
From: Employee Wellness
Sent: Monday, August 30, 2021 5:08 PM
To: County Staff
Subject: Covid-19 Testing Sites

In this issue: Preparing for Emergencies, More on Square Breathing, Apple Recipes and more.

Employee Wellness



Emergency Preparedness



It is never too early to be prepared and preparation comes with a little peace of mind. If you don't have an emergency plan for a wildfire, earthquake or other emergency in place – start to piece it together now.

Things you'll want to have in place (to name a few):

Where will your family will meet outside the fire/hazard area?

How will they get there (escape routes are important to have planned as it is harder to make good decision when in a stressful situation)?

plans for pets

Emergency supply kits should be prepped for easy access and include things like (to name a few):

first-aid kit

flashlight

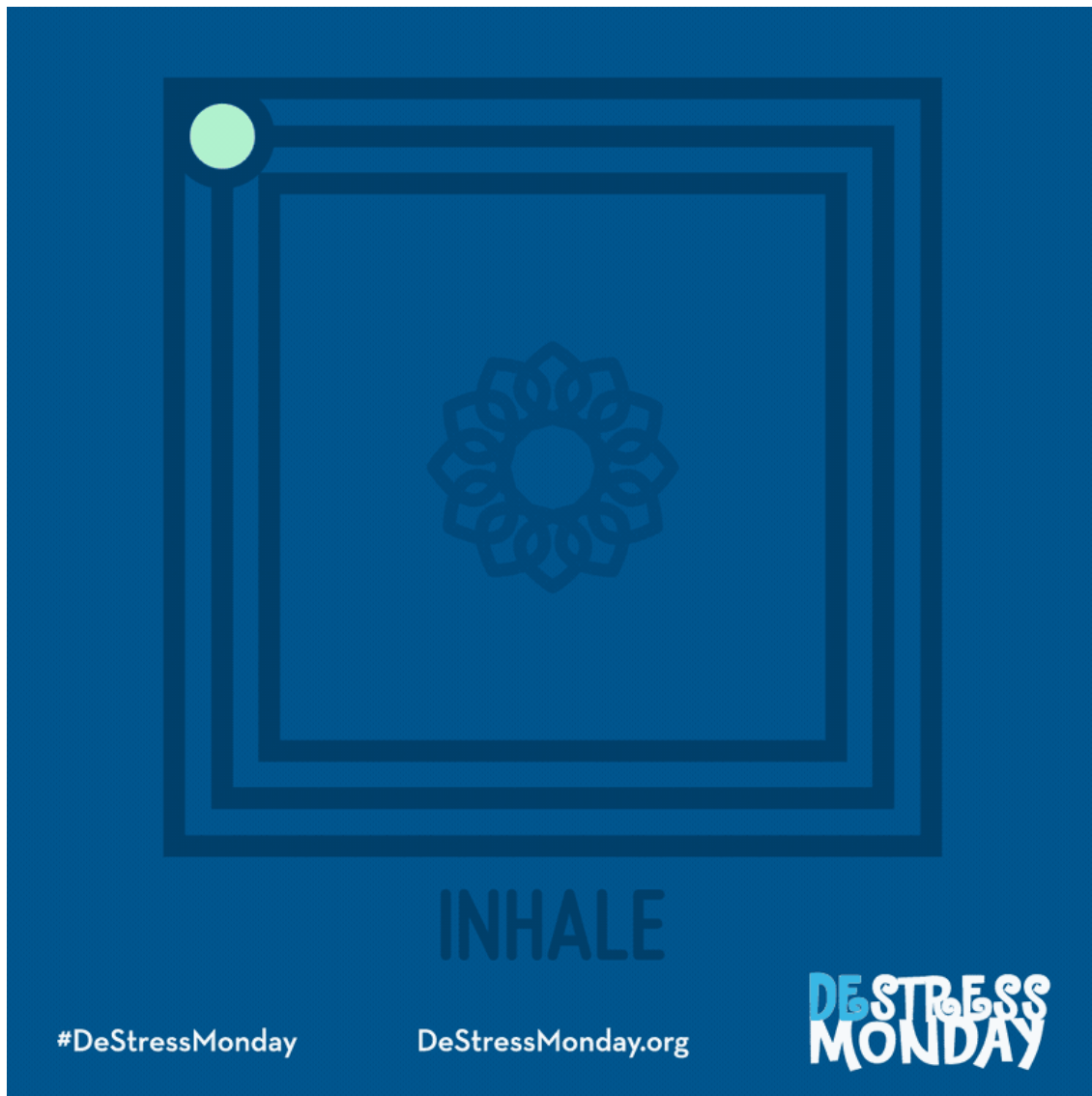
copies of important documents prescriptions for medications

