

THE PULSE

"Providing Quality Service with Compassionate Care"

CEO MESSAGE: Evalyn Ormond

Almost all of us have struggled at least a little bit with maintaining our personal health and well-being during the COVID-19 pandemic.

There is no question that finding balance has been hard. But as we have adjusted to the new normal of living with COVID-19, many of us have started to think more about restoring a sense of balance. The same is true of organizations, including Union General Hospital.

Throughout the pandemic, our hospital has devoted an incredible amount of time, energy and resources to COVID-19.

Now, as we continue to see a high number of cases in our community

and our hospital, we are trying to focus on regaining our balance between taking care of today's challenges while preparing for tomorrow's successes.

As we determine our annual hospital goals, assessing where we've been, where we are now and where we hope to be tomorrow, we are working hard to strengthen our capabilities and focus on our mission to provide quality service with compassionate care to advance the health and well-being of the community we serve.

Thank you for what you have done throughout the pandemic. And thank you for choosing to be part of the team that help advance the health and well-being of the community where we live, work and go to school.

" Our fight against COVID-19 isn't over, and it's important that we remember and honor what we have been through over the course of the pandemic"



Evalyn Ormond, CEO

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Vaccines remain the best tool to fight severe illness due to [#Omicron](#) and other [#COVID19](#) strains. Get vaccinated if you haven't. If you're fully vaccinated, get a booster when eligible. Call the vaccine hotline to learn more about the safe and effective COVID-19 vaccine: 1-855-453-0774. Find a vaccine here: [vaccines.gov](https://www.vaccines.gov)
Union General Hospital Vaccination Project Line: 318-368-7077



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

A quick note on masks and CDC guidance...

Why Cloth Masks Might Not Be Enough as Omicron Spreads

Time it takes to transmit an infectious dose of Covid-19

		PERSON NOT INFECTED IS WEARING			
		Nothing	Cloth mask	Surgical mask	N95
PERSON INFECTED IS WEARING	Nothing	15 min.	20 min.	30 min.	2.5 hours
	Cloth mask	20 min.	27 min.	40 min.	3.3 hours
	Surgical mask	30 min.	40 min.	1 hour	5 hours
	N95	2.5 hours	3.3 hours	5 hours	25 hours

It will take 25 hours for an infectious dose of Covid-19 to transmit between people wearing non-fit-tested N95 respirators. If they're using tightly sealed N95s—where only 1% of particles enter the facepiece—they will have 2,500 hours of protection.

Note: Results published in Spring 2021. The CDC expects the Omicron variant to spread more easily.
Source: ACGIH's Pandemic Response Task Force

(WSJ)

“Your Local Epidemiologist (YLE)” is written by Dr. Katelyn Jetelina, MPH PhD— an epidemiologist, biostatistician, professor, researcher, wife, and mom of two little girls. During the day she has a research lab and teaches graduate-level courses, but at night she writes this newsletter. Her main goal is to “translate” the ever-evolving public health science so that people will be well-equipped to make evidence-based decisions. This newsletter is free thanks to the generous support of fellow YLE community members.



UNION GENERAL HOSPITAL HEROES

RACHEL MORROW- Rachel dropped what she was doing and came out and helped me with Community Covid Vaccines- I was the only one available to do paper work and we had a line- she jumped right in and helped get forms completed and all organized--- She was my HERO!

Also,

Since Peg was busy with Flu Shots- TAMMI ANDERSON AND BARBARA GATES came to help with public Covid vaccines with absolutely NO NOTICE!

Thank you for all your help!

EMPLOYEE SENT THIS TO ME REGARDING PEG---

I just wanted to say that Peg sure does give a good shot! We didn't even feel the booster or the flu shot. Only the med going in on flu shot. She came back around a few times to see how we were doing or if we had any problems with either one. Thank you all for being so caring 😊

Shellie (in registration) has always gone above and beyond when it comes to helping me. She offers to come in early or stay late if needed. She's also an excellent teacher and has TONS of knowledge in insurance/business office field. She is definitely a gem that doesn't get "shined" enough.

Emily Love- Emily has been extremely helpful in training the new techs and has come back several times to the hospital to help after she has clocked out for the day. She always has a positive work attitude and is always in an upbeat mood. Makes it a real pleasure working with her.

Want to nominate a healthcare hero- someone who has gone above and beyond their own job? Send nominations to Julie Duty, jduty@uniongen.org



Post-Holiday Blues (Is there a such thing? So glad you asked!)

The hype of getting ready for the holidays with meals and shopping for gifts and traveling can bring its share of anxiety or mood changes on a temporary basis. Some adults feed off the anxiety in a positive way and become even more productive during the holidays somehow managing the kids, grandchildren, jobs, shopping, decorating and entertaining while living for the madness we call the holiday season.

Sherry Banks, MSN, R.N., B.C
Board Certified Mental Health and Psychiatric Nurse
UGH - IOP

Although this sounds wonderful to utilize the anxiety in a positive way it is possible that the super

powered holiday cheer spreader can later suffer from insomnia, low-energy, irritability, difficulty concentrating, and anxiousness. But unlike clinical depression, the distress is short-lived rather than long-term. So regardless if you stress during the holidays to the point of misery or you are the holiday trooper the risk of having post-holiday blues is a true phenomenon.

