
From: Employee Wellness
Sent: Monday, September 13, 2021 5:01 PM
To: County Staff
Subject: **New** Live Webinar - Hearth Health

In this issue: Hacking Stress, Covid-19 Testing & Vaccine Sites, Immune Boosting Recipes and more.

Employee Wellness



Hacking Stress: Reset with the 5 R's



Remove

Media definitively changes our brain and blood chemistry and activates our immune system, especially if it invokes raw, primitive emotions like fear, anger, threat or survival.

Start with media distancing:

- Try to limit media exposure at bedtime and upon waking
- Schedule specific time blocks for news media consumption or protected news-free times

- Read headlines in an emotionally detached manner, do your breathing and if you feel negative emotions welling up inside you, disconnect immediately

Reconnect

Share your joys and struggles with others:

- Connect online and live
- Friends, family, coworkers, community, etc.
- Work resources: EAP or support groups

Recognize

Your brain will not “re-wire” unless you allow it to truly soak in a positive experience for at least 15-20 seconds.

- “What are three things that went well today and what was my role in making them happen?”
- By day 4 or 5, the positive becomes noticeably louder.

[Click here](#) to learn more about the other R’s.

Health & Wellness Webinars



Sutter Health

****NEW Live Webinar**** How Cholesterol Impacts Your
Stroke and Heart Attack Risk

September 29, 2021 @ 12pm

[Click here](#) to register.

**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.

Tuesday, September 14th – 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

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

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

Recipes for Immunity Support



9 Immunity Boosting Recipes from Well + Good



Lentil Veggie Superfood Stew



Gluten-Free Immune Boosting Mushroom Zucchini Tetrazzini

Your EAP Employee Assistance Program



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](#)