



# SPRING - SUMMER 2022

901 James Avenue, Farmerville, LA 71241

318-368-9751

[www.uniongen.org](http://www.uniongen.org)

# THE PULSE

*"Providing Quality Service with Compassionate Care"*

## Two Louisiana Leaders Named to National 67 Rural Hospital CEOs to Know in 2022 List

Union General Hospital CEO Evalyn Ormond and Richland Parish Hospital-Delhi CEO Michael Carroll have been named to Becker's Hospital Review's 67 Rural Hospital CEOs to Know in 2022 list. The national list features rural hospital chief executive officers who are leading small, but strong institutions and have worked tirelessly to serve patients throughout the ongoing COVID-19 pandemic. While rural hospitals across the country have struggled in recent years, leaders included on the list have developed a model for not only surviving, but thriving.

"Union General Hospital is working daily to expand health equity, improving access to health care for the communities we serve. Thanks to Becker's Hospital Review for recognizing us. We are doing everything we can to improve the health and wellness, elevate hope and advance healing for ALL," said Union General Hospital CEO Evalyn Ormond.

**Evalyn Ormond. CEO of Union General Hospital (Farmerville, LA).** - Ms. Ormond has led Union General Hospital for the past 30 years. In 2021, she received the Founders Award from the Healthcare Service Excellence Conference for her exemplary record of leadership and community services.

**Michael Carroll. Administrator of Richland Parish Hospital-Delhi (LA.)-** Mr. Carroll is a licensed nurse home administrator who has led the hospital since 2003. He has held several leadership roles, including president of the Northeast Louisiana Rural Alliance and secretary of the Delta Medical Society.



**Evalyn Ormond, CEO**

(continued on page 3)

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**UNION GENERAL HOSPITAL RURAL HEALTH CLINIC**

# Telehealth is Available

From the Comfort of Your Home  
Call to make an appointment:  
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**WE PROVIDE:**

- Medication Monitoring
- Individual Consultation

Visit Can Happen Via  
Computer, Tablet and  
Smartphone that Has  
a Camera attached

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## SKILLED NURSING SHORT-TERM REHABILITATION PROGRAM



### KEY FEATURES

- 24-hour RN
- 24-hour physician staffed emergency room
- Physical, occupational, speech and respiratory therapist 5-7 days a week based on your needs
- Daily physician visit
- On-site lab and radiology
- Registered dietitian



### CONTACT INFO

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

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

Becker's Hospital Review is a go-to source for health care decision-makers and one of the fastest-growing media platforms in the industry. In addition to a print magazine, Becker's Hospital Review publishes an e-newsletter with 1.1 million subscribers and a website with 3.5 million monthly visitors.

### **About Union General Hospital**

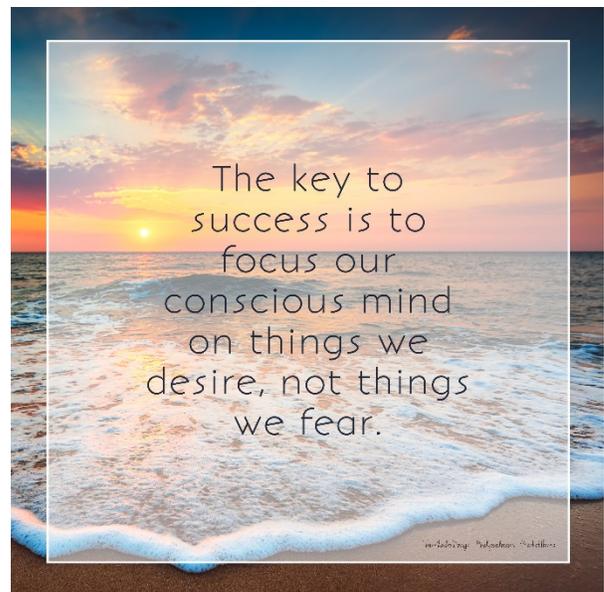
Union General Hospital is committed to its mission of providing quality service through compassionate care.

Union General Hospital, a critical access hospital with 20 beds, serves Union Parish, Louisiana.

