



THE CIRCLE NEWS

VOLUME 1, ISSUE 16 – OCTOBER, NOVEMBER, DECEMBER 2025

Dear Friends,

It is always a joy to stay connected with each of you through this newsletter but seeing each of you in person is what makes my heart smile. I hope this newsletter finds you well. Here are the updates and reminders you will want to know about this quarter.

Starting this quarter, Circle Newsletters will be uploaded to the Northern Louisiana Medical Center website. They will be available on the 1st day of each new quarter. If you would still like to receive a printed version by mail or would prefer to receive your newsletter by email, please contact me and let me know your preference.

You may reach me by phone at (318) 254-7515 or by email at Brandi.Johnson@ahmgt.com. Over the next few months, I will be out of the office frequently with fall events, Savannah bus trip, and holiday activities, so please leave me a voicemail or email me your information. I will be happy to add you to the new mailing list.

I am also excited to share some travel opportunities:

- ❖ Branson Bus Trip – Scheduled in April 2026. (Please see the enclosed flyer for more details.) Deposit payment due date: December 13th *Spots are limited & will fill quickly!*
- ❖ Cruises for 2026 – Two wonderful adventures are planned:
 - ❖ Alaska with Princess Cruises in May
 - ❖ The Greek Isles with Royal Caribbean in October

If you are interested in either trip, I will gladly provide more information. Simply reach out, and I can send you trip packets by mail or email.

Kindly remember to RSVP for any Circle events you plan to attend. Our program continues to grow and flourish, and timely RSVPs help us ensure proper preparation and provide the best possible experience for all participants. It also allows us to communicate promptly in the event of unforeseen changes, updates, or unexpected cancellations.

As we approach the holiday season, I want to wish each of you a healthy and happy holiday. Please know that if there is ever anything I can assist you with, I am just a phone call or email away.

Warm regards,

Brandi Johnson
Circle Advisor



BLOOD DRIVE DATES
November 5th



VOLUNTEERS NEEDED!

Are you looking for a meaningful way to give back to your community? The Auxiliary at NLMC is looking for volunteers to assist our staff, visitors, and patients. If you would like more information, feel free to call my office.

(318) 254-7515



NLMC Center for Wound Healing and Hyperbarics “Goes Pink” for Breast Cancer Awareness Month

This month, the NLMC Center for Wound Healing is “going pink” in support of local breast cancer survivors and in honor of those the community has lost to the disease.

“Breast cancer has affected many of our lives,” states Dorothy Ramsey, RN, WCC. “In fact, there are more than 4 million breast cancer survivors in the United States. This includes those who are undergoing treatment and those who have completed it.”

Breast cancer treatments have continued to improve as a result of research and funding, and can include surgery and radiation. While these treatments are often successful in eliminating the cancer, they can have long-lasting effects months or even years after treatment has concluded.

“While there are many ways to support breast cancer survivors, our center is committed to improving their quality of life through wound care. NLMC’s wound center specializes in treating non-healing surgical wounds, compromised skin grafts or surgical flaps, and wounds associated with radiation occurring as a result of cancer treatment. One method used in the center is hyperbaric oxygen (HBO2) therapy. This therapy is indicated by the Undersea and Hyperbaric Medical Society as a treatment for a variety of cancer-related complications. Many studies and clinical trials have demonstrated the benefits of HBO2 therapy in treating these complications.

During the course of treatment, 100% pure oxygen is breathed inside a pressurized chamber, helping blood to carry more oxygen to organs and tissues. HBO2 therapy works by increasing oxygen levels in damaged tissues, stimulating the growth of new blood vessels, and enhancing immune cell function. These are all important factors that contribute to wound healing and increase the quality of life in patients.

If you or a loved one has, a non-healing wound related to breast cancer or cancer treatment, wound care is essential. Call NLMC Center for Wound Healing at (318) 255-6946 for more information. No referral required.

NORTHERN LOUISIANA MEDICAL CENTER PRESENTS

Branson Show Extravaganza



INCREDIBLE PRICE INCLUDES:

- ♦ Motorcoach transportation
- ♦ 4 nights lodging in the Branson area
- ♦ 8 meals: 4 breakfasts and 4 dinners
- ♦ Admission to 6 Fabulous Shows! Including:
- ♦ Three Morning Shows: SPIRIT OF AMERICA SHOW, DOUG GABRIEL MORNING SHOW & BEACH BOYS: CALIFORNIA DREAMIN'
- ♦ Three Evening Shows: THE HAYGOODS SHOW, EDGE OF ILLUSION featuring REZA & "DAVID" Show at the Sight & Sound® Theatre
- ♦ Visit to BRANSON LANDING

and much more

\$679*

5 Days 4 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)
Apr 13 - 17
2026



"DAVID" Show at the Sight & Sound® Theatre



BEACH BOYS: CALIFORNIA DREAMIN'



SPIRIT OF AMERICA SHOW



THE HAYGOODS SHOW

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

Day 1: Board your spacious, video and restroom equipped Motorcoach and set off for the "Live Music Show Capital of the World" - Branson, Missouri. This evening you'll enjoy Dinner and check into your Branson area hotel for a four night stay.

