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**From:** Employee Wellness  
**Sent:** Monday, November 29, 2021 8:46 AM  
**To:** County Staff  
**Subject:** Visit the Monarchs @ Natural Bridges

**In this issue: Clear Distractions: Single-Pointed  
Concentration, Strategies for a Healthy Winter, Leftover  
Recipes and more.**

# Employee Wellness



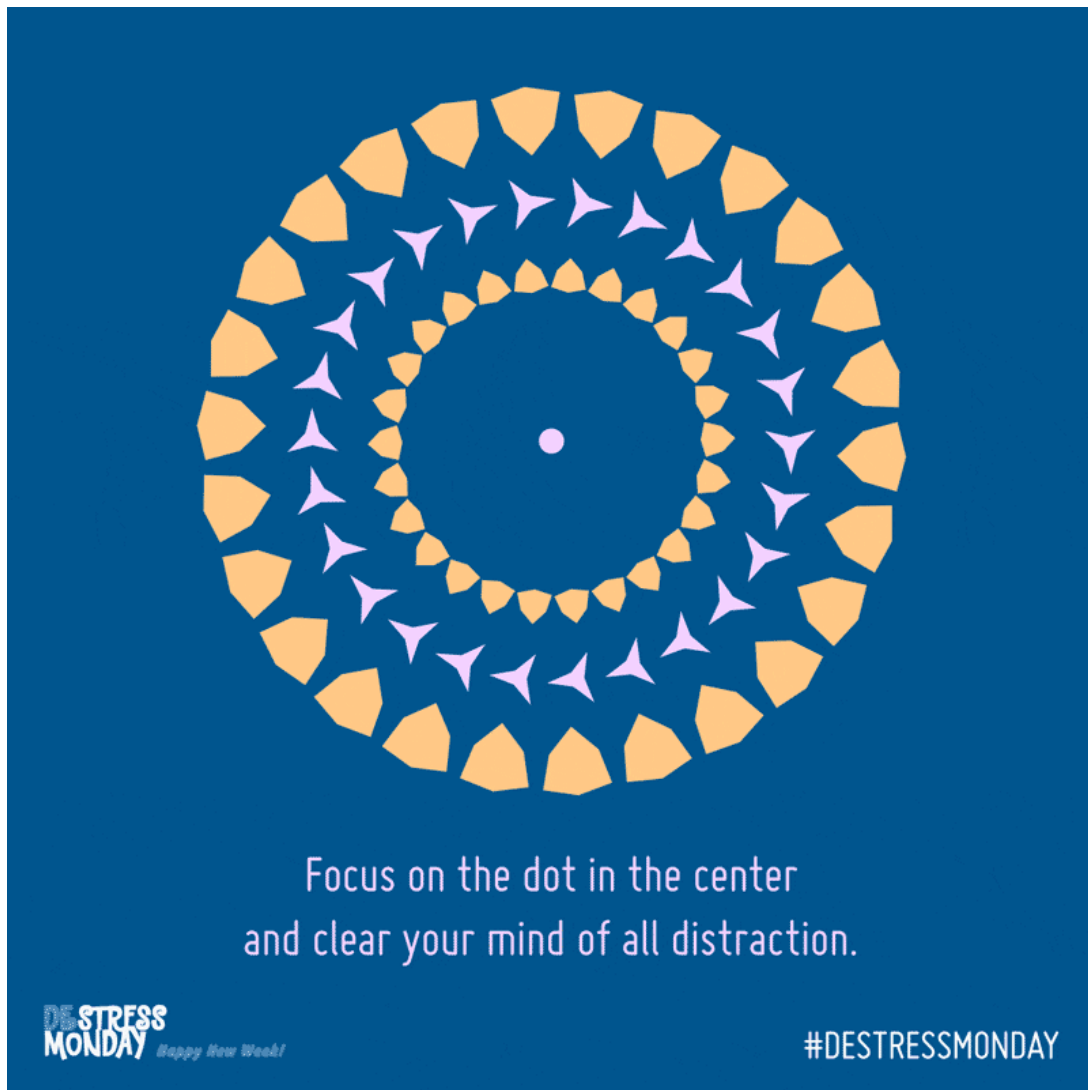
Natural Bridges' Monarch Grove provides a temporary home for thousands of Monarchs. From late fall into winter, the Monarchs form a "city in the trees." Our area's mild seaside climate and eucalyptus grove provide a safe place for monarchs to roost until spring. It is a sight, not to be missed.

