

Something for Everyone

FORREST GENERAL HOSPITAL

EMPLOYEE Artisan MARKET

Monday, November 20

7 a.m. – 5:30 p.m.

Forrest General
Hospital's Cafeteria

Tree Rooms

6051 U. S. Highway 49

Hattiesburg

FREE ADMISSION

Join Spirit of Women for
Forrest General Hospital's second
Employee Artisan Market — the

perfect opportunity to stock up on homemade
Thanksgiving goodies and handcrafted Christmas gifts!
Everything will be made by Forrest General Hospital's
talented employees. Some of the items that will be
available are: pies, cakes, aprons, soy candles, bath items,
jewelry, wreaths, wine glasses, doorhangers, badge reels,
calligraphy and art pieces, photography, decorative items,
and much more!

These talented Forrest General employees will showcase
their handiwork: Amanda Broom, Haley Bush, Matt
Bush, Elizabeth Carley, Susan Graham, Kim Guilbeau,
LaSandra Pace, Jonna Peters, Judy Pierce, Michele Rowe,
Jennifer Sullivan, Rebecca Swanson, Sarah Townsend,
Janna Tyler, Becky Walker, Kelsey Walters, Kay
Williamson, and Shelby York.

Each booth will be collecting payments for their items, so
a variety of payments may be accepted. There is also an
ATM located in the hospital's lobby for your convenience.

CABERNET SAUVIGNON SPAGHETTI SAUCE



Ingredients:

- 1 tablespoon olive oil
- 1 small onion, peeled and diced
- 1 small garlic clove, minced
- 1 cup sliced mushrooms
- 1 lb. ground beef (85 percent lean)
- ½ cup cabernet sauvignon wine
- 1-½ cups canned crushed tomatoes
- 1 tablespoon tomato paste
- ½ teaspoon crushed dried oregano
- ½ teaspoon salt
- ¼ teaspoon smoked paprika
- 1/8 teaspoon pepper
- 4 oz. spaghetti, cooked just until tender

Directions:

Heat oil in large skillet over medium heat. Add onion, garlic and mushrooms. Cook for 5 minutes, stirring occasionally. Add ground beef and break up with wooden spoon. Cook, stirring frequently, until beef is browned, about 2 minutes. Pour off any fat. Add wine to skillet. Increase heat to high and cook, stirring frequently for 3 minutes, or until wine is reduced by half. Reduce heat to low. Add crushed tomatoes, tomato paste, oregano, salt, paprika and pepper. Simmer 10 minutes for flavors to blend. Serve over spaghetti.

Makes 4 servings (1-cup sauce and about ½-cup cooked spaghetti)

Nutritional information:

Per serving: 390 cal | 15g total fat
26g protein | 30g carbs
67mg cholesterol | 529mg sodium
3 grams dietary fiber

For more healthy recipe ideas, visit
our health and wellness website:
forresthealth.spirithealth.com.



Do you want to join Spirit of Women? Do you need a new keytag?
Do you need to update your address? Simply call Spirit of Women
at 601-288-4968 or go online to forrestgeneral.com.

HOURS for Forrest Health Engagement Center/Spirit of Women
phone line: Monday – Friday, 8 a.m. – 5 p.m.

In the News

New Patient Navigation Program empowers patients at Forrest General Hospital's Cancer Center

Forrest General Hospital has launched a new Patient Navigation Program as part of their services at the Forrest General Cancer Center.

The oncology patient navigator, Ellen Holbrook, RN, provides individualized, patient-centered care for cancer patients. Holbrook helps to identify barriers to care and works to eliminate them by providing education and referrals to ancillary or community resources.

"As the oncology patient navigator, I am here to help our patients find solutions to those barriers and make sure they have the best experience through their cancer care. For example, patients may be uninsured or underinsured. Some patients may have cultural or language barriers; there are financial and transportation barriers, as well. Sometimes there are social issues to combat such as a patient who does not have a good



Ellen Holbrook, RN
oncology patient navigator

support system at home through friends or family," said Holbrook.

The oncology patient navigator provides many services to patients such as accompanying them to appointments with their physicians. Often patients may become overwhelmed by the volume of health information they receive, making it difficult to remember the information after the appointment. The oncology patient navigator can be available during appointments to offer support and afterwards to explain or answer any questions.

Holbrook said, "The goal of this program is to help guide patients and their loved ones through our complex healthcare system. I hope it will help them to become empowered and able to take control of their care through this whole experience."

