
From: Employee Wellness
Sent: Tuesday, January 18, 2022 3:05 PM
To: County Staff
Subject: 2022 Yoga & Gym Discounts

In this issue: COVID-19 Testing Information, January is National Blood Donation Month, Personal Wellness Program (EAP), Healthy Recipes and more.

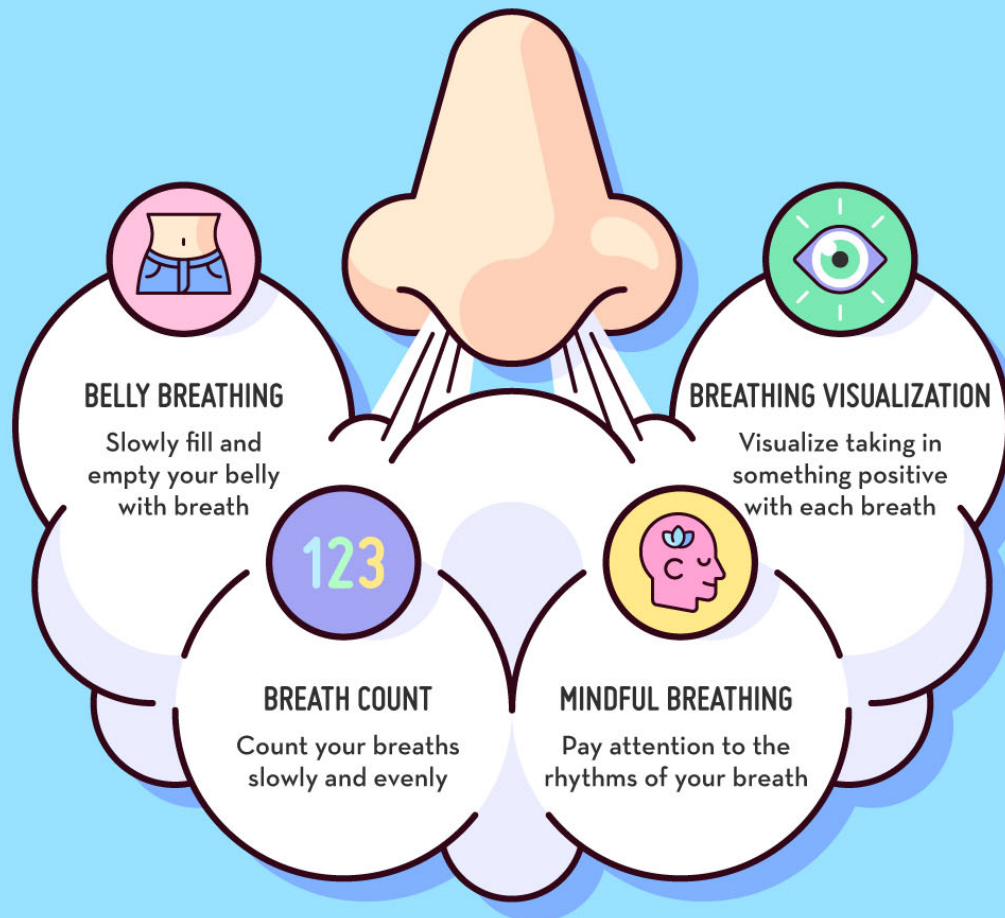
Employee Wellness



Destress Mondays on a Tuesday

FOR STRESS RELIEF, JUST TAKE A DEEP BREATH.

Start the week calm with four deep breathing techniques.



#DeStressMonday

DeStressMonday.org

**DESTRESS
MONDAY**

[Click here](#) to learn more.

Move It Mondays on a Tuesday!

Countdown to exercise.

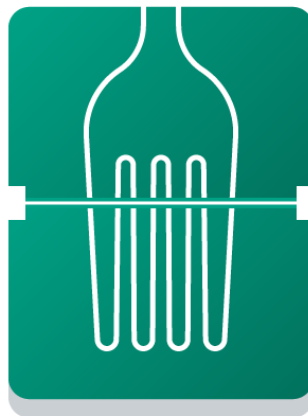
How to prepare your body for a workout.



3

Stay Hydrated

Drink water to regulate body temperature and keep your joints healthy.



2

Feed Your Workout

The right foods can help you stay energized and build muscle and bone strength.



