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**From:** Employee Wellness  
**Sent:** Monday, November 22, 2021 4:59 PM  
**To:** County Staff  
**Subject:** Happy Thanksgiving!

**In this issue: Holiday Schedule – Employee COVID Testing, Gratitude Lists, Flu Shots, Mental Health Corner - Managing Anxiety, Healthy Side Recipes and more.**

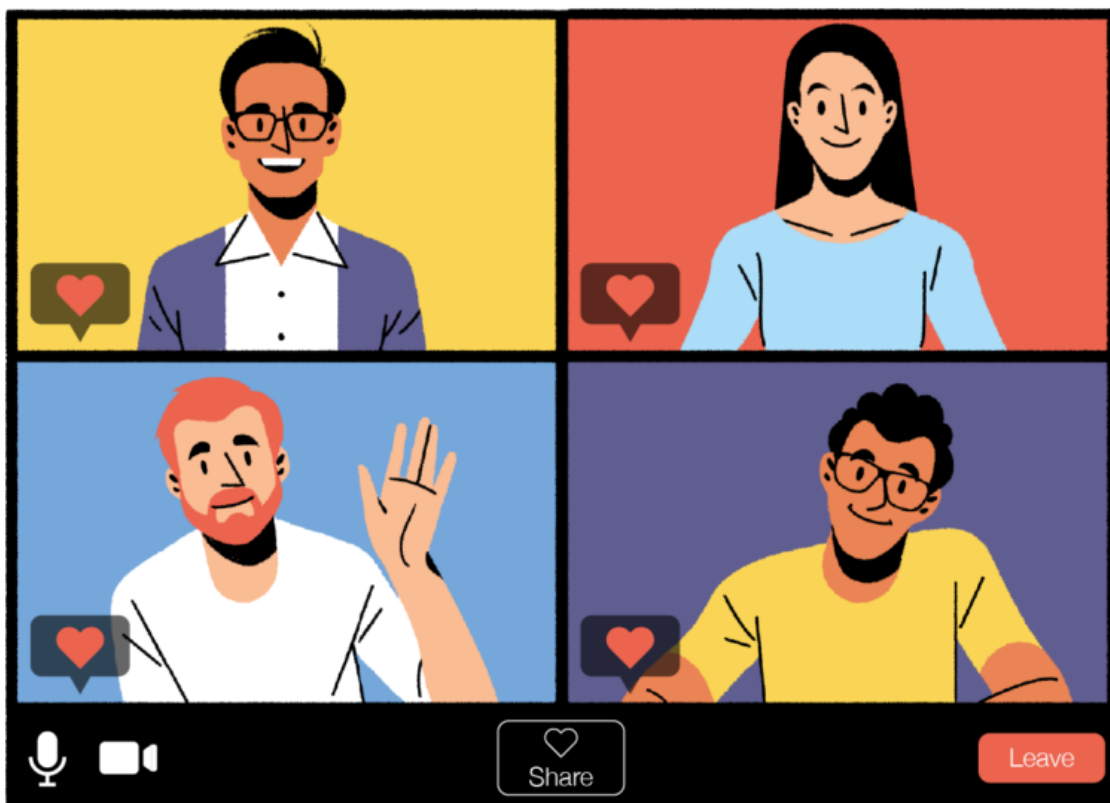
# Employee Wellness



# Destress Mondays

**THIS MONDAY, REACH OUT TO THE PEOPLE  
IN YOUR LIFE WHO MAKE IT SPECIAL.**

Start the week by writing a gratitude list and sharing your positive feelings with everyone who brightens your day.



#DeStressMonday

DeStressMonday.org

**DESTRESS  
MONDAY**

[Click here](#) to learn more.

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# Move It Mondays!

# KICK OFF YOUR MONDAY WITH A PRE-THANKSGIVING WORKOUT.

Warm up for the holiday with some exercise.



