

THE PULSE

"Providing Quality Service with Compassionate Care"

WHY IT IS IMPORTANT TO GET THE COVID-19 VACCINE?

As a citizen of Union Parish, I am deeply concerned about our population not yet vaccinated and have personally experienced the loss of family and friends. Louisiana is ranked 2nd with the highest concentration of vulnerable people to the Covid-19 pandemic. Only 44.52 per cent of our state has been vaccinated, and we rank 46th in the nation of the population fully vaccinated against Covid-19.

Covid-19 vaccines are safe and are effective, and can reduce your risk of severe illness.

The vaccine can keep you from getting and spreading the virus. The vaccine continues to reduce a person's risk of contracting the virus, including the new variant. The vaccine continues to reduce a person's risk of contracting the virus, including the new variant. The vaccine continues to be highly effective in preventing hospitalization and death.

At Union General Hospital, most patients who come thru our testing site are testing POSITIVE and have not been vaccinated.

(continued on page 3)

**" At Union General
Hospital, most
patients who come
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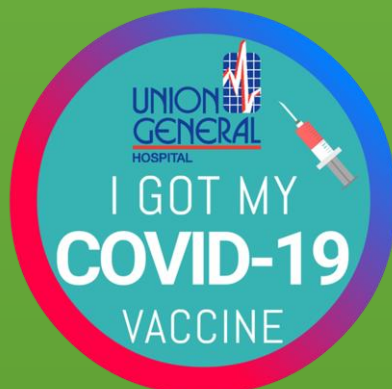


Evalyn Ormond, CEO

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EVALYN ORMOND, CEO

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

WHY IT IS IMPORTANT TO GET THE COVID-19 VACCINE?

Getting the vaccine is for your protection and to stop the spread. Getting vaccinated, wearing a well-fitted mask indoors or in public spaces, and washing your hands, will indeed reduce the spread.

Will all sincerity,



Evalyn Ormond, CEO
Union General Hospital



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

LET'S GET TOGETHER
BRING BACK
LOUISIANA

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!

MARTY HUFF- *He is wonderful. He helps out with housekeeping at the clinic when I have no one else. I never hear Marty complain about anything. He comes in early to clean for housekeeping. THANK YOU MARTY!*

Mike Williams and Christian Roy - *I want to send a shout out to Mike and Christian. They noticed how much I always have piled on my desk with no storage or room for anything and found me two small filing cabinets for my office. As well as Mike noticing one of my lights being out and getting maintenance to fix it AND got me a remote ordered for the AC in my office. I have thanked both of them but how nice! Not part of their jobs but they saw the needs and stepped in.*

Dee Hines- worked extra 3 night shifts putting her 11 nights in a row to cover for other ward clerk out sick. Thank you!

Tammi Anderson- covered ward clerk 7a-7p shift due to no ward clerk on A shift. Thank you!

Tammi Anderson- worked a Friday 7a-7p for other nurse who couldn't work. Thank you!

Betty Batterton- caught that patient who went to SWB on 7/1/21 was not charged for SWB bed charges and corrected the issue! Thank you!

Renee Barnes- worked night shift instead of days when noticed no one was on schedule for P shift to cover for ward clerk. Thank you!

Jessie McLelland- Came in on 4th of July holiday and re-arranged her plans to cover for other nurse who had family emergency- no other nurse could come! Thank you!

Amy Howard- Came in on her night off to cover for other nurse. Thank you!

Kaitlin Wade – worked another set of night shifts to cover for ward clerk out.

Rachel Morrow – worked registration this weekend due to reg clerk out PTO, other reg clerk working nights, and Maggie out for Granddad's services.

Betty Batterton – when Rachel or Maggie are needed in registration, Betty is in Medical records by herself – answering phones, coding, charging, and filling release requests

Betty Batterton – Due to no ward clerk at night over the weekend, Betty had to go back and piece together the census sheets for the weekend. These go out to different people around the hospital and they are critical for stats. She worked hard on this and did a great job getting them completed!

*I just wanted to know how to recommend someone for the Healthcare Heroes? Both of my sons were recently dx with covid and both got the infusion at the ER. **Brent, Jessica, and Ginger** were all **AMAZING!** My youngest son was brought to the ER very sick, and **Brent** took excellent care of him. My oldest son, who has Hypertrophic Cardiomyopathy, went today and got his infusion and was bragging on **Ginger and Jessica**. Hes had many IV's in his life and he said **Ginger** did the best IV he's ever had...He said if he needs another heart surgery, he is coming to let Ginger start his IV first. HA! HA!*

Jessie McLelland: Stayed over LATE every day to help nursing during period of high census and acuity and Darra on vacation. THANK YOU ☺

Tammie Anderson- Covered ward clerk shifts while also helping nursing while ward clerk out sick and high census. THANK YOU ☺

Renee Barnes- Changed shifts from Days to NIGHTS and worked 5 in a row to cover for other ward clerks out sick. THANK YOU ☺

AMY HOWARD- Came in 7AM-7PM on her day off to cover for other nurse out sick. THANK YOU ☺

KeKe Joiner- Came in every day on her off days to cover ward clerk shifts for other ward clerk out sick- this put her working 10 days in a row. THANK YOU ☺

Candice Lumsey- On Thursday night Candice gave 5 baths to help with patient load for Friday. She was only suppose to give two. Thanks for the help. ☺

Dee Hines- Was off duty and visiting her mom. Didn't have clerk on floor and she helped us admit 2 patients at shift change. Thanks so much!! ☺

Peggy Millsap: Caught that patient being discharged on antibiotic that was not correct one based on new culture report. Peggy consulted with physician and pharmacy to get it corrected before the patient left. Great job! ☺

Darlene Johnikin- Stayed over late from her shift to clean 2 COVID rooms. THANK YOU! ☺

Claudia Holloway- Claudia is a new ward clerk and only had a couple of days orientation. When coming back from vacation, she jumped right in to fill in for other ward clerks out sick. She has done an excellent job catching on very quickly, not complaining about her work and taking initiative to learn everything she can. ☺

Rachel Morrow – Worked 5 night shifts to cover for out ward clerk, and still stayed over the next mornings to help with Medical Records! Words are not enough for how grateful I am to her!

Brent and Chelsey – It would have been easy, Saturday, for them to be overwhelmed and frustrated with the amount of people coming in to the ER, but these two never seemed rattled, they were beyond professional and so compassionate with the patients. They were also very patient with me trying to get everyone registered and would check with me before discharging a patient to make sure I was done. They made the stress of the day so much less and for that I am grateful! I am so proud to have worked with them and see, first hand, the hard work, time and care that they showed these patients.

Maggie Voorhees had to move all staff around in order to have coverage for registration and she worked MANY shifts herself....even worked the weekend!

Pam Hunter – Came in on Saturday to work on a Medicaid App for a Self-pay patient that was admitted to the floor! And got patient approved! Patient also expressed his gratefulness to her for getting him insurance!



