



For Your

BENEFITSTATE OF LOUISIANA • OFFICE OF GROUP BENEFITS
PPO • EPO • MCO • HMO

Welcome Back to OGB, Tommy Teague!

By Aubrey T. Temple, Jr.

OGB Policy and Planning Board Chairman

As chairman of your OGB Policy and Planning Board, I am honored to tell you about OGB's new chief executive officer. Tommy D. Teague will succeed A. Kip Wall, who is retiring from state government. Mr. Teague was appointed to the position by Commissioner of Administration Jerry Luke LeBlanc.



Tommy Teague is no stranger to OGB and many of you may remember him. He served in several leadership positions with the Louisiana State Employees Group Benefits Program (SEGBP), OGB's predecessor.

Mr. Teague worked at SEGBP from 1980 until 1995 in progressively responsible positions as the agency's attorney, deputy director and acting executive director. His primary duty from 1991 until his departure in 1995 was establishment of the PPO network of preferred health care providers still in place at OGB today.

Before returning home to OGB, he served as executive director of the Pennsylvania Employees Benefit Trust Fund since 1997. He ran the largest health plan in Pennsylvania, which provides self-funded insurance coverage to 300,000 plan members and administers contracts with over 20 health plans.

Annual Enrollment Meeting List (see page 8)

For details on meetings with interpreters for hearing-impaired plan members, call OGB's customer service office toll-free at (800) 272-8451 or visit our website (www.groupbenefits.org).

Kip Wall provided excellent leadership to OGB. We are very fortunate to have Tommy Teague as his replacement, and we're very pleased he will be returning to Louisiana and to OGB.

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Office

Profile

Aubrey T. Temple, Jr. **Chairman** **OGB Policy and Planning Board**

Aubrey Temple has been chairman of OGB's Policy and Planning Board since 1998, having been appointed to the board by then Governor Mike Foster. Mr. Temple is an experienced business executive, serving as chairman of Integra Financial Group, a financial services company dealing mainly in real estate lending and development.



In addition, Mr. Temple is chairman of the board of the Louisiana Workers' Compensation Corporation (LWCC) and has been since its inception in 1991. LWCC has assets in excess of \$836 million and a surplus in excess of \$360 million.

Mr. Temple also serves on the board of directors of Beauregard Federal Savings Bank and the Business Bank of Baton Rouge. He is a licensed insurance agent and cattle rancher and lives in DeRidder. He is married and has three children.

Two OGB Board Seats Up for Election

Both Incumbents Term-Limited

OGB's Policy and Planning Board has two seats up for election in 2006. One seat represents the Department of Transportation and Development; the other comprises institutions of higher education.

The DOTD seat is currently held by Mr. James Lee, who is employed at DOTD headquarters in Baton Rouge. Dr. Barbara J. Cicardo of the University of Louisiana at Lafayette now represents higher education. After many years of dedicated service to plan members and OGB, however, both incumbents have reached the term limits specified by Louisiana law and thus cannot run again.

Nomination packets are being distributed to your agency OGB coordinator. If you are represented by the DOTD seat or the higher education seat, you can pick up a packet from your OGB coordinator. Nomination packets are also available on the OGB website, www.groupbenefits.org.

Completed petitions and other material will be due in April. Complete details will be available in the nomination packets. If you have any questions about running for a board seat, please call 225-925-7983 or e-mail srunyan@ogb.state.la.us.

2006-07 Benefits and Plans Remain Unchanged

We all face so many uncertainties – levees, furloughs, schools, traffic. It is often difficult to make day-to-day decisions. How do we make often-difficult choices, such as which health care plan to select?

In the aftermath of hurricanes Katrina and Rita, OGB has determined that all plans and benefits will remain unchanged. No modifications are being made in any programs for the 2006-07 plan year.

You will still be able to choose the PPO, EPO, HMO or the MCO. If you are thinking about changing plans, you should look over the benefit comparison chart on pages 4 and 5 of this newsletter. You should also review the commonly asked questions and answers on page 6. These are the same questions we ran last year and are back by popular demand.



You will have several opportunities to gather additional information. As always, OGB will be holding hundreds of meetings across the state. We may not be holding as many meetings in New Orleans, but we'll be having more meetings in other areas. Check the schedule on these pages to find a meeting near you. We look forward to seeing you at an annual enrollment meeting.

If you can't make it to a meeting, don't worry. Just go to our website, www.groupbenefits.org. You can find all of our annual enrollment publications and you can view a special audio-visual presentation about your benefits and plan choices.

We also encourage you to visit your human resources office. We hold special training sessions for your HR staff in every major city. We provide them with additional training materials and we consider them our customer service partners.

Of course, you are always more than welcome at your local OGB customer service office. Our staff members will be pretty busy during April, holding meetings in their areas. The addresses and phone numbers of your local office are listed on the back of this newsletter.

How Do I Choose?

Medical Benefits Comparison

COVERED BENEFIT: IN NETWORK

OGB PPO Plan

EPO Plan (Administered by UHC)

Lifetime Maximum Benefit	All Regions \$1 million per person	Nationwide \$2 million per person
Plan Year Deductible Employees and dependents	\$500/active; \$300 retired Family Unit Maximum: 3 individual deductibles	\$300/active & retired; non-Co-pay services Family Unit Maximum: 3 individual deductibles
Maximum Out-Pocket Expense in Network	\$1000 per person	N/A
Hospital Services (inpatient) In Network	Plan covers 90% of Contracted Rate ^{1, 2}	\$100 per day ² Max of \$300 per admission
Surgeon, Anesthesia, Lab, & X-rays	Plan covers 90% of Contracted Rate ¹	Plan Covers at 100% ¹
Hospital Emergency Room (facility only)	\$150 separate deductible/waived if admitted Plan covers 90% of Contracted Rate ¹	\$100 Co-pay/waived if admitted (Hospital Co-pay applies) ²
Ambulatory Surgical Facilities	Plan covers 90% of Contracted Rate ¹	\$100 Co-pay
Physician Visits	Plan covers 90% of Contracted Rate ¹	\$15 PCP/\$25 Specialist (no referral required)
Maternity (physician only)	Plan covers 90% of Contracted Rate ¹	\$90 Co-pay
MRI/Cat Scan	Plan covers 90% of Contracted Rate ¹	\$50 Co-pay
Sonograms	Plan covers 90% of Contracted Rate ¹	\$25 Co-pay
Chemical/Radiation Therapy	Plan covers 90% of Contracted Rate ¹	Plan covers at 100% ¹
Pre-admission Testing	Plan covers 90% of Contracted Rate ¹	Plan covers at 100% ¹
Dialysis	Plan covers 90% of Contracted Rate ¹	Plan covers at 100% ¹
Cardiac Rehabilitation Therapy	Plan covers 90% of Contracted Rate ¹ (within 6 mos.)	\$15 Co-pay (within 6 mos.)
Physical and Occupational Therapy	Plan covers 90% of Contracted Rate ¹	\$15 Co-pay
Speech Therapy ²	Plan covers 90% of Contracted Rate ¹	\$15 Co-pay
Oral Surgery (impacted tooth removal only)	Plan covers 100% of Fee Schedule	Plan covers 100% of Fee Schedule
Routine PAP Test	Plan covers 90% of Contracted Rate	Plan covers at 100%; one every 12 months
Routine Mammogram	Plan covers 90% of Contracted Rate ⁴	Plan covers at 100% ⁴
Routine PSA Screening	Plan covers 90% of Contracted Rate ⁴	Plan covers at 100% ⁴ ; one every 12 months
Ambulance (transportation only) Ground Licensed Air Ambulance	Plan considers a maximum to \$350 ³ less a \$50 co-payment Plan considers a maximum to \$1500 ³ less a \$250 co-payment	Plan considers a maximum to \$350 ³ less a \$50 co-payment Plan considers a maximum to \$1500 less a \$250 co-payment
Durable Medical Equipment \$50,000 Lifetime Maximum per person	Plan covers 90% of Contracted Rate	Plan covers 80% of Contracted Rate ¹
Home Health Care ² Limited to 150 visits year	Case Management Required Plan covers 70% of negotiated rate ¹	Case Management Required \$15 Co-pay
Hospice Care ²	Case Management Required Plan covers 80% of negotiated rate	Case Management Required Plan pays 80% of negotiated rate ²
Wellness Program Baby/Child Routine exams, scheduled immunizations Adult Physical exam, lab, x-ray Eye Exam/Annual	Plan covers 90% of Contracted Rate ¹ 100% of eligible expenses to \$200 ⁴ N/A	\$15 Co-pay for PCP Visits ¹ 100% of eligible expenses to \$200 ⁴ N/A
Prescription Drug Benefit In Network	Lifetime maximum: \$250,000 per person Member pays 50%; max. \$50 per 34 day fill After \$1200 per person per plan year Co-pay Brand - \$15, Generic - \$0	Lifetime maximum: \$250,000 per person Member pays 50%; max. \$50 per 34 day fill After \$1200 per person per plan year Co-pay Brand - \$15, Generic - \$0
Mail Order Drug Program	same as above	same as above
Mental Health & Substance Abuse/Inpatient ² Max. 45 inpatient days person/plan year	Plan covers at 80% Separate \$200 deductible (in & out patient) Inpatient-\$50 per day-Max. 5 days	Plan covers at 80% Separate \$200 deductible (in & out patient) Inpatient-\$50 per day-Max. 5 days
Mental Health & Substance Abuse/Outpatient ² Max. 52 visits/year	Plan covers at 80%	Plan covers at 80%