The hospital provides acute inpatient and 24-hour RN skilled rehabilitation, 24-hour physician staffed emergency room, laboratory + blood bank, radiology/CT scan, 3D mammography, mobile dysphagia diagnostics, physical, occupational and speech therapy for pediatrics and adults, outpatient mental health for eligible Medicare patients, post COVID outpatient therapy, early intervention and school readiness program for pre-k through 3<sup>rd</sup> grade students, ultrasound, respiratory therapy, endoscopy services, telehealth in partnership with Ochsner/LSU Shreveport, medicaid enrollment, diabetic foot care, KidMed, medical nutrition therapy, telecardiology, telepsychiatry,

telemedicine and operates a rural health clinic. The hospital also offers the following community programs to the community in partnership with several community organizations: Anti-Bullying and Suicide Prevention, It's a Girl Thing, Making Proud Choices (Teen STD/HIV Pregnancy Prevention), Teen Drug, Tobacco and Alcohol Prevention, Breast Cancer Prevention, Colorectal Cancer Prevention, Heart Disease and Diabetes Prevention and Nutrition Education Program in partnership with LSU Ag.

Throughout its 47-year history in the community, Union General Hospital has remained dedicated to enhancing health and wellness for individuals throughout the parish through nationally recognized quality care, community health initiatives and collaborative partnerships. For more information, please visit [www.uniongen.org](http://www.uniongen.org).





**PEG MILLSAP, MT  
(ASCP), (NCA)  
Infection Prevention  
and Control  
Coordinator**

## **How Much LONGER Will This Go On? *Long Haulers* *with their Long* **COVID!****

Long Haulers- new term used for people who have been affected with the Covid-19 with “long-term problems” after recovering from the initial infection.

Long COVID – “symptoms” lasting longer than twelve (12) weeks. Causes unknown but there are speculations:

1. Immune system begins attacking one’s own organs along with the virus
2. Original virus infecting never dies, just stagnates, destroying nerves or other areas of the body
3. If the virus replicates and spreads causing endothelial damage - the damaged blood vessels decrease blood flow in the brain and blood flow in the heart, both becoming targets for clotting.
4. There are no clear answers, only guesswork. Symptoms may come in as acute waves, persistent, or never experience an episode again.

Discomforts following the first bout may be:

1. Tiredness
2. SOB/chest tightening
3. brain fog
4. joint pain
5. flu-like symptoms
6. taste and smell diminished
7. dry cough
8. heart racing
9. headaches
10. vibrations in legs
11. ear feels stopped up daily
12. Sense of touch decreases.

Other odd symptoms such as:

1. vision issues
2. gut disorders

3. slight decrease in brain function, visible after infection
4. lung abnormalities
5. hair loss or
6. rashes.

Long haulers testing for COVID-19 may test negative with a confirmed infection but mimicking symptoms of the pre-active infection when once positive one or more times.

Long Haulers are prevalent in: 35-49-year-olds, immunocompromised, and women. Long-COVID favorable in people working in healthcare settings, social care, people living in close unsanitary conditions, and educators.

Long COVID symptoms disfavored in: children, 11-17-year-olds.

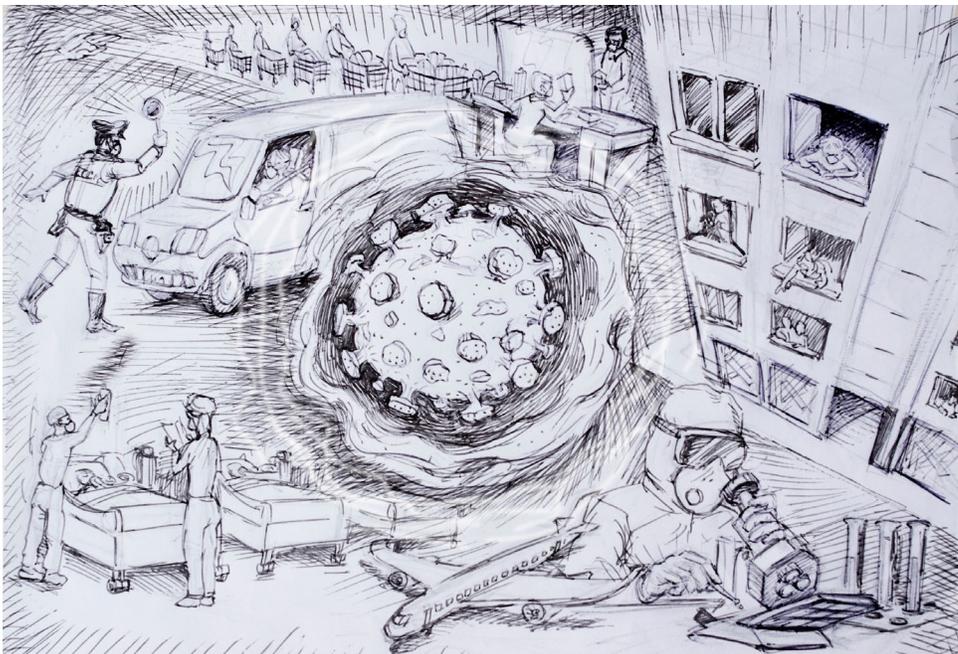
The exact length of time long haulers symptoms last is speculated to be six (6) months in *theory*.

