

Kennedy Cosker

From: Employee Wellness
Sent: Monday, April 11, 2022 4:59 PM
To: County Staff
Subject: Yoga Updates

In this issue: Staying Positive, Social Connections, eBike Workshops & Demos, Wellness Podcasts and more.

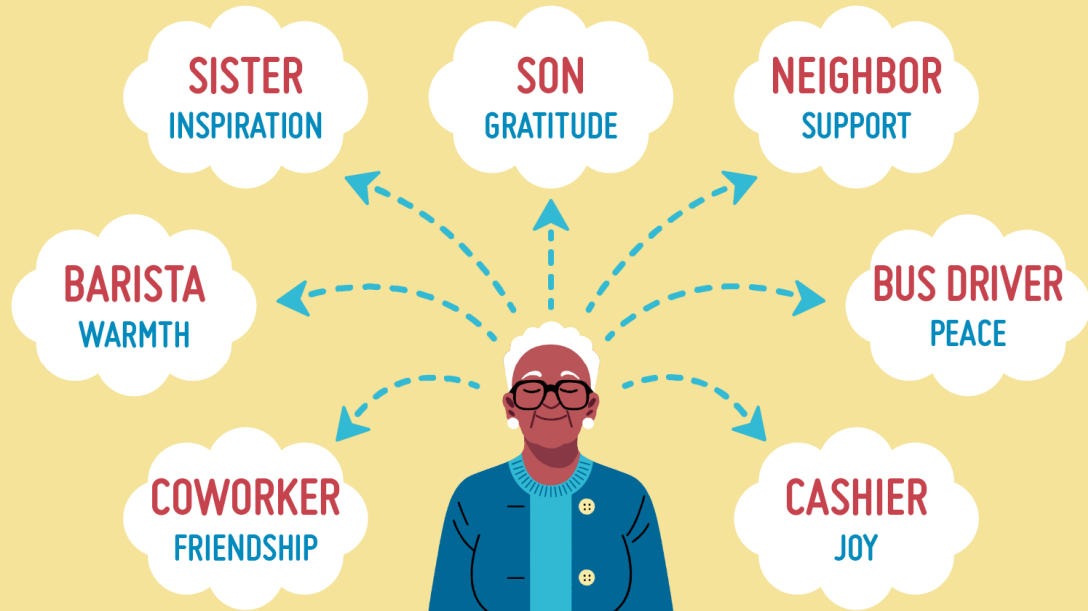
Employee Wellness



Positivity!

THIS MONDAY, SHARE YOUR WARM WISHES FAR AND WIDE

Extending positive thoughts to people beyond your family and friends also has a positive effect on you, according to research. So send love, joy, and kindness to everyone you meet. And help brighten your world.



#DeStressMonday

DeStressMonday.org

**DE STRESS
MONDAY**

[Click here](#) to learn more.

Walk! Connect!

THE FAMILY THAT WALKS TOGETHER TALKS TOGETHER.

Catch up with your family while keeping up with your exercise.



#MoveItMonday

MoveItMonday.org

**MOVE IT
MONDAY!**

[Click here](#) to learn more.

eBike Virtual Workshop



Intro to E-bikes Virtual Workshop

ATTENTION COUNTY OF SANTA CRUZ EMPLOYEES!

Tired of \$6-a-gallon gas? Are you curious about making your transportation trips easier? Want to learn more about how e-bikes can help conquer your commute, saving you both time and money?

From hauling kids, to arriving to work sweat-free, this virtual workshop will explore e-bike options for a diversity of lifestyles and budgets.

Ecology Action staff will provide everything you need to know about e-bikes. Topics include: frequently asked questions, different e-bike technologies, cost, environmental benefits and if e-bikes can really replace cars.

For more information on the GO Santa Cruz program and available benefits, visit GoSantaCruzCounty.org. This free virtual workshop is offered to Santa Cruz County employees as part of GO Santa Cruz County, a transportation program that provides employees who live and work in Santa Cruz County with with commute alternatives to single-occupant car trips.

**Thursday
April 21**

Noon-1:00pm

ecoact.org/countyofsc-ebikeintro



**FREE BIKE LIGHTS
AND HELMETS FOR
ALL ATTENDEES***

Questions?

Contact Tawn Kennedy
tawn.kennedy@ecoact.org

*must be an employee of Santa Cruz County and enrolled in the my.cruz511.org Go Santa Cruz County network



Click [here](#) to register.

eBike Demos



E-BIKE DEMOS

Test ride an e-Bike for two weeks.

From conquering hills with ease, to shortening longer trips, e-Bikes have been a game-changer for many people. Try using an e-Bike for your commute, errands, and other transportation needs. Trust us, once you try one, you will be as amazed as we are.