COVERED BENEFIT: OUT-OF-NETWORK

Member resides in Louisiana

Plan covers 70% of fee schedule¹

Separate \$300 deductible
Plan covers 70% of fee schedule¹

Member resides outside of Louisiana

Plan covers 90% of fee schedule¹

Separate \$300 deductible
Plan covers 70% of fee schedule¹

¹ Subject to plan year deductible and/or applicable co-insurance
² Pre-authorization required

³ Medical Supplies are subject to deductibles and co-insurance
⁴ Age and/or time restrictions apply

MEDICAL BENEFITS COMPARISON

(Active Employees)

Humana HMO

Vantage HMO

MCO Plan (Administered by FARA)

Regions 1-8	Region 9	All Regions
None	\$2 million per person	\$1 million per person
None	None	None
\$1000 per person/\$3000 Family	N/A	N/A
\$100 per day	\$100 per day ²	\$100 per day ²
Max of \$300 per admission	Max of \$300 per admission	Max of \$300 per admission
Plan Covers at 100%	Plan Covers at 100%	Plan covers at 100%
\$100 Co-pay/waived if admitted (Hospital Co-pay applies) ²	\$100 Co-pay/waived if admitted (Hospital Co-pay applies) ²	\$100 Co-pay/waived if admitted (Hospital Co-pay applies) ²
\$100 Co-pay	\$100 Co-pay	\$100 Co-pay
\$15 PCP/ \$25 Specialist (no referral required)	\$15 PCP/\$25 Specialist (referral required)	\$15 PCP/\$25 Specialist (no referral required)
\$90 Co-pay	Plan covers at 100% ²	\$90 Co-pay
\$50 Co-pay	Plan covers at 100% ²	\$50 Co-pay ²
\$25 Co-pay	Plan covers at 100% ²	\$25 Co-pay
\$15 Co-pay	Plan covers at 100% ²	Plan covers at 100% ²
Plan covers at 100%	Plan covers at 100% ²	Plan covers at 100% ²
Plan covers at 100%	Plan covers at 100% ²	Plan covers at 100% ²
\$15 Co-pay	Plan covers at 80% (18 visits) ²	\$15 Co-pay
\$15 Co-pay	Plan covers at 80% (20 visits) ²	\$15 Co-pay ²
\$15 Co-pay	Plan covers at 80% (20 visits) ²	\$15 Co-pay ²
Plan covers at 100%≤	Plan covers at 80% ²	Plan covers at 100%
Plan covers at 100% after Co-pay	Plan covers at 100%	Plan covers at 100%
Plan covers at 100%	Plan covers at 100%	Plan covers at 100% ⁴
Plan covers at 100%	Plan covers at 100%	Plan covers at 100% ⁴
Plan considers a maximum to \$350 less a \$50 co-payment	Plan pays 80%	Plan considers a maximum to \$350 less a \$50 co-payment
Plan considers a maximum to \$1500 less a \$250 co-payment	interfacility transfers 100%	Plan considers a maximum to \$1500 less a \$250 co-payment
Plan covers 80% of Contracted Rate	Plan covers 80% of Contracted Rate ²	Plan covers 80% of Contracted Rate ²
Plan Covers at 100%	Plan covers at 100%	Plan covers at 100%
Plan Covers at 100%	Plan covers at 100%	Plan covers at 100%
\$15 Co-pay	\$15 Co-pay	\$15 Co-pay ⁴
\$15 Co-pay	\$15 Co-pay	\$15 Co-pay eligible expenses to \$200 ⁴
\$15 Co-pay	N/A	N/A
Lifetime maximum: \$250,000 per person Member pays 50%; max. \$50 per 30 day fill After \$1200 per person per plan year Co-pay Brand - \$15, Generic - \$0 Formulary applies	Generic - \$10 Co-pay Preferred - \$25 Co-pay Non-preferred - \$40 Co-pay Formulary applies Mandatory Generic required up to 90 day supply/2 Co-pays	Lifetime maximum: \$250,000 per person Member pays 50%; max. \$50 per 34 day fill After \$1200 per person per plan year Co-pay Brand - \$15, Generic - \$0 Formulary applies Mandatory Generic required
same as above	up to 90 day supply/2 Co-pays	same as above
\$100 per day/\$300 maximum Substance Abuse/limited to 20 days	\$100 per day/\$300 max./Mental Health Plan covers 80% for Substance Abuse	\$100 per day/\$300 max.
\$25 Co-pay Substance Abuse/limited to 30 days	\$25 Co-pay for Mental Health 80% Substance Abuse	\$25 Co-pay
Plan covers 70% of fee schedule \$1000 deductible	Emergencies are covered No out-of-network benefit ²	Life & Limb Emergencies are Covered No out-of-network benefits
Plan covers 70% of fee schedule \$1000 deductible; wellness not covered	Emergencies are covered No out-of-network benefit ²	Life & Limb Emergencies are Covered No out-of-network benefits

This comparison chart is a summary of Plan features, however, for full details of the plan refer to the official plan document.

Got A Question? Here's An Answer!

These commonly asked questions may help you understand how to choose the best health care option for you and your family. The answers given here are general in nature, and specific exceptions may apply. Please see official plan documents – which are available on the OGB website – for details.

1. If I choose the PPO and I visit my cousin in Atlanta, what will my plan pay if I have to see a doctor about an ear ache?

Because this is not a life-threatening illness, your benefits are restricted to 70 percent of a limited pre-set fee schedule. You will be responsible for paying 30 percent of the pre-set fee plus 100 percent of the difference between that limited fee schedule and whatever the provider actually bills you for. This can be a significant crunch to your pocketbook. We have seen plan members having to pay \$50,000 or more for a serious, but not life threatening illness.

2. My spouse takes five prescription drugs and I take six. Which plan should we select?

When making your selection, keep in mind that the MCO has the most limited formulary, or list of approved drugs. Also, the MCO plan requires you to use generic drugs when available.

3. My family is relatively healthy and we hardly ever meet the deductible. Which selection should we make?

The PPO and EPO have deductibles. The HMOs and MCO do not.

4. Where can I find the most up-to-date listing of providers in the PPO?

The OGB Web site, www.groupbenefits.org, is updated daily and is the best source to check for providers. You can also access other plans through links on the OGB site.

