
From: Employee Wellness
Sent: Monday, December 13, 2021 5:02 PM
To: County Staff
Subject: Live Webinar this Wednesday!

In this issue: Cruciferous Vegetables, Año Nuevo Elephant Seals, Indoor Workouts, Cruciferous Vegetable Recipes and more.

Employee Wellness



Check out the Elephant Seal Pups @ Año Nuevo State Park

Bundle up and head out to Año Nuevo Point this month and next. The Elephant Seal Pups make their debut in December and January and are a sight to see. It is a great outdoor activity to enjoy with family or friends over the holiday season.

Make reservations for a guided tour or get your permit before heading up.

For more information please [click here](#).

Destress Mondays

**FILL YOUR MIND WITH WORDS
OF INSPIRATION.**

Use a mantra to stay focused and achieve your goals.



#DeStressMonday

DeStressMonday.org

**DESTRESS
MONDAY**

[Click here](#) to learn more.

Move It Mondays!

Tis the season for indoor workouts.

Exercise and unwind from the comfort of home.



Indoor Walking

Yoga

Kitchen Workouts

Habit Stacking

Body Weight Exercises

#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](#)

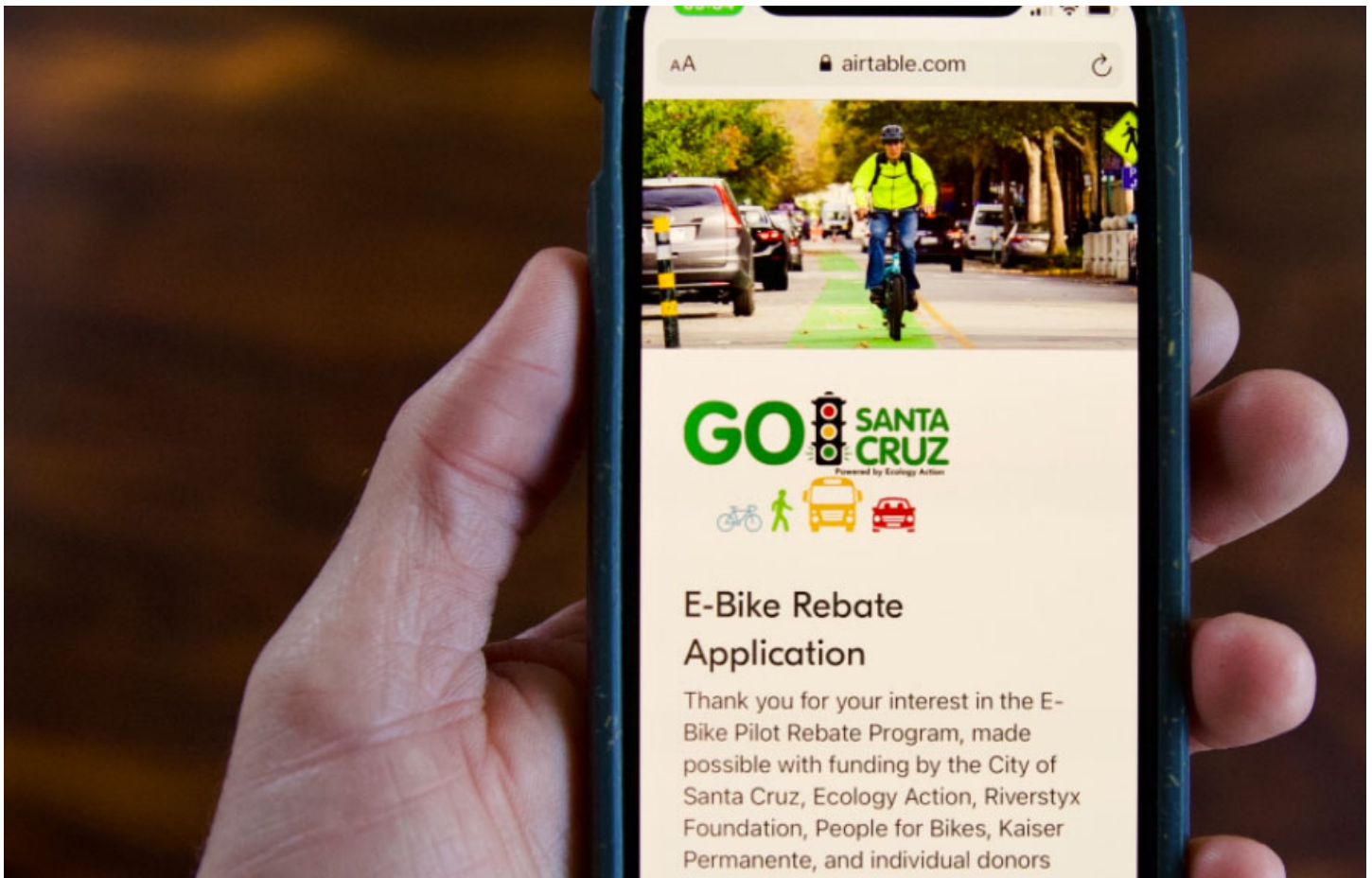
Sutter Health

CVS

Rite Aid

Safeway

eBike Rebate Programs – Santa Cruz



Santa Cruzan's now have three eBike rebate programs through the following organizations:

[Go Santa Cruz](#)

[Central Coast Community Energy \(3CE\)](#)

[Monterey Bay Air Resource District](#)

[Click here](#) to view this article and learn more about this program.

Health & Wellness Webinars



Sutter Health

