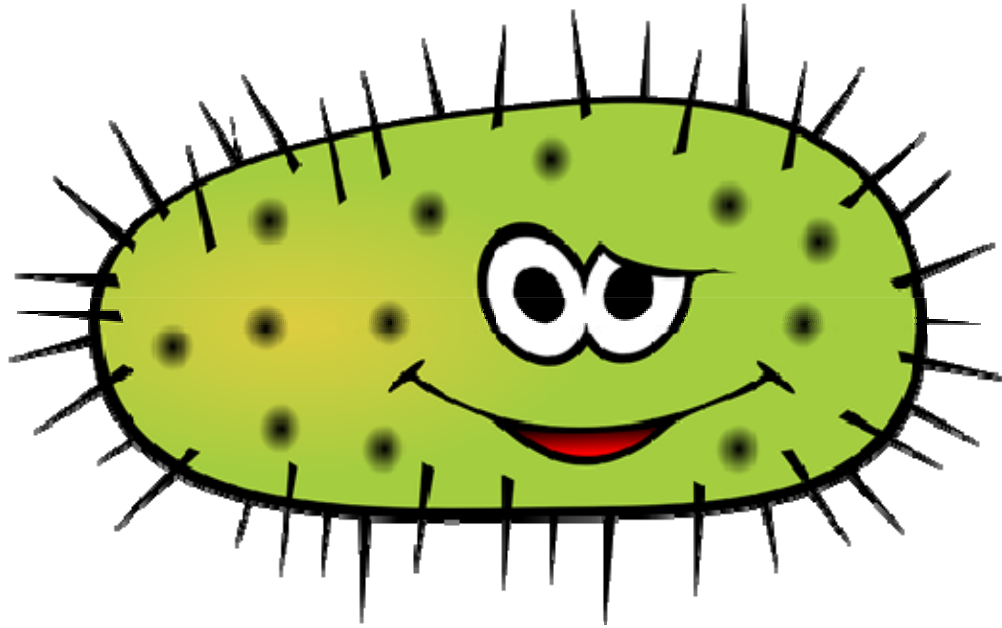

From: Employee Wellness
Sent: Monday, October 26, 2020 4:58 PM
To: County Staff
Cc: Michelle Moore
Subject: Flu Shots – This Wednesday in Watsonville

In this issue: Recorded Webinar - Optimizing Your Immune System Against COVID-19 (a recorded webinar), EAP Benefits – Virtual Wellness Coach, Yoga Cancelled on Tuesdays, COVID Cautious Holiday Celebrations Part 1, Anti-COVID Smoothie Recipes and more.

Employee Wellness



Flu Shots – This Wednesday 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](#)

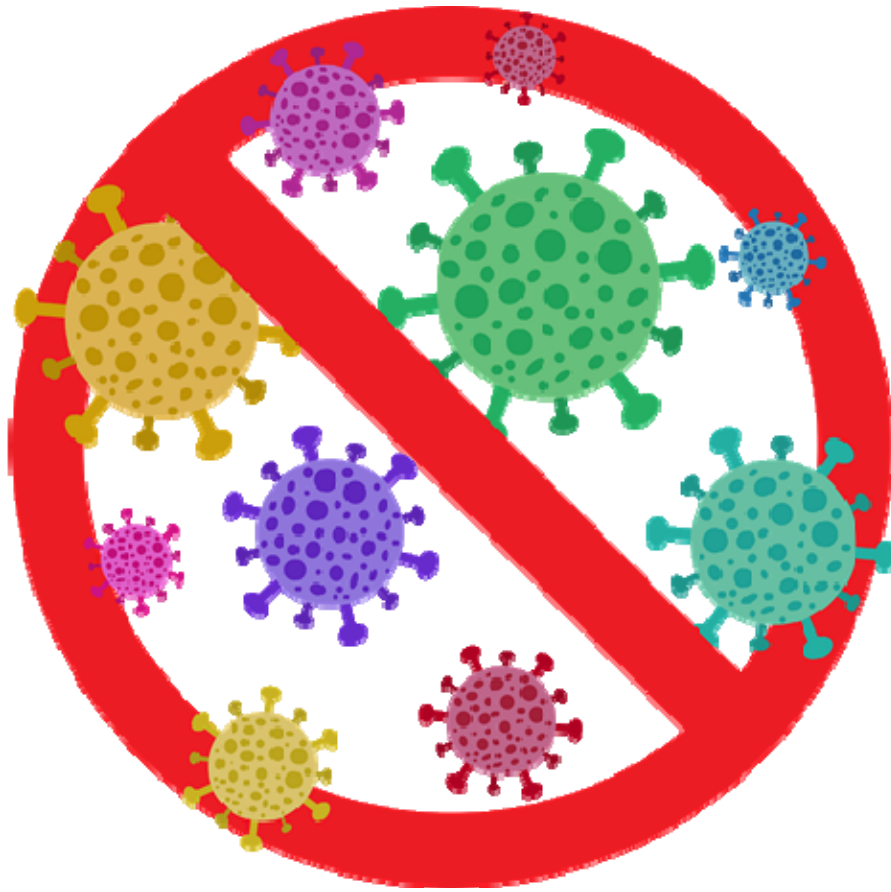
[Kaiser](#)