[Click here](#) for more information.

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# Destress Mondays



[Click here](#) to learn more.

# Move It Mondays!

**THIS MONDAY, GET FIT  
WHILE GIVING BACK.**

Doing good makes you feel good.



#MoveItMonday

MoveItMonday.org

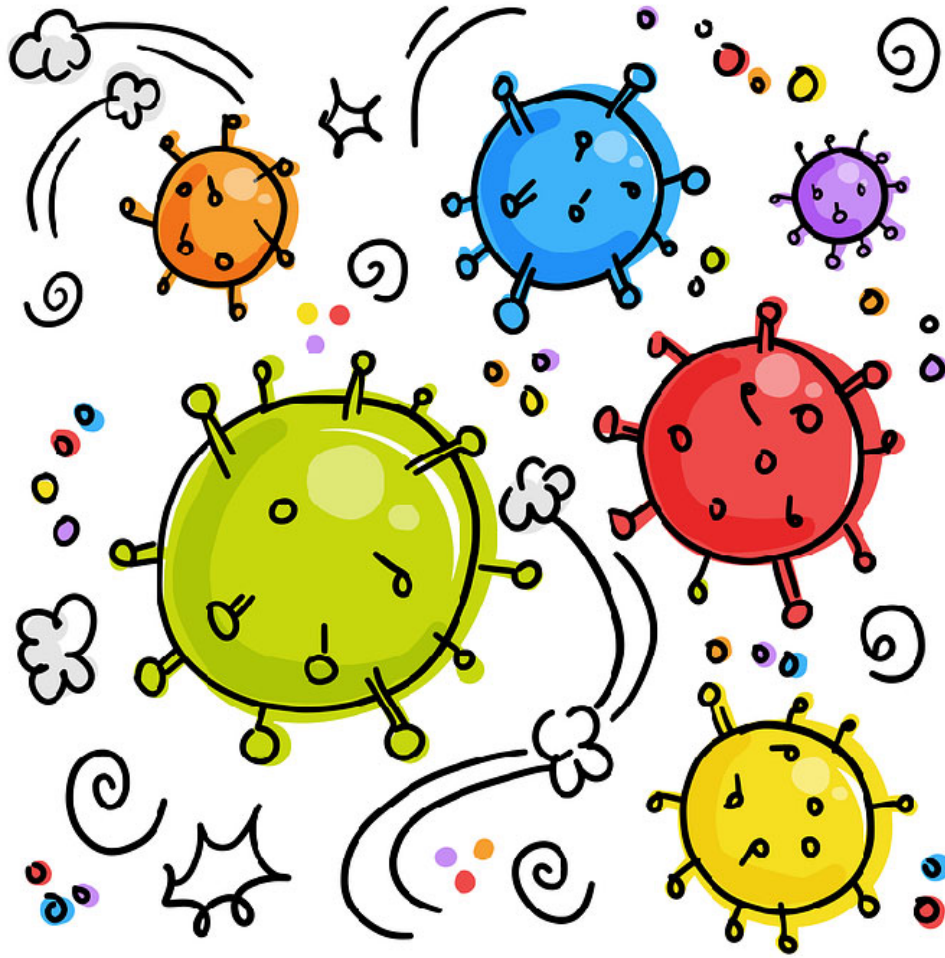
**MOVE IT  
MONDAY!**

[Click here](#) to learn more.

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## 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](#)



# Strategies for a Healthy Winter



## Rethink Your Drink

Substitute water for sugary or alcoholic drinks to reduce calories.

## Move More, Sit Less

Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

## Get Enough Sleep

7 hours of sleep at night. Kids ages 6-12 need 9-12 hours of sleep a night. Teenagers 13-18 need 8-10 hours of sleep a night.

## Eat a Healthy Diet

Make healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

## Quit Smoking

You can do it! Call 1-800-QUIT-NOW for free support.

