# Direct to You

Monday 12/11/20

Patricia Wells, OHA Executive Director

## Good Afternoon OHA Team,



December is a time of holiday celebration for many cultures – and this year is going to be very different for all of us. So in the spirit of celebration, I am delighted that we will have a chance to have some fun together next week to celebrate from our work location, whether that's your home, in the office or in the field. I hope at least a few of you who might be on vacation take a few minutes out of your day to join in the celebration, if your plans permit.

I look forward to all of us joining together to close out 2020 sharing smiles and lots of laughter.

PS...See below for the OHA Virtual Holiday Celebration details.

Patricia



Join the OHA Virtual Holiday Celebration on Thursday, December 17, from 2:00pm-3:30pm.

Sign into the Zoom meeting (check your Outlook calendar for login information) and enjoy a festive event with lots of ways to have fun with your co-workers, play games and win prizes through interactive contests!

Check out the event poster to see which "team" you're on...and encourage your party teammates to join in for more chances to win!



#### Hanukkah

Hanukkah, also known as the Festival of Lights, is an eight-day Jewish holiday commemorating the re-dedication of the Holy Temple (the Second Temple) in Jerusalem at the time of the Maccabean Revolt of the 2nd century BCE.

This year, Hanukkah began on the evening of Thursday, December 10 and ends in the evening of Friday, December 18. Click here for more about this tradition.



## 2021 OHA Holiday Schedule and OHA Calendar



### **RESOURCES & REMINDERS**



### **GET UP AND MOVE fitness class.**

OHA is now offering a "Get Up and Get Moving" Zoom class each Tuesday and Thursday, for 15 minutes, from 11:15-11:30am. Each session, led by OHA volunteers, will be a little different—sometimes dance, sometimes calisthenics, sometimes yoga—but always fun!

Don't forget to bring your boogie shoes and get ready to get up and get moving!

NOTE: By accepting the Zoom meeting invitation, it will be on your calendar and you will receive reminders; then join when you can. Always check with your physician before beginning any new exercise program.

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.