5. I am a retiree and I am having trouble choosing the best plan for me. What should I do?

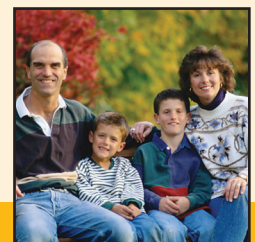
You should plan to attend one of the special Annual Enrollment for retirees listed in this newsletter. We will distribute a special book and has a comparison chart dedicated solely to retirees with Medicare.

6. I have been in the PPO and I would like to transfer to an HMO or the MCO. Will I lose any years of participation for my vesting?

No. The years you accumulate for vesting can come from any OGB plan or combination of OGB plans. The EPO, PPO, HMOs and MCO are all considered OGB plans.

7. I am now living out of state. Which plan should I choose?

The only plan that offers a nationwide provider network is the EPO.



Flexible Benefits Plan Offers Tax Savings

Would you like to save money on your taxes? You can do just that by enrolling in one or more of the three Flexible Benefits Plan Options.

Join the Premium Conversion Option and have your eligible insurance payroll deductions taken before the calculation of taxes.



Join the Dependent Care Flexible Spending Account Option and set aside money from your paycheck for dependent care expenses before the calculation of taxes. To make this option as convenient as possible, 1Point Solutions, OGB's flexible spending accounts manager, offers a Recurring Expense Service. This service pre-certifies your regularly recurring dependent care expense so that you never have to keep a receipt, complete a claim form or swipe your flexible spending card.

Join the Health Care Flexible Spending Account Option and set aside money from your paycheck for out-of-pocket medical expenses before the calculation of taxes. You can have immediate access to your Flexible Spending Account dollars with the 1Point Solutions card. Present the card anywhere MasterCard is accepted as payment for any of your eligible out-of-pocket medical expenses and the amount is automatically deducted from your account.

Any employee who is retiring or terminating employment any time between July 1, 2006 and June 30, 2007 cannot enroll in the Health Care Flexible Spending Account.

Participants who re-enroll in one of the Flexible Spending Accounts will use the same card from the prior year. When using the 1 Point Solutions (MBI) Flexible Spending Card, participants are to get the receipt and fax a copy of the receipt to 1 Point within two weeks. Receipt copies can be faxed by using the

toll-free fax number 1-866-254-1927. Participants in the Flexible Spending Accounts have 90 days after the end of the Flex Plan Year to submit claims for reimbursement for prior year expenses.

The Flexible Benefits Plan Annual Enrollment period is April 1, 2006 through May 19, 2006. The Flexible Benefits Plan Year is July 1, 2006 through June 30, 2007.

You Say You Can't Get To A Meeting? Tune In to OGB Webinar!

Last year OGB held its first ever webinar – a live electronic seminar. We had a few technical glitches, but many of you told us you thought it was very helpful. We think we've banished all the glitches and we're ready to try again.



Our webinar will allow you to attend an Annual Enrollment meeting without leaving your desk. And, all you have to do is log on to our website at www.groupbenefits.org. You will see our webinar on your computer screen and hear the commentary through your computer's speakers. During the webinar you can ask questions about annual enrollment by typing them on your keyboard. We will answer as many questions as possible live on the broadcast.

The 2006 webinar will be held on April 7 at 2 p.m. You can log in from any computer. If you are unable to join us at that time, you can view and hear the webinar at your leisure, because we will archive the program on our website. You'll be able to see all the questions and answers from April 7.

Please visit our website at www.groupbenefits.org for details.

ANNUAL ENROLLMENT

Acadia Parish

April 5 LSU Rice Research Station
Wednesday Caffery Rd. (north of Hwy. 90 East)
8:30 AM Crowley 70527
Research Station employees only

April 5 Acadia Parish Cooperative Extension
Wednesday LSU Agricultural Center
10:30 AM * 157 Cherokee Dr.
1:00 PM Hwy. 13 (Crowley/Eunice exit)
Crowley 70527

** Special meeting for retirees with Medicare*

Allen Parish

April 4 Allen Parish School Board
Tuesday Media Center
10:00 AM 417 W. Court St.
2:00 PM * Oberlin 70655
4:30 PM

** Special meeting for retirees with Medicare*

Ascension Parish

April 4 River Parishes Community College
Tuesday 7384 John LeBlanc Blvd., Room C-118
2:15 PM Sorrento 70778

April 26 Holiday Inn - Gonzales
Wednesday Livingston Room
8:30 AM * 1500 Hwy. 30
10:30 AM Gonzales 70737

** Special meeting for retirees with Medicare*

Assumption Parish

April 5 Assumption Parish School Board
Wednesday Napoleonville Middle Auditorium
2:30 PM * 4847 Hwy. 1
5:00 PM Napoleonville 70390

** Special meeting for retirees with Medicare*

Avoyelles Parish

April 6 Avoyelles Parish School Board
Thursday Board Room
9:00 AM 221 Tunica Dr. West
1:30 PM * Marksville 71351
4:00 PM

** Special meeting for retirees with Medicare*

April 18 Avoyelles Correctional Center
Tuesday 1630 Prison Rd.
10:00 AM Cottonport 71327
5:00 PM
ACC employees only

April 18 Greater Central LA District VI
Tuesday 508 Choupique St.
2:30 PM Cottonport 71327

April 19 Avoyelles Office of Family Support
Wednesday 607 Tunica Dr. West
1:30 PM Marksville 71351

April 19 Avoyelles Correctional Center
Wednesday 1630 Prison Rd.
5:00 PM Cottonport 71327
ACC employees only

Beauregard Parish

April 11 Beauregard Parish School Board
Tuesday DeRidder High Cafeteria
3:00 PM * DeRidder 70634
5:00 PM
** Special meeting for retirees with Medicare*

April 20 Phelps Correctional Center
Thursday DeQuincy 70633
5:45 AM
5:45 PM
Phelps A & C team employees only

April 21 Phelps Correctional Center
Friday DeQuincy 70633
5:45 AM
5:45 PM
Phelps B & D team employees only

Bienville Parish

April 10 Bienville Parish School Board
Monday Ringgold School Complex
3:30 PM 4044 Bienville Rd. (Hwy. 154)
Ringgold 71068

April 18 Bienville Parish School Board
Tuesday Arcadia School Complex
1:00 PM * 967 Daniel St.
3:30 PM Arcadia 71001

** Special meeting for retirees with Medicare*



Bossier Parish

April 3 Bossier Civic Center
Monday Bodcau Room
9:30 AM 620 Benton Rd.
12:30 PM * Bossier City 71111
3:00 PM

** Special meeting for retirees with Medicare*

April 4 DOTD District 4 Office
Tuesday Conference Room
8:00 AM 3365 Industrial Dr.
10:00 AM Bossier City 71112

April 4 Northwest Developmental Center
Tuesday and Special School District 1
2:30 PM Colwell Activity Center Theatre
5401 Shed Rd.
Bossier City 71111

April 11 Department of Agriculture
Tuesday Meeting Room
8:00 AM 740 Covington Rd.
Haughton 71037

Caddo Parish

April 5 Disability Determinations
Wednesday Bldg.2, 1st Floor Conference Room
8:30 AM 2920 Knight St.
Shreveport 71105

April 6 Forcht Wade Correctional Center
Thursday 7990 Caddo Dr.
10:00 AM Keithville 71047
Corrections employees only

April 7 LA State Exhibit Museum
Friday Auditorium
10:00 AM 3015 Greenwood Rd.
1:00 PM * Shreveport 71109
3:00 PM

** Special meeting for retirees with Medicare*
(Park in Pershing Blvd. baseball stadium lot)

April 10 LSU Health Science Center
Monday Medical School Auditorium
10:00 AM 1st Floor, Room 400
2:00 PM 1501 Kings Hwy.
Shreveport 71130

(Benefits Fair 9AM to 4:30 PM)

April 10 LSU Health Science Center
Monday Hospital Private Dining Room (CG 17)
7:00 PM 1501 Kings Hwy.
Shreveport 71130

April 12 State Office Building
Wednesday Second Floor, Room 205
10:00 AM 1525 Fairfield Ave.
2:00 PM Shreveport 71101

