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**From:** Employee Wellness  
**Sent:** Monday, February 14, 2022 4:26 PM  
**To:** County Staff  
**Subject:** Take the stairs!

**In this issue: February – Heart Health Month, EAP Benefits,  
Be Well 2022, Healthy Recipes and more.**

# Employee Wellness



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# Destress Mondays

**Reduce stress with some  
deep breaths.**



#HealthyMonday

**HEALTHY  
MONDAY**

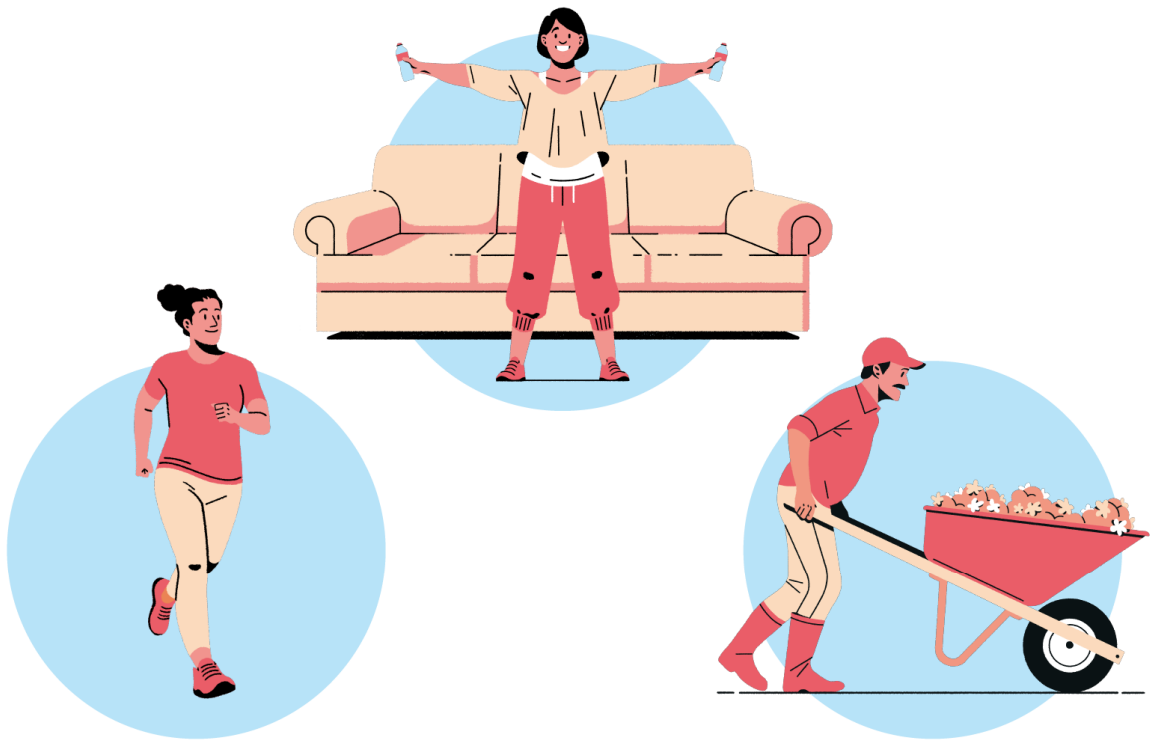
[Click here](#) to learn more.

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**Move It Mondays!**

# Work up a light sweat for your heart.



#MoveItMonday

MoveItMonday.org

**MOVE IT  
MONDAY!**

[Click here](#) to learn more.

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# Health & Wellness Webinars



Please note: You do not have to be a member of Kaiser to attend a Kaiser webinar, or a Sutter member to attend Sutter webinars...etc. If registration requires an email address, please use your county email address.

## **Sutter Health**

*For Access to other Pre-Recorded webinars, please click on the link below.*

[Click here](#) for access.