A patient must have a cancer diagnosis and a recommendation for treatment to meet with the oncology patient navigator, but no referral is necessary to make an appointment.

For more information about the Patient Navigation Program or the Forrest General Cancer Center, visit forrestgeneral.com.

Something for Everyone!



Girl Talk • Tuesday, November 7 • 6 – 7:30 p.m.
Southern Oaks House and Gardens, 1246 Richburg Road
Girls ages eight through 11, along with an adult, are invited to hear Dr. Katherine P. Alexis, Hattiesburg Clinic family practice physician, as she helps unravel the mysteries about physical and emotional changes during adolescence. Cost for one adult and one child is \$20 for Spirit of Women members, \$30 for non-members and \$5 for each additional child. A light dinner is included. Deadline to register is Friday, November 3. Call Spirit of Women at 601-288-4968, or visit forrestgeneral.com/classes-events.

disentangleAD Caregiver Conference

Friday, November 10 • 8 a.m. – 4 p.m. • The Peck House
disentangleAD is a non-profit offering financial assistance to caregivers of Alzheimers patients. The event is free for personal caregivers. CEUs will be available for professionals who pay a registration fee for the event. Registration for the conference is available on Eventbrite.com. E-mail info@disentangleAD.com or call 601-579-5016 to request a registration link. Further information, including how to apply for funds, is available at www.disentangleAD.com.

16th Annual Shop Petal First

November 16 – 18 • Petal, MS

Kick off the holiday season with the 16th Annual Shop Petal First. Over 50 participating merchants will be offering specials and unique door prizes. Enter the Grand Prize drawing for \$500 cash and the Elfie Selfie contest for a \$250 cash prize!

Affordable Care Act Seminar

Tuesdays, November 7 & 21 • 10 a.m.

106 Madison Plaza, Suite A, Hattiesburg

Forrest General is hosting free educational sessions to explain how those who are uninsured can qualify for low-cost, high quality health insurance under the Affordable Care Act. The seminar is presented by CMO Insurance Agency, a division of Forrest General Hospital and Hattiesburg Clinic. For more information or to reserve a place at the event, visit forrestgeneral.com.

Medicare Informational Session

Tuesday, November 28 • 10 a.m.

106 Madison Plaza, Suite A, Hattiesburg

Information will be shared about Medicare, Medicare Supplemental Plans, Medicare Advantage Plans, Medicare Prescription Drug Plans, and how to enroll in the plan of your choice. This free seminar is presented by CMO Insurance Agency, a division of Forrest General Hospital and Hattiesburg Clinic. For more information or to reserve a seat, contact Jennifer Prather at 601-288-8119.

The Social Spotlight

A Month of Gratitude

Thanksgiving is the time of year when our hearts and minds turn to that gentle recognition, rediscovery, or remembering of the simple abundance around us—gratitude. Gratitude is the choice to focus on the good instead of the negative in our lives, and there is scientific proof that people who adopt an attitude of gratitude are not only happier, but also healthier. For tips on how you can practice gratitude and how it can improve your health, visit blog.forrestgeneral.com.



Fitness for Two Classes



Fitness for Two classes are led by Madalene Daniell. Classes are held in the Spirit of Women Conference Room at 28th Place. Pregnancy Exercise and Mommie and Me costs \$5 for one session or \$30 for six classes. Coach's Corner costs \$10 for the one time class per couple/team. To contact Madalene Daniell, call 601-264-2210 or e-mail fitness4two@daniellmotors.com.

**Bumps to Babies:
Postpartum Support**
Resumes in January

Coach's Corner
November 13
6:30 – 8:30 p.m.

The First Year
Meets Wednesdays
November 1, 8
10 – 11:30 a.m.

Family Night
November 14 & 16
6 – 7:30 p.m.

Just Movin'
Meets Mondays
November 6
10 – 11:30 a.m.

The Toddler Years
Meets Tuesdays
November 7
10 – 11:30 a.m.

Pregnancy Exercise Class
Meets Mondays
November 6, 20, 27
5 – 6:30 p.m. & 6 – 7:30 p.m.
November 13
5 – 6:30 p.m. only

C.A.R.E.ing Expressions Gift Shop is Online and Delivers!



