

THE PULSE

"Providing Quality Service with Compassionate Care"



MESSAGE FROM THE CEO

Dear Team Members,

We have now been through one year of the COVID-19 pandemic, a year in which we all faced some of the toughest times of our lives.

This time last year, we entered in an unprecedented situation in our community and our nation when COVID-19, a global pandemic hit the world. Little was known about the virus then. While we still don't know everything about COVID-19, we entered this second pandemic year with substantially more information than we started with. We better understand how the virus is spread, how to protect

ourselves, and while most cases are thankfully mild, we know the long-lasting and devastating effects it has on far too many people.

We also entered this second year with a new weapon - the COVID-19 vaccine. As of March 25th, Union General Hospital had administered more than 1700 doses of vaccine. Numbers of new cases as well as hospitalizations continue to drop. Our average COVID inpatient daily census has decreased. Something we hadn't seen since late summer.

(continued on page 3)

Health care workers have been hailed as frontline COVID-19 warriors and heroes during the pandemic and you have all displayed the qualities of heroism: bravery, selflessness, courage, strength, self-sacrifice, determination, moral integrity, conviction, and compassion.

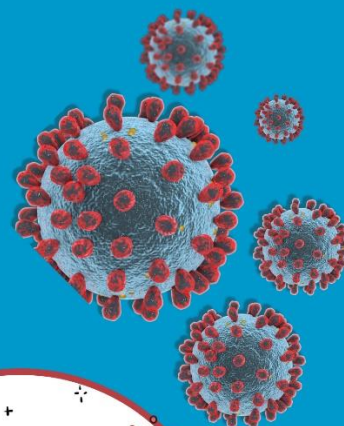


Evalyn Ormond, CEO

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- BE INFORMED
- BE PREPARED
- BE SMART
- BE SAFE



STOP
COVID - 19



**GET
VACCINATED**

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.

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

We welcome the positive news, but must remain vigilant as the anniversary of the pandemic and return of spring weather seem to bring with them an attitude that we can return to the activities we previously enjoyed. I urge you not to fall into this mindset and risk undoing all we have accomplished in the last year. With many people still unvaccinated, we must keep our guard up, or risk a setback. We must continue to wear a mask, watch our distance, wash our hands frequently and avoid large gatherings.

While we are hopeful the worst days of the pandemic are behind us, the truth is we cannot know for sure how this virus will behave.

Despite of the challenges of the past year, what has been a constant is the determination and leadership Union

General Hospital has demonstrated in response to this public health emergency. I knew with certainty that Union General would rise above unfounded fear and meet the health care needs of our community. I have witnessed so many of you going above and beyond your normal job duties, sacrificing your time and energy for the great good.

I take great pride in our team and the work you have accomplished. Thank you for the hard work you have put in the last year of this pandemic.

We remain committed to our mission to provide quality service with compassionate care to our patients and each other, together we will overcome the challenges in the days ahead.



Evalyn Ormond, CEO
Union General Hospital



Myths and Facts about COVID-19

Vaccines

Source: CDC

Can a COVID-19 vaccine make me sick with COVID-19?

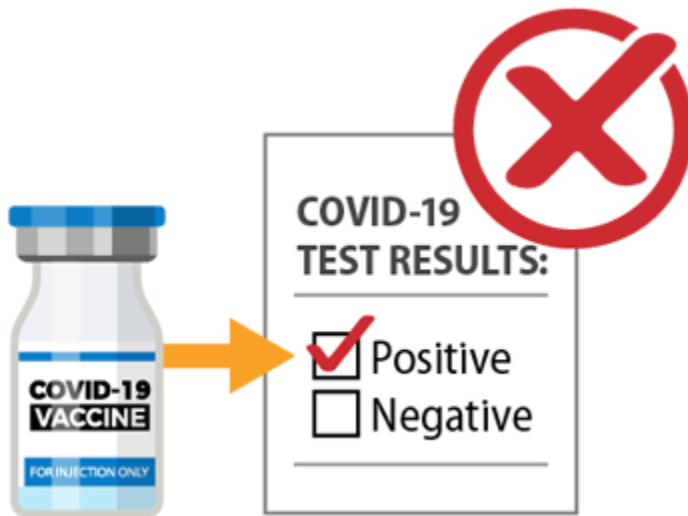


No. None of the authorized and recommended [COVID-19 vaccines or COVID-19 vaccines currently in development in the United States](#) contain the live virus that causes COVID-19. This means that a COVID-19 vaccine **cannot** make you sick with COVID-19.

There are several different types of vaccines in development. All of them teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building protection against the virus that causes COVID-19. Learn more about [how COVID-19 vaccines work](#).

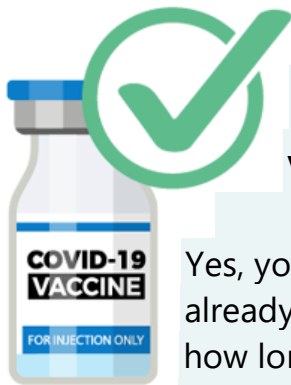
It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.

After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?



No. Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on [viral tests](#), which are used to see if you have a **current infection**.

If your body develops an immune response—the goal of vaccination—there is a possibility you may test positive on some [antibody tests](#). Antibody tests indicate you had a **previous infection** and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.



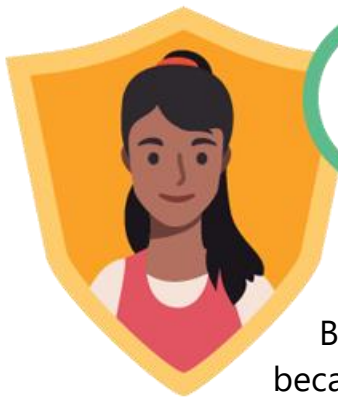
If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?

Yes, you should be vaccinated regardless of whether you already had COVID-19. That's because experts do not yet know how long you are protected from getting sick again after recovering from COVID-19. Even if you have already recovered from COVID-19, it is possible—although rare—that you could be infected with the virus that causes COVID-19 again. Learn more about [why getting vaccinated is a safer way to build protection](#) than getting infected.

