

Golden Opportunity

Monthly Newsletter

OCTOBER 2010



North Shore Region



October 6 (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.

Guests include representatives from Humana. **RSVP REQUIRED!**



October 8 (Friday) – Painting with A Twist
(2132 East Gause Blvd., Slidell 985 641-6433) 10:00 a.m. to Noon. Your paint, canvas and brushes will be provided. An instructor will guide you through each step of recreating the featured picture. At the end of the session, you will have a one-of-a-kind creation and maybe even a newfound talent you'll want to explore! \$30pp (Minimum of 10 necessary).

RSVP REQUIRED!

Followed by **LUNCH BUNCH AT SPECKLED T's** (158 South Military Road, Slidell, 646-1728), 12:30 p.m. Lunch menu items starting at \$4.95. **RSVP REQUIRED!**



October 13 (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. Guest speaker from Humana.

RSVP REQUIRED!

October 15 (Friday) –Please join Scott Boudreaux, CEO, Ochsner North Shore at our estate planning seminar /luncheon, *Ochsner and You, Planning for the Future, Hand in Hand* on Friday, October 15, noon at Keith Young's Steakhouse, 165 Highway 21, Madisonville. North Shore estate planning attorney, Patrick Reso of Seale & Ross, will present a lively discussion about the importance of having a sound estate plan for you and your heirs. Patrick will also discuss the importance of having a current will and understanding Louisiana Succession law. **RSVP REQUIRED!**

To reserve your place at the luncheon, please contact Christie Trew at 985-875-2799 or ctrew@ochsner.org. Space limited to 80!

October 22 (Friday) – Potluck, West St. Tammany YMCA
Noon *National Make a Difference Day* – bring at least one non perishable food item for the Covington Food Bank! Call the NS GO office to sign up your contribution. **RSVP REQUIRED!**

October 26 (Tuesday) – “Meals on the Run at CNO’s Meal Solutions” Highway 22, Mandeville 11:30 a.m. Complimentary taste testing of quick and easy culinary delights! **RSVP REQUIRED!**

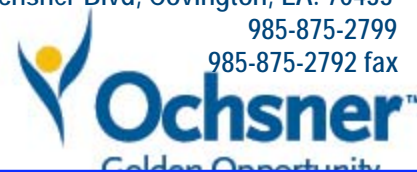
October 27 (Wednesday) – HAMMOND LUNCH BUNCH AND UNIVERSITY OF SOUTHEASTERN’S FANFARE EVENT
Tope La Restaurant (104 North Cate Street, Hammond, 985 542-7600) 11:00 a.m. **RSVP REQUIRED!**

Followed by **UNIVERSITY OF SOUTHEASTERN’S FANFARE EVENT, “Then and Now Lecture: Mything in Action: The Fantasy of the ‘Special Relationship”**, Pottle Auditorium, Southeastern Campus 1:00 p.m. (Limited to 25) **RSVP REQUIRED!**

October 28 (Thursday) – “Skin Cancer Prevention and Screening” 10:00 to 11:00 a.m. Sumathia Siva Smith, M.D. Ochsner Department of Hematology/Oncology. **RSVP REQUIRED!**

October 29 (Friday) – SLIDELL Lunch and Learn Tour & Lecture of Outpatient Therapy Services (Wii Hab & Lokomat) and Diabetes Education & Wound Care by Keith Luper, M.D. Ochsner Medical Center-North Shore, 100 Medical Center Drive, Neuroscience Building, Bayou Room 11:30 a.m. to 1:00 p.m. Please bring at least one non perishable food item for Christian Community Concern! Light lunch will be served. **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

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/

Interested in becoming an Ochsner GO volunteer? Contact Christie in the GO office at 875-2700

UPCOMING ACTIVITIES

- **November 3 – Coffee with Christie, Covington
- **November 4 – Coffee with Christie, Slidell
- **November 7 - 13 – Savannah Bus Trip
- **November 16 – Wellness Workshop “Are You Heart Healthy?”
- **November 19 – Potluck, Slidell
- **November 24 – 26, GO office closed for Thanksgiving holiday
- **December 6 & 7 – Mobile Greyhound Park Bus Trip
- **December 16 - AARP Driver Refresher Course, Covington

AARP Driver Refresher Courses:

Ochsner Medical Center-North Shore, **SLIDELL**
Neuroscience Building, Bayou Room, 2nd floor
November 16

9:00 a.m. to 1:30 p.m.

Registration required. Please call 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.

Best Wishes,
Christie Trew

