
From: Employee Wellness
Sent: Monday, August 16, 2021 4:17 PM
To: County Staff
Subject: Color your way to a calmer mind!

In this issue: Pop-up Vaccine Clinic @ the Courthouse, Your EAP, Exercise: The Unexpected Benefits, Summer Salad Recipes and more.

Employee Wellness



Refresh

Color your way to a calmer mind



#DeStressMonday

DeStressMonday.org

DESTRESS
MONDAY

[Click here](#) to learn more.

Unexpected Benefits of Exercise



Improve self-confidence

If you're not quite at Fonz-level self-confidence just yet, don't worry — not all of us have to jump the shark to feel great. Hopping on the treadmill can help you

feel like a million bucks too. On a very basic level, physical fitness can boost self-esteem and improve positive self-image.

Prevent cognitive decline

It's unpleasant, but it's true: As we get older, our brains get a little... hazy. As aging and degenerative conditions like Alzheimer's disease kill off brain cells, the noggin shrinks, damaging many important brain functions in the process. While exercise and a healthy diet can't "cure" Alzheimer's, they can help shore up your brain against cognitive decline that begins after age 45.

Boost brainpower

Brawn and brains are not mutually exclusive. Studies have shown that cardiovascular exercise can create new brain cells and improve overall brain performance.

Increase relaxation

Lifting 50-kilo dumbbells doesn't seem that relaxing... but have you ever caught some zzz's after a long run or weight session at the gym? Doesn't it feel *blissful*? That's because a moderate workout can be the equivalent of a sleeping pill, even for people with insomnia.

Get more done

Feeling uninspired in the cubicle? The solution might be just a short [walk](#) or jog away. Research suggests that workers who take time for regular exercise are more productive and have more energy than their more sedentary peers.

[Click here](#) to learn more.

Move it Monday!

Reflect on your fitness.

Simple self-assessment tests can identify areas of strength and improvement.



#MoveItMonday

MoveItMonday.org

MOVE
MOND

[Click here](#) to learn more.

Health & Wellness Webinars



Sutter Health

NEW *Pre-Recorded** *A Prescription for Movement*

[Click here](#) for access.

NEW **Pre-Recorded**Exercise vs. Training: The Difference Can Change Your Life*

[Click here](#) for access.

Pre-RecordedCOVID-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=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](#)

Vaccine Pop-up Clinic



Do you need to get yours? There are many ways to get a vaccination, without waiting. Check out the County Courthouse Vaccine Pop-up Clinic schedule below or [click here](#) for other options.

County Courthouse Pop-up Vaccine Clinic

Courthouse steps – 701 Ocean St.

Monday, August 16th – 8:00am-12:00pm

Tuesday, August 17th – 8:00am-12:00pm

Monday, August 23rd – 8:00am-12:00pm

Tuesday, August 24th – 8:00am-12:00pm

Monday, August 30th – 8:00am-12:00pm

Tuesday, August 31st – 8:00am-12:00pm

Monday, September 7th – 8:00am-12:00pm

Tuesday, September 10th – 8:00am-12:00pm

County Public Health will offer both the Pfizer and the Johnson & Johnson (Janssen) vaccine at no cost to visitors 12 years of age and older. All are welcome to attend including staff and their families/friends. Although no appointment is necessary, appointments can be made by going to <https://myturn.ca.gov/>

*After the 17th, patients coming in for their first dose of Pfizer will need to schedule their second dose at an alternative location such as a pharmacy or doctor's office.

Vaccine Information from the CDC

Pfizer

Moderna

Johnson & Johnson's Janssen

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

Summer Salad Recipes



Summer Fruit Salad



Blackberry Salad with Arugula and Basil



Nectarine Salad with Cucumber, Basil & Goat Cheese



Your 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**