



Winter - Spring 2023

THE PULSE

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

Our Mission Statement ***"Providing Quality*** ***Service with*** ***Compassionate Care"***

We at Union General Hospital's Marketing & Community Outreach Department are pleased to bring this community newsletter to you as part of our commitment to keep you informed of activities at your local hospital. We welcome your comments at cwade@uniongen.org

Inside this Issue

A message from the CEO Evalyn Ormond	1
Hospital Heroes	4
Post-Holiday Blues	6
Understanding the Difference Between RSV, FLU, AND COVID-19	10
News and Updates	12
Birthdates	45
Prayer	46
Patient Comments	47
Services	48
Recipe	61

From the CEO

Farewell, with appreciation, pride, humility and gratitude



Evalyn Ormond, CEO

After 30 years with Union General Hospital I have made the decision to retire effective March 2023. My time at Union General Hospital has been the experience of a lifetime for which I am grateful. It has been and will remain a great honor of mine to have served this hospital and community – I will miss the collegiality and interaction with you all.

As the curve of the virus flattened and the challenge dissipated, Union General Hospital emerged stronger and more prepared than ever before. I am confident this strength will continue undeterred and our mission and tradition of delivering first-in-class, expert patient driven healthcare will take us to new heights.

I am pleased to announce that Dianne Davidson, COO will become Union General Hospital's new CEO effective March 2023. Diane has been an extremely effective leader throughout her career, she has made a clear and a positive impact on the entire hospital community. Following my retirement, Diane will assume full leadership of Union General Hospital. Joining her will be Amanda Whiddon, who will be promoted to chief operating officer (COO), effective March 2023. Amanda has been a critical part of the senior leadership team since December 2022. She is well-known and well-respected among her peers here at Union General Hospital and throughout the system.

In partnership with our community, Union General Hospital now stands a model to our peers and ready to deliver exceptional healthcare and a unique patient experience. In this bittersweet moment, I am proud that Union General Hospital is your trusted family hospital, humbled by your tremendous support through the years and confident that, together with your continued support, Union General Hospital will flourish, grow and continue to provide our community peace-of-mind.

The healthcare environment we are presently experiencing teaches us that we need to come together, be kind and understanding of each other. We are privileged to serve and work collaboratively to offer the patient the finest care possible. I will greatly miss working with you and am confident you are in good hands with Dianne and Amanda leading this change. I may be retiring but would always like to hear from my work family anytime.

Thank you.

Evalyn Ormond, CEO



30 Years
Retirement Celebration

Please join us in honoring

Evalyn Ormond, CEO

Thursday, February 23rd 3:00 - 6:00 pm

UNION GENERAL HOSPITAL

Conference Room

901 James Avenue, Farmerville

Hosted by Union General Hospital

**Please RSVP to Claudia Wade by February 17th
at 318.368.7075**

or cwade@uniongen.org





UNION GENERAL HOSPITAL HEROES

Lance White: Thanks to Lance White for coming in on a Sunday to see a Direct SWB patient that was admitted on Saturday. He saw her at NLMC on that Saturday and didn't want her to miss a day of therapy on Sunday so he came in on his day off. Thank you Lance!!!!

Josie Thompson & Cindy Branch: Josie did a great job at registration and Cindy is just awesome!!!

Tamarion Braggs: Tamarion has picked up extra night shifts as ward clerk while new ward clerk is being trained. Sunday night 12/18 she stayed over after her 12 hour day shift until after midnight b/c nurse's aide called in sick on night shift and one else could come. She will only have 2 days off in between 13 days of working. Thank you for your dedication. It's greatly appreciated.

Liz Almond & Tina Smith: Liz and Tina have worked with no ward clerk on their shift for at least 3 nights out of their 7 shifts for the last 3 pay periods. They work together to do whatever they need to take care of the patients! In addition, on 12/18 they had no ward clerk or CNA from 12a-7a with 8 patients. We appreciate you!

All of Registration: Carla, Shelli, Josie, Taylor, & Kaitlin: Worked numerous nights to cover for open ward clerk shift between 12/6 – 12/20.

Holli Farris, Anna Roan, Kim Barr – want to recognize these 3 ladies for their prep work on anticipating 5-6 discharges on 12/22. The day before all patients were made follow up appts. Flu & Pneumonia vaccines given etc. This prepared them for a smooth discharge process for them and their patients on 12/22. Good job ladies!

Peggy Milsap – Peg always catches if we have a patient admitted with an illness that was diagnosed at another facility (flu, covid, positive cultures); those results aren't always on our chart. She alerts us and helps do what she can to get those results. Thanks for always keeping us straight.

Courtney Nation – around 5:00 Darra called said they needed a room cleaned around 6:00. Courtney had already left for the day but when I called her she said she would come back to clean the room. Thank you!

Shelli Neal - worked the weekend, two midnight-7a shifts after working her regular M-F shift

Elizabeth Hill – HK for the RHC is out sick so Elizabeth always fills in for me. No matter what, she always says I'm not going to leave you without anyone.

Maddie Delrio – rearranged schedule & picked up extra shifts 11/19, 11/20, 11/24, 11/30, & 12/1 (7p -7a) after other ward clerk resigned.

Tamarion Braggs – picked up extra shifts 11-17, 7p-12a & 11/18 12p-12a after night shift ward clerk resigned. 12/2 – 12/4 7p-12a.

Lisa Turpin – came in extra 7a-12p to cover for other RN

Kim Barr – came in extra 12p-7p 11/18 to cover for other RN

Ann Marie Finklea – worked night shifts 11/18 & 11/19 7p-7a to cover for other RN who had death in family.

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

Brittany Smith, RDN, LDN, MS
Registered Dietitian & Foodservice Director
Union General Hospital
901 James Ave.
Farmerville, LA 71241
318-368-7060



I nominate our very own Caregiver Hero
Name and Why:

What Are the Post-Holiday Blues?