There are 3 categories for Long COVID:

1. direct cell damage
2. ongoing muscle weakness and cognitive brain
3. symptoms appearing after recovery-immune system and recovery inflammatory markers working together in overdrive.

Systems fall into 2 entities: physical and neurologic.

What will help prevent or ease long COVID? Vaccines being up to date have shown beneficial. Vaccination is a choice! Ask yourself, which of the two evils are the worse of the two? Long haulers can be anybody and no organ is spared with this infection.



# News and Updates



## NEW HIRES

Brad Adcock	Assistant CFO
Caroline Alford	RHC LPN
Tama M. Cole	RHC LPN
Christi Conti	ER RN
Marquita Pitts	Dietary
Brandon Rosson	Maintenance
Ulanda Watson	Dietary
Mylika Traylor	Lab



# April

## National Occupational Therapy Month

### What is occupational Therapy?

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

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

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

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

Contact us today

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



Trusted. Dedicated.  
Innovative.



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



# Therapy Services for Pediatrics and Adults

Union General Hospital offers comprehensive therapy services to help both hospitalized patients and for those who are being treated on an outpatient basis. After a thorough assessment of the patient's condition, our experienced team creates a customized treatment plan that is designed to maximize the benefits of therapy and achieve specific goals.

Therapy Services include:

Physical Therapy, Occupational Therapy, Speech & Language Therapy, Dry Needling, Lymphedema Therapy, Post COVID Outpatient Therapy, and Early Intervention and School Readiness Program for Pre-K Through 3rd Grade Students

Contact us: 318-368-7092 | [www.uniongen.org](http://www.uniongen.org)



901 James Avenue,  
Farmerville, LA 71241



**UNION  
GENERAL**  
HOSPITAL

**APRIL**

**NATIONAL**

**AUTISM**

*Awareness*

**MONTH**



**EDUCATE**

**SUPPORT**

**ADVOCATE**

**901 JAMES AVENUE, FARMERVILLE  
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318-368-9751**



# Lymphedema Therapy

Live at Your

## PHYSICAL BEST

@ Union General Hospital  
Outpatient Therapy Clinic

### Treatment

- ✓ Compression Bandaging
- ✓ Manual Lymph Drainage
- ✓ Compression Garments
- ✓ Meticulous Skin Care and Hygiene
- ✓ Patient and Caregiver Education
- ✓ Remedial Exercises

Kendal Kimbell, MOT, LOTR, CLT

**BOOK A SESSION NOW!**

**318.368.7092**

*When your first appointment is booked, you've taken the first step to improve your quality of life.*

Your dedicated therapist will get to know your story during your very first visit, ensuring we understand your medical history, and the goals you're setting for your future.



**901 James Avenue,  
Farmerville, LA 71241**



**[www.uniongen.org](http://www.uniongen.org)**



**THE TEAM  
BEHIND THE RESULTS  
24 HRS SERVICE**

**NATIONAL  
LABORATORY  
WEEK**

901 JAMES AVENUE  
FARMERVILLE, LA

**318-368-7080**

**APRIL 24-30, 2022**

**WWW.UNIONGEN.ORG**

*April is*  
**ALCOHOL**  
AWARENESS MONTH





**STD** AWARENESS  
**MONTH**  
A P R I L

TALK + TEST TREAT

**"Providing Quality Service With Compassionate Care"**

**WE CHANGED OUR SCHEDULE TO FIT YOURS**

**Hours:**



Monday through Thursday - 8:00 AM - 12:00  
1:00 PM - 7:00 PM  
Friday - 8:00 AM - 12:00 PM  
1:00 PM - 5 PM

