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**From:** Employee Wellness  
**Sent:** Tuesday, October 13, 2020 4:48 PM  
**To:** County Staff  
**Cc:** Michelle Moore  
**Subject:** Get a Flu Shot Tomorrow - 10/14

**In this issue: Alternative Halloween Celebrations, Pumpkin Recipes and more.**

# Employee Wellness



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# Halloween Celebrations



**This year is going to be different, but it doesn't mean that we have to skip the celebrations all together – it just means we have to make some adjustments to the way we normally celebrate in order to protect our family, friends and community from the spread of COVID-19. The CDC offers examples of low risk and moderate risk alternative Halloween celebrations that**

seem like a lot of fun. Remember to give extra social distancing space if you're going to be around a lot of screaming and as always, wear a mask and keep your hands clean and away from your face.

## Lower Risk

- Carving or decorating pumpkins with members of your household and displaying them
  - Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends
  - Decorating your house, apartment, or living space
- Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance
  - Having a virtual Halloween costume contest
- Having a Halloween movie night with people you live with
- Having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house

## Moderate Risk

- Having a small group, outdoor, open-air costume parade where people are distanced more than 6 feet apart

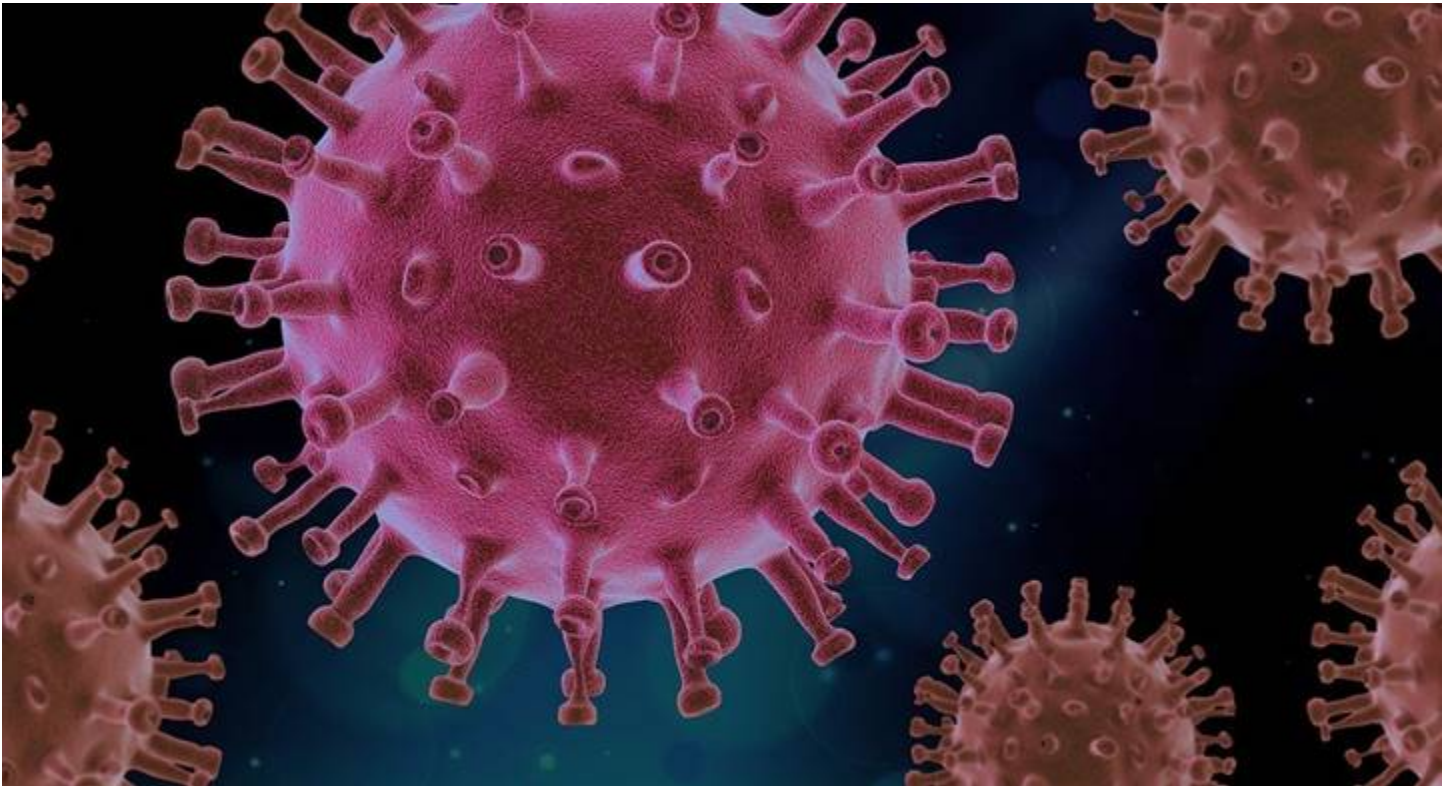
- Attending a costume party held outdoors where protective masks are used and people can remain more than 6 feet apart
- Going to an open-air, one-way, walk-through haunted forest where appropriate mask use is enforced, and people can remain more than 6 feet apart
- Having an outdoor Halloween movie night with local family friends with people spaced at least 6 feet apart
- If screaming will likely occur, greater distancing is advised. The greater the distance, the lower the risk of spreading a respiratory virus.