April 13 LSU - Shreveport
Thursday University Center Theatre
9:00 AM One University Place
1:00 PM Shreveport 71115

Calcasieu Parish

April 7 Sowela Technical College
Friday Library
10:00 AM 3822 J. Bennett Johnston Pkwy.
2:00 PM Lake Charles 70616
Facility employees only

April 10 McNeese State University
Monday Stokes Auditorium
10:00 AM * Hardtner Hall, Room 105
1:00 PM 550 Sale Rd.
Lake Charles 70609

** Special meeting for retirees with Medicare*

April 12 DHH Region 5 Office
Wednesday 2300 Broad St., Room 39
9:00 AM Lake Charles 70601
11:00 AM *
2:00 PM

** Special meeting for retirees with Medicare*

April 18 State Police Troop D Headquarters
Tuesday 805 Main St.
5:00 PM Lake Charles 70615
OMV/Troop D employees only

April 24 McNeese State University
Monday Stokes Auditorium
10:00 AM * Hardtner Hall, Room 105
1:00 PM 550 Sale Rd.
Lake Charles 70609

** Special meeting for retirees with Medicare*

ANNUAL ENROLLMENT

Caldwell Parish

April 24 Caldwell Parish School Board
Monday Caldwell High Auditorium
1:00 PM * 163 Spartan Dr.
3:45 PM Hwy.165 South
Columbia 71418

** Special meeting for retirees with Medicare*

Cameron Parish

April 5 Cameron Parish School Board
Wednesday Grand Lake High
9:00 AM 1039 Hwy. 384
12:00 PM Grand Lake 70607
Faculty only

April 6 Cameron Parish School Board
Thursday Hackberry High
12:00 PM 1390 School St.
4:30 PM Hackberry 70645
(12:00 PM faculty only)

Catahoula Parish

April 10 Catahoula Parish School Board
Monday 200 Bushley St.
10:00 AM * Harrisonburg 71340
3:30 PM

** Special meeting for retirees with Medicare*

April 10 Catahoula Medical Complex
Monday Cafeteria (back entrance)
1:00 PM 2801 Fourth St.
Jonesville 71343

Claiborne Parish

April 11 Wade Correctional Institute
Tuesday Administration Building
9:30 AM Hwy. 520 North
Homer 71040

Corrections employees only

April 11 LSU Hill Farm Research Station
Tuesday 11959 Hwy. 9
1:00 PM * Homer 71040

** Special meeting for retirees with Medicare*

April 12 Wade Correctional Institute
Wednesday Administration Building
9:30 AM Hwy. 520 North
Homer 71040

Corrections employees only

April 27 Claiborne Parish School Board
Thursday Homer High Auditorium
3:30 PM 1008 N. Main St.
Homer 71040

Concordia Parish

April 25 Concordia Parish School Board
Tuesday Board Room
1:00 PM * 4358 Hwy. 84 West
3:30 PM Vidalia 71373

** Special meeting for retirees with Medicare*

DeSoto Parish

April 18 LA Technical College
Tuesday Mansfield Campus
11:00 AM * 943 Oxford St.
2:00 PM Mansfield 71052

** Special meeting for retirees with Medicare*

East Baton Rouge Parish

April 3 Louisiana State University
Monday Union – Royal Cotillion Ballroom
10:00 AM Baton Rouge 70803

April 4 Dept. of Corrections
Tuesday Cafeteria Conference Room A
8:30 AM 504 Mayflower St.
10:30 AM Baton Rouge 70804

April 4 Dept. of Public Safety
Tuesday Training Academy Auditorium
8:30 AM * 7901 Independence Blvd.
10:00 AM * Baton Rouge 70806
1:00 PM *

** Special meetings for retirees with Medicare*

April 4 Dept. of Wildlife & Fisheries
Tuesday Louisiana Room
1:30 PM 2000 Quail Dr.
Baton Rouge 70808

April 5 Dept. of Labor
Wednesday 1001 N. 23rd St.
8:30 AM Baton Rouge 70802
10:30 AM



MEETING SCHEDULE

April 5 Wednesday 9:30 AM	Jetson Correctional Center Willow Wood Dormitory 15200 Old Scenic Hwy. Baton Rouge 70874	April 11 Tuesday 9:00 AM	LSU Pennington Research Center Administration Auditorium 6400 Perkins Rd. Baton Rouge 70808 Pennington Center employees only
April 5 Wednesday 1:30 PM	Louisiana State University Veterinary Medicine Auditorium S. Stadium Rd./Skip Berman Dr Baton Rouge 70803	April 12 Wednesday 7:30 AM	LSU Facility Services Bldg. CEBA Ln. - Room 132 Baton Rouge 70802 LSU facility employees only
April 6 Thursday 8:30 AM 10:30 AM	Dept. of Public Safety Training Academy Auditorium 7901 Independence Blvd. Baton Rouge 70806	April 12 Wednesday 8:30 AM 10:30 AM 1:30 PM	Division of Administration Claiborne Bldg. - Room 100 Auditorium - LA Purchase Room 1201 N. Third St. Baton Rouge 70801
April 6 Thursday 9:00 AM	BR Housing Authority Conference Room 4731 North Blvd. Baton Rouge 70806	April 13 Thursday 7:30 AM 9:00 AM 10:30 AM	DOTD District 61 Office Large Conference Room 8100 Airline Hwy. Baton Rouge 70815
April 6 Thursday 1:00 PM	DHH CAHSD 2nd Floor, Room 200 4615 Government St. Baton Rouge 70802	April 13 Thursday 8:30 AM 10:30 AM 1:00 PM	Office of Group Benefits 1st Floor Auditorium 5825 Florida Blvd. Baton Rouge 70806 OGB employees only
April 7 Friday 7:00 AM	LSU Facility Services Bldg. CEBA Ln., Room 132 Baton Rouge 70802 LSU facility employees only	April 17 Monday 8:30 AM 10:30 AM 1:00 PM	LaSalle Bldg. Labell Hearing Room 1st Floor 617 N. Third St. Baton Rouge 70802
April 7 Friday 10:00 AM 2:00 PM	LA State Capitol House Committee Room 5 Baton Rouge 70802	April 17 Monday 8:30 AM 10:30 AM 1:00 PM 2:30 PM	DOTD Headquarters 1st Floor Auditorium 1201 Capitol Access Rd. Baton Rouge 70802
April 7 Friday 1:30 PM	EBR Parish Health Unit 2nd Floor Waiting Room 353 N. 12th St. Baton Rouge 70802	April 18 Tuesday 8:30 AM 10:30 AM 1:00 PM	Dept. of Environmental Quality Conference Room 602 N. Fifth St. Baton Rouge 70802
April 7 Friday 4:00 PM	LSU Facility Services Bldg. CEBA Ln., Room 132 Baton Rouge 70802 LSU facility employees only		
April 10 Monday 8:30 AM 10:30 AM	DOTD District 45 Traffic Services Conference Room 7686 Tom Dr. Baton Rouge 70806		

ANNUAL ENROLLMENT

April 18 LA Public Broadcasting
 Tuesday Auditorium
 9:30 AM 7733 Perkins Rd.
 Baton Rouge 70810
 Facility employees only

April 18 First Circuit Court of Appeals
 Tuesday LA Legislative Auditors
 2:00 PM 2nd Floor - Courtroom 1
 1600 N. Third St.
 Baton Rouge 70802

April 18 LSU Agricultural Center
 Tuesday Efferson Hall - Room 212
 2:00 PM E. Parker Blvd. & Highland Rd.
 Baton Rouge 70803
 LSU employees only

April 19 Office of Student Financial Assistance
 Wednesday 6th Floor Conference Room
 8:30 AM 1885 Wooddale Blvd.
 10:30 AM ** Baton Rouge 70806
 1:30 PM
 ** *OSFA employees only*

April 19 Southern University
 Wednesday Student Union
 9:00 AM * Blue & Gold Room
 10:30 AM Harding Blvd.
 1:30 PM Baton Rouge 70813
 * *Special meeting for retirees with Medicare*