#MoveItMonday

MoveItMonday.org

**MOVE!**  
**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

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# COVID Holiday Celebrations In Santa Cruz County





**A New Mask Mandate For our County**  
For more information please [click here.](#)

**Updated Checklist to reflect new County Health Order**



- ✓ Wear a mask over your nose and mouth when celebrating with friends and family who live outside your home. And when social distancing is not possible outdoors
- ✓ When gathering inside, ventilate well. Open doors and windows, run HVAC systems, and install high-quality air filters.
- ✓ As you gather with friends and family, keep COVID-19 in mind. Take steps to prevent its spread.
- ✓ 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
  - ✓ Get vaccinated. It's the best way to protect others.
  - ✓ Keep gatherings small
- ✓ Check local conditions. Take extra precautions when local levels of virus transmission are high.

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

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# 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-Recorded\*\*COVID-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*

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# **Yoga Resources**



**Virtual yoga resources from our local community  
and yoga studio**

**YOGA ON WEDNESDAYS**

**+++NO YOGA THIS WEDNESDAY+++**

**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

**ANYTIME**

*Ongoing Yoga, Relaxation & Meditation Resources:*

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

[Yoga for All Movement](#)

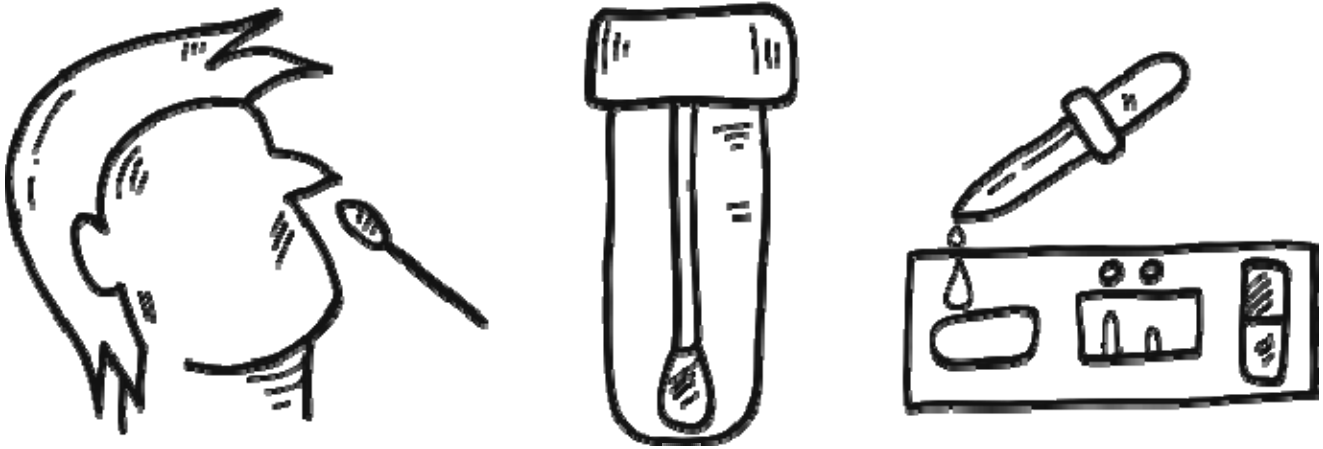
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# Covid-19 Testing Sites for



# Employees (non-vaccinated)



**Day, Time & Location Week of November 22<sup>nd</sup>**

**Monday 9:00am-12:00pm**

Government Center 701 Ocean Street, Santa Cruz, 5<sup>th</sup> Floor Coastlines Conference Room

