

"Providing Quality Service with Compassionate Care"

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Message from the CEO, Dianne Davidson

The healthcare provided at Union General Hospital and its clinics is all about people, namely you, our valued customers. We appreciate the steadfast support of YOUR local hospital as we continue to provide the most up to date and compassionate care.

The past few years have been unprecedented for healthcare and the patience and faith that you have had during these trying times is very much appreciated. We continue to remain fully committed to fulfilling the healthcare needs of the communities that we serve, now and well into the future.

As your community hospital, we feel a deep sense of respect and commitment to each and every one of you who place your confidence in our care.





UNION GENERAL HOSPITAL named Top Critical Access Hospital (CAHs)

Union General Hospital was included and scored best among the Top 20 Critical Access Hospitals for Rural Health for Patient Satisfaction in the country. The Hospital achieved success in two key areas of performance. First is the Quality index: a rating of hospital performance based on the percentile rank across ruralrelevant process of care measures. Secondly for patient perspective index: a rating of hospital performance based on the percentile rank across ALL 10 HCAHPS domains. These rankings were recently announced by the National Rural Health Association (NRHA).

This ranking is determined by the Chartis Center for Rural Health, based on data compiled in the Chartis Rural Hospital Performance INDEXTM, specifically the satisfaction domain. "The patient National Rural Health Association considers your organization to be an example of best practices in all of rural health care," wrote Brock Slabach, Chief Operating Officer. An awards ceremony will be held in September during the NRHA's Access Hospital Critical Conference held in Kansas City, Missouri.

"Union General Hospital is proud of the efforts of all the physicians and staff who have contributed to our hospital achieving this designation," says Dianne Davidson, CEO. Our achievement as a Top 20 rated hospital with excellent Patient Satisfaction scores means our community can count on us to deliver top quality services they need now and in the future."

About NRHA

The National Rural Health Association is membership national nonprofit a organization with more than 20,000 members. The association's mission is to provide leadership on rural health issues. NRHA membership consists of a diverse individuals collection of and organizations, all of whom share the common bond of an interest in rural health.

About Chartis

Chartis is a comprehensive health care advisory firm dedicated to helping clients build a healthier world. We work across the health care continuum with more than 600 clients annually, including providers, payers, health services organizations, technology and retail companies, and investors. Through times of change, challenge, and opportunity, we advise the industry on how to navigate disruption, pursue growth, achieve financial sustainability, unleash technology, improve care models and operations, enhance clinical quality and safety, and advance health equity. The teams we convene bring deep industry expertise and industry leading innovation, enabling clients to achieve transformational results and create positive societal impact. For more information, visit www.chartis.com.



comments@uniongen.org

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UNION GENERAL HOSPITAL HEROES

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

bsmith@uniongen.org

Jenequa Jones, Sandra Carnes, and Kaneshia Mason – for going the extra mile in planning and preparing a delicious Easter Fish Fry for the IOP patients. Great Job!

Brad Adcock - shout out to Brad for getting all the employees' PTO Balances corrected in Paylocity. He had to put in a lot of extra work to manually correct them in the system – Paylocity caused the problem but was no help in helping provide a solution.

Very good work

Therapists are knowledgeable of what therapy I need. They are considerate & courteous.

Absolutely loved my sessions. I was weak and had no confidence in myself also had no balance. Since therapy I feel stronger and have more balance and just feel like a more normal person. They were awesome and I am so grateful and would recommend everyone who needs therapy to come here. Love All of them! **Pam Mason:** Thank you for going above and beyond ALWAYS! But today, I wanted to thank you for the "Sharing Snacks" Box! Perfect! Have a blessed day! - Linda

Jessie Mclelland – helped cover nursing floor as charge nurse in addition to case management for other nurses who were out.

Jody Loyd – rearranged schedule to work night shifts instead of day shifts as scheduled, to cover night shifts that were open on schedule.

Candice Lumsey – came in on night shift 7p-7a instead of day shift as scheduled to cover night shift that was open.

Ann Marie Finklea – came in 12-7pm on extra day for another nurse off with death in family.

Tammi Anderson – helped cover nursing floor for another nurse who needed off for death in family.

Christian Roy: He went above and beyond to help set up for Orientation at 8:30am on Monday May 24th also helped set up for Lion's Club meeting special guest speaker on June 1st. We appreciate that you are working in Information Systems – but you are ALWAYS willing to help with extra projects.

