

THE PULSE

"Providing Quality Service with Compassionate Care"

"Why I got vaccinated and why you should, too"

At Union General Hospital, our mission is steadfast: Providing Quality Service with Compassionate Care.

This mission reflects our commitment to caring for our community where we live and work, both within and outside our hospital.

I have devoted my entire career to healthcare, and I can say with the deepest sincerity that I am truly grateful to be able to serve this incredible community.

COVID-19 has tested our resolve and challenged our spirit. As we round the corner on the COVID-19 pandemic we are at an important phase; vaccination to protect our community.

According to the site www.covidactnow.org only 33.4% of the population in Union Parish has been fully vaccinated.

Some people are hesitant about the COVID-19 vaccine, which is reasonable.

(continued on page 3)

"It has never been more important to stay strong, remain vigilant, and actively participate in this fight by getting the COVID-19 vaccine."



Evalyn Ormond, CEO

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EVALYN ORMOND, CEO

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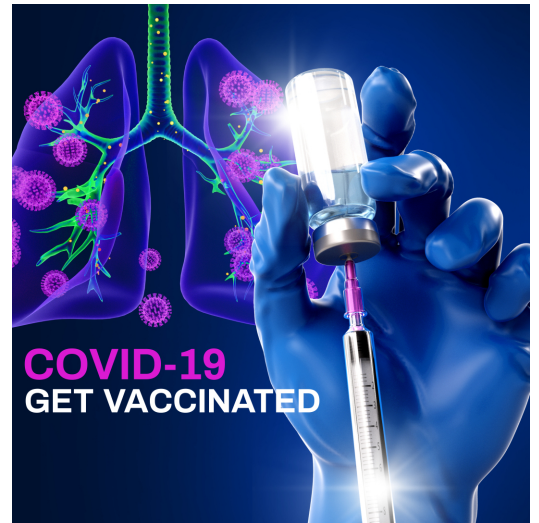
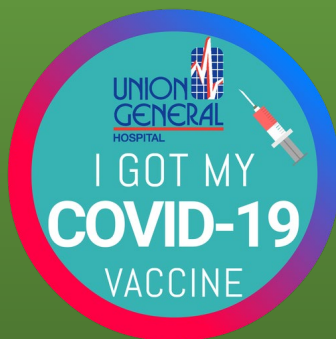
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The Pulse is also available on the Union General Hospital website www.uniongen.org and is published quarterly for staff and friends. News and other information may be submitted to Claudia Wade cwade@uniongen.org. Your comments and recommendations for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

Why I got the COVID vaccine?

As a community member, wife, and mother, I am grateful for the opportunity to protect my loved ones and neighbors by protecting myself. Vaccination can help us all get back to spending time with those we love.

According to the National Institute of Allergy and Infectious Diseases, it is estimated that up to 80 percent of adults need to receive the vaccine for us to achieve herd immunity and stop the virus from spreading. If a portion of the population remains unvaccinated, the virus has an opportunity to mutate and be passed on, further prolonging the pandemic. We have already seen several variants and I believe we need to be fully vaccinated if we want to protect ourselves and minimize this risk.

I know that some people have questions about getting the COVID-19 vaccines. In underserved communities where we have seen the highest rates of hospitalizations due to COVID-19, Louisiana has some of the lowest rates of vaccination.

We all need to stay focused on the data which shows the vaccines are safe, effective and our most powerful tool to stop the spread of COVID-19. I hope that those of you who have been vaccinated will share your reasons for getting the vaccine with family, friends and colleagues as your example may inspire others.

How you can get the vaccine, too

According to the Louisiana Department of Health Hospital, 1,467 vaccine providers across the state will have available doses of COVID vaccine. These providers include national and

independent pharmacies, public health providers, clinics and physician offices, hospitals and others.

LDH has published the list of participating providers, along with their locations and contact information, on its website: covidvaccine.la.gov. In addition to these providers, community vaccination events are taking place across the state and are also listed on LDH's website.

Residents requiring assistance can call the Bring Back Louisiana COVID-19 vaccine hotline at 1-855-453-0774 from 8 a.m. to 8 p.m. Monday through Saturday and from 12 p.m. to 8 p.m. on Sunday. The hotline will help residents schedule vaccine appointments and homebound vaccinations, find vaccine providers in their area and connect people with medical professionals who can answer vaccine-related questions.

Those with general COVID-19 questions should dial 211 for assistance.

All Louisiana residents ages 12 and older are now eligible to receive the COVID-19 vaccine. A signed [parental consent form](#) is required for those younger than 18 to be vaccinated.

Participating providers must give available vaccine doses to anyone who is eligible. Failure to do so will affect whether the provider receives future allocations of the vaccine.

The Louisiana Department of Health is coordinating the COVID-19 vaccine distribution effort in Louisiana. We are confident that COVID-19 vaccines will be critical to ultimately ending the pandemic.

We continue to fight to #BeatCOVID19

It has never been more important to stay strong, remain vigilant, and actively participate in this fight by getting the COVID-19 vaccine.

There is a protector in all of us.

Let's protect one another. Please join me in getting the vaccines and help us to Beat COVID-19!



Evalyn Ormond, CEO
Union General Hospital



Louisianans Vaccinated Against COVID-19 by July 31 Get a “Shot At A Million” in \$2.3 Million Lottery for Cash, Scholarship Prizes

June 17, 2021

Fourteen vaccinated Louisianans will win scholarships and cash prizes – including one adult who will win \$1 million – throughout July as part of the Shot At A Million campaign the state is launching to reward residents who have taken or who choose to get their COVID-19 vaccine, Gov. Edwards announced Thursday.

Registration for Louisiana’s Shot At A Million lottery begins Monday, June 21, 2021 at noon CDT. Louisianans who have gotten the vaccine can register online at ShotAtAMillion.com. Residents who do not have access to the internet or who have questions can call the toll-free hotline at 877-356-1511 to register, starting Monday.