1

Stretch for Success

Stretch to lower your risk of injury and broaden your range of motion.

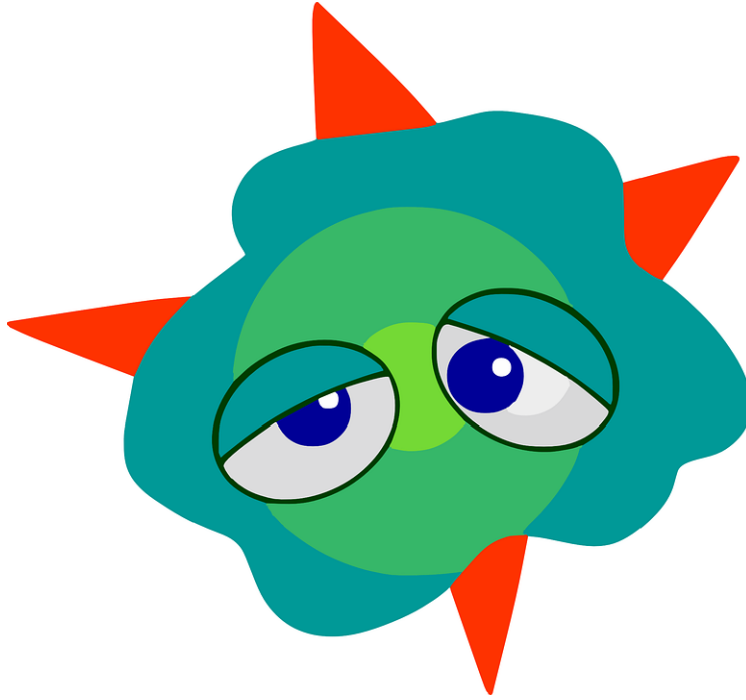
#MoveItMonday

MoveItMonday.org

**MOVE IT
MONDAY!**

[Click here](#) to learn more.

Flu Shots



It's that time of the year again... Flu Season. Get yours today! Click on the links below for more information:

[Kaiser Permanente](#)

[Dignity Health](#)

[Sutter Health](#)

[CVS](#)

[Rite Aid](#)

[Safeway](#)

Health & Wellness Webinars



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.

Kaiser Permanente

Wednesday, January 12th – 12-1pm

**** Live* Be Your Own Personal Trainer: Design Your Own Workout***

[Click here](#) for access.

Wednesday, January 26th – 12-1pm

**** Live* Be Your Own Personal Trainer: Let's Move***

[Click here](#) for access.

For Access to other Pre-Recorded webinars, please click on the link below.

[Click here](#) for access.

Sutter Health

**** Pre-Recorded* * Breast Cancer in the Era of COVID***

[Click here](#) for access.

**** Pre-Recorded* *How Cholesterol Impacts Your Stroke and Heart Attach Risks***

[Click here](#) for access.

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

2022 Yoga & Gym Discounts

The following gyms and yoga studios offer discounts to County of Santa Cruz employees:



Please [click here](#) for a link to the detailed list of discounts.

Yoga Resources



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

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Virtual Yoga class w/Leslie Goodfriend – Wednesdays 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 link.