Healthcare workers tend to focus on screening for depression during the holidays of persons whom recently lost loved ones while in fact it is equally important to watch for the same symptoms in all patients **after** the holidays.

Finding research on this topic is very difficult yet mental health workers are quite familiar with the adrenaline changes that occur which can affect individuals. Unfortunately finding a balance between celebrations and down time is often difficult during the holidays. During Covid-19 many have missed celebrations therefore returned to traditions causing more stress again.

One reason we notice changes in working individuals after the holidays is unless they take an extended vacation during the year (highly unlikely in healthcare), they only experience this much time to celebrate with family during Christmas and New Year's Holidays. This year they fell over the weekends which prevents some extra time off however the adrenaline rush was there for most.

Up to 25% of people feel let down after the holidays. During these “after holiday” months take care of your mental health and seek help if you feel Post-Holiday Blues that last more than two months. Clean up your diet and get back moving again and start sleeping to bring your life into a routine again that is healthy and your mood should improve. Give yourself some slack – YOU GOT THIS!



**OUTPATIENT
MENTAL HEALTH
FOR ELIGIBLE
MEDICARE
PATIENTS**



Stressed Out?

We have a SOLUTION.

Call us on 318-368-4748

www.uniongen.org

***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**



Healthy Weight Loss Goal Setting for the New Year

Goal setting and New Year's Resolutions are on everyone's minds at this time of the year. New year, new you, right? Here are some guidelines to help you set a healthy goal for 2022.

If weight loss is a component of your goal, be sure the goal is realistic and achievable. A healthy weight loss goal is to lose between 1 - 2 pounds per week. This goal rate gives you the best success rate to keep the unwanted weight off. So, for example if you want to lose 20 pounds, at a rate of 1-2 pounds per week, you should achieve your goal somewhere between 10-20 weeks. Remember, 1 pound is equal to 3,500 calories which has to be reduced from diet intake or burned off during exercise. If you reduce your calorie intake, or, you burn an extra 500 per day during exercise, you will lose 1 pound per week.

Having a specific diet plan is going to help you stick weight loss goals. Choose a diet plan in which you can commit to for a lifetime. Fad diets or quick fixes are not sustainable for a lifetime, instead choose a diet that are balanced and includes most of your calories coming from lean proteins, fruits, vegetables, and whole grains. If your diet plan includes costly ready-made meals or the elimination of whole food groups, it is likely that your plan is not healthy diet in which you are likely to follow for a lifetime. Some tips to help you improve your diet are to increase your water intake, increase fruit servings, increase raw vegetable intake, and decrease sugar consumption.

A healthy weight loss plan should also include exercise due to inactivity being closely linked to obesity. The recommendation for exercise is 30 minutes at least five days per week. Be sure to consult your doctor before starting an exercise program to ensure you are healthy enough for exercise. Walking, biking, swimming, yoga, or any form of activity that you enjoy can be used to help you reach your weight loss goals.

Brittany Smith, RD, LDN, MS, CPT



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

EAT WELL
BE WELL

CALL TODAY:
(318) 368-9751



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.

Personalized strategies
FOR HEALTHY LIVING
www.uniongen.org



901 James Ave., Farmerville, LA

News and Updates



- Taylor Smith Medical Records Director
- Mary Claire Pleasant ER Tech
- Dana Cormier Pharmacist