Wanda Lonon: Worked extra shift 7a-7p to cover RN shift need after re-arranging schedule during high census.

Tammy Hill: Came in 11p-7a, after working 4 nights of orientation, for another CNA who called in sick.

UNION GENERAL HOSPITAL

24/7 PHYSICIAN STAFFED EMERGENCY ROOM

YOUR HEALTH IS OUR PRIORITY

"PROVIDING QUALITY SERVICE WITH COMPASSIONATE CARE"

ADDITIONAL SERVICES OFFERED:

Telecardiology Telestroke Telepsychiatry

(318) 368-9751

901 JAMES AVENUE FARMERVILLE, LA 71241 WWW.UNIONGEN.ORG



Ann Marie Finklea: Came in 7-11p on Monday & 7p-7a Tuesday night for extra help needed without CNA and high census when no one else could come.

Sandy Smith & Pam Mason: Cleaned out patient belongings bin in supply room that was full of extra clothing items and donated to nursing home.

Anna Langley: Worked extra shift to cover for another nurse out for death in family.

Candice Lumsey: Worked on her weekend off to orient new CNA.

I nominate our very own Caregiver Hero: Jessie McLelland 6/28/23.

(This was submitted by the daughter of one of our patients who came here from SFMC for Swingbed.)

I don't know exactly what this Jessie girl does over there, but I love her! I have been talking to her on the phone for about 10 minutes and she was going over and explaining everything about Mom. She was very nice! I do know that's who the social worker at St. Francis had been talking to as well. 10/10 for Jessie at U.G.H.!!

Candice Lumsey – Noticed upon morning rounds that there was not any dedicated isolation equipment in two of our patient's rooms on contact/droplet precautions and took the time to collect them before she did vitals. Thank you!

HEROES

Mike Williams – stayed late to do new employee badge for nursing department. Thank you!

Mike Williams – Mike and Christian worked on our telemetry monitor at nurse's station when it went out & Mike coordinated getting us a loaner & repair of current one.

Karissa Strickland – Karissa has gone above & beyond to get the RHC clean. She went out and bought her own supplies to make the floor shine. Thank you!

PATIENT COMMENTS

Very easy to relate to. Very professional nurses, ER and Lab.

The staff was very professional and made you feel very comfortable. They were kind and interested in every word you said to them. They really make you feel as if you and your health are important to them.

What did you like best about Union General? Kindness. Excellent job.

Best nursing staff I ever had. Everything was great, great people, great job.

Care was very good, nothing I can complain about. Staff was very friendly and caring.



UNION GENERAL RURAL HEALTH CLINIC PATIENT COMMENTS Great medical clinic and staff.

Very, Very Excited!

Dr. Wade is very loving, kind and she listens to everything you have to say and if she can't solve your problems she will refer you to someone who can.

Shana Alford, Caroline Alford and Erin Griffin were all wonderful!

Dr. Erin Griffin is the absolute best! I love her!

I just love Erin and her nurse! They are the best! Everyone at the clinic is so friendly and helpful. I cannot say enough good things about Erin, she has helped me every time I have seen her.

Friendly employees and excellent customer service.

We are former patients of NP Erin Griffin when she was in Sterlington. Willing to travel a bit to see her. She always gets us well.

So thankful for this clinic.

My opinion, it starts from the front receptionists, nurses, and doctors are the best I have ever encountered. I used to dread going but now it is a pleasure to go where you feel welcomed. Since I came the first time in December 2022, I feel this office is God send because it has been there every time I needed medical care in a timely manner. Thank you Union General.

Thankful for you and the services you provide. Saves time and money not having to go to Monroe or Ruston for quality care.

It was my first time, and they are awesome!!!

I really enjoyed meeting Dr. Branton! He explained things in a way that I could understand and was very friendly.

<u>UNION GENERAL RURAL HEALTH</u> <u>CLINIC PATIENT COMMENTS</u>

Everyone was helpful from the time I came into the clinic until departure. Wonderful staff and MD. Services were great. Great experience at RHC today.

Front Office Staff, Nurses, and provider were excellent!

Love the clean, peaceful, friendly environment.

Dr. Branton and Barbara were very professional and caring. He explained to me possible problems that I have. He spent time with me and was very caring and thorough.

