
From: Employee Wellness
Sent: Tuesday, October 26, 2021 4:56 PM
To: County Staff
Subject: Making Memories this Fall Season

**In this issue: Sights, Sounds and Smells of Autumn,
Reminder: Yoga Cancelled on 10/27 & 11/3, Tasty Fall
Recipes and more.**

Employee Wellness



Destress Mondays on a Tuesday

Embrace the sights, smells, and sounds of autumn.

By focusing your attention on the natural beauty of the season, you can approach decisions with a head clear of fear and doubt.



#DeStressMonday

DeStressMonday.org

DESTRESS
MONDAY

[Click here](#) to learn more.

Flu Shots



It's that time of the year again... Flu Season. Get yours today! Click on the links below for more information:

[Kaiser Permanente](#)

[Dignity Health](#)

[Sutter Health](#)

[CVS](#)

Rite Aid

Safeway

**Move it Mondays on a
Tuesday**

Get active by making some memories this fall season.

This Monday, prepare to spend more time outdoors.



#MoveItMonday

MoveItMonday.org

**MOVE IT
MONDAY!**

[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)

[Click here](#) for access - Eating to Boost Immunity

Kaiser Permanente

***Pre-Recorded**Defeating Sleepless Nights – [click here](#) for access*

Couples Communication Webinar



Kaiser Permanente is offering a Couple Communication Webinar series on Mondays in November at 5:30pm (no class on November 22nd). Topics will include: ***How Lasting Relationships Work, Navigating conflict in Relationships, The Art of Active Listening and Intimacy in Lasting Relationships.*** This series is open to all, regardless of your health plan.

Please note: You can attend one session or all sessions.

To register, please click [here](#) and follow the directions below.

1. Click on the English Couples Communication Webinar
2. Click on any Monday in November (except for 11/22) at 5:30pm

3. Then enter your details to register. You will receive a link. Once you receive, you can use that same link for all the webinars without having to register to each individually.

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

**** NO YOGA on Wednesday, October 27th and November 3rd. ****

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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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-3:00pm

Sheriff Headquarters, 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

Thursdays 2:00pm-4:00pm

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

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- 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

Tasty Fall Recipes



Cream of Mushroom Soup



Pomegranate Salad w/Cider Dressing



Garlic Herb Mushroom Pasta

Mental Health Corner



Yoga For All Movement – check out their [link](#) to emotional & mental wellness where they talk about breathing and grounding during difficult and stressful times.

Greater Good In Action – UC Berkeley’s **Greater Good Science Center**, in collaboration with **HopeLab**, launched Greater Good in Action.

“The practices in Greater Good in Action are for anyone who wants to improve his or her social and emotional well-being, or the well-being of others, but doesn't necessarily have the time or money to invest in a formal program.” This is a very cool website – [click here](#) for their body scan and [here](#) for their mindful breathing practice.

Sound Bath - Enjoy a relaxing sound bath experience with waves, marine animal sounds (Monterey Bay), and calming instrumentals. [Click here](#) to access this sound bath.

Mental Health America has compiled a range of resources and information to assist you during this stressful time. Mental health information and resources related to COVID-19, isolation, anxiety, stress, and more can be found here:

<http://mhanational.org/covid19>

US Department of Health & Human Services website offers tips for coping after traumatic events and disasters. Many of our community members are evacuated from their homes and many have suffered the loss of their homes. All of us are experiencing this traumatic event in some way and it is important to take care of ourselves in the coming days and months. To learn more about coping with traumatic events and disasters from a mental health standpoint visit the US Department of Health & Human Services website [here](#).

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](#)