News and Updates



- | | |
|--------------------|-----------------|
| • DeLann Allen | Medical Records |
| • Londyn Bice | Greeter |
| • Tamarion Braggs | Nursing |
| • Ginger Chandler | RHC |
| • Raven Dunn | RHC |
| • Holly Farris | Nursing |
| • Keondra Ferguson | Housekeeping |
| • Brooklyn Gates | Nursing |
| • Claudia Holloway | Nursing |
| • Nicole Johnson | Nursing |
| • Pam Mason | Dietary |
| • Deanna Neal | RHC |
| • Kerrigan Nute | Dietary |
| • Ashley Roebuck | Radiology |
| • Savannah Woodson | Therapy |

Health Data
Privacy



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

OFFICER 318-368-7077 jduty@uniongen.org

!!!!ANNOUNCEMENT!!!!

By Julie Duty

I'm pleased to announce that the following nominations were submitted to Custom Learning Services for awards. Of the 14 nominations, three were chosen for the summit awards- 2021 pinnacle achievers. They will be honored at the annual convention—

Jessie McLelland- Exceptional Nurse

Mary Lynette Wade- Custom Focused Provider

Ginger Barkley- Critical Drug Book

And of course, our video is in the competition which was directed by Emily Love and Ginger Barkley.

14 NOMINATIONS SUBMITTED FOR CONSIDERATION:

I-4 Exceptional Employee	Claudia Wade
I-6 Customer-Focused Physician/Provider	Mary Lynette Wade
L-14 Inspiring CEO/President	Evalyn Ormond
I-2 Service Excellence Ambassador	Emily Love
I-3 Exceptional Nurse	Tammi Anderson
I-3 Exceptional Nurse	Ginger Barkley
I-3 Exceptional Nurse	Jessie McLelland
I-5 Empowering Manager	Darra Jung
I-5 Empowering Manager	Connie Ginn
I-5 Empowering Manager	Julie Duty

T-9 DOIT Improvement of the Year	Securing Our Campus	Evalyn Ormond, Dianne Davidson, Connie Ginn, Darra Jung, Billy Jung
T-9 DOIT Improvement of the Year	Covid Team	Evalyn Ormond, Dianne Davidson, Yolanda Phillips, Connie Ginn, Kate Cook, Theresa Moon, Peggy Millsap, Darra Jung, Sandy Smith, Sheri Cooper Taylor, Sara Mason, Julie Duty
T-8 OASIS Team	Patient Parables	Kate Cook, Claudia Wade, Mike Williams, Emily Bailey, Stephanie Colson, Rosanne Snyder, Patrick Peterson
T-9 DOIT Improvement of the Year	Critical Drug Book	ER/Pharmacy- Ginger Barkley Lead



The Flu Season

Source: CDC

While seasonal influenza (flu) viruses are detected year-round in the United States, flu viruses are most common during the fall and winter. The exact timing and duration of flu seasons can vary, but

influenza activity often begins to increase in October. Most of the time flu activity peaks between December and February, although activity can last as late as May.

The figure below shows peak flu activity in the United States by month for the 1982-1983 through 2017-2018 flu seasons. The “peak month of flu activity” is the month with the highest percentage of [respiratory specimens](#) testing positive for influenza virus infection during that influenza season. During this 36-year period, flu activity most often peaked in February (15 seasons), followed by December (7 seasons), January (6 seasons) and March (6 seasons).

When is the flu season in the United States?

In the United States, flu season occurs in the fall and winter. While influenza viruses circulate year-round, most of the time flu activity [peaks](#) between December and February, but activity can last as late as May. The overall health impact (e.g., infections, hospitalizations, and deaths) of a flu season varies from season to season. CDC collects, compiles, and analyzes information on influenza activity year-round in the United States and produces [FluView](#), a weekly surveillance report, and [FluView Interactive](#), which allows for more in-depth exploration of influenza surveillance data. The [Weekly U.S. Influenza Summary Update](#) is updated each week from October through May.

How Flu Spreads

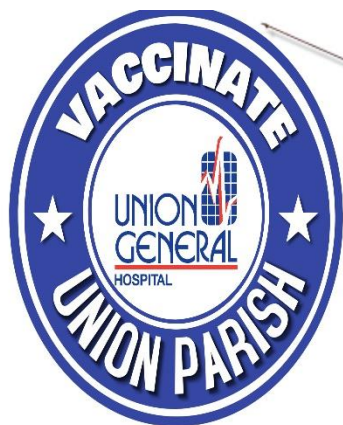
Person to Person

People with flu can spread it to others up to about 6 feet away. Most experts think that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes.

When Flu Spreads

People with flu are most contagious in the first three to four days after their illness begins. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Children and some people with weakened immune systems may pass the virus for longer than 7 days.

Symptoms can begin about 2 days (but can range from 1 to 4 days) after the virus enters the body. **That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.** Some people can be infected with a flu virus but have no symptoms. During this time, those people may still spread the virus to others.



DRIVE IN AND GET YOUR FLU SHOT

"FLU VACCINE CLINIC"

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

**Union General Hospital
Tuesday, October 19th
7:30a.m. - noon**

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

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

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

WWW.UNIONGEN.ORG

Period of Contagiousness

You may be able to pass on flu to someone else before you know you are sick, as well as while you are sick.

- People with flu are most contagious in the first 3-4 days after their illness begins.

- Some otherwise healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick.

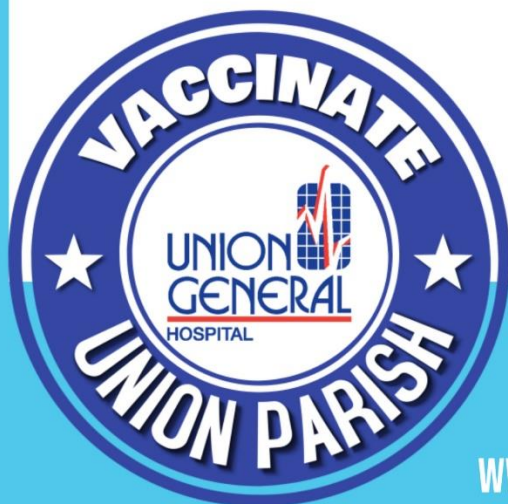
- Some people, especially young children and people with weakened immune systems, might be able to infect others with flu viruses for an even longer time.

DON'T BE BLUE AVOID THE FLU



THE FLU IS NOW
IN FULL SWING

GET IMMUNIZED TO PREVENT
THE SPREAD OF GERMS



(318) 368-9751

WWW.UNIONGEN.ORG



It's a Boy



Sandy Smith, Purchasing Director welcomes grandbaby #4. Nolan Andrew Stanley was born 9/22, weighing 9 pounds and 20 ½ inches long. Proud Parent josh and Kelsey and big sister Avery Jane.