1st visit. I pray staff remains friendly.

Therapy Patient Comments:

I had a great experience. Everyone was so nice, respectful and helpful! I would recommend others to come if something is troubling you in any physically acute/chronic way.

Therapists are knowledgeable of what therapy I need. They are considerate & courteous.

Excellent!

Inpatient Comment:

Great Job. Everyone did a great job!

Everyone's "A List" that came through my room.

Thanks to all the staff. They are great. Friendly staff, always eager to help.

Everybody was awesome! These people were extra wonderful. Would like to

acknowledge Tina (nurse), Kim (nurse), Candice, Ms. Jody, Alisha, Reagan (housekeeping) and Dr. Venters.

Patient Comments:

The workers here are all so nice and knowledgeable. They provide excellent care!

I like how quick they responded to my needs. I love how nice and kind everyone is. Dr. Venters was great. Leann was always smiling, cheerful. Jody was very helpful, kind. I thoroughly enjoyed her.

Not far from home and super nice staff. Would like to acknowledge everyone, all super nice!

Excellent staff. Everyone was great! Would like to acknowledge Yvette, Tammi, Wanda, Wendy, Kim, and Candice because they always checked on me without me even calling.

What did you like best about Union General? The staff

Everyone on staff was so helpful and nice. We had exceptional care! Would like to acknowledge Tammi Anderson & Kim Barr for everything!

What did you like best about Union General? The staff Would like to acknowledge Mrs. Laura (housekeeping). She checked on us often.



News and Updates



Attending the Rural Hospital Coalition meeting and visiting the Governor's Mansion in Baton Rouge, May 15, 2023

Photo left to right: William Adcock, UGH CFO; Amanda Whiddon, UGH COO; Chris Turner, State Representative District 12; Dianne Davidson, UGH CEO; Brad Adcock, UGH Asst. CFO; and Stewart Cathey Jr., State Senator District 33.



Union General Hospital is pleased to congratulate Amanda Whiddon for successfully passing the Certified Rural Health Clinic Professional Course by the National Association of Rural Health Clinics Academy! Amanda began a new position early this year as the Chief Operating Officer and she is over Union General Rural Health Clinic. We are proud of the hard work & dedication she has shown our patients, hospital, & employees so far in this position. We know there will be more great things to come!



Left to right top: Brittany Smith, Dietary Director; Dianne Davidson, CEO; Amanda Whiddon, COO. Left to right bottom: Sue Cash, Ashley Westbrook, Emily Love, Radiology Department.



We are so glad that you are here!



May New Hires Orientation Left to Right

Tammy Jones - Registration Director, Cristy Glover - Nursing, Samantha Gardener - Radiology, Ashley Westbrook - Radiology Rhiannon Miklosey - ER, Aquana Burch - Nursing Peyton Anderson - Pharmacy, Front: Anna Ginn - Therapy



June New Hires Orientation Left to Right

Tammy Hill - Nursing Amy Griffith - Community Outreach Coordinator/Social Services

Ann Pipes - Human Resources Director Marjorie Albritton - Rural Health Clinic Assistant to Director

WE ARE APPLY NOW! HIRING NOW!

Download application: www.uniongen.org/careers/application/ Applications also available at Union General Hospital





Union General new employee orientation class of June 2023



Viruses can be active outside the body for hours, even days. Disinfectants, liquids, wipes, gels and creams containing alcohol are all useful at getting rid of them – but they are not quite as good as normal soap.

People who have clean hands have happy hearts! Front row, left to right; Tammy Hill – Nursing, Ann Pipes – HR Director, & Marjorie Albritton– Union General Rural Health Clinic Assistant to Director Back row, left to right; Amy Griffith– Union General Community Outreach Coordinator/Social Services & Linda Taylor – Administration/Orientation Leader

USE HAND SANITIZER (WITH AT LEAST 60% ALCOHOL) WHEN YOU CAN'T USE SOAP AND WATER



Lynette Wade, RN-FNP-C

Lynette received the Healthcare Professional of the Year award on May 11th at the Union Parish Chamber of Commerce Awards Banquet.

Her dedication to patient care and excellence at Union General Rural Health Clinic is truly appreciated. Thank you, Lynette, for your commitment to UNION GENERAL HOSPITAL and improving the lives of our patients and community. Lynette is enjoying retirement now!



