



THE CIRCLE NEWS

VOLUME 1, ISSUE 6- APRIL/MAY/JUNE

Hello Circle Members!

I hope this newsletter finds everyone well. As you will see in this quarter's calendar, we have added bowling which I will try to keep on the first Friday of each month pending the Lambricht's schedule. Also, the Senior Expo will be held at the Ruston Sports Complex on April 20th from 7:30AM to 12PM.

I just want to remind everyone that all our activities are of no cost to you to attend. You will also see that we have a bus trip to San Antonio, Texas planned October 9th-October 13th. (See form inside for more information.) I am working on scheduling a cruise or two for next year as well as more bus trips so look for those in future newsletters. Please do not hesitate to call if you have any questions or concerns.

Best regards,

Brandi



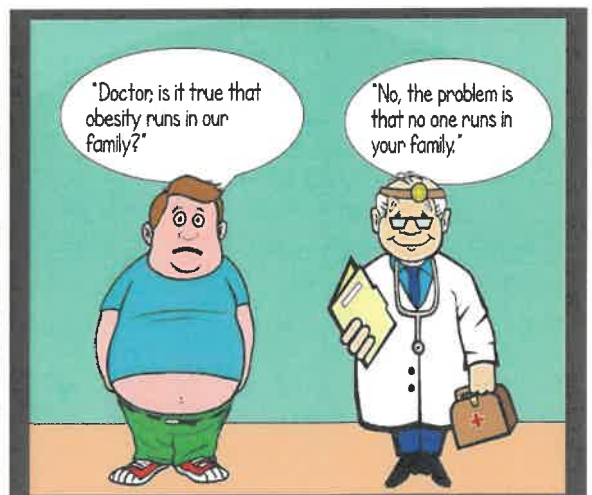
LifeShare
BLOOD CENTER

BLOOD DRIVE DATES

April 20th

June 22nd

**IF YOU WOULD LIKE TO DONATE TO A VERY
REWARDING CAUSE, **QUILTERS FOR
AMERICA'S HEROES**, PLEASE CONTACT **SUZY
BROUSSARD AT 318-243-7779 OR CONTACT
MY OFFICE AT 318-254-7515.**
DONATIONS CAN BE MAILED TO
THE CIRCLE
401 EAST VAUGHN AVENUE
RUSTON, LA 71270**





Allegiance Medical Clinic
of Ruston

YOUR HEALTH IS IMPORTANT



JENNIFER
CALVERT,
MSN, APRN



MARK
BURNS,
MSN, APRN

Our Services

- ✓ Health Care Services
- ✓ Laboratory Testing
- ✓ Diagnostic Imaging
- ✓ Wellness Exams
- ✓ Physicals