MENTAL HEALTH

Union General Hospital IOP
761 James Avenue
Farmerville, LA 71241
www.uniongen.org

Post-holiday blues usually refer to the short-lived mental distress, [anxiety](#), and sadness that arises after the holidays.

The holidays are a busy time and they last from Thanksgiving through New Year's Eve. This period might include celebrations and get-togethers for Thanksgiving, Christmas, Hanukkah, Kwanzaa, and New Year's Eve. That's a long period of time.

While it may be an exciting stretch for many people, it can also be a prolonged period of loneliness and sadness for others. Throughout this time, emotions are heightened.

Sometimes emotions are hard to regulate.

It's common after all of the hoopla for people to experience a letdown or what some call the "post-holiday blues." Usually not long-lasting, most people swing "back to normal" after a short while.

Here is what you need to know about this down period. This article will discuss the Christmas effect on mental health, signs of post-holiday blues, emotions you might feel after the frantic holidays, and tips on how to feel better.

Is There a Christmas Effect on Mental Health?

Many people experience mental health challenges after the holidays. Scientists have in fact studied the effect of religious holidays on individuals.

In a study called "The Christmas Effect on Psychopathology," scientists conducted a literature search from 1980 to the present. They used the search terms "Christmas," "suicide," "depression," "psychiatric disorders," and "self-harm behavior." It included studies from the U.S. as well as other countries.

They found a decrease in the overall utilization of psychiatric emergency services and admissions, self-harm behavior, and suicide attempts/completions during the holiday. But they found an increase, or a rebound, following the Christmas holiday.

If you are having suicidal thoughts, contact the [National Suicide Prevention Lifeline](#) at **988** for support and assistance from a trained counselor. If you or a loved one are in immediate danger, call 911.

For more mental health resources, see our [National Helpline Database](#).

Signs of Post-Holiday Blues

How can you determine if what you have is indeed the post-holiday blues? Rest assured, though signs may vary, any of these signs likely won't last too long.

After the adrenaline rush of the holidays:

- You may feel anxious.
- You may feel unmotivated,
- You may be in a bad mood.
- You may be irritable.
- You may feel stressed.
- You may be depressed.
- You may have insomnia.
- You may have worries about money.
- You may have excessive rumination.

Emotions You Might Feel Now

Sometimes caused “post-vacation syndrome,” people are navigating a way to get back to business as usual. While not reflective of a serious case of depression in most circumstances, emotions involved with post-holiday blues range widely.

Common emotions people feel include:

Emptiness

You might wonder [why you feel empty](#). Various reasons including exhaustion might contribute to you feeling this way. After all, the holiday season is a frenzied time. In addition to putting up decorations and [buying gifts](#), you may have had added responsibilities like cooking or volunteering for a local non-profit.

Let Down After Extreme Emotions

This feeling of being let down after the holidays might simply be your recovery from intense positive emotions. For example, you may have felt extreme joy and happiness seeing your friends and family.

Reuniting with older relatives who you distanced from during the pandemic might have been wonderful. While it seems counter-intuitive, you might feel low now as your emotions regulate and readjust.

Loneliness

Conversely, you may have felt especially [isolated and alone during the holidays](#). Maybe you had to work long hours, couldn't afford to travel or chose to be alone. For those feeling [loneliness](#) during the holiday season or afterwards, psychologists advise you cultivate your sense of gratitude and be kind to yourself.

Stress

Yet another reason for feeling the post-holiday blues is you're stressed. [If you traveled for the first time](#) in a long while, logistics could have made things more complicated. Getting ready for and returning from a long car trip or flight is hard enough.

Add to that staying updated on ever-changing rules about [masking, vaccine requirements and testing](#) may have added to your to-do list and sense of overwhelm.

After so much stimulation, your return to reality might involve even more to catch up on. Thus, the stress continues. While you might have enjoyed holiday time, it disrupted your routine and you really didn't have much rest.

Loss

If you were close to your family and are no longer, you might feel disappointed as well as a sense of loss. Remember that emotions during and after the holiday period might be especially heightened. If a loved one recently died, you might be sad and grieving.

Tips on How to Feel Better

Here are some ways to get out of the funk after the holidays:

Give yourself more time. This means giving yourself additional time for everything from unpacking to catching up on the mail. Schedule a day or two as catch-up time. Use this as a buffer before returning to the regular routine.

Change your mood by limiting social media. Talk to people by phone or in person instead.

- **Get some exercise.** The Cleveland Clinic says you'll feel happier and get those endorphins kicking in by going for a walk.
- **Partake in [nature therapy](#).** It's been proven that green spaces increase our sense of well-being.
- **Eat well.** Focus on fish, whole grains, dark chocolate, and green tea to combat stress.
- **Get enough sleep.** The Sleep Foundation says poor sleep contributes to depression and that someone might be more likely to deal with sleep issues if they are depressed.
- **Find out if you're suffering from [seasonal affective disorder \(SAD\)](#).** SAD is a recurring depressive disorder during seasons of more darkness. A recent study found adding exercise and going to the gym can effectively treat SAD.
- **Be nice to yourself.** Cut yourself some slack and administer self-care.

- **Schedule something to look forward to on the calendar.** Rather than slog through January, set up a time with friends to play sports, to check out a museum show, or to meet for a special lunch.
- **Watch funny movies.** [Humor and laughter](#) reduce stress.
- **Communicate that you're feeling down.** Tell family and close friends what you're going through. They might be helpful.

It's natural that after all the excitement and busyness of the holidays, you'd come down off the highs. If you are struggling mildly with these after-holiday blues, try some of the suggested remedies above. You'll probably be able to shake off these blahs, cheer up and get on with the new year.