If you were treated for COVID-19 with monoclonal antibodies or convalescent plasma, you should wait 90 days before getting a COVID-19 vaccine. Talk to your doctor if you are unsure what treatments you received or if you have more questions about getting a COVID-19 vaccine.

Experts are still learning more about how long vaccines protect against COVID-19 in real-world conditions. CDC will keep the public informed as new evidence becomes available.

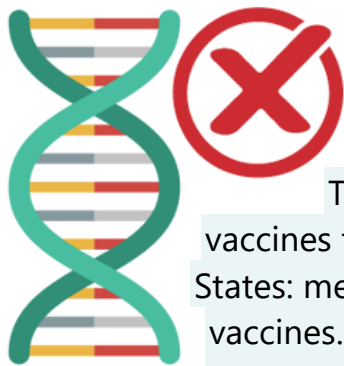
Will a COVID-19 vaccination protect me from getting sick with COVID-19?



Yes. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.

Being protected from getting sick is important because even though many people with COVID-19 have only a mild illness, others may get a [severe illness](#), have [long-term health effects](#), or even die. There is no way to know how COVID-19 will affect you, even if you don't have an [increased risk of developing severe complications](#). Learn more about [how COVID-19 vaccines work](#).

Will a COVID-19 vaccine alter my DNA?



No. COVID-19 vaccines do not change or interact with your DNA in any way.

There are currently two types of COVID-19 vaccines that have been authorized for use in the United States: messenger RNA (mRNA) vaccines and viral vector vaccines.

The Pfizer-BioNTech and Moderna vaccines are mRNA vaccines, which teach our cells how to make a protein that triggers an immune response. The mRNA

from a COVID-19 vaccine never enters the nucleus of the cell, which is where our DNA is kept. This means the mRNA cannot affect or interact with our DNA in any way. Instead, COVID-19 mRNA vaccines work with the body's natural defenses to safely develop immunity to disease. Learn more about [how COVID-19 mRNA vaccines work](#).

Johnson & Johnson's Janssen COVID-19 vaccine is a viral vector vaccine. Viral vector vaccines use a modified version of a different, harmless virus (the vector) to deliver important instructions to our cells to start building protection. The instructions are delivered in the form of genetic material. This material does not integrate into a person's DNA. These instructions tell the cell to produce a **harmless** piece of virus that causes COVID-19. This is a spike protein and is only found on the surface of the virus that causes COVID-19. This triggers our immune system to recognize the virus that causes COVID-19 and to begin producing antibodies and activating other immune cells to fight off what it thinks is an infection. Learn more about [how viral vector vaccines work](#).

At the end of the process, our bodies have learned how to protect against future infection from COVID-19. That immune response and the antibodies that our bodies make protect us from getting infected if the real virus enters our bodies.

Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?



Yes. If you are trying to become pregnant now or want to get pregnant in the future, you may receive a COVID-19 vaccine when one is available to you.

There is currently no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. In addition, there is no evidence that fertility problems are a side effect of any vaccine, including COVID-19 vaccines.

Like all vaccines, scientists are studying COVID-19 vaccines carefully for side effects now and will continue to study them for many years.



COVID-19 VACCINATION PROGRAM

UNION GENERAL HOSPITAL
901 James Avenue, Farmerville



COVID-19 vaccination is an important tool to help us get back to normal, and to prevent the spread of COVID-19 to bring this pandemic to an end.

PREREGISTRATION REQUIRED

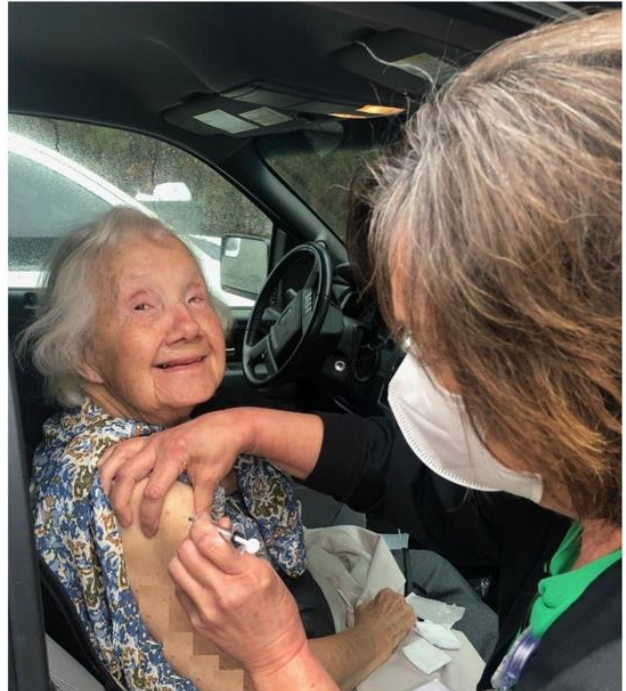
You must call Julie Duty
(318) 368-7077 to register.



To register call: **(318) 368-7077**



97 year old
Louise McAdams
getting her
COVID-19
Vaccine



Protect

Against

COVID-19



www.uniongen.org

Until we know more about those questions, everyone — even people who've had their vaccines — should continue taking [basic prevention steps](#) when recommended.



UNION GENERAL HOSPITAL

901 JAMES AVE, FARMERVILLE, LA 71241
318 368 9751

VACCINATION PROGRAM

Union General Hospital

Union Parish

Point of contact: Julie Duty, Compliance, QA Director

March 29, 2021

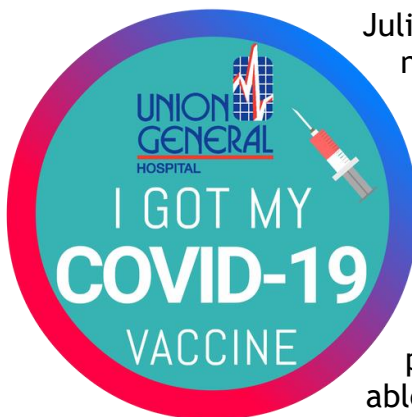


Dianne Davidson
Chief Operating Officer

Union General Hospital has taken up the challenge to offer vaccines to our community members since they were first made available. Our facility had already developed a COVID emergency response team early on and stayed informed during entire process addressing safety measures, supply issues and patient care policies. When vaccinations became available, this team stepped up and decided to become a vaccination distribution site and completed all documentation required by the state. Not knowing at that time whether there would be multiple sites available, we at least wanted to have access to vaccinate our own healthcare workers, so that was the first step in getting all healthcare workers vaccinated. As it turned out, one other Rural Hospital in our area,

two pharmacies and one FQHC were the only other vaccination sites in Union Parish.

