

# EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



## FALL IN SANTA CRUZ

Fall is just 10 days away – and a time in our community to get out, enjoy the beautiful weather, local trails and beaches with smaller crowds. The water temperature is at a peak right now (69°F), and nothing is more refreshing than a quick dip in the Pacific. Monarchs will begin migrating back to the area in early October, just weeks away, but I saw a handful of them in my backyard over the weekend. Apple picking started, and the trees are turning – take a walk down Walnut Avenue in Santa Cruz, you’ll be inspired by the autumn colors. Or visit one of the many local trails for a hike through the forest.

## BENEFITS

### Open Enrollment

September 19 — October 14, 2022



Make the Most of your Benefits

## LOCAL FALL HIKES

[The Forest of Nisene Marks](#)

[Byrne Milliron Forest](#)

[Henry Cowell](#)

[Fall Creek](#)

[Quail Hollow Ranch](#)

[Castle Rock](#)

# Fiber Rich Recipes.

Only about 5% of the American population reaches the recommended daily amount of fiber. Adequate amounts of fiber reduce risk of heart disease, stroke, hypertension, and type 2 diabetes to name a few. Get more fiber now! Try one of these recipes: [Chickpea & Lentil Noodle Soup](#), [Chicken, Avocado & Quinoa Bowls](#), and [Golden Yellow Lentil Dal w/Curry](#).



“There is a time in the last few days of summer when the ripeness of autumn fills the air, and time is quiet and mellow.” – Rudolfo Anaya

# Smile!

**SPEND MONDAY SMILING —  
YOU MIGHT MAKE SOMEONE ELSE SMILE, TOO!**



#DeStressMonday

DeStressMonday.org



## ELDERCARE

### EMPLOYEE ASSISTANCE PROGRAM (EAP)

Caring for an aging relative can be an enormous responsibility, and it's often difficult to know where to turn for reliable help. Your first call should be to MHN! Our care consultants are standing by to help you: evaluate your elder relative's daily living and healthcare needs, financial issues and legal concerns, assess the support you need, find the right assisted living, residential and medical care facilities, obtain information on senior meal services, community resources and more. Your assigned care consultant provides contact information for up to five local eldercare providers with current confirmed openings across multiple zip codes. For more information log into MHN EAP by clicking [here](#). Use company code: **santacruz**