Union General Hospital Outpatient Mental Health Services

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

The Intensive Outpatient Program helps people with:

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

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

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



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Benefit Analyst, LLC



UNDERSTANDING THE DIFFERENCE BETWEEN RSV, FLU, AND COVID-19

Health experts warn of a “triple-demic” surge this winter as Americans face the threat of severe respiratory syncytial virus (RSV), influenza (flu), and COVID-19. In the last couple of years, both the flu and COVID-19 have been prominent in the United States, but with RSV’s prevalence this year, there are new risks when catching any of these illnesses. The Centers for Disease Control and Prevention’s (CDC) surveillance has shown an increase in RSV detections and RSV-associated emergency department visits and hospitalizations in multiple U.S. regions.

With several viruses circulating this winter, you may worry about every cough or sneeze and wonder what you have. Since these illnesses are all caused by viruses that affect your respiratory system, they also share some symptoms. This can make it challenging to know what you may be sick with when feeling under the weather. This article highlights the differences between RSV, flu, and COVID-19 based on CDC information.

RSV

[RSV](#) is a common respiratory virus that usually causes mild, cold-like symptoms. Almost all children will have had an RSV infection by their second birthday. Most people recover in a week or two, but RSV can be severe, especially for infants and older adults. RSV tends to spread via surface droplets, especially in high-touch areas.

RSV symptoms can appear within four to six days after getting infected. Common symptoms include:

- A runny nose
- Decreased appetite
- Fever
- Cough
- Sneezing
- Wheezing

These symptoms usually appear in stages—not all at once. Very young infants with RSV may only experience symptoms like irritability, decreased activity, and breathing difficulties.

Flu

[Flu](#) activity typically peaks between December and February, although significant activity can last as late as May. Since the COVID-19 pandemic began, flu activity timing and duration have been less predictable.

Flu symptoms usually appear suddenly and vigorously and are more severe than a cold. Common symptoms include:

- High-grade fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches



This article is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional. © 2022 Zywave, Inc. All rights reserved.

UNDERSTANDING THE DIFFERENCE BETWEEN RSV, FLU AND COVID-19

- Headache
- Fatigue

People with the flu often feel some or all of the above symptoms. Most people who get the flu will recover in a few days to less than two weeks, but some will develop a wide range of complications because of the flu. For example, sinus and ear infections are moderate complications, while pneumonia is severe.

COVID-19

[COVID-19](#) spreads when an infected person takes out droplets and tiny particles containing the virus. These droplets and particles can be breathed in by others or land on their eyes, noses, or mouth.

Symptoms can appear two to 14 days following exposure to COVID-19. Anyone can have mild to severe symptoms. Common symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Diarrhea

This list doesn't include all possible symptoms because symptoms may change as new COVID-19 variants emerge and can vary depending on a person's vaccination status. As such, the CDC recommends [COVID-19 vaccines](#) for everyone six months and older and boosters for everyone five years and older.

Summary

Because there is some overlap between symptoms, it may be challenging to determine whether you have RSV, the flu, or COVID-19 without being tested. For more information about these viruses, visit the CDC's [website](#).

If you're not feeling well, stay home and call your doctor to explain your symptoms or take an at-home COVID-19 test, if available. A healthcare provider can also test to determine if you have RSV, the flu, or COVID-19.

DON'T BE BLUE AVOID THE FLU



GET IMMUNIZED TO PREVENT
THE SPREAD OF GERMS

THE FLU IS
NOW IN FULL
SWING




UNION
GENERAL
HOSPITAL

(318) 368-9751

WWW.UNIONGEN.ORG

News and Updates



- Kimberly Acre Respiratory Therapy
- Christi Hines Nursing
- Wanda Lonon, RN Nursing
- Tamara McAdams, NP Rural Health Clinic
- Myleka Pryor Administration
- LaTerrion Robinson Maintenance
- Amanda Whiddon Administration



CARE LEARNING COURSES ARE AVAILABLE NOW

Carelearning courses must be completed by January 31st. Please print ONLY page that list all the courses and shows that courses have been completed. Turn this sheet in to your Director. IF YOU WERE HIRED PRIOR TO AUGUST 1, 2022 YOU WILL HAVE TO COMPLETE CARELEARNING.

WHAT TO DO WHEN ALL COURSES ARE COMPLETED?

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

Sheri Taylor, HR

Christmas Luncheon and Awards

5th
ANNIVERSARY

10
years



Jackelyn Banks, Anna Morrow, Savannah Womack, Sara Mason, Stephanie Colson, Evalyn Ormond, CEO. Not pictured: Kendal Kimbell, Cristy Kelly and Dr. Kate Cook.



Ginger Barkley, Barbie Johnson, Evalyn Ormond, CEO

15 YEARS



Yolanda Phillips, Evalyn Ormond, CEO, Sheri Taylor. Not pictured: Mike Williams

45
YEARS



Sue Cash, Evalyn Ormond CEO

Congratulations





Juandy Black **Evalyn Ormond, CEO**

EMPLOYEE OF THE YEAR

Juandy Black
Business Office



Dr. Kate Cook

Evalyn Ormond, CEO



Director
OF THE
YEAR

Dr. Kate Cook
Pharmacy Director

Christmas in the Park

Lake D'Arbonne State Park

DECEMBER 3-10
5:30 - 9 PM

Title Sponsor



Christmas in the Park

Lake D'Arbonne State Park

Title Sponsor



Christmas in the Park

Lake D'Arbonne State Park



Title Sponsor



Christmas in the Park

Lake D'Arbonne State Park



Title Sponsor



HAPPY RETIREMENT

JULIE DUTY



Union General Hospital staff got together and threw a surprise retirement party for Julie Duty, Compliance/HIPPA Privacy Officer and QA Director for UGH. We want to thank Julie for all of her amazing work, dedication and passion for her work and community. Happy Retirement, Julie! ❤️



Happy Retirement Yolanda Phillips





Union General Hospital employees and their families were able to sponsor 20 kids and 17 nursing homes residents this year for Christmas through Mama's with Christmas Hearts. We can only imagine the smile these children will have on their faces Christmas morning when they wake up and see all their gifts. "Let us remember that the Christmas Heart is a giving heart, a wide open heart that thinks of others first."

