
From: Employee Wellness
Sent: Wednesday, February 23, 2022 8:37 AM
To: County Staff
Subject: Ride your bike!

Follow Up Flag: Follow up
Flag Status: Flagged

**In this issue: Unplugged, Sleep, Power up your Pedals,
Recipe Medley and more.**

Employee Wellness



Sleep

RECALIBRATE YOUR BRAIN WITH A GOOD NIGHT'S SLEEP.

Avoid burnout with a brain and body refresh.
Sleep reduces anxiety, frustration, and gives you a chance
to rebound physically and mentally from a long day.



#DeStressMonday

DeStressMonday.org

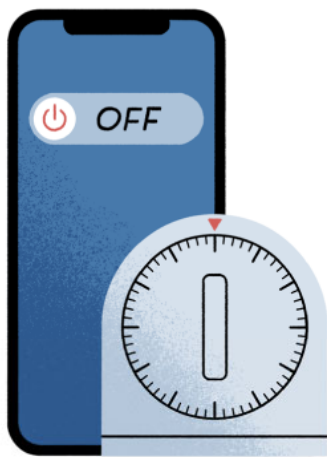
**DESTRESS
MONDAY**

[Click here](#) to learn more.

Unplug

BREAK FREE FROM TECHNOLOGY

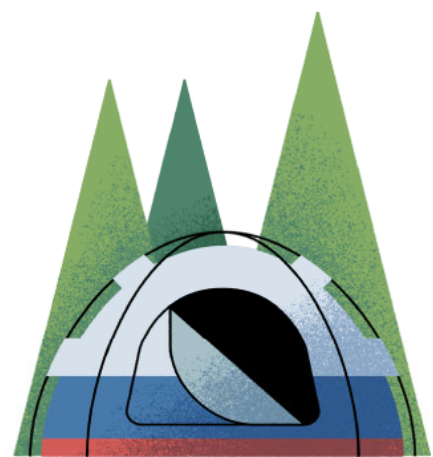
Find relief by shutting off that smartphone.



Turn off
electronics an
hour before bed



Avoid
temptation by
placing devices
out of sight



Let friends and
family know the
times when you're
"off the grid"

#DeStressMonday

DeStressMonday.org

**DESTRESS
MONDAY**

[Click here](#) to learn more.

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.

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

Yoga Resources



Virtual yoga resources from our local community and yoga studio

K; . # "; 9 "I +) 9 +B) #KB"

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

"

9 KD18 + "

Ongoing Yoga, Relaxation & Meditation Resources:

[Santa Cruz Yoga](#)

[Yoga for All Movement](#)

