Golden Opportunity Program Update
The Golden Opportunity Program is still active and awaiting the opportunity to provide activities to keep you emotionally and physically engaged, even if the physical part is on hold. Due to the COVID pandemic, the only part of the program that will not resume in the foreseeable future is the exercise program in LaPlace, all other events, as planned in the past, for LaPlace/River Region will continue. I am looking forward to resuming trips, meetings, potlucks, seminars, etc. and being with you again as soon as Ochsner feels it is safe for us to travel in 2021. I miss all of you and am trying to keep you engaged until all is safe again. Please be patient and safe. Know that I will keep you updated on when we can return to some form of normalcy! I appreciate and miss you!

Registering Now Online or Call Our Office (504)842-7000 (Leave a detailed message)

Zoom Presentations
We will continue to have virtual meetings until further notice. I would be more than happy to help you navigate zoom via your phone, laptop, desktop or IPad to attend our presentations. It’s not as complicated as you may think. The presentations will be posted in monthly calendars and also in Salesforce for online registration, as it was done previously for the South Shore Region. If you would like to attend, sign up online or if you don’t have access to a computer, call our office, 504-842-7000, and leave a detailed message with your name, phone number and event you would like to attend, I will register you. If you can’t attend and would like a copy of the presentation emailed or mailed to you, I will be happy to do so, if there is one available from the presenter.

November 5th (Thursday): Zoom Presentation – “Senior Health Information Insurance Program (SHIIP) 2021 Medicare/Medicaid Updates” - RSVP REQUIRED
Presenter: Vicki Dufrene, Louisiana State Insurance Manager, Senior Health Information Insurance Program (SHIIP)
Time: 10:30 a.m.

November 6th (Friday): Zoom Presentation – “Humana 2021 Insurance Updates (LaPlace/River Parish) - RSVP REQUIRED
Presenter: Carmellita Favorite, Humana Representative
Time: 2:00 p.m.

November 11th (Wednesday) Victor Belles Virtual Concert – Free Admission for Veterans of all conflicts (9 a.m. – 5 p.m.) for an engaging all-day slate of commemorative program, including a commemorative ceremony at 11 a.m., followed by an hour-long Service Salute sponsored by Peoples Health. If you can’t make it, be sure to watch via Livestream.com. For more information visit NATIONALWWEMJSEUM.ORG/VETERANS-DAY
November 12th (Thursday): Zoom Presentation – “Humana 2021 Insurance Updates” - RSVP REQUIRED
Presenter: Carmellita Favorite, Humana Representative
Time: 2:00 p.m.

November 19th (Thursday): Zoom Presentation - “Eat Fit Nutrition Workshop- “Eating for the Health of it – Optimizing Your Diet”
Presenter: Lauren Hulin, RD, LDN, Lifestyle & Wellness Dietitian, Ochsner Fitness Center
Time: 2:00 p.m.

November 20th (Friday): Zoom Presentation – “Medical Trivia with Dr. KJ and Team” - RSVP REQUIRED
Kathy Jo Carstarphen, MD, MPH
Time: 9:00 a.m.

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: 504-842-6538.

****Need help with registering in the Salesforce? Contact our office! ****

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