April 20 DOTD Materials Lab
 Thursday Conference Room
 8:00 AM 5080 Florida Blvd.
 10:00 AM Baton Rouge 70806

April 20 Dept. of Agriculture & Forestry
 Thursday 1st Floor Auditorium
 8:30 AM 5825 Florida Blvd.
 10:30 AM Baton Rouge 70802
 2:00 PM
 Agriculture & Forestry employees only

April 20 DSS Office of Community Services
 Thursday OCS Training Room 319
 1:30 PM 160 S. Ardenwood Dr.
 Baton Rouge 70806

April 20 BR Community College
 Thursday 1st Floor Conference Room
 2:00 PM Louisiana Bldg.
 5310 Florida Blvd.
 Baton Rouge 70806

April 21 Attorney General's Office
 Friday Livingston Bldg.
 8:00 AM Conference Room
 10:30 AM 1885 N. Third St.
 2:00 PM Baton Rouge 70802

April 21 State Employees Retirement System
 Friday 4th Floor Auditorium
 9:00 AM 8401 United Plaza Blvd.
 10:30 AM Baton Rouge 70809
 1:30 PM

April 21 Louisiana State University
 Friday Student Union
 10:30 AM Royal Cotillion Ballroom
 1:00 PM Baton Rouge 70803

April 24 Dept. of Education
 Monday Claiborne Bldg. - LA Purchase Room
 8:30 AM 1st Floor Auditorium, Room 100
 10:30 AM 1201 N. Third St.
 1:00 PM Baton Rouge 70802

April 24 DOTD Research & Development
 Monday Conference Room
 9:00 AM 4101 Gourrier Ave.
 Baton Rouge 70808

April 25 LSU Medical Center
 Tuesday Earl K. Long Emergency Clinic
 8:30 AM 5825 Airline Hwy. (behind hospital)
 10:30 AM Baton Rouge 70805

April 25 Dept. of Insurance
 Tuesday Poydras Bldg., Room 101-A
 9:00 AM 1702 N. Third St.
 Baton Rouge 70802

April 25 DSS Office of Family Support
 Tuesday Large Conference Room
 1:30 PM 1919 North Blvd.
 Baton Rouge 70806



MEETING SCHEDULE

April 26 Dept. of Natural Resources
Wednesday LaSalle Bldg. - 1st Floor
8:30 AM Labell Hearing Room
10:30 AM 617 N. Third St.
1:00 PM Baton Rouge 70802

April 26 LSU Agricultural Center
Wednesday Efferson Hall, Room 212
9:30 AM E. Parker Blvd. & Highland Rd.
Baton Rouge 70803

LSU employees only

April 26 DHH Greenwell Springs Facility
Wednesday Gymnasium
1:00 PM 23260 Greenwell Springs Rd.
Greenwell Springs 70739

April 26 DSS Office of Family Support
Wednesday 2nd Floor Conference Room
1:00 PM 2751 Wooddale Blvd.
Baton Rouge 70805

DSS/OFS employees only

April 27 DSS Headquarters
Thursday 1st Floor Cafeteria
1:30 PM 755 N. Third St.
Baton Rouge 70802

April 28 LA School for the Deaf
Friday Auditorium
10:30 AM 2888 Brightside Ln.
2:30 PM Baton Rouge 70821

East Carroll Parish

April 11 LA Technical College
Tuesday Margaret Surlis Branch
1:00 PM * Hwy. 883-1 West
3:30 PM Lake Providence 71254

** Special meeting for retirees with Medicare*

East Feliciana Parish

April 7 E. Feliciana Parish School Board
Friday Central Office - Board Room
2:00 PM * 12732 Spillman St.
4:00 PM Clinton 70722

** Special meeting for retirees with Medicare*

April 10 Eastern LA Mental Health System
Monday Old Main Recreation Hall
1:30 PM Hwy. 10
Jackson 70748

April 24 Villa Feliciana Medical Complex
Monday Old Activity Building
1:00 PM 4980 Hwy. 10
Jackson 70748

April 27 Dixon Correctional Institute
Thursday Hwy. 68
5:45 AM Jackson 70748
6:45 AM
8:30 AM (Administrative staff only)
5:45 PM

April 28 Dixon Correctional Institute
Friday Hwy. 68
5:45 AM Jackson 70748
5:45 PM

Evangeline Parish

April 10 Evangeline Parish School Board
Monday Mamou High Auditorium
4:30 PM 912 7th St.
Mamou 70554

April 12 Evangeline Parish School Board
Wednesday Ville Platte Elementary
4:30 PM * 708 High School Dr.
Ville Platte 70586

** Special meeting for retirees with Medicare*

April 13 LA Technical College
Thursday Coreil Campus
1:30 PM 1124 Vocational Dr.
Ville Platte 70586

April 25 DSS - OFS & OCS
Tuesday 410 W. LaSalle St.
1:30 PM Ville Platte 70586

April 27 DOTD Maintenance & Engineers
Thursday Hwy. 376
8:00 AM Vidrine 70586

ANNUAL ENROLLMENT

Franklin Parish

April 6 DOTD District 58 Office
Thursday Conference Room
10:00 AM 6217 Hwy. 15
Chase 71324

April 6 Franklin Parish School Board
Thursday Board Room
1:30 PM * 7293 Prairie St.
4:00 PM Hwy. 4 West
Winnsboro 71295

** Special meeting for retirees with Medicare*

Grant Parish

April 6 Grant Parish School Board
Thursday Professional Development Center
1:00 PM * 600 Main St.
4:00 PM Colfax 71417

** Special meeting for retirees with Medicare*

Iberia

April 13 University of LA - Lafayette
Thursday Iberia Research Center
9:00 AM * Auditorium
11:00 AM 4401 W. Admiral Doyle Dr.
1:30 PM New Iberia 70562

** Special meeting for retirees with Medicare*

Iberville Parish

April 5 Military Dept.
Wednesday 5445 Point Clair Rd.
1:30 PM Bldg. 9 - Theater Auditorium
Carville 70721

April 20 Hunt Correctional Center
Thursday Hwy. 74
5:45 AM ** St. Gabriel 70764

6:45 AM ***

7:45 AM ****

8:30 AM *****

5:45 PM **

** K-Bldg. (HCC employees only)

*** Field House

**** C-Bldg.

***** HCC Administration employees only

April 21 Hunt Correctional Center
Friday Hwy. 74
5:45 AM St. Gabriel 70764
5:45 PM
HCC employees only

April 25 LA Correctional Institute for Women
Tuesday Hwy. 74
5:45 AM ** St. Gabriel 70764

8:30 AM **

5:45 PM

LCIW employees only

** LCIW Administration employees only

April 26 LA Correctional Institute for Women
Wednesday Hwy. 74
5:45 AM St. Gabriel 70764

5:45 PM

Facility employees only

April 27 DSS/OCS/OFS
Thursday 24710 Plaza Dr.
1:30 PM Plaquemine 70764

3:00 PM *

** Special meeting for retirees with Medicare*

Jackson Parish

April 5 Jackson Parish School Board
Wednesday Central Office Board Room
1:30 PM * 315 Pershing Hwy.
4:00 PM Jonesboro 71251

** Special meeting for retirees with Medicare*

Jefferson Parish

April 10 Jefferson Parish School Board
Monday John Ehret Multipurpose Facility
9:30 AM 4300 Patriot St.
5:30 PM Marrero 70072

April 12 Jefferson Parish School Board
Wednesday Bonnabel High Board Room
9:30 AM 2801 Bruin Dr.
5:30 PM Kenner 70065

April 19 DOTD District 2 Office
Wednesday Board Room
9:00 AM 1440 Hwy. 90
Bridge City 70094



MEETING SCHEDULE

April 20 DSS/OFS/Disability Determinations
Thursday 4th Floor Conference Room
11:30 AM * 3510 N. Causeway Blvd.
1:00 PM Metairie 70002
3:00 PM **