Donations for F-3 Tornado Victims on December 13th



Donations for tornado victims were delivered to the Union Parish Chamber of Commerce. Pictured: Jon McKinnie, Chamber President and Claudia Wade, Director of Community Development.



Donations for tornado victims were delivered to Our Lady of Perpetual Help Catholic Church. Pictured: Claudia Wade, Director of Community Development, Father Al Jost and Cindy Branch, Radiology Director



Union General Hospital Maintenance Department delivered a donation to the Willie Davis Recreation Center in Farmerville this week for the victims of the F-3 tornado on December 13 2022. Pictured: Shannon Ward & Laterrion Robinson.

Our program is designed to be a safe space for girls 6th – 12th Grade to cultivate self-love, care, and respect. Our goal is to help teen girls navigate the natural challenges of adolescence while developing the toolbox of skills needed to conquer their own world.





It's
a
Girl
thing!
MAKING PROUD CHOICES

VOLUNTEERS NEEDED



BE THE ONE WHO MAKES A DIFFERENCE

If you are enrolled in Union General Hospital It's a Girl Thing: Making Proud Choices and are interested in volunteering, call or email Claudia Wade Director of Community Development
318-368-7075
cwade@uniongen.org



CONGRATULATIONS Peggy Millsap, Infection Prevention and Control Coordinator for Union General Hospital for receiving the Louisiana Rural Health Association 2022 Rural Health Professional of the Year Award.

The Rural Health Professional of the Year recognizes a rural health care leader, or a community rural health care delivery practice (CAH, CHC or RHC) for contribution/leadership in health care services throughout rural communities. Efforts taken into consideration include providing outstanding leadership, community involvement, lasting contributions to the health care system, and outreach efforts.

Peggy, was appointed to represent the hospital as Union Parish's community spokesperson under the "Community COVID-19 Awareness Outreach Program Grant" and the "Antibiotic Stewardship Grant." Peggy has also had several civic engagement opportunities outside the confines of the grants, which was an excellent opportunity to improve conditions that influence health within the surrounding parishes.

Left to right: Dianne Davidson, Chief Operating Officer and Infection Prevention and Control Coordinator Peggy Millsap, CLS (ASCP, NCA)



Custom Learning Systems Group Ltd.

2022



Left to Right: Darra Jung, Nursing Director
Evalyn Ormond, CEO
Brittany Smith, Registered Dietitian &
Foodservice Director

Union General Hospital received the Breakthrough Award for improving Patient Satisfaction Survey Scores for Patient Experience and the Oasis Team Award for being the best hospital improvement team in 2022 for Custom Learning. The OASIS Team focused on Onboarding and Retention for Union General Hospital.



Oasis Team: Julie Duty, Claudia Wade, Brad Adcock, Brittany Smith, Taylor Smith, Derek Reid, Darra Jung

ANTIBIOTIC STEWARDSHIP PROGRAM



Dr. Kate Hollenshead Cook, PharmD
Director of Pharmacy, PIC

Antibiotics refer to medicines used to treat bacterial infections. Antibiotics were first discovered in 1928. With the progression of time, we now have several types of antibiotics available for use in the medical field. Antibiotics are chosen based on the causal organism (the bacteria causing the infection) and the patient's condition upon doctor's examination.

Not all infections require antibiotics. Most illnesses with symptoms such as fever, cough and runny nose are caused by viruses, which do not necessitate antibiotics. This is because antibiotics are only useful in the treatment of infections caused by bacteria. Antibiotics are of no help in treating infections caused by other microorganisms such as viruses and fungi.



Misuse of antibiotics puts us all at risk.

2022 Annual Infection Prevention and Control Educational Fair



Brittany Smith, Director of Dietary; Peg Millsap, IPC; Pam Mason, Central Supply; Jacquelyn Banks, Housekeeping



Peg Millsap, IPC
Courtney Long, Nursing



Shateyia Hatter, Dietary
Peg Millsap, IPC

THE WITNESS PROJECT OF NORTHEAST LOUISIANA



Union General Hospital received recognition from the Witness Project of Northeast Louisiana for the hospital's contributions during 2022. The Witness Project is designed to increase breast cancer screening and mammography among women, this intervention is delivered in churches and other community settings by breast and cervical cancer survivors who use experiential story-telling techniques to teach women the importance of taking responsibility for their own health, show women how to perform a breast self-examination, and provide information on early detection and screening services. Pictured: Pluma Downs, The Witness Project of Northeast Louisiana and Claudia Wade, Director of Community Development and Grant Management





April Duke, Brokers of Hope Community Development Specialist, Evelyn Ormond, Union General Hospital CEO and Claudia Wade, Union General Hospital Director of Community Development and Grant Management

April Duke, Brokers of Hope Community Development Specialist visited Union General Hospital. The hospital was a drop-off for Brokers of Hope Diapers & Wipes Drive and provided non perishable food for their Stock the Pantry Drive.

**BROKERS OF
HOPE**

**UNION
GENERAL
HOSPITAL**

A DIVISION OF
**THE CENTER
FOR CHILDREN & FAMILIES**





We enjoy the Christmas Holiday here at Union General Hospital! We received a special visit from Santa Claus and our friends at Paramount Healthcare and we had lots of smiling faces here at the hospital.