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

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**Flu Shots – October  
14<sup>th</sup> & 28<sup>th</sup>**



# **Get your flu shot!**

**The County will be offering walk-up flu shots  
tomorrow:**

**Wednesday, October 14<sup>th</sup>**

**11am to 1pm**

**behind the 1080 Emeline Clinic**

**AND**

**Wednesday, October 28<sup>th</sup>**

**11am to 1pm**

parking lot at 1430 Freedom Blvd in Watsonville

We also encourage you to get a free flu shot in your neighborhood (use [Vaccine Finder](#) to find a participating location) or through your health care provider.

[Dignity Health](#)

[Sutter Health](#)

[Kaiser](#)

According to the Centers for Disease Control & Prevention (CDC), flu vaccination is a safe and effective way to prevent millions of illnesses and thousands of related medical visits every year. In recent years, flu vaccinations have reduced the risk of flu-associated hospitalizations among older adults on average by about 40 percent. Flu vaccinations also protect those around us, including those who are more vulnerable to serious flu illness. Learn more [here](#).

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# Virtual Yoga Resources



## Virtual yoga resources from our local community and yoga studios

### **TUESDAYS**

#### **Virtual Yoga with Kristal Caballero – Tuesdays @ 5:30pm**

All levels welcome, this class is designed to relieve stress from the mind and tension from the body. Bring a yoga mat or towel, one or two blankets, and one or two pillows.

Donation based \$0-\$15. All are welcome - no one ever turned away.

**[Kristal's class schedule and registration links here.](#)**



## **WEDNESDAYS**

**Don't miss the NEW Virtual Yoga class w/Leslie Goodfriend – Wednesday's 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 **NEW** link.

**<https://us04web.zoom.us/j/74081836918#success>**

**Meeting ID: 74081836918**

## **ANYTIME**

***Ongoing Yoga, Relaxation & Meditation Resources:***

**Santa Cruz Yoga** – check out their online class offerings

**Luma** – offers Virtual Wellness (yoga, breathing, meditation, etc.)

**Luma Yoga Online Practice Library** – a variety of videos of yoga and breathing exercises

**Yoga for All Movement**

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# Farmer's Market



We're lucky to have fresh produce, in-season, grown locally, available to us at multiple locations throughout the county!

Online Farmer's Market at [Eatlocal.farm](https://eatlocal.farm)

Check out the local Farmer's Market too – 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:** 1pm-5:30pm on Tuesdays

**Scotts Valley:** 9am-1pm on Saturdays

**Aptos:** 8am-12pm on Saturdays

**Watsonville:** 3pm-7pm on Fridays

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# Pumpkin Recipes



## Healthy Pumpkin Muffins



## Pumpkin Hummus



**Pumpkin Alfredo**

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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](#)**