** Special meeting for retirees with Medicare*

** DSS Gentilly & Algiers employees only

April 21 DSS Office of Community Services
Friday 5th Floor Conference Room
10:00 AM 800 W. Commerce Rd.
Harahan 70123

April 24 Jefferson Parish East Bank Library
Monday Rooms A & B
9:00 AM * 4747 W. Napoleon Ave.
11:00 AM Metairie 70001

** Special meeting for retirees with Medicare*

April 25 Jefferson Parish West Bank Library
Tuesday 635 Fourth St.
11:00 AM * Westwego 70094
1:00 PM

** Special meeting for retirees with Medicare*

Jefferson Davis Parish

April 19 LA Technical College
Wednesday Morgan Smith Campus
10:00 AM * Auditorium
1:30 PM 1230 N. Main St.
4:00 PM Jennings 70546

** Special meeting for retirees with Medicare*

Lafayette Parish

April 3 Clifton Chenier Community Center
Monday 220 W. Willow St.
9:00 AM * Town Hall Bldg. C Auditorium
11:00 AM * Lafayette 70502
1:00 PM *

** Special meetings for retirees with Medicare*

April 7 LSU - University Medical Center
Friday Voohries Auditorium
8:00 AM 2390 W. Congress St.
10:30 AM Lafayette 70502
1:30 PM

University Medical Center employees only

April 10 Clifton Chenier Community Center
Monday 220 W. Willow St.
9:00 AM Town Hall Bldg. C Auditorium
11:00 AM Lafayette 70502
1:30 PM

April 11 DOTD District 3 Headquarters
Tuesday 428 Hugh Wallis Rd.
9:00 AM Lafayette 70506
DOTD employees only

April 19 Clifton Chenier Community Center
Wednesday 220 W. Willow St.
9:30 AM Town Hall Bldg. C Auditorium
11:30 AM Lafayette 70502
2:30 PM

April 26 University of LA - Lafayette
Wednesday Bayou Bijou Theatre
8:30 AM Student Union
10:30 AM 600 McKinley St.
1:30 PM Lafayette 70504

April 27 South LA Community College
Thursday Auditorium
2:30 PM 320 Devalcourt St.
Lafayette 70506

Lafourche Parish

April 4 Nicholls State University
Tuesday Talbot Theatre
8:30 AM Hwy. 1
1:30 PM Thibodaux 70301

April 17 Peltier Lawless Developmental Center
Monday Annex Building
8:30 AM * 690 E. First St.
10:30 AM Thibodaux 70301

** Special meetings for retirees with Medicare*

LaSalle Parish

April 11 LaSalle Parish School Board
Tuesday Media Center
12:30 PM * 2988 First St.
2:30 PM Jena 71342
4:00 PM

** Special meeting for retirees with Medicare*



ANNUAL ENROLLMENT

April 25 Department of Agriculture & Forestry
Tuesday 853 Forestry St.
9:00 AM Olla 71465

Lincoln Parish

April 5 Grambling University
Wednesday Grambling Hall Auditorium
9:00 AM 100 Founder St.
Grambling 71245

April 12 LA Tech University
Wednesday Howard Hall Auditorium
2:00 PM Arizona St.
Ruston 71272

April 13 LA Tech University
Thursday Howard Hall Auditorium
10:00 AM Arizona St.
Ruston 71272

April 13 LA Tech University
Thursday Thomas Assembly Center
1:00 PM * Waggoner Room
Ruston 71272

**Special meeting for retirees with Medicare*

Livingston Parish

April 3 Livingston Parish School Board
Monday Conference Room
11:00 AM 13922 Florida Blvd.
3:00 PM * Livingston 70724
5:00 PM

** Special meeting for retirees with Medicare*

Madison Parish

April 12 Madison Parish School Board
Wednesday Tallulah Elementary Auditorium
1:00 PM * 1100 Johnson St.
3:30 PM Tallulah 71284

** Special meeting for retirees with Medicare*

Morehouse Parish

April 3 Bastrop High Cafeteria
Monday 402 Highland St.
4:00 PM Bastrop 71220
Employees only

April 4 LSU Agriculture Center
Tuesday Auditorium
10:00 AM * 9609 Marlett St.
1:00 PM Bastrop 71221
** Special meeting for retirees with Medicare*

April 6 Morehouse Parish School Board
Thursday Bastrop High Cafeteria
3:00 PM 402 Highland St.
Bastrop 71220

Employees only

Natchitoches Parish

April 7 Northwestern State University
Friday Magale Recital Hall for
10:00 AM Creative & Performing Arts
1:30 PM Central Ave.
Natchitoches 71457

April 12 Martin Luther King Center
Wednesday 660 Martin Luther King Dr.
9:00 AM * Natchitoches 71457

1:00 PM
** Special meeting for retirees with Medicare*

April 12 Natchitoches Parish School Board
Wednesday Media Center
3:30 PM 310 Royal St.
Natchitoches 71457

Orleans Parish

April 5 DHH - Metro Region 1
Wednesday 3rd Floor Conference Room
8:30 AM 1010 Common St.
New Orleans 70112

April 5 DSS/OCS Regional Office
Wednesday 10th Floor - Room 1035
10:30 AM 1010 Common St.
New Orleans 70112

April 5 Department of Revenue & Taxation
Wednesday 5th Floor Auditorium
1:00 PM 1515 Poydras St.
New Orleans 70112

April 5 Civil District Court
Wednesday Jury Pool Room 319
3:30 PM 421 Loyola Ave.
New Orleans 70112



MEETING SCHEDULE

April 11
Tuesday
9:00 AM
University of New Orleans
Library - Room 407
University Center – Lakefront Campus
New Orleans 70148

April 12
Wednesday
2:00 PM
University of New Orleans
Library - Room 407
University Center - Lakefront Campus
New Orleans 70148

April 18
Tuesday
8:30 AM
New Orleans Center for Creative Arts
Lupin Theatre - 1st Floor
2800 Chartres St.
New Orleans 70117

April 19
Wednesday
3:30 PM
Delgado Community College
Student Life Center
Dolphin Dining Room, 1st Floor
501 City Park Ave.
New Orleans 70119

April 20
Thursday
9:00 AM
New Orleans Home & Rehabilitation
2nd Floor Board Room
612 Henry Clay Ave.
New Orleans 70118

April 25
Tuesday
8:00 AM
3:00 PM
Crescent City Connection/DOTD
2001 Mardi Gras Blvd.
New Orleans 70114

April 27
Thursday
9:00 AM
Housing Authority of New Orleans
Human Resources Training Room
4100 Touro St.
New Orleans 70122

Ouachita Parish

April 4
Tuesday
3:30 PM
LA Technical College
Delta Ouachita Campus
609 Vocational Pkwy.
West Monroe 71291

April 6
Thursday
8:00 AM
Employees only
DOTD District 5 Office
8010 DeSiard St.
Monroe 71211

April 7
Friday
1:00 PM
LSU Medical Center
Conference Hall, 2nd Floor
4864 Jackson St.
Monroe 71210

April 10
Monday
4:00 PM
Ouachita Parish School Board
Board Room
100 Bry St.
Monroe 71201

April 18
Tuesday
10:00 AM
1:00 PM *
University of LA - Monroe
Hemphill Airway & Computer Science Bldg.
3810 Northeast Dr.
Monroe 71209
** Special meeting for retirees with Medicare*

April 19
Wednesday
10:00 AM *
1:00 PM
University of LA - Monroe
Hemphill Airway & Computer Science Bldg.
3810 Northeast Dr.
Monroe 71209
** Special meeting for retirees with Medicare*

April 19
Wednesday
3:30 PM
Ouachita Parish Department of Education
Regional Resource Center, Room 11
800 Claiborne St.
West Monroe 71294

April 20
Thursday
9:00 AM
1:00 PM
State Office Building
Room 242-A
122 St. John St.
Monroe 71201

April 20
Thursday
4:00 PM
Monroe City School Board
Media Center
2009 Auburn Ave.
Monroe 71210