## Blue Cross/Blue Shield

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

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

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# Yoga Resources



# Virtual yoga resources from our local community and yoga studio

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## Virtual Yoga class w/Leslie Goodfriend – Wednesdays 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=dXJtQUxOSUdUaDB2eGhkbU84bXRoQTog>

**Meeting ID: 878 9103 1412**

**Passcode: 502478**

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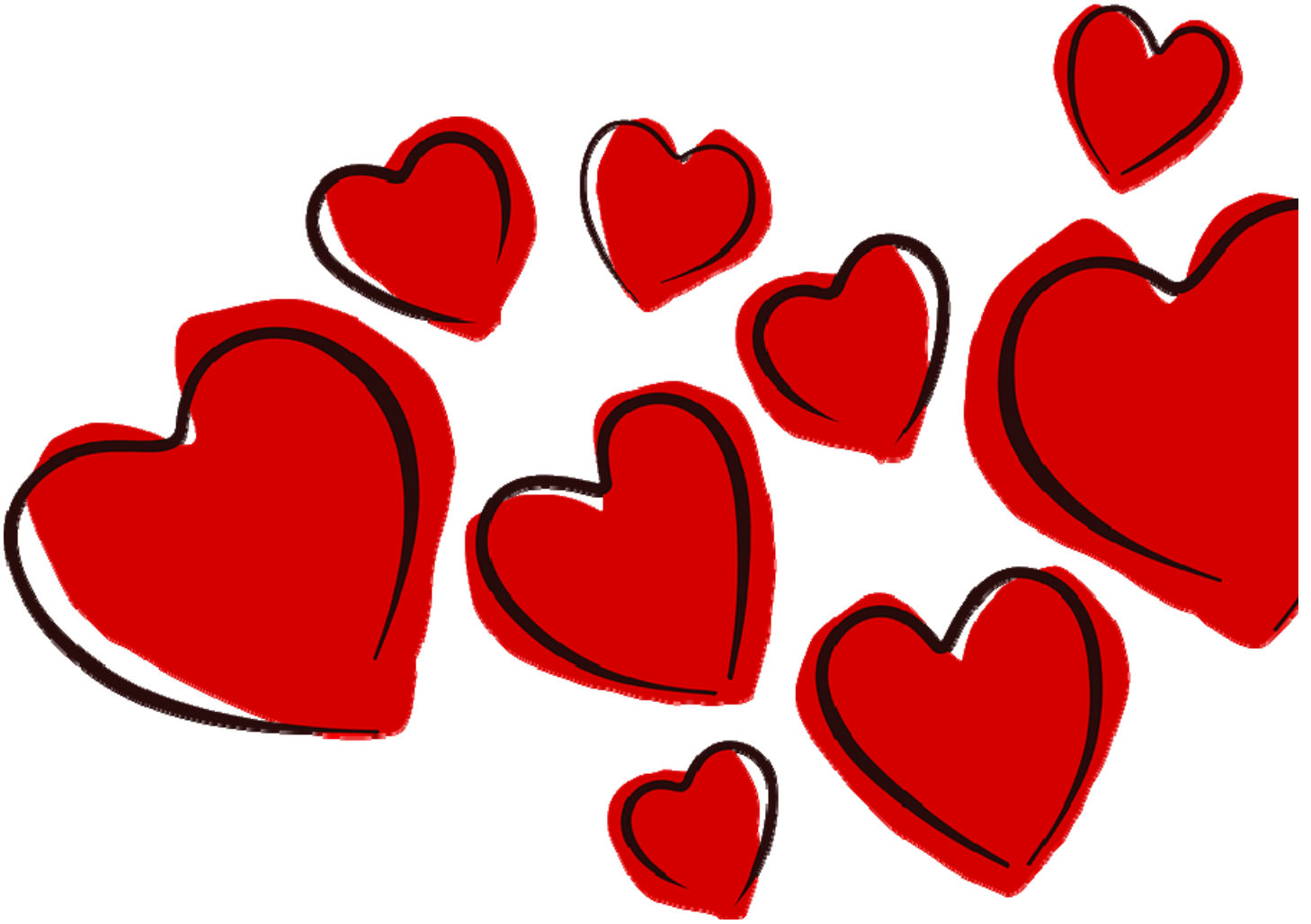
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***Ongoing Yoga, Relaxation & Meditation Resources:***

[Santa Cruz Yoga](#)

[Yoga for All Movement](#)

# Heart Health 2021



# The Facts about Heart Disease

- **Heart disease** is the **leading cause of death** for men, women, and people of most racial and ethnic groups in the **United States**.
- Coronary heart disease is the most common type of heart disease, killing 365,914 people in 2017.
  - Every year, about **805,000 Americans** have a heart attack.
  - About **1 in 5 heart attacks** is silent—the damage is done, but the person is not aware of it.