WALK-INS
WELCOME

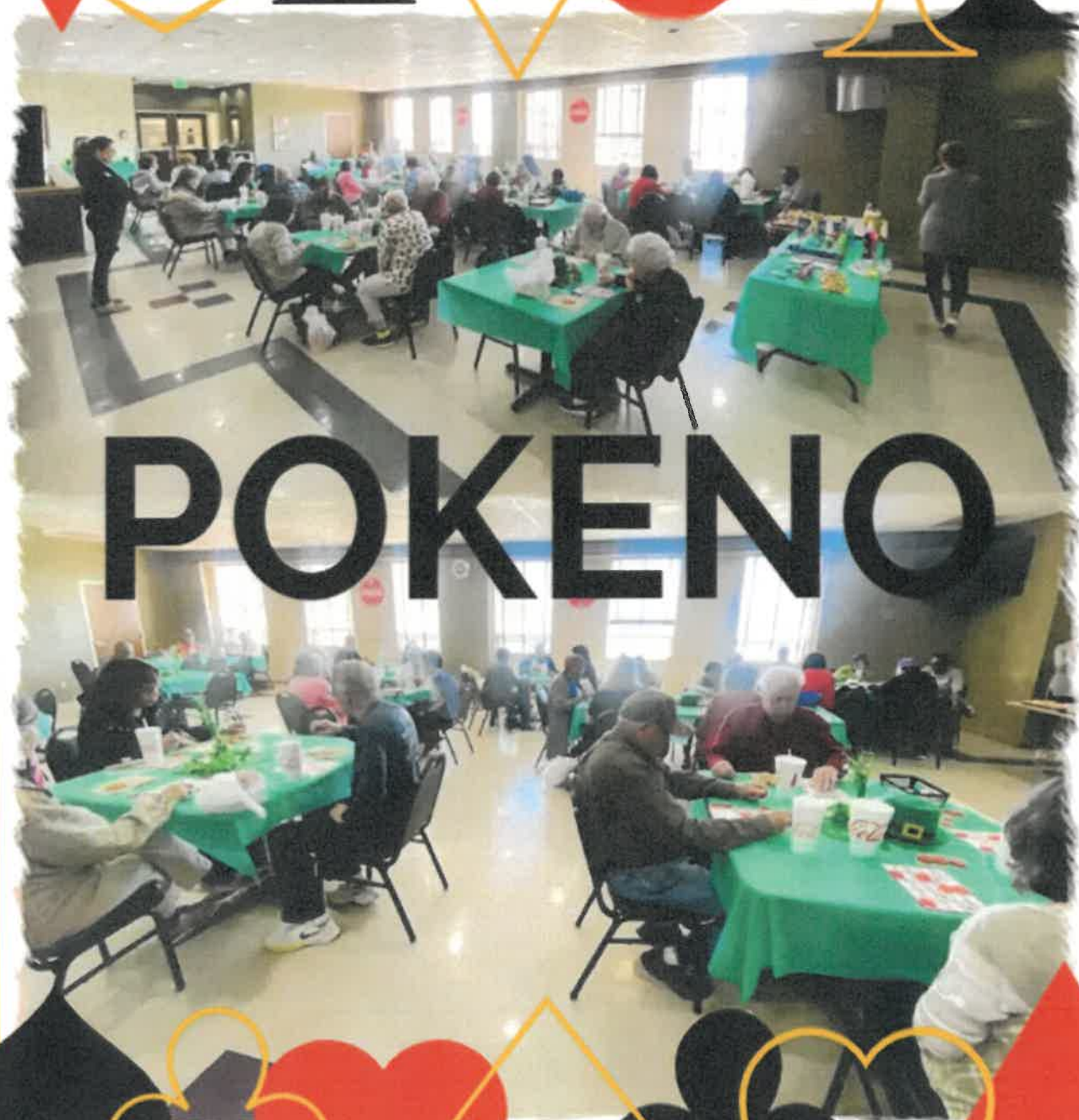
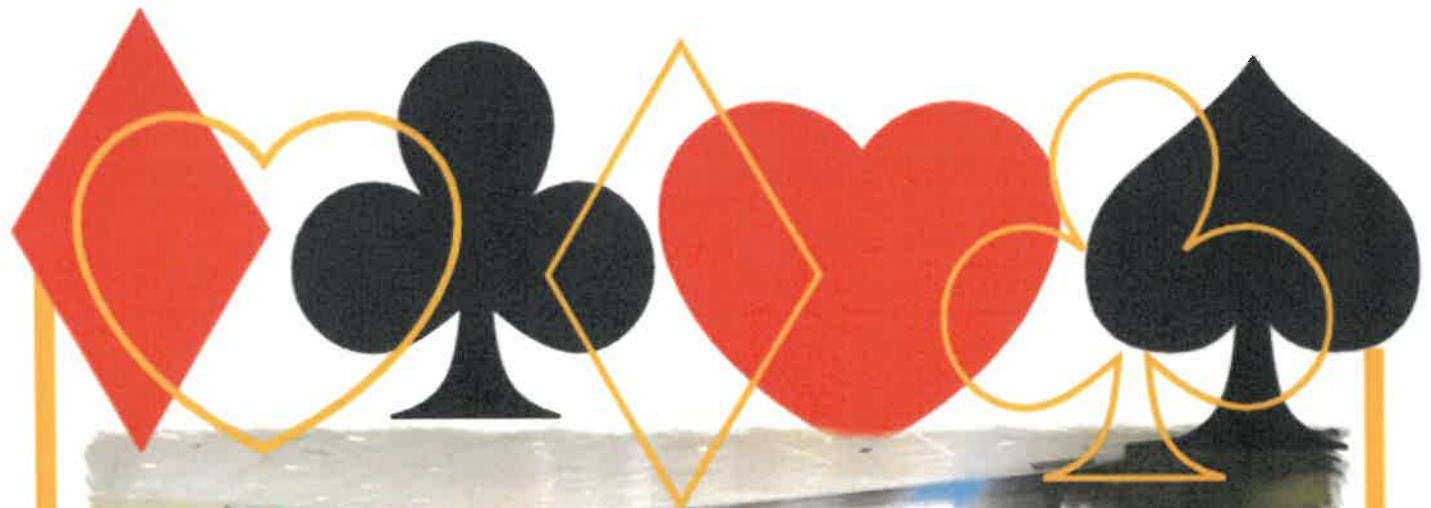
ACCEPTING
NEW
PATIENTS