<https://us02web.zoom.us/j/87891031412?pwd=dXJtQUxOSUdUaDB2eGhkbU84bXRoQT09>

Meeting ID: 878 9103 1412
Passcode: 502478

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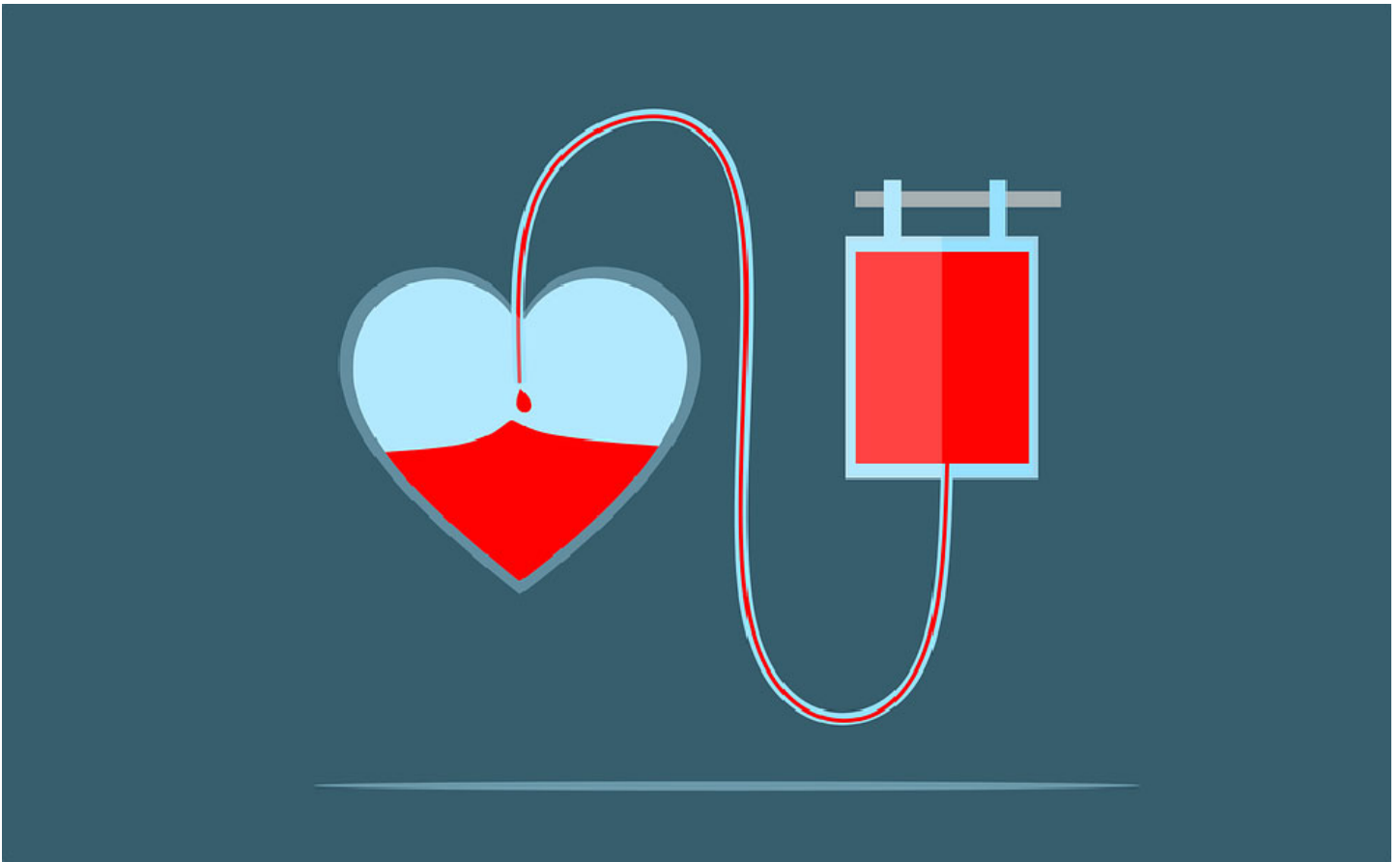
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Ongoing Yoga, Relaxation & Meditation Resources:

Santa Cruz Yoga – check out their online class offerings

Yoga for All Movement

National Blood Donor Month



The American Red Cross is experiencing dangerously low reserves. Donate Now!

Here are some things to know about before you go.

COVID-19 Vaccine and Blood Donor Eligibility Information

The Red Cross is following FDA blood donation eligibility guidance for those who receive a COVID-19 vaccination, and deferral times may vary depending on the type of vaccine an individual receives. If you've received a COVID-19 vaccine, you'll need to provide the manufacturer name when you come to donate. Upon vaccination, you should

receive a card or printout indicating what COVID-19 vaccine was received, and we encourage you to bring that card with you to your next donation. In most cases, there is no deferral time for individuals who received a COVID-19 vaccine as long as they are symptom free and feeling well at the time of donation. The following eligibility guidelines apply to each COVID-19 vaccine received, including boosters:

- There is no deferral time for eligible blood donors who are vaccinated with an inactivated or RNA based COVID-19 vaccine manufactured by AstraZeneca, Janssen/J&J, Moderna, Novavax, or Pfizer.
- Eligible blood donors who received a live attenuated COVID-19 vaccine or do not know what type of COVID-19 vaccine they received must wait two weeks before giving blood.

If you have further eligibility questions, please call 1-800-RED CROSS (1-800-733-2767).

