
From: Employee Wellness
Sent: Monday, October 04, 2021 5:11 PM
To: County Staff
Subject: Employee (non-vaccinated) Covid-19 Testing Locations & Information

In this issue: Destress with Family Fun Yoga, A World of Peas, Healthy Pea Recipes and more.

Employee Wellness



Destress Mondays

THIS MONDAY, ENJOY SOME FAMILY FUN YOGA.

Breathe, stretch, smile, and relax together!



#DeStressMonday

DeStressMonday.org

DE STRESS
MONDAY

[Click here](#) to learn more.

Open Enrollment



Open Enrollment has kicked off! [Click here](#) to get information on:

- *2022 Rate Sheets*
- *Open Enrollment Mailings*
- *Insurance Plan Highlights/FAQs*
 - *Health*
 - *Dental / Vision*
- *Basic/Supplemental Life Insurance*
- *Medical Premium Pre-Tax Program (H-Care)*
- *Dependent Care Reimbursement Program (D-Care)*
 - *Flexible Spending Account (FSA)*

A World of Peas



Anti-inflammatory properties

Eating a good amount of green peas can provide great antioxidant and anti-inflammatory benefits. Due to their high

antioxidant content, the plant based food has inflammation fighting properties. The four anti-inflammatories found inside are almost exclusive to green peas known as phytonutrients. These include Pisum Saponins I and II and pisomosides A and B, which are substances found in certain plants known to fight off particular health conditions. Studies suggest that saponins found in green peas have a long history of fighting inflammation caused disease.

Anti-aging effects

Green peas have a high antioxidant content, consisting of flavonoids and polyphenols, both of which have anti-aging effects. Studies suggest that polyphenols contain chemo-preventive properties that can prevent UV induced skin damage. The consumption of polyphenols can reduce aging by improving the skin's natural

defense of oxidative stress, one of the most common causes of aging prematurely.

Flavonoids on the other hand work to absorb UV light to regulate the pathways in your skin that influence the cellular function. This process prevents photoaging and premature skin damage.

Aids digestion

High fiber diets are known to improve digestion. Fiber is necessary for the intestines and keeps them balanced.

The bacteria in your gut naturally searches for fiber to feed off, therefore this acts as a great tool to make sure only good bacteria exists in your stomach. Green peas also contain insoluble fiber, which acts as a bulking agent in the body and helps move food along, making digestion easier.

Click [**here**](#).

Health & Wellness Webinars



Sutter Health

[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

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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

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9 KD18 + "

Ongoing Yoga, Relaxation & Meditation Resources:

[Santa Cruz Yoga](#) – check out their online class offerings

[Yoga for All Movement](#)

Covid-19 Testing Sites for Employees (non- vaccinated)



Day, Time & Location

Monday's 9:00am-12:00pm

Government Center 701 Ocean Street, Santa Cruz, 5th Floor Coastlines Conference Room

