
From: Employee Wellness
Sent: Monday, July 12, 2021 5:00 PM
To: County Staff
Subject: July is Parks & Recreation Month

**In this issue: Stress-Free Zone, Keeping Germs at Bay,
Healthy Summer Recipes and more.**

Employee Wellness



Nature & Your Senses

ENJOY THE SIGHTS AND SMELLS OF NATURE.

It can benefit your mind, body, and soul.



#DeStressMonday

DeStressMonday.org

**DE STRESS
MONDAY**

[Click here to learn more.](#)



COUNTY OF SANTA CRUZ

PARKS, OPEN SPACE & CULTURAL SE

Parks Make Life Better!®

July is Parks & Recreation Month

Stop by a park over the next few weekends and be sure to check out the link below for more information about our beautiful County parks.

Saturday, July 17th

Stop by [Pinto Lake County Park](#) and practice your favorite Yoga pose
Sunday, July 18th

Birding Walk at [Anna Jean Cummings Park](#) – 8-10AM
Saturday, July 24th

Full Moon Walk at [Quail Hollow Ranch](#) – 9-11PM
Sunday July 25th

Agents of Discovery Mission at [Quail Hollow Ranch](#)
Saturday, July 31st

Agents of Discovery Mission at [Greyhound Rock Beach](#)

[Click here](#) to learn more about the July activities at Santa Cruz County Parks & Recreation.

Stress-free Zone



It is said, that with meditation, we can improve focus, reduce stress and increase creativity and patience (and it is free).

How to Meditate

Meditation is simpler (and harder) than most people think. Read these steps, make sure you're somewhere where you can relax into this process, set a timer, and give it a shot:

Take a seat - Find a place to sit that feels calm and quiet to you.

Set a time limit - If you're just beginning, it can help to choose a short time, such as five or 10 minutes.

Notice your body - You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while.

Feel your breath - Follow the sensation of your breath as it goes in and as it goes out.

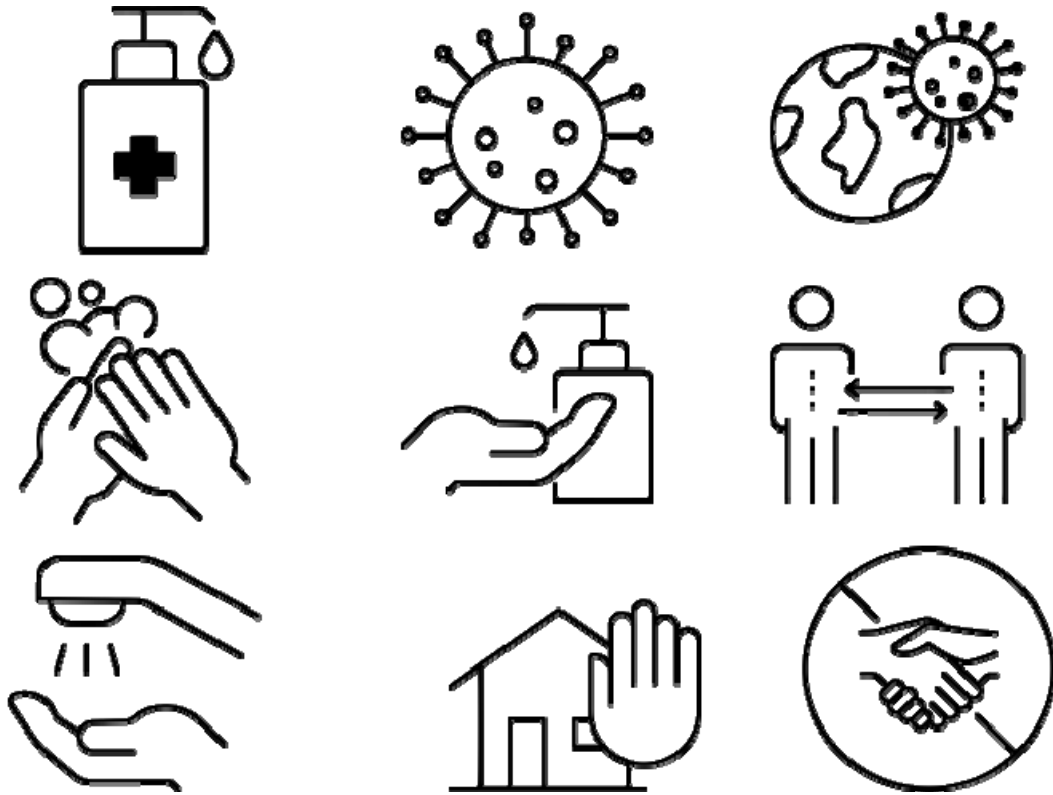
Notice when your mind has wandered - Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered—in a few seconds, a minute, five minutes—simply return your attention to the breath.

Be kind to your wandering mind - Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

Close with kindness - When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions. That's it! That's the practice. You go away, you come back, and you try to do it as kindly as possible.

Check out this [link](#) for more information and guided meditations.

Keeping Germs at Bay



We still need to...

