

REGISTRATION OPEN FOR EVENTS ON THE CLOUD

ochsner.force.com/goldenopportunity

***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 “practice” tutorial. Please check your email often. There may be instances when unexpected and exciting activities/information are added after the Calendar of Events have been distributed.

Upcoming Zoom Events:

May 3 (Monday) “Cooking with Chef Monteleone”

2:00 pm

Presented by Chef Monteleone

Chef Monteleone will prepare a recipe as we watch. The menu/recipe/registration instructions will be sent beforehand. Register directly with Slidell Memorial Hospital as noted on the email message you will receive.

May 5 (Wednesday) “What’s an O’Bar? Ochsner’s Guide to Innovative Technology

2:00 pm

Presented by James Moffatt, Technology Sales Associate O’Bars & Innovative Hubs

The Ochsner O’Bar shares physician-recommended health apps at its state-of-the-art iPad bar. Patients with diabetes, high cholesterol or who need help quitting smoking can test the best apps to manage their health and wellness. The O’Bar also carries the latest in cutting-edge, interactive health technology that work via a smartphone or online app, such as blood glucose monitors and scales that email daily results directly to your physician and a wireless blood pressure cuff that can plug into your phone.

May 12 (Wednesday) “Beauty and the Aging Face”

2:00 pm

Presented by Jessie Chu, M.D., Department of Dermatology

As we age, we all undeniably see changes in our face and body. Join us to learn the factors that contribute to the aging face and some tips to keep our skin healthy looking.

May 19 (Wednesday) “Healthy Snacking”

2:00 pm

Mauricio Rosas-Alvarez, Ochsner Clinical Dietician

Mauricio will discuss a smarter way to snack. Satisfy your appetite with naturally powerful bites!

May 20 (Thursday) “Eat Fit Nutrition Workshop: Nutrition for Heart Health”

2:00 pm

Presented by Brittany Craft, Registered Dietician

In our culture, food is more than nutrition – it’s an obsession. While people often assume that adhering to a heart healthy diet means limiting the foods that they currently enjoy and eating the same dishes over and over, this is not the case at all! Eating the right foods for your heart does not have to be hard or boring. Join us for a “heart to heart” talk on healthy nutrition for your heart.

May 24 (Monday) “Understanding Alzheimer’s and Dementia”

10:30 am

Presented by Dana Terito, Louisiana Alzheimer’s Association

Join us to learn about: The impact of Alzheimer’s, **the** difference between Alzheimer’s and dementia, Alzheimer’s disease stages and risk factors, **current** research, and treatments available to address symptoms and Alzheimer’s Association resources.



May 7, 2021- National Military Spouse Appreciation Day
National Military Spouse Appreciation Day is a presidentially approved holiday and is celebrated on the Friday before Mother's Day in May. Military spouses are silent heroes who are essential to the strength of the nation, and they serve our country just like their loved ones. We honor the spouses of Veterans listed below. Thank you and your spouse for your service.

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| Bernice Carter | Beth Scardina Hirschey | Bobbie Ansalve | Brenda Parker |
| Carol Miller | Carol Vorhoff | Chris Spence | Connie Breaux |
| Dawn Decossas | Diane Helire | Jackie Powell | Jane Temple |
| Jeanie Streat | Kathleen Gendusa | Lynn Hall | Mae Shaffett |
| Marguerite Wilton | Mary Guerin | Mary Washington | Maxine Gossom |
| Nola Burleson | Theresa Rockhold | Verlyne LeBlanc | Janice Parrinp |



Monday, May 31, 2021 – Memorial Day

Memorial Day commemorates the men and women who died while in the military service of their country, particularly those who died in battle or as a result of wounds sustained in battle. In other words, the purpose of Memorial Day is to memorialize the veterans who made the ultimate sacrifice for their country. We spend time remembering those who lost their lives and could not come home, reflecting on their service and why we have the luxury and freedom that we enjoy today. We bow our head and thank them as well.

As I continue to work remotely, please communicate via email or a telephone call to the office should you have any questions or concerns. I am committed to provide you resources that promote healthy lifestyles and I am available to help you in any way needed.

Cindy Wilks, Golden Opportunity Coordinator
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