

Golden Opportunity

Monthly Newsletter

JUNE 2011



Happy Father's Day

June 8 (Wednesday): "LUNCH BUNCH"

"Medical Myths" ▪ Presenter: Chad Braden, MD

Everyone has heard them before. It may have been your grandmother, an uncle or one of the kids on your block. They are medical myths, beliefs that for one reason or another have been trusted for years. Some are actually based on fact but most are simply misunderstood concepts about health and the body. Dr. Braden will speak on the myths of medicine ▪ 10:30a – 12:00p Hospital Classroom ▪ Lunch provided

RSVP REQUIRED

June 23 (Thursday): "GET GO'ing"



Celtic Media ▪ 10000 Celtic Dr

With 150,000 square feet of design-built stage space and over 80,000 square feet office space, the Celtic Media Centre has the size and services to meet the demands of most any production. Located on a gated 23 acres in the heart of Baton Rouge, the Celtic Media Centre is Louisiana's flagship studio. We will meet at the studio for 10:00 am ▪ Tour includes the facility and will last for approximately 1 ½ hour ▪ 50 Maximum for tour

RSVP REQUIRED

June 27 (Monday) "Around Baton Rouge"

Baton Rouge Orchid Society ▪ 7500 Independence Blvd ▪ "Potting Workshop and Pot Luck Lunch"

We will meet to learn the secrets of potting orchids (be prepared to get your hands dirty). Free plants might be available afterwards. ▪ Free event ▪ 10:00 am with pot luck lunch to follow at noon.

RSVP REQUIRED

June 29 (Wednesday) Tour

Whole Foods Market ▪ 7529 Corporate Blvd

We will meet at the store for a tour to learn the history, standards, food safety and mission of the market. 9:30am

RSVP REQUIRED

June 30 (Thursday): "CULINARY RUN"

"Coyote Blues" ▪ 2450 S Acadian Thruway

We will meet at the restaurant to simply enjoy a great lunch and great company! ▪ 11:30a

RSVP REQUIRED

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.



Golden Opportunity

"We Serve, Heal, Lead, Educate and Innovate"

Monthly Newsletter



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	10% Discount
Kean's Dry Cleaners	10% Discount
Harb's Oasis Garden Center	10% Discount
Heroman's Florist (Florida Blvd Only)	10% Discount
Honey Baked Ham	10% Discount
Naylor's Hardware	10% Discount
Red Stick Spice Company	10% Discount
Varsity Shoes	15% Discount

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

Myths, Folktales & Fairy Tales

Upcoming Events:

- July 13 – Walgreen's Pharmacist to speak on "Medication & Vitamin Myths" and to provide free consultation on medications.
- August 3 – Myths of Seniors Donating Blood

Announcements:

- COMPUTER CLASSES (**CANCELLED**): The classes are temporarily postponed at the Y and will resume in August due summer camp program
- MOVIE REVIEW (**CANCELLED**): We will resume Movie Review in September due to the schools being out for the summer

GO Member June Birthdays:



HELEN AUTIN	LINDSEY AYO	SANDRA BROCK
MARY CAGE	MARVIS CODY	ROSEMARY COURTNEY
JOSEPH DAIGRE	SIDNEY DOUGLAS	SHIRLEY GEORGE
LARRY GOODSON	MARY GUERIN	MARY BETH LANGLOIS
DIEDRA MILLER	ROSALIE MOAK	JULIA NAVARRE
DOROTHY NEVELS	BESSIE PERRY	JOYCE RHODES
RUPERT RODRIGUEZ	MARILYN SHEPARD	ANNIE SPEARS
IRWIN STEUDLEIN	JUNE VERBOIS	LEONARD VERBOIS

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