“It’s time to take your Shot At A Million, Louisiana. Any resident who has taken at least one COVID vaccine dose can register to win life-changing cash and scholarship prizes. Get your first shot by July 31 and you could be our grand prize winner,” Gov. John Bel Edwards said. “Getting your COVID vaccine is already a huge win for Louisianans because they can safely take off their masks, be around other people and know that they are protected from serious COVID-19 infections, hospitalization and death. These safe and effective vaccines are the key to a brighter future full of music and festivals and fun for our state. But for 14 lucky Louisianans, getting the vaccine is going to mean even more. It’s time to go Sleeves Up to Bring Back Louisiana, because you don’t want to throw away your Shot At A Million.”

"This is a once-in-a-century event and we find ourselves at a pivotal point. Shot At A Million is bold and creative - and we'll need more unconventional ideas like this to end this pandemic. Because when lives are on the line, you do whatever it takes," said Dr. Joseph Kanter, State Health Officer. "The circulation of the COVID variants of concern, especially the fast-spreading Delta variant, adds further urgency to our vaccine campaign. What we do now will in part dictate what our fall looks like."

“Cash for college is always a reason to celebrate,” said Commissioner of Higher Education Kim Hunter Reed. “This is an exciting opportunity for students to get vaccinated against COVID-19 and the lagniappe is more than a little something extra. These scholarships will help our future students advance their education at a two-year or four-year college or university or through an apprenticeship program. Our message is clear - to bring back Louisiana geaux get your vaccine and geaux register to win these scholarships and cash prizes.”

Louisianans who have taken at least one dose of the COVID-19 vaccine and are age 18 or older may enter to win one of four \$100,000 prizes and the grand prize of \$1 million. Louisianans who have taken at least one dose of the COVID-19 vaccine and are between the ages of 12 and 17 may enter to win one of nine \$100,000 scholarships. Louisianans are eligible if they have received at least one dose of the COVID-19 vaccine before the drawing date – regardless of when they were vaccinated.

Louisiana will have four weekly drawings for one \$100,000 scholarship and one \$100,000 cash prize. The final grand prize drawing on August 6, 2021 will award a \$1 million cash award and five \$100,000 scholarships. Overall awards will total \$2.3 million, paid using federal COVID outreach dollars.

The Louisiana Lottery Corporation is assisting the Louisiana Department of Health with structuring the reward program and conducting the randomized drawings, with LDH and the Legislative Auditor present. LDH will not share a person’s vaccine status or health

information with the Louisiana Lottery Corporation, and will confirm the vaccination status of the winner after de-identifying the person's information.

Schedule of drawings:

- Enter by July 9, 2021 by 11:59 p.m. CDT for the July 14 drawing
- Enter by July 16, 2021 by 11:59 p.m. CDT for the July 21 drawing
- Enter by July 23, 2021 by 11:59 p.m. CDT for the July 28 drawing
- Enter by July 30, 2021 by 11:59 p.m. CDT for the August 4 drawing
- Enter by July 31, 2021 by 11:59 p.m. CDT for the August 6 Grand Prize Drawing
-
- Winners will be announced two days after the drawing to allow time to confirm vaccination status. The Grand Prize winners will be announced on August 13, 2021. For more information, visit ShotAtAMillion.com.

Need help getting a vaccine?

The three FDA-authorized COVID vaccines are very easy to find in Louisiana. People can call the vaccine hotline at 1-855-453-0774 between 8 a.m. to 8 p.m. Monday through Saturday and 12 p.m. to 8 p.m. on Sunday.

The vaccine hotline can answer vaccine questions, schedule appointments, help people find a vaccine provider or community event near them, and connect people to medical professionals.

The federal government also runs Vaccines.gov, which helps people locate vaccination locations near them.

People can also text their ZIP code to GETVAX (438829) in English, or VACUNA (822862) in Spanish, to get the contact information of three locations near them with available vaccines.





UNION GENERAL HOSPITAL HEROES

Want to nominate a
healthcare hero- someone
who has gone above and
beyond their own job?

Send nominations to Julie Duty,
jduty@uniongen.org

OUR HEROES!

Randy Banks- Covered night shifts of other RN out sick- 7 in a row after being out sick himself.

Carrie Perry- Worked day shift, then came back and worked 1 am- 7 am for night shift AIDE who called in sick. Carrie did 5 baths this night she worked.

Latonya Stringfellow- Went to ER to help with patient who has been waiting transfer for two days. Helped with bath and linen change.

Renee Barnes- Redid FSBS daily charge sheet to include patient's sticker. DO IT!

Cassandra Collins- came to help with code on floor.

Anne Marie Finklea- Worked 5-night shifts for other RN out sick- 1 of those was supposed to be out of town.

Jessie McLelland- Came in on a Sunday on her weekend off to work for other RN out sick.

Alicia Cain- Came in extra on her Friday off to cover 7-3 for other AIDE out sick.

Brent Cranford- Came to help with code on floor.

Wendy Hodge- She came and helped out when the ER was busy.

Jenny Towns- Came in -11 on Saturday night to cover for other nurse out sick.

Renee Barnes- remade labels and organized bins in IV room for nursing supplies. **DO IT!**

Maggie Voorhees-was gracious enough to pick me up from the hospital in Ruston and bring me to work on Friday, 6/25/21. I went to the hospital Wednesday night with my daughter to birth new grandbaby and didn't drive my truck. I texted Maggie at 8:15 pm and she immediately texted me back to tell me that she would pick me up. Thank you again, Maggie.
Renee Barnes

Dee Hines- Came in at 9 pm and 10 pm on nights off to cover for other ward clerk out sick Thank you! 😊

Shereka Grigsby- Did a great job handling and assisting staff with a critical patient situation! 😊

Amy Howard- Did a great job taking care of a critical patient situation and assisting with getting her transferred! 😊

Barbara Gates- Came in 7-3 on day off for other nurse who was out. Thank you! 😊

KeKe Joiner- Came in 7-9 pm and 7-11 pm for other clerk out sick! Thank you! 😊

Dee Hines- Found and corrected several issues with admitted patients and registration documentation not done on day shift. Thank you! 😊

Dee Hines- Did a great job handling the transfer paperwork and assisting your staff with a critical patient situation. 😊

Randy Banks- Did a great job handling an emergency situation with a patient and his first transfer to another facility! 😊

Lisa Turpin, Carrie Perry and Barbara Gates- I want to give kudos to whoever bought patient some fried shrimp last night! 😊 Just got off the phone with one of his daughters telling her how we are going to miss him. She said we have been great and did a wonderful job caring for her dad. That's when she mentioned someone bought him some friend shrimp last night because he was craving some.