We have come a long way since the onset of the pandemic, but we still need to be vigilant about our health and safety practices.

Wash your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry. **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Cover coughs and sneezes

If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Monitor Your Health

Watch for fever, cough, shortness of breath, or [other symptoms](#) of COVID-19. **Take your temperature** if symptoms develop. If you are sick, please stay home.

Click [here](#) for more information from the CDC.

Health & Wellness Webinars



Sutter Health

Pre-RecordedPerfecting the Plant-Forward Taco*

[Click here](#) for access.

***Pre-Recorded**COVID-19 Vaccination and Talk*

[Click here](#) for access.

Blue Cross/Blue Shield

[Click here](#) for access - Eat a Rainbow of Colors (pre-recorded) -
NEW

[Click here](#) for access - Eating to Boost Immunity

Kaiser Permanente

***Pre-Recorded**Defeating Sleepless Nights – [click here](#) for
access*

Yoga Resources



Virtual yoga resources from our local community and yoga studio

YOGA ON WEDNESDAYS

Virtual Yoga class w/Leslie Goodfriend – Wednesday's 7-8pm

This is a beginner+ class. Have a yoga mat or towel, one or two blankets, and one or two pillows.

Donation based \$0-\$15.

VENMO - @Leslie-Goodfriend

To access this course – please use the following link.

<https://us02web.zoom.us/j/87891031412?pwd=dXJtQUxOSUdUaDB2eGhkbU84bXRoQT09>

Meeting ID: 878 9103 1412

Passcode: 502478

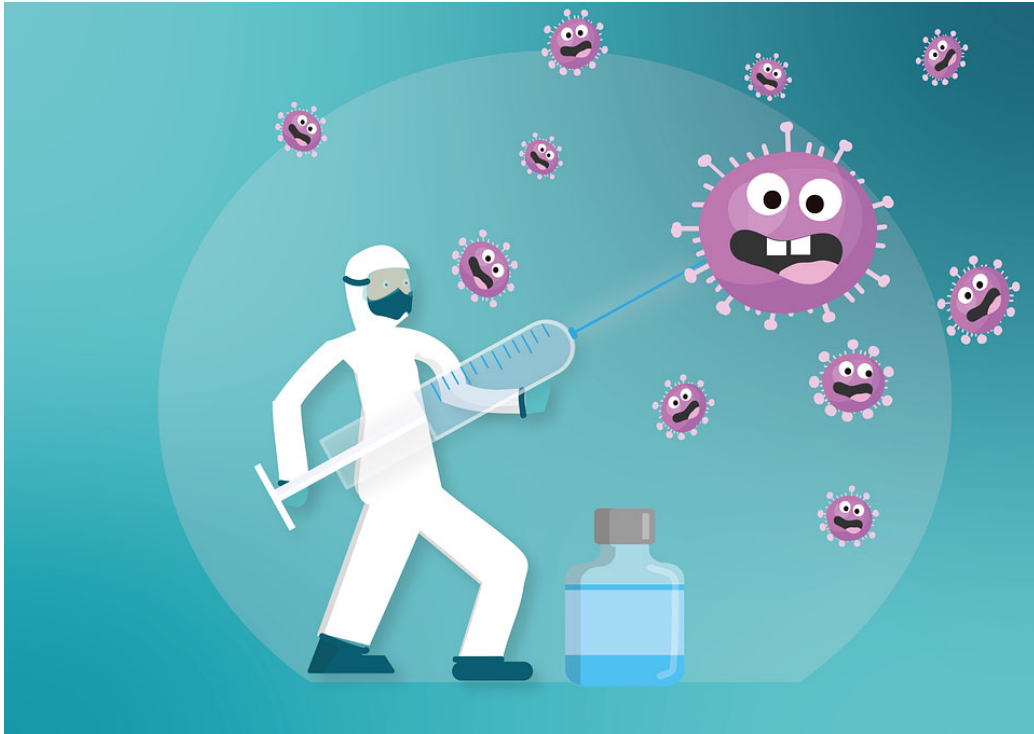
ANYTIME

Ongoing Yoga, Relaxation & Meditation Resources:

[Santa Cruz Yoga](#) – check out their online class offerings

[Yoga for All Movement](#)

COVID-19 Vaccination Resources



Ages 12 and above are now eligible for the COVID-19 vaccination. Do you know how to sign up for yours? There is so much information out there that it can be confusing so we've put together a quick list of links to provide a little guidance. With information changing frequently – it is best to refer back to these sites regularly.

[California Department of Public Health \(CDPH\)](#)

[Center For Disease Control \(CDC\)](#)

[Health Services Agency's Local Information \(HSA\)](#)

Vaccine Information from the CDC

[Pfizer](#)

[Moderna](#)

Farmer's Market



We're lucky to still have the Farmer's Markets. Fresh, in-season produce, grown locally, and available to us at multiple locations throughout the county!

The online Farmer's Market, EATLOCAL is back... check out their website [here](#).

Check out the local Farmer's Market – and don't forget to bring a mask.