Day 2: Today, after a Continental Breakfast, you will experience the SPIRIT OF AMERICA SHOW. This spectacular show will feature an ensemble of talented performers as they take audiences on a music tour through the country's rich history and diverse musical heritage. From the patriotic anthems that have defined the nation's spirit, to timeless country hits, classic rock, and chart-topping pop tunes, this show is a celebration of the music that has brought Americans together for generations. Next, visit HISTORIC DOWNTOWN BRANSON, with old-fashioned charm, novelty shops, and restaurants. After Dinner, you will be dazzled by THE HAYGOODS SHOW. This energetic family boasts a soaring array of musical talents, with roots in Americana country rock and musical passions from Motown to the Beatles and more.

Day 3: After enjoying a Continental Breakfast, you'll start your day with the DOUG GABRIEL MORNING SHOW. This good, clean, family show has lots of variety. It has a talented cast, rib-tickling comedy and a terrific ensemble of musicians. Plus, Doug plays his World Famous Mufftar (a guitar made out of a 1969 Thunderbird muffler)!!! Later, you'll have some free time for shopping. Next, you will enjoy relaxing Dinner. Tonight, take in the show EDGE OF ILLUSION featuring REZA. In addition to the grand scale mega illusions and spectacular production elements, Reza infuses masterful comedic timing and numerous interactive & inspirational moments, allowing audience to experience the magic first hand.

Day 4: After a Continental Breakfast, depart for the BEACH BOYS: CALIFORNIA DREAMIN' show. This show takes the audiences on a musical journey to the West Coast beaches of the 1960s! Enjoy all of your favorite Beach Boys hits as the talented cast delivers these classic songs with an authentic style. Then, you will go to BRANSON LANDING and discover waterfront shopping, dining, and attractions on Lake Taneycomo's beautiful waterfront. Next, you will enjoy relaxing Dinner. Tonight, Sight & Sound Theatres invites you to experience the "DAVID" Show. Master Poet. Fearless Warrior. Anointed King. After unprecedented victories lead to devastating failures, this passionate warrior will face the biggest battle of all: the one within himself. Experience one of the most legendary Bible stories as it comes to life!

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

ADD SOME 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 \$155 for single occupancy.
Final Payment Due: 2/6/2026

FOR INFORMATION & RESERVATIONS CONTACT:

Brandi Johnson @ (318) 254-7515
Please make checks payable to: Diamond Tours





OCTOBER 2025

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|--|---|----------|
| | | CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA | 1 Book Exchange NLMC Gift Shop 9:00 -11:00 am | 2 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA | 3 | 4 |
| 5 | 6 | 7 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA | 8 Book Exchange NLMC Gift Shop 9:00 -11:00 am | 9 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA Fall Festival Princeton Place 2-4 PM | 10 Super Bingo!! 2pm NLMC Cafeteria Refreshments& Lots of Prizes | 11 |
| 12 | 13  Circle Bus Trip- Office Closed | 14  EXERCISE CLASS Circle Bus Trip Office Closed | 15  Circle Bus Trip- Office Closed | 16  EXERCISE CLASS Circle Bus Trip Office Closed | 17  Circle Bus Trip- Office Closed | 18 |
| 19 | 20 | 21 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA | 22 Book Exchange NLMC Gift Shop 9:00 -11:00 am AUXILIARY FALL LUNCHEON | 23 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA | 24 Health Talk: Staci with ACG Hospice Topic: Hospice 11:30AM NLMC Audubon Room | 25 |
| 26 | 27 | 28 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA | 29 Book Exchange NLMC Gift Shop 9:00 -11:00 am | 30 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA | 31  | |



NOVEMBER 2025

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|--|--|---|----------|
| | |  THANK YOU VETERANS ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ | | | | 1 |
| 2 | 3 | 4 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA | 5 Book Exchange NLMC Gift Shop 9:00 -11:00 am BLOOD DRIVE 12 PM – 5 PM | 6 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA <u>Quilters for America's Heroes Presentation</u> NLMC @ 2pm | 7 Honoring Our Heroes Celebration Ruston Sports Complex 11 AM | 8 |
| 9 | 10 | 11 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA  HAPPY VETERAN'S DAY! | 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 CIRCLE EXERCISE CLASS 10AM NLMC CAFETERIA | 21 Outing to Celebrity Theater! Theater Manager's Choice Viewing Time: 10 AM | 22 |
| 23 | 24 | 25  EXERCISE CLASS | 26  BOOK EXCHANGE Gift Shop Closed | 27 | 28  Happy Thanksgiving | 29 |
| 30 | | | | | | |



DECEMBER 2025

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 | 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 |
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| 28 | 29  | 30  EXERCISE CLASS | 31  | | | |