Pamela Mason, Dietary Department welcomes first grandbaby Jaxon Scott Tucker. Born July 24, 2021



LWCC ANNOUNCEMENT

SEP 29 2021

[HTTPS://WWW.LOUISIANALOYAL.COM/BLOG/LWCC-FOUNDATION-GRANTS-PROVIDE-EXPANDED-HEALTHCARE-OPTIONS-IN-RURAL-LOUISIANA?FBCLID=IWAR0KU7MHNUMVG7CHUSFXK33FAE17VBKNXRMO RUUFY6U7ONGI74QACQCYOZM](https://www.louisianaloyal.com/blog/lwcc-foundation-grants-provide-expanded-healthcare-options-in-rural-louisiana?fbclid=IWAR0KU7MHNUMVG7CHUSFXK33FAE17VBKNXRMO RUUFY6U7ONGI74QACQCYOZM)

GRANT FUNDS PROVIDE HEALTHCARE OPTIONS IN RURAL LOUISIANA

When Union General Hospital had to borrow a ventilator from a neighboring hospital, it was clear that the COVID-19 pandemic had entered a critical stage. The surrounding community was especially vulnerable to the virus and outbreaks were applying immense pressure to the hospital's quickly dwindling resources—notably the number of ventilators.

To protect both patients and healthcare workers, more resources were necessary. When circumstances were looking desperate, the hospital received much-needed funding from the LWCC Foundation. The arrival of funds from the Louisiana Well-Again: COVID-19 Response Package gave Union General the ability to purchase a ventilator, along with much-needed PPE and medical supplies.

“The funds made a difference between life and death. Without a ventilator we may have lost some patients,” said Claudia Wade, Community Development Manager for Union General Hospital. “Thanks to the funds from the LWCC Foundation, we have a ventilator to keep patients alive while in our care and waiting for a transfer to another facility.”

Union General Hospital is in rural Farmerville, Louisiana—the seat of Union Parish where residents are 86 percent more vulnerable to COVID-19 than other U.S. counties. The community has a higher vulnerability largely because of pre-existing economic, social, and physical conditions that make it hard to respond to and recover from a COVID-19 outbreak. Highly prevalent conditions in the community include diabetes, hypertension, obesity, cardiac disease, chronic kidney disease, asthma, and other respiratory illnesses—each significantly increasing the risk of severe illness from the ongoing pandemic.

“COVID-19 has impacted how we serve our communities. We’re still closed to visitors and that really impacts the patients,” said Wade. “Recently we hit a critical stage where we couldn’t find beds for transfers, and we had to keep five patients in our ER. It’s so important for us to have the ventilator in the ER for patients in critical condition.”

For hospitals and healthcare facilities in rural areas like Union Parish, chronic condition management and transportation to clinics and hospitals are constant challenges. Many patients depend on medication management and routine check-ups to manage and improve their health, but COVID-19 still poses a tremendous threat and interferes with access to care. Union General is working toward improving management of chronic conditions but also promoting meaningful progress toward greater health equity. To meet the wide range of needs in the community, Union General has shifted hours, expanded services, and introduced telehealth and transportation solutions to increase accessibility.

“We have extended our rural health clinic hours to bring more services to our community for people to access care when they need it,” said Wade. “We are short staffed, and we have had employees working 120 hour pay periods to care for patients. It’s so hard but it shows the commitment and love our employees have for our community and patients.”

The care provided by the hospital goes further because it must. With a population of 22,721 covering 900 square miles, Union Parish is a federally designated Medically Underserved Area and a Health Professional Shortage Area with 19.4 percent living in poverty and no public transportation available. Despite the challenges, Union General Hospital and its staff of 160 people continue to serve an average of 35,059 patients every year.

Union General is also a recipient of the LWCC Foundation’s Louisiana Well-Again: COVID-19 Response Package Phase 3 grants. The hospital will receive \$25,000 in funding to expand their rural tele-health program. To make an even greater impact in their community, Union General will match the grant funds from the LWCC Foundation. The intended outcome is to improve healthcare delivery systems, increase access, and decrease health disparities in the community.

“We are a small hospital, but we offer so many necessary services and the best care in the community. We are very proud of what we do. This community

comes together, and we work to resolve challenges and issues regardless if they are directly healthcare related or even a natural disaster. In any circumstance, this community comes together,” said Wade.

By supporting access to healthcare, equipment that improves outcomes, and innovative solutions, grants from the LWCC Foundation are helping to prevent greater risk of severe COVID-19 illness across Union Parish and elsewhere in the state. Learn more about the company’s commitment to elevate Louisiana at LouisianaLoyal.com.



In the picture: Jessica Bowman Bankston, RN and Ginger Barkley, RN

COMMUNITY



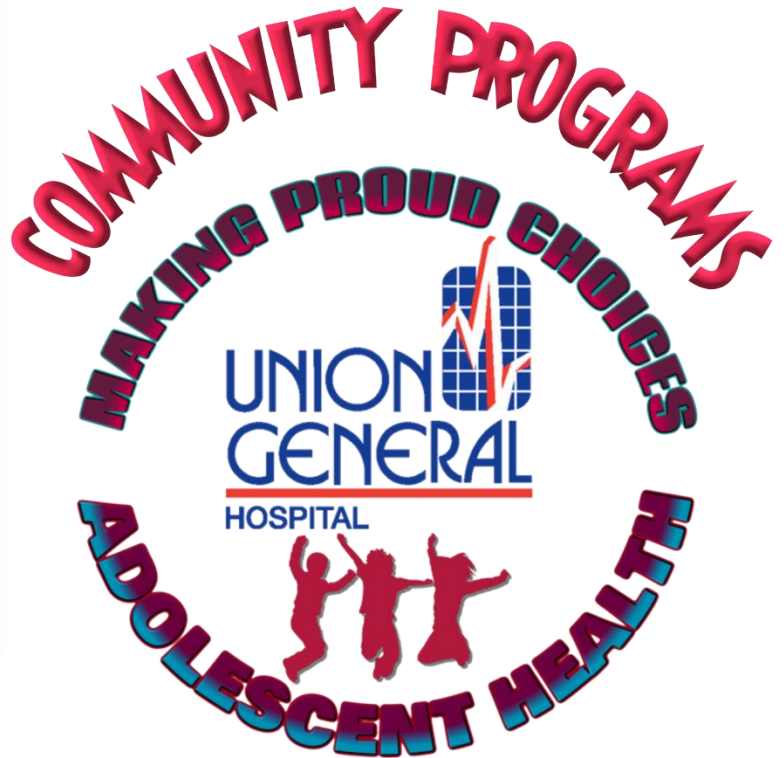
Downsville Community Charter School donated 800 hospital gowns and 500 face shields to Union General Hospital. While Mr. Tony Cain was here dropping them off Union General Hospital gave him backpacks and school supplies for DCCS families who may need assistance with back to school expenses.

In the picture: Tony Cain, DCCS Executive Director and Evalyn Ormond, UGH CEO



The Trees of Righteousness Community Center collected donations for evacuees from Hurricane Ida. We're grateful we could "pay it forward" by sharing our resources with the 400 evacuee. If you have the ability to donate supplies to those who need it, please check with the Union Parish Library, Town of Farmerville and Trees of Righteousness Community Center for more information.