Downtown Market: 1pm-5pm on Wednesdays

Westside Market: 9am-1pm on Saturdays

Live Oak: 9am-1pm on Sundays

Felton: 1-6pm Tuesdays

Scotts Valley: 9am-1pm Saturdays

Aptos: 8am-12pm on Saturdays

Watsonville: 3pm-7pm on Fridays

Healthy Recipes



Grilled Portobello Salad with Avocado, Lime & Grilled Corn

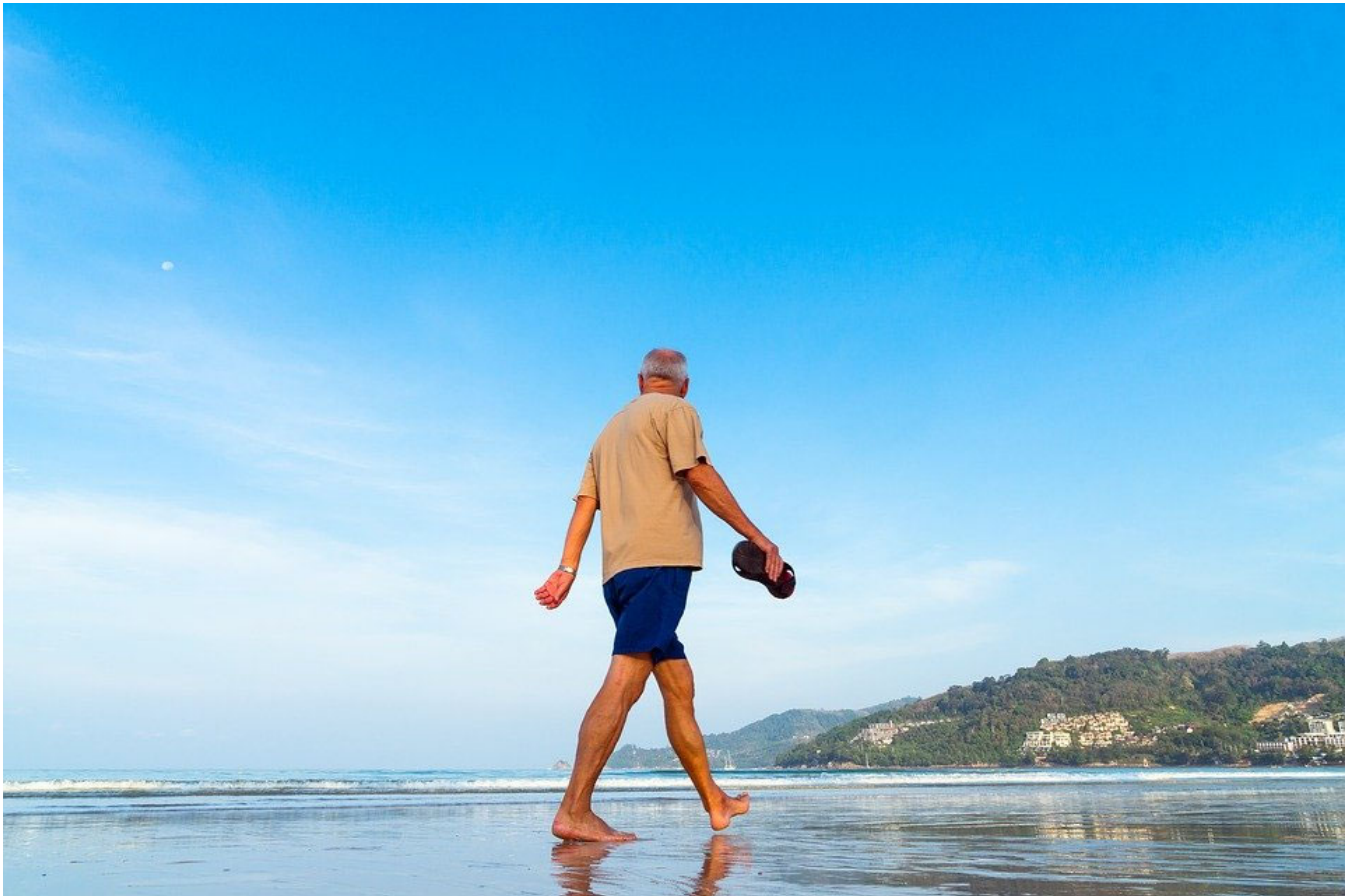


[Chimichurri Turkey Burger](#)



Grilled Chipotle Chicken Salad w/ Corn, Peppers & Arugula

Employee Assistance Program (EAP)



Eldercare

Caring for an aging relative can be an enormous responsibility, and it's often difficult to know where to turn for reliable help. Your first call should be to MHN! Our care consultants are standing by to help you:

- Evaluate your elder relative's daily living and healthcare needs, financial issues and legal concerns
 - Assess the support you need
- Find the right assisted living, residential and medical care facilities
- Obtain information on senior meal services, community resources and more

Your assigned care consultant provides contact information for up to five local eldercare providers **with current confirmed openings across multiple zip codes.**

**For more information... login to MHN Employee
Assistance Program:**

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)