
From: Employee Wellness
Sent: Monday, March 15, 2021 4:38 PM
To: County Staff
Cc: Michelle Moore
Subject: Wellness 2021 – Why Fermented?

In this issue: Spring Break 2021, New Wellness Webinars, COVID-19 Vaccination Resources, Fermented Recipes and more.

Employee Wellness



Spring Break 2021



*Photo Credit: TStreet
Media @ drifter.com*

Springtime or summertime

Bury some treasures (painted rocks, fake gems or little prizes) in a sandbox, and let the kids dig for buried treasure. Prepare some picnic or barbecue food, and eat outside if the weather cooperates, or on a blanket spread on your living room floor.

A staycation vacation

Choose a favorite vacation destination and plan your activities around that place. For example, for a Disney World theme, there are [Disney Parks recipes online](#). A gift could be a favorite pin if your child is a collector, or anything with Mickey on it that you can buy

practically anywhere. For your activity, watch a few favorite Disney movies.

Out in nature

Pack the kids' backpacks with trail mix, granola bars and their favorite treats. Make up a scavenger hunt game, or include paper and crayons so the kids can keep track of their nature finds as you walk around your neighborhood or on a hiking trail.

Game Day

What are your kids' favorite types of games? Board games, video games, sports? Spend a day dedicated to playing them, decorate themed cupcakes or cookies to eat while playing, and wrap some inexpensive prizes for the winners.

[Click here](#) for more ideas.

Wellness 2021



Why Fermented?

Your body needs help making certain vitamins

Good bacteria are to thank for synthesizing, or producing, many vitamins your body needs. That list includes vitamins B1, B2, B3, B5, B6, B12 and K.

A healthy body needs balance

Tiny bacteria in your intestine have full-body effects. Research shows a less diverse gut microbiota is associated with many chronic disease, such as obesity, asthma and chronic inflammatory conditions such as inflammatory bowel disease. Research is still ongoing into why this is the case.

Go for variety

Mix and match these gut-healthy foods for optimal benefits.

Kombucha: This slightly fizzy fermented tea is a good alternative to soda. Find it in your grocery store's refrigerated section, or brew your own using just tea, water, sugar and a "mother" or symbiotic colony of bacteria and yeast in 7 to 30 days.

Pickles: Your best bet is to pick a variety from the grocery store's refrigerated section. Or, better yet, make your own lacto-fermented pickles with brine (cooled sea salt solution), dill, mustard and coriander seeds, and peppercorns.

Sauerkraut: Find live versions of this traditional Eastern European staple, which literally translates to "sour cabbage," in the refrigerator case.

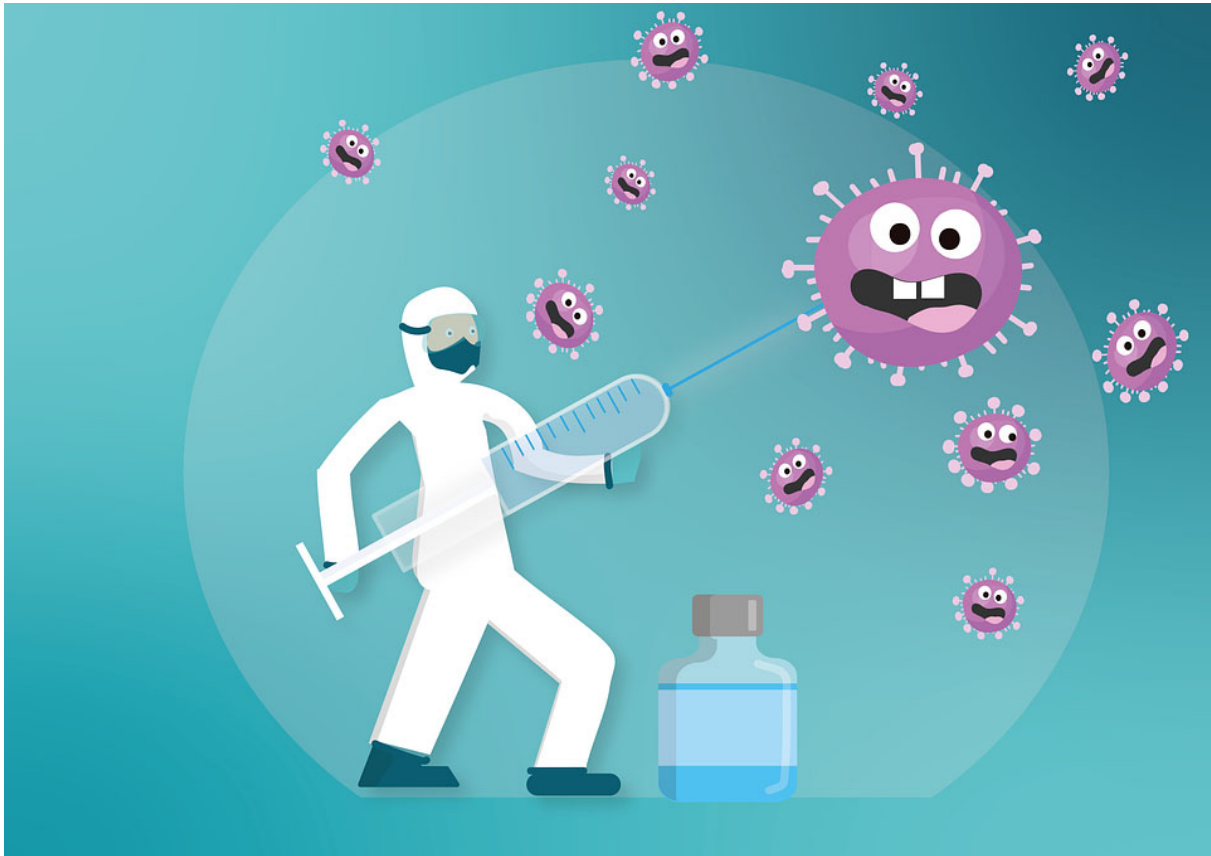
Kimchi: There are hundreds of varieties of the traditional Korean fermented side dish, commonly made from a base of napa cabbage, radish, scallions and spices.