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

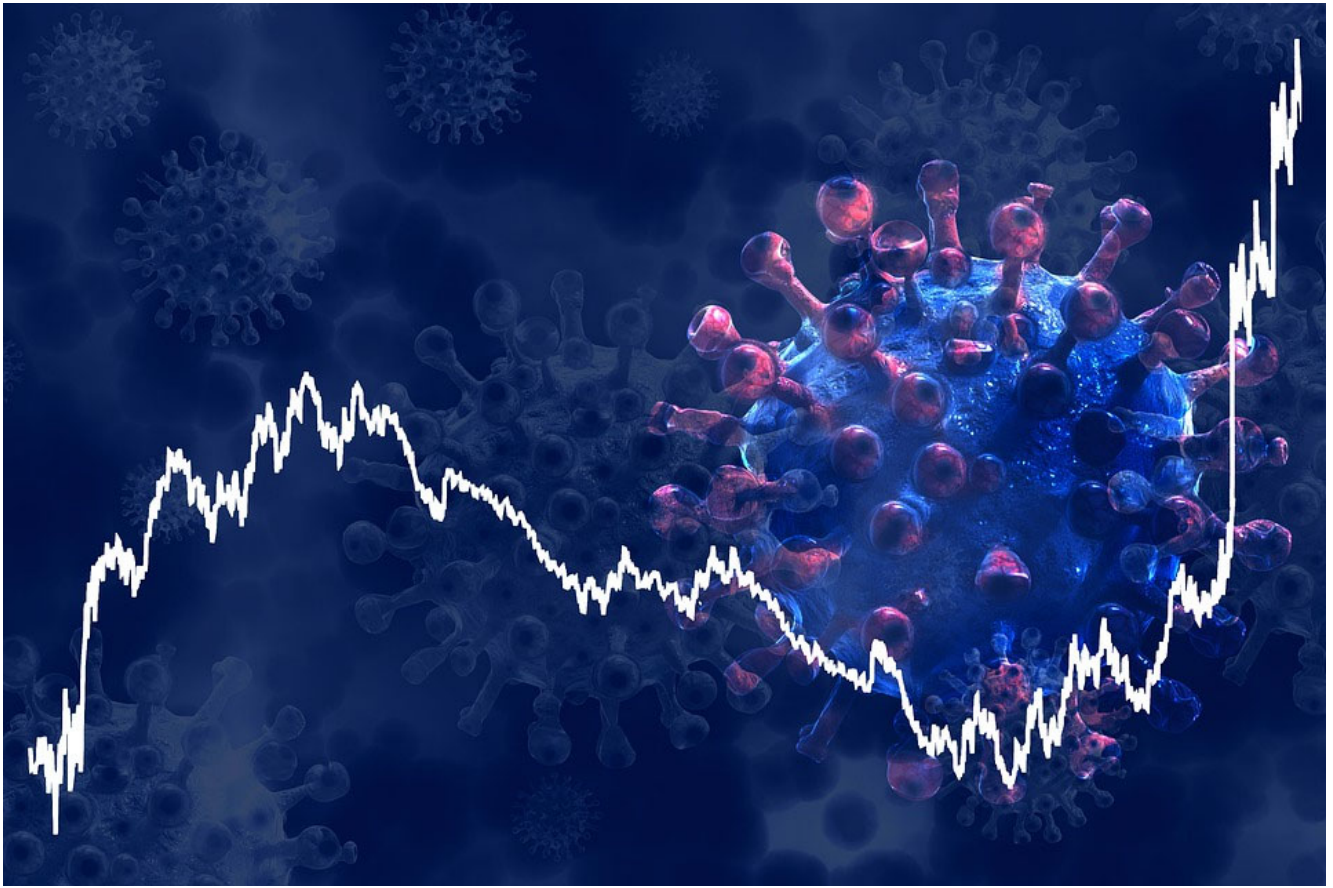
If you are 18 and older and have previously been vaccinated against COVID-19 (at least 5 months after your 2nd dose**) you are eligible for a booster shot in California.

[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)



Order Your Covid Test

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

Easy Recipes



Adzuki Beans w/Miso and Kale



Turkey Soup



Triple Berry Quinoa Breakfast Bake

Bike, E-Bikes and More

Free safety gear, info on rebates, and more!



Intro to E-bikes Virtual Workshop

Power up your pedals!

Join GO Santa Cruz for **Intro to E-bikes**, a free virtual workshop via Zoom.

Wednesday, February 23rd, Noon - 1pm

*Free helmets and bike lights for attendees available upon request**

[Register here](#)

[Facebook Event Post](#)

Ride Your Bike!



Cycling is mainly an aerobic activity, which means that your heart, blood vessels and lungs all get a workout. You will breathe deeper, perspire and experience increased body temperature, which will improve your overall fitness level.

The health benefits of regular cycling include:

- increased cardiovascular fitness
- increased muscle strength and flexibility
 - improved joint mobility
 - decreased stress levels
- improved posture and coordination
 - strengthened bones
 - decreased body fat levels
- prevention or management of disease
 - reduced anxiety and depression.

[Click here](#) to learn more.

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)



FINANCIAL SERVICES

Are you struggling to curtail your debt or develop a monthly budget?
Are you working towards major financial goals - like buying a house,
sending kids to college or ensuring a comfortable retirement?

We're here to help. With telephonic assistance and referrals to
qualified financial counselors and educators, MHN can help you gain
control of your financial life.

**You are eligible for as many telephonic financial consultations as you
need per separate financial issue.**

Issues covered include:

- Credit counseling
- Debt and budgeting assistance
- Financial planning for college
- Retirement planning

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

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)