a map marked with at least 2 evacuation routes

important documents (passport, birth certificates, etc.)

For more information and checklists visit the [CalFire website](#) or the [ready.gov](#) website.

Destress Monday – Square Breathing



[Click here](#) to learn more.

Move it Monday!

Build your endurance one step at a time.

But always remember to celebrate how far you've come.



#MoveItMonday

MoveItMonday.org



[Click here](#) to learn more.

Health & Wellness Webinars



Sutter Health

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

[Click here](#) for access.

**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=dXJtQUxOSUdUaDB2eGhkbU84bXRoQT09>

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 & Testing Sites



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, 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 of August, 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.



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, 8am-6pm, Sat-Sun: 8am-2pm Phone: 831-425-7991	Doctors on Duty – Watsonville 1505 Main St. Watsonville, CA 95076 Mon-Fri, 8am-6pm, Sat-Sun: 8am-2pm Phone: 831-722-1444	Doctors on Duty – Aptos 6800 Soquel Dr. Aptos, CA 95003 Mon-Fri, 8am-4pm, Sat-Sun: Closed Phone: 831-662-3611
Kaiser Permanente – Watsonville 1931 Main Street Watsonville, CA 95076 Mon-Fri 1:30pm-4:30pm 831-768-6600	Sutter Health/PAMF - Santa Cruz Urgent Care 2025 Soquel Avenue Santa Cruz, CA 95065 Mon-Sun 8am-5pm 831-458-5537	Sutter Health/PAMF - Watsonville Urgent Care 550 S. Green Valley Road Watsonville, CA 95076 Mon-Sun 8am-5pm 831-458-5865
County Health Center-Santa Cruz 1080 Emeline Avenue Santa Cruz, CA 95060 Monday-Friday 8am-4:30pm 831-454-4100	Planned Parenthood 398 S Green Valley Road Watsonville, CA 95076 Tues and Thurs 12pm-1pm 831-724-7525	Salud Para La Gente 204 East Beach Street Watsonville, CA 95076 Mon-Sat 8:30am-5:30pm, Sun 8:30am-12:30pm 831-728-0222
Cabrillo College Student Health Center 6500 Soquel Drive, Aptos CA 95003 Mon-Thurs 9am-3pm 831-479-6435 healthservices@cabrillo.edu	UCSC Cowell Student Health Center 1156 High Street Santa Cruz, CA 95064 Mon-Fri 8am-5pm 831-459-2500	OptumServe - North County Santa Cruz Civic Auditorium 307 Church Street Santa Cruz, CA 95060 Mon-Fri 7am-7pm Make an appointment 888-634-1123
<div> CruzMedMo 115 S. Morrissey, Santa Cruz, CA 95062 Mon-Fri 9am-4pm (1pm-4pm on 2nd and 4th Tuesdays) No Appointment Necessary, +Travel Certificates Test results<1hr 831-241-7501 </div>		

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

Apple Recipes



Apple Cider Chicken Skillet



Spiralized Apple Salad w/Citrus Dressing



[Apple Bread](#)

Employee Assistance Program (EAP)



Financial Services

Are you struggling to curtail your debt or develop a monthly budget?
Are you working towards major financial goals - like buying a house,
sending kids to college or ensuring a comfortable retirement?

We're here to help. With telephonic assistance and referrals to
qualified financial counselors and educators, MHN can help you gain
control of your financial life.

You are eligible for as many telephonic financial consultations as you need per separate financial issue. Issues covered include:

- Credit counseling
- Debt and budgeting assistance
- Financial planning for college
- Retirement planning

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

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: **santacruz**