
From: Employee Wellness
Sent: Tuesday, October 12, 2021 9:58 AM
To: County Staff
Subject: Revisiting the 7-Minute Workout

In this issue: A Good Night's Sleep, BIKETOBER – Bike Month, Healthy In-Season Recipes and more.

Employee Wellness



Bike Month - October



WHEREVER YOU GO THIS OCTOBER,

GO BY BIKE!

This month is about biking to wherever YOU want to go! And, we have some dedicated days lined up full of fun, food, and community connection to get you riding.

SIGN UP AT
ECOACT.ORG/BIKETOBER



BONUS

Want \$1,000 cash
in your pocket?
Enter our bi-annual
bike challenge!

A donde sea que vayas este octubre,

¡VE EN BICI!

¡Este mes se trata de ir en bicicleta a donde TÚ quieras ir! Y tenemos algunos días dedicados llenos de diversión, comida y conexión con la comunidad para que puedas montar.

REGÍSTRESE EN
ECOACT.ORG/BIKETOBER



BONO
¿Quiere \$1,000 en efectivo en su bolsillo?
¡Participa en nuestro desafío bianual de bicicletas!

[Click here](#) for more information.

Destress Mondays on a Tuesday

RECALIBRATE YOUR BRAIN WITH A GOOD NIGHT'S SLEEP.

Avoid burnout with a brain and body refresh.
Sleep reduces anxiety, frustration, and gives you a chance
to rebound physically and mentally from a long day.



#DeStressMonday

DeStressMonday.org

**DESTRESS
MONDAY**

[Click here](#) to learn more.

Move it Mondays on a Tuesday

Getting active doesn't have to be a workout.



#MoveItMonday

MoveItMonday.org

**MOVE IT
MONDAY!**

[Click here](#) to learn more.

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)

