) and Louisiana Department of Health guidelines in our outpatient facility.

Please contact our office at 318-368-7092



Find us on:
facebook®



2019
WOMEN'S CHOICE AWARD®
AMERICA'S 100 BEST HOSPITALS
FOR PATIENT EXPERIENCE

"Providing Quality Service with Compassionate Care"



Evalyn Ormond, CEO

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

- Inpatient
- 24-Hour RN Skilled Rehabilitation
- 24-Hour Physician Staffed Emergency Room
- Laboratory + Blood Bank
- Radiology/CT Scan
- 3D Mammograms

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

HOSPITAL COMMUNITY PROGRAMS

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



Union General Rural Health Clinic



Geriatric Psychiatry Outpatient Program



Physical, Occupational and Speech Therapy
for Pediatrics and Adults