The requests grew quickly from the community, including other healthcare entities. As the additional eligible groups began to be rolled out, they were then added to our vaccination program.



vaccine

Julie Duty put together a quick team to provide support needed including Pharmacist, Nursing, Infection Control, Medical Records and Registration to provide information on vaccines, administer the injections, complete paperwork and provide vaccination cards. Julie Duty is our rock star for coordinating this effort. She took on the role of scheduling employees and then community and creating an EXCEL spreadsheet to schedule all patients and coordinate their appointments to be able to CAREFULLY time the reconstituting of the vaccine real time with the appointments being careful to assure

expiration of vaccine did not occur. Our pharmacist also took total control of managing the vaccine handling, storage and proper dosage.

The Hospital used Social Media, Facebook, Instagram and hospital Websites to inform the public of the availability and eligibility for COVID vaccine.

As of today, 1,700 vaccines have been administered by our program.

As incentives, we chose NOT to charge the public any type of Administration Fee even though it was allowed. The additional time needed by personnel, we felt would be even more burdensome and slow down the process of actually giving vaccines. We chose to apply the cost of the vaccination program towards our required IRS 990 obligation to provide community service as a non-profit facility.

Some of the barriers we faced were:

- Not having a scheduling software available where people could add their names to list but having to manually handle all calls and messages-working with spreadsheets, etc.
- Patient's being on multiple lists and not letting us know when they were no longer needing to be on list.
- Short notice of when and how much vaccine we would administer making scheduling much more difficulty.
- Using vaccine with two shots and scheduling patients for second shot was challenging.
- There is community frustration with not being able to get the vaccine quicker and local employers are begging to get workforce vaccinated quicker. (Union Parish has a large employer with over 1000 workers in processing plant that has been affected greatly by COVID.)

OUTCOMES:

- We are very proud that Union General Hospital did not have to waste a single vaccine.
- Our Community was very supportive and appreciative (several people brought candy, food and snacks for those spending long days administering the vaccine)
- There were NO severe reactions to any dose administered.
- 100% of all vaccines were recorded in the State Vaccination registry within 24 hours of administering shot (actually I think they were all entered within hours of being given)

Sponsored by: Local Pastors Bridging The Gap &



COMMUNITY
**COVID
-19
VACCINATION**
APRIL 15, 2021
12:30- 5pm

Blooming Grove Baptist Church

Parking Lot

702 Martin Luther King Drive
Farmerville, Louisiana

Pastor Lester Sims



WHY IMPORTANT?

- It could save your life
- Vaccine active body's immune system
- Will stop spreading virus
- Virus could be cause of other disease
- The pandemic will over
- No side effects

News and Updates



New Employees

Caylee Canterbury
Peggy Millsap

Radiology
Infection Control

HOSPITAL WEEK

MAY 2-8

Be watching for all the
things that will be
planned for this week

UNION GENERAL HOSPITAL 2020 LIVE UNITED AWARD RECIPIENT

This award honors a company that exemplifies and embodies a corporate culture of philanthropy and community involvement. United Way presented the 2020 LIVE UNITED award to Union General Hospital during the Celebrating Excellence Award Ceremony via Zoom on March 10, 2021.



“Union General Hospital is such an outstanding partner with United Way of Northeast Louisiana. They’ve endured a lot as front-line workers during the COVID-19 pandemic, but they did not let it keep them from reaching their \$15,000 goal this year. Despite the employee annual food auction being done by email, this special event

exceeded last year’s total by over \$400 and raised a total of \$3,918 in a special event, even DURING A PANDEMIC! Employee giving also increased by 7%! In addition to the United Way campaign and all of their efforts with COVID-19, Union General Hospital employees were able to sponsor 42 kids this year for Christmas through Mamas with Christmas Hearts. They consistently show volunteer leadership through United Way NELA’s Volunteer UNITED. Union General Hospital, THANK YOU! You truly exemplify what it means to LIVE UNITED!” said, Tiffany White, Resource Development Manager, United Way of Northeast Louisiana.

Community



COMPLETE THE 2021 COMMUNITY HEALTH NEEDS ASSESSMENT



Interested in sharing your thoughts on the needs and issues affecting your community's health and wellbeing? Union General Hospital is currently completing their community health needs assessment (CHNA) for 2021 and you are invited to be part of it. Anyone living in Union Parish is encouraged to complete this survey. Your input will inform Union General Hospital CHNA and plan to address priority areas. Complete the survey to find out more.



Link to survey:

https://georgiasouthern.co1.qualtrics.com/jfe/form/SV_79RMz6QymRRMdSe

www.uniongen.org

901 James Avenue, Farmerville, LA 71241
(318) 368-9751

April

National Occupational Therapy Month

What is occupational Therapy?

Occupational Therapy is defined as a form of therapy for those recuperating from physical or mental illness that encourages rehabilitation through the performance of activities required in daily life.

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

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

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

Contact us today

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



Trusted. Dedicated.
Innovative.



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

UNION GENERAL HOSPITAL THERAPY SERVICES

Post-COVID Outpatient Therapy Recovery Program

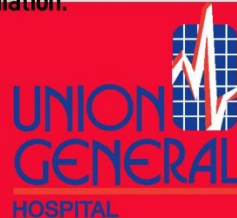
Everyone has either experienced the virus, know someone who has or will be impacted by general deconditioning, reduced functional capacity, and speech and swallowing deficits common to post-COVID recovery.