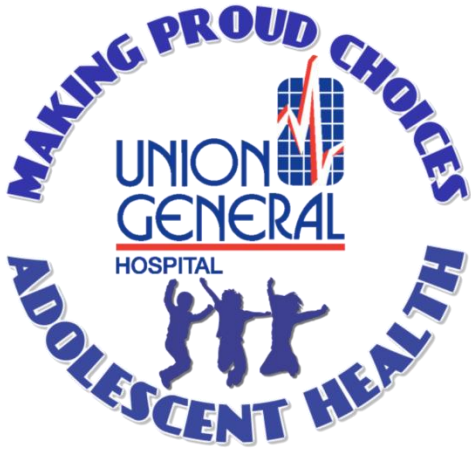


Anti Bullying/Suicide Prevention Program



Drug/Alcohol/Tobacco Prevention Program

www.uniongen.org
(318) 368-9751






October-National Bullying Prevention Month





**BE
A
BUDDY
NOT A
BULLY**

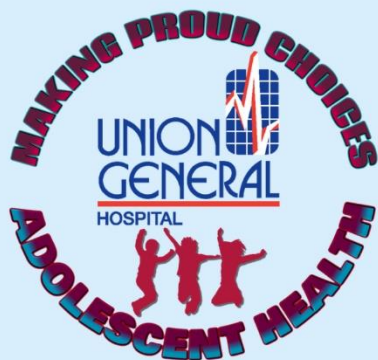


#STOP BULLYING

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

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





**TAKE THEM
AWAY FROM
THE PERSON
BULLYING.**

If you see
BULLYING★

**WALK
AWAY
AND TELL
AN ADULT**

**ASK THE KID
BEING BULLIED
TO JOIN IN
AND BE
YOUR FRIEND**

**TELL THEM TO
STAY AWAY.
NO-ONE
DESERVES
TO BE
BULLIED**

**BE KIND TO
THE KID BEING
BULLIED.
SHOW THEM
YOU CARE**

**DON'T
LAUGH
AND
JOIN IN**

**STAND UP
AND
TELL A
TRUSTED
ADULT**

Help make our community ★
★ **A BULLYING FREE COMMUNITY**
www.uniongen.org ★

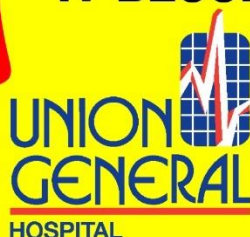
W YOUR THOUGHTS
THEY BECOME **WORDS**

A YOUR WORDS
THEY BECOME **ACTIONS**

T YOUR ACTIONS
THEY BECOME **HABITS**

C YOUR HABITS
THEY BECOME **CHARACTER**

H YOUR CHARACTER
IT BECOMES YOUR **DESTINY**



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



October is National Substance Abuse Prevention Month

The month of October is National Substance Abuse Prevention Month, an observance designed to highlight the importance of prevention and promote healthy and safe communities.

Helping people avoid the pitfalls of substance dependence and ultimately addiction through prevention methods is one of the most effective ways to reduce the number of drug abuse-related fatalities.

According to the National Survey on Drug Use and Health ([NSDUH](#)), nearly 20 million Americans, aged 12 and older, struggle with substance use disorders.

Early intervention and prevention are vital factors in stemming the epidemic of addiction. The younger a person starts using drugs, alcohol, tobacco, or prescription drugs for non-medical reasons, the more likely they are to develop the disease of addiction.



Teens and Young Adults

Union General Hospital Programs target all teenagers and young adults, not just “at-risk” groups.

The danger zone for substance use disorders is between 12 and 23 when the human brain is not fully developed and is more vulnerable to addictive stimulants and depressants.

The hospital prevention programs aim at all youth in Union Parish hoping to change the views of those who have already exhibited poor decision-making.

Mental Health Awareness

Educating teens about mental illness helps them in several ways, such as identifying and better understanding poor mental health issues in themselves or others.

Also, learning that it’s okay to seek counseling or confide in others about depression, anxiety, or other mental health issues, will reduce the stigma and help more youth before they turn to substances used to self-medicate for coping with their problems.

Mental health and substance addiction combined can lead to a co-occurring disorder, which further complicates matters and usually requires dual diagnosis treatment for recovery to be successful.

October

National Breast Cancer Awareness Month



My Recent Diagnosis of Breast Cancer and What I Have Learned

SHERRY BANKS

My name is Sherry Banks and I work in the Intensive Outpatient Program here at Union General Hospital. I was the happy go lucky lady that greets everyone as if there is not a care in the world. That was until this past November around Thanksgiving when I had a 3-D Mammogram that was close to two years overdue.

With Covid-19 it was easy to dismiss it as a test that could be put off as I did. I went for my yearly exam at the Women's Clinic and again for the second year in a row was handed a mammogram order by my doctor but this year I would follow through and have the test. This time though she noticed I had not had a bone density either, so I scheduled my tests

to satisfy the doctor literally the week before Thanksgiving 2020.

That dreary November day and after one hour had passed from both test my doctor called me to tell me I needed an ultrasound of my right breast that very day. I joked to a coworker and said, "they are crazy there is nothing wrong with me". One hour after the ultrasound the doctor called me back and said you need a biopsy and the next week, I was having a biopsy. During the biopsy the physician told me on a scale of 1-10 of this being cancer it is a 9 that it is cancer. Because of covid my husband had to wait outside during the procedure, and I walked out with an awareness my life was about to change. **I learned you don't know what you don't know.**

Denial began to set in as I was convinced that a lumpectomy on a Thursday and back to work on Monday was the course of treatment. I refused to accept that the two years of delayed mammograms was enough time for the cancer to develop and spread into anything more. **I learned I was dangerously wrong.**

I was diagnosed at first with Stage two Malignant Breast Cancer (tubular and glandular) as it had spread. Later during my partial mastectomy and reconstruction they learned it was Stage three. Treatment options are dependent upon what stage it is caught and the more advanced the less options for treatment. In other words, oncology tells you what is needed to save your life. My option for a lumpectomy and returning to work 3-4 days later was no longer a choice.

I was referred next to Oncology Surgery and from there to a plastic surgeon to assist. I was compartmentally feeling this is just a process like a knee replacement and physical therapy. I have taken care of many of those type patients, and they do well. I still did not feel or look like a cancer patient.

The surgery went well, and recovery was smooth. Next step was the Medical Oncologist. This is when it started to feel real to me. The first time my husband and I went to the Cancer Center we were stunned at how sick everyone looked. I was scheduled for a chemo-port and enrolled in chemotherapy school.