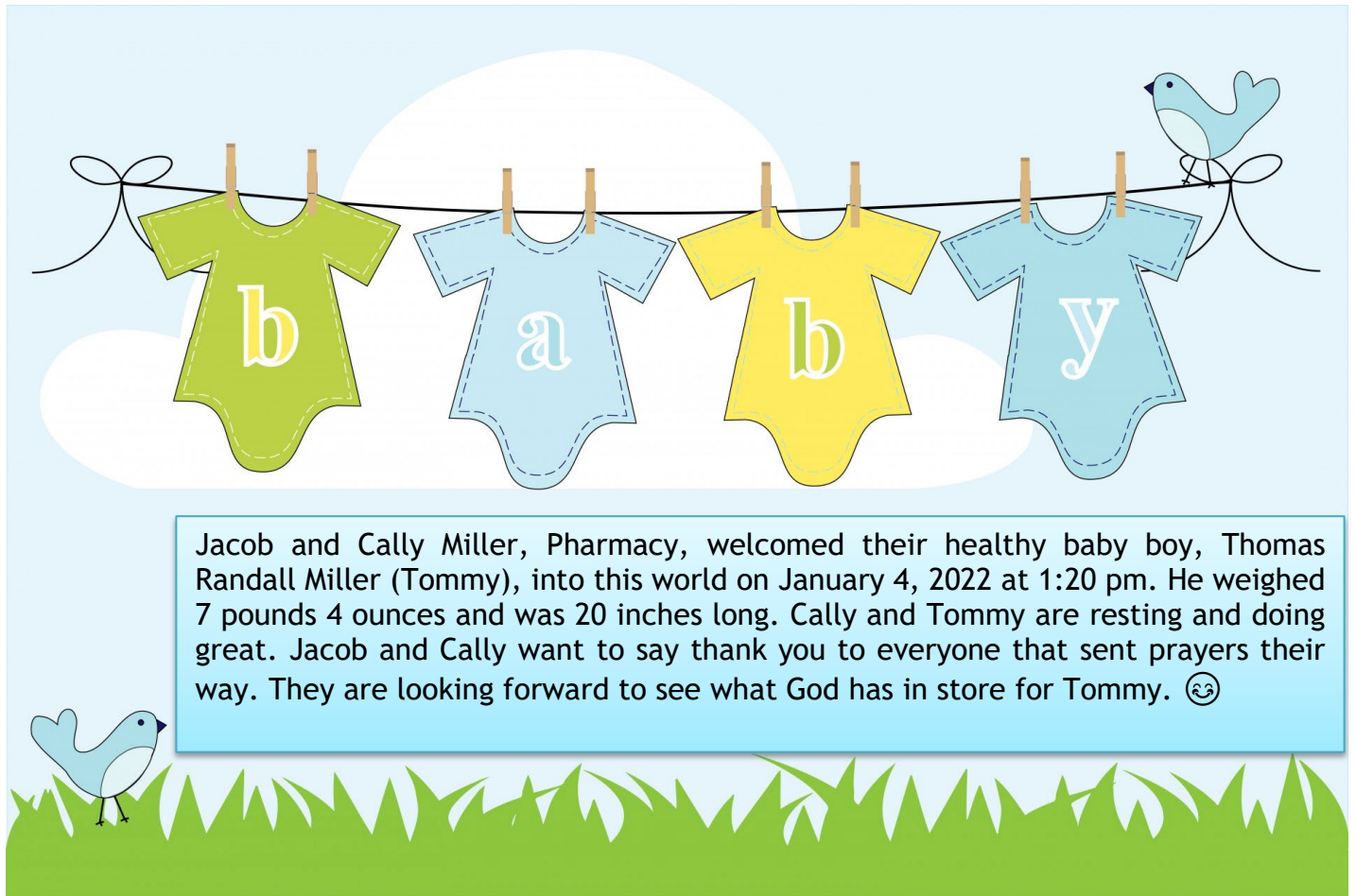
CARE LEARNING
COURSES ARE
AVAILABLE
NOW

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, 2021 YOU WILL HAVE TO COMPLETE CARELEARNING.**

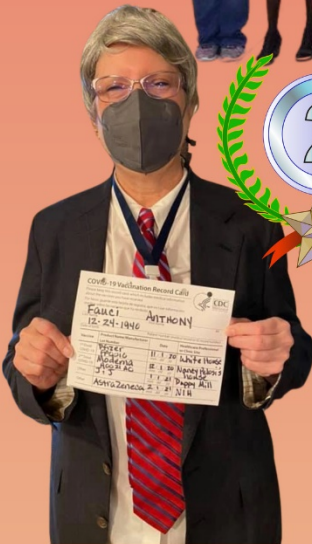
WHAT TO DO WHEN ALL COURSES ARE COMPLETED?

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



HALLOWEEN COSTUME CONTEST



PUMPKIN CONTEST



AWARDS AND RECOGNITIONS

Congratulations to Evalyn Ormond, CEO of Union General Hospital for winning the 2021 Founders Award. Evalyn was recognized at the 2021 Healthcare Service Excellence Conference for being a leader who exemplifies through her words and deeds the values of 5-star patient experience culture.

Evalyn has been the driving force for a successful transformation for Union General Hospital, setting standards high and goals even higher. 240 nominations were submitted from 21 healthcare organization in 10 states representing 2700 employees, serving 275,000 patients.



In the picture: Evalyn Ormond, CEO and Bryan Lee, Chief Executive Officer of Custom Learning Systems Group Ltd.

Congratulations to Lynette Wade, RNC-FNP for winning the 2021 Customer Focus Provider Pinnacle Award. Lynette was recognized at the 2021 Healthcare Service Excellence Conference for her ferocious advocacy for all of her patients, work ethics and compassionate heart. Lynette is an Advanced Practice Nurse Practitioner (APNP) at Union General Hospital’s Rural Health Clinic. She began her career at Union General Hospital in 1979 as an RN Charge Nurse, Director of Quality Assurance, and Director of the operating room.

Those who work with Lynette can attest to the fact that her work ethic is “beyond the normal human.” She has been in demand for the past 19 years that she’s provided care at Union General Hospital’s Rural Health Clinic. She’s loved by all her patients and is booked out two weeks in advance.