411 East Vaughn Avenue.
Suite 104
Ruston 71270
Phone: (318) 254-2589



BINGO





POKENO



NORTHERN LOUISIANA MEDICAL CENTER PRESENTS

San Antonio, TX



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 4 nights lodging in the San Antonio area
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ Guided Tour of San Antonio
- ◆ Cruise at San Antonio's famous River Walk District
- ◆ Visit to the famous ALAMO and IMAX Theater presentation: "ALAMO...The Price of Freedom"
- ◆ Visit to the Institute of Texan Cultures and San Antonio Missions
- ◆ Tour of the LBJ Ranch

and much more

\$535*

5 Days 4 Nights

*PER PERSON, DOUBLE OCCUPANCY

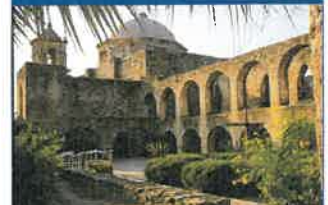
(Mon - Fri)
Oct 9 - 13
2023



Stand where history took place at the Alamo



Relax on a cruise at the famous River Walk



Mission San Jose is one of America's great landmarks



Enjoy the sights and sounds of San Antonio

Departure: Northern Louisiana Medical Center, Ruston, LA @ 8 am

Day 1: Board your spacious, video and restroom equipped Motorcoach and set off for the beautiful city of San Antonio - Home of the Alamo. You'll enjoy a relaxing Dinner before checking into your San Antonio area hotel for a four night stay.

Day 2: After enjoying a Continental Breakfast, your adventure begins with a GUIDED TOUR OF SAN ANTONIO. The tour includes visits to San Fernando Cathedral, the King William Historical District, and El Mercado, an area patterned after an authentic Mexican market. This afternoon you will visit the INSTITUTE OF TEXAN CULTURES. The Institute is devoted to the 26 different cultures that settled Texas. After Dinner, you'll go to the famous RIVER WALK for a SCENIC CRUISE!

Day 3: Enjoy a Continental Breakfast before departing for Fredericksburg, "Jewel of the Texas Hill Country." Start with a visit to the NATIONAL MUSEUM OF THE PACIFIC WAR, including the George Bush Gallery. Here, visitors become quickly engaged in the personal stories of Americans from all branches of the military involved in the Pacific Theatre of World War II. Then, depart for the Lyndon B. Johnson National Historical Park where you will go on a TOUR OF THE LBJ RANCH, and see the "Texas White House." This evening, enjoy a lovely Dinner complete with entertainment.

Day 4: Start the day with a Continental Breakfast. Afterwards, depart for a visit to the SAN ANTONIO MISSIONS NATIONAL HISTORICAL PARK. Experience the "Queen of the Missions" - Mission San Jose, established in 1720. Later, go to the IMAX Theatre at San Antonio Rivercenter to see "ALAMO ... The Price of Freedom." Then, stand where history took place when you visit the buildings and grounds of the ALAMO - "The Shrine of Liberty." This evening, you will relax and enjoy Dinner.