- » Visit ecoact.org/membership
- » Email tkennedy@ecoact.org
- » Call (831) 515-1378

Click on image above for more information.

Health & Wellness Webinars/Podcasts



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

Podcasts

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

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

Health & Wellness Digital Campaign

Sutter Health

Sign up for the Stress 101 Digital Campaign and receive a weekly email for 6-weeks with information and tools to manage the ill effects of daily stress.

Stress 101

Upcoming Digital Campaign



Monday, April 25 – Monday, May 30

Last day to [register](#) is Sunday, April 24.

Embark on a journey into the world of stress—what it is, how it hurts you and how to get rid of it. By the time you're finished with this six-week series, you'll have plenty of practical tools you can use to manage stress every day. Receive your first email on Monday, April 25.

[Register Now](#)

Yoga Resources



Virtual yoga resources from our local community and yoga studio

K; . # "; 9 "I +) 9 +B) # KB "B '5+# H 19 . "

Virtual Yoga class w/Leslie Goodfriend

*****LAST CLASS IS THIS WEDNESDAY, APRIL 13TH*****

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

"

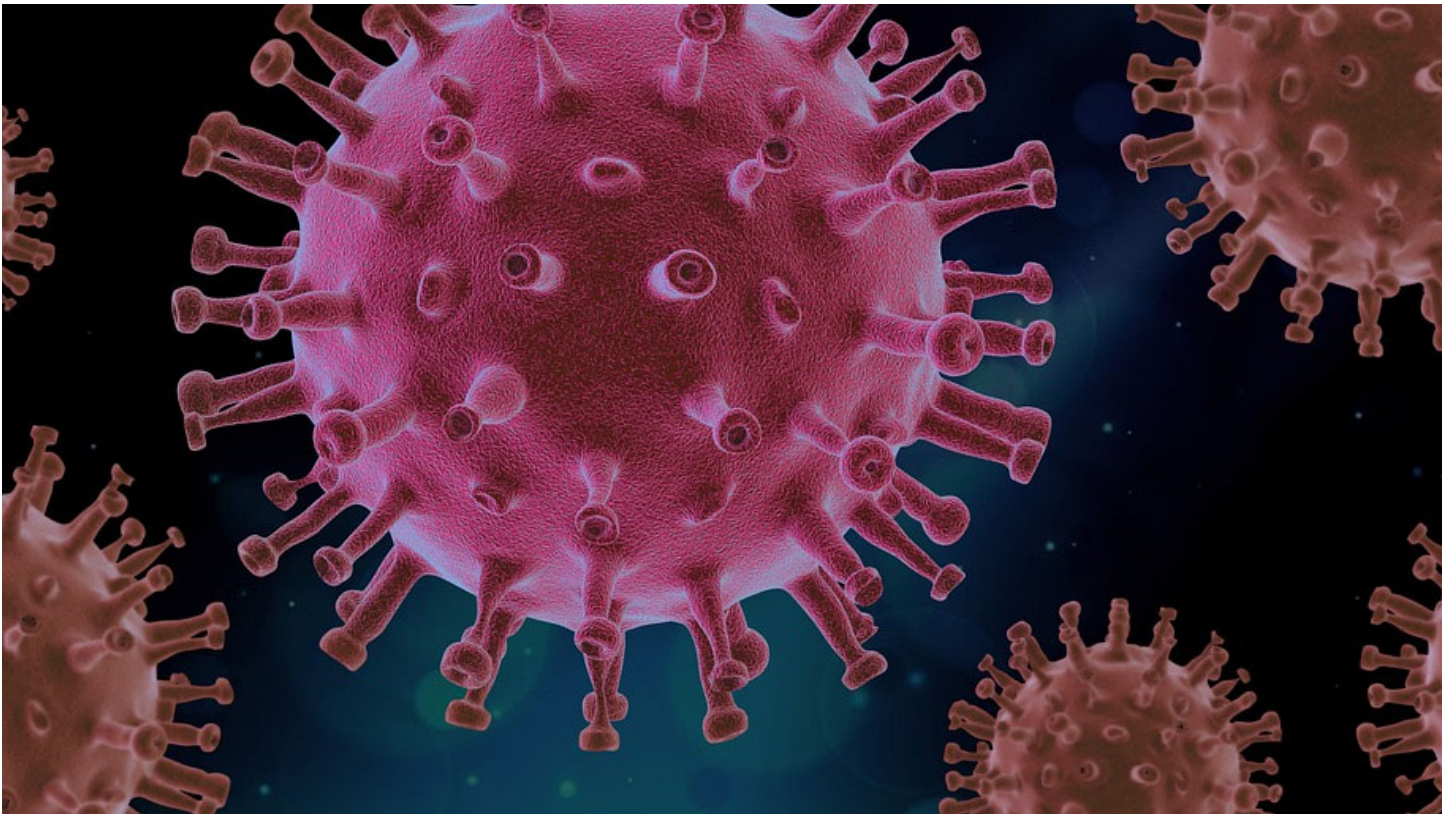
9 KD18 +"

