

Ochsner is here to care for you and your family.

Get Routine Doctor Appointments Back on Track (see attached for more information)

You're probably spending a lot of time at home due to COVID-19. You've likely fallen out of your normal routines, including your preventative care appointments that are typically handled by a primary care physician. You might have had a routine exam or follow-up appointment that was postponed or cancelled due to coronavirus concerns. The good news is that you can keep up with your health and stay on track with your preventative care appointments with Ochsner Health.

Upcoming Events:

August 5 (Wednesday) 10:00am “Coffee with Christie- Cap Tel” presented by Bobbye Abney, LA Outreach Coordinator, Hamilton Relay. Zoom invitation will be sent to all members with an email address. Be sure to “accept” the invitation!

If you or a loved one has difficulty hearing and understanding others over the phone, Captioned Telephone (CapTel) can provide a much-needed source of independence and connection. CapTel is a service offered at no charge that allows users to read word-for-word captions of what is said to them during telephone conversations. For more information, grab a cup of coffee and attend this valuable seminar!

August 13 (Thursday) 10:00am “The Advantage of Medicare Advantage” WebEx, presented by Peoples Health Network. Zoom invitation will be sent to all members with an email address. Be sure to “accept” the invitation!

Choosing your Medicare coverage is an important decision. We'll help you understand your options and show you why a Medicare Advantage plan could be right for you.

August 20 (Wednesday) 2:00pm “Eat Fit Nutrition Workshop” Combat Sugar Cravings – featuring the recipe from the *Eat Fit Cookbook for Salted Dark Chocolate Peanut Butter Cups* – by Molly Kimball, RD, CSSD. Zoom invitation will be sent to all members with an email address. Be sure to “accept” the invitation! If you wish to receive the recipe via USPS, contact the GO office.

What is Eat Fit? In our culture, food is more than nutrition – it's an obsession. Five minutes after lunch, we're talking about dinner. And fortunately, Eat Fit makes it easy to indulge without the guilt.

Molly Kimball, registered dietitian with Ochsner Fitness Center, set out to take the guesswork out of dining out healthfully, to make the healthy choice the easy choice.

In 2013, she collaborated with some of the most iconic restaurants in the New Orleans region to create Ochsner Eat Fit, a program that encourages chefs to offer nutritious, delicious meals for those who want to eat clean, watch their weight, and manage diabetes, blood pressure and cholesterol. Look for the Eat Fit seal on menus at your favorite restaurants.

Our goal is to empower the community to live their strongest, healthiest lives possible by providing easy-to-access real-world education, inspiration and resources on wellness and nutrition.

Thanks!! to PEOPLES HEALTH NETWORK for providing the attached tips for preparing for a disaster. Remember to include masks and hand sanitizer in your hurricane preparedness kits!

Ready for a Do It Yourself project? Check this out.....

These painted bottles are cute any and everywhere and make an excellent gift!

It really is the simplest of things that makes our souls sing!

Be creative! Share a picture of your finished project via email to ctrew@ochsner.org.



ENHANCED ANNUAL WELLNESS VISITS

Each year Medicare, as one of its benefits, encourages everyone to have an Enhanced Annual Wellness Visit that looks at the patient's total medical history. This is a comprehensive 1-hour proactive visit with a Nurse Practitioner that will review your medical history, family history, and medications to determine if you have any underlying chronic conditions at an early stage for potential prevention and to help maintain better health conditions. If you currently have Medicare coverage, please contact the North Shore GO office to personally help schedule your appointment with an Ochsner Nurse Practitioner. The visit is no charge/no copay and can be done in person at a local facility and in some areas as a home visit.

The special AWW appointment number for the North Shore is 985-809-5976.

The staff of Golden Opportunity continues to work remotely, so please communicate via email or calls to your local Golden Opportunity office if you have any questions. We will continue to provide our members resources to promote healthy lifestyles and available to help in any way needed.

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