

Golden Opportunity

Monthly Newsletter

AUGUST 2011



August 3 (Wednesday) "LUNCH BUNCH"

"Myths of Seniors Giving Blood"

Setting the record straight concerning giving blood is what will be discussed today. We will learn the myths as well as the truth about blood donations.

Speaker: Briana Bramlette-Sikes

10:30a – 12:00p ▪ Hospital Classroom

Lunch provided

RSVP REQUIRED

August 10 (Wednesday) "ROAD TRIP"

Pioneer Aerospace and the Round Table Restaurant

A day filled with fun and education! We will take a leisurely drive to Columbia MS to dine at the Round Table Restaurant. The Roundtable is unique for having several large round tables with a huge lazy susan in the middle loaded with superb country food. Afterwards, we will walk off the huge lunch by touring the manufacturer of parachutes. Pioneer Aerospace is a world leader in the design and manufacture of state of the art aerodynamic deceleration systems that is used all over the world. Depart: 8:15a from the hospital ▪ Return time: 5:00p ▪ \$40.00 per person (includes tour, food & transportation) Booking deadline August 5, 2011 ▪ Payment non refundable on August 5, 2011

RSVP REQUIRED

August 19 (Friday) "HEALTH FAIR"

Senior Health Fair

Exxon Mobil YMCA

7717 Howell Blvd

Free screenings: Total Cholesterol, HDL, Glucose, Blood Pressure, and Nurse Consultation (fasting best, but not required); Informational Presentations; Demonstrations (Zumba & Chicago Stepping); Mini Massages, Special Guest Tables and Activities, Games & Giveaways.

9:00 am – 12:00 pm

RSVP REQUIRED

August 23 (Tuesday) "CULINARY RUN"

Boutin's Restaurant 8322 Bluebonnet Blvd 819-9862

We will meet at the restaurant to simply enjoy a great lunch and great company! ▪ 11:00a

GO Northshore group will be there, so come meet some new friends!

RSVP REQUIRED

"Around Baton Rouge"

August 24 (Wednesday)

Whole Food Market 7529 Corporate Blvd 218-0452

"Healthy Quick Snacks"

We will meet at Whole Food Market for a "Healthy Quick Snack Class" presented by Melody Bailey. The class will teach us how to prepare healthy snacks quickly. ▪ Meet at 10:00 am ▪ Whole Food Market – 2nd floor conference room

\$5.00 per person is required

RSVP REQUIRED

August 30 (Tuesday) "GET GO'ing"

East Side Fire Department 15094 Old Hammond Hwy 272-7779

"Tour and Talk"

We will meet at the East Side Fire Department for a tour of the facility with an informative talk afterwards. Captain Brian Besson will talk to us about safety tips and much more. ▪ Meet at 10:00am ▪ Free event

RSVP REQUIRED

Don't miss out on future activities!
ANNUAL MEMBERSHIP RENEWAL DUES
\$10.00 PER PERSON
Make checks payable to: Golden Opportunity



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

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

Membership Updates: Have you updated your personal information (home address, phone numbers & e-mail address).

DISCOUNT AVAILABLE TO GO MEMBERS:

Ochsner Optical Shop	15% discount
Ochsner Gift Shop	10% discount
Ochsner Cafeteria	20% discount
Varsity Shoes	15% discount
Honey Baked Ham	10% discount
Heroman's Florist (6868 Florida Blvd)	10% discount
Harb's Oasis Garden Center	10% discount
Kean's Dry Cleaners	10% discount

Wish List:

Twin White Sheets, White Pillow Cases, Pillows & Blankets
 Personal Hygiene Products
 Men Underwear and Socks
 Bleach & Fabric Softener
 Coffee, Creamer & Sweet-n-Low Sweetener

If you are interested in donating any of the above items, please call the GO office.

EXCLUSIVE DEALS FOR MEMBERS:

- **YMCA** – Pay \$5 per visit or a maximum of \$45 per month and utilize the YMCA location of your choice.
- **Sam's Club** – Become a new member or renew your existing membership and receive a \$10 gift card (redeemed at Sam's or Wal-Mart). You must receive application through the GO office.

Book Exchange Program – Trade the books that you have for the books that you want!! GO office now has books for exchanging, reading and keeping if you bring a book in for replacement.

Healthcare Reform Starts by Stopping Healthcare Fraud. If you suspect healthcare fraud with your Medicare bill, please call toll free: 1-877-272-8720. Visit the web site: www.stopmedicarefraudla.org

Upcoming Events:

September 14 – Lunch Bunch – Rob Mann, PHD with LSU Department of Geography and Anthropology will discuss the “Finds in Louisiana”.

September – Wellness Workshop – tour of Ochsner Hospital with the hospital staff to discuss the departments and roles they play in the hospital. Learn how to obtain your medical records, pre-register for surgery or what is needed for being admitted to the hospital, what is telemetry? Etc. Date to be announced.

GO Member August Birthdays:



JAMES ALLBRIGHT	NETTIE AUDISON	VERSIE BOWMAN
JOHN BLACKMAN	RUTH BLAIR	RITA BLOUIN
GRACE CAMPBELL	EDWARD CHEECK	KATHLEEN CIEKURZIS
NEILA ECKLER	MELOUISE FORD	RUANA GRACE
DONIA HARRELL	MARY HEMPHILL	LAURA HENDERSON
CEGES JOSEPH	CATHEY KAVANAUGH	BUDDY KING
NICK LAWLESS	DOROTHY LEVIA	GAYLE MILLER
REGINA MOREL	MARY MORROW	MARILYN MOUTON
RUTH NEWCOMER	NORRIS O'NEAL	JOHNNY PARKER
HAROLD PETTY	LOLA PORTER	ADRIENNE RABORN
CHARLES RAYBORN	JOSEPH RICKELS	GREGORY ROGERS
NETTIE RUDISON	PRISCILLA SHEAR	JOY TADLOCK
ELIZABETH TERRY	JOY THOMPSON	JIMMY THRASHER
RONALD TOVAL	JOSEPH VALLELUNGO	KATHLEEN WALL
DIANA WEBER	JANE WILKINS	BILL WILKS
EDNA WILLIAMS	JUON WILSON	SHERRY WILSON

For more information on upcoming trips, activities, meetings, to submit a suggestion or to make a reservation,

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