**Tuesday 7:30am-10:30am and 1:00pm-3:00pm**

**7:30am – 10:30am** @ Ag Extension – 1430 Freedom Blvd., Suite E, Watsonville

**1:00pm – 3:00pm** @ Sheriff Headquarters, 5200 Soquel Avenue, Santa Cruz, Community Room

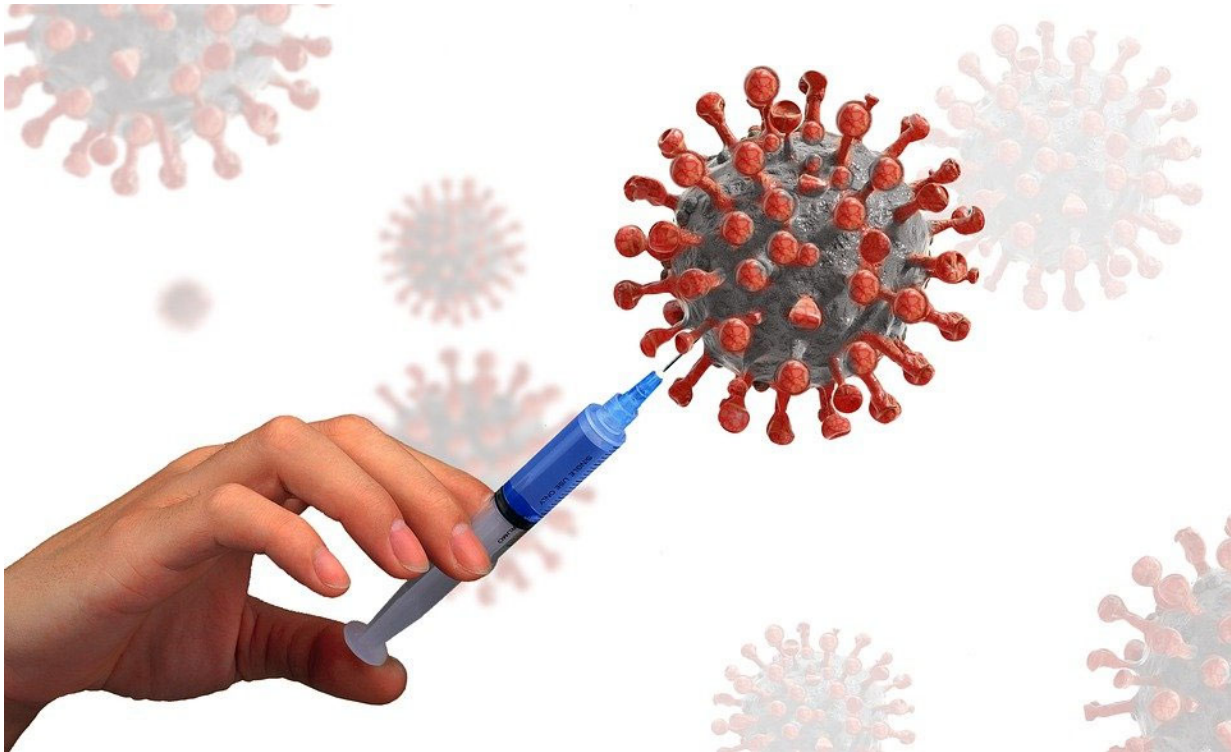
**Wednesday 8:00am-11:00am**

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

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# 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>