Day 5: Today, after enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive Travel Confident® Protection Plan.
See separate advertisement...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$120 for single occupancy.
Final Payment Due: 8/2/2023

FOR INFORMATION & RESERVATIONS CONTACT:

Brandi Boyd @ (318) 254-7515

Please make checks payable to: Diamond Tours

\$22 Gratuity is NOT included in flyer price.



PLAN BENEFITS INCLUDE:

Trip Cancellation¹: You are covered for your **your unused, prepaid, non-refundable trip costs** in the event you must cancel your trip for a covered reason, such as one of the reasons below.

Trip Interruption¹: This covers the unused portions of your land or water travel arrangements, plus the additional transportation costs paid, if you must interrupt your trip due to a covered reason, such as the following:

Sickness, Injury or Death to you, a traveling companion, a family member, or a business partner

Jury Duty or being required to appear as a witness in a legal action

A Strike that causes your common carrier to cease operations for at least 18 hours

Losing Your Job where you have worked for at least 1 year

Terrorist Attack or Hijack

Inclement Weather that causes your common carrier to cease operations for at least 18 hours

Natural Disaster or Burglary that causes your home to become uninhabitable

Getting into a Traffic Accident on your way to your trip's departure point

¹ Please note that the covered reasons for Trip Cancellation coverage are not identical to the covered reasons for Trip Interruption coverage, and additional terms apply to all covered reasons.

You are covered for the "single supplement" surcharge if your roommate cancels or interrupts for one of the above reasons.

QUESTIONS? CALL 1-855-376-2037	Trip Cost (per person)	Travel Confident® Cost (per person)	RECEIVE THIS BENEFIT!
2 EASY Ways to Signup: INTERNET - Signup at www.travelconfident.com (Internet signup is not available to residents of the State of New York.) MAIL - Give a check to your Group Leader in the amount indicated by the table made out to "Travel Insured International"	Up to \$500	= \$38	ACT NOW so you are eligible for a PRE-EXISTING CONDITION waiver! You must purchase the travel protection plan within 14 days of the date of your initial payment or deposit. Review the complete terms in the exclusion section of your plan document.
	\$501 - \$600	= \$48	
	\$601 - \$700	= \$62	
	\$701 - \$1,100	= \$72	
	\$1,101 - \$1,500	= \$96	
	\$1,501 - \$2,000	= \$132	

Baggage and Personal Effects - Up to a maximum of \$1,000! If your baggage is lost, stolen or damaged!

Medical Expense - Up to a maximum of \$5,000! If you are injured or become ill on the trip. You also are covered for up to \$750 in emergency dental treatment.

Medical Evacuation and Repatriation of Remains - Up to a maximum of \$20,000! Should a severe illness require immediate care and a local hospital cannot meet your needs, this covers the cost to transport you to the nearest hospital where you can receive appropriate treatment. A toll-free call to 1-800-494-9907 starts the arrangements. If you are traveling alone, you are also covered for the air fare of a companion to join you at the hospital (additional terms apply).

24/7 Non-Insurance Assistance Services Included: Lost Baggage Retrieval • Prescription Drug/Eyeglass Replacement

• Medical or Legal Referrals • Emergency Cash Advance • Translation Services • Payment to the Assistance Company is Your Responsibility.

**** TIPS FOR TRAVELERS ****

- Cancel with your Group Leader as soon as you are aware of the need to cancel.
- In the event you need to file a claim, contact Travel Insured International at 1-855-376-2037 as soon as possible. Be prepared to provide proof of payments for all portions of your trip, including the travel protection plan.
- Get detailed medical statements from treating physicians where and when an accident or sickness occurred. Save your receipts, proof of all payments and proof of coverage.
- If you have purchased the Travel Confident Protection Plan, for medical evacuation call the Assistance Company at 1-800-494-9907 or collect at 1-603-328-1707. Be sure to call before you incur any expenses!