Kate Cook- Caught that patient was on Metformin and received CT with contrast requiring holding of the Metformin! Great job Kate!!! 😊

Leann Dye- Came in 3-7 on day off for another nurse who was out. Thank you! 😊

Betty Batterton- when I worked the night shift there was an issue that I could not remember how to do it, I text betty at 10ish and she called immediately and was glad to help me navigate the system to resolve the problem in no time at all. I really appreciate her willing to help anytime asked.

Dee Hines- she had worked 11 nights in a row yet when I reached out to her (same night I worked nights) she responded and helped me figure out my 2 issues I was having.

It's really touching and heartwarming being blessed enough to work as a family/team. You don't find that anywhere else.

Betty Batterton- working on INP, OBS, Outpatient and ER Coding to help while Outpatient coder is out and Rachel is having to help in Registration.

Rachel Morrow- Covering for Registration staff while out and worked a night shift while Ward Clerk out.

UNION GENERAL HOSPITAL EMPLOYEES NOMINATED FOR RECOGNITION



Pictured left back row: Marty Huff, Theresa Moon, Janice Wyatt, Jenequa Jones, Evelyn Andrews, Billy Jung. Front row: Julie Duty, Jenny Towns, Darra June, Jessie McLelland, Renee Barnes, Tammi Anderson, Maggie Voorhees and not pictured, Kate Cook

Union General Hospital CEO, Evalyn Ormond, hosted a lunch reception on May 4th to recognize 14 employees nominated for Caregiver Heroes for outstanding customer service. These nominations could be from any position within our facility, even volunteer. All employees were asked to submit nominations for consideration.

The criteria for nomination:

- SOMEONE WHO HAS GONE OUT OF THEIR WAY TO PROVIDE KINDNESS CARE TO A PATIENT
- SOMEONE WHO MAKES IT THEIR BUSINESS TO BE ENCOURAGING, UPLIFTING AND SUPPORTIVE TO THEIR PEERS

- SOMEONE WHO HAS USED THEIR OWN TIME AND/OR RESOURCES TO MAKE SOMEONE ELSE'S DAY A LITTLE BETTER
- SOMEONE WHO HAS MADE THE VERY BEST OF A CHALLENGING SITUATION

Billy Jung's nomination was chosen to be submitted to Custom Learning Systems. Congratulations Billy for the efforts given by you and your firefighting team and for the efforts you gave to support Union General during the snow storm to be sure the hospital was able to keep staff and services top notch during the recent ice storm.

Thanks to all the employees nominated as the stories were heartwarming to hear what all the wonderful employees did for patients and each other that go beyond a job.

Everyone is a winner.

A graphic with a blue background and a diagonal split. The top half is a lighter blue and the bottom half is a darker blue. The text is white and red. The phone number is in a large, outlined font. The list of services is in a smaller, bold font. The hours are in a white font on a red background. The logos are at the bottom.

VACCINE HOTLINE

1-855-453-0774

- SCHEDULE YOUR VACCINE APPOINTMENT
- FIND VACCINE PROVIDERS IN YOUR AREA
- CONNECT WITH MEDICAL PROFESSIONALS WHO CAN ANSWER YOUR VACCINE QUESTIONS

8 a.m. - 8 p.m. Monday - Saturday | 12 p.m. - 8 p.m. Sunday

 LOUISIANA
DEPARTMENT OF HEALTH

 SLEEVES UP
BRING BACK
LOUISIANA

CEREMONY DEDICATES PLAQUE HONORING COVID-19 PATIENTS TREATED AT UNION GENERAL HOSPITAL

On June 30, Evalyn Ormond, CEO and Union General Hospital staff led by Darra Jung, RN, Director of Nurses held a ceremony dedicating a plaque on the new Isolation Suite in honor of community members treated during the past 15-month COVID pandemic. A brief message recapping the year was read and employees lit a candle and stated the names of each person who lost the fight to COVID followed by a prayer so that they will always be remembered. Union General Hospital employees have stood on the front lines of healthcare, worked through unprecedented dangers and difficulties and have risked their own personal safety and health to make it possible for the people of Union Parish to receive life-saving treatments at home.



News and Updates



Chelsey Cook, RN
Brooke Ellis, LPN
Hannah Harris, RN
Nicole Johnson, RN
Katelyn Oliver, LPN
LaShonda Stringfellow
Lisa Turpin, RN
Tom Bice
Christian Roy

ER
RHC
ER
ER
Nursing
Housekeeping
Nursing
Radiology
IT

Carelearning

Carelearning Courses have been reset. Any employee that is hired after August 1, 2021 will NOT have to retake Carelearning.

All other employees must take the courses again. Please have courses completed and print on the page that shows that courses are complete (green check mark to the left of each course name) and give to your Director.

Sheri Taylor, HR

Health Data
Privacy



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

OFFICER 318-368-7077

jduty@uniongen.org

CONGRATULATIONS

Congratulations to our own Darra Jung, Director of Nurses. Winner of the 2021 Outstanding Citizen Award for Healthcare by the Union Parish Chamber of Commerce. We couldn't be prouder!



Happy Retirement

Union General Hospital would like to wish a happy retirement to Bridget Jones. Bridget, Lab Technician retired after 17 years with Union General.



