

Direct to You

Friday
5/1/20

Patricia Wells, OHA Executive Director

Good Afternoon OHA:

Earlier this week, OHA was personally touched by one of our own falling ill. As we keep this co-worker in our thoughts, we hope for a smooth and speedy recovery. Throughout the experience, the department team and supervisors did a great job of complying with the requirements of notice, Social Distancing and the use of PPE. Their collaboration with the OHA Leadership Team, who have worked tirelessly to ensure we have up-to-date guidance and PPE supplies since early March, demonstrated how effective we can be when we work together.



I am incredibly proud of our team effort, and I am eternally grateful that we all have helped keep each other, as well as our residents, as safe as possible.

As we enter a new month, and the 7th week of the Alameda County shelter-in-place order, many of us are starting to feel the strain of the restrictions on our movements. Whether you are accustomed to taking a break during your workday by walking around Lake Merritt, or enjoying time with family and friends at your favorite restaurants, or maybe you just like to get away from it all with a weekend retreat, being deprived of our normal activities, coupled with social distancing can take its toll.

Experts are calling it quarantine fatigue, but it's times like these we have to take stock in what we have, find joy in the simpler pleasures of life, and prepare for the great things that lie ahead.

Today is May 1, historically known as May Day. Celebrated since medieval times, and in many cultures throughout the world, the day has come to symbolize many things over the years. May Day has been associated with life and fertility; the labor movement; and most often, it has represented the change of the seasons and welcoming of spring and its beautiful blooming flowers. Many of us might remember May Day celebrations at school where we danced and sang as we wrapped ribbons around a Maypole. Well, the traditions might not have lasted into your adulthood (or maybe they did), but today is a good day to recall the enthusiasm you might have felt as a kid, freely dancing in an open space, along with your friends.

Everyone at OHA has so much to be proud of when we consider the immense pressure we are all under. We have continued to deliver quality service to a community that needs us now more than ever. We do our work in addition to providing care to our family and friends, while trying to keep our own spirits high. Know that you are doing an amazing job and we will all get through this and come out better and stronger than ever.

We are heading into a weekend that is forecast to have beautiful sunny weather. Make a plan over the next couple of days to **S.M.I.L.E.**

Sit - Sit with someone special (Plan a virtual visit with someone who would love to hear from you. Catch up with a friend, read a story to an elderly neighbor or play a board game with your kids).

Myself - Make time for yourself (go for a walk, write in your journal, paint a picture, tinker in the garage...do whatever brings you joy).

Inspire - Get inspired to start (and possibly complete) at least one project you've been putting off. Maybe you've been wanting to paint a room or organize a closet. Tackling the goal will help you feel productive and a great sense of accomplishment when you finish.

Scan QR-Code to access updated information on the OHA website at www.oakha.org.
(You may need to download a scanning app to your smart phone.)



Lazy - Give yourself permission to do nothing and just be. You might find it restorative to lay in a hammock in your backyard and watch the clouds go by or just take a mid-afternoon nap. With so much to do, we often don't realize how busy we are until we just stop and shut it all down for a few hours, or a day or an entire weekend.

Enjoy - With so much hecticness around us, just stopping to smell the roses can be a reminder of all that is right in the world. We often forget how truly blessed we are to be surrounded by wonderful family and friends; we have healthcare and careers that put us on the front lines for those who need our services. Find joy in a job well-done or the pride that comes with service.

So when Sunday night rolls around, hopefully you'll be able to look back on the previous 48 hours and **smile** because you know you offered yourself a healthy dose of springtime inner-sunshine. You may also feel more mentally prepared to take on a few more weeks of this disruption to your routine, knowing that renewal and revitalization is something you can control. As tiring as it may be, all the social distancing, face coverings, and hand sanitizing is intended to protect us and our loved ones...and maybe a couple of days of fresh air will help put it all into perspective.

“As full of spirit as the month of May, and as gorgeous as the sun in Midsummer.”

—William Shakespeare

Patricia

History of May Day: <https://www.history.com/topics/holidays/history-of-may-day>

REMINDERS

Social Distancing and Face Masks

Use a cloth face covering that covers the nose and mouth whenever interacting with another person at OHA, walking through common spaces, and if you are in the rare situation that you are in a vehicle with another person. Team members working independently in a vacant unit may opt to not wear a face covering while working alone in the unit. Similarly, if working in an office, you may opt to not use a face covering while in your work area alone and you are keeping to the 6 ft. Social Distancing Space requirements. If someone comes into your office or within 6ft, you must put on your face covering.

Daily Check-In

Each employee, whether working remotely (at home) or at an OHA site must complete the Daily Check-In each morning prior to 9:15am. This is a short form that indicates where you are physically located and assist your supervisor and/or director in easily identifying which team members are available and where they are, for safety and scheduling purposes.

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.

The Centers for Disease Control & Prevention (CDC) now recommends use of face masks. [Read more.](#)

Download, print and use patterns below to make properly fitting face masks.

[How to make a face mask \(with YouTube video\)](#)

[Large Adult Mask Pattern](#) [Small & Medium Face Mask Pattern](#)

[Young Kids \(7-12 Yrs\) Face Mask Pattern](#) [Small Kids \(3-6 Yrs\) Face Mask Pattern](#)



To learn about resources that are available to OHA employees during this current health crisis, visit the previous **Direct to You:**

<https://mailchi.mp/6770d9e99283/direct-to-you?e=822c0d5b41>