Chemotherapy is a step that is not necessary for all breast cancer patients however my cancer invaded a lot of tissue. In chemo school everyone still had color in their cheeks and hair on their heads. Despite this, I was officially referred to as a cancer patient and had been assigned social workers, given many materials and different types of head coverings to experiment with along with a stack of prescriptions that I was told I would need. After meeting with the nutritionist and receiving dietary supplements to survive; it all started to sink in that this was not going to be easy and just because someone looks alright it does not mean everything is ok. **I learned not to judge a book by its cover.**

I went to my first chemotherapy session, and it was not until later that week when I lost all my hair that I accepted my reality. During this time, I realized I was truly fighting for my life, and I do look like the others at the Cancer Center that are pale and bald. Still, I did not blame myself for not getting my mammograms timely because I was struggling day by day and it became clear to me It is not a time to consider days past. **I learned that “One day at a time” is more than a song title and is reality and my priorities were reorganizing and there is no time for blame or regrets.**

After four months of chemotherapy, I began five weeks of radiation. I would walk into a waiting room of bald patients, and everyone had cancer and was fighting for their life, and a lot were struggling including me. We looked pale and weak, and our physical bodies were changed. **No matter how someone appears physically we should treat them with kindness. I learned to treat myself kind as well while appearing weak, sickly, and bald.**

Many times, kind strangers opened doors, spoke to me, and smiled and offered help merely because of my baldness. This was helpful for me accepting my diagnosis as I was well into chemotherapy before I uttered the words “I have cancer”. This taught me that my appearance spoke volumes that could not be ignored. **I learned acceptance is hard even though you are in the fire burning.**

Other patients told me they had to get angry with cancer to move forward. I never got angry, but I did get determined. I found when you’re at the cancer center many of them are in their second or third battles and final ones. **I learned we cannot predict or control the future, but we can influence today with our attitudes.** I took an attitude of determination to become stronger than ever when medically able.

Many people that I became close to over the years now say “I love you” every time they see me. **I learned to embrace those words to get through.** When you get a cancer diagnosis it makes everyone think the “what if” of cancer. I always knew people cared but those three words coming from everyone helps heal the broken body and heart and sometimes spirit. There is a sadness when your diagnosed with cancer. Cancer can be very lonely I had heard while in chemotherapy because of a forced isolation for your safety. I never suffered loneliness, but I became physically weak enough to question if I would ever become well. **I learned people are good and they genuinely care but sometimes you must let them know what you need.** I was asked if my faith in God had changed, and it had not. I neither asked nor blamed God for what I was going through but struggled with what God was trying to teach me. After praying about this and talking with friends to gain insight as to the lesson it finally became clear. **I learned in this season of maturation that God is not through with me and to reach my full potential I need to clean house.** While I had past traumas in life like many and giving the experiences value and consideration; I understood that by coming out the other side of those were my superpower where I can gain my strength. This day of discovery was when I pushed back fear and began my journey to survival. It was never about where I had been but where I am headed.

My husband was a rock star along with family and friends. **I learned people want to help.** I still have some minor hurdles to go through and the lessons I have learned

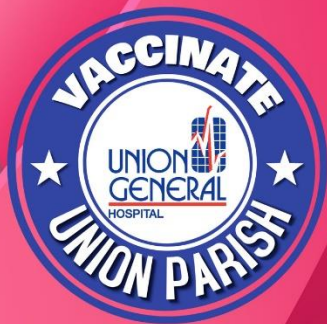
this past year are lifelong and valuable. I am a stronger and better person and believe in the goodness of people.

Lastly, I learned that this could happen to anyone, and early detection can determine whether it is a simple procedure and follow up or found in more advanced stages resulting in major surgeries with chemotherapy and radiation.

The faster cancer is detected the quicker and easier it is to treat but it requires you to do your part with screenings. I never felt a lump despite routinely performing self-exam – in fact my doctor never felt my lump either! The 3-D mammogram detected the cancer. Oncology estimated I had breast cancer for approximately two years and if you remember it had been 2 years since the last screen.

Breast Cancer Awareness Month is celebrated every year in October. Just this year it is expected that an estimated 281,550 new cases of invasive breast cancer are going to be diagnosed in women in the U.S. along with 49,290 new cases of non-invasive (in situ) breast cancer (www.BreastCancer.org, Feb. 2021). *Invasive* means it has spread already and *in situ* means not spread yet (found early). When caught early breast cancer is very treatable and survival rates are high. Schedule your mammogram by calling Union General Hospital at (318-368-7072).





OCTOBER BREAST *Cancer* AWARENESS MONTH

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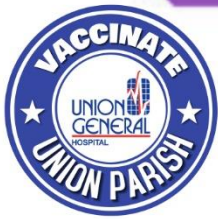
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3D MAMMOGRAPHY





DOMESTIC VIOLENCE AWARENESS MONTH



OCTOBER



Domestic Violence and Abuse

Source: www.helpguide.org

Are you or someone you care about in an abusive relationship? Here's how to recognize the signs of domestic abuse—physical, emotional, sexual, verbal, or financial—and get help.

What is domestic violence and abuse?

When people think of domestic abuse, they often focus on domestic violence. But domestic abuse includes any attempt by one person in a marriage or intimate relationship to dominate and control the other. Domestic violence and abuse are used for one purpose and one purpose only: to gain and maintain total control over you. An abuser doesn't "play fair." An abuser uses fear, guilt, shame, and intimidation to wear you down and keep you under their thumb.

Domestic violence and abuse can happen to anyone; it does not discriminate. Abuse happens within heterosexual relationships and in same-sex partnerships. It occurs within all age ranges, ethnic backgrounds, and economic levels. And while women are more often victimized, [men also experience abuse](#)—especially verbal and emotional.

The bottom line is that abusive behavior is never acceptable, whether from a man, woman, teenager, or an older adult. You deserve to feel valued, respected, and safe.

Domestic abuse often escalates from threats and verbal assault to violence. And while physical injury may pose the most obvious danger, the emotional and psychological consequences of domestic abuse are also severe. Emotionally abusive relationships can destroy your self-worth, lead to anxiety and depression, and make you feel helpless and alone. No one should have to endure this kind of pain—and your first step to breaking free is recognizing that your relationship is abusive.

Signs of an abusive relationship

There are many signs of an abusive relationship, and a fear of your partner is the most telling. If you feel like you have to walk on eggshells around them—constantly watching what you say and do in order to avoid a blow-up—chances are your relationship is unhealthy and abusive.

Other signs include a partner who belittles you or tries to control you, and having feelings of self-loathing, helplessness, and desperation.

To determine whether your relationship is abusive, answer the questions below. The more “yes” answers, the more likely it is that you’re in an abusive relationship.

Your inner thoughts and feelings

Do you:

- feel afraid of your partner much of the time?
- avoid certain topics out of fear of angering your partner?
- feel that you can’t do anything right for your partner?
- believe that you deserve to be hurt or mistreated?
- wonder if you’re the one who is crazy?
- feel emotionally numb or helpless?

Your partner’s belittling behavior

Does your partner:

- humiliate or yell at you?
- criticize you and put you down?

- treat you so badly that you're embarrassed for your friends or family to see?
- ignore or put down your opinions or accomplishments?
- blame you for their own abusive behavior?
- see you as property or a sex object, rather than as a person?

