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Dear Oak Hill Heroes,

I continue to be amazed and overwhelmed by the unquestionable strength and character of our team. The messages of gratitude, acts of heroism, generosity, and compassion are powerful declarations of just how strong the Oak Hill family is.

Your personal and professional sacrifices do not go unnoticed. You have made the ultimate commitment to this organization.

As we continue to navigate these uncharted waters, please remember to also take care of yourself, and if needed we are here to help you. Oak Hill aims to be a resource for consistent and current information regarding the status of Oak Hill and the COVID-19 virus. Here are some tips to help disconnect and recharge, and below are some reminders of ways to access the most recent Oak Hill information.

1. **Take breaks from watching, reading, or listening to news stories**, including social media. Hearing about the pandemic repeatedly can be upsetting.
2. **Take care of your body**.
   1. Take deep breaths and stretch
   2. Try to eat healthy, well-balanced meals.
   3. [Exercise regularly](https://www.cdc.gov/physicalactivity/basics/index.htm), [get plenty of sleep](https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html).
3. **Make time to unwind**. Try to do some other activities you enjoy.
4. **Connect with others**. Talk about personal interests like food, sports and pets. Be sure to talk with people you trust about your concerns and how you are feeling.

[**Click here for more tips from the CDC**](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html)

**Stay Connected with Oak Hill Here:**

Please remember, for the most up to date data of confirmed COVID-19 cases identified within the Oak Hill programs visit: <https://intra.oakhillct.org/covid-19-communications/>

1. Parents & Guardians resource and update page (we will continue to update this with resources, updates, and policy information) [**https://oakhillct.org/**](https://oakhillct.org/)
2. We strongly urge you to continue to follow the CDC guidelines found here:[**https://www.cdc.gov/coronavirus/2019-ncov/index.html**](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
3. Can you help? Below is a list of ways you can contribute to those in need here at Oak Hill during this crisis. Any efforts made from this list, are greatly appreciated. Click here for list: [**https://docs.google.com/forms/d/e/1FAIpQLSex53WoL5mTixhqQLMTz2o4fO01e7QfNWCy-3vpvAmnYumUXw/viewform**](https://docs.google.com/forms/d/e/1FAIpQLSex53WoL5mTixhqQLMTz2o4fO01e7QfNWCy-3vpvAmnYumUXw/viewform)
4. Email our Coronavirus Task Force with questions & concerns at: [**CoronaResponse@oakhillct.org**](mailto:CoronaResponse@oakhillct.org)