

Golden Opportunity

Monthly Newsletter

NOVEMBER 2010



North Shore Region



November 3 (Wednesday) – **COVINGTON GO**
Meeting “Coffee with Christie” ▪ 2nd floor
conference room ▪ 9:30 a.m. to 11:00 a.m. **Food
Bank donations will be accepted for Thanksgiving
baskets** ▪ Guest speaker, Amy Gagliano, “Holiday
Tree of Life” **RSVP REQUIRED!**



November 4 (Thursday) – **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.
RSVP REQUIRED!

Guest speakers:

- *Amy Gagliano, “Holiday Tree of Life”
- *Anjali Dasgupta, M.D., Department of Internal
Medicine will present “**INFLUENZA**”

November 7 (Sunday) through November 13
(Saturday) **GO “SAVANNAH” trip**
GO volunteers will be available in the office if you
need assistance.

November 19 (Friday) – Potluck Lunch, Ochsner
Medical Center-North Shore, 100 Medical Center
Drive, **SLIDELL**. 11:00 to 12:30, Camellia/Azalea
Rooms ▪ Please bring at least one non- perishable
food item for the Slidell Food Bank! Call the NS GO
office to sign up your menu item. *Guest speaker
from Louisiana Senior Health Insurance
Information Program* to discuss 2011 Medicare
changes. **RSVP REQUIRED!**



November 24 through November 26 –
GO Office closed for Thanksgiving.

WELLNESS WORKSHOP

“ARE YOU HEART HEALTHY?”

OHC-Covington, 2nd floor conference room
Tuesday, November 16
1:00 pm to 4:00 pm
RSVP REQUIRED

- “Cardiovascular Disease and Prevention”
- “What to Expect during a Stress Test” & tour of
stress lab
- Blood Pressure Checks
- “Cardiac Calcium Scoring Tests”
- “Reducing Stress – Ideas for Letting Go”



“OFF TO THE RACES” Mobile Bus trip December 6 & 7, 2010

\$185 (Double) & \$240 (Single) per person

Trip includes: Transportation, overnight accommodations,
dinner, tour of Bellingrath Gardens, Battleship Alabama tour
and BBQ lunch! Space limited to 50 passengers! Reserve
your seats with full payment at the GO office starting on
November 1, 9:00 a.m. First come, first served!

WWII Museum Bus Trip

“Victory Belles” Matinee Show & Buffet \$60 pp

8:30am Departure ~ 4:30pm Return

Slidell Departure – December 8

Covington Departure – December 15

Full payment due upon reservation.

Christie Trew, Golden Opportunity
Ochsner Health Center Covington
1000 Ochsner Blvd, Covington, LA. 70433
985-875-2799
985-875-2792 fax



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Membership Renewals and Cards:

Activities are open to all active members. If you have not renewed your membership for 2010, it's not too late to send in your \$10 renewal fee. If you've misplaced your membership card, 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. This is done to ensure fairness to all GO members. Also, please advise GO office of any cancellations ASAP.

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

Please share your ideas and comments with these board members.

NOW YOU CAN VIEW THE GO NEWSLETTERS ON LINE
www.ochsner.org/programs/golden_opportunity_monthly_newsletters/

UPCOMING ACTIVITIES

- **December 6 & 7 – Mobile Greyhound Park Bus Trip
- **December 8 - WWII Museum bus trip departing from Slidell
- **December 10 – HOLIDAY PARTY (see front page)
- **December 14 - The Tiffany Collection, OMC-NS
- **December 15 – WWII Museum bus trip departing Covington
- **December 16 - AARP Driver Refresher Course, Covington



HOLIDAY TREE OF LIFE – VOLUNTEERS NEEDED AT OCHSNER HEALTH CENTER-COVINGTON FROM 9:00 TO NOON ON:

Monday November 15
Monday, November 22
Monday, November 29
Tuesday, November 30
Thursday, December 2

Call the NS GO office to sign up! Thank you!

GO ANNUAL HOLIDAY PARTY "Royal Palm" Harvey, LA Friday, December 10, 2010

4:00 pm to 7:00 pm ---\$46 pp (with cash bar)

Food! Entertainment! Prizes! Make your reservation today with the GO office. Transportation will be provided from OHC-Covington. Deadline is 11/15/10. Seats limited!

DVD'S FOR CANCER SERVICES

DVD players are available for patients during their chemotherapy sessions. The Infusion Center is accepting donations to build their library. Please drop off your unwanted DVD's at the GO office. *Thank you!*

