

Golden Opportunity

Monthly Newsletter

OCTOBER 2011



October 6 (Thursday): "GET GO'ing"

LA Plantation Retirement Community

26635 LA Hwy 16 Denham Springs ▪ 667-1484

We will meet at the LA Plantation Retirement Community to hear speakers, meet with vendors and to have a tour of the facility. The speakers are: Shane Earle – will provide information for war veteran benefits and Martha Webb – Five Wishes. Vendors will include Life Sources, Bayou HH, Med pass and First Name Basis. Door prizes will be given away ▪ Brunch provided ▪ 10:30 – 12:30

RSVP REQUIRED

October 12 (Wednesday) "LUNCH BUNCH"

"Orchid Culture"

Danna Spayde will speak on Orchid Culture.

10:30a – 12:00p ▪ Hospital Classroom ▪ Lunch provided

RSVP REQUIRED



October 13 (Thursday): "MOVIE

REVIEW" ▪ We will meet at the **GRAND CINEMA**

15365 George O'Neal Rd ▪ 755-8888

"Moneyball"

GO members will meet at the theater at 9:30a. ▪ \$6.50 per person - this will include admission, small drink and small popcorn

RSVP REQUIRED

NOTICE:

My office is now located lobby (1st floor) in the hospital.

October 18 (Tuesday): "CULINARY RUN"

Sammy's of Central ▪ 14800 Wax Road
262-6455

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

RSVP REQUIRED

"Around Baton Rouge"

October 19 (Wednesday) & October 20

(Thursday) ▪ **Whole Food Market** ▪ 7529

Corporate Blvd

"Challa Bread"

We will meet at Whole Food Market for the baking of Challa Bread. Challa is a loaf of yeast-risen egg bread that is traditionally eaten by Jews on Shabbat, on ceremonial occasions and during festival holidays. The word "challah" is also used to refer to the portion of dough that is traditionally separated from the rest of the dough before baking. ▪ Meet at 10:00 am

Whole Food Market – 2nd floor conference room ▪

Limited to 20 per class / please indicate which day you would like to attend ▪ \$5.00 per person is required and you pay at Whole Foods before entering class.

RSVP REQUIRED

October 21 (Friday) "HUMANA UPDATES"

Martha Moore, Humana representative, will give the 2012 updates on the Humana plan.

1:00 – 3:00p ▪ Hospital Classroom ▪ Snacks provided

RSVP REQUIRED



Golden Opportunity

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

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.

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:

November 7 – Lunch Bunch – Medicare 2012 Updates

November 21 – Accessorizing with Jewelry

December Lunch Bunch- IBS (Irritable Bowel Syndrome)



Golden Opportunity Annual Holiday Celebration

Nottoway Plantation

Friday, December 9, 2011

4:00PM ~ 7:00PM

\$ 55p.p. (Party ONLY)

\$ 172p.p. Double – \$ 210p.p. Single

(Overnight Stay & Party)

\$55 Rate (per person) includes:

Complimentary House Wine

Buffet

Hors d'ouvres

Cake

Coffee

Live Entertainment

****Cash Bar***

(Taxes, gratuity & transportation included)

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

Cindy Wilks, Program Coordinator

17000 Medical Center Drive

Baton Rouge LA 70816

225-755-4984