

From: Employee Wellness
Sent: Monday, January 24, 2022 5:04 PM
To: County Staff
Subject: Walk for wellness!

In this issue: 4 Techniques For Mindfulness, Donate Blood, Elder Care (EAP), Healthy Fish Recipes and more.

Employee Wellness



Walking for Wellness



LIVE OAK: WALKING FOR WELLNESS

When: January 11th, 2022 - February 8th, 2022

Time: Tuesdays at 3:30pm-5:00pm

Where: Meet at Simpkins Swim Center

Come join County
Public Health, County
Parks, and Friends of
County Parks for a
FREE walking program!

Learn about:

- Safe walking routes
in Live Oak
- Pedestrian Safety
- Health Benefits
- Local resources

Talk to Us:

Sign-up on Facebook here: <https://fb.me/e/10fLrj1mA>

Call/Email Arnold Shir
831-454-5477

Call/Email Yadira Flores
831-431-9884

arnold.shir@santacruzcounty.us yadira.flores@countyparkfriends.org



Destress Mondays

EMBRACE THE PRESENT WITH MINDFULNESS.

Four techniques to make you feel calm and focused.



#DeStressMonday

DeStressMonday.org

**DESTRESS
MONDAY**

[Click here](#) to learn more.

Move It Mondays!

Walking is real exercise.

Not all workouts are measured in sweat.



#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](#)

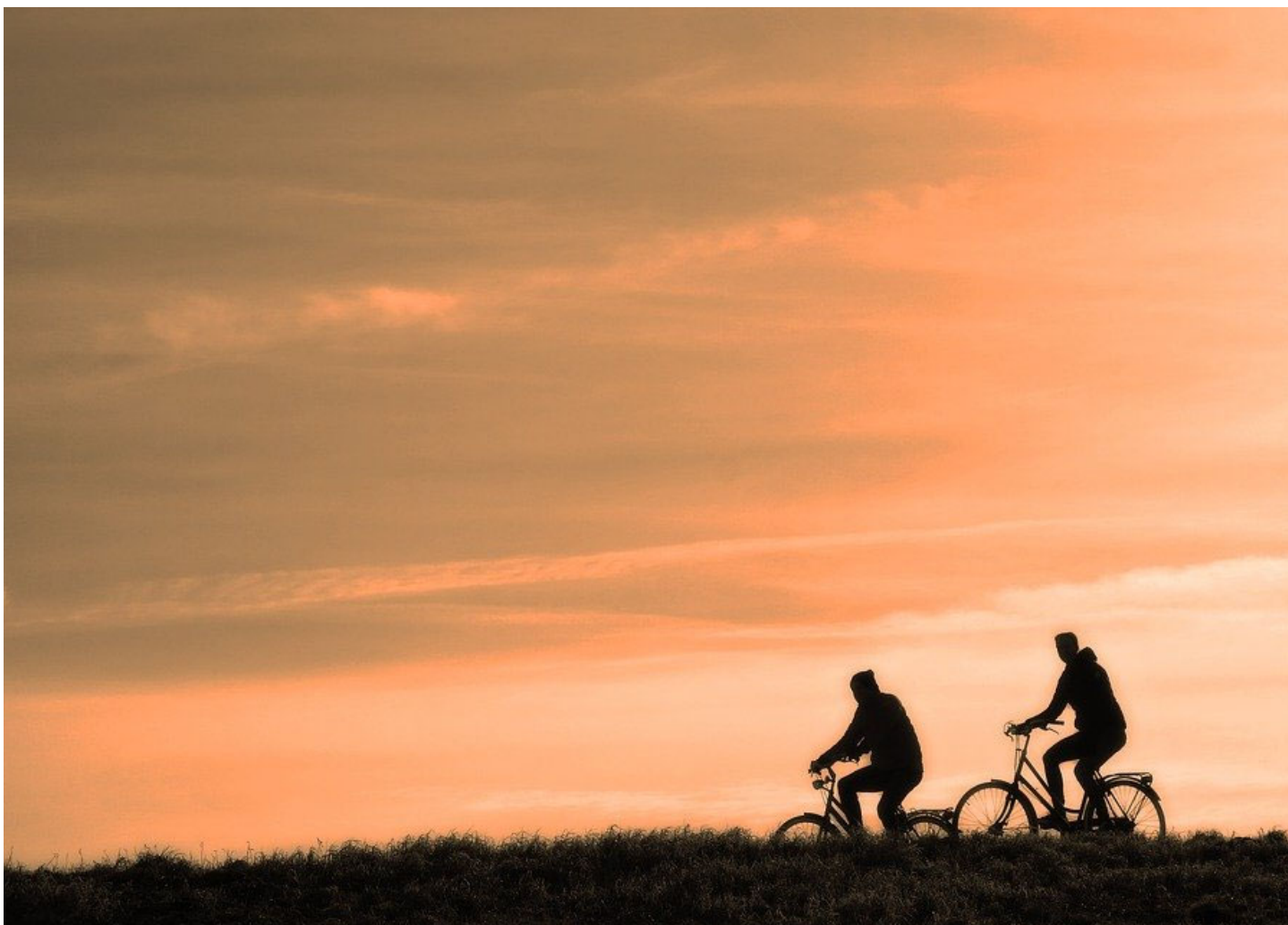
[Sutter Health](#)

