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**From:** Employee Wellness  
**Sent:** Tuesday, November 03, 2020 2:57 PM  
**To:** County Staff  
**Cc:** Michelle Moore  
**Subject:** Consider Open Air Holiday Celebrations

**In this issue: Health & Wellness Webinars from Sutter Health, EAP Benefits – Legal Services, Open Air Holiday Celebrations and more.**

# Employee Wellness



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# Health & Wellness Webinars

(Pre-recorded webinars presented by Sutter Health and accessible to ALL County employees regardless of your healthcare provider)



## Optimizing Health In a Pandemic

[Click here](#) for access.

## Optimizing Your Immune System Against COVID-19

[Click here](#) for access.

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# COVID Holiday Celebrations Part Deux



We're carrying on the theme from last week in order to give you lots of different ideas on how to celebrate your Holiday safely this year. Feel free to send in your ideas to [EmployeeWellness@santacruzcounty.us](mailto:EmployeeWellness@santacruzcounty.us)

**Have a Virtual Dinner with Family and Friends**

Traveling to visit family this year will be difficult, but that doesn't mean you can't still celebrate together! Share recipes ahead of time and host a virtual dinner over Zoom, Skype or Facebook Portal, so you can still spend time with the people you care about most while indulging in a special, home-cooked meal.

## **Open-Air Holiday Celebrations - Throw a Thanksgiving Picnic or a Backyard Bash**

If the weather is good to us this Thanksgiving (which it often is), why not celebrate outside? The CDC has said that being outdoors reduces the risk of exposure to COVID-19, and plus, fall foliage makes a wonderful backdrop to your Thanksgiving celebration.

### **Single Servings**

Many of our Thanksgiving meals revolve around buffet-style servings that everyone digs into. But more hands on serving ware means more germs. (PSA: Remember to frequently wash your hands!) Instead, pick a designated person or "head chef" to serve up turkey and sides onto individual plates instead of everyone passing around that green bean casserole.

### **Have a Taste of Home**

Can't make it home for Thanksgiving? Order a piece of home instead.

Many iconic restaurants from across the country ship nationwide, offering you a slice of nostalgia or a taste of your favorite meal even if you can't travel this year.

[Click here](#) for more ideas.



# Virtual Yoga Resources



**Virtual yoga resources from our local community  
and yoga studio**

**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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# Holiday Recipes



Lentil Loaf w/Mushroom & Sage



Lentil Salad w/Roasted Baby Carrots & Red Onion

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# Mental Health Corner



**Breath Work** – What’s an easy and free tool to utilize when things get a little stressful? Your breath!

There are many ways to use your breath to calm your nervous system, which is what you need to do when you’re under a lot of stress. Why...because stress puts us in the “fight flight” mode which causes all kinds of health issues. Here is a link to a few articles that explore different breathing techniques. Please sure to read them through to gain all the valuable information.

<https://www.healthline.com/health/breathing-exercises-for-anxiety#yoga-breaths>

<https://www.healthline.com/health/4-7-8-breathing>

**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)



## Legal Services

Every year one out of three people in the U.S. is confronted with a legal problem. Many of these problems can be resolved with advice from a licensed attorney before they escalate, saving you time and money and minimizing the stress and anxiety caused by unresolved legal problems.

**You are eligible for an initial free telephonic or face-to-face legal consultation per separate legal matter**, with a network attorney. If you want to retain an attorney after the initial consultation, you get a reduced normal hourly rate or flat rate based on the legal matter.

Our attorneys deal with almost all types of legal matters, including divorce and child custody, contractual and consumer disputes, real estate and landlord-tenant issues, and car accidents and insurance disputes. (Matters involving disputes or actions between members and their employer, or MHN, are excluded from this plan. Also excluded are matters that, in the attorney's opinion, lack merit. Court costs, filing fees and fines are the responsibility of the member.)

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**