

# Golden Opportunity

## Monthly Newsletter

MAY 2011



# Happy Mother's Day



**May 3 (Tuesday): Around Baton Rouge: "Red Stick Spice Company"** ▪ 7970 Jefferson Hwy ▪ We will meet at the store to hear a talk on the history of tea and olive oils **Presenter:** Lee Easterwood ▪ Free event

**RSVP REQUIRED**

**May 6 (Friday): GET GO'ing: "The Advocate"** ▪ 10715 Reiger Rd ▪ Meet at the plant for 9:30 am ▪ Tour includes the facility and will last for approximately 1 ½ hour ▪ If you choose, we will have lunch at the Olive Garden Restaurant ▪ Lunch on your own ▪ **Limited to 30 members**

**RSVP REQUIRED**

**May 11 (Wednesday): LUNCH BUNCH: "Hearing Loss, Dizziness and Balance Disorder"** ▪ Presenter: Amy Rabalais, MD. Dr. Rabalais will speak on frequent dizziness and sudden hearing loss and balance disorder ▪ 10:30a – 12:00p Hospital Classroom ▪ Free hearing screening test to be performed on attendees' ▪ Lunch provided

**RSVP REQUIRED**

**May 13 (Friday): "CRAFT DAY"** ▪ Presenter: Lorena Long ▪ We will learn how to make bows to be used in wreaths or on packages! ▪ 10:00a – 12:00p ▪ Hospital Classrooms

**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.*

**May 17 (Tuesday): ROAD TRIP: "Nottoway Plantation Cajun Crawfish Feast"** *A full day of endless food & fun* ▪ Activities include breakfast buffet, 3-hours of open bar, classic Crawfish boil, live Cajun music & dancing, games, party favors, plantation ground-tours, museum visit & a movie on the Plantation history (small charge for guided Mansion tour) and / or cooking classes conducted by the Plantation Chef. ▪ **Depart:** 9:30a from the hospital ▪ **Return time:** 5:00p ▪ **\$65.00** per person (includes all activities, food, drink and transportation) ▪ See the back of the newsletter for additional menu ▪ **Booking deadline May 10, 2011. Payment non refundable on May 10, 2011**

**RSVP REQUIRED**



**May 24 (Tuesday): MOVIE REVIEW "Something Borrowed"** ▪ Rave Theater 16040 Hatteras Ave (off O'Neal Lane) GO members will meet at the theater at 9:30a. Admission free ▪ Mandatory to spend \$5.00 on concessions ▪ **Limited to 50 attendees** **Please call with drink choice**

**RSVP REQUIRED**

**May 26 (Thursday): CULINARY RUN: "Portobello's Italian Grill"** ▪ 15440 George O'Neal Road ▪ We will meet at the restaurant to simply enjoy a great lunch and great company! ▪ 11:30a

**RSVP REQUIRED**

**NEW BUSINESS OFFERING: "GO" MEMBERS -10% DISCOUNT:**

**Red Stick Spice Company** – 7970 Jefferson Hwy  
Red Stick Spice Company offers a large variety of Spices, Salt Free Blends and over 50 selections of specialty blended loose Teas, award winning California Olive Oils, Local Hot Sauces, Southern California Avocado Oils, Balsamic Vinegars from Napa Valley and Cajun Seasonings made throughout Southern Louisiana. Plus the best BBQ Butt Rubs and Hot Wing powders in the Country.

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

### Movie Review Plot Details: "Something Borrowed"

Friendships are tested and secrets come to the surface when terminally single Rachel falls for Dex, her best friend Darcy's fiancé. Something Borrowed is an upcoming romantic comedy movie directed by Luke Greenfield and starring Ginnifer Goodwin, Kate Hudson, Colin Egglesfield, Steve Howey, and John Krasinsk. Rated PG-13 for sexual content including dialogue, and some drug material.



### Upcoming Events:

**June 8** – Dr. Chad Braden to speak on "Medical Myths"

**July 13** – Walgreen's Pharmacist to speak on "Medication & Vitamin Myths" and to provide free consultation on medications.

### 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

### Menu for Nottoway Plantation Day Fest:

**Breakfast:** Scrambled Eggs, Pancakes, Sausage & Bacon, Grits, Assorted Biscuits & Pastries, Coffee & Tea

**Lunch:** Fresh Mixed Green Salad, Chicken & Sausage Jambalaya, **Crawfish Boil**, Grilled Red Fish, Potatoes & Vegetables, Bread Pudding



### May "GO" Member Birthdays:

Pascal Alfano	Kathleen Arledge	Rhonda Aucoin
Jacqueline Ay	Tennie Bajon	Janet Baldwin
Robert Ball	Susan Benjamin	Ruby Broussard
Verna Cardaronella	Barbara Cedatol	Patricia Clark
Jocelyn Cooks	Janice Dancy	Jeanne Eubanks
Beverly Gilly	Jay Guy	Eula Henderson
Sandra Hohensee	Melanie Johnson	Judi Justice
Emma Koven	Harris Lambert	Linda Gray
Debra London	Evelyn Long	Charles McLaughlin
Stanley Mouto	Ellie Outlaw	Hines Perkins
Edwin Rusk	Violet Rutter	Joyce Stowers
Daniel Tanner	David Waite	Gracie Watts
Katherine Webb	Barbara White	Maureen Wood

**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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