**Extended Hours:**

Monday through Thursday  
5:00 PM - 7:00 PM

**WALK-INS WELCOME  
EVERYDAY**

**Our Services :**

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

Transportation Services Available to Qualified Patients



Make an Appointment  
(318) 368-9745



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Farmerville, LA 71241



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# MENTAL HEALTH

awareness

UNION GENERAL INTENSIVE OUPATIENT PROGRAM  
AVAILABLE TO ELIGIBLE MEDICARE PATIENTS

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318-368-4748  
[WWW.UNIONGEN.ORG](http://WWW.UNIONGEN.ORG)

**MAY**



**STROKE** 

**AWARENESS**

**MONTH**

**24-HOUR PHYSICIAN STAFFED  
EMERGENCY ROOM**

**TELEHEALTH IN PARTNERSHIP WITH  
OCHSNER/LSU SHREVEPORT  
TELECARDIOLOGY  
TELEPSYCHIATRY**

**901 JAMES AVENUE \* FARMERVILLE, LA \* 318-368-9751**

**WWW.UNIONGEN.ORG**

# Be Stroke Aware

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

## 6 Primary Stroke Symptoms:

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



## Stroke Symptoms Unique to Women:

- 
- A red silhouette of a woman standing. On her torso, several stroke symptoms unique to women are listed in white text. The symptoms are: Sudden face and limb pain (written vertically on the left side of her torso), Sudden shortness of breath, Sudden chest pain, Sudden nausea, Sudden general weakness, Sudden hiccups, and Sudden heart palpitations.
- Sudden face and limb pain
  - Sudden shortness of breath
  - Sudden chest pain
  - Sudden nausea
  - Sudden general weakness
  - Sudden hiccups
  - Sudden heart palpitations

# 80%

PORTION OF STROKES THAT ARE PREVENTABLE

## Ways to Prevent a Stroke:

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

# 425,000

NUMBER OF WOMEN WHO SUFFER A STROKE EACH YEAR

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



**Brittany Smith, RD, LDN, MS**

**UNION  
GENERAL**  
HOSPITAL

**EAT WELL  
BE WELL**

**MEDICAL NUTRITION THERAPY**

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

Personalized strategies  
**FOR HEALTHY LIVING**  
[www.uniongen.org](http://www.uniongen.org)

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

**CALL TODAY: (318) 368-9751**

901 James Ave., Farmerville, LA



May



# High Blood Pressure Awareness



## Did you know?



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

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

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

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

## General Tips

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

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



## Nutrition Tips

Incorporate garlic, herbs, and other spices

Don't add salt

Avoid alcohol and smoking

WIC is an equal opportunity employer and provider.



@ITCAWIC



# HAPPY NURSES WEEK! MAY 6-12, 2022

WE APPRECIATE THE WORK YOU DO!



[www.uniongen.org](http://www.uniongen.org)

# Take charge of your health!

See a doctor for regular checkups even if you feel healthy. This is important because some diseases and health conditions don't have symptoms at first. Plus, seeing a doctor will give you a chance to learn about your health.

Eat healthy and get active.

If you drink alcohol, drink only in moderation.

Quit smoking.

Know your family's health history.

Get screening tests to check for health problems before you have symptoms.

Make sure you're up to date on your shots.

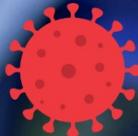
June is Men's  
Health  Month



**RURAL HEALTH CLINIC**  
**318-368-9745**

# COMMUNITY OUTREACH

**FREE**  
**UNION GENERAL  
RURAL HEALTH CLINIC  
COVID-19 TEST DISTRIBUTION**



Law Office of  
**DAWN D. FRASIER, L.L.C.**



**Christ Centered Ministries**



**Cognitive Development**



**UNION PARISH  
SCHOOL DISTRICT**



**FOR UNION PARISH RESIDENTS**

For More Information: (318) 368-9745 OR (318) 368-7075

[www.uniongen.org](http://www.uniongen.org)