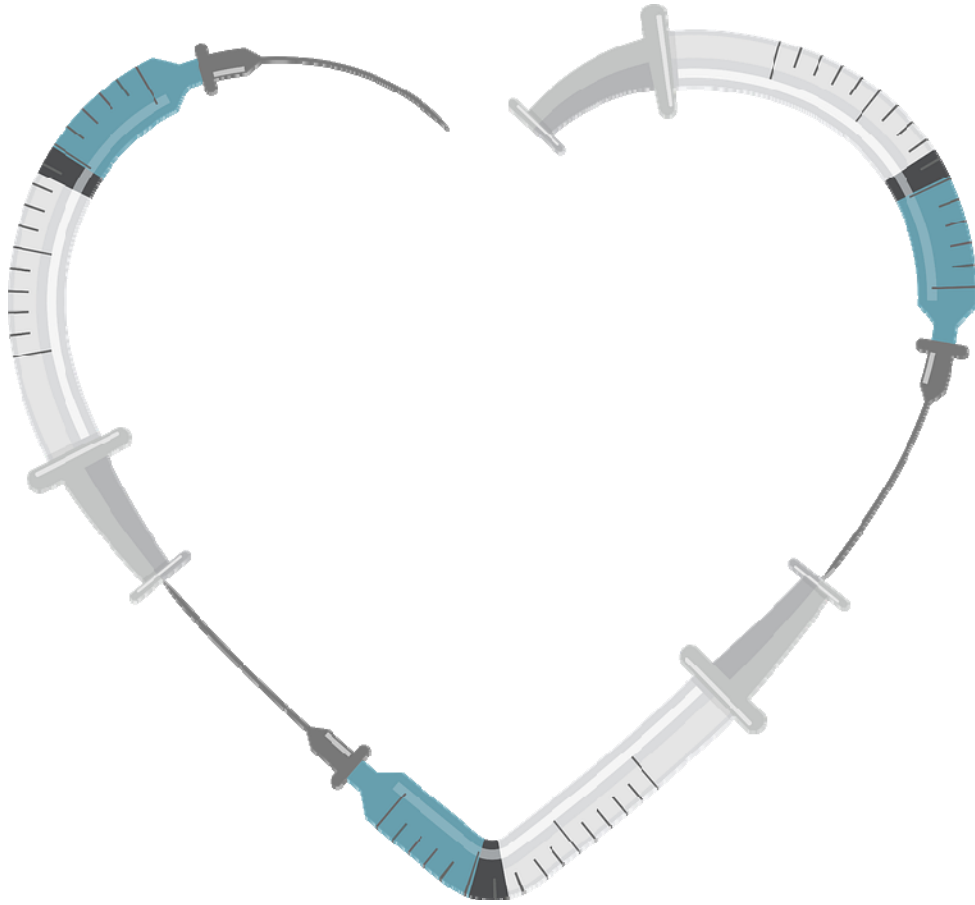
It is important to understand how important it is to take care of your heart.

Read more statistics [here](#).

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# COVID Vaccine/Booster Info



## **Covid-19 Vaccine**

Do you need to get yours? There are many ways to get a vaccination, without waiting. [Click here](#) to view options.

### **Vaccine Information from the CDC**

[Pfizer](#)

[Moderna](#)

[Johnson & Johnson's Janssen](#)

## **Covid-19 Boosters**

If you are 18 and older and have previously been vaccinated against COVID-19 (at least 5 months after your

2<sup>nd</sup> dose\*\*) you are eligible for a booster shot in California.

[Click here](#) to learn more from the CDC.

