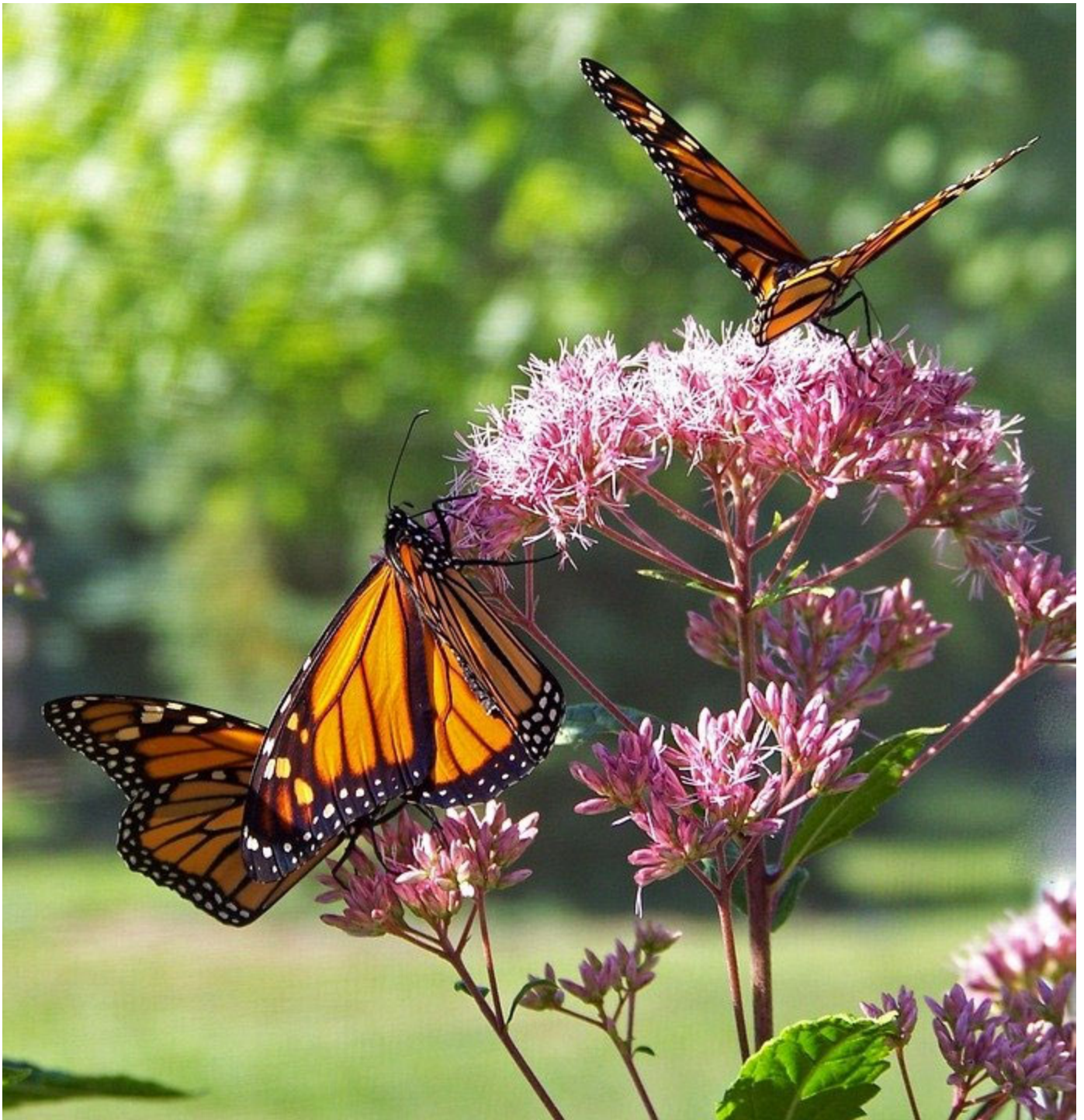


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**From:** Employee Wellness  
**Sent:** Monday, December 06, 2021 5:07 PM  
**To:** County Staff  
**Subject:** Move It Mondays! Keeping the Momentum

**In this issue: New Webinars Added, eBike Rebate Programs for Santa Cruzan's, Healthy Squash Recipes and more.**

# Employee Wellness



**Don't miss the Monarchs @ Natural Bridges' State Park.**

The Monarch Grove at Natural Bridges' 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.