# COVID-19 OUTREACH



Union Parish Health Unit

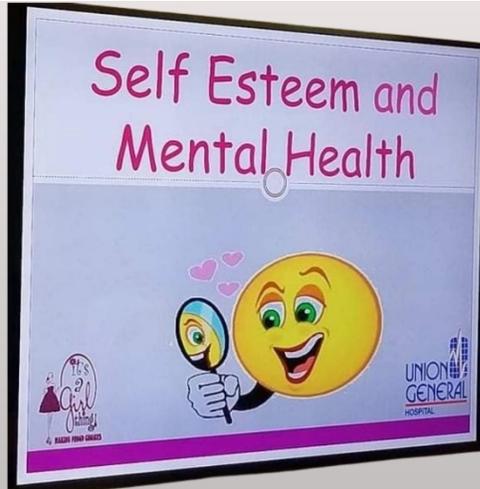


A combined effort between Dr. Unkel and Union General Hospital introducing a community-based collaboration to spread COVID-19 information and tools created so as through interaction amongst families and friends, and businesses, everyone in the Town of Farmerville will have a better understanding of when to wear a mask in public or when to receive their next scheduled COVID-19 vaccine.

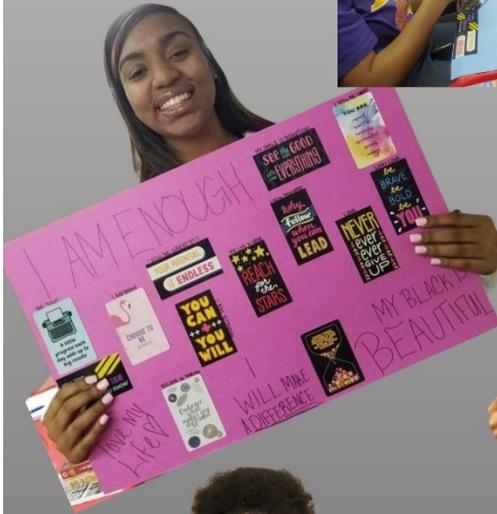
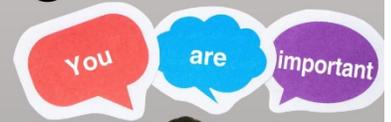
Small healthcare practices can be intimate. Advantages include getting to know all the staff by their first names or feeling welcome every time you walk inside the clinic door. Dr. Unkel is a doctor who takes his time talking with the patients and allows them to help make decisions in their own care. The employees all have a kind spirit that engulfs the work environment. A huge thanks to Dr. Unkel and his team for sharing the day with all of us.

Below, starting from the left is Dr. Steven Unkel, Brittany Unkel, Peggy Millsap- IP&C, Whitney Johnson- Reception, Montie Reynolds- Triage, Stephanie Gates- Billing, Tina Fuller- Lab/Nurse, Lisa McVicker-Reception.





# Monthly Meeting Jan. 2022





It's a Girl thing!

MAKING PROUD CHOICES



PREVENTING TEEN DATING VIOLENCE

FEBRUARY Teen Dating Violence Prevention Awareness Month

Jiame L. Brown Union General Hospital Community Outreach Coordinator



Monthly Meeting Feb. 2022



1.5 million teens experience dating abuse of some form each year. Only 20% seek help.

80% OF GIRLS who are physically abused in their relationships continue to stay with their abuser.

PHYSICALLY ABUSED IN THEIR RELATIONSHIPS CONTINUE TO STAY WITH THEIR ABUSER.

30% - 50% HIGHER rates of depression, anxiety, and PTSD.

1 IN 10 HIGH SCHOOL STUDENTS have experienced dating violence.

32% OF PARENTS are unaware of their child's dating status.

45% OF DOMESTIC VIOLENCE victims are women.

TEEN DATING VIOLENCE PREVENTION AWARENESS MONTH

LOVE IS NOT ABUSE

TEEN DATING VIOLENCE PREVENTION AWARENESS MONTH

LOVE IS SAFETY

GROW CARING UNDERSTANDING RESPECT

ADVOCATE CARE

2 SIDES OF A HEART

This February, start talking about healthy relationships!





