

Please check your email often. There may be instances when unexpected and exciting activities or information are added after the Calendar of Events have been distributed.

**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.**

Zoom invitations will be sent via email to all members who are interested in the event. You can register for the event on the Cloud or contact me via email or by phone. 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.

## **EVENT REGISTRATION BEGINS October 18**

### **NOVEMBER 1 (MONDAY) ALLERGIC RHINITIS**

Jo Reed, MD will provide information on **Allergic Rhinitis**, sometimes called Hay Fever. It causes sneezing, congestion, itchy nose and sore throat.

12:00 pm

Unlimited Attendees

FREE

### **NOVEMBER 1 (MONDAY): COOKING WITH CHEF 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.

2:00 pm

Unlimited Attendees

FREE

### **NOVEMBER 5 (FRIDAY): PEOPLES HEALTH UPDATE**

Nancy Agnelly - Peoples Health Rep. will discuss the changes and updates for People's Health.

10:00 am

Unlimited Attendees

FREE

### **NOVEMBER 11 (THURSDAY): INTRODUCTION TO OCHSNER MEDICARE ADVANTAGE HEALTH PLAN**

Gary Prechter, Directory of Sale /Ochsner Health Plan, will provide information on the brand new Medicare Advantage Plan being offered at the beginning of the year of 2022.

11:00 am

Unlimited Attendees

FREE

### **NOVEMBER 15 (MONDAY): CANCER HOW TO PROCESS THE DIAGNOSIS**

Ashley Snowden, LCSW will discuss how to deal with the Diagnosis “When you find out that you have cancer, it's a lot to take in. You may feel a flood of emotions, such as disbelief, fear, 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

**NOVEMBER 17 (WEDNESDAY): 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 (WEDNESDAY): HUMANA 2022 MEDICARE UPDATES**

Marie Tabony, Humana Agent will discuss the Humana 2022 Medicare Updates.

10:00 am

Unlimited Attendees

FREE

**NOVEMBER 18 (THURSDAY): EAT FIT - TRICKS FOR THE HOLIDAY SEASON**

Lauren Hulin, LDN, RD Learn 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.

02:00 pm

Unlimited Attendees

FREE



**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.

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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>

Dear Golden Opportunity Members,

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.

This month we are excited about sharing stories about members who have contributed to the success of Golden Opportunity and to the community. These stories will be distributed on a quarterly basis and have included our first issue with the September calendar. We hope you will enjoy reading about these members.

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.

## **FYI.....**

If you're on Medicare, be aware: Go members are receiving telephone calls stating that your paper Medicare card is being replaced with a plastic card with a chip.

**You will *not* be receiving a new chip card to replace your paper ID card.** It's a scam.

## **ANNOUNCEMENT**

We were given the OK to meet in person...starting in November. However, we still don't have a place to meet. I was informed the Conference Rooms received severe water damage during Hurricane IDA. I am planning a local trip in December. Details coming.

**Proof of complete vaccination is required to attend all in-person events. Please email or text a copy of your vaccination card prior to attending your first event. A mask will need to be worn when entering any Ochsner Health facility but can be removed once inside the meeting space.**

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