

Golden Opportunity

Monthly Newsletter

SEPTEMBER 2010



North Shore Region



September 1 (Wednesday) – GO Meeting “Coffee with Christie” 2nd floor conference room 9:30 a.m. to 11:00 a.m. **Food Bank** donations will be accepted. Guests: Ochsner Blood Donor Services and Right at Home, In Home Care and Assistance (How do your grandchildren communicate?) **RSVP REQUIRED!**

September 6 (Monday) – GO OFFICE CLOSED for LABOR DAY HOLIDAY!



September 8 (Wednesday) – SLIDELL GO Meeting “Coffee with Christie” Ochsner Medical Center-North Shore, 100 Medical Center Drive, **Camellia/Azalea Rooms** 9:30 a.m. to 11:00 a.m. Support our home team and wear your **black and gold!** The Ochsner Medical Center-North Shore Gift Shop will be displaying Saints items for sale! **RSVP REQUIRED!**

September 10 (Friday) – Lunch and Learn meet at Jacmel Inn - **HAMMOND** (903 E. Morris Street, 985 542-0043) 11:30 a.m. to 1:00 p.m. Presentation by Rosa Dunn and Terri Crockett “Where Will You Go This Fall with Louisiana Public Broadcasting”. Lunch (\$20) includes soup or salad, choice of one entrée (Shrimp Caesar Salad/Eggplant Parmigiano, Pork Tenderloin/Chicken Marsala), dessert and coffee/tea, tax & tip. Payable by cash or check at restaurant. **RSVP REQUIRED!**

September 16 (Thursday) – WDSU-TV Newsroom (10:00a) Lunch at Emeril’s (11:30a) Bus Trip \$5 (bus fee - pay to Ochsner). Payment due at time of reservation. (Tour) 3-Course lunch at Emeril’s Restaurant (11:30a) \$19.50 + tax/tip ~ **pay to restaurant!** Bus departs OHC-Covington at 8:45a **RSVP REQUIRED!**

****See back page for important info on future trips!**

September 17 (Friday) – Potluck, Ochsner Medical Center-North Shore, 100 Medical Center Drive, 11:30 a.m. to 1:00 p.m. **Camellia/Azalea Rooms SLIDELL.** Bring your favorite dish and copies of your recipe to share!

WELLNESS WORKSHOP

“STEPS TO BETTER HEALTH”

OHC-Covington, 2nd floor conference room

RSVP REQUIRED

Day 1 – Thursday, September 23, Noon to 1:30p

“Sleep Well”

Timothy Riddell M.D., *Department of Family Medicine*

“DME Demo (Durable Medical Equipment)”

Angela Nichols/Carol Nungesser

Day 2 – Friday, September 24, 10:00a to Noon

“Guidelines from the Travel Medicine Clinic”

Anjali Dasgupta, M.D., *Department of Internal Medicine*

“Tips for Safe and Effective Medication Use”

Debbie Anderson, Pharm D, *Ochsner Infusion Center*

Louisiana Campaign for Tobacco Free Living

Cheryl Klein

September 29 (Wednesday) – “Confronting Elder Abuse in America” Camellia/Azalea Rooms, Ochsner Medical Center-North Shore, 100 Medical Center Drive, **SLIDELL** 10:00 a.m. to 11:00 a.m. Learn the latest news from the St. Tammany Seniors & Law Enforcement Together Council (SALT) **RSVP REQUIRED!**

Christie Trew, Golden Opportunity
Ochsner Health Center Covington
1000 Ochsner Blvd, Covington, LA. 70433
985-875-2799

985-875-2792 fax



All events take place at the Ochsner Health Center-Covington, located at 1000 Ochsner Boulevard unless otherwise noted.

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Membership Cards: If you've misplaced your membership cards there is a \$5 replacement fee.

Membership Updates: Have you updated your personal information (home address, email address & phone numbers). Please contact our office to help us update our database with your current information.

Newsletter emails: If you would like to receive GO information electronically, send your email address to ctrew@ochsner.org

PLEASE NOTE!

*When making your reservations to attend GO activities you **MUST** submit your registration form via mail or dropped off to the GO office.*

Unfortunately, we do not accept any phone in reservations or reservations via email. This is done to ensure fairness to all GO members.

Thank you!

Waiver: Golden Opportunity reserves the right to limit all program activity participation to members only when appropriate or when otherwise stated.

WELCOME to the following NS Advisory Board Members:

Mary and Bobby Aucoin
June and Fulton Chimera
Carol Jacobsen
Sandra and Art Johnson
Judy and Allen Sharp

AARP Driver Refresher Courses:

Ochsner Medical Center-North Shore, **SLIDELL**
Neuroscience Building, Bayou Room, 2nd floor
September 28, November 16
9:00 a.m. to 1:30 p.m.
Registration required. Please call 1-888-677-6248

North Oaks Hospital, **HAMMOND**
Diagnostic Center on Dr. Vega Drive
2nd Tuesday of each month
9:00 a.m. to 1:30 p.m.
Registration required. Please call 985-429-1818

UPCOMING ACTIVITIES

- **October (day tbd) – Columbia Theatre's Fanfare
- **October 22 –Potluck, YMCA in Covington
- **October 26 –Lunch Bunch at CNO's Meal Solutions, Mandeville
- **October 29 – Lunch & Learn, OHC-NS, Slidell (topic tbd)
- **November 7-13 –Savannah Bus Trip
- **November 16 – Wellness Workshop "Are You Heart Healthy?"
- **December 6 & 7 – Mobile Greyhound Park Overnight Bus Trip



Women Build
Girls play house.
Women build them. **2010**



Help our local community! NS GO members will staff the Hospitality Tent during the upcoming house building in Abita Springs from 8:00 to noon on September 22, 28 and October 1, 5 and 27. Volunteers still needed on October 1. Contact the GO office for more information.



2011 Trip Ideas



***Alaska Cruise/Train Tour – Summer

Estimated cost is \$2500.00 pp/double

***Chicago Amtrak Train Trip – Fall

I need your feedback on the two extended trips listed and your input on

Best Wishes,
Christie Trew