Do you have a sick loved one in the hospital or a friend who has recently had a baby? Take a few minutes to brighten their days with a gift from C.A.R.E.ing Expressions! Flowers, candy, cards and balloons all make great, "Get Well Soon," gifts, or think outside of the box with candles, scarves, or other décor and beauty items from the gift

shop. The best part is that you don't even have to leave your desk at work or leave the house! Shop online at giftshop.forrestgeneral.com to find everything you need and have it delivered anywhere in the hospital at no extra charge!



SPIRIT OF WOMEN MONTHLY DRAWING

All Spirit of Women members are entered into a drawing for a \$50 gift card to be used at C.A.R.E.ing Expressions.

**Congratulations to our October winner,
Sara Robertson of Hattiesburg!**



The Family Birthplace Classes



Classes are held in the Spirit of Women Conference Room at 28th Place which is located at 421 South 28th Avenue. All classes are free if delivering at Forrest General.

Childbirth Preparation Courses
Thursday, November 2, 9 • 6 – 8:30 p.m.

Saturday Childbirth Preparation Course
Saturday, November 4 • 9:30 a.m. – 3:30 p.m.

Breastfeeding Class
Tuesday, November 28 • 6:30 – 8 p.m.

To attend events listed above, please register by calling Spirit of Women at 601-288-4968, unless otherwise noted, or register online at forrestgeneral.com. Visa, Mastercard and American Express accepted. Hours are 8 a.m. – 5 p.m., Monday through Friday. Voice mail is always available!

Rewards Partners

The Abbey Spa: 15% off spa services

Accents Fine Home Interiors and Gifts: 10% off

NEW! Anatomies Family Fitness: \$100 off joining fee

Anderson Design Center: 10% off regular priced merchandise and additional 5% off sale priced merchandise. Excludes countertops.

Artie Rawls Photography: Free 8x10 with purchase of Specially Priced Collections

Ashley's Sporting Goods: 10% off, some exclusions

Bella Salute Day Spa: 10% off single spa service

Blooms: 10% off all purchases

Bop's Frozen Custard: 10% discount

Brookside Barn: \$100 credit toward "Extra Charms"

C.A.R.E.ing Expressions Gift Shop: 15% discount

Cigi's Hair Salon: Free Redken deep fuel conditioning treatment with chemical purchase

Classic Concepts: 15% off country food items

Community Bank: Special Account for Spirit of Women Members Direct Checking. Minimum Balance to open \$50. Service Charge \$6 a month with direct deposit. Free online banking with bill pay, Free use of any ATM. Member FDIC.

Corner Market Cafe: Free coffee with purchase of sandwich or wrap

Dance Fantasy: 10% discount, some exclusions

Dermatology South: 10% off retail products and aesthetician services

Designing Hair Salon: 10% discount on services

Delta World Tire: 15% off automotive service

Downtown Tonsorial Parlor: 15% off Aveda hair and skin care products, 20% off Aveda cosmetics

Eve Marie's Boutique: 10% discount

Express Oil Change: \$5 off oil change, 10% off mechanical work

Forrest Paper Company: 10% discount on one item

Four Seasons Florist: 10% upgrade

Frances A. Karnes Center for Gifted Studies: 15% off

Frey Photography: No sitting fee

Funky Shoes Hattiesburg: 10% off

Giggles: 10% discount on regularly-priced items

Glory Bound Gyro Co.: 10% discount excluding alcohol

Gourmet & More: 15% discount, some exclusions apply; 25% off on your birthday

Gracie Jiu-Jitsu of Mississippi: 25% off

Guess Gallery & Gifts: 20% off of framing

Hair Solutions: 10% discount on all services

Healthy Living Products: 10% off air and water purifiers and health products

Heritage Lawn and Garden: 10% off shade trees

Hub City Scrubs and Uniforms: 10% off

J. Allan's: 20% off purchase

J. Olive Co.: 10% off regularly-priced items

Java Werks Coffee & Tea: 10% off purchase

Jody's Bakery and Catering: 10% off purchase

The Kitchen Table: 10% off cooking classes

Lenny's Sub Shop: 10% discount on member's meal

Lights Jewelers & Gemologists: 10% discount off Mississippi Snowball® Collection

Rewards Partner Highlight: Tish Gammill Home

Holiday Open House | Monday, November 27 • 10 a.m. – 6 p.m.

Join us for our Holiday Open House! Hazen Jewelry will be here for a Trunk Show with their Fall and Winter Collections. Enter to win a FREE piece of AnnieGlass — no purchase required! Spirit of Women Members receive 10% off.



