

# Golden Opportunity

## Monthly Newsletter

JULY 2011



### July 13 (Wednesday) "LUNCH BUNCH"

**"Medication & Vitamin Myths"** ▪ If you trust the source, you're most likely going to trust the information? That's what makes medical myths so hard to discredit. Walgreen's Pharmacists will educate us on the myths of medications & vitamin supplements. 10:30a – 12:00p Hospital Classroom ▪ Lunch provided ▪ **RSVP**

**REQUIRED**

### July 15 (Friday) "ROAD TRIP"

**Lake Pontchartrain Basin Maritime Museum, Morton's Seafood Restaurant & Abita Springs Brewery** ▪ We will tour the Maritime Museum, dine at Morton's and top the day off by touring and tasting Abita Springs Beer. ▪ Depart: 8:15a from the hospital ▪ Return time: 5:00p ▪ **\$45.00** per person (includes all tours, food, and transportation) ▪ Booking deadline July 11, 2011. ▪ Payment non refundable on July 11, 2011.

**RSVP REQUIRED**

### July 19 (Tuesday): "Around Baton Rouge"

**Whole Food Market** ▪ 7529 Corporate Blvd ▪ 218-0452 ▪ "Cheese 101" ▪ We will meet at Whole Food Market for a "101 Cheese Class". The forum is to educate us on the different cheeses from around the world and which cheese is appropriate with different foods. A taste test will be provided. 11:00 am ▪ Whole Food Market – 2<sup>nd</sup> floor conference room ▪ Limited to 20 **\$5.00 per person is required** ▪ **RSVP REQUIRED**

### July 21 (Thursday): "GET GO'ing"

**Governor's Mansion** ▪ 1001 Capitol Access Road The Louisiana Old Governor's Mansion was built in 1930 under the governorship of Huey P. Long, its first resident. The building, of stucco Georgian construction, is reported to be a copy of the White House as it was originally designed by James Hoban. Bobbie Johnson will tour us through the Mansion ▪ Meet at 10:00am ▪ 60 Maximum for tour Free event ▪ **RSVP REQUIRED**

### July 26 (Tuesday): "CULINARY RUN"

**The Chimes Restaurant** ▪ 10870 Coursey Blvd 296-4981 ▪ We will meet at the restaurant to simply enjoy a great lunch and great company! ▪ 11:30a

**RSVP REQUIRED**

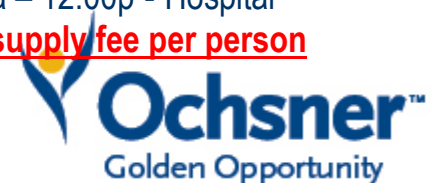
### July 29 (Friday): "CRAFT DAY"

**Personalized Wine Goblets**



**Presenter: Jeri Chaney** ▪ We will decorate and personalize our wine glasses with vinyl cutouts. ▪ 10:00a – 12:00p ▪ Hospital Classrooms **\$4.00 supply fee per person**

**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](mailto: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

### Raven's Outreach Center for Homeless Veterans

#### 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.

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**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.

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**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](http://www.stopmedicarefraudla.org)

### Upcoming Events:

**August 3: Myths of Seniors Giving Blood**

**August 10: Road Trip to Pioneer Aerospace - Manufacturer of parachutes;** lunch at Round Table Restaurant

**September 9: Senior Health at Howell Park Y**

## GO Member July Birthdays:



THELMA ADAMS	RUTH ALPHONSO	LESTER ARNOLD
MARY JO ARNOLD	BEVERLY AUCOIN	CALVIN BAJON
ROSE BALL	MILTON BEATTY	HAROLD BERGERON
JC BERRY	MARGARET BLEDES	FLOYD BOUDREAUX
PAT BRADSHAW	RICHARD BRANDT	MAIDA CLANCY
BILL COLLIER	THERESA FRASER	NORMA GENOVESE
BRENDA GLOTZ	SANDRA HARRELL	HOUSTON THOMAS
CHRSTINE HUDSON	BETTY JOHNSON	LEE JONES
RITA LANIER	CLEVE LEBLANC	LARRY LOHR
VIRGINIA MARSHAL	SILVIA MIDDLEBROOK	ANNA MYERS
GLORIA MYERS	VERA NUCHLER	BETTY O'MAR
LEON PARAUULT	GERALD PORCHE	CLAUDETTE POWELL
SHIRLEY RICE	RUBIE RICHARDSON	YOLANDA RODRIGUEZ
JUANITA ROSEMORE	WALTER SHEAR	ADELIN SMITH
LYNETT STEELE	WILLIE TALBERT	MARY TATE
CINDY UNDERWOOD	ELLA VANCE	IRMA WALACE
WANDA WALTRIP	SHRLET WAX	JOANN WHITE
KATHY WHITE	CATHERINE WILLIS	JULIA WOMACK

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

*Cindy Wilks, Program Coordinator*  
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 225-755-4984