Pictured: Chris Gantt, Paramount Healthcare Consultants Community Liaison and Jessie McLelland, Union General Hospital Case Manager



**UNION
GENERAL**
HOSPITAL





Pictured: Lance Futch, Union Parish Tax Assesor, Claudia Wade, Director of Community Development and Grant Management for Union General Hospital

Union General Hospital donated to the Farmerville Lions Club Chili Lunch, being held Friday January 20, 2023 from 11A-2PM. This lunch is hosted to benefit The Boys and Girls Clubs of Northeast Louisiana. Left to right: Lance Futch, Union Parish Tax Assesor, Claudia Wade, Director of Community Development and Grant Management for Union General Hospital





Anti Bullying/Suicide Prevention Program

Drug/Alcohol/Tobacco Prevention Program

www.uniongen.org
(318) 368-9751



JANUARY IS HUMAN TRAFFICKING PREVENTION MONTH



<https://humantrafficking.la.gov>

Human trafficking is the crime of using force, fraud, or coercion to compel a person into commercial sex acts or labor against his or her will.

Every year, millions of men, women, and children are trafficked worldwide – including right here in Louisiana. It can happen in any community and victims can be any age, race, gender, or nationality.

HUMAN TRAFFICKING IN LOUISIANA

Each year in Louisiana, hundreds of victims— of all ages, genders, and ethnicities— have been identified as human trafficking victims. Louisiana began collecting annual data on human trafficking in 2014.

In 2021, 932 victims of human trafficking were reported as receiving services. 89% of victims reported identified as female. 84% of victims reported were identified as sex trafficking victims. Nearly 65% of victims were under the age of 17 years old.

SEX TRAFFICKING

Sex Trafficking is the crime of using force, fraud, or coercion to induce another individual into commercial sex acts. In Louisiana, it is not required to demonstrate the use of force, fraud, or coercion when the victim is under the age of 21. This means that any person in Louisiana under the age of 21 who is engaging in commercial sex acts is a victim of a crime, not a criminal.

Sex trafficking in Louisiana takes many forms including familial trafficking, gang trafficking, a child exchanging a sex act for anything of value (survival trafficking), or an individual selling a child in exchange for anything of value.

Victims of sex trafficking may also experience labor trafficking by being forced to engage in criminal activity.

LABOR TRAFFICKING

Labor Trafficking is the crime of using force, fraud, or coercion to induce another individual into labor or services. Common types of sites where labor trafficking occurs in Louisiana include the seafood industry, agriculture, aquaculture, restaurants, construction, and the drug trade.

Forced criminal activity is also a form of labor trafficking, which involves compelling a person into committing crimes. Individuals who are forced to commit crimes—such as theft, drug trafficking, or access device fraud—are often coerced through threats of violence or acts of violence, and they do not benefit from the profits.

JANUARY IS HUMAN TRAFFICKING PREVENTION MONTH



WHAT ARE FORCE, FRAUD AND COERCION?

TRAFFICKERS USE THE TACTICS OF FORCE, FRAUD, AND COERCION TO RECRUIT, EXPLOIT, AND CONTROL VICTIMS.

Force refers to the use of physical force or physical control to break down victims. This can include: physical harm, sexual violence, and confinement.

Fraud refers to methods of deception or false promises of employment, wages, love, marriage, or a better life. This can include: withholding wages, falsifying documents, and contract fraud.

Coercion refers to the mental or psychological control that traffickers exercise over their victims. This can include: threats of harm, threats of arrest or deportation, debt bondage, psychological manipulation, or document confiscation.

<https://humantrafficking.la.gov>



COMMON MISCONCEPTIONS

Human Trafficking Only Happens In Other Countries

Reality: Human trafficking can happen in any community, anywhere around the world. In 2021, Louisiana service providers reported 932 instances of confirmed and suspected human trafficking across urban and rural parishes in our state.

Sex trafficking only happens to women or girls.

Reality: Men and boys experience human trafficking too. In 2021, 9% of reported victims in Louisiana identified as male.

Labor trafficking is less common, does not happen here, or is less traumatic than sex trafficking.

Reality: Labor trafficking occurs in Louisiana communities, though it occurs at lower rates. Traffickers use similar tactics as sex traffickers when recruiting their victims.

Movement is required for trafficking to occur.

Reality: The crime of human trafficking does not require any movement or transporting across state or national borders.

Traffickers are always strangers.

Reality: Many survivors are groomed by people they know, such as romantic partners, family members, and spouses.

Trafficking does not happen in the home.

Reality: Human trafficking can happen in the home such as by family members or friends. The crime of human trafficking does not require the movement of victims across borders.

Victim behavior causes trafficking.

Reality: Victims and survivors of human trafficking are groomed and recruited for victimization. Initial consent to commercial sex or labor is not relevant when force, fraud, or coercion is present or the individual is a minor engaging in commercial sex.

Power is always maintained through drugs or physical force.

Reality: Traffickers use many tactics to recruit and keep their victims. Physical force and forced drug use are some ways traffickers maintain power. Other tactics include psychological manipulation, threats of violence, isolation, and economic dependency.

JANUARY IS HUMAN TRAFFICKING PREVENTION MONTH



The Office of
**HUMAN TRAFFICKING
PREVENTION**

<https://humantrafficking.la.gov>

POWER AND CONTROL WHEEL

Force, fraud, and coercion can take many forms. Developed by The Polaris Project, the Power and Control Wheel outlines the different types of abuse that can occur in labor and sex trafficking situations.