UNION GENERAL RURAL HEALTH CLINIC

"Providing Quality Service with Compassionate Care"

OUR SERVICES:

- * Family Medicine All Ages
- * Routine Health Screenings
- * Women's Health
- * Pre-Employment
- * Athletic Physicals
- * Medicaid Kidmed



WALK-INS WELCOME EVERYDAY



Monday - Wed. 7:30 AM - 6:00 PM Thursday - Friday 7:30 AM - 5:00 PM

Make an Appointment (318) 368-9745

1025 Marion Hwy Farmerville, LA 71241

www.uniongen.org







MONTHLY MEETING AND GRADUATES CELEBRATION



Jennyfer Gomez Ramirez DWCS High School IAGT SCHOLARSHIP RECIPIENT



IAGT GRADUATES!

CLASS OF 2023

Essynce Wallace UPHS



Carly Neighbors UPHS



Nia Johnson Master of Social Work Grambling State University

YOU DESERVE TO BE CELEBRATED. DON'T MISS OUR MEETING ON MAY 30TH. THE DAY OF YOUR DREAM HAS FINALLY ARRIVED...

...SHINE LIKE GOLD.



Melissa Alvarez UPHS



Alizia Barnes Rhodes Master's Degree in Marine Biology & CIS Certification Texas A&M

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Check out our wonderful It's a Girl Thing, Making Proud Choices program member Kimberley Courson volunteering at the Union Museum of History and Art and assisting Ms. Jean Jones, Museum Director in welcoming the Union Parish Elementary students visiting the "Beyond Human Limits" exhibit. We are very proud of this young lady and her grandmother Ralinda Courson for their willingness to volunteer and be involved in community events representing Union General It's a Girl Thing, Making Proud Choices.





JENNYFER GOMEZ RAMIREZ 2023 Scholarship Recipient

Jennyfer is a 2023 graduate of D'Arbonne Woods Charter School and the daughter of Marisol Ramirez from Farmerville. Jennyfer joined the program when she was in middle school, finishing her Senior Year with a 3.9 GPA. Jenny will be attending the University of Louisiana Monroe ULM, pursuing a degree in Occupational Therapy. "Destiny is not a matter of chance, it is a matter of CHOICE." We see GREAT things in Jenny's future.

It's a Girl Thing, Making Proud Choices was founded by Union General Hospital in 2013. Under the program (1) \$1,000 scholarship is awarded every year. The program provides information to teen girls for use of tools to guide a process of understanding the importance of self-worth, setting goals in life and making proud choices. For more information about the program call or email Claudia Wade, Director of Community Development and Grant Management cwade@uniongen.org (318) 368-7075

Essynce Wallace, It's a Girl Thing, Making Proud Choices member. Softball Team USA - Australia

Prime Sponsor UNION III GENERAL HOSPITAL





For Australia Essynce Aims Bronze Bronze Bronze !! 🟅 🏅 We placed third overall out of 12 teams. Our team did so well considering we're from many different places and have never played together. This was truly an amazing experience and I'll never forget it. I've made so many new friends and learned a lot of different Australian cultures ! All the hard work leading up to this trip was definitely worth it. Another title to add to my resume 🤩 🎦 🔙 🥳 🤎 🤎 Thank you so much Union General Hospital and IT'S A GIRL THING Making Proud Choices, Anti-Bullying and Drug Prevention for accepting the role of my Capital sponsor! I'm forever grateful for all the love and support.





2023 21ST CENTURY SUMMER ENRICHMENT PROGRAM



Amy Griffith Community Outreach Coordinator/Social Services (318) 368-7821 Union General Hospital



Union General It's a Girl Thing Making Proud Choices members Jennyfer Gomez Ramirez and Sophia Alejo attended Nursing Boot Camp at ULM, Both were sponsored by Union General Hospital. This was a four-day summer intensive workshop. Jennyfer and Sophia gained hands-on experience to nursing activities and explored various nursing fields, including disaster nursing, surgical nursing, and more. We are very proud of Jennyfer and Sophia. If you need more information about It's a Girl Thing, Making Proud Choices, call (318) 368-7075 or download the enrollment packet: https://www.uniongen.org/media/1285/enrollmentpacket.pdf



BACK TO SCHOOL MONDAY 31 5PM

UNION GENERAL HOSPITAL CONFERENCE ROOM

Amy Griffith Community Outreach Coordinator/Social Services Union General Hospital

LOTS OF FUN, DOOR PRIZES

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

FOOD BOXES WILL BE MADE AVAILABLE TO QUALIFYING PROGRAM NORTHEAST FOUISIANA PARTICIPANTS AFTER THE MEETING

901 James Avenue, Farmerville, LA 71241 (318) 368-7821 www.uniongen.org





jveana Union General Hospital provided 62 employee students and 12 It's a Girl Thing, Making Proud Choices members with school supplies for a total of 74 students.