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](#).

Optimizing Your Immunity Against COVID-19

**(a recorded webinar presented by
Sutter Health)**



**Optimizing Your Immune System Against COVID-19 –
Recorded Webinar**

[Click here](#) for access.

COVID Cautious Holiday Celebrations



Keep your family safe this holiday season and forge new traditions. Since social distancing is the way to flatten the curve, be creative about the way you gather during the upcoming holidays. If your family is anything like mine, you might have relatives who live far away and often are unable to join the holiday festivities in a normal year. This year is a great opportunity to extend your holiday celebrations in a virtual way. This year, reconnect with family and friends near and far – and check out the following ideas to get your creative ideas flowing.

Send Thanksgiving care packages.

Mail or drop off treats and supplies to help guests feel part of the fun. Since you can't crowd around one table to split a pumpkin pie, maybe you and your child bake pumpkin muffins and drop them off on doorsteps, or make matching centerpieces for everyone to display on their holiday tables.

Plan a shared experience.

No matter the distance, you'll feel close on the big day if you share the same rituals. Have your child come up with ideas for all five senses, and spread the word to everyone on the virtual guest list: For example, plan to light the same scent of candle or prepare the same fragrant dish, and create a shared playlist to use as background music.

Virtual Yoga Resources



Virtual yoga resources from our local community and yoga studios

**** Yoga CANCELLED on Tuesdays****

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

COVID-19 Buster & Vitamin C Boosting Recipes



Anti-COVID-19 Smoothie

(from Sutter Health, Dr. Serraiocco as seen in webinar, [click here to learn more](#))

3+ cups veggies: parsley, celery, leafy greens...

Wedge of citrus (w/peel)

Green tea (stepped, or dried leaves)

½ cup dark berries (frozen is fine)

2 tbsp uncooked rolled oats

Slice of ginger, +/- sweet onion +/- avocado

Water, Coconut Water, Kefir

2 tbsp Hemp Seed

1 tsp Cinnamon

½ banana



Citrus & Avocado Salad w/Orange Water



3-Ingredient Roast Turkey with Orange & Sage

Mental Health Corner



Breath Work – What’s an easy and free tool to utilize when things get a little stressful? Your breath!

There are many ways to use your breath to calm your nervous system, which is what you need to do when you’re under a lot of stress. Why...because stress puts us in the “fight flight” mode which causes all kinds of health issues. Here is a link to a few articles that explore different breathing techniques. Please sure to read them through to gain all the valuable information.

<https://www.healthline.com/health/breathing-exercises-for-anxiety#yoga-breaths>

<https://www.healthline.com/health/4-7-8-breathing>

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](#).

Employee Assistance Program (EAP)



PERSONALIZED WELLNESS COACHING

Our wellness coaching services offer extra support when you're ready to change your life – helping you make a plan, and then offering the support, resources and accountability you need to succeed.

Our certified coaches can help you with all sorts of health issues, including:

Weight management

Smoking cessation

Fitness and exercise

Stress management

Overall lifestyle improvement

Lifestyle support for chronic conditions such as asthma, diabetes, and cardiovascular disease

To enroll:

Please contact MHN at 800-242-6220 TTY/TDD callers: 1-800-526-7014, Monday through Friday, 7:00 a.m. to 7:00 p.m. Pacific time; all other times, call 1-800-327-0801. We'll help you schedule an initial goal-setting consultation with your coach.

This phone call usually lasts about 45-60 minutes.

Because this is a highly personalized program, you and your coach will decide what kind of help you need to reach your goals. You can:

Schedule follow-up calls with your coach (participants average about four 15-30 minute consultations).

Reach out as needed via phone, email or IM (coaches are available Monday through Friday, 7:00 a.m. to 8:00 p.m. Eastern time).

Access multimedia programs, health assessments, menu planners, fitness trackers, and more through a secure, personalized web portal.

Receive personalized emails and coach-chosen materials.

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

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)