

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

[ochsner.force.com/goldenopportunity](https://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.*

**Ochsner VET FORCE 1** “Valuing Our Vets” will be our holiday project this year. Vet Force 1 is sponsoring a collection drive for VA hospital patients in need.

*Requested donations (must be new) include:*

- **Socks**
- **Blankets**
- **Pajamas: all sizes, male and female**
- **Sweatshirts & pants: all sizes, male and female**
- **Toiletries (no razors or mouthwash)**
- **Adult coloring books and puzzles**
- Donation boxes will be placed at the following campuses: TO BE DETERMINED
- Holiday themed items are acceptable & encouraged as well as XL-3XL sizes
- Please label the items Vet Force 1.
- If you would like to make a monetary donation, please send checks to the North Shore GO office payable to Ochsner Clinic Foundation.

**2021 renewal fees are due no later than 12/31/20 for your membership to remain active. Each active current member will be sent a reminder in early December. You can renew online on the Cloud or mail your dues (\$15/person) to the GO office.**

**\*\*\*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 available handouts or to schedule a Zoom tutorial.

**November 5 (Thursday) 10:30am - “2021 Medicare Changes”** presented by SHIIP (Senior Health Insurance Information Program). Learn what’s new in the coming year!

**November 5 (Thursday) 1:00pm - “Is It the Flu or Coronavirus?”** presented by Chad Braden, MD.

**November 10 (Tuesday) 11:00am - “Managing Your Pain”** presented by Chrissi Talley, NP – Ambulatory Pain Management Department.

**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 Network. Link will be emailed to members as requested or to those who register on the Cloud.

**November 12 (Thursday) 11:00am - “Bone Health and Fall Prevention”** presented by Erin Derbigny, MD and Angela Roy, PA. Join the discussion about basic bone health and ways to prevent falls.

**November 19 (Thursday) 2:00pm - Eat Fit\* Nutrition Workshop - “Eating for the Health of It: Optimizing Your Diet 101”**, presented by Lauren Hulin, Lifestyle & Wellness Dietitian.

*There are a lot of variables that go into why we consume the foods we eat: your hungry levels, the time of day, our mood, our cravings, etc. Today's presentation will be all about how to optimize the foods we eat to improve energy, longevity and live a life of positivity.*

**November 20 (Friday) 10:00am – “Overcoming Depression”** presented by Telly Walker, LCSW-BACS, Wellness Programs and Centers Manager, Peoples Health. Depression is a common illness but often goes unrecognized. Learn to recognize the symptoms and understand the risk factors it presents. These are important steps to the treatment you or someone you care about may need. Register directly on <https://www.peopleshealth.com/overcoming> .

**Christie Trew, Golden Opportunity  
Ochsner Health Center-Covington  
1000 Ochsner Blvd.  
Covington, LA. 70433-8107**

**[ctrew@ochsner.org](mailto:ctrew@ochsner.org)  
985-875-2799 office  
985-898-7341 fax**