HOSPITAL WEEK 2021



Aster Awards

HONORING EXCELLENCE IN HEALTHCARE ADVERTISING

UNION GENERAL HOSPITAL WINS TWO NATIONAL HEALTHCARE AWARDS

The Aster Awards is one of the largest and most respected national/international healthcare marketing competitions. This elite program has recognized outstanding healthcare professionals for excellence in their advertising & marketing efforts for over 20 years. We are pleased to announce that Union General Hospital was awarded two Aster Awards this year, one gold and one silver for our excellence in healthcare flyers and brochures design and healthcare marketing. The 2021 Aster Awards received entries from across the entire United States as well as abroad. All marketing materials submitted were designed and created by Claudia Wade, Community Development Manager/Grant Writer.



Union General Hospital -- Farmerville, LA
Award: Gold

Marketing Developer: Claudia Wade, Community Development Manager/Grant Writer

Entry Name: UNION GENERAL HOSPITAL FLYERS

Group: Hospital under 75 beds

Category: Flyer – Series

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



Union General Hospital -- Farmerville, LA
Award: Silver

Marketing Developer: Claudia Wade, Community Development Manager/Grant Writer

Entry Name: UNION GENERAL HOSPITAL BROCHURES

Group: Hospital under 75 beds

Category: Brochure Advertising – Series

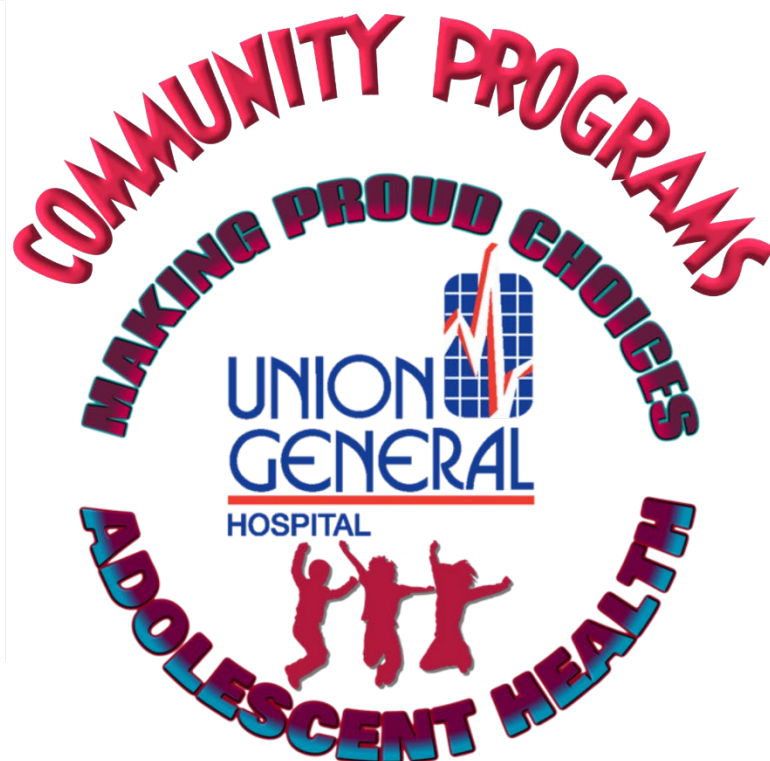
Silver Awards – Score of 90% to 94% (top 12% in the nation)



BACKPACK AND SCHOOL SUPPLIES GIVEAWAY

**FOR UGH EMPLOYEE'S CHILDREN
THAT YOU ARE LEGALLY RESPONSIBLE FOR
SPONSORED BY EVALYN ORMOND, CEO
TURN IN YOUR SCHOOL SUPPLY LIST TO CLAUDIA
WADE WITH YOUR NAME, CHILD'S NAME AND
GRADE NO LATER THAN FRIDAY, JULY, 30TH**

901 JAME AVENUE, FARMERVILLE, LA 71241
(318) 368-9751
WWW.UNIONGEN.ORG



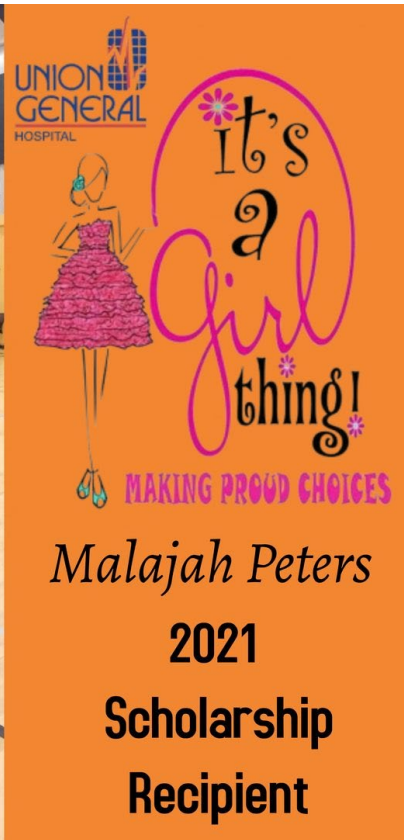
Anti Bullying/Suicide Prevention Program

Drug/Alcohol/Tobacco Prevention Program

www.uniongen.org
(318) 368-9751



It's a Girl Thing Making Proud Choices 2021 Scholarship Recipient



Congratulations to our 2021 Union General Hospital Adolescent Health Program It's a Girl Thing, Making Proud Choices Scholarship recipient Malajah Peters, graduate of Union Parish High School. Malajah joined our program when she was 13 years old in the 7th grade. Besides beautiful she is an outstanding student, member of the National Honor Society and Beta Club leader. Way to go, Malajah!!! Here's to a great future! Please join us in celebrating this young lady as she moves forward in her educational journey.

It's a Girl Thing, Making Proud Choices was established by Union General Hospital in 2013. Under the program (1) \$1,000 scholarship is awarded every year. The program provides information to teen girls for use of tools to guide a process of understanding the importance of self-worth and setting goals in life. We have open enrollment all year around. Just in 2020 and spite of COVID the hospital invested over 700 hours in our children through our Adolescent Health Programs. We are very grateful for our partnership with the Union Parish Schools.

