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**From:** Employee Wellness  
**Sent:** Monday, January 03, 2022 5:02 PM  
**To:** County Staff  
**Subject:** National Blood Donor Month - Donate Now!

**In this issue: Good Posture, COVID-19 Testing Information,  
Your EAP Services, Plant-Based Breakfast Recipes and  
more.**

# Employee Wellness



# The Importance of Good Posture



## Good posture can:

1. **Reduce lower back pain.** Sitting or standing in a slouched position for prolonged periods of time stresses your lower back. More specifically, it puts pressure on the posterior structures of the

spine, including the intervertebral discs, facet points, ligaments, and muscles.

**2. Fewer headaches.** Poor posture can contribute to tension headaches, due to increased muscle tension in the back of the neck.

**3. Decrease risk of abnormal wearing of the joint surfaces.** Crooked sitting and standing, such as resting on one leg or side of your body, leads to hip strain. Your joints wear down naturally over time. If your posture is even, not many problems arise. But if you're uneven, more pain and issues tend to occur.

**4. Improve circulation and digestion.** If you're compressing vital organs, your circulation is poor, and those organs aren't going to work as well. Healthy blood flow requires proper alignment and avoiding positions which cramp circulation, like crossing your legs.

Read more [here](#).

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# Quit & Stay Quit Mondays

# Every Monday is a new chance to quit.



#QuitMonday

**QUIT**  
& STAY QUIT  
**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!**  
**MONDAY**

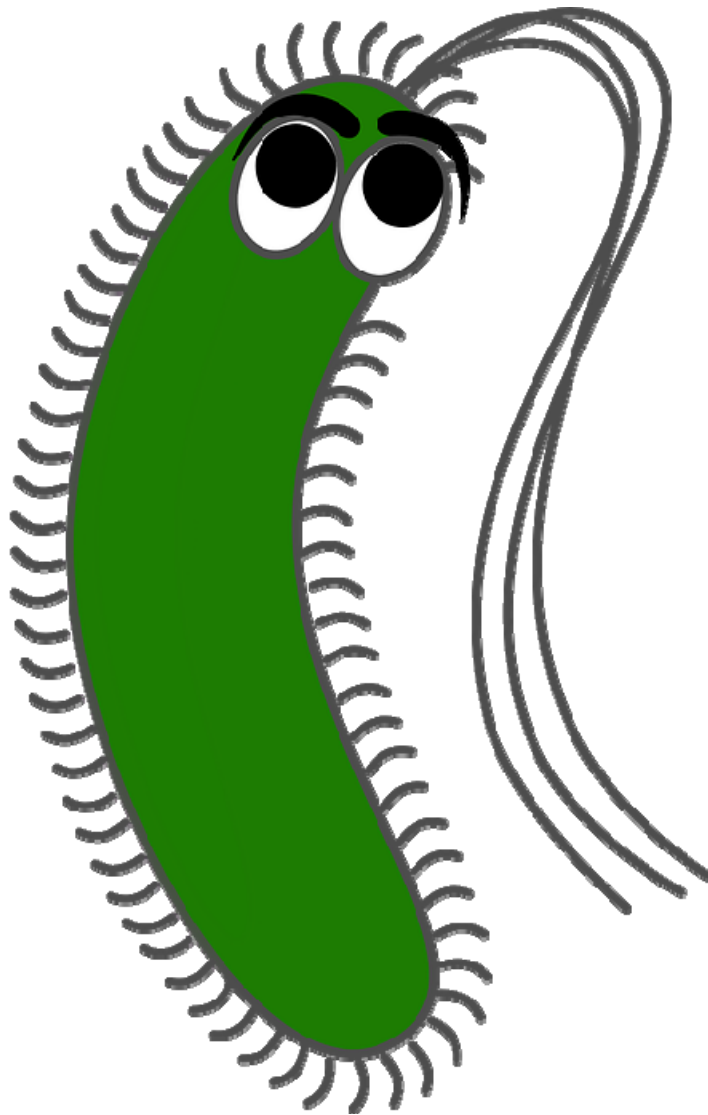
[Click here](#) to learn more.



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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 12<sup>th</sup> – 12-1pm**

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

**[Click here](#) for access.**

**Wednesday, January 26<sup>th</sup> – 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 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

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# Fitness



Are you ready to get fit? Check out these 6 videos from Kaiser Permanente's [Media Gallery](#). Be sure to also check in with your primary physician before starting an exercise regime.