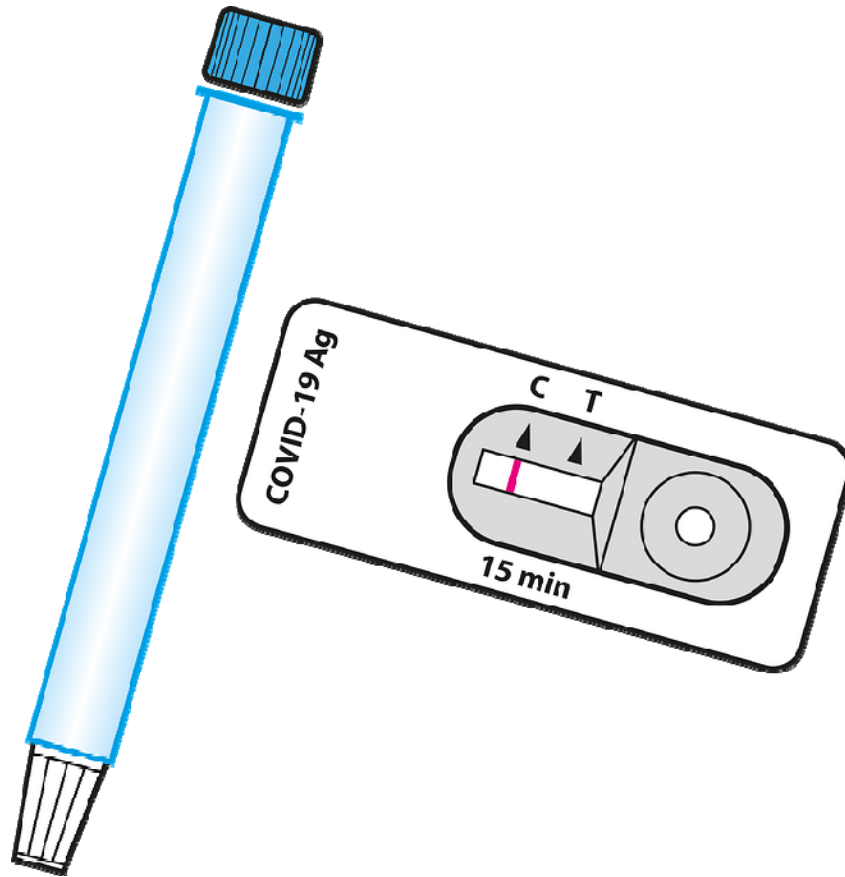
\*\*at least 2 months ago if you were vaccinated with the J&J vaccine.

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# **COVID Testing Info**

## **(Not for work compliance)**



# Order Your Covid Test

Starting January 19<sup>th</sup>, you can order a set of free FDA approved rapid antigen tests by following this link:

<https://www.covidtests.gov/>

**More COVID-19 Testing Information**



# GET TESTED

Many testing sites listed have restricted access. Please call ahead to determine testing eligibility.

Some CVS Pharmacies are conducting COVID-19 testing. Click here to find out more:

<https://www.cvs.com/minuteclinic/covid-19-testing>

Walgreens, 1718 Soquel Ave. Santa Cruz:

<https://www.walgreens.com/findcare/covid19/testing>

Additional California testing locations can be found here:

<https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html#ca>

## Doctors on Duty – Santa Cruz

[615 Ocean St.](#)

Santa Cruz, CA 95060

Mon-Fri, 10am-4:30pm,

Sat-Sun: 9am-3pm

Phone: 831-425-7991

## Doctors on Duty – Watsonville

[1505 Main St.](#)

Watsonville, CA 95076

Mon-Fri, 10am-4:30pm,

Sat-Sun: 9am-3pm

Phone: 831-722-1444

## Doctors on Duty – Aptos

[6800 Soquel Dr.](#)

Aptos, CA 95003

Mon-Fri, 9am-3pm,

Appointment only – through Doctors on Duty website

Phone: 831-662-3611

## Kaiser Permanente – Watsonville

[1931 Main Street](#)

Watsonville, CA 95076

Monday: 1:30pm-4:45pm

Friday: 9:00am - 12:15 pm, 1:45pm-4:30pm

831-768-6600

For members, by appointment only

## Sutter Health/PAMF - Santa Cruz Urgent Care

[2025 Soquel Avenue](#)