“It's a Girl Thing played a big part in me becoming a lady. The program taught me that I don't have to behave in a certain way to be noticed and that my presence alone can be enough. In certain situations it is better to be seen not heard and the times that I am seen, it's in a poised manner. Thanks to It's a Girl Thing I get complimented on how I carry myself all the time. I am extremely appreciative of this program and what it has taught me and I thank everyone who has played a part in it!”

-Malajah Peters-

Congratulations Graduates 2021

Carla Capetillo

Carla Capetillo graduated from Union Parish High School. We are so excited and super proud of Carla for all of her many accomplishments! We pray she continues to shoot for the stars and achieve all her goals!!!



Anaiah Jones

Anaiah Jones graduated from Ruston High School. We are so excited and super proud of Anaiah for all of her many accomplishments! We pray she continues to shoot for the stars and achieve all her goals!!!



Mykaila Alexander

Mykaila Alexander is one of our beautiful girls that graduated this year from Louisiana Tech University with a Bachelor of Art in Psychology. We are super proud of Mykaila for all of her many accomplishments!

Anything is possible when you just believe in God and in yourself. The future is wide open, with many opportunities now waiting for you. Congratulations on your great success. May God's love and guidance be with you.



CONGRATULATIONS

SPRING CLASS OF

2021



MYKAILA ALEXANDER

**LOUISIANA TECH UNIVERSITY
BACHELOR OF ARTS IN PSYCHOLOGY**

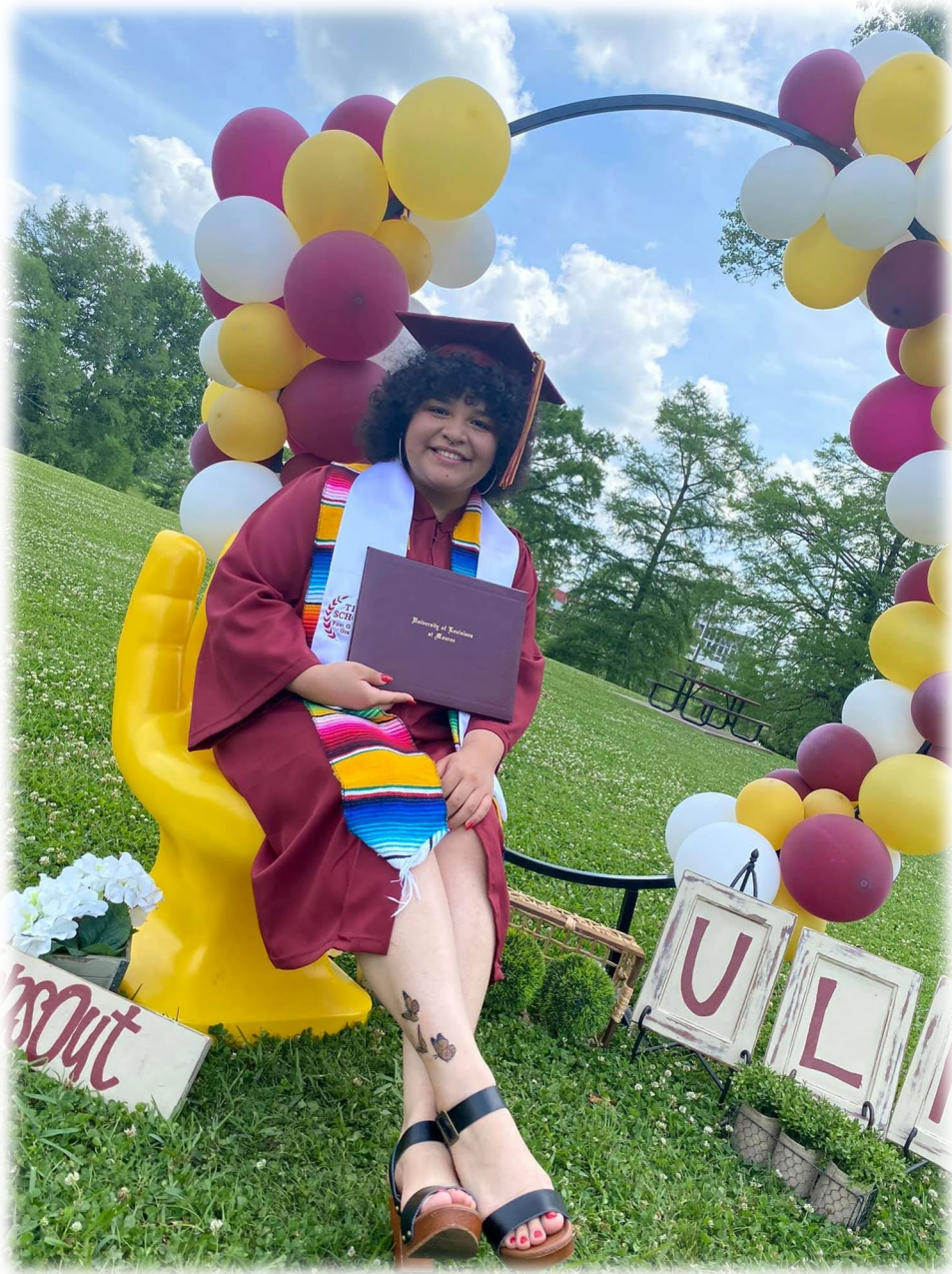
T'Niya Grigsby

T'Niya Grigsby graduated from Grambling State University with a degree in Social Work. We are very proud of T'Niya for all her many accomplishments. May God's graces be with her as she steps ahead towards her dreams.



Malena Flores

Malena Flores is one of our beautiful girls graduating from ULM with a Degree in Social Work. We are so excited and super proud of Malena for all of her many accomplishments! Anything is possible when you just believe in God and in yourself. Step into future with a prayer in your heart and you'll soon reap the fruits of your efforts and hard work!



Armoni Jones

Congratulations on your well-deserved success and your service to our community!

“Joining It’s a Girl Thing in high school truly helped me become the woman I am today.”

