

**From:** [Employee Wellness](#)  
**To:** [County Staff](#)  
**Subject:** Late Edition: Earth Day!  
**Date:** Wednesday, April 20, 2022 4:36:35 PM  
**Attachments:** [image014.png](#)  
[image012.png](#)  
[image016.png](#)  
[image003.png](#)  
[image006.png](#)  
[image005.png](#)  
[image018.png](#)  
[image010.png](#)  
[image011.png](#)

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**In this issue: Gym Discounts Added, eBike Workshops (Tomorrow) & Demos, Earth Day Recipes and more.**

# Employee Wellness



## Local Earth Day Events

[Confronting Climate Change Conference – Seymore Marine Discovery Center](#)

[Earth Day & Day of the Child – City Plaza, Watsonville](#)

[Beach Clean-up – Save our Shores](#)

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# Get into Nature!

ENJOY THE SIGHTS AND SMELLS OF NATURE.

It can benefit your mind, body, and soul.



#DeStressMonday

DeStressMonday.org

DeSTRESS  
MONDAY

[Click here](#) to learn more.

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# Schedule it!

**This Monday, ink it in!**

Schedule fitness into your "new" weekly routine.



#MoveItMonday

MoveItMonday.org

MOVE IT  
MONDAY!

[Click here](#) to learn more.

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## 2 New Gym Discounts



### Enrollment fees:

**\$25** instead of ~~\$99~~ on 12 months

**\$75** instead of ~~\$199~~ on month to month

**\$0** instead of ~~\$49~~ on 24 months

### Unlimited monthly rate:

**\$45** instead of ~~\$49~~

### Limited (avoiding prime time) monthly:

**\$39** instead of ~~\$43~~

**Locations:** Live Oak, Cabrillo, Westside, Downtown and Scotts Valley

**Phone:** (831) 464-3764 (FROG)

**\*Must show an employee badge, business card or pay stub to receive discount.**



### County Employee Discount

**20% off 5 & 10 Visit Passes**

Purchase online @ <https://www.goatsantacruz.com/>  
use code: COSC2022

**Location:** 1055 17<sup>th</sup> Ave. Santa Cruz

Phone: (831)216-5659

\*Must show an employee badge, business card or pay stub at your first visit to confirm discount.

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## eBike Virtual Workshop



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](https://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](https://ecoact.org/countyofsc-ebikeintro)



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

**Questions?**

Contact Tawn Kennedy  
[tawn.kennedy@ecoact.org](mailto:tawn.kennedy@ecoact.org)

\*must be an employee of Santa Cruz County  
and enrolled in the [my.sccsc.org](https://my.sccsc.org) Go Santa  
Cruz County network



Click [here](#) to register.

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## 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](https://ecoact.org/membership)
- » Email [tkennedy@ecoact.org](mailto:tkennedy@ecoact.org)
- » Call (831) 515-1378

**Click on image above for more information.**

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## **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


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# Health & Wellness Digital Campaign

*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](#)



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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)



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, 10am-4:30pm, Sat-Sun: 9am-3pm Phone: 831-425-7991	<b>Doctors on Duty – Watsonville</b> <a href="#">1505 Main St.</a> Watsonville, CA 95076 Mon-Fri, 10am-4:30pm, Sat-Sun: 9am-3pm Phone: 831-722-1444	<b>Doctors on Duty – Aptos</b> <a href="#">6800 Soquel Dr.</a> Aptos, CA 95003 Mon-Fri, 9am-3pm, Appointment only – through Doctors on Duty website Phone: 831-662-3611	<b>Kaiser Permanente - Scotts Valley</b> <a href="#">5615 Scotts Valley Drive</a> Scotts Valley, CA 95066 Tuesday, Wednesday, Thursday 9am- 3:30pm 831-430-2700 <b>For members, by appointment only</b>
<b>Kaiser Permanente – Watsonville</b> <a href="#">1931 Main Street</a> Watsonville, CA 95076 Monday: 1:30pm-4:45pm Friday: 9:00am - 12:15 pm, 1:45pm- 4:30pm 831-768-6600 <b>For members, by appointment only</b>	<b>Sutter Health/PAMF - Santa Cruz</b> <b>Urgent Care</b> <a href="#">2025 Soquel Avenue</a> 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 myhealonline only. Sutter patients only. PCR tests only	<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 Appointments through myhealonline only. Sutter patients only. PCR tests only	<b>County Health Center-Watsonville</b> <a href="#">1430 Freedom Blvd, Suite D</a> Watsonville, CA 95076 Mon-Thurs 8am-5:30pm, Fri 8am-4:30pm 831-763-8400 PCR testing for registered patients, by appointment only.
<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>Santa Cruz Community Health</b> <b>Centers</b> <a href="#">21507 E Cliff Drive</a> Santa Cruz, CA 95062 Mon-Thurs 8am – 8 pm, Fri 8am – 4 pm 831-427-3500	<b>Cabrillo College Student Health</b> <b>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>Mobile COVID-19 Testing Bus - FREE</b> Depot Freight building <a href="#">119 Center Street</a> Santa Cruz, CA 95060 Mon-Fri 7am-7pm <a href="#">Make an appointment</a> 888-634-1123

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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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## **Sustainable Recipes**



[Gut Healing Vegetable Broth](#)



[Eat Dirt Green Protein Shake](#)



[Veggie Rice Buddha Bowl w/Lemon Herb Sauce](#)

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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)



### 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:

- 1. Face to face counseling - up to 5 sessions per incident per calendar year with an MHN network provider
  - 2. Telephonic consultations - for maximum convenience and anonymity
- 3. 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**