

Golden Opportunity

Monthly Newsletter

SEPTEMBER 2011



September 2 (Friday): "CRAFT DAY" *Wreath Decorating*

Presenter: Lorena Long

We will decorate wreaths with mesh ribbon. ▪ 10:00a – 12:00p ▪

Hospital Classrooms **\$25.00 per person**

Make checks payable to: Lorena Long

RSVP REQUIRED

September 8 (Thursday) "ROAD TRIP" *Crescent City Cooks & Southern Food & Beverage Museum*

We will start the tour with observing cooking classes and then eating the results afterwards. (See enclosed brochure) Then we will tour the Southern Food & Beverage Museum. We will have time to browse the Riverwalk before departing for home. Depart: 8:00a from the hospital ▪ Return time: 5:00p ▪ **\$55.00 per person (includes tour, food, & transportation)** ▪ Booking deadline August 24, 2011 ▪ Payment non refundable on August 24, 2011

RSVP REQUIRED



September 9 (Friday): "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 the facility and will last for approximately 1 ½ hour ▪ 40 Maximum for tour

RSVP REQUIRED

September 14 (Wednesday) "LUNCH BUNCH" *"Finds in Louisiana"*

As a Regional Archaeologist, Robb Mann, Ph.D., conducts archaeological surveys and test excavations at archaeological sites in southeastern Louisiana based on research interests, inquiries and requests. He will share information about archaeology with us. Mr. Mann will present a power point presentation on some of the artifacts that has been found in Louisiana.

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

RSVP REQUIRED

September 19 (Monday) AARP Driver Safety and Operation Lifesaver Course

AARP will cover age related problem such as vision, hearing, reflex and other concerns for the older driver. Individuals 55 and older can get up to 10% off of the liability part of car insurance. Consult with your insurance company as to how much the reduction will be and how often you must take the class.

Cost: \$12.00 for AARP Members

\$14.00 for Non-members

Make check payable to AARP ▪ 1:00p – 5:00p

Hospital Classrooms ▪ **RSVP REQUIRED**

September 20 (Tuesday): "CULINARY RUN"

Bravos Restaurant

6401 Bluebonnet Blvd (Mall of LA) ▪ 766-5288

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

WELLNESS SEMINAR: TOUR OF HOSPITAL

At Ochsner's we know that deciding where to get medical treatment for yourself or a loved one isn't easy. But, I think you'll be confident about choosing Ochsner when you find out more about the facility. We provide the highest quality of care and maintain a unique environment – one that is pleasant, healing & specially designed to meet your needs. We provide patients the comforts of home with more than 200-beds-all private rooms. You will learn detail instructions of the admission policy, how and why medical records are used, roles of different team members, what is a hospitalists, patient rights, services etc. Tour will include: Surgery (post & pre-op) Telemetry, Med-surg, Cardiopulmonary, Radiology, CVRU, Cath lab, Endo, and more!

September 23 (Friday) ▪ 1:00 pm – 3:00pm ▪ Hospital Classrooms

Light snack provided

RSVP REQUIRED

Don't miss out on future activities!
**ANNUAL MEMBERSHIP
RENEWAL DUES
\$10.00 PER PERSON**



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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

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 (6888 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:

October 12 - Lunch Bunch: Orchid Culture

October 21 – Humana Updates

November 7 – Lunch Bunch: Medicare 2012 Updates



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, please call:

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