****NEW: LIVE Webinar* * Living Your Values: Time to Reconnect***

Lou Lasprugato, MFT, teaches us how to recognize values, set goals and reconnect with your passions in order to prepare for an even better year ahead.

December 15, 2021 @ 12pm

[Click here](#) to register.

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

[Click here](#) for access.

****NEW Pre-Recorded* *How Cholesterol Impacts Your Stroke and Heart Attack 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

Cruciferous Vegetables



Brussel Sprouts – a local gem and packed with nutrition. Cruciferous vegetables are rich in nutrients, including several carotenoids (beta-carotene, lutein, zeaxanthin); vitamins C, E, and K; folate; and minerals. They also are a good fiber source. To learn more about this group of vegetables, which includes; Arugula, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Collard Greens, Horseradish, Kale,

Radishes, Rutabaga, Turnips, Watercress and Wasabi please [click here](#). And check out the Cruciferous Recipes section in today's newsletter (below).

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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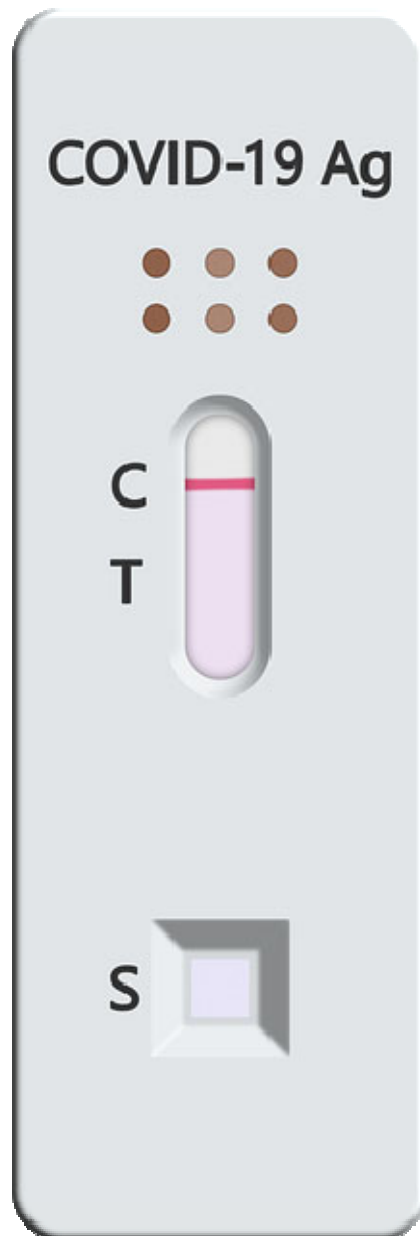
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Ongoing Yoga, Relaxation & Meditation Resources:

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

[Yoga for All Movement](#)

Covid-19 Testing Sites for Employees (non- vaccinated)



Day, Time & Location

Mondays 9:00am-12:00pm

Government Center 701 Ocean Street, Santa Cruz, 5th Floor Coastlines Conference Room