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 26th – 12-1pm

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

Click here for access.

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

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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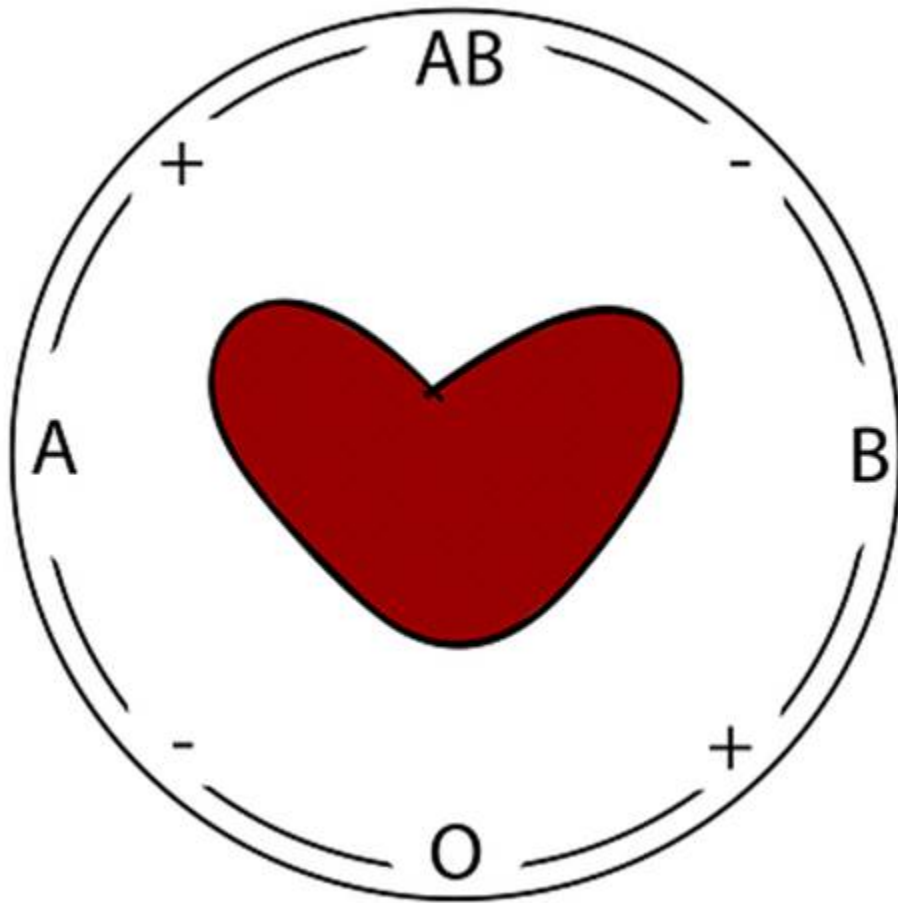
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Ongoing Yoga, Relaxation & Meditation Resources:

Santa Cruz Yoga – check out their online class offerings

Yoga for All Movement

National Blood Donor Month



Donate Now!

The American Red Cross is experiencing dangerously low reserves.

Here are some things to know about before you go.

