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. Please note that there are two North Shore events still planned (see Page 2) and registration for the waitlist can be done through the Cloud, email or USPS. 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](https://www.ochsner.org/coronavirus)
Here are some tips that may help ease your stress and anxiety:

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

Current scheduled events:

**September 16, (Wednesday): BUS TRIP TO DIXIE BREWERY & DONG PHUONG BAKERY $55pp**
Welcome home, Dixie Brewing Company! Today we will tour the facility and learn about the history of the brewery since it opened in 1907 – and even enjoy a few samples along the way! Before departing, we will dine on a delightful buffet lunch following our tour. Departure from Covington at 10:00am, pick up in Slidell approximately 10:45am.
10:00am - 4:00pm Limit of 50 attendees **RSVP REQUIRED**

**October 28 (Wednesday): WWII MUSEUM presents “ELVIS THROUGH THE YEARS” BUS TRIP $60pp**
Spencer Racca is back at BB’s Stage Door Canteen with a new look! Journey through the career of Elvis Presley as Racca pays tribute to the “King” with hits you’ll remember and enjoy. Includes transportation, buffet lunch and performance. Enjoy a stop at Café du Monde in City Park (refreshments on your own) following the show. Departure from Covington at 10:15am, pick up in Slidell approximately 10:45am.
10:15am - 4:30pm Limit of 50 attendees **RSVP REQUIRED**

**July 25 to August 2, 2020: CANADIAN ROCKIES AND GLACIER NATIONAL PARK - Cancelled**

**September 26 to October 3, 2020: NEW ENGLAND FALL FOLIAGE - Cancelled**