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**From:** Employee Wellness  
**Sent:** Monday, January 31, 2022 5:16 PM  
**To:** County Staff  
**Subject:** February is American Heart Month

**In this issue: Order your Covid Test, New Discounts  
Planned, Your EAP, Easy Recipes and more.**

# Employee Wellness



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# Destress Mondays

# PRACTICE POSITIVITY AND EVERYTHING ELSE FALLS INTO PLACE.

Four ways to bring good into your world.



## HAPPINESS

Seek purpose,  
not possessions



## COMPASSION

Have empathy  
for others



## GRATITUDE

Appreciate the  
little things



## CALM

Create your  
own serenity



#DeStressMonday

DeStressMonday.org

**DeSTRESS  
MONDAY**

[Click here](#) to learn more.

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# Move It Mondays!

**Whatever gets you moving.**

Any physical activity is a step towards better health.



#MoveItMonday

MoveItMonday.org

**MOVE IT  
MONDAY!**

[Click here](#) to learn more.

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# 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

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# 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 26<sup>th</sup> – 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

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# 2022 Yoga & Gym Discounts

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





The following gyms and yoga studios  
are planning a 2022 discount:



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

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

[Santa Cruz Yoga](#) – check out their online class offerings

[Yoga for All Movement](#)



# American Heart Month



Several health conditions, your lifestyle, and your age and family history can increase your risk for heart disease. These are called risk factors. About half of all Americans (47%) have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol, and smoking.

Some risk factors for heart disease cannot be controlled, such as your age or family history. But you can take steps to lower your risk by changing the factors you can control.

Start learning about your risk for heart disease during the American Heart Month of February.

Learn more [here](#).

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# 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 2<sup>nd</sup> 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.

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## COVID Testing Info (Not for work compliance)



# Order Your Covid Test

Starting January 19<sup>th</sup>, 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](mailto: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

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# Easy Recipes



## Easy Vegetable Stew



## Vegan Gluten-Free Biscuits





[Chickpea Scramble](#)

# 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)

Breathe

**Emotional Health**

When you need a helping hand, a skilled professional can provide focus, direction, and support. MHN can help you identify and resolve issues involving:

**Stress, anxiety, and emotional distress**

**Grief and depression**

**Life changes**

**Marriage and relationships**

**Family conflict**

**Alcohol or drug dependency**

**Eligible members are entitled to:**

- 1. Face to face counseling - up to 5 sessions per incident per calendar year with an MHN network provider**
- 2. Telephonic consultations - for maximum convenience and anonymity**
- 3. Web-video consultations - convenient and easy, but with a more personal touch than traditional telephonic**

**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**