[Click here](#) to learn more from the CDC

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# Health & Wellness Webinars



## **Sutter Health**

*\*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

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# 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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# 9 KD18 + "

***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

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

Government Center 701 Ocean Street, Santa Cruz, 5<sup>th</sup> 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

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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- <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

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# Farmer's Market



*Photo credit: Santa Cruz Sentinel*

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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## Leftover Recipes





Turkey Wild Rice Soup





Mashed Potato Cakes

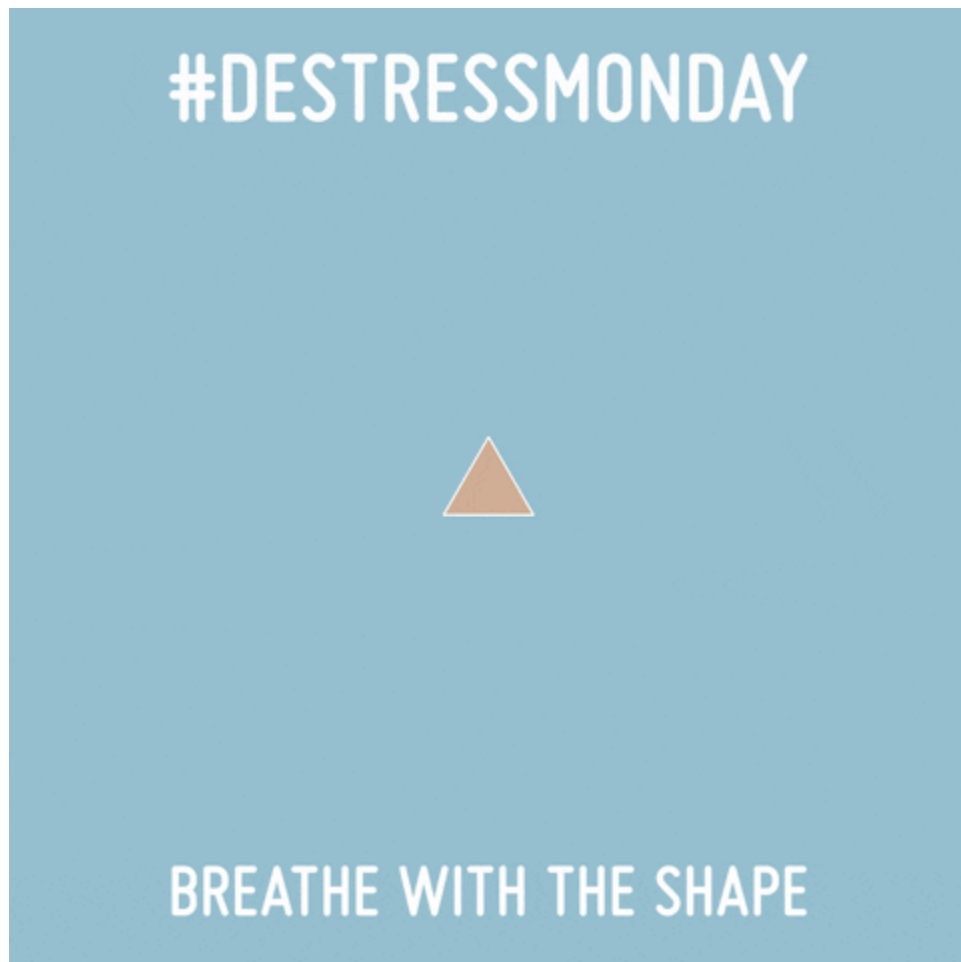


**Cranberry Sauce Oat Bars**

# Mental Health Corner

## Managing Stress through Breathing

Press the play button and breathe with the shape to ease stress.



## 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)



## Emotional Health

When you need a helping hand, a skilled professional can provide focus, direction and support. MHN can help you identify and resolve issues involving:

- Marriage and relationships
  - Family conflict
- Stress, anxiety and emotional distress
  - Grief and depression
- Alcohol or drug dependency
  - Life changes

Eligible members are entitled to:

- Face to face counseling - up to 5 sessions per incident per calendar year with an MHN network provider
- Telephonic consultations - for maximum convenience and anonymity
- Web-video consultations - convenient and easy, but with a more personal touch than traditional telephonic

**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](#)**