# **Direct to You**

Patricia Wells, OHA Executive Director



## **Celebrating Our Diversity**



As we wrap up this second week of Black history month, I am reminded of some of the giants upon whose shoulders we stand. Some were luminaries such as Martin Luther King and Harriet Tubman, two individuals whose work is just as relevant today as it was during their time; and some of the lesser known people like Garrett Morgan, the man who invented the 3-light traffic signal and Frederick Jones, the man who invented the roof-mounted cooling system used to refrigerate goods on trucks. Although you may not recognize their names, their work continues to play a pivotal role in our everyday lives.

When I was a little girl these were the people I learned about in school and often would write book reports about. As I reflect, and look back at my own kids who wrote similar reports each year during Black History Month (or African-American History Month as some prefer to call it), I realize that each and every day there are people doing ordinary things that become extraordinary when you reflect on their accomplishments through the light of history.

The times we are living in now are indeed extraordinary. Many of the people around us who are stepping up to face today's challenges—by sacrificing their time and in some instances their lives—to make the world better are a testament to all that is possible. These "regular people," like you and me, who are working on issues like racial justice, social justice and equity in public policy, are not just contributing to the African-American story but they're part of the American story. The history of African-Americans in this country is a unique experience, but it is importantly, interwoven into American history.

Our shared experience whether during a pandemic or a natural disaster or through good times, with recognition of an amazing teacher who inspired us or a doctor who comforts a child who isn't feeling well, are all a part of the amazing tapestry that is the fabric of this country. Through its evolution, America has come to welcome people from around the world and from all walks of life, and invites them to participate in the promise of this nation because they believe in an ideal that all men are created equal and through hard work, amazing things can happen.

I invite you all to think about some of the people in your own lives who are living up to this national motto and making the world a better place just by opening their hearts and minds to the possibilities that we all aspire to. During Black History Month, and every month, let's celebrate the lives and work done by African-Americans who, alongside people of every race and nationality, work to make our lives better and more just.

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.



Valentine's Day has a long history, dating back at least to the 5th century. The holiday has evolved and, in America, we no longer widely recognize all the rituals associated with its origins. Nevertheless, we do still celebrate the romance associated with the day and most of us have memories from as far back as elementary school of giving and receiving messages of affection from those we care most about.

Learn more about the history of Valentine's Day and get ideas of ways to celebrate this year, if you are inclined to use this day to bring a little love into your long weekend.



On the third Monday in February, the United States celebrates the federal holiday known as Presidents' Day. The day takes place during the birth month of the country's two most prominent presidents, George Washington and Abraham Lincoln. Across the country, most Americans know the day as Presidents Day. More and more of the population celebrates the day to honor all of the past United States Presidents who have served the country. Throughout the country, organizations and communities celebrate the day with public ceremonies. Read more about the history of Presidents' Day.

Learn more about each of the men (so far) who have served as president of the United States, from George Washington to Joseph Biden.



### Challenge yourself to some presidential trivia:

- 1. Who are the three presidents who served in 1841?
- 2. Forty years later, this same phenomenon occurred again in 1881. Name the three presidents who served that year.
- 3. Name the three presidents who died on July 4th.
- 4. Who were the four presidents who were assassinated while in office?

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.

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Calmédris current as of January 28, 2021. 1619 HARRISON STREET, OAKLAND, CA 94612 • (510) 874-1500			Oakland Housing Authority Oakland Housing	es closed February 18 Martin Luther King, Jr. Day February 15 President's Day		2021 OBSERVED HOLIDAYS (OHA C           May 31 Memorial Day         November 11 Vetera           july 5 Independence Day         November 21 Trank           September 6 Labor Day         November 24 Day 4           September 9 Admission Day         December 23 1/2 Da		ans Day December 24 Christmas Day (observe ksgiving December 29 1/2 Day – New Year's Eve (observ ther Thanksgiving December 30 New Year's Eve (observ				

2021 OHA Holiday Schedule and OHA Calendar

#### resiliency SKILLS



### **REMINDERS: BEING RESILIENT**

One of the things that helped us persevere last year during a period of unprecedented crisis was our ability to be resilient (to recover quickly or "bounce back" from adversity). OHA is continuing its series of resilience classes to help you improve you ability to overcome some of life's most persistent challenges.



**Classes are offered from 9:30am-10:00am each Tuesday and Thursday.** Each session in the chart below has a clickable links for you to get more information about the topics.

The Path to Inner Peace | February 9th and | Ith

Mindfulness | February | 6th and | 8th

\*Please note the 3rd Wednesday sessions have been cancelled and replaced with the bi-weekly classes.