# Monthly Meeting March. 2022



## HEALTHY SNACKS... MAKING WORKSHOP WEIGHT ASSESSMENT Monday, March 28 5-7pm



Brittany Smith, RDN, LDN, MS  
Registered Dietitian  
Food Service Director  
Union General Hospital

UNION GENERAL HOSPITAL  
EDUCATION BUILDING

LOTS OF FUN, DOOR PRIZES

GIRLS 6TH - 12 GRADE  
NEED PARENT OR GUARDIAN  
CONSENT TO ATTEND

901 James Avenue, Farmerville, LA 71241  
(318) 368-7075  
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# Schools Outreach Jan. - March. 2022



It's a girl thing!  
MAKING PROUD CHOICES



# IT'S OK TO TELL!

If someone hurts you:



Say

# NO

like you mean it

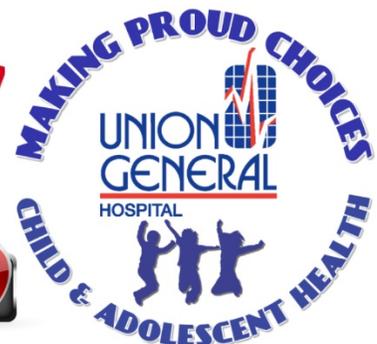
Don't ever keep a secret that upsets you!

# GO

to a safe place

# TELL

a trusted adult





# STRESS LESS



# WITH MENTAL HEALTH

Jenequa Jones-Hicks, LMSW  
IOP Program Director  
Union General Hospital

Monday, April 25  
5-7pm

UNION GENERAL HOSPITAL  
EDUCATION BUILDING

LOTS OF FUN, DOOR PRIZES

GIRLS 6TH -12 GRADE  
NEED PARENT OR GUARDIAN CONSENT TO ATTEND

901 James Avenue, Farmerville, LA 71241  
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MAY IS MENTAL  
HEALTH  
AWARENESS  
MONTH





# ACCEPTANCE Guest Speakers

BROKERS OF  
**HOPE**



HANNAH GRAFTON  
FAMILY ADVOCATE



KRISTIN LEGER  
FAMILY ADVOCATE

Monday, May 23  
5-7pm

UNION GENERAL HOSPITAL  
EDUCATION BUILDING

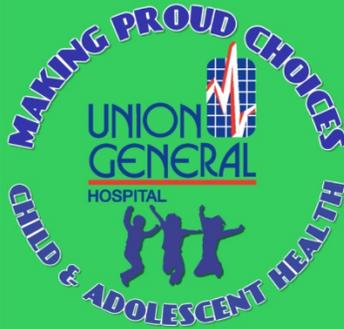
**LOTS OF FUN, DOOR PRIZES**

GIRLS 6TH -12 GRADE  
NEED PARENT OR GUARDIAN CONSENT TO ATTEND

901 James Avenue, Farmerville, LA 71241  
(318) 368-7075

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# HEALTH AND WELLNESS WITH A TWIST

Monday, June 27  
5-7pm

UNION GENERAL HOSPITAL  
EDUCATION BUILDING

**LOTS OF FUN, DOOR PRIZES**

GIRLS 6TH -12 GRADE  
NEED PARENT OR GUARDIAN CONSENT TO ATTEND

901 James Avenue, Farmerville, LA 71241  
(318) 368-7075

[www.uniongen.org](http://www.uniongen.org)

# COMMUNITY OUTREACH SUPER FUN SATURDAY 2022 DRAGON BOAT FESTIVAL KICK OFF



**CHILDREN'S  
COALITION**  
For Northeast Louisiana

Creating communities where children and families thrive.

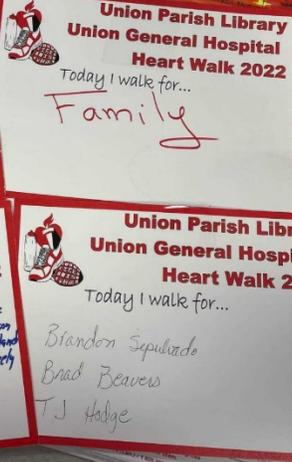
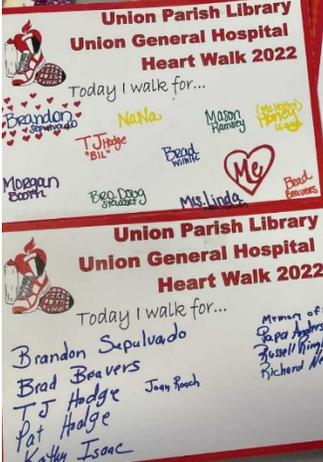