-Armoni Jones-



Jaedyn Warren

Jaedyn Warren signed with John Casablancas Modeling last year and was recently selected to attend International Management Talent Agency (IMTA) Convention in Florida this July where she will compete in several modeling categories such as runway, fashion print, swimwear, etc. This convention will be packed with casting agencies from all over the world. Attending this convention will allow her the opportunity of signing with other agencies. She has always dreamed of being a model now she finally get a chance to live her dream and walk the runway. 🌟 Congratulations Jaedyn



JAEDYN ARIANA

Jennyfer Gomez attends D'Arbonne Woods Charter School. She was inducted into the National Honor Society this year. Congratulations Jenny, we are very proud of you. [#honorsociety](#)



Thank you

We want to thank Connie Ginn, RN, Brent Cranford, RN and Jiame Brown, Mental Health Specialist for serving as guest speakers for the Adolescent Health program meetings held in April, May and June. Your willingness to share your time and expertise in the area of mental health, drug/alcohol and bullying/suicide prevention is critical to the success of Union General Hospital Adolescent Health Programs.



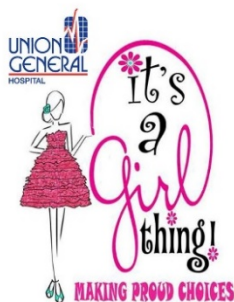
Connie Ginn, RN
Emergency Room Director



Brent Cranford, RN
Emergency Room



Jiame Brown, Mental Health Specialist
Community Outreach Coordinator/Educator



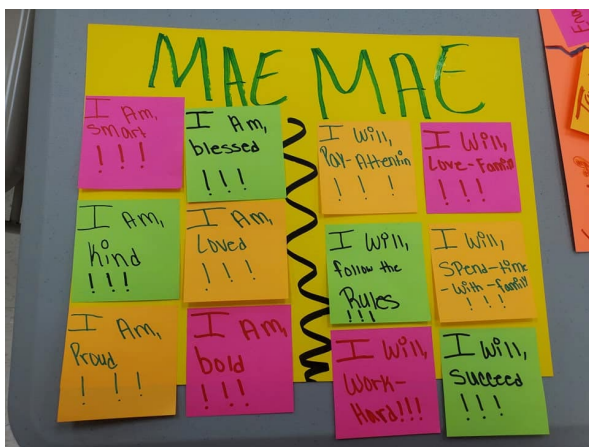


Thank you!

We are so grateful to have our meetings face-to-face now thanks to the [Union Parish Sheriff's Office](#)!! Thank you Sheriff Dusty Gates.

The girls have really been enjoying themselves learning a lot about their mental health.

We are dedicating this summer to teach them the signs and symptoms of suicide and teen depression!! More young people suffer in silence with depression and suicidal thoughts and ideations than you think. In one of our meetings, the girls made admiration boards to remind them daily of all the positive qualities that make them who they are, strong, brilliant, brave, responsible young ladies!!



For questions about the hospital's Adolescent Health Programs please call or email Claudia Wade, Community Development Manager (318) 368-7075 cwade@uniongen.org

IT'S A GIRL THING

MONTHLY MEETINGS



MONDAY, AUGUST 2ND
MONDAY, AUGUST 30TH
MONDAY, SEPTEMBER 27TH

5PM-7PM

**UNION PARISH SHERIFF'S OFFICE
CONFERENCE ROOM**

710 HOLDER RD, FARMERVILLE

**GIRLS 6th - 12 grade
NEED PARENT CONSENT**

www.uniongen.org



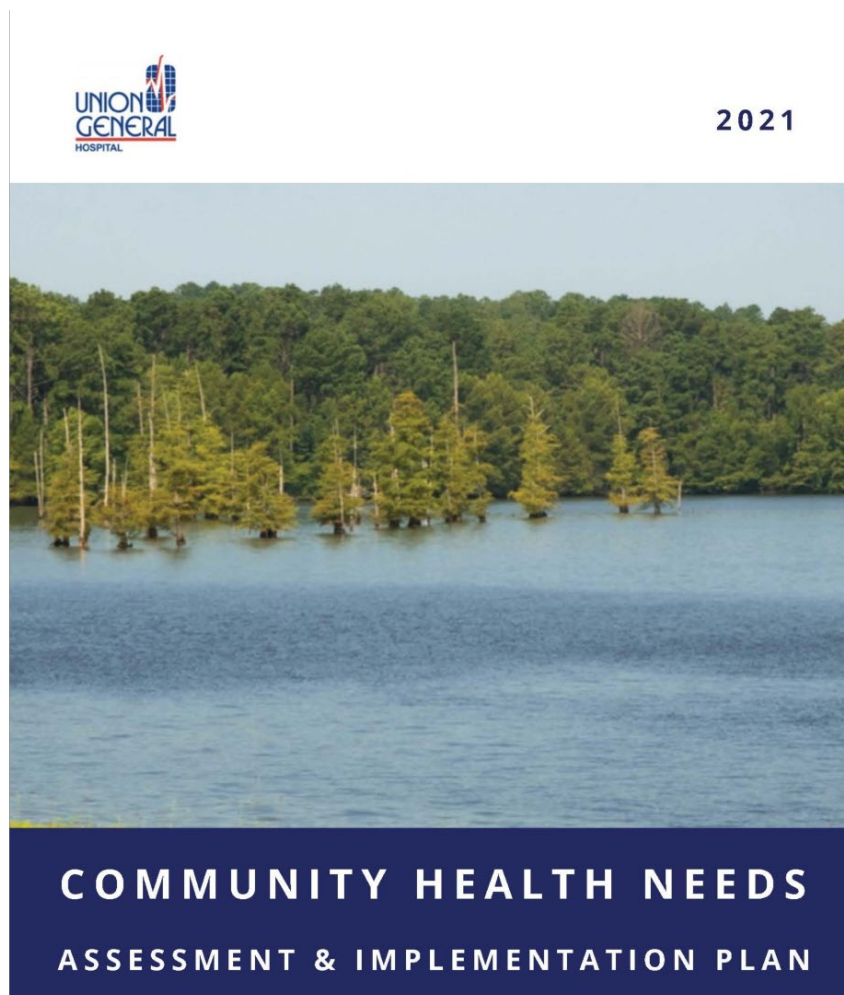
Thank you

Union General Hospital is exceedingly thankful to our community partners for sharing their time, expertise, and passion with us. Special **thanks** to the members of our steering committee for sharing their experience and knowledge with us, and the time invested in the Zoom meetings that led to our 2021 Community Health Needs Assessment Report, Implementation Plan and Resource Directory.