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

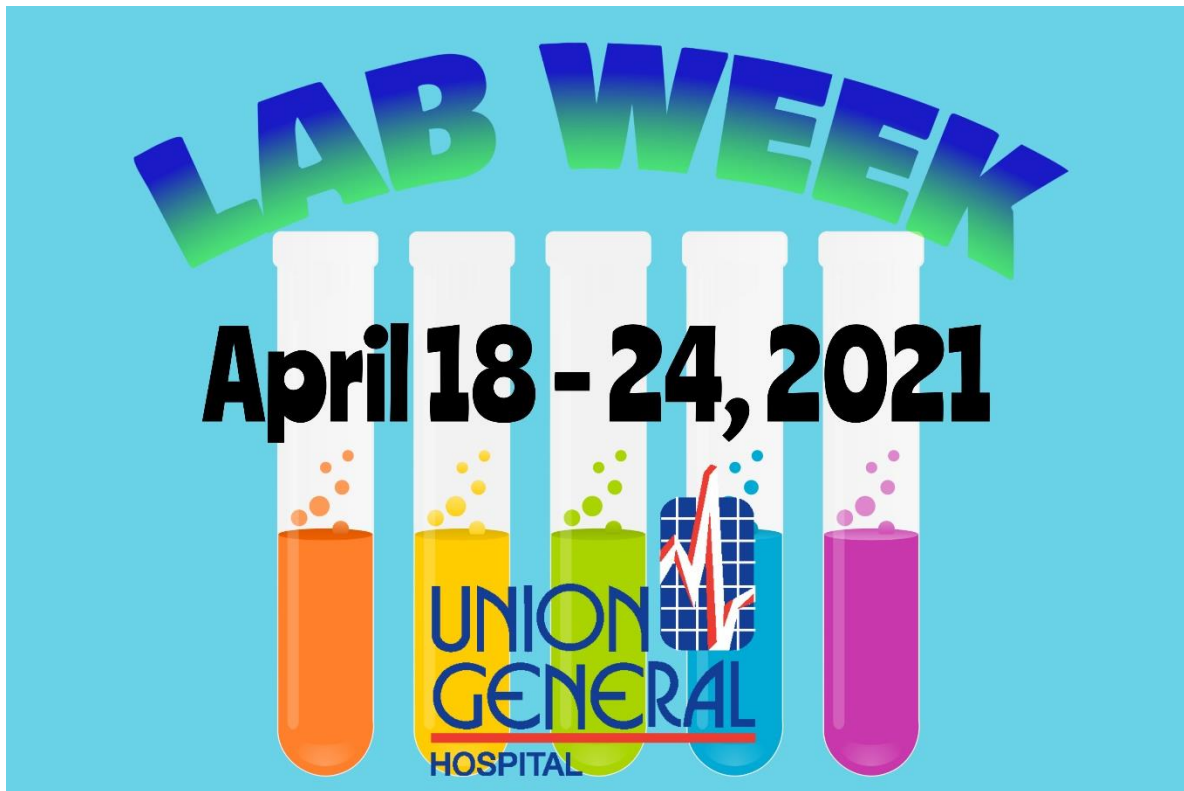
Evidence cited by the US Department of Health and Human Services supports the fact that physical activity improves and maintains cardio-respiratory and muscular fitness and reduces the risk of chronic diseases, depression, and cognitive decline.

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





APRIL -Sexually Transmitted Infections Awareness Month

If you are sexually active, getting tested for STDs is one of the most important things you can do to protect your health! Have an open and honest conversation with your health care provider about your sexual history and STD testing. This will help them understand what STD tests you may need.

Studies have shown that many teens don't talk to their health care providers about issues of sex and sexuality during their annual health visits, sometimes because they are afraid their parents might find out. If you don't feel comfortable talking with your regular health care provider about STDs, visit one of the [many clinics](#) that provide confidential testing that is free or low cost. For ways to prepare for your doctor's visit, check out this LINK <https://www.ncshguide.org/>.

Which STD Tests Should I Get?

- **All adults and adolescents from ages 13 to 64** should be tested at least once for HIV.
- **All sexually active women** younger than 25 years should be tested for gonorrhea and chlamydia every year. Women 25 years and older with risk factors, such as new or multiple sex partners, or a sex partner who has an STD, also should be tested for gonorrhea and chlamydia every year.
- **All pregnant women** should be tested for syphilis, HIV, and hepatitis B starting early in pregnancy. At-risk pregnant women also should be tested for chlamydia and gonorrhea starting early in pregnancy. Testing should be repeated as needed to protect the health of mothers and their infants.
- **All sexually active gay and bisexual men** should be tested at least once a year for syphilis, chlamydia, and gonorrhea. Those who have multiple or anonymous partners should be tested more frequently for STDs (i.e., at 3- to 6-month intervals).

- **Sexually active gay and bisexual men** may benefit from more frequent HIV testing (e.g., every 3 to 6 months).
- **Anyone who has unsafe sex or shares injection drug equipment** should get tested for HIV at least once a year.

Find out what STD care options are available near you.

In addition to traditional, in-person visits, other options that may be available include:

- **Video or phone appointments** with your health care provider.
- **Express visits** for STD testing and treatment without a full clinical exam.
- **Pharmacies and retail clinics**, such as at a grocery store or big-box store, for on-site testing and treatment.
- **At-home collection** where you collect your own sample and take or mail it to a lab for testing.

Get Tested, Get Treated

Testing positive for an STD is not the end. [Many STDs are curable](https://www.cdc.gov/std/prevention/NextSteps-GonorrheaOrChlamydia.htm) and all are treatable. <https://www.cdc.gov/std/prevention/NextSteps-GonorrheaOrChlamydia.htm>

If you or your partner has an STD that can be cured, both of you need to start treatment immediately to avoid getting re-infected. Getting treated right away also can help avoid health problems down the road.

A forgotten prescription from your health care provider won't help – make sure to get it filled and take your medication as prescribed. That also means you shouldn't share your prescription with your partner.

Get retested! It's common to get some STDs more than once, especially chlamydia and gonorrhea. You should be retested in 3 months even if you and your partner took medicine.