Union Parish Library

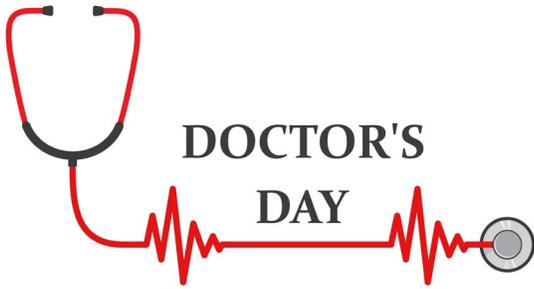
Your CommUN@TY Connection

Lighting the Way Since 1956



Union General Hospital was a proud sponsor again of the Cancer Foundation League's Annual Cancer Gala "An Evening of Southern Elegance". The CFL provides financial assistance to local cancer patients to help with such things as utility bills and medications. It is such a great cause to support. In the picture from left to right: [Claudia Wade](#), Brandi Miller, Toshia Hyatt Laing, Monica Austin Benoit and Dany Benoit.





On March 31<sup>st</sup>, Brittany Smith, RDN, LDN, MS, Registered Dietitian & Foodservice Director for Union General Hospital put together some beautiful baskets to celebrate our medical providers on DOCTORS DAY. Thank you to all physicians and other medical staff for your unwavering dedication and inspiring passion in caring for patients in our community each day.



**Stephanie Colson**  
Union General Hospital Greeter





## April

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

## May

CHANDLER, GINGER	05/16
COLE, TAMA	05/21
CUMMINGS, ALISTINE	05/31
DENDY, TINA	05/21
GRIGSBY, SHEREKA	05/01
DENDY, TINA	05/21
GRIGSBY, SHEREKA	05/01
HARRIS, HANNAH	05/03
HUFF, CLYDE M.	05/24
LOYD, JODY	05/09
TOWNS, JENNIFER L.	05/18
WADE, KAITLIN	05/10

## June

ALBRITTON, BRENT	06/24
BANKS, RANDALL	06/16
BARLEY, GINGER	06/12
BREWSTER, KOMOCKA	06/22
CARNES, SANDRA	06/20
DUNN, RAVEN	06/30
EVERETT, NIKKI	06/18
HOLMAN, SUSAN	06/25
JOHNSON, NICOLE	06/02
KIMMERLING, KOURTNEY	06/21
LUMSEY, CANDICE	06/17
NUTT, CALLIE	06/07
PEARSON, MELANIE	06/26
RAWLS, AMY	06/30
TURPIN, LISA	06/22
WILSON, ALLISON	06/16





# COMPLIANCE



**QUESTIONS AND/OR CONCERNS CONTACT  
PRIVACY OFFICER JULIE DUTY  
COMPLIANCE  
OFFICER 318-368-7077 [jduty@uniongen.org](mailto:jduty@uniongen.org)**

*— advice for —*

# STAYING HIPAA COMPLIANT

*when using social media*

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

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

- **NEVER POST ABOUT PATIENTS**  
It's extremely difficult to anonymize patients - even the subtlest identifier could land you and your practice in a lot of trouble.
- **DON'T TRUST MESSAGING SERVICES**  
Privacy of messages relies on the recipient keeping the information to themselves and not leaving themselves logged into public or office computers. Best to avoid private messaging altogether.
- **EDUCATE YOURSELF AND OTHERS**  
Staff should always be trained and kept up to date with HIPAA compliance best practices and company social media policies.
- **DON'T MIX WORK AND PERSONAL LIFE**  
Healthcare professionals should keep their personal and professional lives separate. Interacting with a patient online could result in PHI inadvertently being exchanged in the public domain.
- **WHEN IN DOUBT, DON'T POST**  
People can make mistakes in the heat of the moment. Always take a minute, read the post back to yourself, and consider the potential consequences before hitting the 'post' button



scrypt.com

*Work confident™*



On March 25<sup>th</sup>, we stood together with our brothers and sisters in Ukraine. Organized by Julie Duty, Compliance Director and Michael Williams, IT Director leading us in prayer, we prayed for protection over Ukraine and the attacks to cease. We pleaded the blood of Jesus over the Ukrainian people and called for peace. For those who have been injured, or lost loved ones, we prayed for comfort and God's overwhelming love to fill them. We all prayed together in the Name of Jesus Christ!





