

RESOURCES from March 27, 2020 Go Team Update

News and resources and info you may find useful this week (*send us your ideas, too!*):

- All **grocery & drug stores** are required to have opening times for seniors and others at risk. Google or call your local shops for special opening times. Or get in touch with your phone tree branch leader.
- The **federal tax deadline** has been deferred to June 1, 2020.
- The federal government has **reduced required minimum withdrawals** from Registered Retirement Income Funds (RRIFs) by 25% for 2020, in recognition of volatile market conditions and their impact on many seniors' retirement savings.
- Ever thought about **meditating**? There's no time like the present to learn. Studies show that regular meditation can have a positive impact on brain health, stress levels, depression & anxiety, blood pressure, chronic disease, auto-immune disorders and quality of sleep. Oprah Winfrey and Deepak Chopra have partnered to offer a free 21-day meditation class here: https://chopracentermeditation.com/article/6-oprah_deepaks_21_day_meditation_experience