Thank you for your interest and commitment to improving the health of our Union Parish community members.

Union General Hospital 2021 Community Health Needs Assessment, Implementation Plan and Resource Directory is available online at the link below.

<https://www.uniongen.org/community/>



September

Sexual Health Awareness Month

The topics offered through the hospital's Adolescent Health Programs include Sexual Health. We want our children to learn the facts about sexual health. The topics included in our classes are puberty, menstruation, infections, and just about everything guys and girls need to know.

National Suicide Prevention Week (Sept. 5–11)

#BeThe1To Ask.

Don't be afraid to ask the tough question.

**When somebody you know is in emotional pain,
ask them directly:**

"Are you thinking about killing yourself?"

Find out why this can save a life at BeThe1To.com.
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



#BeThe1To

Keep Them
Safe.

If your friend is thinking about suicide,
ask if they've also thought about how they would do
it.

Separate them from anything they are thinking of
using to hurt themselves.

Find out why this can save a life at BeThe1To.com.
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



#BeThe1To

Help Them
Connect.

Help your friend **connect to a support system** so they
have others to reach out to for help;

whether it's 800-273-TALK (8255), family, friends,
clergy, coaches, co-workers or therapists.

Find out why this can save a life at BeThe1To.com.
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



#BeThe1To

Follow
Up.

Making contact with a friend in the days and weeks
after a crisis can make a difference in keeping them
alive.

Check in with the person you care about on a regular
basis.

Find out why this can save a life at BeThe1To.com.
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



#BeThe1To

Be
There.

If your friend is thinking about suicide,
listen to their reasons for feeling hopeless and in pain.

Listen without judgment and with compassion and
empathy.

Find out why this can save a life at BeThe1To.com.
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



TAKE A STAND AND LEND A HAND





ACCEPTING NEW PATIENTS



**RURAL HEALTH
CLINIC
KIDMED PROGRAM**

- **Child Wellness Exams**
- **Immunizations**
- **Developmental Screenings**
- **Nutrition Assessment**
- **Dental Assessment**
- **Vision & Hearing Exams**
- **Blood & Urine Checks**
- **Health Education**



**For Medicaid
eligible children
ages 0-21**

1025 Marion Hwy | Farmerville, LA 71241
(318) 368-9745 | www.uniongen.org

3D DIGITAL MAMMOGRAPHY AT UNION GENERAL HOSPITAL



Together We Can Make a Difference



Radiology Department

(318) 368-9751 * www.uniongen.org
901 James Avenue
Farmerville, LA 71241
DOCTOR'S ORDER IS REQUIRED



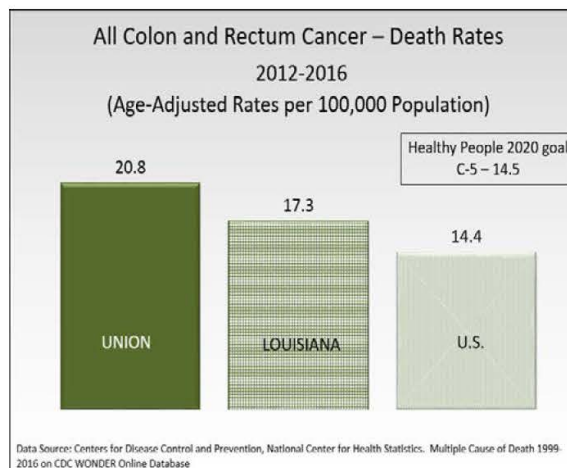
COLORECTAL CANCER SCREENING AND EDUCATION PROGRAM **FREE AT-HOME TEST**

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

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

Screening for Colorectal Cancer It's the Right Choice

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By Claudia Wade



July

Evelyn Andrews	07/09
Jessica Bankston	07/08
Cassandra Collins	07/21
Jenequa L Jones	07/28
Maria A Furlough	07/10

September

Sue D Cash	09/10
Jonathan Dow	09/08
Julie Duty	09/02
Pamela Hunter	09/14
Ronkeisja Joiner	09/04
Shelli Neal	09/30
Katelynn Oliver	09/17
Martika Owens	09/17
Carrie Perry	09/02
Kelly R Roberts	09/17
Juanita Sanford	09/16
Rosanne Snyder	09/24
LaTonya Stringfellow	09/07
Shannon Ward	09/28
Jennifer Yelton	09/16

August

William Adcock	08/27
Anita Allen	08/17
Renee Barnes	08/25
Alicia Cain	08/02
Mackenzie Colvin	08/08
Maja Lewis	08/18
Emily Love	08/17
Sara L Mason	08/31
Cally Miller	08/15
Maureen Nobles	08/13
Yolanda Phillips	08/24
Nicole Satterwhite	08/27
Shana M Taylor	08/02
Christine Vo	08/24



THE POWER OF PRAYER

The power of prayer is the power of God. Our prayers move the heart and hand of God.

Since God is all-powerful, there is no limit as to what prayer can do.

Jeremiah 32:17 *"Ah Lord God! behold, thou hast made the heaven and the earth by thy great power and stretched out arm, and there is nothing too hard for thee:"*

Jeremiah 33:3 *"Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not."*

God is able to answer our prayers beyond our imagination! His power exceeds our capacity to ask or think.