*2021 Employee Years of Service Recognition
and Presentation of Awards*

**2021 EMPLOYEE OF THE YEAR
ELIZABETH HILL**



IN THE PICTURE: ELIZABETH HILL AND EVALYN ORMOND, CEO

2021 DIRECTOR OF THE YEAR CYNTHIA BRANCH, RADIOLOGY



**IN THE PICTURE: CYNTHIA BRANCH,
RADIOLOGY AND EVALYN ORMOND, CEO**

35 YEARS OF SERVICE SHANNON WARD



IN THE PICTURE: SHANNON WARD AND EVALYN ORMOND, CEO

25 YEARS OF SERVICE: LEVY BECKHAM

20 YEARS OF SERVICE

REMONA BARRON



IN THE PICTURE: REMONA BARRON
AND EVALYN ORMOND, CEO

15 YEARS OF SERVICE

PATRICK PETERSON, MARY BETH BENSON, JULIE DUTY



IN THE PICTURE: PATRICK PETERSON, MARY BETH BENSON,
JULIE DUTY AND EVALYN ORMOND, CEO



10 YEARS OF SERVICE

CLAUDIA WADE, JESSICA BANKSTON, RENEE BARNES
AND RON SCOTT



IN THE PICTURE: CLAUDIA WADE AND EVALYN ORMOND, CEO
NOT PICTURED: JESSICA BANKSTON, RENEE BARNES AND RON SCOTT

5 YEARS OF SERVICE

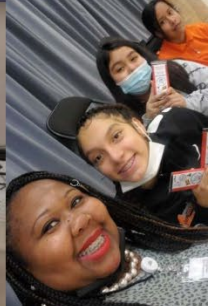
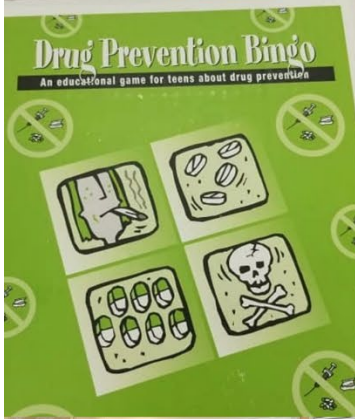
AUTUM SIMPSON, KANEISHA MASON, BRITTANY SMITH



IN THE PICTURE: KANEISHA MASON, BRITTANY SMITH AND
EVALYN ORMOND, CEO
NOT PICTURED: AUTUMN SIMPSON



COMMUNITY





Toy drive

HAMPTON LAW FIRM, UNION PARISH SHERIFFS OFFICE AND FOSTER FARMS PRESENTS A CHRISTMAS TOY DRIVE

NOVEMBER 15 - DECEMBER 15

DROP OFF LOCATIONS:
 HAMPTON LAW FIRM • UPSO • FOSTER FARMS
 UNION GENERAL HOSPITAL • BENJAMIN B. RICHMOND
 ORIGIN BANK • MARION STATE BANK
 LOUISIANA NATIONAL BANK • BROOKSHIRES

Toys will be donated to needy children in Union Parish for Christmas.




VOLUNTEER



VOLUNTEER





National Prescription Take Back Day in partnership with U-ACT Union Parish Sheriff's Office and ULM School of Pharmacy [#DontRushToFlush](#) 
Safely dispose your unused and expired medications!!





Anti Bullying/Suicide Prevention Program

Drug/Alcohol/Tobacco Prevention Program

www.uniongen.org
(318) 368-9751





THANK YOU.....THANK YOU.....THANK YOU.....I am overwhelmed with the outcome of our hospital United Way Campaign 2022. We exceeded last year's campaign by 33%. Our campaign TOTAL WAS \$20,000 and I

can't be prouder.

Thank you to everyone that pledged, bought items at the food auction, silent auction, participated in chili cook-off and participated in all the other events. Thank you to the ones that served on the COMMITTEE. I could not have done it without you all. Thanks for supporting the United Way!!!!!!!!!!!!!!

Sheri Taylor, Campaign Coordinator







MAMA'S WITH CHRISTMAS HEARTS



Union General Hospital employees and their families were able to sponsor 22 kids 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.

Thanks, and much love to you all. Sheri Taylor,
Campaign Coordinator

To report suspected human trafficking to Federal law enforcement:	Para reportar un posible caso de trata de personas:
1-866-347-2423	1-866-347-2423
To get help from the National Human Trafficking Hotline:	Obtenga ayuda de la Línea Directa Nacional de Trata de Personas:
1-888-373-7888 or text HELP or INFO to BeFree (233733)	1-888-373-7888 o enviando un mensaje de texto con HELP o INFO to BeFree (233733)

NATIONAL SLAVERY AND HUMAN TRAFFICKING PREVENTION MONTH

January is National Slavery and Human Trafficking Prevention Month. Across the nation, law enforcement and organizations strive to eliminate human trafficking. Join the effort to raise awareness and prevent human trafficking in your community.

Through a variety of tactics including violence and threats, traffickers force their victims into forced labor or commercial sex against their wishes. While it seems victims would be the poor, weak or a minority, every gender, race, religion and social-economic background can be impacted by human trafficking. As a result, the issue belongs to every community in the country.

Despite the bleak picture human trafficking paints, there are ways to take action. Become informed and get involved.

HOW TO OBSERVE

Don't let human trafficking become a part of your story. Find out how you can help change the narrative. Use #SlaveryHumanTraffickingPreventionMonth to share on social media.

