

Golden Opportunity

Monthly Newsletter NOVEMBER 2010



“HAPPY THANKSGIVING”

November 3 (Wednesday): LUNCH BUNCH “MEDICARE 2011 CHANGES & 2012 UPDATES”

Learn more about the changes on **Medicare**
Speaker: Vicki Dufrene ▪ 10:30a – 12:00p ▪ Hospital Classroom ▪ Lunch provided ▪ RSVP REQUIRED

November 17 (Wednesday): LUNCH BUNCH “HUMANA UPDATES”

Learn more about the upcoming changes on Humana ▪ **Speaker:** Martha Moore ▪ 10:30a – 12:00p ▪ Hospital Classroom ▪ Lunch provided ▪ RSVP REQUIRED

**November 18 (Thursday): CULINARY RUN:
“CAFÉ LAGRANGE” RESTAURANT ▪ 635 S Range Avenue, Denham Springs ▪ We will meet at restaurant enjoy a great lunch & great company! Afterwards (those who choose to do so) we will be “antiquing” in downtown Denham Springs ▪ 11:30a ▪ RSVP REQUIRED**

November 22 (Monday): THANKSGIVING POT LUCK: Bring your favorite dish along with your recipe ▪ Hospital Classroom ▪ 12:00a – 1:30p ▪ RSVP REQUIRED

November 29 (Monday): MONTHLY PROGRAM MEETING: Our monthly gathering to discuss upcoming events, make suggestions or simply meet new friends over a cup of coffee/tea. ▪ 2:00 – 3:00p ▪ **GO Office:** Plaza II ▪ Room 114-B

ANNOUNCEMENTS:



MOVIE REVIEW (Rave Theater): Will continue monthly “Movie Reviews” in January 2011.

BASIC COMPUTER CLASS – Classes are cancelled for November and December. The classes will resume January 2011.

SAVANNAH BUS TRIP - The office will be closed from Monday, November 8 to Friday, November 12. There will be limited phone coverage during this time.

PENNINGTON BIOMEDICAL RESEARCH CENTER - Will be holding a public forum on “Dementia” Research. *See back of newsletter for more information.*

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

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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NEW DISCOUNT AVAILABLE TO MEMBERS: Present your GO card at either location of Honey Baked Ham and receive a 10% discount.

NEW DISCOUNT AVAILABLE TO MEMBERS: Varsity Shoes located at 2055 Perkins Road is offering a 15% discount to all GO Members. *Bring in your GO membership card to receive your discount.*

Membership Cards: If you've misplaced your membership cards there is a \$5 replacement fee. If your membership with GO has lapsed 2-years or more you will be required to "rejoin" the program at the existing membership rate of \$25 (member) and \$40 (member & spouse). 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.

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).

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.

Exclusive Deals for GO Members:

- **YMCA** – Pay \$5 per visit or a maximum of \$45 per month to 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 OBTAIN THE SAM'S APPLICATION FROM THE GO OFFICE.** Call the GO office for details.

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

NOW YOU CAN VIEW THE "GO NEWSLETTERS" ONLINE
www.ochsner.org/go

Upcoming Events:

- Dec 1 – Lunch Bunch**
- Dec 2 – Nottoway Plantation Road Trip - \$55.00**
- Dec 4 – Renaissance Festival Road Trip - \$35.00**
- Dec 10 – GO Holiday Party (Royal Palms) 4p – 7p - \$45.00 pp (includes transportation & food) Cash Bar**
- Dec 13 – GO Antique Road Show**
- Dec 15 – Lunch Bunch**
- Dec 20 – Pot Luck**

GO Presents:

"Antique Road Show"

Monday, December 13, 2010

Each member will be able to bring no more than 3 items to be evaluated by local antique dealers from Denham Springs. Please note that they are not appraisers, but giving their "guess" on the value of your items. The event will be held in the hospital classroom from 9:30am – 12:00pm.

"A Public Forum on Dementia Research"

Tuesday, November 2, 2010

5:30 – 8:30 pm

CB Pennington, Jr. Building

Pennington Biomedical Research Center

RSVP: 225-763-2973

Renowned experts will answer questions on dementia and Alzheimer's disease at this town hall-style meeting.

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

Cindy Wilks, Program Coordinator

17000 Medical Center Drive

Baton Rouge LA 70816

225-755-4984