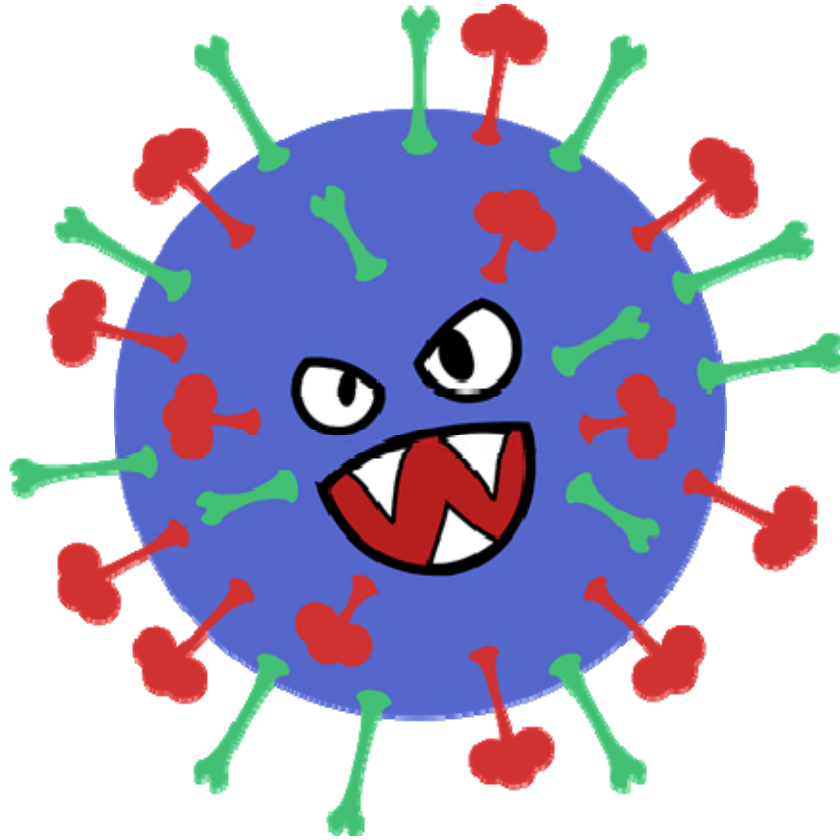

From: Employee Wellness
Sent: Tuesday, October 20, 2020 9:17 AM
To: County Staff
Cc: Michelle Moore
Subject: Flu Shots - Details Inside

In this issue: A Guide to your EAP Benefits, Pumpkin Seed Recipes and more.

Employee Wellness



Flu Shots – October 28th in Watsonville



Get your flu shot!

Wednesday, October 28th

11am to 1pm

parking lot at 1430 Freedom Blvd in Watsonville

We also encourage you to get a free flu shot in your neighborhood (use [Vaccine Finder](#) to find a participating location) or through your health care provider.

[Dignity Health](#)

[Sutter Health](#)

[Kaiser](#)

According to the Centers for Disease Control & Prevention (CDC), flu vaccination is a safe and effective way to prevent millions of illnesses and thousands of related medical visits every year. In recent years, flu vaccinations have reduced the risk of flu-associated hospitalizations among older adults on average by about 40 percent. Flu vaccinations also protect those around us, including those who are more vulnerable to serious flu illness. Learn more [here](#).

COVID-19 Precautions



With COVID-19 infection rates rising across the US, we need to be more diligent than ever to protect ourselves, our families and our community

from the spread. Here are some of the best methods to flatten the curve.

- Avoid touching your eyes, nose and mouth
 - Wash your hands often with soap and water (at least 20 seconds)
 - Stay home when you are sick
 - Cover your cough or sneeze with a tissue or cough/sneeze into the inside of your elbow
 - Clean and disinfect frequently touched items and surfaces
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Virtual Yoga Resources



Virtual yoga resources from our local community
and yoga studios

TUESDAYS

Virtual Yoga with Kristal Caballero – Tuesdays @ 5:30pm

All levels welcome, this class is designed to relieve stress from the mind and tension from the body. Bring a yoga mat or towel, one or two blankets, and one or two pillows.

Donation based \$0-\$15. All are welcome - no one ever turned away.

[Kristal's class schedule and registration links here.](#)

WEDNESDAYS

Don't miss the NEW 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 **NEW** link.

<https://us04web.zoom.us/j/74081836918#success>

Meeting ID: 74081836918

ANYTIME

Ongoing Yoga, Relaxation & Meditation Resources:

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

[Luma](#) – offers Virtual Wellness (yoga, breathing, meditation, etc.)

[Luma Yoga Online Practice Library](#) – a variety of videos of yoga and breathing exercises

[Yoga for All Movement](#)

Farmer's Market



We're lucky to have fresh produce, in-season, grown locally, available to us at multiple locations throughout the county!

Online Farmer's Market at [Eatlocal.farm](https://eatlocal.farm)

Check out the local Farmer's Market too – 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: 1pm-5:30pm on Tuesdays

Scotts Valley: 9am-1pm on Saturdays

Aptos: 8am-12pm on Saturdays

Watsonville: 3pm-7pm on Fridays

Pumpkin Seed Recipes



Roasted Kabocha Squash with Umami Butter & Candied Pepitas



Pepita & Cilantro Pesto



Super-Seed Snack Bars

Mental Health Corner



Mental Health America has compiled a range of resources and information to assist you during this stressful time. Mental health information and resources related to COVID-19, isolation, anxiety, stress, and more can be found here:

<http://mhanational.org/covid19>

US Department of Health & Human Services website offers tips for coping after traumatic events and disasters. Many of our community members are evacuated from their homes and many have suffered the loss of their homes. All of us are experiencing this traumatic event in some way and it is important to take care of ourselves in the coming days and months. To learn more about coping with traumatic events and disasters from a mental health standpoint visit the US Department of Health & Human Services website [here](#).

productivity, and a clearer path to achieving your personal and professional goals.

Your EAP & Work-Life member services provide a wealth of resources that can help you lead a healthy, happy, and well-balanced life – including clinical emotional health, wellness, and work and life benefits for you and your covered dependents. And:

- Your EAP & Work-Life is easy to use and paid for by your employer.
- There are no co-payments, coinsurance or deductibles; you will not have to pay MHN counselors for any services covered by your EAP & Work-Life.
- All services are confidential. MHN will only release information as required or permitted by law.

MHN recognizes the specific needs of its members, and is committed to treating members in a manner that respects their rights.

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

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)