Hey, It’s Me Again,

We, along with the Golden Opportunity Westbank Office volunteers, would like you to know we miss seeing your smiling faces at our Monthly meetings, Lunch and Learn and Special Events. We miss sharing a kind word, ‘catching up’ with you and hope to see you soon. Remember….there’s only one YOU! Take care, stay SAFE ....and, we miss you MORE! Arthur, Shirley, Vickie, Walter, Cindy M, Bonnie, Wayne, Kathy, Cynthia R, Kathy, Barbara H, and ALICE!

ZOOM Presentations

Until we are back to our normal procedures, we will try Zoom presentations for our monthly meetings and educational seminars. If interested, call the office to register. Leave your name, phone number, and email address with a message that you want Zoom training, or a printed copy of the presentation mailed or emailed to you. I will contact each person and assist with downloading Zoom on your cell phone, desktop, computer, iPad or tablet, and give instructions on how to access the presentation before the day of the event.

Registration for the events below starts August 6th

Call our office to register for the events you wish to join. I will contact each person with instructions on how to access the presentation before the day of the event. You’ll receive an email inviting you to join the event. Be sure to accept the invite where you will receive a code to enter the event. The event will be limited to 20 participants initially. However, if the waiting list shows enough interest, I will increase the number of attendees.

August 20th (Thursday): Zoom Presentation
Eat Fit Nutrition Workshop “Combat Sugar Cravings”

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. Fortunately, Eat Fit makes it easy to indulge without the guilt. Molly Kimball, registered dietitian with Ochsner Fitness Center, sets 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 by providing education, inspiration and resources on wellness and nutrition.

Molly Kimball, RD, CSSD
2:00 p.m. to 3:00 p.m.
RSVP REQUIRED

August 28 (Friday): Zoom Presentation – “Medical Trivia with Dr. KJ and Team”

Kathy Jo Carstarphen, MD, MPH
10:00 a.m. to 11:30 a.m.
RSVP REQUIRED
Ochsner is here to care for you and your family.

Know the signs and symptoms of coronavirus (COVID-19) and what to do. Symptoms can be very similar to the flu or cold. If you develop these symptoms or have been in contact with someone known to have COVID-19, call the COVID 19 INFO LINE AT 866-703-7790, our free nurse care line. For general information, dial the Louisiana hotline, 211, or text the keyword LACOVID to 898-211.

**ENHANCED ANNUAL WELLNESS VISITS**

If you haven’t had your 2020 annual visit, each year Medicare and Humana Gold, 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 who will review your medical history, family history, and medications to determine if you have underlying chronic conditions at an early stage for potential prevention and to help maintain better health conditions. If you currently have Medicare or Humana Gold coverage, please contact the West Bank 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 the West Bank is 877-277-7716*

**Reminder: Humana to Waive Member Costs for all Primary Care and Behavioral Health Office Visits and to Deliver Safety Kits for Medicare Advantage Members.** To verify your 2020 Health and Wellness allowance contact your sales agent or check your Summary of Benefits. https://www.humana.com/coronavirus/covid19-humana-member-resources

**Need Assistance Re-scheduling Appointments**

**A dedicated telephone line has been set up with Ochsner Scheduling Department for GO members to assist in scheduling medical appointments. The number is 504-371-9333.**

Alice Nelson-Jones
Program Coordinator
West Bank Golden Opportunity
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