Your partner's violent behavior or threats

Does your partner:

- have a bad and unpredictable temper?
- hurt you, or threaten to hurt or kill you?
- threaten to take your children away or harm them?
- threaten to commit suicide if you leave?
- force you to have sex?
- destroy your belongings?

Your partner's controlling behavior

Does your partner:

- act excessively jealous and possessive?
- control where you go or what you do?
- keep you from seeing your friends or family?
- limit your access to money, the Internet, phone, or car?
- constantly check up on you?

Physical and sexual abuse

Physical abuse occurs when physical force is used against you in a way that injures or endangers you. Physical assault or battering is a crime, whether it occurs inside or outside of a family. The police have the power and authority to protect you from a physical attack.

Any situation in which you are forced to participate in unwanted, unsafe, or degrading sexual activity is [sexual abuse](#). Forced sex, even by a spouse or intimate partner with

whom you also have consensual sex, is an act of aggression and domestic violence. Furthermore, people whose partners abuse them physically *and* sexually are at a higher risk of being seriously injured or killed.

It is still domestic abuse if...

The incidents of physical abuse seem minor when compared to those you have read about, seen on television, or heard other people talk about. There isn't a "better" or "worse" form of physical abuse; severe injuries can result from being pushed, for example.

The incidents of physical abuse have only occurred one or two times in the relationship. Studies indicate that if your partner has injured you once, it is likely that they'll continue to assault you.

The physical assaults stopped when you became passive and gave up your right to express yourself as you desire, to move about freely and see others, or to make decisions. It is not a victory if you have to give up your rights as a person and a partner in exchange for ending the assault!

Physical violence has not occurred. Many people are emotionally and verbally assaulted. This can be just as frightening and is often more confusing to try to understand.

Emotional abuse: It's a bigger problem than you think

Not all abusive relationships involve physical violence. Just because you're not battered and bruised doesn't mean you're not being abused. Many men and women suffer from emotional abuse, which is no less destructive. Unfortunately, emotional abuse is often minimized or overlooked—even by the person experiencing it.

The aim of emotional abuse is to chip away at your feelings of self-worth and independence—leaving you feeling that there's no way out of the relationship, or that without your abusive partner, you have nothing.

Emotional abuse includes *verbal abuse* such as yelling, name-calling, blaming, and shaming. Isolation, intimidation, and controlling behavior are also forms of emotional abuse.

Abusers who use emotional or psychological abuse often throw in threats of physical violence or other repercussions if you don't do as they want.

The scars of emotional abuse are very real and they run deep. You may think that physical abuse is far worse than emotional abuse, since physical violence can send you to the hospital and leave you with physical wounds. But emotional abuse can be just as damaging—sometimes even more so.

Economic or financial abuse: A subtle form of emotional abuse

Remember, an abuser's goal is to control you, and they will frequently use money to do so. Economic or financial abuse includes:

- Rigidly controlling your finances.
- Withholding money or credit cards.
- Making you account for every penny you spend.
- Withholding basic necessities (food, clothes, medications, shelter).
- Restricting you to an allowance.
- Preventing you from working or choosing your own career.
- Sabotaging your job (making you miss work, calling constantly).
- Stealing from you or taking your money.

Abusive behavior is a choice

Despite what many people believe, domestic violence and abuse does not take place because an abuser loses control over their behavior. In fact, abusive behavior and violence is a deliberate choice to gain control. Perpetrators use a variety of tactics to manipulate you and exert their power, including:

Dominance. Abusive individuals need to feel in charge of the relationship. They may make decisions for you and the family, tell you what to do, and expect you to obey without question. Your abuser may treat you like a servant, child, or even as their possession.

Humiliation. An abuser will do everything they can to lower your self-esteem or make you feel defective in some way. After all, if you believe you're worthless and that no one else will want you, you're less likely to leave. Insults, name-calling, shaming, and public put-downs are all weapons of abuse designed to erode your self-worth and make you feel powerless.

Isolation. In order to increase your dependence on them, an abusive partner will cut you off from the outside world. They may keep you from seeing family or friends, or even prevent you from going to work or school. You may have to ask permission to do anything, go anywhere, or see anyone.

Threats. Abusers commonly use threats to keep their partners from leaving or scare them into dropping charges. Your abuser may threaten to hurt or kill you, your children,

other family members, or even pets. They may also threaten to commit suicide, file false charges against you, or report you to child services.

Intimidation. Your abuser may use a variety of intimidation tactics designed to scare you into submission. Such tactics include making threatening looks or gestures, smashing things in front of you, destroying property, hurting your pets, or putting weapons on display. The message behind these actions is that violent consequences will follow if you don't obey.

Denial and blame. Abusers are adept at making excuses for the inexcusable. They may blame their abusive and violent behavior on a bad childhood, a bad day, or even on you and the kids, the victims of their abuse. They may minimize the abuse or deny that it occurred. Often, they will shift the responsibility on to you: somehow, their violent and abusive behavior is your fault.

Abusers are able to control their behavior—they do it all the time

Abusers pick and choose whom to abuse. They don't insult, threaten, or assault everyone in their life who gives them grief. Usually, they save their abuse for the people closest to them, the ones they claim to love.

Abusers carefully choose when and where to abuse. They control themselves until no one else is around to witness their behavior. They may act like everything is fine in public, but then lash out instantly as soon as you're alone with them.

Abusers are able to stop their abusive behavior when it benefits them. Most abusers are not out of control. In fact, they're able to immediately stop their abusive behavior when it's to their advantage to do so (for example, when the police show up or their boss calls).

Violent abusers usually direct their blows where they won't show. Rather than acting out in a mindless rage, many physically violent abusers carefully aim their kicks and punches where the bruises and marks won't show.

The cycle of violence in domestic abuse

Domestic abuse falls into a common pattern or cycle of violence:

Abuse – Your abusive partner lashes out with aggressive, belittling, or violent behavior. This treatment is a power play designed to show you “who is boss.”

Guilt – Your partner feels guilt after abusing you, but not because of their actions. They're more worried about the possibility of being caught and facing consequences for their abusive behavior.

Excuses – Your abuser rationalizes what they have done. The person may come up with a string of excuses or blame you for provoking them—anything to avoid taking responsibility.

“Normal” behavior – Your partner does everything in their power to regain control and ensure that you’ll stay in the relationship. A perpetrator may act as if nothing has happened, or they might “turn on the charm.” This peaceful honeymoon phase may give you hope that the abuser has really changed this time.

Fantasy and planning – Your abuser begins to fantasize about repeating the abuse. They spend a lot of time thinking about what you’ve done wrong and how they’ll make you pay for it. Then they form a plan for turning the fantasy of abuse into reality.

Set-up – Your abuser sets you up and puts their plan in motion, creating a situation where they can justify abusing you.

Your abuser’s apologies and loving gestures in between the episodes of abuse can make it difficult to leave. They may cause you to believe that you are the only person who can help them, that they will change their behavior, and that they truly love you. However, the dangers of staying are very real.

