

Golden Opportunity Monthly Newsletter

JUNE 2011



North Shore Region



June 1 (Wednesday) – **COVINGTON** GO Meeting
“Coffee with Christie” ▪ 2nd floor conference room ▪
10:00 a.m. to 11:30 a.m. ▪ “Medical Home Concept”.
FOOD BANK donations accepted. **RSVP REQUIRED!**

June 1 (Wednesday) - Shrek *the Musical*!!!
“Broadway Across America” 2011 Shows” (\$75.50pp
includes ticket, & bus transportation) Dinner at Bravo’s in
Metairie on your own on the way. Section 5, Rows J thru M
– Make your reservation today with the GO office!
Departure from Covington at 4:45p.

June 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. ▪ “Medical Home Concept”.
RSVP REQUIRED!

June 10 (Friday) – **COVINGTON** Lunch and Learn ▪
“Managing Pain” presented by Nathan Harrison, M.D., ▪
2nd floor conference room ▪ 11:30 a.m. to 12:30 p.m. ▪
RSVP REQUIRED!

June 14 (Tuesday) – **SLIDELL** “REDUCING YOUR RISK
FOR NEW OR RECURRENT STROKES” presented by
Liz Allen, APRN, MSN, CNRN, CCRN, Ochsner Stroke
Coordinator ▪ Ochsner Medical Center - North Shore,
100 Medical Center Drive, Camellia/ Azalea Rooms ▪
9:30 a.m. to 10:30 a.m. ▪ **RSVP REQUIRED!**

June 16 (Thursday) “DINE AROUND” Michabelle Inn
and Restaurant (1106 South Holly Street, **HAMMOND**,
985 419-0550) 11:30 a.m. Lunch on your own. (Cash
preferred) Lunch buffet includes two entrees, vegetable,
starch and salad. \$20 pp inclusive. **RSVP REQUIRED!**

June 17 (Friday) – AARP Driver Refresher Course ▪
1:00 p.m. to 5:00 p.m. ▪ 2nd floor conference room,
COVINGTON. Check with your automobile insurance
carrier to confirm discount for completing this course. \$12
pp AARP members, \$14 pp non AARP members. Check
payable to AARP at time of class. **RSVP REQUIRED!**

June 21 (Tuesday) “A DAY ON THE BAYOU TRIP” Depart
Covington 8:00 a.m., pick up in Hammond at 8:30 a.m. Return
7:00 p.m. Visit Shadows on the Teche, lunch at Clementine’s
Restaurant, shop at the famous Rosary House and tour of
Tabasco on Avery Island. Includes transportation, lunch and
tours. \$85.00pp **RSVP REQUIRED!**

June 24 (Friday) **SLIDELL** “MEET AND GREET YOUR
FELLOW EAST ST. TAMMANY GO MEMBERS” Ochsner
Medical Center - North Shore, 100 Medical Center Drive,
Camellia/ Azalea Rooms ▪ 11:30 a.m. to 12:30 p.m. A light
lunch will be served. Learn more about GO activities. **RSVP
REQUIRED!**



Eat Well. Be Well. Ochsner Health System and Rouses
have teamed up to help you “Choose Healthy” meals as
part of a healthy lifestyle. Grocery shop with a registered
dietitian! \$5.00 pp. Limited spaces available! Register for
one of the following sessions focusing on diabetes
nutrition at the locations listed:

June 27 (Monday), 10:00 a.m. - 3461 E. Causeway
Approach, Mandeville

June 29 (Tuesday), 10:00 a.m. - 1644 Gause Boulevard,
Slidell

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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ANNUAL MEMBERSHIP RENEWAL DUES - \$10.00 PER PERSON / PER YEAR. Don't miss out on future activities! Please make checks payable to Golden Opportunity. Payment can be dropped off or mailed. **In order to register and participate in GO events and trips, your membership must be up-to-date. Check your ID card for your membership expiration date.**

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.

PLEASE NOTE!

*When making your reservations to attend GO activities requiring payment, you **MUST** submit your registration form via mail, email or dropped off to the GO office. This is done to ensure fairness to all GO members. Reservations for future activities can be made once the information is posted.*

Thank you!

DVD'S and BOOKS FOR CANCER SERVICES

Books and DVD players are available for patients during their chemotherapy sessions. The Infusion Center is accepting donations to build their library. Please drop off your donations at the GO office.

Thank you!

AARP Driver Refresher Courses:

Ochsner Health Center-COVINGTON
2nd Floor Conference Room
June 17, 1:00 to 5:00 p.m.
Registration required. Please call 985 8975-2799

Ochsner Medical Center-North Shore, SLIDELL
Neuroscience Building, Bayou Room, 2nd floor
June 31, July 19, November 1
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

- July 19 Bus trip to Louisiana State Police Training Academy. Depart Covington, pickup in Hammond
- August 11 Passport to Good Health, St. Tammany West YMCA, "Emotional Well Being"

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

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Alaska (Inside Passage) - 11-Night Cruise & Tour September 2 thru 13, 2011

Aboard Royal Caribbean's "Radiance of the Seas"

The cruise package includes the following: (All Inclusive)

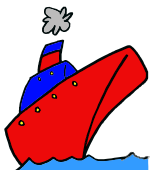
- Roundtrip air
- Accommodations in an inside or ocean view stateroom
- Taxes & Fees and Gratuities
- All meals (breakfast, lunch, dinner and snacks)
- Award winning entertainment
- Shipboard activities suited for all ages
- 4-Day Post cruise tour package, including Denali Train Tour

Cabin Category (Double Occupancy):

G - Large Ocean View - **\$3,410.00** pp

L - Inside Stateroom - **\$3,190.00** pp

**Travel Insurance \$159.00 per person-mandatory*



**Interested in becoming an Ochsner
GO volunteer? Contact Christie in the
GO office at 875-2799.**