

Kennedy Cosker

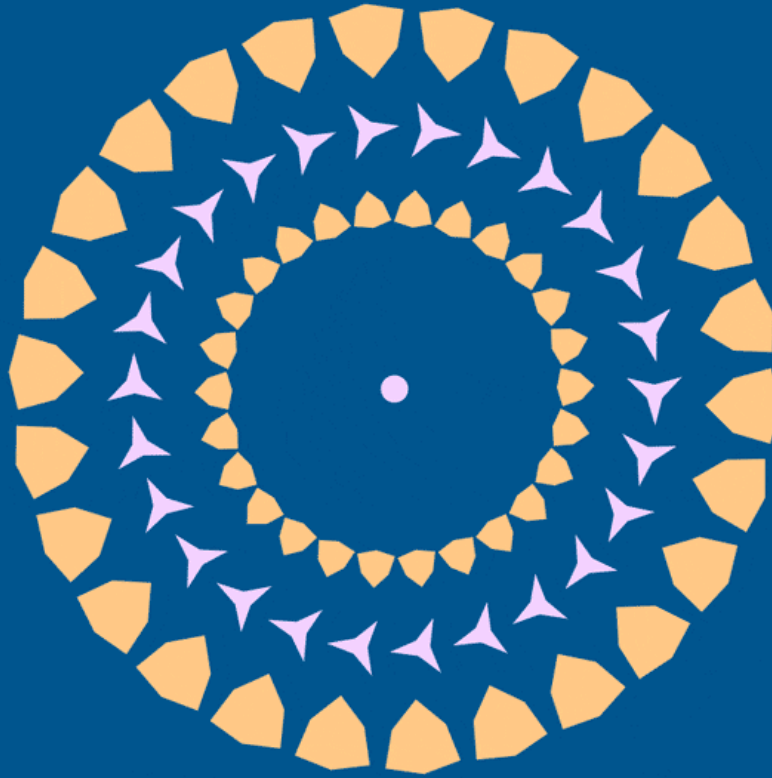
From: Employee Wellness
Sent: Monday, November 08, 2021 4:49 PM
To: County Staff
Subject: Flu Season is here!

In this issue: Holiday Celebration Precautions, Flu Shots, White Pumpkins, Tasty Vegan Pumpkin Recipes and more.

Employee Wellness



Destress Mondays on a Tuesday



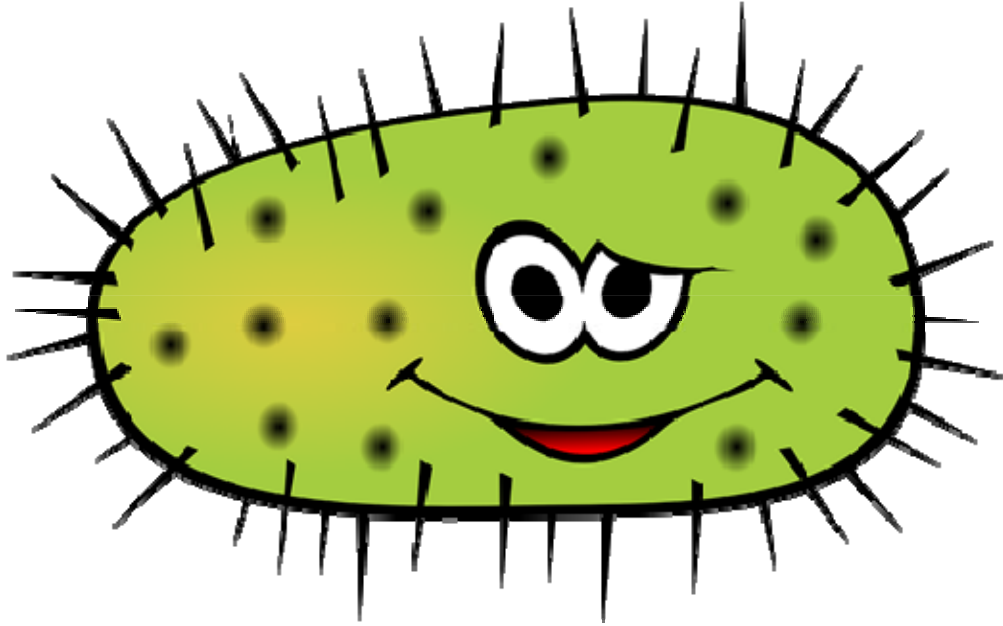
Focus on the dot in the center
and clear your mind of all distraction.

DE STRESS
MONDAY *Happy New Week!*

#DESTRESSMONDAY

[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](#)

COVID Cautious Holiday Celebrations



We're not out of the woods yet and we still need to be cautious about indoor gatherings and large gatherings. Covid surges have peaked post-holidays in the past so it is especially important not to let our guard down. Keep your family safe this holiday season and forge new traditions. Since social distancing is the way to minimize exposure, be creative about the way you gather during the upcoming holidays. Chose outdoor experiences over indoors when possible, minimize the number of in person guests. Extend a virtual holiday tradition to those who live further away. This year, reconnect with family and friends near and far – and check out the following ideas to get your creative ideas flowing.

Send Thanksgiving care packages.