**JANUARY IS
HUMAN
TRAFFICKING
PREVENTION
MONTH**



The Office of
**HUMAN TRAFFICKING
PREVENTION**

<https://humantrafficking.la.gov>

HOW TO REPORT IDENTIFY AND ASSIST A TRAFFICKING VICTIM

To report an immediate emergency

Call 911 or contact your local law enforcement

Call the Louisiana State Police 24/7 Hotline at 800-434-8007M

To report a sexually exploited or abused minor

Call the Louisiana State Police Hotline at 800-434-8007

Contact DCFS Child Abuse Hotline at 855-452-5437

Contact the National Center for Missing and Exploited Children Hotline
at 800-843-5678

To report suspected human trafficking activity

Call the Louisiana State Police Hotline at 800-434-8007

File a report of suspicious or criminal activity:

<https://dpsweb.dps.louisiana.gov/suspicious.nsf/WebForm?OpenForm>

To learn about services for victims of human trafficking in your region

For services for victims of human trafficking in your region

Resource Page

Contact the National Human Trafficking Hotline at 1 (888) 373-7888

UNION GENERAL RURAL HEALTH CLINIC

"Providing Quality Service With Compassionate Care"

WE CHANGED OUR SCHEDULE TO FIT YOURS

Hours:



Monday through Thursday - 8:00 AM - 12:00 PM
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

1025 Marion Hwy
Farmervilla, LA 71241



www.uniongen.org



Make an Appointment
(318) 368-9745

January is Cervical
Health Awareness
Month



Cervical Health Awareness Month

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

HPV (human papillomavirus) is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news?

The HPV vaccine (shot) can prevent HPV.

- Cervical cancer can often be prevented with regular screening tests and follow-up care.

In honor of National Cervical Health Awareness Month, **Union General Rural Health Clinic** encourages:

- Women to start getting regular cervical cancer screenings at age 21
- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12
- Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.



February is Teen Dating Violence Awareness Month

<https://www.loveisrespect.org/get-involved/tdvam/>

Teen Dating Violence Awareness Month

Dating violence is more common than you may think, especially among teens and young adults: 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they become adults. And nearly half (43%) of U.S. college women report experiencing violent or abusive dating behaviors.

Each February, young adults and their loved ones across the nation raise awareness about the issue of teen dating violence through **Teen Dating Violence Awareness Month (TDVAM)**. This annual, month-long effort focuses on advocacy and education to stop dating abuse before it starts.

We're excited to announce the 2023 theme for TDVAM is "**Be About It**". Selected by the love is respect Youth Council, "**Be About It**" is a continuation of last year's theme, "Talk About It." This year during TDVAM, we're unapologetically about education, engagement, and empowerment and we're here to amplify the voices of **teens and young adults** and those who support them by uplifting positive, healthy, and safe relationships. Join us as we magnify our **young people's** voices, **highlighting the issues teens face related** to healthy relationships. Whether offering support, or relationship education, or connecting someone to resources, "**Be About It**" calls on us all to create a world free from relationship abuse.

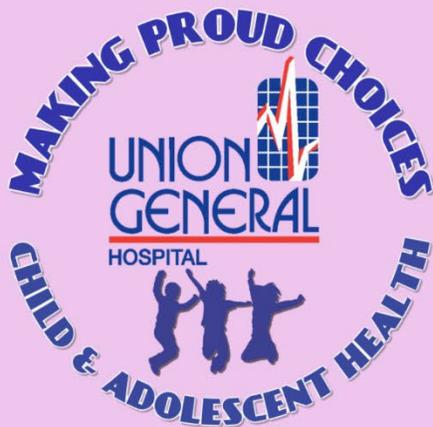


Union General Hospital announces the 2023 It's a Girl Thing, Making Proud Choices Scholarship Program. Under the Program (1) \$1,000 scholarship will be awarded to a deserving senior girl attending high school in Union Parish.

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

Due date to apply: March 31st, 2023

If you have any questions call or email Claudia Wade, Director of Community Development and Grant Management (318) 368-7075 cwade@uniongen.org



NATIONAL HEART MONTH

FEBRUARY 1 - 28, 2023

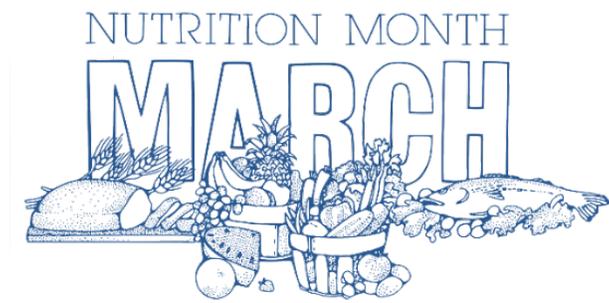
HELP RAISE AWARENESS FOR HEART DISEASE



FEBRUARY IS HEART MONTH ACROSS THE USA

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

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



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



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

Eat Smart

Be Smart

SUGARS & SWEETENERS

SUGAR

occurs naturally in some foods, but too many **ADDED SUGARS CAN HARM YOUR HEALTH**. These sugars are added to foods or drinks when processed or prepared.

ADDED SUGARS INCREASE CALORIES but provide **NO NUTRIENTS**.



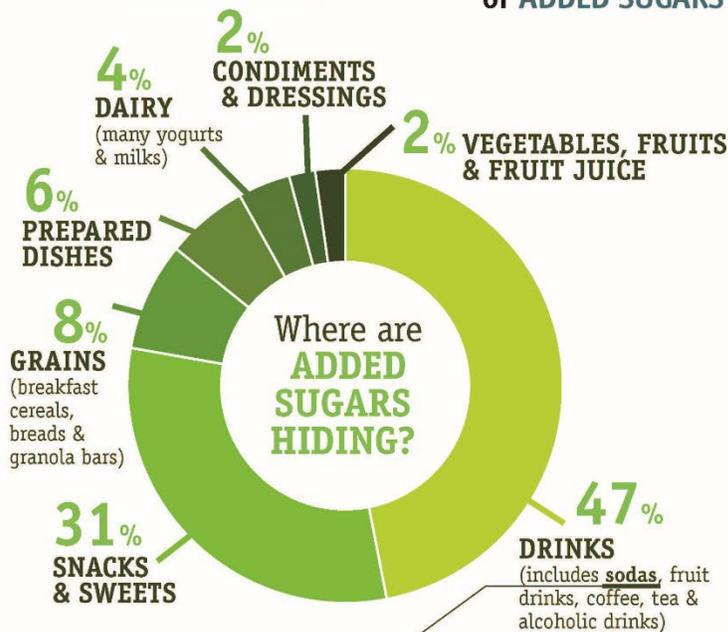
ON AVERAGE

Americans consume **17** teaspoons of **ADDED SUGARS** each day.