TAKE CHARGE OF YOUR SEXUAL HEALTH

What you need to know about preventive services



RECOMMENDED PREVENTIVE SEXUAL HEALTH SERVICES FOR WOMEN

Sexual Health Service	Adolescent (13-18 years)	Adult (19+)
Cervical cancer screening	Not recommended	Those aged 21-29 every 3 years Those aged 30-65 every 3-5 years Not recommended for those aged 66+
Chlamydia screening	Those who are sexually active (screen annually) or pregnant	Those aged 24 and under (screen annually) Those over age 24 who are at risk Those who are pregnant
Contraceptive counseling	Those who are sexually active	Those who are sexually active and/or of childbearing age
Counseling to prevent sexually transmitted infections	Those who are sexually active	Those who are at risk
Gonorrhea screening	Those who are sexually active or pregnant	Those aged 24 and under (screen annually), including those who are pregnant Those over age 24 who are at risk, including those who are pregnant
Hepatitis A vaccine	Those not vaccinated as children	Those who are at risk and are unvaccinated
Hepatitis B vaccine	Those not vaccinated as children	Those who are at risk and are unvaccinated Those born in a country where the hepatitis B virus is common
Hepatitis B screening	Those who are pregnant Those who are at risk and are unvaccinated Those born in a country where the hepatitis B virus is common	Those who are pregnant Those who are at risk and are unvaccinated Those born in a country where the hepatitis B virus is common
Hepatitis C screening	Not recommended	Those born between 1945 and 1965 Injection drug users
HIV testing	Those who are or have been sexually active (test at least once) Those who are pregnant	Those who are or have been sexually active (test at least once) Those who are at risk (test at least annually) Those who are pregnant
HPV vaccine	Those not vaccinated at age 11 or 12	May be given through age 26 (and to eligible adults over age 26)
Syphilis screening	Those who are pregnant or at risk	Those who are pregnant or at risk

You're at risk if you have had unprotected vaginal, anal, or oral sex (sex without a condom), have multiple partners, have an STI (including HIV), share injection drug equipment (including needles or syringes), exchange sex for drugs or money, or have a partner who answers "yes" to any of these questions or whose health status you don't know.

RECOMMENDED PREVENTIVE SEXUAL HEALTH SERVICES FOR MEN

Sexual Health Service	Adolescent (13-18 years)	Adult (19+)
Chlamydia screening	Those who are at risk	Those who are at risk
Counseling to prevent sexually transmitted infections	Those who are sexually active	Those who are at risk
Gonorrhea screening	Those who are at risk	Those who are at risk
Hepatitis A vaccine	Those not vaccinated as children	Those who are at risk (including men who have sex with men) and are unvaccinated
Hepatitis B vaccine	Those not vaccinated as children	Those who are at risk (including men who have sex with men) and are unvaccinated Those born in a country where the hepatitis B virus is common
Hepatitis B screening	Those who are at risk (including men who have sex with men) and are unvaccinated Those born in a country where the hepatitis B virus is common	Those who are at risk (including men who have sex with men) and are unvaccinated Those born in a country where the hepatitis B virus is common
Hepatitis C screening	Not recommended	Those born between 1945 and 1965 Injection drug users
HIV testing	Those who are at risk (including men who have sex with men) (test annually)	Those who are or have been sexually active (test at least once) Those who are at risk (including men who have sex with men) (test annually)
HPV vaccine	Those not vaccinated at age 11 or 12	May be given through age 26
Syphilis screening	Those who are at risk	Those who are at risk

How Do I Know if I'm at Risk?

Your sexual health is at risk if you answer “yes” to any of the following questions:

- Have you had unprotected vaginal, anal, or oral sex (sex without a condom)?
- Do you have multiple partners?
- Do you have an STI, including HIV?
- Have you shared injection drug equipment, including needles or syringes?
- Do you exchange sex for drugs or money?
- Do you have a partner who answers “yes” to any of these questions or whose health status you don't know?

MAY IS MENTAL HEALTH MONTH 2021

LIFE CAN BE
HARD.

YOUR MENTAL
HEALTH DOESN'T
HAVE TO SUFFER.

GET TOOLS AND
INFORMATION
THAT CAN HELP.



LEARN MORE AT
[MHANATIONAL.ORG/MAY](https://mhanational.org/may)

1 IN 5 PEOPLE WILL HAVE A MENTAL HEALTH
CONDITION IN THEIR LIFETIME.



TAKING A SCREEN IS AN EASY WAY TO CHECK
IN ON YOUR MENTAL HEALTH.



VISIT [MHASCREENING.ORG](https://mhascreening.org)

MENTAL HEALTH AWARENESS

EVOLVING: Make Room for Growth



Jenequa L. Jones-Hicks, LMSW
Mental Health Intensive Outpatient Program
Program Director

With all we have going on, with all that seems to continue to stir, simmer, and surface, is there room for anything else? Good or Bad? Life Happens. One thing that is always constant is change. We have all learned and witnessed that in the wake of this COVID-19 pandemic things can go from A to Z (metaphorically speaking) in the blink of an eye, so the question is are you prepared to evolve and change?

I am the new Mental Health Intensive Outpatient Program (IOP) director at Union General Hospital,

and I recently went through a lot of changes this year that was life changing, scary, exciting, motivating, encouraging, raised

uncertainty, and so many other emotions on the spectrum of feelings.

The embarkment of this transition could have derailed me had I not been mentally prepared or surrounded myself around others who inspired and encouraged me. How did I get ready mentally? Well, I learned from my past mistakes/experiences, and the past mistakes/experiences of others through application of recollection of those occurrences.

Sometimes history has a way of tracking you and making one feel inadequate or less than; however, sometimes it also has a way of growing and developing you. I love to look at history as a benchmark for future success, and a pillar of excellence to push yourself out your current situation. If you want a way out, ask for help. Speak out. Do something different, even if it seems strange. Understanding that you are not alone.

As the pandemic continues, it has placed a burden on many individuals mental health and emotional health. This virus doesn't discriminate for any particular person and affects all no matter age, gender, race, economic status, etc. Statistics has shown it doesn't have any discretions on who it can affect physically, mentally, and definitely emotionally.

The concerning part of this pandemic is not being able to readily or know how to access outside resources to assist in dealing with the common symptoms that many people have expressed facing during this time.

Stress, anxiety, worry, fear, isolation, uncertainty, depression, and many other negative burdens can all lead to detrimental impacts on individuals who don't know how or whom to seek help or guidance from in staying healthy and safe during these troubling and scary times.

Help is available. There are so many avenues of treatment service modalities now: group sessions, individual sessions, or telehealth sessions.

Our motto here at Union General Mental Health Intensive Outpatient Program (IOP) is "Helping you to be the best you.... One day at a time". Take initiative each day, make changes each day, do something different each day, and see yourself improving.