* This advertisement contains highlights of the plans, which include travel insurance coverages underwritten by United States Fire Insurance Company under form series T7000 et. al., T210 et. al. and TP-401 et. al. The Crum & Forster group of companies is rated A (Excellent) by AM Best 2020. C&F and Crum & Forster are registered trademarks of United States Fire Insurance Company. The plans also contain noninsurance Travel Assistance Services provided by C&F Services through Active Claims Management (2018) Inc., operating as Active Care Management. Coverages may vary and not all coverage is available in all jurisdictions. Insurance coverages are subject to the terms, limitations and exclusions in the plan, including an exclusion for pre-existing conditions. In most states, your travel retailer is not a licensed insurance producer/agent, and is not qualified or authorized to answer technical questions about the terms, benefits, exclusions, and conditions of the insurance offered or to evaluate the adequacy of your existing insurance coverage. Your travel retailer may provide general information about the plans offered, including a description of the coverage and price. The purchase of travel insurance is not required in order to purchase any other product or service from your travel retailer. Your travel retailer may be compensated for the purchase of a plan. CA DOI toll free number: 800-927-4357, MD Insurance Administration: 800-492-6116 or 410-468-2340. The cost of your plan is for the entire plan, which consists of both insurance and non-insurance components. Individuals looking to obtain additional information regarding the features and pricing of each travel plan component, please contact Travel Insured: 855 Winding Brook Drive, Glastonbury, CT 06033; 855-376-2037; customer@travelinsured.com; California license #0113223.

For Exclusions Please See Reverse Side

Unless otherwise shown below, these exclusions apply to You, Your Traveling Companion, or Family Member scheduled and booked to travel with You.

The following exclusion(s) appl(y)(ies) to the Trip Cancellation and Trip Interruption and Medical Expense.

We will not pay for any loss or expense caused due to, arising or resulting from:

1. a Pre-Existing Medical Condition, as defined in the certificate.

The following exclusions apply to the Medical and Dental Expense benefits.

We will not pay for any loss or expense caused due to, arising or resulting from:

1. routine physical examinations or routine dental care;
2. traveling for the purpose or intent of securing medical treatment or advice;
3. Alcohol or substance abuse or treatment for the same;
4. Normal pregnancy (except Complications of Pregnancy) or childbirth, or elective abortion;
5. a Mental, Nervous or Psychological Condition or Disorder unless Hospitalized or Partially Hospitalized while the certificate is in effect;
6. Your participation in Adventure or Extreme Activities, riding or driving in races, or participation in speed or endurance competition or events, except as a spectator;
7. Your participation in an organized athletic or sporting competition, contest, or stunt under contract in exchange for an agreed-upon salary or compensation. This does not include athletes participating in exchange for a scholarship or tuition.

In addition to any applicable benefit-specific exclusion, the following general exclusions apply to all losses and all benefits.

We will not pay for any loss or expense caused due to, arising or resulting from:

1. suicide, attempted suicide or any intentionally self-inflicted injury of You, a Traveling Companion, Family Member or Business Partner booked and scheduled to travel with You, while sane or insane;
2. being under the influence of drugs or narcotics, unless administered upon the advice of a Physician as prescribed;
3. activities, losses, or claims involving or resulting from possession, production, processing, sale, or use of marijuana, illegal drugs, alcohol or substances are excluded from coverage;
4. war or act of war, including invasion, acts of foreign enemies, hostilities between nations (whether declared or undeclared), or civil war;
5. the commission of or attempt to commit a felony or being engaged in an illegal occupation by You, a Traveling Companion, Family Member, or Business Partner;
6. directly or indirectly, the actual, alleged or threatened use, discharge, dispersal, seepage, migration, escape, release or exposure to any hazardous biological, chemical, nuclear radioactive weapon, device, material, gas, matter or contamination;
7. piloting or learning to pilot or acting as a member of the crew of any aircraft;
8. a loss or damage caused by detention, confiscation or destruction by customs;

The plan also contains exclusions specific to the Baggage and Personal Effects Benefits.

MEDICALLY FIT TO TRAVEL EXCLUSION:

We will not pay any expense as a result of You having been advised in writing that You, Your Traveling Companion, or Family Member scheduled and booked to travel with You are not Medically Fit to Travel at the time of purchase of coverage for a Trip, as defined in the certificate.

