

Registration for in-person events (indicated with *) available October 18, 8:00am on the CLOUD!**

Registration for Zoom events are open now on the Cloud!

We are very excited to announce that effective this month we are once again offering face-to-face activities (vaccination proof is required if you have not yet submitted to the office already)!! We appreciate your understanding over the past few months. Remember that VACCINATION is the key to stopping the spread of this virus and keeping everyone healthy and safe.

NOVEMBER 1 (MONDAY): ZOOM MEETING - ALLERGIC RHINITIS

Dr. Jo Reed, MD, Ochsner Section Head of Allergy Department, will discuss Allergic Rhinitis. This is commonly known as hay fever, a group of symptoms affecting the nose. Allergic Rhinitis develops when the body's immune system recognizes and overreacts to something in the environment that typically causes no problems in most people. Dr Reed will discuss symptoms, triggers, diagnosing, management, and treatment of hay fever.

12:00pm

Unlimited Attendees

FREE

NOVEMBER 1 (MONDAY): ZOOM MEETING - COOKING WITH CHEF BRETT MONTELEONE

Good nutrition is an essential part of staying healthy. This class will teach cooking skills needed to prepare easy recipes that not only taste good but will also help develop healthy eating habits. The menu/recipe/registration instructions will be sent beforehand. Register directly with Slidell Memorial Hospital as noted on the email message you will receive once you register on the Cloud.

2:00pm

Unlimited Attendees

FREE

*****NOVEMBER 3 (WEDNESDAY) – “WHAT DOES A WOUND CARE DOCTOR DO?”**

Guest speaker, Dr. Terry Pummer, will discuss how a provider specializing in wound care can provide you the correct treatments needed for your healthcare. This will take place in the OLI Training Room located at the Ochsner Northshore Medical Complex (64030 Highway 434, Lacombe). Masks are required to enter the building and proof of vaccination submitted to the GO office prior to arrival.

11:00am

Limit of 50

FREE

NOVEMBER 11 (THURSDAY): ZOOM MEETING - INTRODUCTION TO OCHSNER HEALTH MEDICARE ADVANTAGE PLAN

Gary Prechter, Director of Sales/Ochsner Health Plan, will provide information on the Ochsner's Medicare Advantage Plan to be offered during the upcoming open enrollment period.

10:00am

Unlimited Attendees

FREE

NOVEMBER 15 (MONDAY): ZOOM MEETING – CANCER: HOW TO PROCESS THE DIAGNOSIS

Presented by Ashley Snowden, MSW, LMSW. When you find out that you have cancer, it's a lot to take in. You may feel a flood of emotions, such as fear disbelief and anger. And your first questions for the doctor might be, "How bad is it?" and "What are my options?"

11:30 am

Unlimited Attendees

FREE

Registration for new events* available October 18, 8:00am on the CLOUD!**

Registration for Zoom events are open now on the Cloud!

NOVEMBER 17 (WEDNESDAY): ZOOM MEETING - GO MEMBERS TIME TO SHINE TALENT SHOW

Let's have some fun! We are looking to "Show Case" your talents. It is time to perform your act—singing, dancing, acting, lip-syncing, martial arts, playing an instrument, poetry, comedy, or other activities to showcase your skills.

2:00 pm Unlimited Attendees FREE

NOVEMBER 18 (THURSDAY): ZOOM MEETING - HUMANA 2022 UPDATE for North Shore

Marie Tabony will review changes in the Humana Medical Advantage Plan via Zoom

10:00am Unlimited Attendees FREE

NOVEMBER 18 (THURSDAY): ZOOM MEETING EAT FIT WORKSHOP: HOLIDAY HACKS - HEALTHFUL TIPS & TRICKS FOR THE HOLIDAY SEASON

Lauren Hulin, Ochsner Nutrition Specialist, will talk about how to enjoy, indulge, but not completely de-rail your nutrition and wellness goals by understanding these key healthful tips and tricks to tackle the upcoming holiday season.

2:00 pm Unlimited Attendees FREE

*****NOVEMBER 19 (FRIDAY): "GIVING THANKS" BROWN BAG LUNCH AND LEARN**

Time to express our gratitude for our many blessings! Please join us for this face-to-face event to celebrate this special time of year. Our guest speaker, Maria Medina Whitfield, LCSW, Department of Psychiatry, will share with us "How to Handle Holiday Stress". Bring your own lunch – beverage and cookies will be provided – along with donations for the local food bank. We'd love for you to share your holiday stories and traditions. Ochsner NS Medical Complex (64030 Hwy 434, Lacombe)

11:30am Limit 50 FREE

NOVEMBER 29 (MONDAY): INTRODUCTION TO OCHSNER HEALTH MEDICARE ADVANTAGE PLAN

Gary Prechter, Director of Sales/Ochsner Health Plan, will provide information on the brand-new Medicare Advantage Plan offered by Ochsner beginning 2022. Ochsner NS Medical Complex (64030 Hwy 434, Lacombe)

11:00am Limit 50 FREE

*****NOVEMBER 30 (TUESDAY); VISIT TO ST. TAMMANY PARISH SHERIFF'S OFFICE CRIME LAB and DINE AROUND PECK'S SEAFOOD**

Tour St. Tammany Crime Lab (300 Brownswitch Road, Bldg. 2, Slidell, 985-276-1200) followed by lunch on your own from the menu at Peck's Seafood (2315 Gause Blvd., Slidell 985-781-7272). It is not required to do both events, you can choose one or the other, or attend both (indicate on registration or send email). **Personal Transportation.**

9:00am – meet at St. Tammany Crime Lab FREE
11:30am – meet at Peck's Seafood Limit of 35 attendees

What contributions have you made over the years in your community? We want to celebrate the strength of our members, recognize you and your talents, and share the difference you are making now or have made in the past. Your stories and contributions will help to support and inspire others. These stories will be distributed on a quarterly basis.

We invite you to share your story about making a difference. Submit your information to your GO Program Coordinator, along with a photograph. With your permission this may be included in future announcements. If you have any questions, please contact the GO office. We hope you will enjoy reading about these members.



Send Us Your Recipes!

GO is creating a
Recipe Book to share
with all our members.

Send us your favorite recipes
to include in the book. We're
accepting all types of recipes.

Deadline to submit is
November 30th.

Send recipes via
email or mail.

Give the Gift That Keeps People Going! Golden Opportunity Gift Certificates Now Available.

Your family and friends will thank you for giving them
the gift of health, friendship, and activity.

Purchase a one-year new membership at \$25
(\$40 for a couple) or gift someone with their 2022
renewal membership at \$15 per person.

Whether it be for a Birthday, Christmas, or Just
Because. Share Golden Opportunity with those you
care about. Call today to purchase one or more.

Two design options available, choose from a
Sunflower or Christmas theme gift certificate.



MyOchsner

Having difficulty with MyOchsner?
Contact MyOchsner support **1-877-339-2637**

Ochsner On Call: This 24/7 service is free and available by calling 1-800-231-5257

For non-life-threatening issues, call our free nurse care line. 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.

*****Need help with the Cloud? Contact our office to make an appointment*****
<https://ochsner.force.com/goldenopportunity>

For more information about COVID or vaccination, visit:
<https://www.ochsner.org/coronavirus> and <https://www.ochsner.org/coronavirus/vaccine-faqs>

It's flu season – visit your local Ochsner pharmacy to receive your vaccination or visit
<https://www.ochsner.org/health-resources/flu-shots>

Not a "Zoomer"?? Don't miss out on the fun, educational and interesting events coming up. It's quick and easy to learn how to participate. Contact the GO office to set up a tutorial and practice session.

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