HOW MUCH SUGAR SHOULD YOU CONSUME?

Try to limit **ADDED SUGARS** to **LESS THAN 10% OF YOUR DAILY CALORIES**.

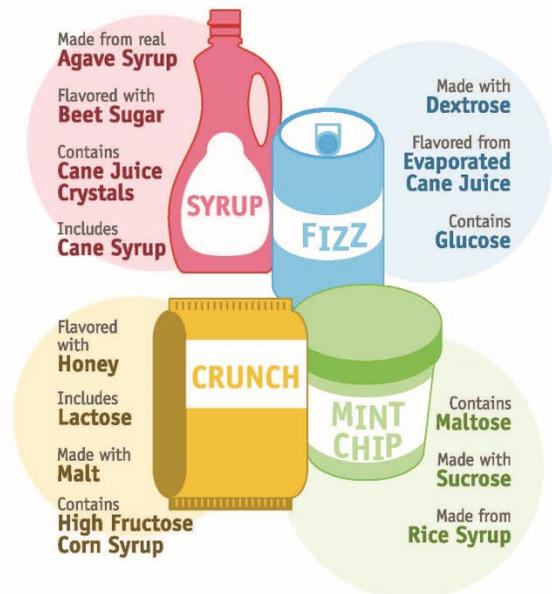
1 gram = 4 calories
4 grams = 1 teaspoon



1 can of soda
= up to **40 grams** of sugar
= up to **160 calories**



COMMON NAMES For ADDED SUGARS



Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to CardioSmart.org/Sugars to learn more about making healthier choices.

 @CardioSmart

If you would like to download or order additional posters on various topics, visit CardioSmart.org/Posters

©2013 American College of Cardiology. 03/2014

LIVE THE **GOLDEN** RULE

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

HAPPY BIRTHDAY

January

AUGER, KAITLYN	1/23
BATTERTON, BETTY	1/12
BRANTON, CLAY	1/19
CONTI, CHRISTI	1/22
DAVIS, LAURA	1/24
DYE, LEANN	1/17
HATTER, SHATEYIA	1/04
HILL, ELIZABETH	1/14
MASON, KANEISHA	1/01
ROY, CHRISTIAN T.	1/18
SMITH, BRITTANY	1/31
SMITH, TINA	1/08
TAYLOR, SHERI	1/10

February

BLACK, LAJUANDA	2/11
GATES, BARBARA	2/22
HOLLIS, WENDI	2/26
JOHNIKIN, DARLENE	2/18
JOHNSON, NICOLE	2/28
KELLEY, CRISTY	2/08
NEAL, DEANNA	2/02
ROEBUCK, ASHLEY	2/27
TOBIN, CARLA	2/23
WATSON, ULANDA	2/06
WILLIAMS, MICHAEL	2/25

March

COLSON, STEPHANIE	3/21
COOK, KATE H	3/18
DENNEY, ALLISON	3/03
HINES, CHRISTI	3/19
HOGUE, MICHELLE	3/22
LANGLEY, ANNA	3/19
PLEASANT, MARY CLAIRE	3/28
ROCKETT, JANIS	3/26
SMITH, SANDY	3/14
STEELE, ELIZABETH	3/06
TRUMAN EMILY	3/20
WADE, LYNETTE	3/03
WOODSON, SAVANNAH	3/27



EPHESIANS 6:18



And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

PATIENT COMMENTS

OCTOBER 2022

Josie did a great job at registration and Cindy is just awesome!!!
Person in X-ray was very nice. People in Lab were very busy, but still seemed nice.
Your staff was great.
X-ray tech was very good
My mammogram tech was awesome! Very friendly, sweet and concerned for my health
I love this little country hospital and the people.
Mammogram Tech was super sweet!
The elderly guy he's always pleasant and very nice
Lady at registration she is nice, very helpful and been there a while, years!

NOVEMBER 2022

Greeter is excellent
always have a good experience with Union General Hospital and their staff
Registration Very good experience
The ladies in the lab were kind professional Was pleased with service.
Mrs. Cindy who do mammograms, she was so nice and very gentle and quick. Door
Greeter and the lady at the registration was very nice and they very helpful . I enjoyed my
visit and I hope to visit you all again.
Everyone works together and they all have a positive attitude about their jobs
All A+
Tammi Anderson was my favorite. She was the only one I knew and talking to her
comforted me.
Everyone was friendly and the process moved right along.
Everyone was kind and professional!
The lab tech was amazing and gentle with our baby. Greatly appreciated her
Nice fast service.
The sweet lady who performed my ultrasound. I can't remember her name, but she was
kind, patient, informative, and thorough

DECEMBER 2022

Mr. James, older guy and nurses in blood drawing room. Right personality
Very nice employees
100% great
Everyone service or team members is good.



