Zoom meetings with physicians. DIY classes and more is in our future. Please send me your updated email address if you would like to be included. Our goal is to have at least 2 meetings per month and then increase to 1 per week. I hope you will consider participating in the Zoom activities. It is a great way to stay connected.

***All Upcoming events will be presented virtually via ZOOM:

**Upcoming ZOOM Events:**
Zoom invitations will be sent via email to all members who register for the event on the Cloud; call the GO office or send an email. Be sure to “accept” the invitation when you receive it via the separate email message. Contact the GO office (via phone or email) to request handouts, if available or to schedule a Zoom tutorial.

**September 11 (Friday) 9:30am “Hobby Therapy: A Guided Path to Follow the Fun”**
Presented by Stacy Melvin, Vice President-Project Management.

*In this interactive to program you will:*

- how to sustain hobbies over time
- Explore the benefits of cultivating hobbies
- Discover your custom path to uplifting enrichment
- Learn for maximum joy

**September 17 (Thursday) 2:00pm “Eat Fit* Nutrition Workshop - “Virtual Grocery Store Tour”**
Presented by Brittany Craft, registered dietitian.

*Navigating the crowded grocery store aisles can sometimes feel overwhelming – but it doesn’t have to be! Learn what a healthy shopping trip looks like, aisle by aisle! Brittany will review simple ways to improve your diet, provide specific product recommendations, and discuss how to make healthy food choices for your specific needs. She will review what to look for on food labels and introduce new ingredients you can begin to incorporate into your meal and snacks.*

**Ochsner Fitness Center – VIRTUAL CLASSES TO KEEP YOU FIT**
If staying informed, wanting to know what’s new and keeping in touch with a social network is what you’re looking for then this is the group to join. You can look forward to learning about senior fitness, nutrition, how to keep a healthy mind and much more!!

Join the Ochsner Fitness Center Facebook Senior Group and view the weekly calendar. Click on the links and you can join the virtual classes! Easy as that! For more information, email gtabora@ochsner.org or https://www.ochsnerfitness.com/classes/senior-fitness.
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 AWV appointment number for Baton Rouge is 225-236-5496*

Ochsner On Call
This 24/7 service is free and available by calling the 800-number listed below.
For non-life-threatening issues, please call our free 24/7 nurse care line, Ochsner On Call. Our specially trained registered nurses are available to discuss your health care concerns, recommend self-care techniques and help you decide if your symptoms require a visit to urgent or emergency care.

Contact Ochsner On Call at 1-800-231-5257

**Polished Pumpkin**

If your nail polish bin is overflowing, try this technique: Pour a few drops of polish into a bowl of warm water and swirl the paint around with a toothpick. Dip the pumpkin into the water by the stem and twirl it around until you get a design you like.

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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