Tuesdays 1:00pm-3:00pm

Sheriff Headquarters, 5200 Soquel Avenue, Santa Cruz, Community Room

Wednesdays 8:00am-11:00am

Health Services Agency (HSA), 1080 Emeline Avenue, Santa Cruz, Back Parking Lot -
Drive Through

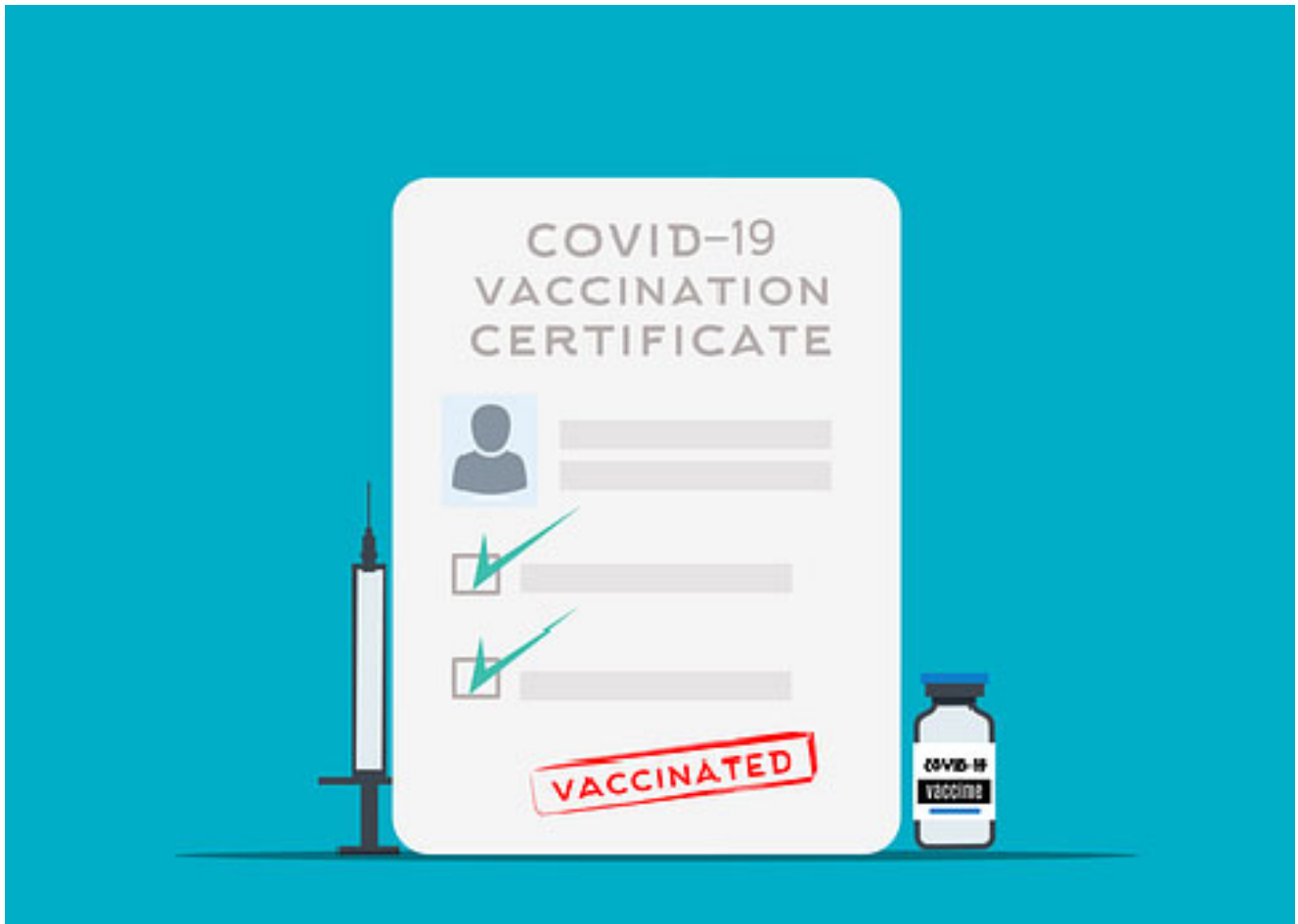
Thursdays 7:00am-11:00am

Ag Extension, 1430 Freedom Boulevard, Watsonville, Building E

Thursdays 2:00pm-4:00pm

Sheriff Department, 5200 Soquel Avenue, Santa Cruz, Community Room

Community Vaccine Info & Covid-19 Testing



Covid-19 Vaccine

Do you need to get yours? There are many ways to get a vaccination, without waiting. [Click here](#) to view options.