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UNION GENERA HOSPITAL

Back to School

SUPPLY

Thank you so much for all of your hard work Amy Griffith, Community Outreach Coordinator/Social Services and Linda Taylor, Administrative Assistant. GREAT **JOB!**

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







year Anniversary

PLEASE JOIN US, YOU, YOUR FAMILY AND YOUR FRIENDS ARE INVITED AS WE CELEBRATE



Guest Speaker Mrs. Kristy Auger Fine Superintendent of Schools

MONDAY, AUGUST 28TH 3:30 - 6:30 PM

UNION GENERAL HOSPITAL CONFERENCE ROOM

RSVP CLAUDIA WADE 318-368-7075 or email cwade@uniongen.org

901 JAMES AVENUE FARMERVILLE, LA 71241

WWW.UNIONGEN.ORG



TEN YEARS Claudia Wade Director

This fall, we look back and celebrate ten years of Union General It's a Girl Thing, Making Proud Choices.

Union General It's a Girl Thing, Making Proud Choices program was founded in the fall of 2013 when we offered our first monthly meeting at Union General Hospital. It started as a community outreach to prevent early pregnancies and STIs in teen girls. Union General was determined to build evidence-based programming that would equip girls with the leadership skills, mentors, and role models to thrive. After the hospital's first Community Health Needs Assessment we were guided with the vision to bring girls together from various zip codes and build an inclusive sisterhood and community of belonging, and Union General It's a Girl Thing, Making Proud Choices was born.

That fall meeting convinced us that we had embarked on something special, important, and necessary. The relationships built and impact made surpassed everyone's expectations.

Union General Hospital partners with the school district and other different community organizations which have been instrumental in growing the program over the years.

The rest is history. It's a Girl, Making Proud Choices has grown exponentially. The program provides year-round education and open enrollment. Through the program we provide instruction in self-esteem, anti-bullying, suicide prevention and drug prevention to girls 6th to 12 grade.

We are grateful to all those who believed in our vision from the very beginning. The collective commitment and dedication to empowering the next generation of girls is truly inspiring.

So, let's eat cake and celebrate this incredible milestone - Ten Years of It's a Girl Thing, Making Proud Choices!!!

THANK YOU!



LOTS OF FUN, DOOR PRIZES

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

FOOD BOXES WILL BE MADE AVAILABLE TO QUALIFYING PROGRAM NORTHEAST LOUISIANA PARTICIPANTS AFTER THE MEETING

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

> > www.uniongen.org



LOTS OF FUN, DOOR PRIZES

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

FOOD BOXES WILL BE MADE AVAILABLE TO QUALIFYING PROGRAM NORTHEAST LOUISIANA PARTICIPANTS AFTER THE MEETING

901 James Avenue, Farmerville, LA 71241 (318) 368-7075 or cwade@uniongen.or WWW.Uniongen.org





OCTOBER IS NATIONAL DOMESTIC VIOLENCE

DOMESTIC ABUSE RES

\$10 per person All proceeds will be used to help victims of domestic violence

TUESDAY, OCT. 3rd UNION GENERAL HOSPITAL WALKING TRACK - 4PM

901 JAMES AVENUE, FARMERVILLE, LA 71241

FOR MORE INFORMATION PLEASE CALL (318) 368-6181





Paint the Town Pink Contest

September 29 – deadline to enter the Window decorating contest and October 1st to have decorations displayed. Judging will take place on October 13TH. October 16TH – winners will be announced via Union General Hospital social media pages. There will be 1st, 2nd and 3rd place. Each winner will receive a Paint The Town Pink trophy to display in their business. Contact Claudia Wade at 318-368-7075 or cwade@uniongen.org to enter!