Yogurt: Yogurt is made from fermenting milk (or a nondairy alternative) with a starter culture of bacteria.

Kefir: This fermented dairy drink is made using kefir grains (a combination of bacteria and yeast). The end result? A slightly fizzy, tangy drink that's thinner than yogurt.

[Click here](#) to learn more.

COVID-19 Vaccination Resources



Have you been wondering about where to find information on the COVID-19 vaccination? Eligibility? With so much information out there 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 & Wellness Webinars



Kaiser Permanente

Pre-Recorded

NEW! Total Health Nutrition – [click here](#) for access

Humor for Health – [click here](#) for access

Building Resiliency – [click here](#) for access

Defeating Sleepless Nights – [click here](#) for access

Sutter Health

****Pre-Recorded**** [Optimizing Health In a Pandemic](#)

[Click here](#) for access.

****Pre-Recorded**** [Optimizing Your Immune System
Against COVID-19](#)

[Click here](#) for access.

Virtual Yoga Resources



Virtual yoga resources from our local community and yoga studio

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=dXJtQUxOSUdUaDB2eGhkbU84bXRoQTog>

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](#)

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!

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: CLOSED FOR THE SEASON

Scotts Valley: CLOSED FOR THE SEASON

Aptos: 8am-12pm on Saturdays

Watsonville: 3pm-7pm on Fridays

Fermented Recipe Corner



Probiotic Breakfast Bowl



Lacto-Fermented Oatmeal



Tahini-Miso Dressing

Mental Health Corner



Yoga For All Movement – check out their [link](#) to emotional & mental wellness where they talk about breathing and grounding during difficult and stressful times.

Greater Good In Action – UC Berkeley’s [Greater Good Science Center](#), in collaboration with [HopeLab](#), launched Greater Good in Action. “The practices in Greater Good in Action are for anyone who wants to improve his or her social and emotional well-being, or the well-being of others, but doesn’t necessarily have the time or money to invest in a formal program.” This is a very cool website – [click here](#) for their body scan and [here](#) for their mindful breathing practice.

Sound Bath - Enjoy a relaxing sound bath experience with waves, marine animal sounds (Monterey Bay), and calming instrumentals. [Click here](#) to access this sound bath.

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>

Employee Assistance Program (EAP)



OVERVIEW OF SERVICES

Personal and work-related matters can preoccupy our thoughts, destroy our ability to concentrate on the simplest of tasks, or prevent us from functioning the way we want to in everyday situations. Your EAP & Work-Life member services offer ways to help overcome such issues, and will help you identify problems, develop a plan, and gain referrals to appropriate resources. The results of effective problem management are easy to recognize: better focus, better work 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](#)