If coverage for a Trip is purchased and it is later determined that You, Your Traveling Companion, or Family Member scheduled and booked to travel with You were not Medically Fit to Travel at the time of purchase of coverage for Your Trip, as defined in the certificate, the coverage is void and premium paid will be returned.



Northern Louisiana Medical Center

Good Nutrition

The building blocks of *wound healing.*



Though often overlooked as a factor in wound healing, good nutrition is an extremely important part of the healing process. Wounds must be well-fed to heal, requiring increased amounts of calories, protein, water and specific vitamins and minerals.

During the healing process, the body requires an increased need for both energy and protein to heal wounds. Poor nutrition before and/or during wound treatments may slow or delay the rate of healing.

Because nutrition is so vital to wound healing, nutritional assessments are an important part of what we do. Patients visiting our wound centers receive a nutritional evaluation as a part of their wound care assessment, and dietary changes are recommended to promote healing.

Wound care is essential: Taking care of your wound is taking care of your health. To refer a patient or schedule an appointment, call:

318-255-6946

You may be at risk for nutrition-related problems if you have experienced or are experiencing any of the following:

- You have unintentionally gained or lost 5% or more of your body weight in the past month or 10% in the last 6 months.
- You have a chronic disease such as heart or kidney disease.
- You have a stomach or intestinal tract disorder that interferes with absorption of nutrients.
- You have tooth or mouth disorders that interfere with eating or chewing.
- You take more than 3 medicines, including over-the-counter drugs.
- You are a person with diabetes and unable to control your blood sugar.
- You are suffering from depression.

Address: 411 East Vaughn Ave, Suite 205, Ruston, LA 71270



Merchant Sponsors Discounts

Log Cabin

***1906 Farmerville Hwy
Restaurant
10% off
318-255-8023***

Sundown West

***111 Park Ave
Restaurant
10% off
318-255-8028***

El Jarrito

***306 W. California & 704
Celebrity Drive
Restaurant
10% off meals and soft drinks
318-251-0600***

The Avenue Christian Bookstore

***207 N. Service Rd. E.
10% off all non-sale items & free
imprint with purchase of a bible
318-255-0515***

National Jewelry Company, Inc

***101 Reynolds Drive
Fine jewelry
10% off all purchases (Repairs
not included)
318-255-3906***

SpeedDee Oil Change & Tune-Up

***315 N. Service Rd. E.
10% off all services
318-242-0034***

Classic Designs

***106 N. Vienna
Embroidery and Personalized Gift
Shop
10% off all purchases
318-242-0035***

Service Cleaner

***307 W. Alabama
Dry Cleaning
10% off all dry cleaning
318-255-2603***

The Frame Up

***102 N. Vienna
20% off all framing and art work
318-255-7776***

Barnes Studio

***500 North Bonner
Custom Portrait Session of your
choice
Value \$75.00
(Family, Grandchildren, yourself,
etc.)
318-255-5568***

ACME GLASS AND MIRROR
1720 Farmerville Hwy
Glass Repair and Replacement
Windshield rock peck repairs only
\$25 - \$10 for each additional one
on the same vehicle – Regular
price \$40
%15 off any purchase
Excludes sale items, items covered
by any other promotion and
commercial items
Free pick-up and delivery for any
vehicle glass replacement
50% off windshield wipers with
windshield purchase
318-255-5798

FanBase
110 Park Avenue
ALL Tech Gear ALL the Time
10% off everyday
318-202-5614

Audibel The Hearing Center
1221 Farmerville Highway
Hearing Tests & Hearing Aids
20% discount on Hearing Aids
& Batteries
318-251-1272

White Lightning
Cocktails & Culinary
704 Celebrity Drive
Restaurant/Bar
10% discount on food
318-202-3674

A special Thank You
to all of our Circle
Merchant Sponsors!



