

Direct To You

Tuesday
7/1/20

Patricia Wells, OHA Executive Director



“We hold these truths to be self-evident that all men are created equal...”

Powerful words from the Declaration of Independence, adopted on July 4, 1776, representing the promise and possibility of a new nation. We celebrate the ideals of our nation each year on July 4. The day is commemorated by parades, fireworks, picnics and events to celebrate American Independence from British rule and the beginning of what has been 244 years of working toward making this a more perfect union.

This weekend, many of us will engage in social distancing-appropriate 4th of July celebrations with family and friends. These gatherings will include laughter, great meals, and fun times enjoying a summer tradition.

As we contemplate the reason behind the holiday, I hope we also consider how we can make use of our independence in our daily challenge to be the difference we want to see.

I hope you will join me in doing the hard work to model the future we envision by committing to supporting a respectful, giving and collaborative organizational and community culture; and ensuring that our programs and customer service celebrate equity, diversity and inclusion.

The past few weeks have caused me to think, listen and study even more to discover ways OHA can use this moment to be the change we want to see in the world, and I am confident that with deliberate and thoughtful commitment from each of us, OHA will excel at leading that change.

Hoping everyone has a safe, joyous holiday weekend.

Patricia

Practicing Positivity

Positive thinking is easier said than done. With so much happening all around us, our world can feel overwhelming, leading to stress and other harmful effects. But while changing our perspective can be helpful that doesn't make it easy to do. Studies show that positivity-or rewiring your brain through positive thinking-can offer myriad benefits from boosting your mood to improving your health; and there is much to learn about the physiological, psychological and emotional changes that you might expect as a result of positive thinking.



In addition to resources like this article on Practicing Positivity, an array of employee-centered health and wellness services offered through LifeWorks, and the delivery of other ad hoc assistance, OHA has expanded the series of virtual counseling sessions designed to give each employee the opportunity to address and discuss issues that are of concern. Through these group discussions, we can begin to process and manage the emotions that are commonplace during this time, with added support helpful to returning to a more comfortable and familiar place—one filled with more positive thoughts and a brighter outlook on the future. That is positive change we should all be able to get behind.

The OHA Virtual Group Counseling Sessions, **Mind Over Matter: Brown Bag Series**, are offered on the 3rd Wednesday of each month through the end of the year. Use the same call-in information for each meeting. No pre-registration necessary, just call in as you feel you need to:

- July 15
- August 19
- September 16
- October 21
- November 18
- December 16



The Pay it Forward Challenge

In recognition of **National Give Something Away Day** on July 15, each employee is challenged to share a little kindness to a family/families or individual(s) who have been negatively impacted by COVID-19 or to organizations that are providing support during the current public health crisis. By giving away something you have that you don't need or no longer use, your generosity could be the lifeline for others.

To participate in OHA's Pay it Forward Challenge:

- Simply make a donation (a new or gently used item, service/volunteer or monetary contribution); and
- Share the experience through Direct From Me, in 3 easy steps:
 1. Click on the **Direct From Me** link: <http://oakhapmd.org>
 2. Fill out the online form and include as many details as possible;
 3. Then click submit.

All entries received by 12pm (noon) on Wednesday, July 15, will be entered into a drawing for a GrubHub gift card.

Remember: In just a few short steps you can make a difference:



For ideas on ways to give visit: The California Volunteers website, supported by the Governor:

<https://www.californiavolunteers.ca.gov/get-involved/covid-19/>

Learn more about local need in Oakland: <https://www.oaklandca.gov/resources/covid-19-how-to-help>

Beware of fraudulent charities: CA Attorney General Press Release

Donate safely: Read these tips <https://oag.ca.gov/donations>



Following the initial team meetings attended by OHA's executive director, Patricia Wells, back in November, December and January, much was learned about the thoughts and ideas of staff from throughout OHA. Patricia will pick up those conversations with all staff in the coming weeks, as the environment continues to settle down. Beginning later in July, Patricia will engage employees in dialogue as part of an ongoing 2-way communication plan (that includes **Direct To You/Direct From Me** and other in-person and virtual activities), and will use this time to share details about her vision and the direction of the agency. With the input of all OHA staff, we will renew the journey towards a shared vision that is client-focused and centers around the shared values of the agency's employees.

More information and dates to follow.

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.

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.)





**There is still time to be counted in the 2020 U.S. Census.
Don't forget to complete and submit yours today.**

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.

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>



Please print & post this message for employees who do not have regular computer access.