

Golden Opportunity

Monthly Newsletter

JANUARY 2011
YEAR!

NORTH SHORE REGION



HAPPY NEW YEAR



January 5 (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. ▪ “Managing your healthcare information on line” demonstration of MyOchsner **RSVP REQUIRED!**

January 12 (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. ▪ “Managing Your Healthcare Information Online” demonstration of MyOchsner **RSVP REQUIRED!**

January 14 (Friday) “Heart Health” Lunch & Learn ▪ Ochsner Health Center-Hammond (41676 Veterans Avenue) ▪ Noon to 1:00 p.m. **RSVP REQUIRED!** Light lunch will be served.

January 17 (Monday) – **It’s GAME Time with the New Orleans Hornets!** ▪ Game time 2:00 p.m. vs. Toronto Raptors ▪ \$58.50pp includes bus transportation, “Press Box seating”, hot dog/drink/popcorn/cake. Checks payable to Ochsner Health System – deadline for payment is 1/10/11 (no refunds after deadline date). Minimum 20 passengers needed. **RSVP REQUIRED!**

January 21 (Friday) LUNCH BUNCH AT N’TINIS RESTAURANT, MANDEVILLE (2891 Hwy 190, Mandeville) ▪ Reminisce about pre Katrina St. Bernard Parish with owner and guest speaker, Mark Benfatti. 11:00 a.m. Lunch includes salad, choice of entrée (fried catfish, citrus grilled chicken or bacon wrapped pork file), vegetable, dessert, tax and gratuity. \$25.00 pp payable to restaurant. **RSVP REQUIRED!**

January 25 (Tuesday) National Alliance on Mental Illness (NAMI) presentation ▪ Ochsner Health Center-Covington ▪ 10:30 am to 11:30 a.m. *Hear about the organization’s mission to increase awareness of individuals living with mental illnesses and the prevention, education and training as primary pathways to better services & a healthier community.* **RSVP REQUIRED!**

January 28 (Friday) “Grandparenting 101” ▪ Ochsner Medical Center-North Shore, 100 Medical Center Drive, Camellia/ Azalea Rooms ▪ 10:30 a.m. to noon ▪ Dr. Jonette Mayer (Slidell Pediatrics) will speak on health tips for grandchildren, babysitting guidelines and awareness of childhood illnesses. Social media and communicating with your grandchildren will also be addressed by Kelly Mitchell, Marketing Manager. **RSVP REQUIRED!**

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



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ANNUAL MEMBERSHIP RENEWAL DUES - \$10.00 PER PERSON / PER YEAR DUE 1/1/10. Don't miss out on future activities! Please make checks payable to Golden Opportunity. Forms can be dropped off or mailed. *Thank you!*

Membership Cards:

If you've misplaced your membership cards there is a \$5 replacement fee. If you do not renew your membership you will NOT be allowed to register/participate in any events and/or trips if your membership is not up-to-date.

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 requiring payment, 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.*

Thank you!

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

Now you can "view" GO Monthly Newsletters Online: www.ochsner.org/go

UPCOMING ACTIVITIES

February 15 WDSU-TV Newsroom and Lunch at Emeril's (Slidell departure)

"Broadway Across America" 2011 Shows

Call the GO office if you wish to reserve your spot!

June 1 Shrek the Musical (\$52.50 plus transportation and dinner), Section 5, Rows J thru M

Summer 2011 Lion King (ticket price and date tbd)



CRUISE TO ALASKA! JULY 2011

ANGELA - PLEASE INSERT DATES, COSTS, ETC.

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.