Wellness 2021

The Scientific 7-Minute Workout

BY GRETCHEN REYNOLDS MAY 9, 2013 12:01 AM

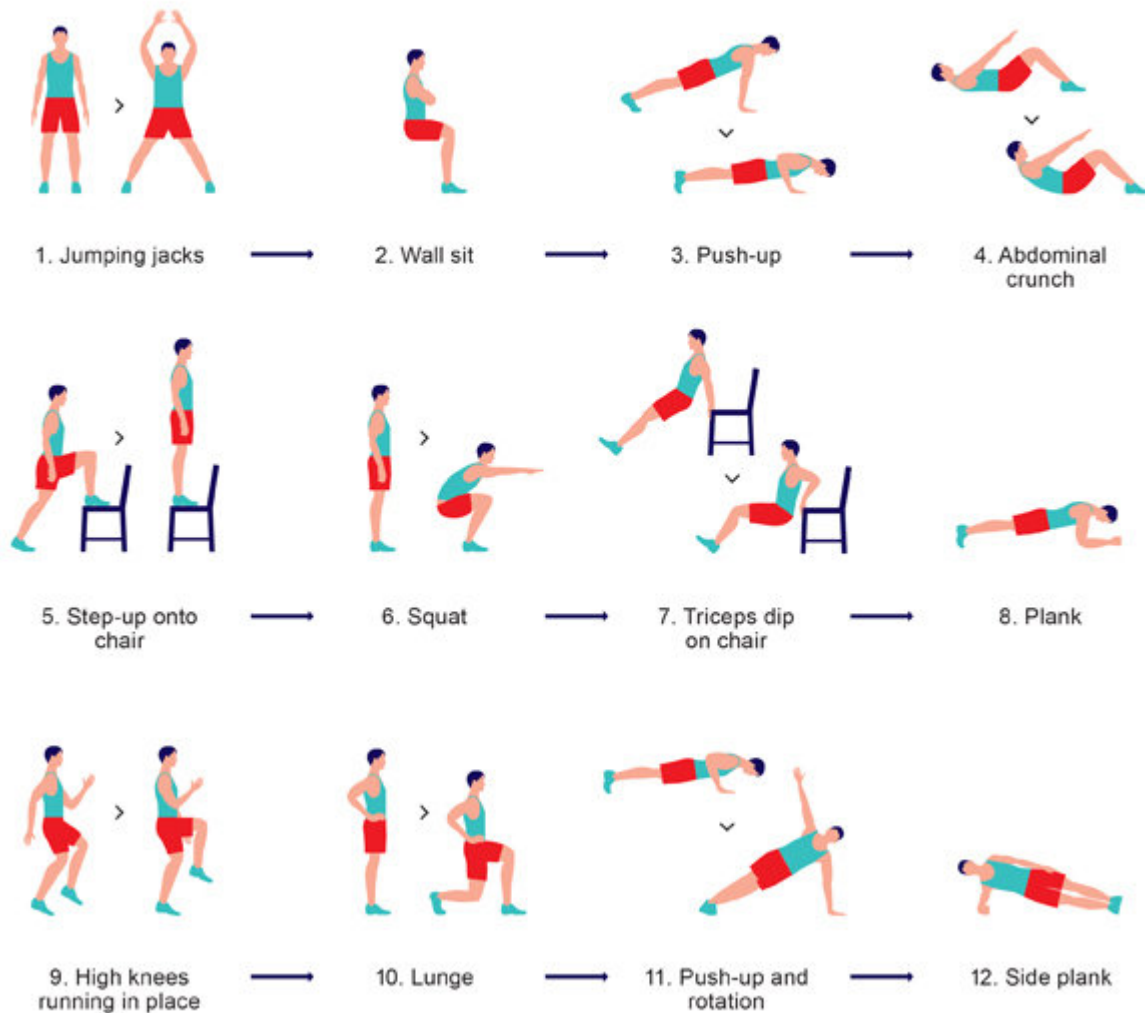


Image Credit: New York Times

Walking

Walking is about as simple and straightforward as exercise gets, yet it affords myriad health benefits. For starters, it gets you outdoors, which is beneficial all by itself.

Running

Running also gets you outdoors, burns calories, improves your mood and so on. Of course, while the activity itself is free, you might need to invest in a pair of running shoes.

Bodyweight Exercises

If you've ever tried the [7-minute workout](#), you know it's possible to get a serious sweat going without so much as looking at an exercise machine. Or a barbell. Or even a set of resistance bands.

Meditation

Let's not forget your mental health, shall we? Although exercise has been proven time and again to reduce stress and improve your mood, sometimes your monkey brain just runs amok. Check out the Self Care section in this newsletter

[Click here](#) to learn more.

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 – Wednesdays 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

