

**Kennedy Cosker**

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**From:** Employee Wellness  
**Sent:** Tuesday, March 29, 2022 12:05 PM  
**To:** County Staff  
**Subject:** Spring Wellness

**Follow Up Flag:** Follow up  
**Flag Status:** Flagged

**In this issue: Get Sleep, Stay Active, Podcasts, Blueberry  
Coconut Chia Pudding and more.**

# Employee Wellness



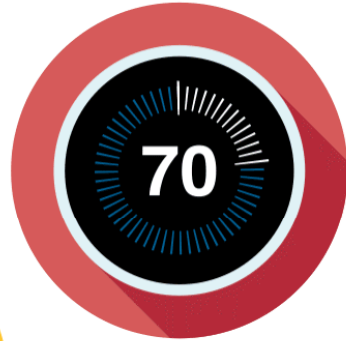
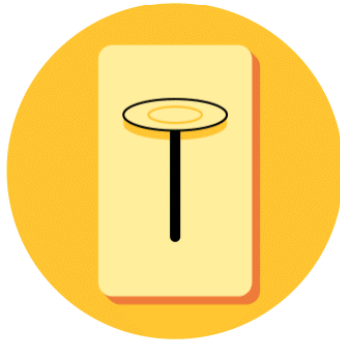
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**Sleep!**

# QUALITY SHUTEYE STARTS WITH YOUR SLEEP SPACE

Set up the perfect environment to help sleep through the night.



#DeStressMonday

DeStressMonday.org

**DE STRESS  
MONDAY**

[Click here](#) to learn more.

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# Stay Active!

# HAVE YOU DETOURED FROM YOUR GOAL TO STAY MORE ACTIVE?

Use Monday to get back on track!



#MoveItMonday

MoveItMonday.org

**MOVE IT  
MONDAY!**

[Click here](#) to learn more.

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## Health & Wellness Webinars



Please note: You do not have to be a member of Kaiser to attend a Kaiser webinar, or a Sutter member to attend Sutter webinars...etc. If registration requires an email address, please use your county email address.

### **Sutter Health**

*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

## Kaiser

### **\*\*NEW Podcasts\*\***

[Click here](#) for access to this podcast - Practicing Culinary  
Medicine

[Click here](#) for access to this podcast - Finding Calm and  
Resilience

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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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*Ongoing Yoga, Relaxation & Meditation Resources:*

[Santa Cruz Yoga](#)

[Yoga for All Movement](#)

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# COVID Vaccine/Booster/Testing/Test Info





## Covid-19 Vaccine

Do you need to get yours? There are many ways to get a vaccination, without waiting. [Click here](#) to view options.

### [Vaccine Information from the CDC](#)

[Pfizer](#)

[Moderna](#)

[Johnson & Johnson's Janssen](#)

## Covid-19 Boosters

If you are 18 and older and have previously been vaccinated against COVID-19 (at least 5 months after your 2<sup>nd</sup> dose\*\*) you are eligible for a booster shot in California.

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

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

## Covid-19 Tests

Starting January 19<sup>th</sup>, you can order a set of free FDA approved rapid antigen tests by following this link:

<https://www.covidtests.gov/>

## Covid-19 Testing Info

(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>

**Doctors on Duty – Santa Cruz**  
[615 Ocean St.](#)  
Santa Cruz, CA 95060  
Mon-Fri, 10am-4:30pm,  
Sat-Sun: 9am-3pm  
Phone: 831-425-7991

**Doctors on Duty – Watsonville**  
[1505 Main St.](#)  
Watsonville, CA 95076  
Mon-Fri, 10am-4:30pm,  
Sat-Sun: 9am-3pm  
Phone: 831-722-1444

**Doctors on Duty – Aptos**  
[6800 Soquel Dr.](#)  
Aptos, CA 95003  
Mon-Fri, 9am-3pm,  
Appointment only – through Doctors  
on Duty website  
Phone: 831-662-3611

**Kaiser Permanente – Watsonville**  
[1931 Main Street](#)  
Watsonville, CA 95076  
Monday: 1:30pm-4:45pm  
Friday: 9:00am - 12:15 pm, 1:45pm-  
4:30pm  
831-768-6600  
**For members, by appointment only**

**Sutter Health/PAMF - Santa Cruz**  
**Urgent Care**  
[2025 Soquel Avenue](#)  
Santa Cruz, CA 95065  
Mon-Wed, Fri 8am-2pm, closed for  
lunch 12-12:30pm  
Sat 8:00am- 12:00pm  
831-458-5537  
Appointments through myhealtonline  
only, Sutter patients only, PCR tests  
only

**Sutter Health/PAMF - Watsonville**  
**Urgent Care**  
[550 S. Green Valley Road](#)  
Watsonville, CA 95076  
Mon-Sun 8am-5pm  
831-458-5865  
Appointments through myhealtonline  
only, Sutter patients only, PCR tests  
only

**County Health Center-Santa Cruz**  
[1080 Emeline Avenue](#)  
Santa Cruz, CA 95060  
Monday-Friday 8am-4:30pm  
831-454-4100

**Santa Cruz Community Health**  
**Centers**  
[21507 E Cliff Drive](#)  
Santa Cruz, CA 95062  
Mon-Thurs 8am – 8 pm,  
Fri 8am – 4 pm  
831-427-3500

**Cabrillo College Student Health**  
**Center**  
[6500 Soquel Drive.](#)  
Aptos CA 95003  
Mon-Thurs 9am-3pm  
831-479-6435  
[healthservices@cabrillo.edu](mailto:healthservices@cabrillo.edu)

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# Farmer's Market



**Our Farmer’s Markets provide a resource for 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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# Gluten Free Recipes



## Blueberry Coconut Chia Pudding



Grilled Stuffed Avocado

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# Mental Health Corner



**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**