The full cycle of domestic violence: An example

A man **abuses** his partner. After he hits her, he experiences self-directed **guilt**. He says, “I’m sorry for hurting you.” What he does not say is, “Because I might get caught.”

He then **rationalizes** his behavior by accusing his partner of having an affair. He tells her, “If you weren’t such a worthless whore, I wouldn’t have to hit you.”

He then **acts contrite**, reassuring her that it will not happen again.

But later he **fantasizes** and reflects on past abuse and decides to hurt her again.

He **plans** on sending her to the grocery store, purposely choosing a busy time. She is then held up in traffic and returns a few minutes later than expected. In his mind, he justifies assaulting her by blaming her for having an affair with the store clerk. He has just **set her up**.

Recognizing the warning signs of abuse

It’s impossible to know with certainty what goes on behind closed doors, but there are some telltale signs of emotional abuse and domestic violence. If you witness these warning signs of abuse in a friend, family member, or co-worker, take them very seriously.

People who are being abused may:

- Seem afraid or anxious to please their partner
- Go along with everything their partner says and does
- Check in often with their partner to report where they are and what they're doing
- Receive frequent, harassing phone calls from their partner
- Talk about their partner's temper, jealousy, or possessiveness

Warning signs of physical abuse

People who are being physically abused may:

- Have frequent injuries, with the excuse of “accidents.”
- Frequently miss work, school, or social occasions, without explanation.
- Dress in clothing designed to hide bruises or scars (for example, wearing long sleeves in the summer or sunglasses indoors).

Warning signs of isolation

People who are being isolated by their abuser may:

- Be restricted from seeing family and friends.
- Rarely go out in public without their partner.
- Have limited access to money, credit cards, or the car.

Psychological warning signs of abuse

People who are being abused may:

- Have very low self-esteem, even if they used to be confident.
- Show major personality changes (e.g. an outgoing person becomes withdrawn).
- Be depressed, anxious, or suicidal.

Speak up if you suspect domestic violence or abuse

If you suspect that someone you know is being abused, speak up! If you're hesitating—telling yourself that it's none of your business, you might be wrong, or that the person

might not want to talk about it—keep in mind that expressing your concern will let the person know that you care and may even save their life.

Talk to the person in private and let them know that you're concerned. Point out the signs you've noticed that worry you. Tell the person that you're there for them, whenever they feel ready to talk. Reassure them that you'll keep whatever is said between the two of you, and let them know that you'll help in any way you can.

Remember, abusers are very good at controlling and manipulating their victims. People who have been emotionally or physically abused are often depressed, drained, scared, ashamed, and confused. They need help getting out of the situation, yet their partner has often isolated them from their family and friends.

By picking up on the warning signs and offering support, you can help someone escape an abusive situation and begin healing.

Do:	Don't:
Ask if something is wrong	Wait for the person to come to you
Express your concern	Blame or judge them
Listen and validate	Pressure them to act
Offer to help	Give advice
Support their decisions	Place conditions on your support

Authors: Melinda Smith, M.A. and Jeanne Segal, Ph.D.

Last updated: January 2021

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November - American Diabetes Month



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

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23 wellness tips for healthy & happy living

Here are 23 tips to live a healthier, happier lifestyle—all simple, easy things that can be seamlessly incorporated into your daily life:

1. drink a glass of water first thing in the morning

Coffee's great too, but it's best to start your day by re-hydrating with a full glass of water. Hydrating first thing in the morning helps to aid digestion, enhance skin health and boost energy.

2. take the stairs

Taking the stairs instead of the elevator is a simple way to get a little more physical activity in your daily life. It also strengthens and tones your legs and core while you're at it!

3. make half your plate veggies

A simple hack for healthy eating (and portion control) is to make half your plate veggies at each meal. The veggies pack in essential vitamins, minerals and other phytonutrients important for health and longevity. And, because they're rich in fiber, they help to aid digestion (aka keep you regular!) and keep you feeling full longer.

4. get a fitness tracker + track your steps

Using a fitness tracker (like a Fitbit or Apple Watch) to track your steps is an easy way to make sure you're getting enough physical activity each day. We aim for 10,000 steps daily, which has significant physical and mental health benefits. A fitness tracker will also remind you to get 250 steps each hour (another important measure of health—see tip #9!). Here are [our favorite fitness tracker smartwatches of 2021](#).

5. switch to non-toxic household cleaning products

Conventional household cleaning products are full of harmful chemical ingredients that are *not* good for our health (or the health of our kids or pets!). Switching to healthier alternatives is a simple way to reduce your exposure to environmental toxins in your home. See our

[Healthy Cleaning Guide](#) for a complete list of recommendations, and what to look for when choosing safer household cleaning products.

6. take a probiotic daily

Maintaining a healthy gut has significant impacts on digestion, skin health, immunity, mental health and more. Taking a daily probiotic with a glass of water each morning is one of the simplest things you can do to boost your gut health (which, in turn, boosts overall health in many ways too). Learn more about the [health benefits of probiotics](#) (and all the ways to get them in your diet), and [shop our favorite probiotic supplement here](#).

7. eat real food

Aim to [eat real food](#) that's made of whole food ingredients you would have in your own kitchen pantry, or that your grandmother would recognize. (Yup, this rules out most packaged food, sorry!) This is a little different than suggesting you eat only "health foods" (many of which are increasingly processed!). "Real food" includes unprocessed foods like an apple, a cucumber, soybeans or a steak, as well as foods loosely processed from one (or few) real-food ingredients, like butter, olive oil, yogurt, tofu, etc. In other words, aim for foods that could be reasonably made in your own kitchen and avoid foods that can only be made in a lab.

8. stand up every 30 minutes while working

Reduce [the harmful effects of sitting](#) (like at your desk job) by standing up and moving around for a minute or two every half hour.

9. get sunlight every day

Vitamin D is one of the most important nutrients for overall health, and sunlight is one of our best sources of it. Aim to get at least 30 minutes of sunlight each day—preferably in the afternoon, and without sunscreen ([read more about that here](#)). Not much sunlight in the winter where you live? It might be worth supplementing with a [vitamin D supplement and/or other food sources](#) of this essential nutrient.

10. fill your home with houseplants

Houseplants help to cleanse your indoor air (sadly, [it probably needs it!](#)), they're pretty, and research even shows they improve mood, creativity and problem solving!

11. sweat every day

Aim to sweat in some way each day—whether that’s via running, biking, dancing, hot yoga, or any other physical activity you enjoy. See our [*Fitness Guide*](#) for more workout ideas, as well as tips and tricks for building regular physical activity into your daily life and a downloadable fitness planner you can use to outline your own custom fitness plan to stay on track.

12. work hard + be kind

Enough said!

13. cultivate a positive mindset

“The only difference between a good day and a bad day is your attitude.” It’s true—mindset is everything! Cultivate a positive mindset by recognizing negative thought patterns and countering them with positive thoughts or affirmations. Here are more [mindset resources for positive thinking](#).