Community Covid-19 Testing (not for work compliance)



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, 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			

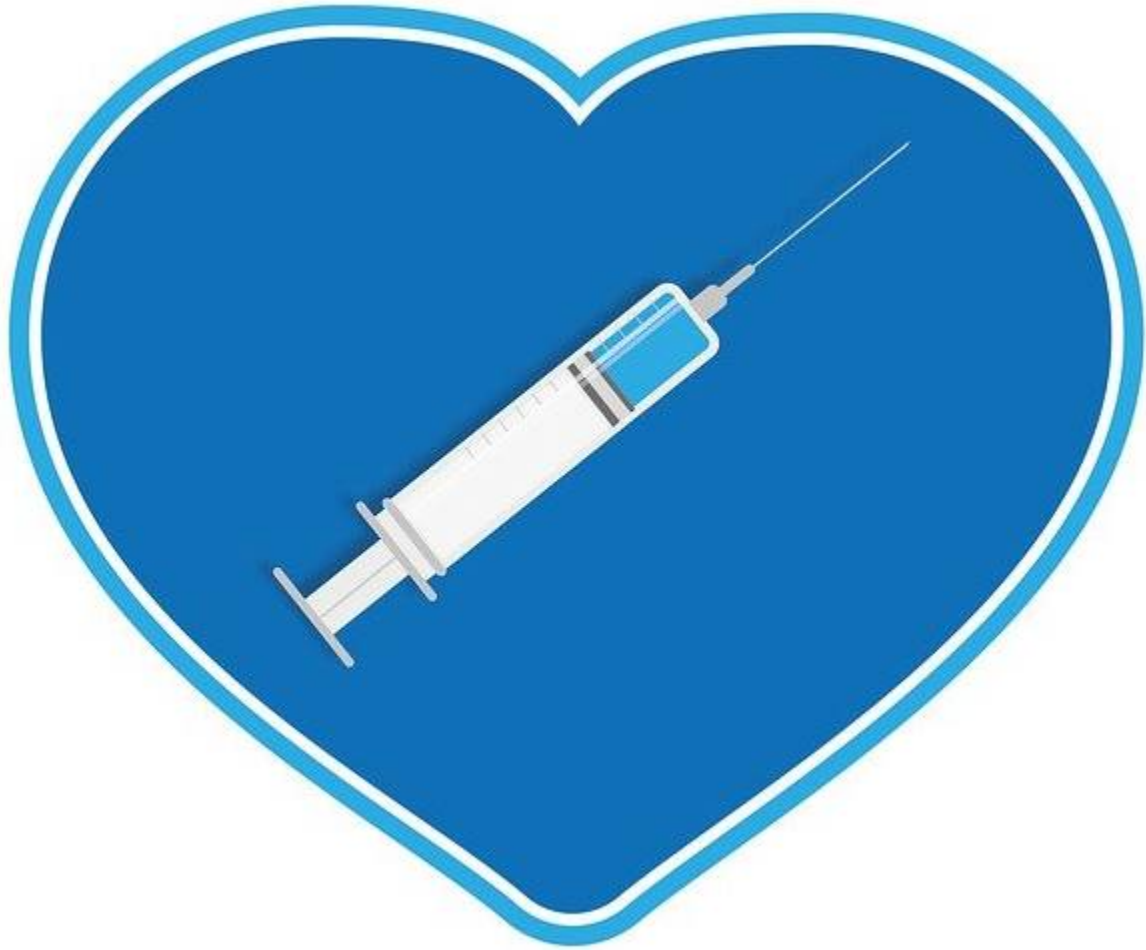
Vaccine Information from the CDC

Pfizer

Moderna

Johnson & Johnson's Janssen

Covid-19 Vaccine Boosters



If you are 18 and older and have previously been vaccinated against COVID-19 (at least 6 months ago**) you are eligible for a booster shot.

[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



We're lucky to still have the Farmer's Markets. 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

Cruciferous Vegetables Recipes



Cauliflower Steaks & Puree w/Walnut-Caper Sauce



Garlic & Lemon Roasted Romanesco Cauliflower



Mental Health Corner



Managing Stress through 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](#).

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](#)