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/Booster 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

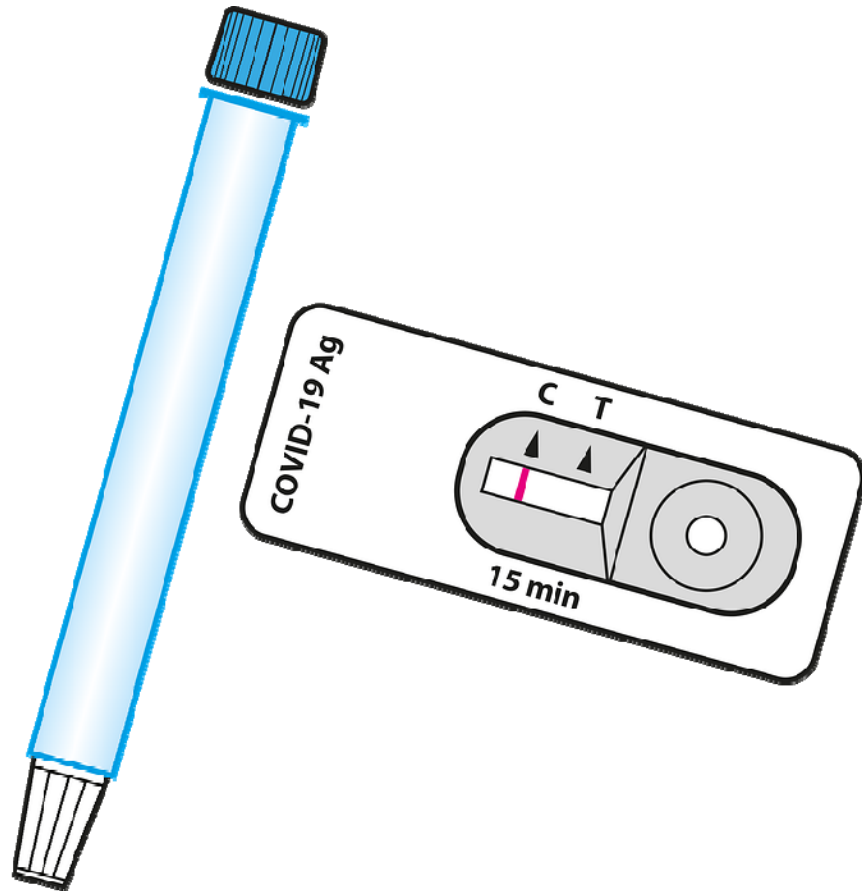
If you are 18 and older and have previously been vaccinated against COVID-19 (at least 5 months after your 2nd dose**) you are eligible for a booster shot in California.

[**Click here**](#) to learn more from the CDC.

**at least 2 months ago if you were vaccinated with the J&J vaccine.

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



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>

Doctors on Duty – Santa Cruz 615 Ocean St. Santa Cruz, CA 95060 Mon-Fri, 10am-4:30pm, Sat-Sun: 9am-3pm Phone: 831-425-7991	Doctors on Duty – Watsonville 1505 Main St. Watsonville, CA 95076 Mon-Fri, 10am-4:30pm, Sat-Sun: 9am-3pm Phone: 831-722-1444	Doctors on Duty – Aptos 6800 Soquel Dr. Aptos, CA 95003 Mon-Fri, 9am-3pm, Appointment only – through Doctors on Duty website Phone: 831-662-3611
Kaiser Permanente – Watsonville 1931 Main Street Watsonville, CA 95076 Monday: 1:30pm-4:45pm Friday: 9:00am - 12:15 pm, 1:45pm- 4:30pm 831-768-6600 For members, by appointment only	Sutter Health/PAMF - Santa Cruz Urgent Care 2025 Soquel Avenue 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 myhealtonline only. Sutter patients only, PCR tests only	Sutter Health/PAMF - Watsonville Urgent Care 550 S. Green Valley Road Watsonville, CA 95076 Mon-Sun 8am-5pm 831-458-5865 Appointments through myhealtonline only. Sutter patients only, PCR tests only
County Health Center-Santa Cruz 1080 Emeline Avenue Santa Cruz, CA 95060 Monday-Friday 8am-4:30pm 831-454-4100	Santa Cruz Community Health Centers 21507 E Cliff Drive Santa Cruz, CA 95062 Mon-Thurs 8am – 8 pm, Fri 8am – 4 pm 831-427-3500	Cabrillo College Student Health Center 6500 Soquel Drive. Aptos CA 95003 Mon-Thurs 9am-3pm 831-479-6435 healthservices@cabrillo.edu

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 Fish Recipes



Herby Mediterranean Fish w/Wilted Greens & Mushrooms



Brazilian Fish Stew (Moqueca)



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)



Eldercare

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... login to MHN Employee
Assistance Program:

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: **santacruz**