So here are some key steps to helping you be a better you. All It takes is your commitment to the application of effort and dedication.

A few methods for personal growth and well-being:

- Identify harmful habits- Now this can be difficult to some, because sometimes it isn't viewed as a bad habit, but one way to know if it's causing unhappiness, confusion, disappointment, injury, or harm etc. it's a harmful habit.
- Identify if you want to attain happiness, peace, and/or joy.
- Make a commitment to let go of what's keeping you from evolving (changing).
- Make a habit of savoring the daily small joys- Example this can be the compliments you received or gave that day.
- Keep a Joy List Handy-Write down fond moments that made you happy and experiences that made you smile. Ones that you can reflect on in difficult times.
- Speak kindly to yourself and others.
- Laugh when you feel like yelling (I know it sounds funny, but it works!)
- Practice getting a perspective and noticing when you have lost yours.

Change is hard, but change is so worth it in the end! Here at the IOP we are committed to assisting others with seeing a change as a foundation for growth, rather big or small, while gaining insight that although life gives you pain, processing through the pain and discomfort brings a resilience to achieve the recipe of success. We as humans may make flawed decisions, but the goal is to consistently aim to be a better you today than you were yesterday. This task is only accomplished by making room for progress through your actions.

Again, choose to do one thing different today, take initiative each day, make changes each day, do something different each day, and see yourself improving. Acceptance frees you from the pain.

Talk with your doctor if you feel your symptoms becoming overwhelming or interfering with daily functioning or relationships. Life can be more enjoyable. Call 318-368-4748 for a free confidential assessment. Our program is operated four days a week Mon-Thurs. to all eligible Medicare patients.

If you would like immediate help, please call 1-800-273-8255 (TALK). Through this toll-free phone number, we offer a network of crisis centers across the country. These centers staff their lines with people who are trained to listen and offer support to people in emotional crisis. If you are in immediate medical crisis, please call 911.

STAY SAFE! STAY HEALTHY!



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FOR ELIGIBLE
MEDICARE
PATIENTS**

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SIGNS OF A STROKE

A **STROKE** is an injury to the brain caused by a disruption of blood flow to the brain cells. When a blood vessel becomes blocked or bursts, oxygen-rich blood is unable to reach a portion of the brain and brain cells begin to die. A stroke is a **LIFE-THREATENING** condition that requires you to **RECOGNIZE THE SIGNALS** and **ACT FAST**.

800,000

The number of strokes in the U.S. each year

1 in 6 will suffer a stroke at some point in their life



EMS SAFETY TIP:

Prevent a stroke by controlling your blood pressure, diet and diabetes. Stop smoking and start exercising.



DON'T DELAY CALLING 911!

Call 911 immediately when there is a sudden onset of any of the signs of stroke. Don't delay and hope signs will go away, or drive a victim to the hospital. Early recognition and rapid treatment in the hospital with clot-busting medications are critical to improved outcome and survival rates.

Stroke Assessment

Use the first three letters from the word **STROKE** to quickly identify common signs of a stroke.



Smile: ask the person to smile. Look for uneven facial movement.



Talk: ask the person to repeat a common phrase. Listen for slurred or incorrect words.



Reach: ask the person to close their eyes and raise both arms. Look for weakness on one side.



Signs & Symptoms

- Sudden weakness or numbness of face, arm or leg, usually on one side of the body.
- Sudden confusion, difficulty speaking or understanding.
- Sudden trouble seeing.
- Sudden loss of balance or coordination, trouble walking, dizziness.
- Sudden severe headache with unknown cause.

Actions

- Call 911 (activate EMS).
- If unresponsive and no breathing, or only gasping, begin CPR.
- Protect the airway. If secretions are present, place in recovery position.
- Be calm and reassuring.
- Tell EMS and doctors when symptoms began.



www.emssafety.com

www.cdc.gov/features/worldstroke/day

May is National Stroke Awareness Month.

F

FACE

Does one side of the face droop?

A

ARM

Does one arm drift downward?

S

SPEECH

Does the speech sound slurred or strange?

T

TIME

If you observe any of these signs, call 911.

Be Stroke Aware

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

6 Primary Stroke Symptoms:

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

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

Stroke Symptoms Unique to Women:

Sudden face and limb pain

Sudden shortness of breath

Sudden hiccups

Sudden heart palpitations

Sudden chest pain

Sudden nausea

Sudden general weakness

80%

PORTION OF STROKES THAT ARE PREVENTABLE

Ways to Prevent a Stroke:

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

425,000

NUMBER OF WOMEN WHO SUFFER A STROKE EACH YEAR

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

Healthy Swaps



Brittany Smith, RD, LDN, MS
Registered Dietitian & Foodservice Director

Eating healthy can be hard at times. Thankfully, these simple diet swaps can help you improve your diet by providing you with more nutritional value and less of the quilt.

Avocado instead of Mayo: Avocado is filled with fiber, vitamins C, E, K, and B-6, as well as healthy fats. They will still have the creamy texture you are looking for, as well as, adding flavor to the meals you add them too.

Fresh Fruit instead of Fruit Juices or Dried Fruit: Fresh fruits have more fiber than fruit juices so they do not spike your blood sugar as quickly. Dried fruits have less volume verses fresh fruits do to being dehydrated, so you end

up less satisfied compared to if you ate the same number of calories in the fresh fruit.

Cinnamon instead of sugar: Did you know starting your day with sweetness means your body will more likely be craving sweet foods throughout the day. Instead of loading your coffee or topping your oatmeal with sugar, try sprinkling in the blood sugar regulating cinnamon instead. Your morning cup of coffee or breakfast will now have metabolism-boosting benefits, and you will be less likely to reach for those sweets during the day.

Cooking Spray instead of butter or margarine: Reduce your calorie intake by using cooking sprays when you can instead of butter or margarine.

Canned foods that are packed in water or 100% juice instead of oil and syrup: By purchasing food canned water or 100% juice you will be reducing the amount of added sugar and fats that come along with foods canned in oil or syrup.

Vegetables instead of chips: Use celery, carrot sticks, cucumber slices, or any veggie you like in place of chips. They give you the same crunch you are looking

for without the added salt and fat. Enjoy your veggies with your favorite dips or just as a crunchy snack!