Plaquemines Parish

April 18
Tuesday
1:00 PM *
2:30 PM
Metropolitan Developmental Center
Administration Bldg. Conference Room
251 F. Edward Hebert Blvd.
Belle Chasse 70037
** Special meeting for retirees with Medicare*

Pointe Coupee Parish

April 6
Thursday
7:00 AM
DOTD Maintenance Unit
3151 Hospital Rd.
New Roads 70760

April 6
Thursday
9:00 AM *
5:00 PM
Pointe Coupee Parish School Board
Pointe Coupee Central High Cafeteria
8434 Pointe Coupee Rd.
New Roads 70760
** Special meeting for retirees with Medicare*



ANNUAL ENROLLMENT

April 6 LA Technical College
Thursday Jumonville Campus
11:00 AM 605 Hospital Rd.
New Roads 70760

April 6 DSS Office of Family Support
Thursday 120 Alamo St.
2:00 PM New Roads 70760

Rapides Parish

April 4 DOTD District 8 Headquarters
Tuesday District Training Bldg.
9:00 AM 3300 McArthur Dr.
Alexandria 71306

April 4 Military Dept.
Tuesday Post Theatre
9:00 AM 720 E St. - Camp Beauregard
Pineville 71360

April 4 Joseph L. Dabadie Correctional Center
Tuesday Visitors Center
1:00 PM 1453 15th St. - Camp Beauregard
Pineville 71360

Facility employees only

April 5 Huey P. Long Hospital
Wednesday Administration Building
9:00 AM Hospital Blvd.
1:30 PM Pineville 71360

April 5 LSU - Alexandria
Wednesday BBCA (Caffey Annex)
10:00 AM East Room
1:30 PM Hwy. 71 South
Alexandria 71301
(Benefits Fair 9:00 AM - 3:00 PM)

April 5 Rapides Parish School Board
Wednesday Pineville High Auditorium
4:00 PM 1511 Line St.
Pineville 71360

April 10 Wildlife & Fisheries
Monday Conference Room
8:30 AM 1995 Shreveport Hwy.
Pineville 71360

April 12 Pinecrest Developmental Center
Wednesday Gymnasium
10:00 AM South Ave. - Pinecrest Grounds
1:00 PM * Pineville 71360
3:00 PM

** Special meeting for retirees with Medicare*

April 17 OPH Regional Office
Monday Community Room
8:30 AM * 5604-B Coliseum Blvd.
10:30 AM Alexandria 71301
2:00 PM

** Special meeting for retirees with Medicare*

April 20 Central LA State Hospital
Thursday Wilkerson Hall
10:00 AM 242 W. Shamrock St.
2:00 PM Pineville 71360
(Benefits Fair 8:00 AM-4:30 PM)

April 21 Central LA State Hospital
Friday Wilkerson Hall
10:00 AM 242 W. Shamrock St.
Pineville 71360
(Benefits Fair 8:00 AM – 12:00 noon)

April 21 OPH Regional Office
Friday Community Room
9:00 AM 5604-B Coliseum Blvd.
1:00 PM * Alexandria 71301
**Special meeting for retirees with Medicare*

Red River Parish

April 20 Ware Youth Center
Thursday Group Home Gymnasium
1:00 PM * Hwy. 71 North
4:00 PM Coushatta 71019

** Special meeting for retirees with Medicare*

Richland Parish

April 13 Richland Parish School Board
Thursday Board Room
10:00 AM * 411 Foster St.
2:00 PM Rayville 71269
4:00 PM

** Special meeting for retirees with Medicare*



Sabine Parish

April 11 Sabine Shrine Club
Tuesday 1740 San Antonio Ave.
9:00 AM Many 71449

1:00 PM *

3:45 PM

** Special meeting for retirees with Medicare*

St. Bernard Parish

April 26 Nunez Community College
Wednesday 3710 Paris Rd. (signs on campus)
10:00 AM * Chalmette 70043

12:00 noon

** Special meeting for retirees with Medicare*

St. Charles Parish

April 17 Cooperative Extension Service
Monday Conference Room
1:30 PM 1313 Paul Millard Rd.

3:30 PM * Luling 70070

** Special meeting for retirees with Medicare*

St. Helena Parish

April 13 St. Helena Parish School Board
Thursday St. Helena Elementary Cafeteria
2:30 PM * Hwy. 1042

3:45 PM Greensburg 70441

** Special meeting for retirees with Medicare*

St. James Parish

April 28 Pontchartrain Levee District
Friday Conference Room
8:30 AM * 2204 Albert St.

10:30 AM Lutcher 70071

** Special meeting for retirees with Medicare*

St. John the Baptist Parish

April 28 River Parishes Technical College
Friday Conference Room
1:00 PM 181 Regala Park Rd. (off Airline Hwy.)

2:45 PM * Reserve 70084

** Special meeting for retirees with Medicare*

St. Landry Parish

April 3 DOTD Maintenance Unit
Monday 11968 Hwy. 190 West
7:30 AM Opelousas 7057

April 3

Monday

2:30 PM

LA Technical College

T. H. Harris Campus

332 E. South St.

Opelousas 70570

April 6

Thursday

4:30 PM

St. Landry Parish School Board

Opelousas High

1014 Judson Walsh Dr.

Opelousas 70570

April 10

Monday

9:30 AM *

St. Landry Parish School Board

Resource Center

1013 Creswell Ln.

Opelousas 70570

** Special meeting for retirees with Medicare*

April 12

Wednesday

1:00 PM

Dept. of Wildlife & Fisheries

5652 Hwy. 182

Opelousas 70570

April 13

Thursday

9:00 AM

DSS/OCS/OFS/BHSF

6069 I-49 South Service Rd.

Opelousas 70570

April 17

Monday

9:30 AM

LSU - Eunice

Technology Bldg.

Auditorium (Room 102)

Hwy. 755

Eunice 70535

St. Martin Parish

April 6

Thursday

9:00 AM *

Cooperative Extension Service

Conference Room

114 Courthouse St.

Breaux Bridge 70517

** Special meeting for retirees with Medicare*

April 11

Tuesday

2:30 PM

LA Technical College

Evangeline Campus

600 S. Martin Luther King Jr. Dr.

St. Martinville 70582.

St. Mary Parish

April 6

1:30 PM *

2:45 PM

LA Technical College

Young Memorial Campus

900 Youngs Rd.

Morgan City 70380

** Special meeting for retirees with Medicare*

ANNUAL ENROLLMENT

April 17 Cooperative Extension Service
Monday St. Mary Parish Courthouse
11:00 AM * Council Meeting Room - 5th Floor
1:30 PM Franklin 70538
** Special meeting for retirees with Medicare*

St. Tammany Parish

April 3 St. Tammany Parish School Board
Monday Fontainebleau Jr. High Cafeteria
6:00 PM Mandeville 70471
Active employees only

April 4 St. Tammany Parish School Board
Tuesday Slidell High Cafeteria
6:00 PM One Tiger Dr.
Slidell 70458
Active employees only

April 7 Office of Community Service
Friday Conference Room
10:00 AM 351 Holiday Blvd.
Covington 70433
OCS employees only

April 11 DSS/OCS/OFS
Tuesday 300 Covington Center
1:00 PM Conference Room
Covington 70433
Facility employees only

April 18 Southeast LA Hospital
Tuesday Gymnasium
9:00 AM Hwy. 190 (Sparrow Dr.)
11:00 AM Mandeville 70471

April 19 St. Tammany Parish School Board
Wednesday Technology Center
1:00 PM * 2024 Livingston St.
Mandeville 70448
** Special meeting for retirees with Medicare*

Tangipahoa Parish

April 10 DOTD District 62 Headquarters
Monday Conference Room
7:00 AM 685 N. Morrison Blvd.
Hammond 70404

April 10 Office of Family Support
Monday Conference Room
1:00 PM 1211 N.W. Central Ave.
Amite 70422

April 10 Tangipahoa Parish School Board
Monday 59656 Puleston Rd.
4:30 PM Amite 70422