- **Knowledge** – Learn how human trafficking is happening. Visit www.dhs.gov/blue-campaign to inform yourself about what human trafficking looks like.
- **Get involved** – If you suspect human trafficking report it. In the U.S. call 1-866-347-2423. For more information visit www.dhs.gov/blue-campaign. You can also volunteer through organizations committed to eliminating human trafficking. Contact local, state and regional service organizations to volunteer time, services or a donation.
- **Get help** – If you need help, call 1-888-373-7888. Visit www.dhs.gov/blue-campaign

MAKING PROUD CHOICES
UNION GENERAL HOSPITAL
CHILD & ADOLESCENT HEALTH

STOP HUMAN TRAFFICKING

GET INFORMED | KNOW HOW TO HELP
LEARN THE SIGNS
CALL : 1-888-373-7888
TEXT HELP TO 233733

ANYONE CAN BE A VICTIM

RURAL HEALTH CLINIC
(318) 368-9745
WWW.UNIONGEN.ORG

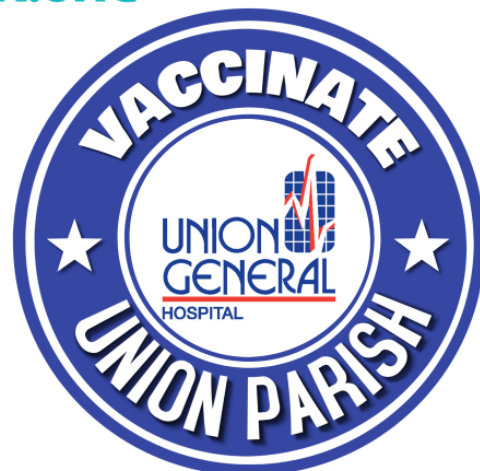


**CERVICAL
CANCER**

AWARENESS MONTH

january

**Get screened.
Get vaccinated.**



Cervical Health Awareness Month

January is Cervical Health Awareness Month, and **UNION GENERAL HOSPITAL** 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 Hospital** 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/>

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

Every February, young people and their loved ones join together across the country for a national effort to raise awareness about the issue of teen dating violence through **Teen Dating Violence Awareness Month (TDVAM)**. This

annual, month-long push focuses on advocacy and education to stop dating abuse before it starts.

We are so excited to announce the theme for TDVAM 2022 is **Talk About It**. Talk About It is a call to action to young people and those who support them to engage in meaningful conversations about healthy relationships and navigate what may be unhealthy or even abusive.



Union General Hospital announces the 2022 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, 2022

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



Providing Quality Service with Compassionate Care

♥ **UNION GENERAL**
RURAL HEALTH CLINIC



MONDAY - FRIDAY
8AM - 12PM
1PM - 5PM

YOUR HEALTH
IS OUR PRIORITY

Our Services

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



CALL FOR APPOINTMENTS (318) 368-9745

WWW.UNIONGEN.ORG

1025 MARION HWY
FARMERVILLE, LA 71241



ACEPTANDO NUEVOS PACIENTES



CLINICA DE SALUD RURAL PROGRAMA KIDMED

- Exámenes de Bienestar Infantil
- Inmunizaciones
- Exámenes de Desarrollo
- Evaluación Nutricional
- Evaluación Dental
- Exámenes Visuales y Auditivos
- Exámenes de Sangre y Orina
- Educación para la Salud



Para niños entre las edades 0-21 elegibles bajo Medicaid

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

NATIONAL HEART MONTH

FEBRUARY 1 - 28, 2022

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



RURAL HEALTH CLINIC

"Providing Quality Service With Compassionate Care"



WE CHANGED OUR SCHEDULE TO FIT YOURS

Hours:

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

Extended Hours:

Monday through Friday - 5:00 PM - 7:00 PM
(Walk-ins welcome after 5:00 PM)

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

Diabetes Mellitus

What is Diabetes?

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat.

Causes

Your cells become resistant to the action of insulin, and your pancreas is unable to make enough insulin to overcome this resistance.

How Insulin works

The pancreas secretes insulin into the bloodstream. The insulin circulates, enabling sugar to enter your cells.

Risk Factors

Your risk increases if you have prediabetes or if a close family member, such as a parent or sibling, has type 2 diabetes.

Complications



Cerebrovascular Disease



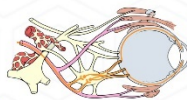
Diabetic Nephropathy



Coronary Vascular Disease



Gastroesophageal Reflux



Nerve Damage



If you're overweight, losing even 7 percent of your body weight — for example, 14 pounds if you weigh 200 pounds — can reduce the risk of diabetes.

If you're overweight, losing even 7 percent of your body weight — for example, 14 pounds if you weigh 200 pounds — can reduce the risk of diabetes.