HAZEN & CO.
EST. 2002

TISH GAMMILL HOME

TISH GAMMILL INTERIOR DESIGN, LLC

3820 Hardy Street, Hattiesburg • 601-264-3326

Lil Tire Shop: 10% discount on labor services

Main Street Books: 10% discount, some exclusions

Material Girls: 10% off clothes and shoes

McB's: 10% off regularly-priced items

McKenzie's on Main: 15% discount

Mr. Transmission: 15% off, exclusions apply; transmission fluid changes \$49.95 (reg. \$89.95)

Mugshots Grill & Bar: 10% off entrees

Newpointe Pharmacy: 10% off on cards and candles

Occasions: 10% discount, some exclusions apply

Optometric Clinic, PA: 20% discount on a complete pair of eyeglasses with exam

Osher Lifelong Learning Institute: Sign up for fall classes now. Call 601-264-2780.

Parris Jewelers: 10% off any purchase over \$100 (excluding special orders or sale merchandise).

PhotoArts Studio: 10% discount

Pine Grove's Books and Gifts: 10% discount, some exclusions apply

Pro Travel Agency: \$50 off select 7-night air and land vacations

Pure Barre Hattiesburg: 10% off all class packages and 15% off all retail

Pure Performance Gym & Fitness: One-month free with bank draft sign-up

Rainbow Travel: \$50 off any 5-night or longer ski package

Seasoned With Love: 10% discount

The Shady Lady and White Willow: 10% discount

Slap Scrappy: 10% discount, sale items excluded

Southern Art by Donna Woods: 10% off murals and faux finishes

Southern Oaks Florist: 10% discount on custom bride's bouquet or fresh floral arrangement

Southern Tire Mart: 10% off all tires and service

Sparta Spring Waters: 20% off home and office setup fee, and 10% off on all cases of water.

Strick's: \$1 off any BBQ plate on the menu, including the buffet

The Studio: 10% off Aveda products

Taylor Rental: 15% off homeowner equipment

Treasured Memories – Personalized Gifts and Party

Favors: 10% off first order of personalized candy wrappers

Twelve Oaks Accessory: 10% off total purchase

Walnut Square Pharmacy: 10% discount on gifts, excluding Mustard Seed

Westside Studio: 10% off all framing

The Yoga Room: First class FREE

Tish Gammill Home: 10% off

YumYum Bubblegum Handstamped Jewelry: Code SOW2017 for 15% off at yumyumbubblegum.etsy.com.

Zen Garden Massage Spa: 20% off

COLLINS

Mitchell Family Farm, LLC: 10% off

The Galleria Children's Boutique: 10% off, exclusions apply

COLUMBIA

Say It With Flowers: 15% off

PETAL

At Home Massage Therapy & Spa: 20% discount

Traci Goodwin Photography: \$10 off session fee, exclusions apply

Vaughn Wilson Photography: 15% discount, exclusions apply

PICAYUNE

Dancewear Connection: 10% discount, exclusions apply

POPLARVILLE

Apple's Ltd.: 10% off, some exclusions

Main Street Florist: 10% off fresh floral arrangements, cash only

PURVIS

Always in Stitches Embroidery: 10% off apparel & gifts

Shaheeds Glamour n Things: 40% discount

SEMINARY

Ka Pottery: 10% discount

SUMRALL

Plum Trophy & Laser Engraving: 10% off custom engraving, exclusions apply

WIGGINS

Mocha Giraffe: 20% off, some exclusions

Rewards Partner Announcements

NEW! Anatomies Family Fitness

120 98 Place Blvd., Hattiesburg
601-579-9555

A complete Health & Fitness Facility with multiple program options for everyone in your family. Services available for all ages and fitness levels. Spirit of Women members save \$100 off joining fee!

Accents Fine Home Interiors & Gifts

11 Office Park Dr., Suite 60
Hattiesburg • 601-584-4550

Hours: Monday – Friday,
10 a.m. – 5:30 p.m.; and
Saturday, 10 a.m. – 3 p.m.

Holiday Open House November 3 – 4

Storewide savings to kick off the holiday season!

Dermatology – South

3 Thompson Park, Hattiesburg
601-579-3130

Hours: Monday – Friday,
8 a.m. – 5 p.m.

Save the Date for Dermatology – South's Botox Day, Friday December 15. Botox is only \$10/unit. Call to schedule your appointment.

