As a leading health provider in our area, we here at Ochsner know firsthand how difficult and uncertain these times are, making it hard to make plans. Due to the uncertainty of the COVID-19 virus and its precautions and restrictions, Golden Opportunity events will continue to be suspended until such time that it is safe to resume. Your wellbeing is first and foremost in our minds. Together we can help keep ourselves and others safe during this time. Your Golden Opportunity staff is brainstorming ways to host meetings and events that would allow for social distancing and adherence to recommended guidelines. We welcome any suggestions you may have.

We appreciate your understanding. The staff of Golden Opportunity will continue to work remotely, so please communicate via email or calls to your local Golden Opportunity office if you have any questions. We are happy that we can continue to provide our members resources to promote healthy lifestyles and available to help in any way needed.

As time goes by, we will keep in touch with you regarding the reinstatement of events and other Ochsner news, but in the meantime, please follow the recommended guidelines for maintaining healthy habits.

Stay informed with up-to-date information on the Ochsner Health COVID-19 website: https://www.ochsner.org/coronavirus

Events Update:

ART IN BLOOM – NEW ORLEANS MUSEUM OF ART has been cancelled for June 2020. I will be refunding payments via a check or credit card, depending on how payment was received from the member.

EXTENDED TRIPS SCHEDULED/RE-SCHEDULED FOR 2021

SAVANNAH, GEORGIA
ISLANDS OF NEW ENGLAND
GATLINBURG, TENNESSEE
BRANSON, MISSOURI
Here are some tips that may help ease your stress and anxiety:

- **Eat healthy and stay hydrated**
- **Practice sleep hygiene.** Limit screens, news, caffeine before bedtime and practice relaxation techniques like deep breathing before bedtime
- **S.T.O.P.** to practice mindfulness during the day
  - **Stop**
  - **Take a deep breath**
  - **Observe thoughts/feelings/emotions**
  - **Proceed**
- **Cultivate a virtual connection:** connect with friends and family through FaceTime and Skype

**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 Cloud? Contact our office! ****

<table>
<thead>
<tr>
<th>Chermaine Hebert, Program Coordinator</th>
<th>New Office Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ochsner Golden Opportunity</td>
<td>8:30am – 400pm</td>
</tr>
<tr>
<td>Center for Primary Care &amp; Wellness</td>
<td></td>
</tr>
<tr>
<td>1401 Jefferson Hwy.</td>
<td></td>
</tr>
<tr>
<td>New Orleans, LA 70121</td>
<td></td>
</tr>
<tr>
<td>504-842-7000 office</td>
<td>Lunch Hour</td>
</tr>
<tr>
<td><a href="mailto:chehebert@ochsner.org">chehebert@ochsner.org</a></td>
<td>12:30pm – 1:30pm</td>
</tr>
</tbody>
</table>