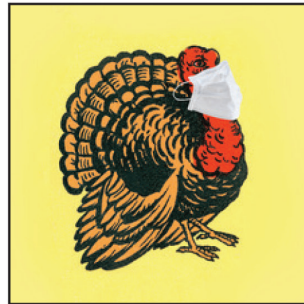
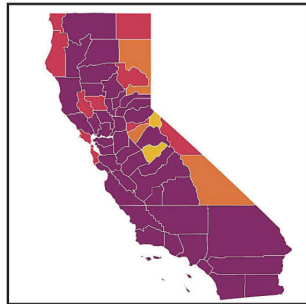


# Direct to You

Thursday  
11/19/20

Patricia Wells, OHA Executive Director



PW

Message from the  
Executive Director

R&R

Resources  
& Reminders

## Good Morning OHA Team,



**The holidays are here!** Many of us are busy planning family gatherings for Thanksgiving next week and for events taking place throughout the rest of the holiday season. While connecting with our loved ones and maintaining family traditions is important, especially after the year we've had, I urge each of us to make holiday plans with safety in mind.

During this past week, Governor Newsom imposed new restrictions on 41 of the 58 counties throughout the State of California. This means limitations on group gatherings, similar to what we experienced in the early days of the pandemic, are back. Instead of our conditions improving, we are seeing a return of the very challenges we faced nearly nine months ago. Please don't allow this to bring despair. I hope each of us seriously considers narrowing the list of people we come in contact with so we can begin again to flatten the curve while still enjoying the holidays with gratitude and inspiration.

In the article above about the status of the new statewide COVID-19 restrictions, you are reminded that OHA has continuously taken a very cautious route and exceeded the level of safety required by the State or the County. We will continue to put the health needs our employees first and trust that you will consider and place the needs of your co-workers high on your list of priorities as well.

During this Thanksgiving week, I will be celebrating a very low key day of thanks and gratitude with only my immediate family in-person. But I will take advantage of all the other ways to stay connected to my larger circle of family and friends using Zoom, phone calls, and virtual outreach. Sharing the joy of the holidays can be as fun as we make it, so let's make it the most personal and meaningful ever.

***“When it rains, look for rainbows; when it's dark, look for stars.”***

**— Oscar Wilde**

Have a wonderful Thanksgiving Week!

Patricia

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.

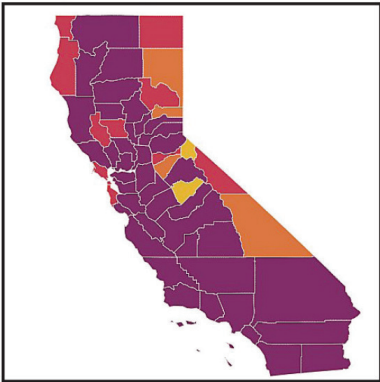




## Happy Thanksgiving Week

At the height of the Civil War in 1863, Abraham Lincoln scheduled Thanksgiving for the final Thursday in November. It was celebrated on that day every year until 1939 when Franklin D. Roosevelt moved the holiday up a week in an attempt to spur retail sales during the Great Depression. Roosevelt's plan, known derisively as "Franksgiving," was met with passionate opposition. In 1941, the president reluctantly signed a bill making Thanksgiving the fourth Thursday in November. Learn about the history of this holiday.

## The Impact of New COVID-19 Restrictions On OHA



Most of you have heard the news that, in accordance with Governor Newsom's announcement earlier this week, Alameda County as well as several other Bay Area counties will move back to the **Purple Tier** (Widespread COVID Infections), which will again restrict community access to various businesses and services which have been deemed nonessential. A few staff have wondered how this action impacts the daily operations of the Oakland Housing Authority. **The simple answer is, there is no change to OHA's current operation.** In March, OHA was deemed an essential service, and as a result we modified our method of service delivery and implemented on-site safety protocols and have continued to operate/perform essential services through-

out the organization through a combination of on-site and remote activities. Due to this high level of prevention, we have had limited incidents at the work place, and when we have had incidents they have been addressed by our co-workers and management teams with the highest integrity.