Ongoing Yoga, Relaxation & Meditation Resources:

[Santa Cruz Yoga](#)

[Yoga for All Movement](#)

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

2nd 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 19th, 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)



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

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

Gluten Free Recipes



Low Carb Zucchini Egg Nests

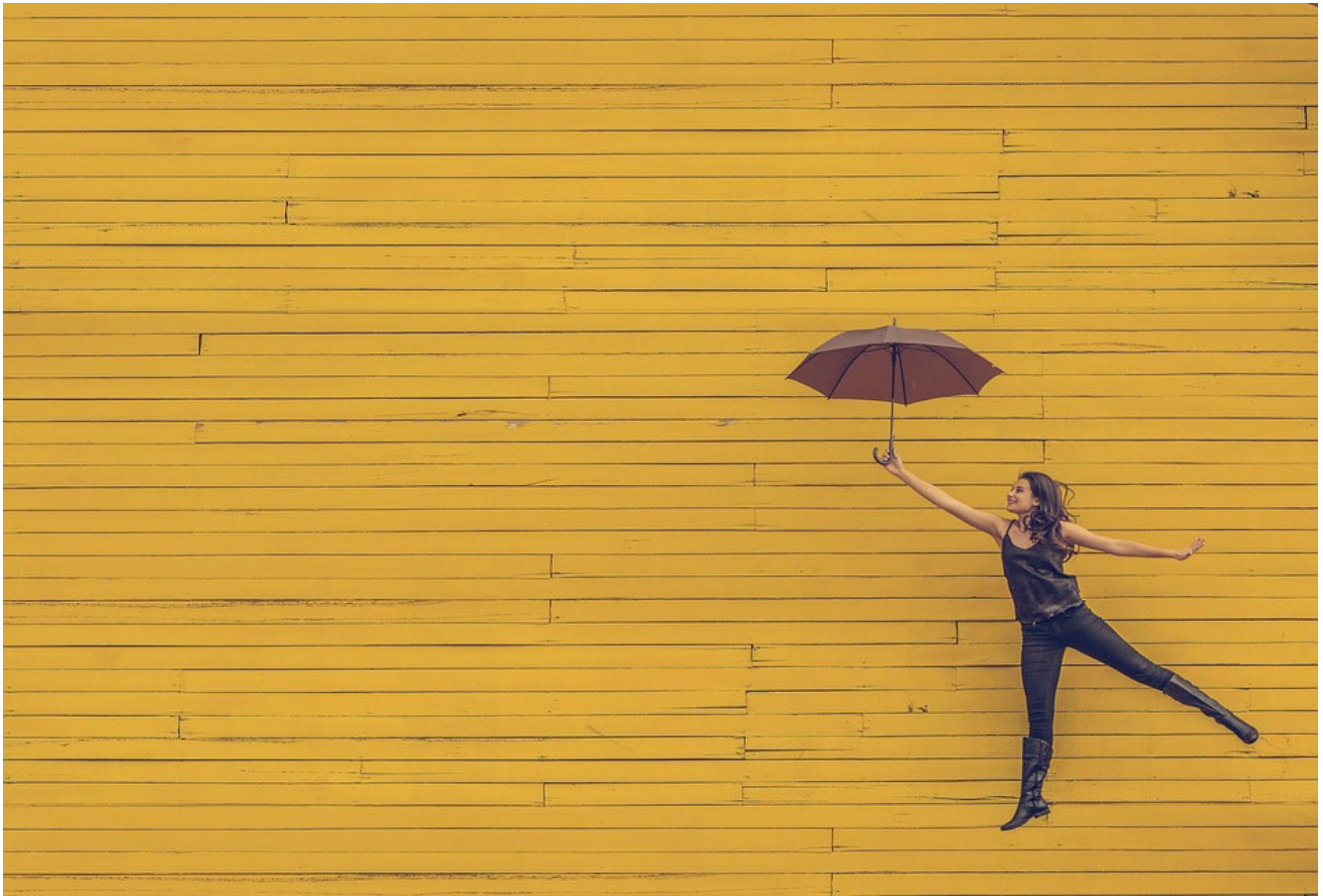


Stuffed Poblano Peppers



[Quinoa & Greens Patties](#) or [Lentil & Greens Patties](#)

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](#).

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](#)