Zoom meetings with physicians, DIY classes and more is in our future. My goal is to have at least two meetings per month and then increase to one meeting per week. Participating in the Zoom activities is a great way to stay connected. Please send me your updated email address if you would like to be included.

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 to me. Be sure to “accept” the invitation when you receive it via email message. Contact the GO office (via phone or email) to request handouts, if available, or to schedule a Zoom tutorial.

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

ochsner.force.com/goldenopportunity

**November 5 (Thursday) “SHIIP 2021 Medicare Updates”** 10:30 am
Presented by Vicki Dufrene
The changes and updates for Medicare insurance for the 2021 year will be discussed.

**November 5 (Thursday) Is it the Flu or Coronavirus”?** 1:00 pm
Presented by Chad Braden, MD.
Join the discussion how to determine the difference between the two viruses.

**November 10 (Tuesday) “Managing your Pain”** 10:30 am
Presented by Chrissi Talley
A discussion will be held on how to manage pain effectively.

**November 11 (Wednesday) “Victory Belles Veteran Virtual Concert”** 3:00 pm
Presented by The WWII Victory Belles.
A live virtual concert will be presented by the Victory Belles to honor our veterans.

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

**November 19 (Thursday) “Eating for the Health of It”** 2:00 pm
Presented by Lauren Hulin, Lifestyle and Wellness Dietician
Lauren will discuss how to optimize your diet. 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) “Overcoming Depression”** 11:00 am
Presented by Telly Walker,CSW-BACS, Wellness Programs and Centers Manager, PHN.
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](https://www.peopleshealth.com/overcoming).
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. Volunteers will continue receiving free membership.

Upcoming Zoom Events:

December 3 (Thursday “Podiatry 101”
Presented by Chima Akunne, DPM
12-00 pm

December 10 (Thursday) “Loneliness”
Presented by Rachel Csaki, MD Dept of Psychiatry
11:00 am

December 17 (Thursday) “Learn the Art of Enjoying Every Bite”
Presented by Maria Terry
2:00 pm

Maria will provide 5 - 6 tangible strategies that members can use and practice to become mindful eaters. In our busy world, we tend to eat mindlessly, which disconnects us from the eating experience our hunger, and fullness cues and the joy of eating. Becoming a mindful eater is an opportunity to pay better attention to your mental and physical health.

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 various locations and I will let you know in the near future where the boxes will be located.
- 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 GO office payable to Ochsner Clinic Foundation or complete the form included with the Calendar of Events.

As I continue to work remotely, please communicate via email or calls to my office if you have any questions. I am committed to continue to provide resources to promote healthy lifestyles and available to help in any way needed.

Cindy Wilks, Golden Opportunity Coordinator
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