Tuesday's 1:00pm-4:00pm

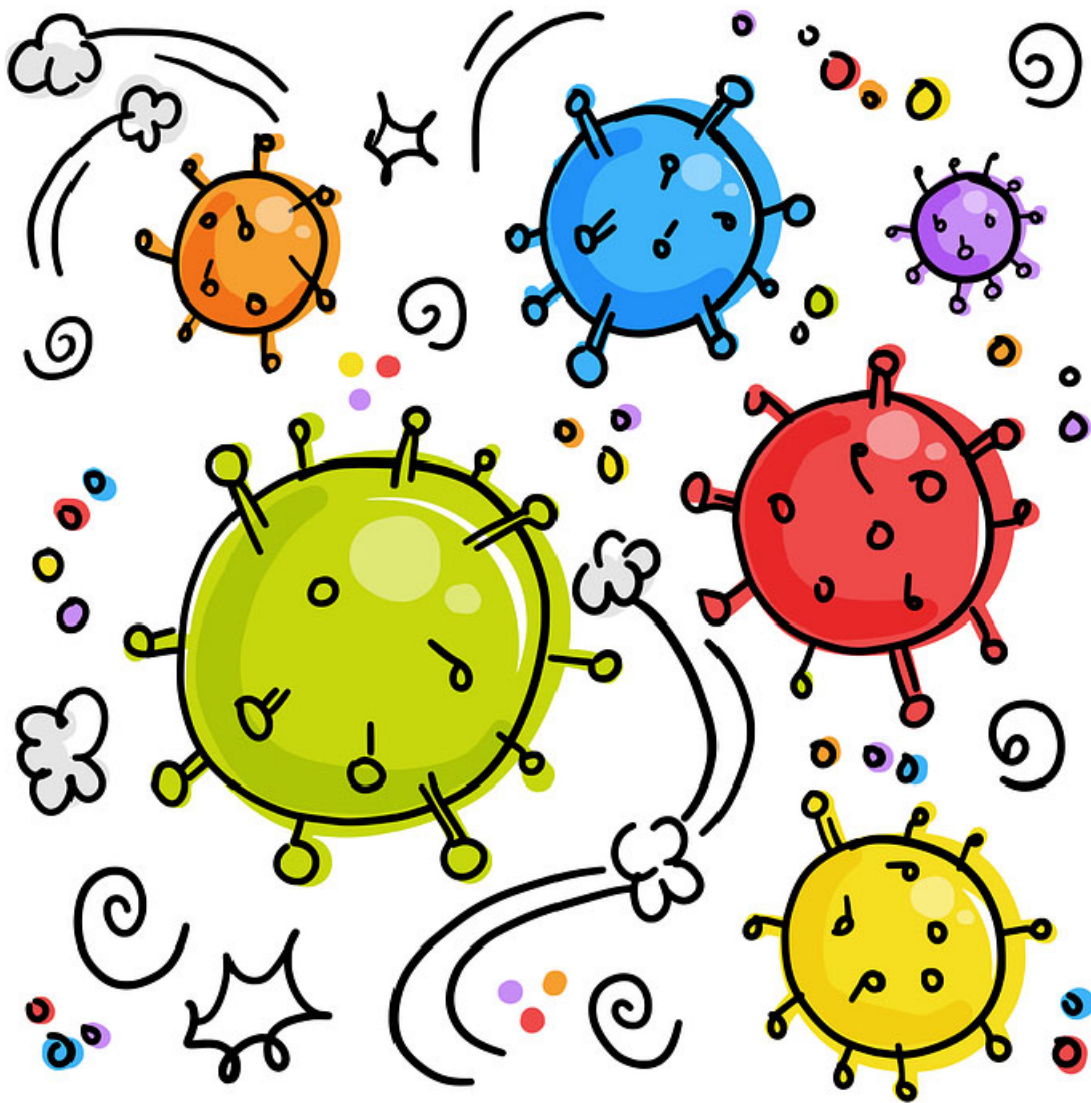
Sheriff Department, 5200 Soquel Avenue, Santa Cruz, Community Room

Wednesday's 8:00am-11:00am

Health Services Agency (HSA), 1080 Emeline Avenue, Santa Cruz, Back Parking Lot - Drive Through

Thursday's 7:00am-11:00am

Community Vaccine Info & Covid-19 Testing



Covid-19 Vaccine

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

Community Covid-19 Testing (not for work compliance)



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 5615 Scotts Mon-F 831-4
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	Count 1430 Watsc Mon-T Fri 8ar 831-7
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	Santa Center 21507 Santa Mon-T Fri 8ar 831-4
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	Optun Comm 1301 Watsc Wed-5 Make. 888-6
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



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Credit:
Good
Times,
Santa
Cruz
County
Farmers
Markets,

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

Healthy Pea Recipes



Vegan Split Pea Soup



Mashed Peas on Breakfast Toast



Creamy Pea Pasta w/Mint

Employee Assistance Program (EAP)



PERSONALIZED WELLNESS COACHING

Our wellness coaching services offer extra support when you're ready to change your life – helping you make a plan, and then offering the support, resources and accountability you need to succeed.

Our certified coaches can help you with all sorts of health issues, including:

Weight management ~ Smoking cessation ~ Fitness and exercise ~ Stress management ~ Overall lifestyle improvement ~ Lifestyle

support for chronic conditions such as asthma, diabetes, and cardiovascular disease

How to enroll

Please contact MHN at 800-242-6220 TTY/TDD callers: 1-800-526-7014, Monday through Friday, 7:00 a.m. to 7:00 p.m. Pacific time; all other times, call 1-800-327-0801. We'll help you schedule an initial goal-setting consultation with your coach. This phone call usually lasts about 45-60 minutes. Because this is a highly personalized program, you and your coach will decide what kind of help you need to reach your goals. You can:

- Schedule follow-up calls with your coach (participants average about four 15-30 minute consultations).
- Reach out as needed via phone, email or IM (coaches are available Monday through Friday, 7:00 a.m. to 8:00 p.m. Eastern time).
- Access multimedia programs, health assessments, menu planners, fitness trackers, and more through a secure, personalized web portal.
- Receive personalized emails and coach-chosen materials.

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

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)