REGISTRATION OPEN FOR EVENTS ON THE CLOUD EFFECTIVE IMMEDIATELY for all events listed below!

ochsner.force.com/goldenopportunity

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.

***All Upcoming events will be presented virtually via ZOOM:*** Zoom invitations will be sent via email to all members who register for the event on the Cloud. Be sure to keep the invitation in your inbox so you have the link to click on readily available. Contact the GO office (via phone or email) to request handouts, if available or to schedule a Zoom tutorial.

**October 7 (Wednesday) 10:00am** “Coffee with Christie - “General Rules Regarding the Medicare Annual Enrollment Period” Marie Tabony, Humana, will review AEP guidelines and what to expect regarding Humana Gold Plus changes for 2021.

**October 15 (Thursday) 10:00am** – “Navigating Retirement” presented by Northwestern Team - Joey Wilks (Financial Advisor) and Matt Kubicek (Wealth Management Advisor, CFP®, CLU®, RICP®) A discussion will take place to talk about strategies and ideas to minimize or eliminate the six major concerns on every person’s mind as they navigate retirement: market risk, longevity, inflation, taxes, healthcare/long term care costs, and leaving a legacy.

**October 15 (Thursday) 2:00pm** - Eat Fit* Nutrition Workshop- “Navigating Grocery Aisle Products (True vs. Hype)” presented by Alexis Weilbaecher, RD, LDN. Want to know what to look for and what to steer clear from when choosing products? Alexis will review wording on food products that entices people to gravitate towards that product and review what to look for, and what to steer clear from when choosing products.

**October 20 (Tuesday) 12:30pm** - “Breast Cancer Awareness/St. Tammany Health System and Introduction to the New Ochsner Health Cancer Center.” Dr. Genevieve Morange and Sandy Martin, Director of Nursing will discuss breast cancer and the partnership of St. Tammany Health and Ochsner Health with the new state-of-the-art cancer center on the campus of Ochsner Health Center-Covington. It represents an investment in the community and will provide West St. Tammany patients with local access to more integrated cancer services than ever before. The new center will be a place of healing, with advanced technology and will be at the cutting edge of innovative cancer care. We expect to welcome our first patients to the multi-story, 75,000 square foot facility in the summer of 2021.
October 23 (Friday) 2:00pm – “Staying Safe and Sane During Covid-19” presented by Dr. Tracie Murray MD, PHD, Clinical Psychologist.

October 29 (Thursday) 10:30am – “Sleep Health” presented by Lauren Davis, M.D. What is a sleep study? What is sleep apnea? What is a CPAP and do I need one? Answers to these questions and more will be covered during this session.

October 30 (Friday) 10:00am – “Dementia Related to Parkinson’s Disease” presented by Matt Estrada, Gerontology, MBA & Nancy Insidioso, LCSW

***FLU SHOTS ARE AVAILABLE NOW AT THE OCHSNER HEALTH CENTER-COVINGTON PHARMACY (1000 Ochsner Boulevard) and the SMH/OCHSNER PHARMACY (1051 Gause Boulevard) from 8:00 to 5:30pm, Monday through Friday. No appointment necessary – walk-ins welcomed! Be sure to bring your insurance card with you!

UPCOMING EVENTS (to be posted on the Cloud at a later date):

November 5 (Thursday) 10:30am - “2021 Medicare Changes” presented by SHIIP (Senior Health Insurance Information Program).

November 10 (Tuesday) 11:00am - “Managing Your Pain” presented by Chrissi Talley, PA., Department of Pain Management.

November 11 (Wednesday) 3:00pm to 4:00pm - Enjoy a virtual concert by the Victory Belles of the National WWII Museum to honor our veterans. Sponsored by Peoples Health. Link will be emailed to NS members.

November 12 (Thursday) 11:00am - “Bone Health and Fall Prevention” presented by Erin Derbigny, MD and Angela Roy, PA.

November 19 (Thursday) 2:00pm - Eat Fit Nutrition Workshop- “Eating for the Health of It-Optimizing Your Diet 101”

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