<b>Doctors on Duty – Santa Cruz</b> <a href="#">615 Ocean St.</a> Santa Cruz, CA 95060 Mon-Fri, 8am-6pm, Sat-Sun: 8am-2pm Phone: 831-425-7991	<b>Doctors on Duty – Watsonville</b> <a href="#">1505 Main St.</a> Watsonville, CA 95076 Mon-Fri, 8am-6pm, Sat-Sun: 8am-2pm Phone: 831-722-1444	<b>Doctors on Duty – Aptos</b> <a href="#">6800 Soquel Dr.</a> Aptos, CA 95003 Mon-Fri, 8am-4pm, Sat-Sun: Closed Phone: 831-662-3611	<b>Kaiser</b> <a href="#">5615</a> Scotts Mon-F 831-4
<b>Kaiser Permanente – Watsonville</b> <a href="#">1931 Main Street</a> Watsonville, CA 95076 Mon-Fri 1:30pm-4:30pm 831-768-6600	<b>Sutter Health/PAMF - Santa Cruz</b> <b>Urgent Care</b> <a href="#">2025 Soquel Avenue</a> Santa Cruz, CA 95065 Mon-Sun 8am-5pm 831-458-5537	<b>Sutter Health/PAMF - Watsonville</b> <b>Urgent Care</b> <a href="#">550 S. Green Valley Road</a> Watsonville, CA 95076 Mon-Sun 8am-5pm 831-458-5865	<b>Count</b> <a href="#">1430</a> Watsc Mon-T Fri 8ar 831-7
<b>County Health Center-Santa Cruz</b> <a href="#">1080 Emeline Avenue</a> Santa Cruz, CA 95060 Monday-Friday 8am-4:30pm 831-454-4100	<b>Planned Parenthood</b> <a href="#">398 S Green Valley Road</a> Watsonville, CA 95076 Tues and Thurs 12pm-1pm 831-724-7525	<b>Salud Para La Gente</b> <a href="#">204 East Beach Street</a> Watsonville, CA 95076 Mon-Sat 8:30am-5:30pm, Sun 8:30am-12:30pm 831-728-0222	<b>Santa</b> <b>Center</b> <a href="#">21507</a> Santa Mon-T Fri 8ar 831-4
<b>Cabrillo College Student Health Center</b> <a href="#">6500 Soquel Drive,</a> Aptos CA 95003 Mon-Thurs 9am-3pm 831-479-6435 <a href="mailto:healthservices@cabrillo.edu">healthservices@cabrillo.edu</a>	<b>UCSC Cowell Student Health Center</b> <a href="#">1156 High Street</a> Santa Cruz, CA 95064 Mon-Fri 8am-5pm 831-459-2500	<b>OptumServe - North County</b> Santa Cruz Civic Auditorium <a href="#">307 Church Street</a> Santa Cruz, CA 95060 Mon-Fri 7am-7pm <a href="#">Make an appointment</a> 888-634-1123	<b>Optun</b> <b>Comm</b> <a href="#">1301</a> Watsc Wed-5 <a href="#">Make.</a> 888-6
<b>CruzMedMo</b> <a href="#">115 S. Morrissey,</a> Santa Cruz, CA 95062 Mon-Fri 9am-4pm (1pm-4pm on 2nd and 4th Tuesdays) <a href="#">No Appointment Necessary, +Travel</a> <a href="#">Certificates</a> 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

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# Healthy Side Recipes + Pie



Apple & Beet Salad





**Best Vegan Pumpkin Pie Recipe EVER!**





Healthy Potato Gratin w/Herbs



Carrots w/Tahini Dressing

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# Mental Health Corner

## Stress & Anxiety

While we all process stress differently, there are many tools out there that may help as we go through stressful

situations. First thing's first, understand that we are all different, so what may work for you may not always work for others. The De-Stress Monday's project provided the following infographic to help you utilize the **5-4-3-2-1 Coping Technique** tool. You can learn more about it by following this [link](#).

# The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.

Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.



Acknowledge **3** things that you can hear around you.

Acknowledge **1** thing that you can taste around you.



Acknowledge **2** things that you can smell around you.



#DeStressMonday

DeStressMonday.org

DESTRESS  
MONDAY

## Other Resources

**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](#).

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# Employee Assistance Program (EAP)



## Legal Services

Every year one out of three people in the U.S. is confronted with a legal problem. Many of these problems can be resolved with advice from a licensed attorney before they escalate, saving you time and money and minimizing the stress and anxiety caused by unresolved legal problems.

**You are eligible for an initial free telephonic or face-to-face legal consultation per separate legal matter**, with a network attorney. If you want to retain an attorney after the initial consultation, you get a reduced normal hourly rate or flat rate based on the legal matter.

Our attorneys deal with almost all types of legal matters, including divorce and child custody, contractual and consumer disputes, real estate and landlord-tenant issues, and car accidents and insurance disputes. (Matters involving disputes or actions between members and their employer, or MHN, are excluded from this plan. Also excluded are matters that, in the attorney's opinion, lack merit. Court costs, filing fees and fines are the responsibility of the member.)

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

**[members.mhn.com](https://members.mhn.com)**

**Select MHN EAP Employee Assistance Program Resources**

**Company code: **santacruz****