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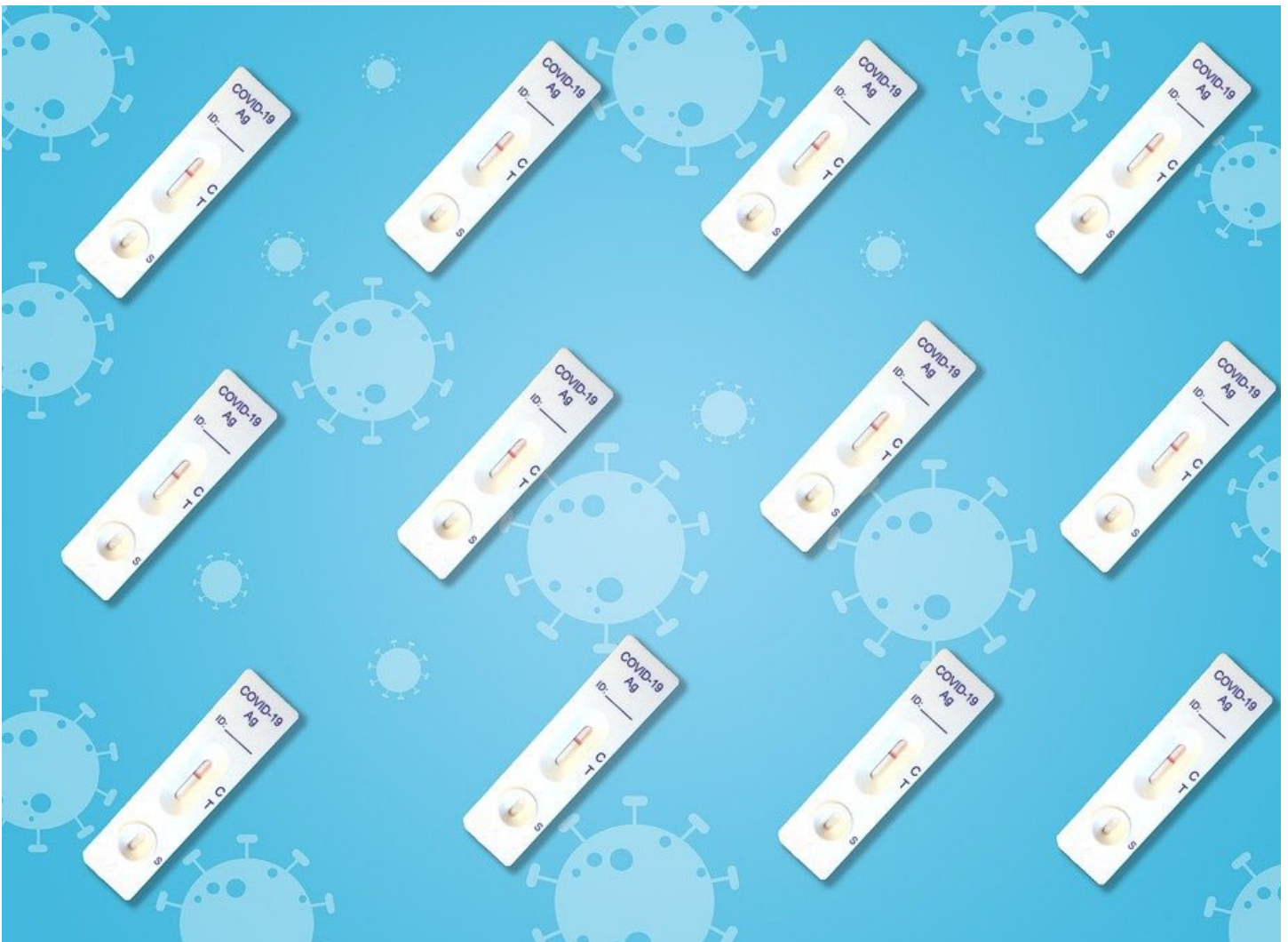
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Ongoing Yoga, Relaxation & Meditation Resources:

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

[Yoga for All Movement](#)

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



Day, Time & Location

Mondays 9:00am-12:00pm

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

Tuesdays 1:00pm-4:00pm

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

Wednesdays 8:00am-11:00am

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

Thursdays 7:00am-11:00am

Ag Extension, 1430 Freedom Boulevard, Watsonville, Building E

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)



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- 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



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

In-Season Recipes



Braised Chicken w/Artichokes & Fava Beans



Chickpea Pomegranate Salad



Seared Fennel & Tomatoes w/Mustard Vinaigrette

Employee Assistance Program (EAP)



ELDERCARE

Caring for an aging relative can be an enormous responsibility, and it's often difficult to know where to turn for reliable help. Your first call should be to MHN! Our care consultants are standing by to help you:

- Evaluate your elder relative's daily living and healthcare needs, financial issues and legal concerns
 - Assess the support you need
- Find the right assisted living, residential and medical care facilities
- Obtain information on senior meal services, community resources and more

Your assigned care consultant provides contact information for up to five local eldercare providers **with current confirmed openings across multiple zip codes.**

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

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)