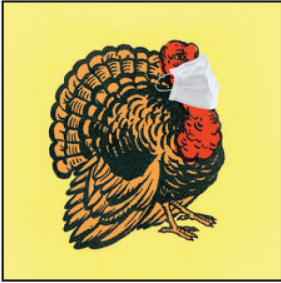
Since March 16, 2020 and prior to the State of California establishing the "Public Health Blueprint for a Safer Economy" that identified colored tiers to inform communities, the Oakland Housing Authority maintained its operation in the most restrictive fashion. At times when the infection rate in Alameda County dropped from **Widespread** to **Substantial**, and even for a brief amount of time to the **Moderate** level, which allowed certain businesses and services to reopen, OHA continued to operate under the conditions and risk level outlined by the **Widespread** infection tier.

OHA staff can rest assured it has the commitment of the executive director, Patricia Wells, and the entire leadership team, that we will continue to operate safely and effectively. We anticipate remaining in our current level of safety protocols for quite some time. Yet, we are also looking ahead and planning for the future. Although we do not intend to reopen soon, we are beginning the work of developing a "Reopening Plan." All employees are invited to submit ideas, concerns and suggestions through the **Direct From Me** portal so that all input can be considered. Remember, submissions can be made anonymously. More communication about the "Reopening Plan" will be forthcoming in the New Year.

The Oakland Housing Authority is operating in a safe, effective, restrictive fashion, maintaining a high degree of safety for all members, and will continue to do so with all of our cooperation and efforts. If any member feels unsafe, or uncomfortable working in their present assignment they are to contact the Human Resource Director.

If you have any questions, or concerns please feel free to contact your immediate supervisor, the Director of Human Resources, the Chief of Police, or the Office of the Executive Director.

**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.**



## Win a prize for the Holidays

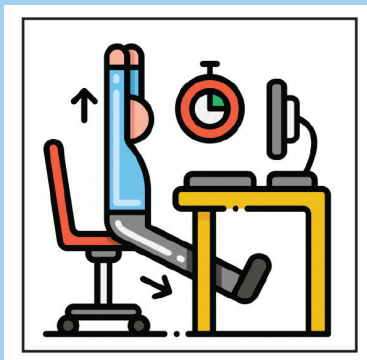
With so many people taking the responsible step of quarantining over the Thanksgiving holiday, we are all looking for ways to make the experience fun and memorable.

Many sources, including Town & Country Magazine, are offering [Quarantine Thanksgiving Ideas](#). Try a few or come up with your own.

Share your favorite ideas via [Direct From You](#) by Friday, December 4, for a chance to win a gift card. The best ideas will be included in the pre-Christmas [Direct To You](#), giving OHA employees even more ways to enjoy the holidays responsibly.



## RESOURCES & REMINDERS



### GET UP AND MOVE workplace fitness class.

Beginning Tuesday, December 1, and then every Tuesday and Thursday thereafter, OHA will be providing a “Get Up and Get Moving” Zoom class two times per week for 15 minutes. Each session will be a little different—sometimes dance, sometimes calisthenics, sometimes yoga—but always fun!

Led by different people, including some of your own co-workers, make time to join the OHA Fitness Squad for an energizing midday break. Given the current state of the pandemic and the changing weather, you may not be able to go to the gym or take your daily walks. With many activities no longer an option, in accordance with CDC’s social distancing guidelines, it’s still possible to get fit at home or in your office. Moving your body is not only important for health and longevity — a study of the American College of Sports Medicine found 60% of employees said their time-management skills, mental performance, and ability to meet deadlines improved on days they exercised. Additionally, sitting for long periods of time has been proven to not be healthy.

Other benefits of exercise include reduced stress, lower risks of heart attack or stroke, increased energy, improved mood, and maybe even weight loss. It’s possible to lessen the risk of inactivity by engaging in simple exercises and movement that keep your body moving throughout the day.

Join in when you can and push yourself only as much as you are comfortable, after getting your doctor’s approval. These Zoom sessions are a wonderful opportunity to get out of your seat and move; and shake a tail feather with some fabulous energetic music.

### Get Up and Get Moving!

*NOTE: The Zoom meeting invitation will be sent soon.*