In the Tulip Garden - \$20 p/tulip

Decorate your own board fulip to be planted in the Tulip Garden at Union General Hospital walking track. Call or email Claudia Wade at 318-368-7075 or cwade@uniongen.org to purchase your tulip!

Breast Cancer Awareness Walk - \$10 Entry

9AM - 1pm at Union General Hospital walking track.

Pink Fridays for Breast Cancer Awareness

Wear pink, raise money and make life-saving breast cancer prevention happen. Contact Claudia Wade at 318-368-7075 or cwade@uniongen.org if you wish to donate!

Breast Cancer Awareness & Reception-October 27

2-4PM at Union General Hospital. Vendor registration \$10 per table, sponsors \$250 (all sponsors will get presentation time. checks payable to Union General Foundation.

For more information contact: Claudia Wade, Director of Community Development and Grant Management. (318) 368-7075 or cwade@uniongen.org

IN THE PINK-TULIP GARDEN BRE ST CONCER AWARENESS MONTH UNION GENERAL IS PLANTING A TULIP GARDEN THIS YEAR!

Decorate your own board tulip to be planted in the Tulip Garden at Union General Hospital walking track.





Tulips are \$20 each and are available for pick up at Union General Hospital or contact Claudia Wade, Director of Community Development and Grant Management to make alternative arrangements 318-368-7075 or cwade@uniongen.org

For more information:

(318) 368-7075

@uniongen.org

Benefiting Union General Foundation

901 James Avenue, Farmerville, LA 71241

FOR ALL AGES | 9AM TO 1PM | \$10 ENTRY AT UNION GENERAL WALKING TRACK Benefiting Union General Foundation 901 James Avenue

HOSPITAL

JENERA

BREAST CANCER

lwareness

901 James Avenue Farmerville, LA 71241 For more information call: (318) 368-7075 or email cwade@uniongen.org UNION GENERAL FOUNDATION



AWARENESS AND RECEPTION

LEARN TO PREVENT BREAST CANCER AND CELEBRATE LIFE AS A SURVIVOR

FRIDAY, OCTOBER 27, 2023

2 – 4 PM UNION GENERAL HOSPITAL 901 James Avenue, Farmerville

Vendor booth registration fee \$10 per table

Sponsors:\$250 (Sponsors get presentation time)

PLEASE MAKE ALL CHECKS PAYABLE TO: Union General Foundation

For more information: Caucia Wade, Director of Community Development and Grant Management (318) 368-7075 cwade@uniongen.org

DOOR PRIZES

Learn about the health services and community resources available in our community
3D DIGITAL MAMMOGRAPHY AT UNION GENERAL HOSPITAL

Together We Can Make a Difference



Radiology

Department

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



Crime Stoppers of Union Parish received a monetary donation from Union General Hospital. Donation will go toward fulfilling the mission of the organization. Crime Stoppers of Union Parish is a 501c3 organization. Shown are Union General Hospital Director of Community Development and Grant Management Claudia Wade, Crime Stoppers Director Cade Nolan and Union General Hospital CEO Dianne Davidson.

International Tasting Tour

Global Sponsor \$1,500 International Sponsor \$1,000 Country Sponsor \$500 City Sponsor \$350 Individual Travelers \$35

FUNDS RAISED TO BENEFIT THE UNION MUSEUM OF HISTORY AND ART

INION

(318) 982-8020

www.unionmuseumofhistoryandart.org

Willie Davis
 Recreation Center
 116 Cox Ferry Rd

Title Sponsor

MAKING PROUD CHOICES

HOSPITAL

2023

6P

THURSDAY





Thank you to the title sponsor of the 60th Annual Louisiana Watermelon Festival, Union General Hospital!

Farmerville Jaycees

Health Data Privacy



QUESTIONS AND/OR CONCERNS- CONTACT PRIVACY OFFICER-TAYLOR BASKIN SMITH COMPLIANCE

OFFICER 318-368-7077 tbsmith@uniongen.org





September Sexual Health Awareness Month

September is **Sexual Health Awareness Month**, and it's an annual occurrence organized by the ASHA to spread awareness and non-stigmatized knowledge towards one's sexual health. It is important to note that **sexual health** can mean different things for each individual and does not stop at avoiding STDs/STIs or unwanted pregnancies. Instead, it extends to the overall health and wellness of individuals, couples, families, and economic & social policies throughout the world. ASHA defines sexual health as having the "ability to embrace and enjoy our sexuality throughout our lives" and recognizing that it is an important aspect of one's physical and emotional health. Being sexualy healthy also includes:

- Understanding that sexual health involves respect, safety, and freedom from discrimination and violence.
- Recognizing that everyone has sexual rights and respecting them (and recognizing them as being part of human rights).
- Making an effort to ensure everyone has access to non-stigmatized sexual health information, education, and care.

