

Direct to You

Friday
9/16/22

Patricia Wells, OHA Executive Director



Kindness and Good Health:

During these times, we have so much going on in our lives as we live alongside the ongoing effects of the pandemic, a fluctuating economy and everyday strains and stresses, that we might sometimes forget the benefits of kindness as we address those daily stresses and strains. Having observed so much kindness amongst the team this summer, I thought this a good month to spend a moment celebrating the power of kindness- for the “giver” and for the “receiver.”

The Mental Health Foundation notes, “People who are kind and compassionate see clear benefits to their well-being and happiness. They may even live longer. Kindness can also help reduce stress and improve our emotional well-being.” In this edition, let’s highlight several ways “kindness” can take place.

Kindness to self

The need for care is an aspect of kindness, and it is part of what motivated OHA to offer so many supportive services for staff and residents, giving each of us access to support that allows for self-care or “kindness to self.” TaskHuman is one of the most recent additions to OHA’s benefits package. This great mobile application has made skills coaching and counseling instantly accessible to each of us in a multitude of forms. Whether you connect live with a specialist on a 1:1 video call, message directly in-app, join a group session, or learn via coach generated content, TaskHuman’s value of human connection is the foundation of every interaction at TaskHuman. If you haven’t downloaded the app and taken advantage of the services, considerer doing so today...and make the most of tomorrow.

Kindness for self and others

Noticing when help may be needed: September is Suicide Prevention Awareness Month, a month that has special meaning to me because of the experiences of some of my loved ones. I know it’s not always easy to talk about, but mental health is not as easy as “shake it off” or “time will heal all wounds.” Sometimes we need more. Commit to being kind and to be that shoulder for someone in their time of need, and to help them seek available services and resources. One of many good sources is <https://www.suicideispreventable.org/>.

In addition to seeking help for your own mental health needs, and addressing concerns that might bring distress—whether through TaskHuman, OHA’s Employment Assistance Program (EAP), or by talking to your physician or other mental health professional—I hope you’ll also seek ways to help others.

One of my children’s and my “pay it forward” kindness actions, is our commitment to donate blood (and platelets or plasma) quarterly. This past Friday I rolled up my sleeve and made the contribution that studies show saves lives. Over 38% of the US population are eligible to give blood, but currently less than 10% take time to give. Donating blood is fast, easy and incredibly important. According to Cedars-Sinai, just one donation can save up to three lives. Learn more facts here. And now with its new mobile APP, the American Red Cross makes finding a nearby donation center easier than ever.

Sending everyone good vibes of kindness, so that it continues to multiply, because by serving with kindness, together, we can make a difference.

Enjoy your weekend and take care!

Patricia



I've Donated Blood,
You Can Too!

**Be kind
whenever possible.
It is always possible.**

—THE 14TH DALAI LAMA

All past issues of Direct To You are available on the OHA website for 24/7 access. In addition to the messages sent directly from the OHA executive director, you can also find links to other resources, articles, and up-to-date information about OHA operations and the ways we are addressing the current health crisis.





SEPTEMBER IS NATIONAL SUICIDE PREVENTION AWARENESS MONTH

If you or someone you know is struggling or in crisis, help is available.
Call or text 988 or chat 988lifeline.org to reach the 988
Suicide & Crisis Lifeline.

Centers for Disease Control and Prevention: [Suicide Prevention](#)



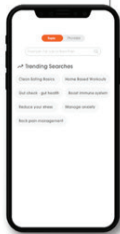
If you haven't yet downloaded and started using the TaskHuman app, you're missing out on a wonderful employee benefit that offers a wealth of resources to help with many of your goals and household needs.

Remember the service is free and confidential.

How TaskHuman works:

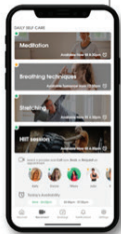
Set Your Goals

Decide on daily or long-term self care goals



Explore

Make free consultation calls & find the right fit



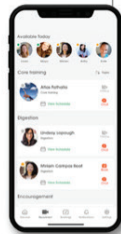
Stay Motivated

Reconnect via unlimited video calls & chat



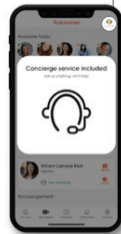
Build Your Team

Create your dream team of well-being coaches



Support 24/7

Message our Concierge for help with your well-being journey anytime



Direct From Me

Messages from OHA Employees to Leadership

Have an idea to save time or money? Figured out a way to make work a little easier and more efficient? Or perhaps you want to share your team's success with the entire agency? Well, now it's easier than ever to share your ideas! No matter what's on your mind... **Direct From Me** is the easy way to have your ideas delivered to OHA's Executive Director, Patricia Wells.



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REMEMBER: *if you have reasonable suspicion that you have been exposed to someone with COVID-19 or if you are experiencing symptoms of fever (100.4 Fahrenheit or higher), coughing, or shortness of breath, do not report to work. Immediately contact your primary care provider and then your supervisor for instructions on what you need to do next. If you have any questions regarding your schedule, please contact your supervisor or Director. If you have questions in regards to pay or leave time, please contact Human Resources at (510) 874-1575.*