Yogurt instead of ice cream or sour cream: Frozen fruit flavored yogurts are a good alternative for ice cream, it provides you with a frozen sweet treat for a lot less calories. Plain Greek yogurt is a great substitute for sour cream, the taste and texture between the two are almost identical, you will not miss sour cream or the added calories, I promise. Yogurts provide you with protein, calcium, and sometimes probiotics!



Brittany Smith, RDN, LDN, MS
Registered Dietitian & Food Service Director

**EAT WELL
BE WELL**

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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?

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FOR HEALTHY LIVING
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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.



901 James Ave., Farmerville, LA

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HOSPITAL



May



High Blood Pressure Awareness



Did you know?



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

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

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

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

General Tips

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

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



Nutrition Tips

Incorporate garlic, herbs, and other spices

Don't add salt

Avoid alcohol and smoking

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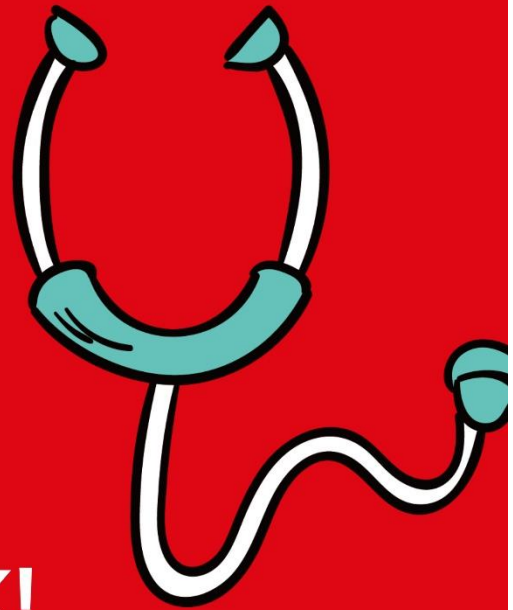


@ITCAWIC



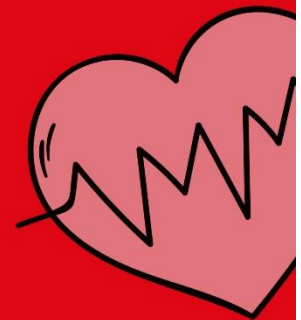
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MAY 9-15, 2021**

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NATIONAL
NURSES WEEK!
MAY 6 - 12, 2021**

WE APPRECIATE THE WORK YOU DO!



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5 PLAYS FOR MEN
to Stay at the Top
of Their Game

#1 We will protect this heart:
Heart disease is the No. 1
killer of men. Healthier
food choices build a healthier
heart – make fruits and
vegetables half of your plate.

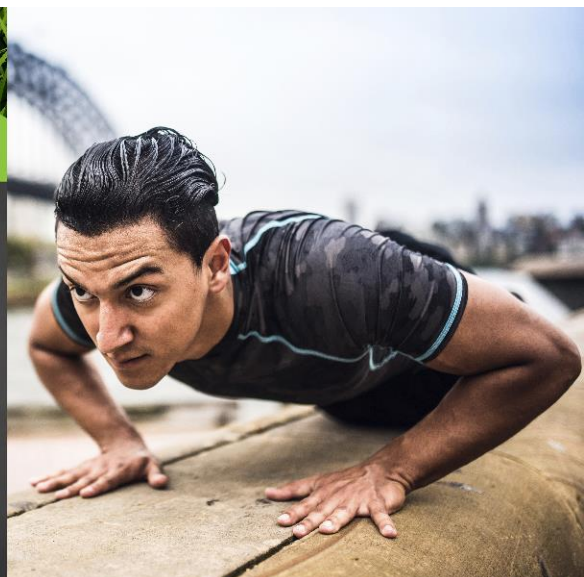
  U.S. Department of
Health and Human Services
Office of Minority Health



5 PLAYS FOR MEN
to Stay at the Top
of Their Game

#2 Bro, you don't even
have to lift:
Getting just 30 minutes
of exercise each day can
help you live longer
and healthier.

  U.S. Department of
Health and Human Services
Office of Minority Health



5

PLAYS FOR MEN to Stay at the Top of Their Game

#3

Preventive maintenance:
Getting regular check-ups
can catch small problems
before they become
big problems.



U.S. Department of
Health and Human Services
Office of Minority Health



5

PLAYS FOR MEN to Stay at the Top of Their Game

#4

Quitting time:
Smoking causes cancer, heart
disease, stroke, and... a greater
risk of erectile dysfunction.



U.S. Department of
Health and Human Services
Office of Minority Health



5

PLAYS FOR MEN to Stay at the Top of Their Game

#5

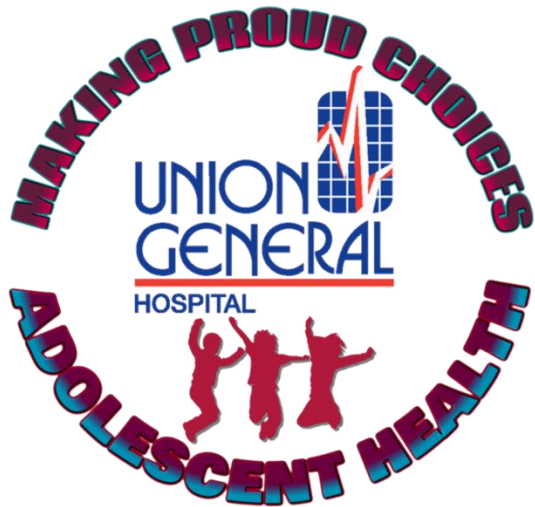
Hey man, you good?
Life can get tough, and thinking
things through with a mental
health professional can help.

minorityhealth.hhs.gov



U.S. Department of
Health and Human Services
Office of Minority Health





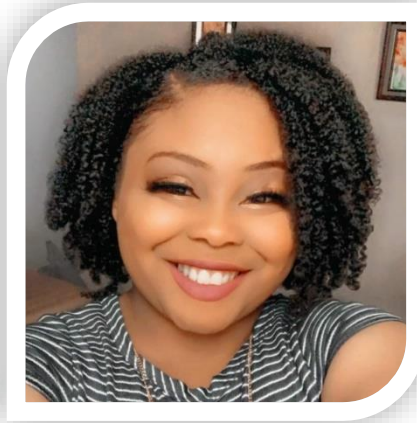
Union General Hospital announces the 2021 It's a Girl Thing, Making Proud Choices Scholarship Program. Under the Program (1) \$1,000 scholarship will be awarded to a deserving senior girl attending high school in Union Parish.