Find a donation drive [here](#).

COVID Vaccine 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 Testing Info

(not for work compliance)



Starting January 19th you can order a set of **free FDA approved** rapid antigen tests by following this link:

<https://www.covidtests.gov/>

More COVID-19 Testing Information



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, 8am-6pm, Sat-Sun: 8am-2pm Phone: 831-425-7991	Doctors on Duty – Watsonville 1505 Main St. Watsonville, CA 95076 Mon-Fri, 8am-6pm, Sat-Sun: 8am-2pm Phone: 831-722-1444	Doctors on Duty – Aptos 6800 Soquel Dr. Aptos, CA 95003 Mon-Fri, 8am-4pm, Sat-Sun: Closed Phone: 831-662-3611	Kaiser 5615 Scotts Mon-F 831-4
Kaiser Permanente – Watsonville 1931 Main Street Watsonville, CA 95076 Mon-Fri 1:30pm-4:30pm 831-768-6600	Sutter Health/PAMF - Santa Cruz Urgent Care 2025 Soquel Avenue Santa Cruz, CA 95065 Mon-Sun 8am-5pm 831-458-5537	Sutter Health/PAMF - Watsonville Urgent Care 550 S. Green Valley Road Watsonville, CA 95076 Mon-Sun 8am-5pm 831-458-5865	Count 1430 Watsc Mon-T Fri 8ar 831-7
County Health Center-Santa Cruz 1080 Emeline Avenue Santa Cruz, CA 95060 Monday-Friday 8am-4:30pm 831-454-4100	Planned Parenthood 398 S Green Valley Road Watsonville, CA 95076 Tues and Thurs 12pm-1pm 831-724-7525	Salud Para La Gente 204 East Beach Street Watsonville, CA 95076 Mon-Sat 8:30am-5:30pm, Sun 8:30am-12:30pm 831-728-0222	Santa Center 21507 Santa Mon-T Fri 8ar 831-4
Cabrillo College Student Health Center 6500 Soquel Drive, Aptos CA 95003 Mon-Thurs 9am-3pm 831-479-6435 healthservices@cabrillo.edu	UCSC Cowell Student Health Center 1156 High Street Santa Cruz, CA 95064 Mon-Fri 8am-5pm 831-459-2500	OptumServe - North County Santa Cruz Civic Auditorium 307 Church Street Santa Cruz, CA 95060 Mon-Fri 7am-7pm Make an appointment 888-634-1123	Optun Comm 1301 Watsc Wed-5 Make. 888-6
CruzMedMo 115 S. Morrissey, Santa Cruz, CA 95062 Mon-Fri 9am-4pm (1pm-4pm on 2nd and 4th Tuesdays) No Appointment Necessary, +Travel Certificates Test results<1hr 831-241-7501			

Covid-19 Vaccine 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.

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

Healthy Recipes



Turmeric Chicken Noodle Soup w/Chard



Warm Lentil & Kale Winter Salad



Creamy Pumpkin Quinoa Risotto

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)



Personalized Wellness Coaching

Our wellness coaching services offer extra support when you're ready to change your life – helping you make a plan, and then offering the support, resources and accountability you need to succeed.

Our certified coaches can help you with all sorts of health issues, including:

- Weight management
- Smoking cessation
- Fitness and exercise
- Stress management
- Overall lifestyle improvement
- Lifestyle support for chronic conditions such as asthma, diabetes, and cardiovascular disease

To enroll:

Please contact MHN at 800-242-6220 TTY/TDD callers: 1-800-526-7014, Monday through Friday, 7:00 a.m. to 7:00 p.m. Pacific time; all other times, call 1-800-327-0801. We'll help you schedule an initial goal-setting consultation with your coach. This phone call usually lasts about 45-60 minutes.

Because this is a highly personalized program, you and your coach will decide what kind of help you need to reach your goals. You can:

- Schedule follow-up calls with your coach (participants average about four 15-30 minute consultations).
- Reach out as needed via phone, email or IM (coaches are available Monday through Friday, 7:00 a.m. to 8:00 p.m. Eastern time).
- Access multimedia programs, health assessments, menu planners, fitness trackers, and more through a secure, personalized web portal.

- Receive personalized emails and coach-chosen materials.

For more information... login to MHN Employee Assistance Program:

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)