EAT HEALTHY

STAY AWARE

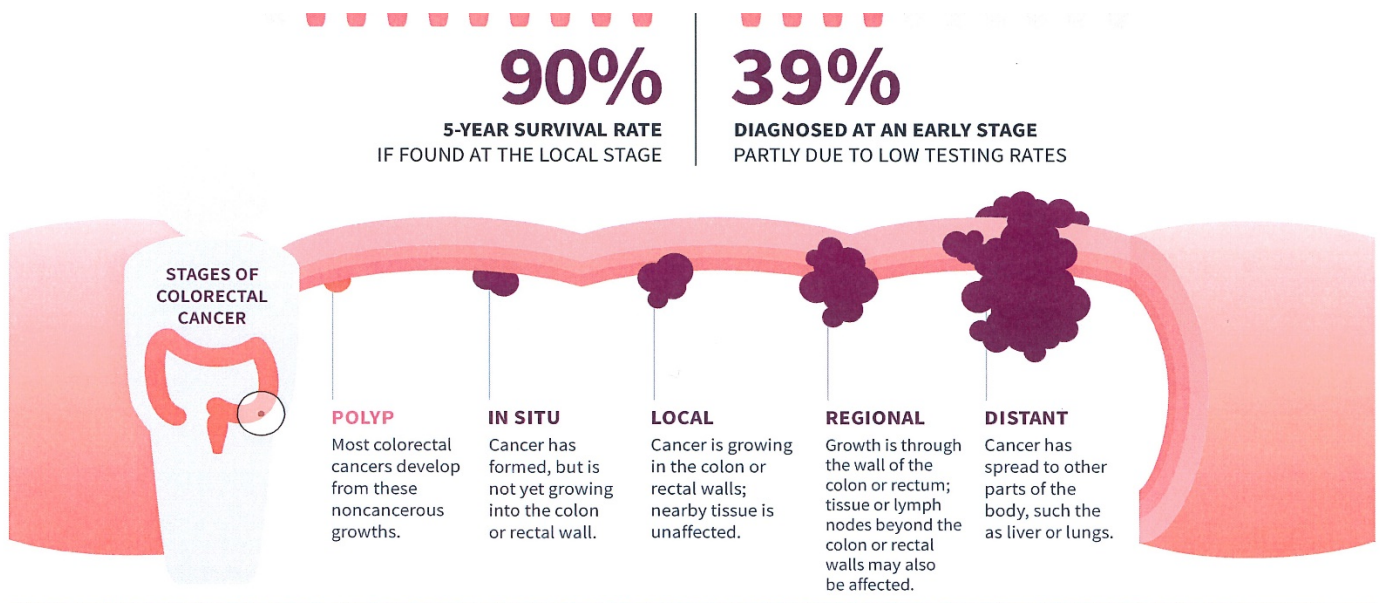
ACT EARLY

March is National Colorectal Cancer Awareness Month

COLORECTAL CANCER: CATCHING IT EARLY

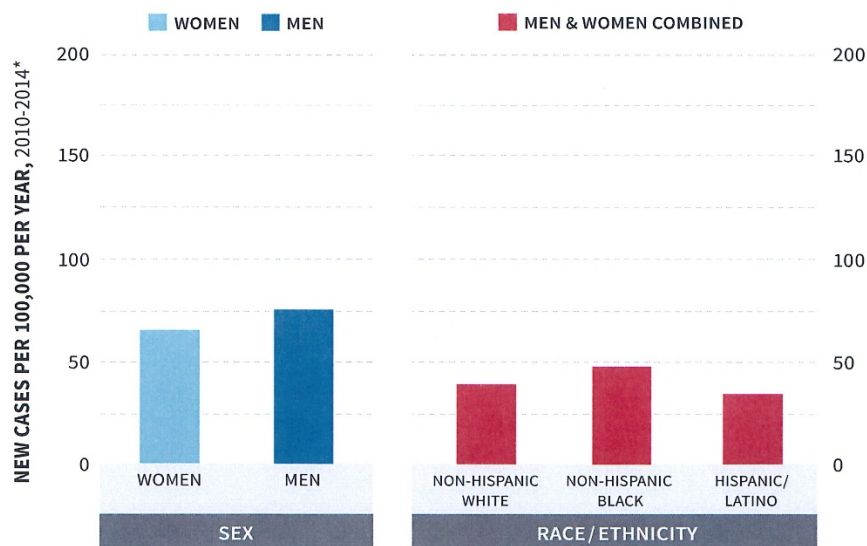
American Cancer Society // Infographics // 2018

Colorectal cancer is the third most commonly diagnosed cancer in both men and women in the US. Routine testing can help prevent colorectal cancer or find it at an early stage, when the chances of survival are higher.

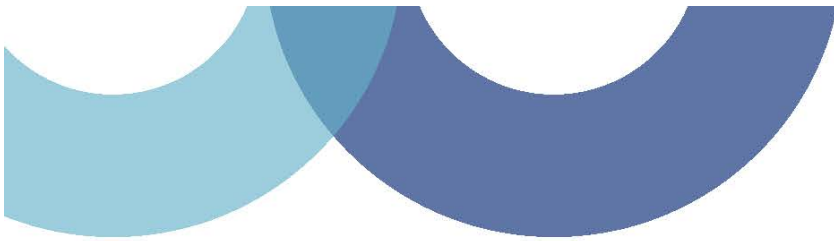


WHO GETS COLORECTAL CANCER?

ANYONE CAN GET COLORECTAL CANCER, BUT SOME PEOPLE ARE AT AN INCREASED RISK.



*Age adjusted to the 2000 US standard population
Data source: Colorectal Cancer Facts & Figures 2018