Ephesians 3:20 *"Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,"*



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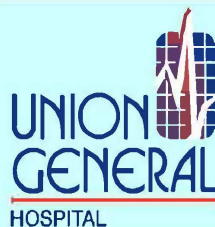
For more information call one of the following:

Jessie McLelland, RN
Case Manager
318-368-6503

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

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

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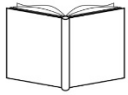
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NO-BAKE KETO SUGAR FREE BLUEBERRY CHEESECAKE BARS

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Keto No-Bake Blueberry Cheesecake Bars

These low-carb No-Bake Blueberry Cheesecake Bars are perfect for summer entertaining or a treat that doesn't require you slaving away at the stove. And it can be frozen then defrosted.

Prep Time 15 minutes

Servings 9 bars

Calories 344 kcal

Author Jo Harding

Ingredients

Almond Crumb Base

- 1 cup [almond flour](#)
- 1 tbsp [Swerve confectioners](#) (or 10g)
- 1/8 tsp salt
- 1/4 cup butter melted (or 57g)

Filling

- 12 ounces cream cheese full fat cream cheese (or 360g)
- 2/3 cup [Swerve confectioners](#) (or 106g)
- 2 tbsp lemon juice
- 1 tsp lemon zest (zest of 1 lemon)
- 1/8 tsp salt
- 1 cup heavy whipping cream

Swirl

- 1 cup blueberries frozen (or 155g)
- 1 tbsp [Swerve confectioners](#)
- 1/2 tbsp water (1/2 - 1 tbsp)
- 1/4 tsp [xanthan gum](#)

Instructions

Base

1. Place all the dry base ingredients in a mixing bowl and stir to combine. Add the melted butter and mix to form a flakey crumb.
2. Line a 8 x 8 inch baking pan with greaseproof paper.
3. Press the base mix into the bottom and smooth with the back of a spoon to get neat edges.

Filling

1. In a clean mixing bowl, add the cream cheese, Swerve, lemon juice, zest and salt. Mix with an electric mixer to combine. Taste and adjust the sweetness to your liking.
2. In a separate bowl, whip the cream until thick (but don't over whisk or it gets super stiff, you want it just under when it splits).
3. Fold the cream through the cream cheese with a spatula to combine.

Swirl

1. In a small saucepan, add the frozen berries, Swerve and water.
(Depending on how icy your blueberries are will depend on the amount of water. Start with 1/2 tbsp and add more if needed. The blueberries will release water as they cook.)
Simmer on a medium heat for about 5 minutes until the sauce thickens and you can squash some of the blueberries with the back of a spatula. Turn off heat, add the xanthan and allow to fully cool to thicken.

Assembly

1. Spoon the cheesecake filling on top of the base and smooth the top with a silicone spatula. Add dollops of cooled blueberries and swirl with a toothpick or the tip of a sharp knife.
2. Place in the fridge to fully set, about 8 hours, or overnight. About an hour before serving place into the freezer to firm up and to make slicing easier. Slice into 9 bars with a sharp knife.

Storage

1. Fridge and option to place in the freezer a little before eating to make it firmer.

Recipe Notes

Net Carbs 5g

This sugar free recipe is a classic no-bake cheesecake but made into perfectly portioned bars. These Keto No-Bake Blueberry Cheesecake bars are easy to make and refreshing for fun summer entertaining.

The base is made from a super simple, buttery, almond crumb and the filling is a lemony cream cheese topped with sugar-free sweetened blueberries, which add intense bursts of fruity flavor. If you're not a fan of blueberries, feel free to swap with raspberries, blackberries or even pitted cherries.

CAN I MAKE THE CRUMB BASE NUT FREE?

If you prefer not to use almond flour or you or someone you love has a nut allergy, you can swap the almonds with sunflower seed flour. If you can't find [sunflower seed flour](#), use raw, unsalted sunflowers and grind them in a food processor until fine. Be careful not to over-process or you will have sunflower seed butter.

CAN THESE CHEESECAKE BARS BE DAIRY FREE?

You can make these luscious keto blueberry cheesecake bars dairy free!! In the crumb base, be sure to replace the butter used for softened coconut oil. To replace the full fat cream cheese used in the filling, swap with [full fat canned coconut milk](#). Be sure to only use the thick “cream” from the canned coconut milk or your cheesecake bars will not solidify. You can place your canned coconut milk, unopened, in the fridge over night. Flip it upside down and this will allow the watery coconut milk to be easily removed from the top of the can when you open it the next morning. Drain or use in a [smoothie](#)! Coconut milk in a carton in the refrigerator section with all other milks, will not work in this recipe, only canned will work.

BEST TIPS FOR NO BAKE CHEESECAKE BARS

TIP #1 Use a good quality thick full fat cream cheese. I like full fat Philadelphia. Low fat cream cheeses will make these cheesecake bars too soft, runnier and more difficult to set.

TIP #2 If you find your cheesecake a bit too soft, pop into the freezer for about 30 minutes or to your liking. It won't make it grainy or icy, but like a nice frozen dessert.

TIP #3 If you leave your cheesecake for too long in the freezer and it sets too hard, just let it thaw a little at room temperature before eating.

TIP #4 Since this is a no bake recipe and there are no eggs in this cheesecake, you can taste your filling and decide if it is sweet enough for you. If not, add more to your level of sweetness.

CAN I USE ANOTHER SUGAR FREE SWEETENER?

There are many sugar-free sweeteners on the market today: figuring out which is the best to use for one purpose or another can be quite confusing. Unfortunately, the product labels can be misleading, and not all sugar-free sweeteners are created equal.

When I first went sugar-free in 2004, I didn't know any sugar-free sweeteners beyond aspartame, Splenda and stevia. I tried several artificial sweeteners, and after two years sugar-free, my [sugar cravings](#) were still just as bad, if not worse. That was when I decided to start creating recipes with natural sugar-free sweeteners and nothing artificial. The most natural sugar free sweeteners are stevia, Monk fruit, erythritol, xylitol and Allulose, but there are some big differences when it comes to using these in your recipes.





Evalyn Ormond, CEO



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A man in a dark shirt and light pants is walking a tightrope. He is balancing a large, heavy stack of dark, irregularly shaped rocks on his back. The background is a warm, hazy landscape with mountains. The text is overlaid on the image in a yellow, distressed font.

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