APRIL 2023

Please RSVP to activities you plan to attend! 254-7515

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 
2  PALM SUNDAY	3 	4 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	5 Book Exchange NLMC Gift Shop 9:00 -11:00 am	6 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	7 Circle Bowling canceled due to being closed for Easter	8 
9  HAPPY EASTER!!	10 	11 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	12 Book Exchange NLMC Gift Shop 9:00 -11:00 am	13 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	14 Super Bingo!! 2pm NLMC Cafeteria Refreshments & Lots of Prizes	15 
16 	17 Super Pokeno!! 2PM NLMC Cafeteria Refreshments & Lots of Prizes	18 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	19 Book Exchange NLMC Gift Shop 9:00 -11:00 am	20 SENIOR EXPO AT RUSTON SPORTS COMPLEX 7:30AM-12PM *NO EXERCISE CLASS *BLOOD DRIVE*	21 Outing to Celebrity Theatres Noon!! Viewer's Choice Check Show times Online	22 
23 	24  NATIONAL PIGS IN A BLANKET DAY	25 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	26 Book Exchange NLMC Gift Shop 9:00 -11:00 am	27 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	28 Health Talk Kristy & Leah with LOPA Topic: Donate Life Month 11:30am NLMC Cafeteria	29 



MAY 2023

Please RSVP to activities you plan to attend! 254-7515

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	3 Book Exchange NLMC Gift Shop 9:00 -11:00 am	4 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	5 Circle Bowling Tech Bowling Alley 2pm Please let me know if you plan to attend!	6 
7 	8 	9 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	10 Book Exchange NLMC Gift Shop 9:00 -11:00 am	11 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	12 Super Bingo!! 2pm NLMC Cafeteria Refreshments& Lots of Prizes	13 Happy Leprechaun Day! 
14 	15 Super Pokeno!! 2PM NLMC Cafeteria Refreshments& Lots of Prizes	16 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	17 Book Exchange NLMC Gift Shop 9:00 -11:00 am	18 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	19 Outing to Celebrity Theatres Noon!! Viewer's Choice Check Show times online	20 ARMED FORCES DAY 
21 NATIONAL + American Red Cross FOUNDER'S DAY	22 	23 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	24 Princeton Place Fish Fry for Circle members! Bring a friend! Princeton Place 11:30am	25 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	26 Health Talk with Restorix Topic: How to do a 3 minute foot exam and the importance of it. 11:30am NLMC Cafeteria	27 INTERNATIONAL JAZZ DAY 
28 	29 Memorial Day	30 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	31 Book Exchange NLMC Gift Shop 9:00 -11:00 am			



JUNE 2023

Please RSVP to activities you plan to attend! 254-7515

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	2 Circle Bowling Tech Bowling Alley 2pm Please let me know if you plan to attend!	3  National Trails Day! Take a Hike.
4  Hug Your Cat Day!	5  HOT AIR BALLOON DAY	6 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	7 Book Exchange NLMC Gift Shop 9:00 -11:00 am	8 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	9 Super Bingo!! 2pm NLMC Cafeteria Refreshments& Lots of Prizes	10  NATIONAL ICED TEA DAY
11  CORN ON THE COB DAY	12 Super Pokeno!! 2PM NLMC Cafeteria Refreshments& Lots of Prizes	13 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	14 Book Exchange NLMC Gift Shop 9:00 -11:00 am	15 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	16 Outing to Celebrity Theatres Noon!! Viewer's Choice Check show times online	17 GLOBAL GARBAGE MAN DAY 
18  HAPPY FATHER'S DAY	19  JUNE TENTH FREEDOM DAY	20 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	21 Book Exchange NLMC Gift Shop 9:00 -11:00 am first day of SUMMER!!	22 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA *BLOOD DRIVE*	23 Health Talk w/Kipp Franklin, Office of Homeland Security & Emergency Preparedness 11:30AM NLMC Cafeteria	24  GREAT AMERICAN PICNIC
25  DAY OF THE SEAFARER 25 JUNE	26  Forgiveness Day	27 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	28 Book Exchange NLMC Gift Shop 9:00 -11:00 am	29 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA	30  HAPPY NATIONAL FOOD TRUCK DAY! EAT AT A FOOD TRUCK DAY!	