Every year we look forward to receiving the applications and reading about the students' accomplishments and the impact of our program in their lives. Go to www.uniongen.org or scan the code to download the application.

Due date to apply: April 30th, 2021

If you have any questions call or email Claudia Wade, Program Director or Jiame Brown, Community Outreach Coordinator/Educator. (318) 368-7075 or (318) 278-5541 cwade@uniongen.org or jiamebrown@gmail.com





Alizia Barnes has been granted admission to Texas A&M University at Galveston for the Fall 2021 semester to pursue a course of

study with the Marine Biology Graduate Program at the M.S. level. She has been selected by the university to receive the 2-Year Competitive Graduate Fellowship in the form of a Graduate Assistantship for 2 years. This Assistantship includes tuition, mandatory fee payments, salary, and benefits for the duration of the Fellowship. During this Fellowship, Alizia will be studying coastal wetland ecology and restoration - the influence of environmental changes on ecosystem function. Alizia is the daughter of Renee Barnes, Ward Clerk on the nursing floor.

CONGRATULATIONS ALIZIA!





GOAT YOGA



Brittany Smith, RDN, LDN, MS
Registered Dietitian & Foodservice Director





Lynette Wade, APRN, FNP-C
Family Nurse Practitioner



Kelly Young, RN-FNP
Family Nurse Practitioner



Vanessa Brass, RN-FNP
Family Nurse Practitioner



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April

ALFORD, SHANA	04/02
BRANCH, CYNTHIA	04/15
COLSON, LAKEN	04/08
DAVIDSON, DIANNE	04/27
ELLIS, SABRINA	04/15
GINN, CONNIE	04/21
JOHNSON, BARBIE	04/09
ROBINSON, REAGAN	04/14
SANDOVAL, TERESA	04/08
SILMON, ASHLEY	04/01
THOMPSON, JOSIE L.	04/09
TRAYLOR, DELOIS	04/24

May

CALDWELL, JARVONUNA	05/16
CRANFORD, GREGORY B.	05/15
CUMMINGS, ALISTINE	05/31
DENDY, TINA	05/21
GRIGSBY, SHEREKA	05/01
HUFF, CLDE M.	05/24
LOYD, JODY	05/09
TOWNS, JENNIFER L.	05/18
WADE, KAITLIN	05/10

June

ALBRITTON, BRENT	06/24
BANKS, RANDALL	06/16
BARLEY, GINGER	06/12
BECKHAM, JOHN	06/16
BREWSTER, KOMOCKA	06/22
CARNES, SANDRA	06/20
DAVIS, TAYLOR B	06/20
KIMMERLING, KOURTNEY	06/21
LUMSEY, CANDICE	06/17
NUTT, CALLIE	06/07
PEARSON, MELANIE	06/26
RAWLS, AMY	06/30
VEILLION, SARAH	06/02





COMPLIANCE



**QUESTIONS AND/OR CONCERNS CONTACT
PRIVACY OFFICER JULIE DUTY
COMPLIANCE
OFFICER 318-368-7077 jduty@uniongen.org**

— advice for —
**STAYING
HIPAA
COMPLIANT**
when using social media

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

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



NEVER POST ABOUT PATIENTS

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



DON'T TRUST MESSAGING SERVICES

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



EDUCATE YOURSELF AND OTHERS

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



DON'T MIX WORK AND PERSONAL LIFE

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



WHEN IN DOUBT, DON'T POST

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



scrypt.com

Work confident™



- Prayers for Bridget Jones, Lab Technician, having surgery April 5th
- Prayers for Dianne Davidson, COO, having surgery in May
- Prayers for Evalyn Ormond, CEO, for speedy recovery after surgery

Prayer for healing

Heavenly Father,
I come before you and I ask that you would forgive me of all my sins. I know that I have sinned against you, and you alone; I am truly sorry and I humbly repent. Thank you for your forgiveness and for dying on the cross so that I may be forgiven.

Right now, I lift up my (friend, sister, brother,) to you. Lord they need a healing touch over their body. I pray that you would heal their ____ in the Holy name of Jesus. It is by your stripes we are healed. (Isaiah 53:5).

I thank you in advance for the healing and recovery that is going to take place. Thank you for being the ultimate healer and restorer over our physical bodies. It is only through Jesus Christ name that we are healed.

In Jesus name,
Amen





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Evalyn Ormond, CEO

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- It's a Girl Thing, Making Proud Choices (Teen STD/HIV Pregnancy Prevention), Annual Scholarship
- Teen Drug and Alcohol Prevention



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Radiology

Department

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Farmerville, LA 71241

DOCTOR'S ORDER IS REQUIRED



Cream Puffs Recipe

Ingredients:

1 cup All Purpose Flour	100 grams Butter
1 cup Water	1/2 tablespoon Sugar
4 eggs	1/4 tablespoon Salt

Procedure:

1. Combine water, butter, salt & sugar in a pan & cook over medium heat. Bring to a boil then quickly add flour, stir until a film forms on the bottom of the pan.
2. Transfer to a bowl & let it cool down a bit.
3. Add 1 egg at a time until it is fully incorporated before adding the next egg. Stir until soft peaks form.
4. Lay wax paper on some baking pans & pipe 1 1/2 inch circles.
5. Soften pointed peaks with moistened finger.
6. Brush with egg wash to get glossy appearance.
7. Bake in a preheated oven for 30-40 minutes @ 200 degrees Celsius. Bake until the cream puffs rise & are golden brown.
8. Let the cream puffs cool.
9. Make a small slit or an X using a small knife on the bottom of the cream puffs & pipe pastry cream
10. Enjoy!

Health and Wellness

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

therapy

walking

savings

emotional

yoga

swimming

balance

occupational

responsibility

Stress