- Having secure and good-quality information regarding the topics of sex, sexuality, relationships, and sexual health.
- Living in an environment that promotes sexual health and nonstigmatized knowledge (or creating such an environment for yourself and others).
- Understanding that sexual health is part of life and that it goes beyond sexual activity. This also means recognizing that one does not only have to be in their reproductive years to take an interest in their sexual health.
- Having the freedom to experience sexual pleasure, satisfaction, and intimacy when the individual desires it.
- Being able to openly communicate about sexual health with others. This includes sexual partners, people you trust, and healthcare providers.
- Being aware of how sexual health is influenced by gender norms, roles and expectations, and power dynamics.
- Understanding that sexual health needs to be approached with an understanding of the social, economic, and political contexts.

All-in-all, even though we have come a long way from the past, there are still lots of stigma and myths that surround the topic of sexual health. We must all help in the effort of spreading awareness and take a positive approach towards sexuality, health, and sexual relationships. We must also collectively work together to address issues involved within social, economic, and political aspects. After all, sexual health should be a topic that is free of coercion, fear, discrimination, stigma, shame, and violence.

MAKE AN APPOINTMENT AT UNION GENERAL RURAL HEALTH CLINIC IF YOU NEED TO BE TESTED FOR SEXUALLY TRANSMITTED INFECTIONS (318) 368-9745





September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors and community members unite to promote suicide prevention awareness.







UNION GENERAL RURAL HEALTH CLINIC

1025 Marion Hwy, Farmerville, LA 71241 Phone: (318) 368-9745



Dr. Clayton Branton

OUR SERVICES:

* Women's Health

* Pre-Employment

* Athletic Physicals

* Medicaid Kidmed

* Family Medicine - All Ages



Erin Griffin RN. FNP-C





RN, FNP-C

Tamara McAdams RN, FNP-C



KIDMED PROGRAM

- Child Wellness Exams
- Immunizations
- Developmental Screenings
- * Routine Health Screenings

 Nutrition Assessment
 - Dental Assessment
 - Vision & Hearing Exams
 - Blood & Urine Checks
 - Health Education
 For Medicaid eligible children ages 0-21

WALK-INS WELCOME EVERYDAY

Monday - Wed. 7:30 AM - 6:00 PM Thursday - Friday 7:30 AM - 5:00 PM



July				
July 08	Jessica	Bankston		
July 09	Evelyn	Andrews		
July 10	Maria	Furlough		
July 12	Holly	Farris		
July 19	Wanda	Lonon		
July 28	Jenequa	Jones		





September

		_
September 02	Julie	Duty
September 02	Carrie	Perry
September 04	Marquita	Pitts
September 06	Rhiannon	Miklosey
September 07	Peyton	Anderson
September 08	Michael	Lonon
September 10	Sue	Cash
September 14	Pamela	Hunter
September 16	Juanita	Sanford
September 16	Jennifer	Yelton
September 17	Martika	Owens
September 20	Kimberly	Acree
September 24	Rosanne	Snyder
September 28	Shannon	Ward
September 28	Tamarion	Braggs
September 30	Shelli	Neal

August

August 02	Shana	Taylor
August 02	Alicia	Cain
August 03	Teresa	Delrio
August 08	Lisa	Tipton
August 10	Yevette	Island
August 10	Cristy	Glover
August 12	Courtney	Long
August 13	Maureen	Nobles
August 15	Cally	Miller
August 17	Emily	Love
August 21	Tammy	Hill-Thompson
August 22	Pamela	Mason
August 22	Tamara	McAdams
August 27	William	Adcock
August 28	Taylor	Smith
August 31	Sara	Mason





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.



www.uniongen.org

901 James Avenue, Farmerville, LA 71241

THE POWER OF PRAYER

<u>Mark 11:24</u> Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.