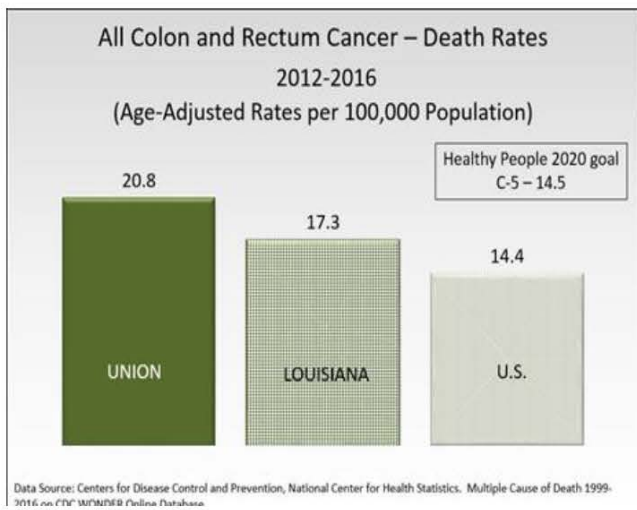
COLORECTAL CANCER SCREENING AND EDUCATION PROGRAM

FREE AT-HOME TEST

CALL OR STOP BY UNION GENERAL HOSPITAL LAB 318-368-7080 OR ADMINISTRATION 318-368-7075

FOR YOUR **FREE** AT-HOME TEST

Hemoccult test kits are the first step in detecting colorectal cancer. This kit detects bleeding from the lower GI tract and is superior in detecting colorectal cancer. The Hemoccult is a screening, **not a diagnosis for colorectal cancer**.



Louisiana has the third highest incidence and fourth highest death (mortality) rate of colorectal cancer in the U.S.

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

Screening for Colorectal Cancer It's the Right Choice

"Providing Quality Service With Compassionate Care"



901 James Avenue
Farmerville, LA 71241

Phone: 318-368-9751
E-mail Address: cwade@uniongen.org

www.uniongen.org

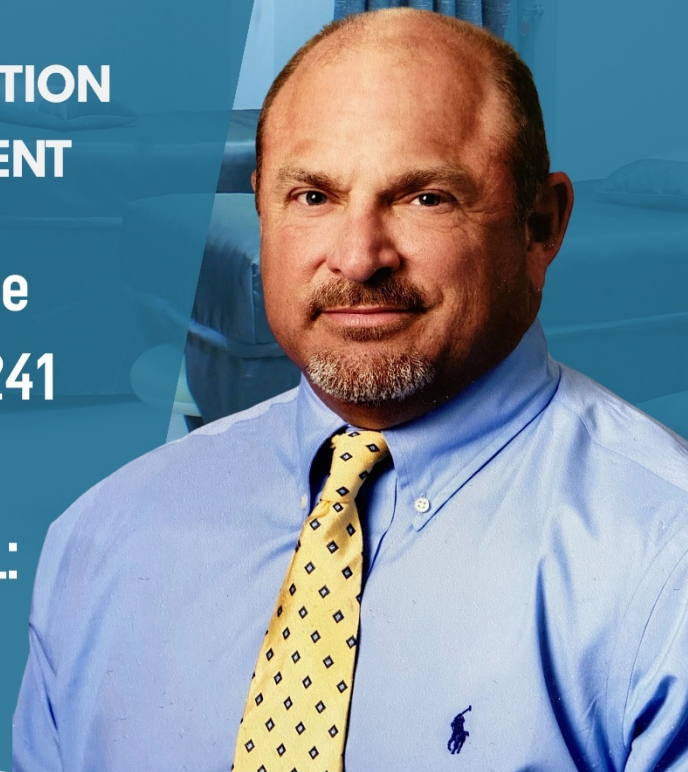
**YOUR HEALTH
IS OUR PRIORITY**

ENDOSCOPY SERVICES

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

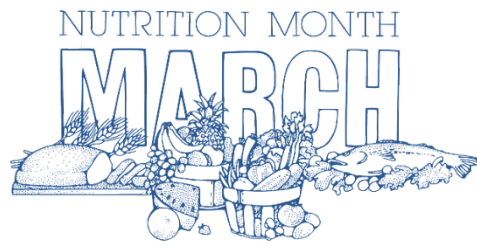
**901 James Avenue
Farmerville, LA 71241**

**TO SCHEDULE AN
APPOINTMENT CALL:
(318) 322-2202**



www.uniongen.org

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



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

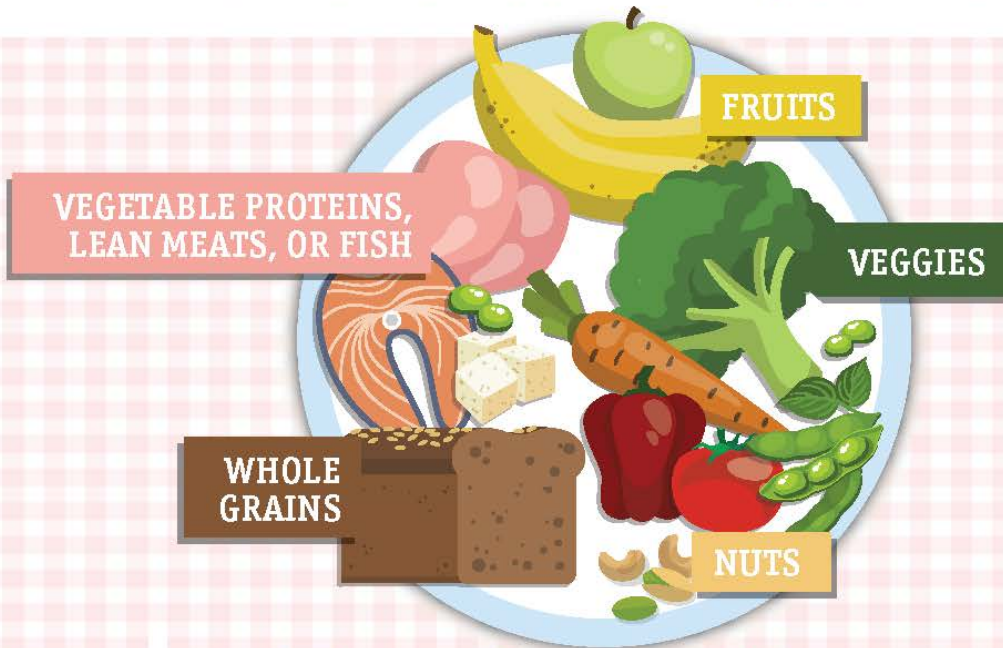


Good nutrition starts with a well-rounded diet consisting of fresh fruit and vegetables

Eat Smart

Be Smart

To **PROTECT YOUR HEART**, eat more...