Rainbow Travel

601-268-6950 or
601-268-8903
Hattiesburg
www.rainbowtravel1.net

As ski season approaches, we are offering \$50 off any 5-night or longer ski package.

Save the Date

Holidaze Mississippi Style

Thursday, December 7 • 7 a.m. – 6 p.m.

Forrest General Hospital Cafeteria Meeting Rooms
Shop a showcase of Mississippi made gifts. Free admission.

A Mississippi Palate

Thursday, December 14 • 10 – 11:30 a.m.

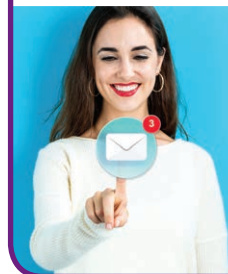
Southern Oaks, 1246 Richburg Rd., Hattiesburg



Join us for a delightful brunch featuring Robert St. John and Wyatt Waters as they share their new book!

Option added to receive Spirit of Women calendar via e-mail!

Spirit of Women is now offering members the option to receive the monthly newsletter via e-mail. Whether you're going green or just on the go, sometimes getting mail right in your inbox is the best way to get the information you need. If you would like to



receive the Spirit of Women calendar via e-mail, contact Kathy Emmons Walker at SpiritofWomen@forrestgeneral.com. To continue receiving the calendar via traditional mail, you do not need to do anything! We'll keep sending you the calendar as we always have!

Tune in to Kindness in Action!

Every Tuesday • 9 p.m. • Fox 23 News

Tune in to our weekly *Kindness in Action* segment on Fox 23 News to see the good work happening in our community!

This month's *Kindness in Action* segments are:

Nov. 6 • Nov. 13 • Nov. 20 • Nov. 27

If you know someone who goes out of their way to help a neighbor, puts others before themselves or is motivated to make the Pine Belt a better place, submit their story to be featured on our weekly *Kindness in Action* segment on Fox23.

Visit forresthealth.org/kindnessinaction to nominate someone!

**Kindness
in Action**



KID'S TRAIN RIDE 12-4



**NEWPOINTE'S
HOLIDAY
OPEN
HOUSE**

11.19.17

HOLIDAY SPECIALS | REFRESHMENTS | GIVE-AWAYS

PHOTOS WITH SANTA 1-5 BY GINI MARS PHOTOGRAPHY



Endless Summer



SOUTH MOUTH



Half Shell



MJB's



JOLIVE



Giggles



SMALLCAKES



Lights



Little Lane



Dance South



Painting with a Twist



Tips & Toes



Southern Bliss



Miss Rule!

CONTACT US 601-467-9984
NEWPOINTE SHOPPING CENTER | 6555 US HWY 98 W. HATTIESBURG, MS 39402
FOR MORE INFORMATION FIND US ON FACEBOOK @ NEWPOINTE'S OPEN HOUSE

November 2017

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|-----------|--------------|--|--|
| <p>Did you know Spirit of Women has their own Facebook page?</p> <p>Check out the new page geared to showcase our events, photos and news.</p> <p>Facebook.com/FGHSpiritofWomen</p>  | | | 1 | 2 | 3 | 4 |
| 5 | 6 | <p>Affordable Care Act Seminar 10 a.m. 106 Madison Plaza, Suite A</p> <hr/> <p>Kindness in Action Fox 23 News at 9</p> <hr/> <p>Girl Talk 6 p.m. Southern Oaks</p> | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| <p><i>Spirit Girls</i> ✨ Meeting</p> | | <p>Kindness in Action Fox 23 News at 9</p> | | | | <p>disentangleAD Conference 10 a.m. – 4 p.m. Peck House, Southern Miss campus</p> |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | <p>Artisan Market 7 a.m. – 5:30 p.m. Forrest General Hospital Cafeteria Meeting Rooms</p> | <p>Affordable Care Act Seminar 10 a.m. 106 Madison Plaza, Suite A</p> <hr/> <p>Kindness in Action Fox 23 News at 9</p> | | Thanksgiving | | |
| 26 | 27 | 28 | 29 | 30 | <p>E-MAIL US!</p> <p>Want to learn the latest news from Spirit of Women? We can e-mail you our monthly calendar, updates about events, etc. Send us an e-mail at SpritofWomen@forrestgeneral.com</p> | |
| | | <p>Medicare Informational Session 10 a.m. 106 Madison Plaza, Suite A</p> <hr/> <p>Kindness in Action Fox 23 News at 9</p> | | | | |