14. get enough sleep

Most adults need 7-9 hours of sleep each night. But in addition to quantity, quality of sleep matters too! Follow our [tips on getting quality sleep](#)—things like keeping your bedroom cool at night, avoiding blue light after dark, and more.

15. start your day with a healthy morning routine

Start each day with fulfilling activities that set the tone for how you want to feel—whether that’s inspired, relaxed, productive, or something else. 😊 Check out our list of ideas for [starting a healthy morning routine](#) to start your day right!

16. eat the rainbow

Aim to eat all the colors of the rainbow each day. (Natural colors only, no Skittles!) Download our free fillable/printable [Eat the Rainbow daily & weekly tracker](#) to help keep track.

17. floss your teeth

Floss your teeth daily for good dental health *and* overall health. Not only does flossing daily protect your teeth and gums, but good dental health is also important for immunity and heart health.

18. spend time alone

Spending regular time alone helps to get to know and stay in touch with yourself (we're all constantly growing and changing!). Alone time is an opportunity to check in with how you're doing and what you want, so you can live your most intentional life. Some people enjoying hiking, going for a walk or run, meditating, or even sunbathing as a healthy source of alone time. 🌻

19. do things you enjoy

This often gets overlooked as an essential element of healthy living—doing things each day that you enjoy! Whether that's exercise, baking, crafting, reading a book or watching TV, reserve time each day to spend doing activities *you* personally enjoy.

20. smile often

Smiling boosts your physical and mental health (it's true!), so find ways to smile as often as you can throughout the day.

21. manage stress with self-care activities

Chronic stress is detrimental to both your physical and mental health. Get to know your stress triggers (the things that cause stress for you, either quickly or in the long-term) as well as your stress releases (the things that can help calm you when you're stressed) so you can proactively cope with stress and maintain healthy levels.

22. practice gratitude

Practice gratitude each day—this could be when you wake up, before bed, or during your lunch break at work. Here are our favorite tips for finding more gratitude in your daily life, plus a rundown of the physical and mental health benefits of practicing gratitude regularly.

23. a walk around the block is better than no walk at all

When it comes to a healthy lifestyle, doing just a little bit is better than doing nothing at all. If you want to go on a walk but don't have time for your usual hour-long walk, take a short walk around the block. A 5-minute walk is better than no walk at all!

and remember:

- *You don't have to do everything, and you don't have to do it all at once.*
- *You're more likely to do things you actually enjoy.*

So, take note of which of these healthy living tips sound most enjoyable to you and start there!



Health Benefits of Coffee

Have you ever heard the story of how coffee was first discovered? Ancient Ethiopian farmers began to notice that their goats would have a burst of energy and would not sleep at night after eating berries off of certain trees. These red berries contained a bean known today as the coffee bean!

Did you know that coffee is the most popular beverage choice in America? That may not be so shocking since it does boost energy levels while delivering on delicious

taste. While coffee can affect some negative due to its caffeine content, there are some health benefits for those who are not caffeine sensitive:

1. Low Calorie Beverage

- One cup of plain black coffee (no creamer, no sugar) has less the 5 calories total, making coffee a super low-calorie beverage. Be mindful of what you add to your cup, calories add up fast when using coffee creamers and sugar.

2. Contains Antioxidants

- Coffee is one of American's largest source of antioxidants. Coffee contains powerful antioxidants; Phenylpropanoic acid and polyphenols, which may play a role in preventing heart disease, cancer and other diseases.

3. May reduce risk of disease

- Studies have shown that coffee drinkers may have a reduced risk of developing type 2 Diabetes and Parkinson's disease.

4. Supplies Nutrients

- One cup of coffee contains:
 - 11% of Riboflavin (vitamin B2) recommended for a day
 - 6% of Pantothenic acid (vitamin B5) recommended for a day
 - 3% of Manganese and potassium recommended for a day
 - 2% of Magnesium and niacin (vitamin B3) recommended for a day

5. Boost of Energy

- Once caffeine is absorbed, it becomes a stimulate to the body, giving you a burst of energy. With increased energy, you are more likely to move your body, and burn more calories through the day!

Brittany Smith, MS, RDN, LDN, CPT





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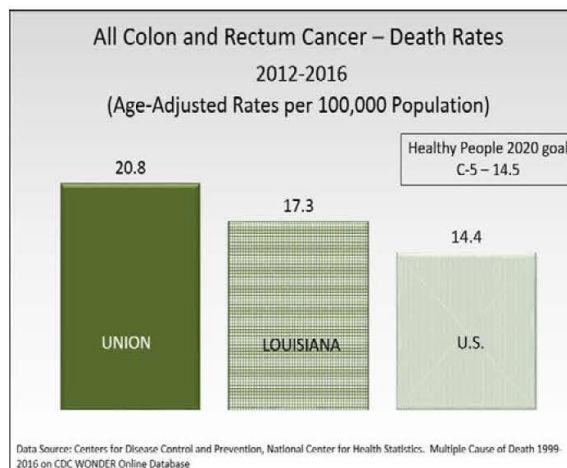
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By Claudia Wade



October

Banks Donna	10/04
Banks, Jacquelyn	10/10
Brass, Vanessa	10/03
Farrar, Lydia	10/23
Fields, Gloria	10/20
Finklea, Ann Marie	10/13
Haulcy, Shakeia	10/24
Hines, Deborah B.	10/01
Jung, Darra	10/07
Lowe, Candice	10/04
Medlin, Jennifer	10/12
Melna, James	10/14
Morrow, Rachel	10/01
Nation, Courtney	10/08
Scott, Ron	10/29
Wade, Claudia	10/28

December

Barron, Remona	12/13
Bice, Thomas	12/24
Dismuke, Wytekqua D.	12/29
Howard, Amy	12/09
Hunt, Patricia	12/26
McLelland, Jessie	12/16
Millsap, Peggy	12/09
Moon, Theresa	12/24
Ormond, Evalyn	12/02
Wyatt, Janice	12/20

November

Anderson, Tammy	11/09
Benson, Mary	11/27
Burch, LaTonya B.	11/20
Gates, Brooklyn	11/01
Ginn, Bonnie	11/07
Hodge, Wendy	11/01
Jackson, Wanda L.	11/17
Peterson, Patrick	11/14
Reid, Dereck	11/04
Sides, Alexandra	11/16
Terral, Katelyn	11/16



THE POWER OF PRAYER

We pray for the parents, spouses, and family members who have endured the death of a Service Member in Kabul, Afghanistan on Thursday, August 26, 2021.

(Hebrews 13:5) God's Scripture verses give, us His truths about heaven and about His second coming to receive the body of Christ. Second, the importance of prayer. Through prayer we take our sorrows to the **Throne of God**, knowing that He will hear us and will sympathize with our sorrows. When we pray, we can give all our cares to the God and resting in His arms finding His comfort, love, joy, peace, and turning our sorrow into loving memories of our loved ones.



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Jessie McLelland, RN
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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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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 under a bright sky. The text is overlaid on the image in a yellow, blocky font.

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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!