Mail or drop off treats and supplies to help guests feel part of the fun. If you can't be together to split a pumpkin pie, maybe you and your child bake pumpkin muffins and drop them off on doorsteps, or make matching centerpieces for everyone to display on their holiday tables.

Plan a shared experience.

No matter the distance, you'll feel close on the big day if you share the same rituals. Have your child come up with ideas for all five senses, and spread the word to everyone on the virtual guest list: For example, plan to light the same scent of candle or prepare the same fragrant dish, and create a shared playlist to use as background music.

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

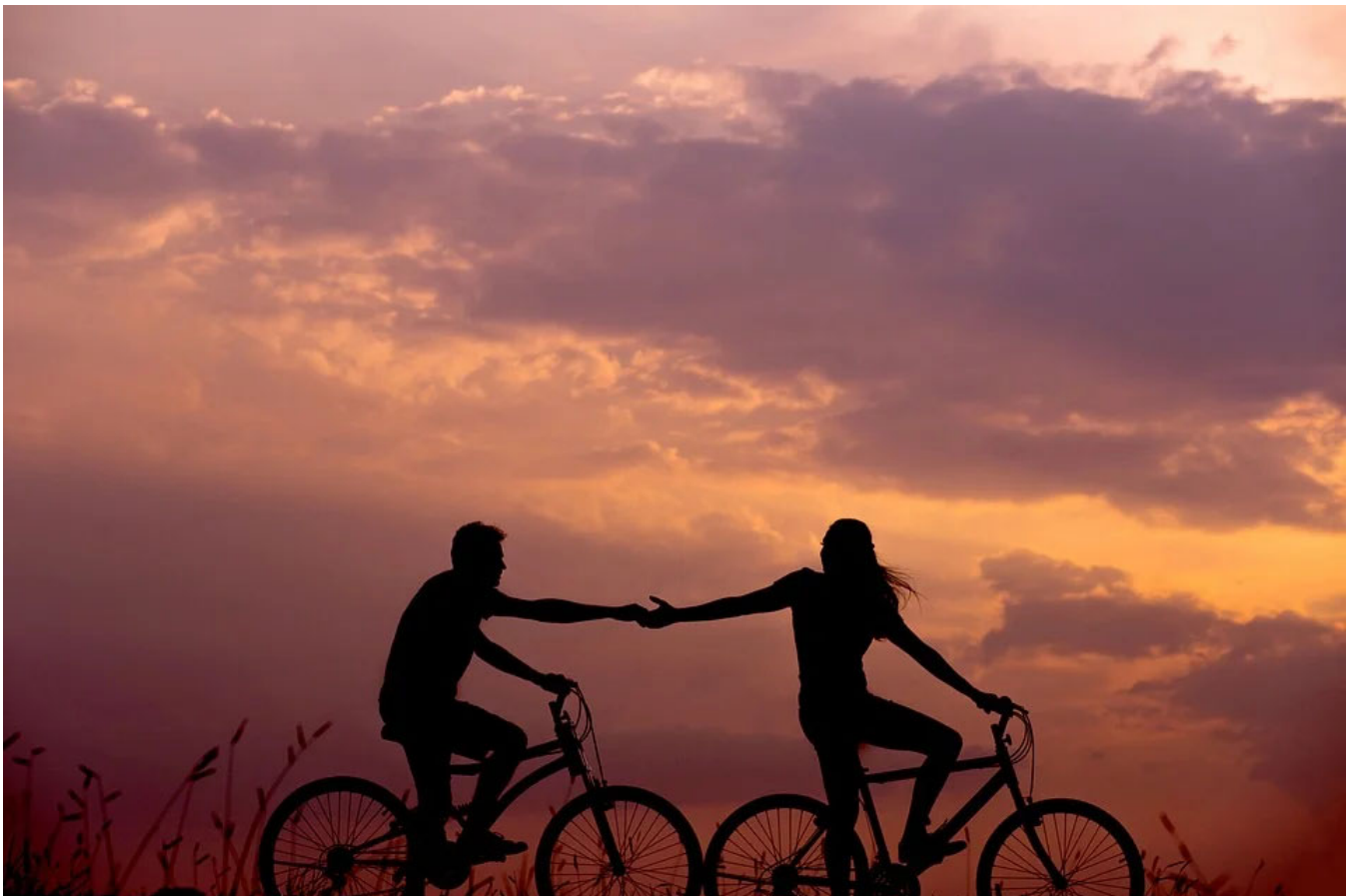
****Pre-Recorded*****Defeating Sleepless Nights* – [click here](#) for access

White Pumpkins



What do you know about white pumpkins? Well, I recently read the flesh is sweet with nutty undertones and can be used just like its orange cousin – roasted, mashed, pies or as a side dish with corn, sausage and/or greens. Pick one or some up at the Farmer's Market. They can also be used in Thanksgiving decorations (see image above in the Covid Cautious Holiday Celebrations section).

Couples Communication – Mondays in November



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

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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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)



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



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 Vegan Pumpkin Recipes



Vegan Pumpkin Waffles



[Vegan Pumpkin Cornbread](#)



[Vegan Pumpkin Chili](#)

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)



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](#)