Share this wonderful outdoor activity with visiting guests during this season.

[Click here](#) for more information.

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# Destress Mondays

# BREATHE WITH THE SNOWFLAKE



#DeStressMonday

DeStressMonday.org

DESTRESS  
MONDAY

6 Quick and Easy Ways to Reduce Holiday Stress

[Click here](#) to learn more.

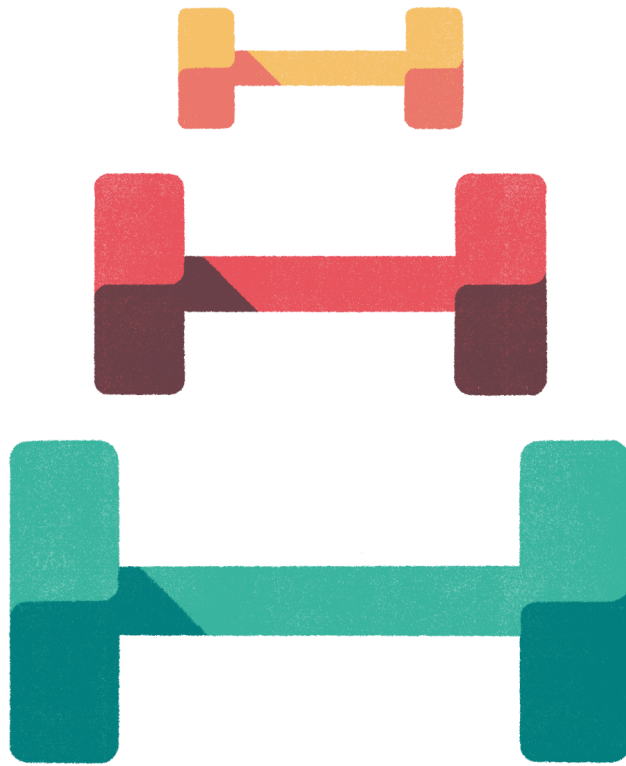
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## Move It Mondays!

## Keep up the momentum.

Incremental progress adds up.



#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](#)