James 5:16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

Philippians 4:6-7 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Ephesians 6:18 Praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,

John 14:13-14 Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. If you ask me anything in my name, I will do it.

John 15:7 If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.

1 John 5:14-15 And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.

<u>1 John 3:22</u> And whatever we ask we receive from him, because we keep his commandments and do what pleases him.

<u>1 John 5:14</u> And this is the confidence that we have toward him, that if we ask anything according to his will he hears us.

<u>Matthew 6:9-13</u> Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

James 1:5 If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

<u>1 Thessalonians 5:17</u> Pray without ceasing,

James 1:6 But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind.

Matthew 6:7 "And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words.

Jeremiah 29:11-15 For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart. I will be found by you, declares the LORD, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, declares the LORD, and I will bring you back to the place from which I sent you into exile. "Because you have said, 'The LORD has raised up prophets for us in Babylon,'

Romans 8:26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

<u>Matthew 7:7</u> "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.



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 acupunture, a practice based on traditional Chinese medicine and performed by acupuncturists. Dry needling is a part of modern Western medicine principles, and supported by research.





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Therapy Services for Pediatrics and Adults

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Therapy Services include:

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WHO: Pre-K through 3rd grade students

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CALL TODAY! 318-368-7092

EASY CHICKEN TIKKA MASALA WITH COCONUT MILK

WWW.TASTEGREATFOODIE.COM



Easy Chicken Tikka Masala is a *hearty* meal that is sure to make your heart and belly happy! Why order in when you can whip up this delicious flavorful meal in no time! A combination of cubed chicken, potatoes, and onions **infused** with spices like curry, coriander, and cumin in a creamy tikka masala simmered sauce. *Protein-packed*, *flavorful, and oh-so-satisfying*!

Served over rice, cozy up and enjoy

a **warm** bowl for days since it makes a perfect left over meal or as a meal prep for the week! Using ingredients you most likely have on hand like chicken, potatoes, onions, and tikka masala sauce jars, you can *whip* this hearty flavor packed meal in no time and skip ordering in. You can choose to **add** mushrooms, peas, bamboo shoots, or colored peppers if you like.

TIPS:

PREPARING CHICKEN TIKKA MASALA

- For added flavor and tenderness if using chicken breast, **marinate** in yogurt.
- **Use** a cast iron skillet if you have one, if not, a regular pan will do.
- You can **cook** them in a pot, instant pot, or crockpot.
- If you want a juicier chicken piece, **use** thighs instead of chicken breast.
- Add or **remove** spices to your liking. This dish tastes great with a zing to it, so feel free to add chili flakes, fresh chili pieces, or cayenne pepper.
- **Garnish** with fresh coriander, shallots, basil, or parsley.

SERVE CHICKEN TIKKA MASALA WITH:

- White basmati or jasmine rice (or rice of your choice)
- Naan or <u>Flat Bread</u> (spread some garlic sauce or garlic and herb sauce on either bread for a perfect combo of flavors)
- A refreshing salad of your choice
- Garlic bread
- Samosas

INGREDIENTS

- 2 lbs chicken breast or chicken tenders cubed
- 4 medium potatoes cubed
- 2 medium onions diced
- ¹/₄ cup <u>olive oil or avocado oil</u>
- 2 15 oz Tikka Masala jars
- 2 13.6 oz canned coconut milk
- 2 Tablespoons ginger and garlic paste
- 3 tablespoons tomato paste
- 2 tablespoons sour cream optional
- 2 tablespoons curry spice
- 1 tablespoon cumin spice
- 2 teaspoons coriander
- salt to taste

INSTRUCTIONS

1. Cube the chickens into 1-inch sized cubes then add into a medium size pot on high heat. Sear for about 5-6 minutes then drain any water released by the chicken then place pot back onto stove top.

2. Add in the diced potatoes, diced onion and sauté' for about 3-4 minutes. Add in the 2 jars of tikka masala sauce, 2 cans of coconut milk, curry spice, cumin, coriander, tomato paste, and sour cream.

3. Allow to boil for a few minutes then simmer for 20- 30 minutes covered. Add salt to taste and enjoy over a warm bed of rice.

<image>

Screening should tipically start at age 30; if the test is negative you should repeat it perdiodically

UNION GENERAL RURAL HEALTH CLINIC 1025 Marion Hwy Farmerville, LA 71241 318-368-9745 www.uniongen.org