PROVIDING QUALITY SERVICE WITH COMPASSIONATE CARE

 (318) 368-9751

www.uniongen.org



WE TAKE CARE OF YOUR HEALTH



OUR SERVICES

- Inpatient
- 24-Hour RN Skilled Rehabilitation
- 24-Hour Physician Staffed Emergency Room
- Laboratory + Blood Bank
- Radiology/CT Scan
- 3D Mammograms
- Mobile Dysphagia Diagnostics
- Post COVID Outpatient Therapy
- Early Intervention and School Readiness Program for Pre-K Through 3rd Grade Students
- Ultrasound
- Respiratory Therapy
- Endoscopy Services
- Telehealth
- Medicaid Enrollment
- Diabetic Foot Care
- KidMed
- Medical Nutrition Therapy
- Telecardiology
- Telepsychiatry
- Lymphedema
- Dry Needling



Union General Rural Health Clinic
1025 Marion Hwy, Farmerville, LA 71241
(318) 368-9745



Physical Occupational and Speech Therapy for Pediatrics and Adults
901 James Ave, Farmerville, LA 71241
(318) 368-7092



Union General IOP
761 James Ave, Farmerville, LA 71241
(318) 368-4748

Community Programs

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



901 James Avenue, Farmerville, LA 71241

comments@uniongen.org



Clay Branton, MD
Family Practice

UNION GENERAL RURAL HEALTH CLINIC

"Providing Quality Service With Compassionate Care"

WE CHANGED OUR SCHEDULE TO FIT YOURS

Hours:

Monday through Thursday - 8:00 AM - 12:00 PM
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 1025 Marion Hwy Farmerville, LA 71241 www.uniongen.org



ACCEPTING MOST INSURANCES

RURAL HEALTH CLINIC

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



ACCEPTING NEW PATIENTS



**RURAL HEALTH
CLINIC
KIDMED PROGRAM**

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



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

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



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



901 James Avenue,
Farmerville, LA 71241



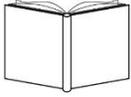
THE REVOLUTIONARY SWALLOWING SYSTEM

**CALL TODAY! (318) 368-7092 TO SPEAK
WITH OUR SPEECH THERAPIST TO SEE IF
AMPCARE IS APPROPRIATE FOR YOU**

What is Ampcare?

Ampcare provides a new alternative for treating patients who suffer from swallowing difficulties, also known as dysphagia. Ampcare utilizes Neuromuscular Electrical Stimulation to create a more effective and effortful swallowing exercise for patients.

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



HANDWRITING MATTERS



EARLY INTERVENTION AND SCHOOL READINESS PROGRAM

WE OFFER:

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

WHO: Pre-K through 3rd grade students

**PEDIATRIC OUTPATIENT
THERAPY**
UNION GENERAL HOSPITAL
901 James Avenue
Farmerville, LA 71241

CALL TODAY! 318-368-7092

UNION GENERAL HOSPITAL THERAPY SERVICES

Post-COVID Outpatient Therapy Recovery Program

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

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

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

FOCUS AREAS:

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



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

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

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

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

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

Please contact our office at 318-368-7092



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



CALL US TODAY
(318) 368-7092

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

**YOUR HEALTH
IS OUR PRIORITY**

ENDOSCOPY SERVICES



- **COLONOSCOPY - INCLUDING BIOPSIES, POLYPECTOMIES**
- **GASTROSCOPY - INCLUDING BIOPSIES**
- **ESOPHAGEAL DILATION**
- **PEG TUBE PLACEMENT**

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



www.uniongen.org

**Clarence Butch Dunn Jr., M.D.
Gastroenterology**



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

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

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.



www.uniongen.org



RURAL HEALTH CLINIC

Telehealth

is Available



From the Comfort of Your Home
Call to make an appointment:
(318) 367-9745

WE PROVIDE:

- **Medication Monitoring**
- **Individual Consultation**

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



FOR MORE INFORMATION: (318) 368-9745 WWW.UNIONGEN.ORG

SKILLED NURSING SHORT-TERM REHABILITATION PROGRAM



Providing Quality Service
with Compassionate Care



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

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 dietician

www.uniongen.org



**UNION
GENERAL**
HOSPITAL



Brittany Smith, RD, LDN, MS

**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?

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

Personalized strategies
FOR HEALTHY LIVING
www.uniongen.org





[HTTPS://PREMEDITATEDLEFTOVERS.COM/RECIPES-COOKING-TIPS/EASY-KING-CAKE-RECIPE/](https://premeditatedleftovers.com/recipes-cooking-tips/easy-king-cake-recipe/)

BY ALEA MILHAM



Is it even Mardi Gras if you don't make a **King Cake Recipe**? No! A King Cake is one of the ultimate Mardi Gras traditions that you definitely want to include in your Fat Tuesday celebration. That's why we came up with this simple recipe that you can make quickly. But don't worry, just because it is easy does not mean it is short on flavor! This cake has cream cheese, brown sugar, cinnamon, and pecans in the filling.

Let the good times roll with this crazy easy Mardi Gras King Cake Recipe using Crescent Rolls.

Ingredients:

- 2 (8 ounce) packages refrigerated crescent roll dough
 - 2 (8 ounce) packages cream cheese, softened
 - ½ cup brown sugar
 - 1 teaspoon vanilla extract
 - 1 teaspoon ground cinnamon
 - 1 cup chopped pecans
 - 2 cups powdered sugar
-
- ¼ cup milk
 - 1 teaspoon lemon juice
 - Colored sugars in purple, green, yellow
 - Small plastic baby, bean, or coin

Instructions:

1. Preheat oven to 375 degrees.
2. Open crescent rolls and separate triangles. Arrange triangles on a large, round baking stone or pizza pan with the points in the middle.
3. Press the crescent rolls together at their middle in a round circle, allowing the edges to remain loose.
4. In a mixer, combine cream cheese, brown sugar, cinnamon, and vanilla until well blended. Then, mix in pecans.
5. Evenly spoon cream cheese mixture over the pressed area of the crescent rolls.
6. Fold points of crescent rolls over the cream cheese mixture, pressing the tips into the other side of the dough. Then, fold the wide edges of the dough over the cream cheese mixture, tucking the ends under the inside of the crescent ring. Lightly press to seal any open creases.
7. Bake for 25 minutes or until golden.
8. Allow the king cake to cool slightly but not completely.
9. In a medium bowl, whisk together powdered sugar, milk, and lemon juice until blended with no lumps remaining. Pour icing over king cake.
10. Immediately add colored sugars.
11. Before serving, slide a plastic baby favor or coin under the king cake.
12. The person who gets the token in their slice will make the king cake next year.

