
From: Employee Wellness
Sent: Monday, November 15, 2021 5:07 PM
To: County Staff
Subject: FW: Flu Season is here!

In this issue: Mindfulness in Daily Activities, Flu Shots, How To Meditate, Tasty Holiday Sides Recipes and more.

Employee Wellness



Destress Mondays

HAVE A MINDFUL MONDAY!

See and feel how paying attention to the sensations of everyday experience can calm your mind every Monday and throughout the rest of the week.



SHOWERING

Get lost in the sound and steam. Let the pitter-patter of the water soothe your mind.

GETTING DRESSED

Take in the textures and colors of your clothing. Pay attention to how they feel on your skin.

BED MAKING

Notice how the sheets against your fingertips smooth out the wrinkles.



EATING

Appreciate the aroma of your food, and revel in the flavor and texture of each bite.

LISTENING

Close your eyes and focus on the sounds around you. Pick a specific noise, and follow it.

HAND-WASHING

Be aware of the warmth as it flows over your hands and let the fragrance of the soap take you away.

DESTRESS

[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 carrying on the theme from last week in order to give you lots of different ideas on how to celebrate your Holiday safely this year. Feel free to send in your ideas to EmployeeWellness@santacruzcounty.us

Holiday Celebrations Checklist

- ✓ As you gather with friends and family, keep COVID-19 in mind.
Take steps to prevent its spread.
 - ✓ Get vaccinated. It's the best way to protect others.
 - ✓ Keep gatherings small
- ✓ If everyone at an indoor gathering is fully vaccinated, masks are optional
- ✓ If your guests are unvaccinated or you don't know their status, plan gatherings that are small, short, and outdoors.
 - ✓ Wear a mask over your nose and mouth:
 - ✓ When social distancing is not possible
- ✓ When you might be around unvaccinated people, especially indoors
- ✓ When around older individuals or people with medical conditions
- ✓ When gathering inside, ventilate well. Open doors and windows, run HVAC systems, and install high-quality air filters.
- ✓ Check local conditions. Your county may have stricter guidance than the state. Take extra precautions when local levels of virus transmission are high.
- ✓ Activate CA Notify and ask your guests to do the same. CA Notify anonymously notifies individuals of a possible exposure.
 - ✓ Get tested if you have COVID-19 symptoms
 - ✓ Stay home if you are sick

[Click here](#) for more ideas from the California for All website.

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

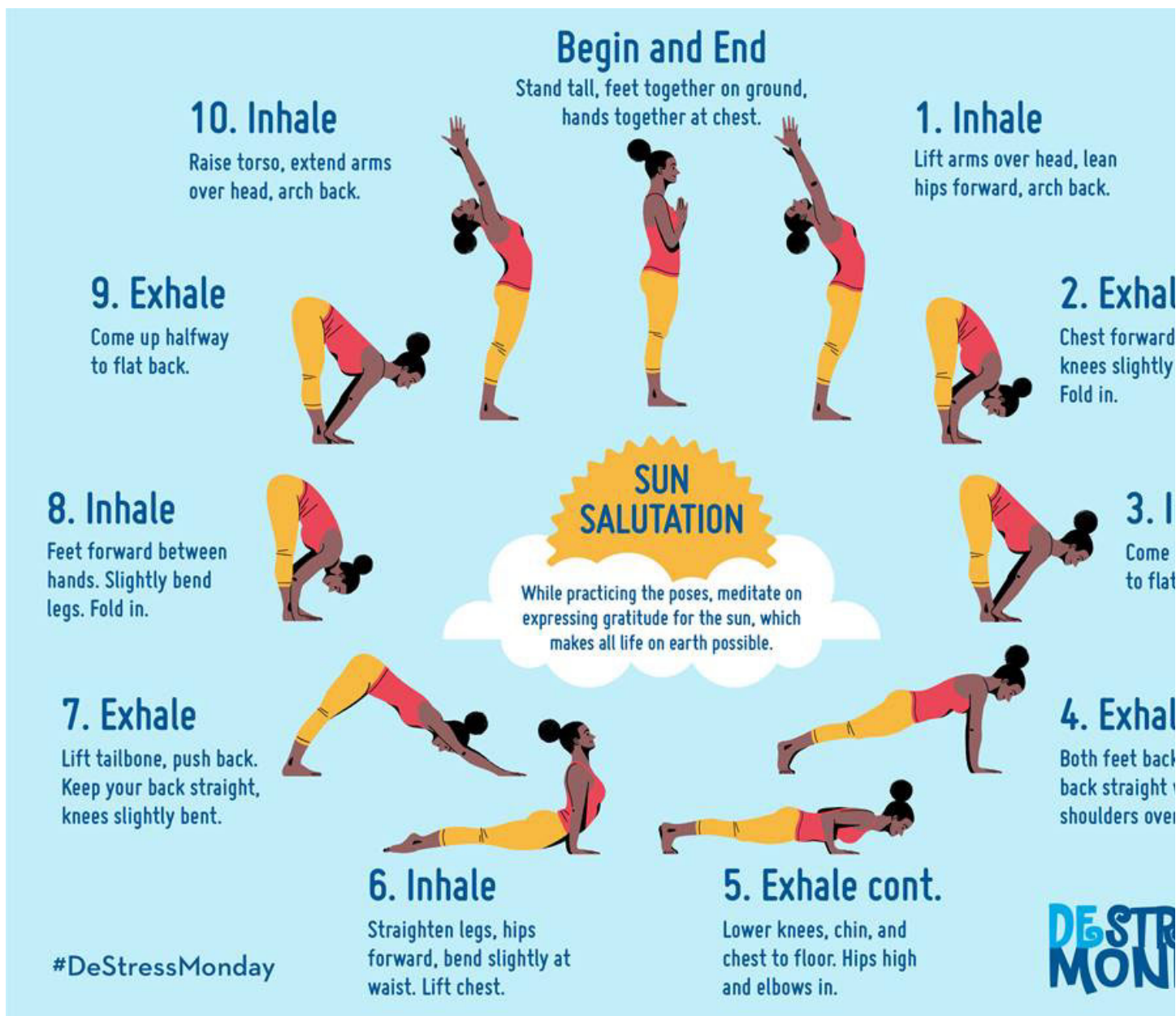
[Click here](#) for access - Eat a Rainbow of Colors (pre-recorded)

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

Kaiser Permanente

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

Yoga Resources



Virtual yoga resources from our local community and yoga studio

K ; . # " ; 9 "I +) 9 +B) #KB"

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

"

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

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. Morrisey, 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 Holiday Sides Recipes



Autumn Massaged Kale Salad w/ Squash & Pomegranate



Cauliflower Steak & Puree w/Walnut-Caper Salsa



Black & Wild Rice Salad w/Roasted Squash

Mental Health Corner



It is said, that with meditation, we can improve focus, reduce stress and increase creativity and patience (and it is free).

How to Meditate

Meditation is simpler (and harder) than most people think. Read these steps, make sure you're somewhere where you can relax into this process, set a timer, and give it a shot:

Take a seat - Find a place to sit that feels calm and quiet to you.

Set a time limit - If you're just beginning, it can help to choose a short time, such as five or 10 minutes.

Notice your body - You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while.

Feel your breath - Follow the sensation of your breath as it goes in and as it goes out.

Notice when your mind has wandered - Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered—in a few seconds, a minute, five minutes—simply return your attention to the breath.

Be kind to your wandering mind - Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

Close with kindness - When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions. That's it! That's the practice. You go away, you come back, and you try to do it as kindly as possible.

Check out this [link](#) for more information and guided meditations.

Your 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](#)