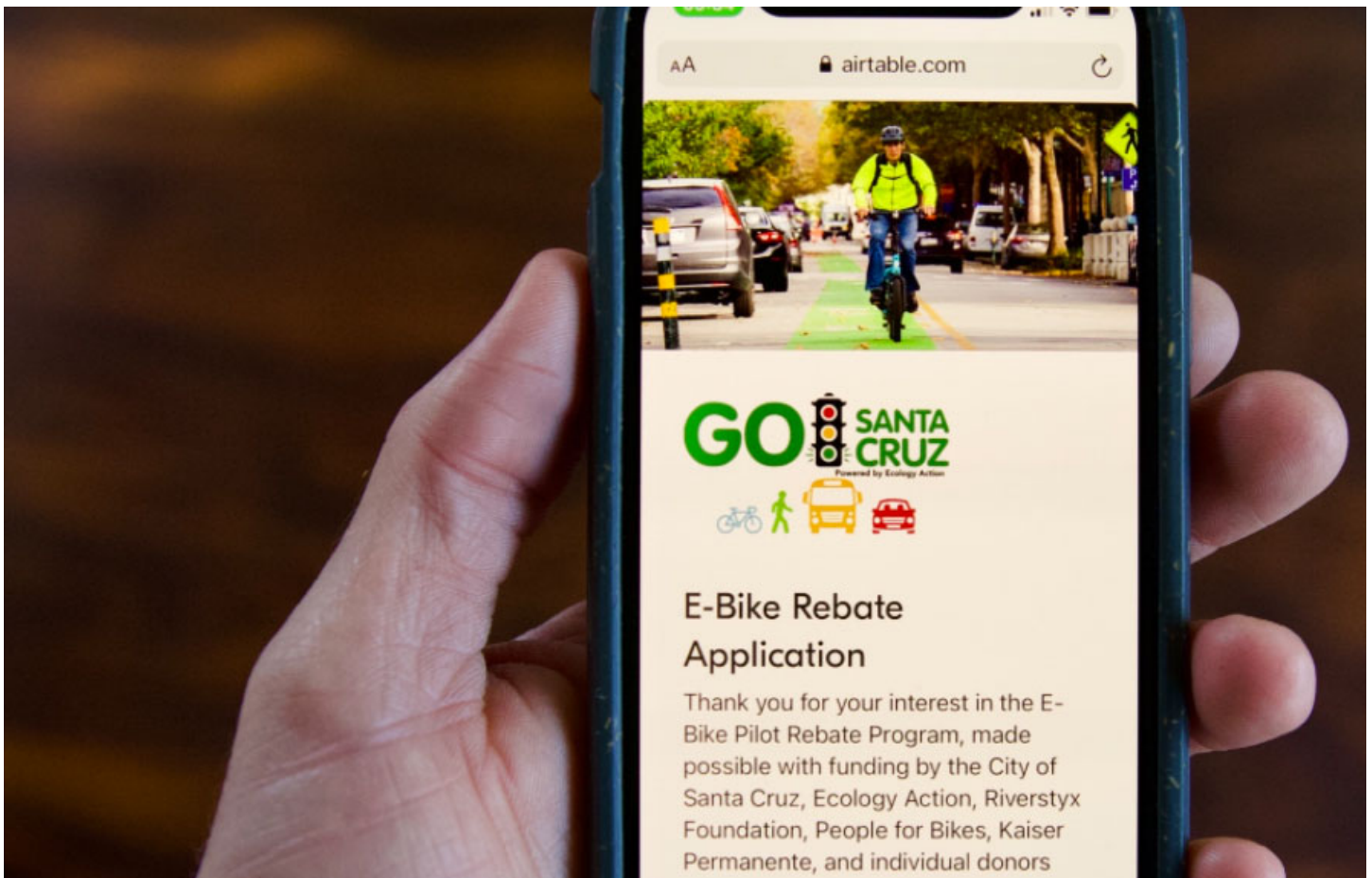
[Rite Aid](#)

[Safeway](#)



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# eBike Rebate Programs – Santa Cruz



**Santa Cruzan's now have three eBike rebate programs through the following organizations:**

[Go Santa Cruz](#)

[Central Coast Community Energy \(3CE\)](#)

[Click here](#) to view this article and learn more about this program.

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# Health & Wellness Webinars



**Sutter Health**

**\*NEW: LIVE Webinar\* \* *Living Your Values: Time to Reconnect***



Lou Lasprugato, MFT, teaches us how to recognize values, set goals and reconnect with your passions in order to prepare for an even better year ahead.

December 15, 2021 @ 12pm

[Click here](#) to register.

**\*NEW Pre-Recorded\* \*Breast Cancer in the Era of COVID**

[Click here](#) for access.

**\*NEW Pre-Recorded\* \*How Cholesterol Impacts Your Stroke and Heart Attack Risks**

[Click here](#) for access.

For Access to other Pre-Recorded webinars, please click on the link below.

[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**

"

# 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)

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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

# Covid-19 Vaccine Boosters



If you are 18 and older and have previously been vaccinated against COVID-19 (at least 6 months ago\*\*) you are eligible for a booster shot.

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

\*\*at least 2 months ago if you were vaccinated with the J&J vaccine.

# Farmer's Market



*hoto  
Credit:  
City on  
a Hill  
Press*

**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 Squash Recipes





Roasted Squash and Cauliflower w/Cashew Tonnato



## **Roasted Acorn Squash with Chili Vinaigrette**







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# Mental Health Corner



## Managing Stress through Breathing

*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)



## Identity Theft Recovery Services

Identity theft is one of the nation's fastest growing crimes, and it can be both financially and emotionally devastating. Call MHN today for information on how to protect yourself!

**If you have been victimized, we can help.** Call right away to receive a 30-minute consultation with a certified consumer credit counselor who can assess your situation, create an action plan and provide the knowledge and tools to implement that plan effectively. If there is a potential of ID theft, we will warm transfer you to an identity recovery specialist who can advise you on how to place fraud alerts, freeze credit, file police reports, and conduct other activities necessary to resolve fraud.

**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](#)**