MEDITERRANEAN

- ↓ Light on dairy, meats and sweets
- ✓ Fish
- ✓ Olive oil
- ✓ Wine (in moderation)

VEGETARIAN

- ✗ Cuts out meat
- ✓ Vegetable proteins (soy products, legumes)

VEGAN goes further with no meat, fish, eggs or dairy products

WHOLE FOOD PLANT-BASED EATING avoids processed foods

DIETARY APPROACHES TO STOP HYPERTENSION (DASH)

- ↓ Limits salt to less than 1,500 mg/day
- ✓ Lean meat, poultry, fish
- ✓ Fruits and vegetables rich in potassium (bananas and leafy greens)

CUT BACK
on processed meats
and saturated fats

AVOID
trans fats

DRINK WATER
instead of sodas
or juice!

**MORE
TIPS**

For more information, visit [CardioSmart.org/Nutrition](https://www.CardioSmart.org/Nutrition)

@CardioSmart

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*“Do unto others, as you would
have them do unto you”*

HAPPY BIRTHDAY

January

AUGER, KAITLYN	1/23
BATTERTON, BETTY	1/12
DAVIS, LAURA	1/24
DYE, LEANN	1/17
HILL, ELIZABETH	1/14
MASON, KANEISHA	1/01
NUTE, KERRIGAN	1/28
ROY, CHRISTIAN T.	1/18
SMITH, BRITTANY	1/31
TAYLOR, SHERI	1/10

February

BLACK, LAJUANDA	2/11
GATES, BARBARA	2/22
HOLLOWAY, CLAUDIA	2/24
JOHNIKIN, DARLENE	2/18
JOHNSON, NICOLE	2/28
KELLEY, CRISTY	2/08
NEAL, DEANNA	2/02
ROEBUCK, ASHLEY	2/27
WILLIAMS, MICHAEL	2/25

March

COLSON, STEPHANIE	3/21
COOK, KATE H	3/18
HUNTER, ARTHUR	3/07
MORROW, 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.



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



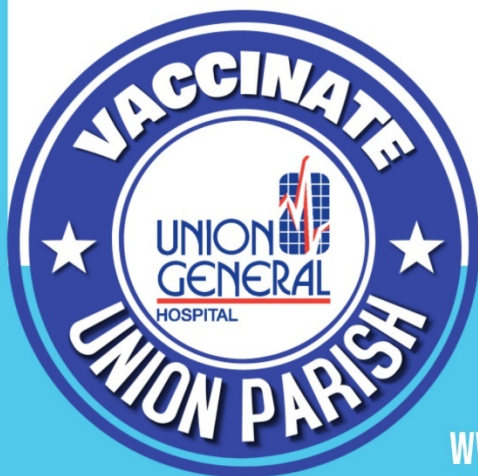
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DON'T BE BLUE AVOID THE FLU



THE FLU IS NOW
IN FULL SWING

GET IMMUNIZED TO PREVENT
THE SPREAD OF GERMS



(318) 368-9751

WWW.UNIONGEN.ORG





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.

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“Providing Quality Service with Compassionate Care”

- 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 in partnership with Ochsner/LSU Shreveport
- Medicaid Enrollment
- Diabetic Foot Care
- KidMed
- Medical Nutrition Therapy
- Telecardiology
- Telepsychiatry

COMMUNITY PROGRAMS

ADOLESCENT HEALTH

- Anti-Bullying and 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)



Union General Rural Health Clinic



Geriatric Psychiatry Outpatient Program



Physical, Occupational and Speech Therapy for Pediatrics and Adults



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



LEGACY
REHABILITATION

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Farmerville, LA 71241
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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

Instant Pot Pork Tenderloin

RECIPE FROM THE SAMANTHA'S KITCHEN



- ✳ 1 lb. pork tenderloin
- ✳ 1/2 tsp. ground cumin
- ✳ 1 tbsp. olive oil
- ✳ 1/4 tsp. garlic powder
- ✳ 2 tsp. chili powder
- ✳ Salt & pepper

- 1** Season pork with salt and pepper. Sear until golden all over, about 6 minutes. Remove pork to a plate. Season all over with chili powder, cumin, and garlic powder.
- 2** Place trivet in Instant Pot, add 1 cup of water, and arrange pork on trivet. Lock lid and set to Pressure Cook on high for 5 minutes.
- 3** Allow pressure to naturally release for 1 minute, then quick-release remaining pressure.
- 4** Let meat rest for 5 minutes before slicing against the grain.