April 11 Hammond Developmental Center
Tuesday Chapel
9:00 AM 45439 Live Oak Dr.
11:00 AM Hammond 70401

April 11 Tangipahoa Parish School Board
Tuesday Hammond High Cafeteria
3:00 PM * 45168 River Rd.
5:00 PM Hammond 70403
** Special meeting for retirees with Medicare*

April 12 Lallie Kemp Medical Center
Wednesday Large Conference Room
9:00 AM 52579 Hwy. 51 South
11:00 AM Independence 70443

April 13 Southeastern LA University
Thursday University Center - Room 133
10:00 AM Wardline Ave.
1:30 PM Hammond 70403
Benefits Fair (Room 125) 9:00 AM – 3:00 PM

Tensas Parish

April 3 Tensas Parish School Board
Monday Media Center
4:00 PM 710 Plank Rd.
St. Joseph 71366

April 4 Tensas Parish Health Unit
Tuesday 1115 Levee St.
10:00 AM * St. Joseph 71366
** Special meeting for retirees with Medicare*

April 4 Northeast Research Station
Tuesday Hwy. 605
1:30 PM St. Joseph 71366

Terrebonne Parish

April 6 Leonard Chabert Medical Center
Thursday 2nd Floor Cafeteria
7:30 AM 1978 Industrial Blvd.
9:30 AM Houma 70363
2:30 PM



MEETING SCHEDULE

April 7 DOTD Maintenance/Construction
Friday 5056 W. Main St.
8:00 AM * Houma 70360
10:00 AM

** Special meeting for retirees with Medicare*

April 21 L. E. Fletcher Technical College
Friday 310 St. Charles St.
2:00 PM Houma 70360

Union Parish

April 5 Union Parish School Board
Wednesday Media Center
1:00 PM * 1206 Marion Hwy.
4:00 PM Farmerville 71241

** Special meeting for retirees with Medicare*

Vermilion Parish

April 4 Vermilion Parish Office of Community
Tuesday Services
8:30 AM 2729 Veterans Memorial Dr.
Abbeville 70510

DHH & DSS employees only

April 4 Vermilion Parish Library
Tuesday 405 E. St. Victor St.
10:00 AM * Abbeville 70510

** Special meeting for retirees with Medicare*

April 4 LA Technical College
Tuesday Gulf Area Campus
2:30 PM 115 Clover St.
Abbeville 70510

Vernon Parish

April 3 Vernon Parish School Board
Monday Leesville High Auditorium
9:30 AM * 502 Berry Ave.
1:30 PM Leesville 71446
5:00 PM

** Special meeting for retirees with Medicare*

April 25 LA Technical College
Tuesday Lamar Salter Campus
2:00 PM 15014 Lake Charles Hwy.
Leesville 71446

Washington Parish

April 6 Bogalusa Middle School
Thursday 1403 N. Ave.
3:00 PM * Bogalusa 70427
4:30 PM

** Special meeting for retirees with Medicare*

April 12 Washington Parish School Board
Wednesday Conference Room
4:00 PM 800 Main St.
Franklinton 70438

April 24 Washington - St. Tammany Hospital
Monday In-Patient Campus Board Room
11:00 AM 433 Plaza St.
1:00 PM Bogalusa 70427

April 27 Washington Correctional Institute
Thursday Hwy. 21
5:45 AM Angie 70426
6:45 AM
5:45 PM
Facility employees only

April 28 Washington Correctional Institute
Thursday Hwy. 21
5:45 AM Angie 70426
5:45 PM
Facility employees only

Webster Parish

April 5 Minden Civic Center
Wednesday 520 Broadway St.
1:00 PM * Minden 71055
3:30 PM
** Special meeting for retirees with Medicare*

April 6 Webster Parish School Board
Thursday Springhill High Auditorium
3:30 PM 507 W. Church St.
Springhill 71075

April 11 Military Department
Tuesday Youth Challenge Program
10:30 AM Activity Bldg. A-120
100 Louisiana Blvd.
Minden 71055

West Baton Rouge Parish

April 11 Greater BR Port Commission
Tuesday Conference Room
9:00 AM 2425 Ernest Wilson Dr.
Port Allen 70767

April 11 WBR Parish School Board Office
Tuesday Board Room
11:30 AM * 3761 Rosedale Rd.
Port Allen 70767

** Special meeting for retirees with Medicare*



ANNUAL ENROLLMENT

April 11 Atchafalaya Basin Levee District
Tuesday 525 Court St.
1:30 PM Port Allen 70767

April 11 WBR Parish School Board
Tuesday Port Allen High Cafeteria
4:30 PM 3553 Rosedale Rd.
Port Allen 70767

West Carroll Parish

April 7 W. Carroll Parish School Board
Friday Media Center
1:00 PM * 410 Willis St.
3:00 PM Oak Grove 71263
** Special meeting for retirees with Medicare*

West Feliciana Parish

April 7 W. Feliciana Parish Health Unit
Friday 5154 Burnett Rd.
9:00 AM * St. Francisville 70775
10:30 AM
** Special meeting for retirees with Medicare*

Winn Parish

April 20 Cooperative Extension Service
Thursday Room 108
1:00 PM * 119 W. Main St.
Winnfield 71483
** Special meeting for retirees with Medicare*

April 20 Winn Parish School Board
Thursday 304 E. Court St.
3:30 PM Winnfield 71483



The Connection Between Stress and Cardiovascular Disease

Heart attacks kill more people in the United States than any other single cause of death. For most people, it is not new information that Americans need to take measures to prevent cardiovascular disease. The most well-known measures are to eat a healthy diet and to exercise, but another important factor often overlooked is controlling stress. The link between stress and cardiovascular disease can easily be seen when you consider the effects stress has on the body. Stress:

- Increases serum cholesterol
- Increases heart rate
- Increases blood pressure
- Increases fluid retention (which leads to increased blood volume)

Increased heart rate, blood pressure and blood volume make the heart work harder while increased cholesterol leads to clogged arteries. These effects contribute to conditions that result in excessive workload and decreased oxygen for the heart. In addition, recent research shows that stress causes an increase in homocysteine in the body. Homocysteine is an amino acid, and high levels have been associated with increased risk of cardiovascular disease. Compounding these effects is the fact that most people who are overly stressed engage in unhealthy behaviors. Some people deal with stress by overeating or smoking. Overstressed people feel they do not have the time to eat healthy, exercise or practice stress management techniques. However, these are the people who need stress management the most.



Stress management does not have to be practicing Yoga positions for an hour every day (although Yoga is very beneficial!). Simple steps can be taken to make managing stress a part of your daily routine. Some examples are:

- Practice good time management by using an agenda and scheduling time for relaxation
- Deep breathing exercises can be done at home or at work
- Listen to classical or relaxing music for a few minutes
- Visual imagery is taking time out to shut your eyes and envision yourself in a relaxing place or moment in time
- Exercise...it rids the body of harmful hormones released by stress

There are endless examples of stress management techniques. Try several to discover what works best for you. You may even find yourself getting adventurous and signing up to take a Tai Chi class.

Most importantly, remember that you are not being selfish for taking time to practice stress management. Do you feel guilty when you choose a green salad rather than a cheeseburger? No, you feel great and proud of yourself. Think of engaging in relaxation techniques as eating a green salad.

You cannot stop stressful events from entering your life, but you can take actions to lessen their effects on your heart and your body.

Resources:

The National Heart, Lung, and Blood Institute; www.nhlbi.nih.gov
Greenberg, J.S. (2002). Comprehensive stress management, 8th ed.
McGraw-Hill, New York: NY.



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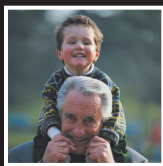
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OGB envisions itself as a leader in improving and preserving quality of life.

Mission

OGB will offer an employee benefits system that meets or exceeds industry standards and/or benchmarks.

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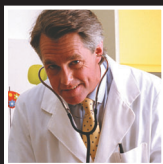
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