# DRY NEEDLING



## AVAILABLE TO QUALIFYING PATIENTS

Pain relief for the patient is our first priority. Dry needling is a technique physical therapist use for the treatment of pain and movement impairments. The technique uses a "dry" needle, one without medication or injection, inserted through the skin into areas of the muscle.

## NEED DOCTOR'S ORDER FOR PHYSICAL THERAPY

Dry needling is not acupuncture, a practice based on traditional Chinese medicine and performed by acupuncturists. Dry needling is a part of modern Western medicine principles, and supported by research



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WHO: Pre-K through 3rd grade students

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# 3D DIGITAL MAMMOGRAPHY AT UNION GENERAL HOSPITAL



**Together** We Can Make a Difference



**Radiology**

**Department**

(318) 368-7072 \* [www.uniongen.org](http://www.uniongen.org)

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Farmerville, LA 71241

**DOCTOR'S ORDER IS REQUIRED**

# OAT BARS RECIPE

## INGREDIENTS:

- 2 cups oats
- 1 cup honey
- 25 grams butter
- 1/4 cup raisins
- 1/2 cup chopped nuts
- 1 tsp cinnamon powder



## PROCEDURE:

Toast oats in the oven for 20 minutes @150 degrees centigrade.

In a pan , melt butter, add in honey and cinnamon powder.

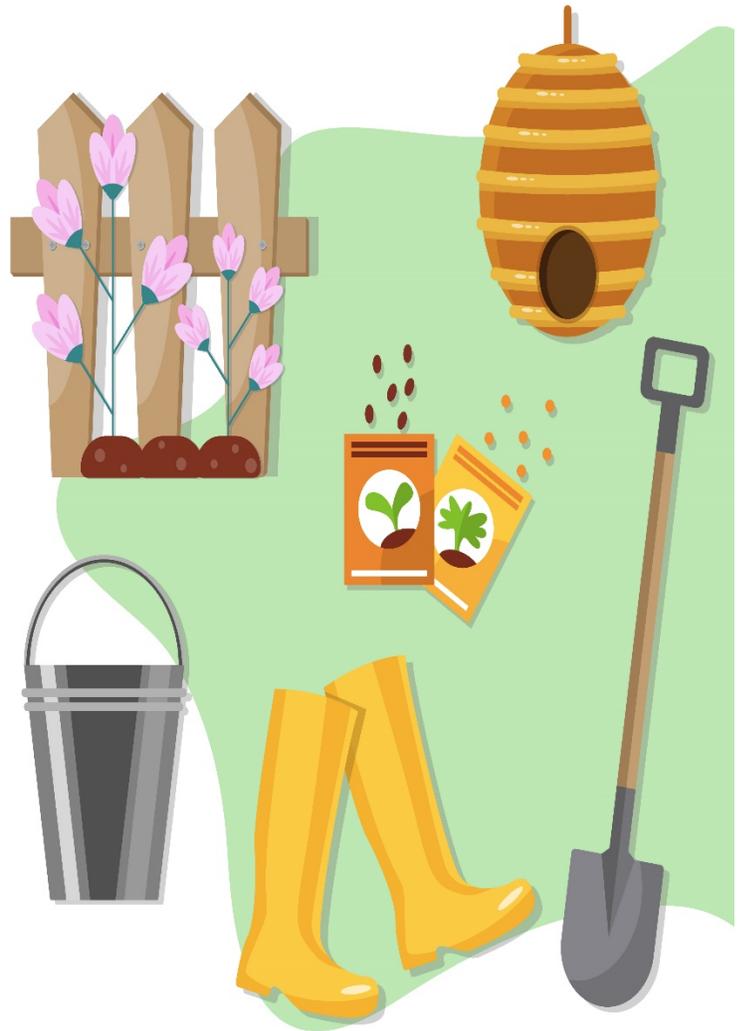
Pour and mix hot mixture over oats, add nuts & raisins then transfer to a square pan, press down to make it compact.

Refrigerate for at least 2 hours, slice into bars.

# WORD SEARCH CROSSWORD

## In the garden

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answer:

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