Santa Cruz, CA 95065

Mon-Wed, Fri 8am-2pm, closed for lunch 12-12:30pm

Sat 8:00am- 12:00pm

831-458-5537

Appointments through myhealtonline only. Sutter patients only, PCR tests only

## Sutter Health/PAMF - Watsonville Urgent Care

[550 S. Green Valley Road](#)

Watsonville, CA 95076

Mon-Sun 8am-5pm

831-458-5865

Appointments through myhealtonline only. Sutter patients only, PCR tests only

## County Health Center-Santa Cruz

[1080 Emeline Avenue](#)

Santa Cruz, CA 95060

Monday-Friday 8am-4:30pm

831-454-4100

## Santa Cruz Community Health Centers

[21507 E Cliff Drive](#)

Santa Cruz, CA 95062

Mon-Thurs 8am – 8 pm,

Fri 8am – 4 pm

831-427-3500

## Cabrillo College Student Health Center

[6500 Soquel Drive.](#)

Aptos CA 95003

Mon-Thurs 9am-3pm

831-479-6435

[healthservices@cabrillo.edu](mailto:healthservices@cabrillo.edu)

# Farmer's Market



Our Farmer's Markets provide a resource for 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

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# Easy Recipes



**Vegan Kale & Broccoli Soup w/Crispy Garbanzo Beans**



**Mango, Grilled Corn & Black Bean Salad**



Banana Nut Muffin w/Date Sugar (Gluten-Free)

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# Be Well 2022



**Tips for a healthy 2022, pick one or two to start and add more each week. Or incorporate all.**

- Drink a glass of water first thing in the morning.
- Schedule a preventive care exam such as an annual physical or well-woman exam.
- Prepare at least one healthy vegetarian recipe for dinner every week.
  - Find an activity or hobby that helps boost your mood.
  - Spend at least 10 minutes on stress-relieving activity.
- Aim to go to bed at a time that allows you to sleep for 8 hours five days per week.

- Include three days of resistance or strength-building exercises each week.
    - Write down three things you are grateful for every day.
      - Get out into nature at least one day per week.
  - Designate three evenings each week to be screen-free time.
  - Do some jumping jacks before starting your favorite TV show.
    - Drink a glass of water before you eat a meal.
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# Take the Stairs



### **Stair Climbing Burns More Calories Than Jogging**

studies have shown that stair climbing, which is considered vigorous-intensity physical activity, burns more calories per minute than slower-paced jogging.

### **Stair Climbing Improves Cardiovascular Fitness**

By virtue of being a form of vigorous exercise, stair climbing improves cardiovascular fitness—and, thus, cardiovascular health over the long term. Decades of research has shown that regular

exercise improves cardiovascular fitness and can help prevent cardiovascular disease.

### **Stair Climbing Is an Easy Way to Combat a Sedentary Lifestyle**

A great deal of research points to the all-too-common sedentary lifestyle of today's technologically advanced world as a major contributing factor to the global obesity epidemic. Taking the stairs whenever possible is a quick and easy way to break out of that sedentary lifestyle and add more physical activity and movement to your everyday life.

### **Stair Climbing Strengthens Muscles**

Think about what it takes to climb the stairs. All the muscles in your legs, plus activating your abs, plus moving and perhaps pumping your arms—not to mention activating the muscles in your back. All of that translates into a stronger and healthier musculoskeletal system.

**[Click here](#)** to learn more.

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# **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](#).

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# Employee Assistance Program (EAP)



## Childcare

Childcare problems produce frustration, worry and guilt. They can interfere with a parent's routine, causing missed time from work and canceled plans. When you call MHN for childcare assistance, our care consultants help you:

- Assess your childcare needs
- Understand the differences in cost and structure of the types of childcare available for infants, preschoolers and school-aged children

- Identify and evaluate childcare and special needs resources and providers

Your assigned care consultant will provide contact information for local childcare providers **with current confirmed openings across multiple zip codes.**

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

**[members.mhn.com](https://members.mhn.com)**

**Select MHN EAP Employee Assistance Program Resources**

**Company code: **santacruz****