[Fitness: Increasing Your Core Stability](#)

[Fitness: Moving More](#)

[Fitness: What will Move You?](#)

[Getting Started with Flexibility and Stretching](#)

[How to Check Your Heart Rate](#)

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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:*

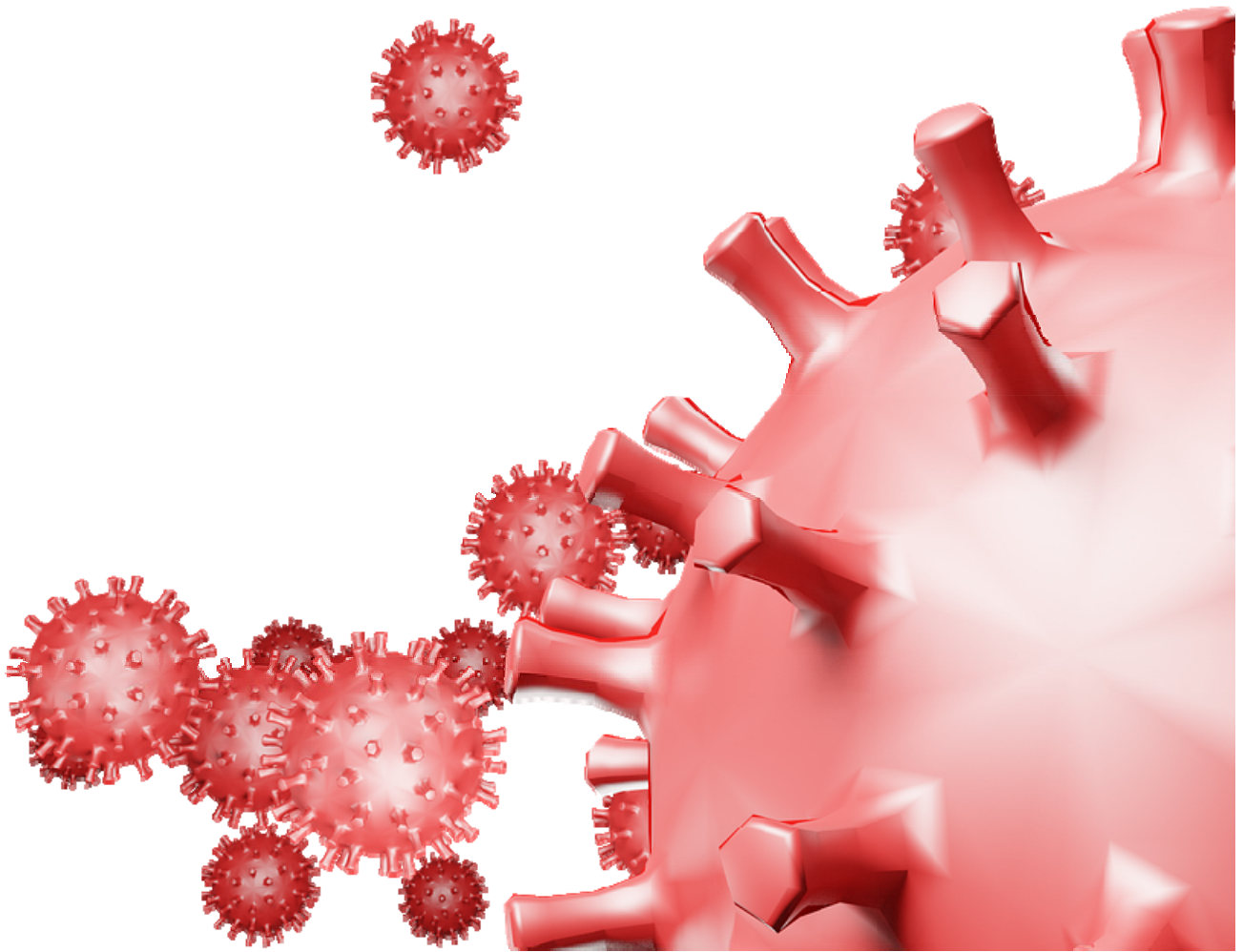
Santa Cruz Yoga – check out their online class offerings

Yoga for All Movement

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# Covid-19 Testing Sites for Employees (unvaccinated)



## **Day, Time & Location**

**Monday 9:00am-12:00pm**

Government Center 701 Ocean Street, Santa Cruz, 5<sup>th</sup> Floor Coastlines Conference Room

**Tuesday 1:00pm-3:00pm**

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

**Wednesdays 8:00am-11:00am**

Health Services Agency (HSA), 1400 Emeline Avenue, Santa Cruz, Conference Room 207

**Thursday 7:00am-11:00am**

Ag Extension, 1430 Freedom Blvd., Ste. E, Watsonville

**Thursday 2:00pm-4:00pm**

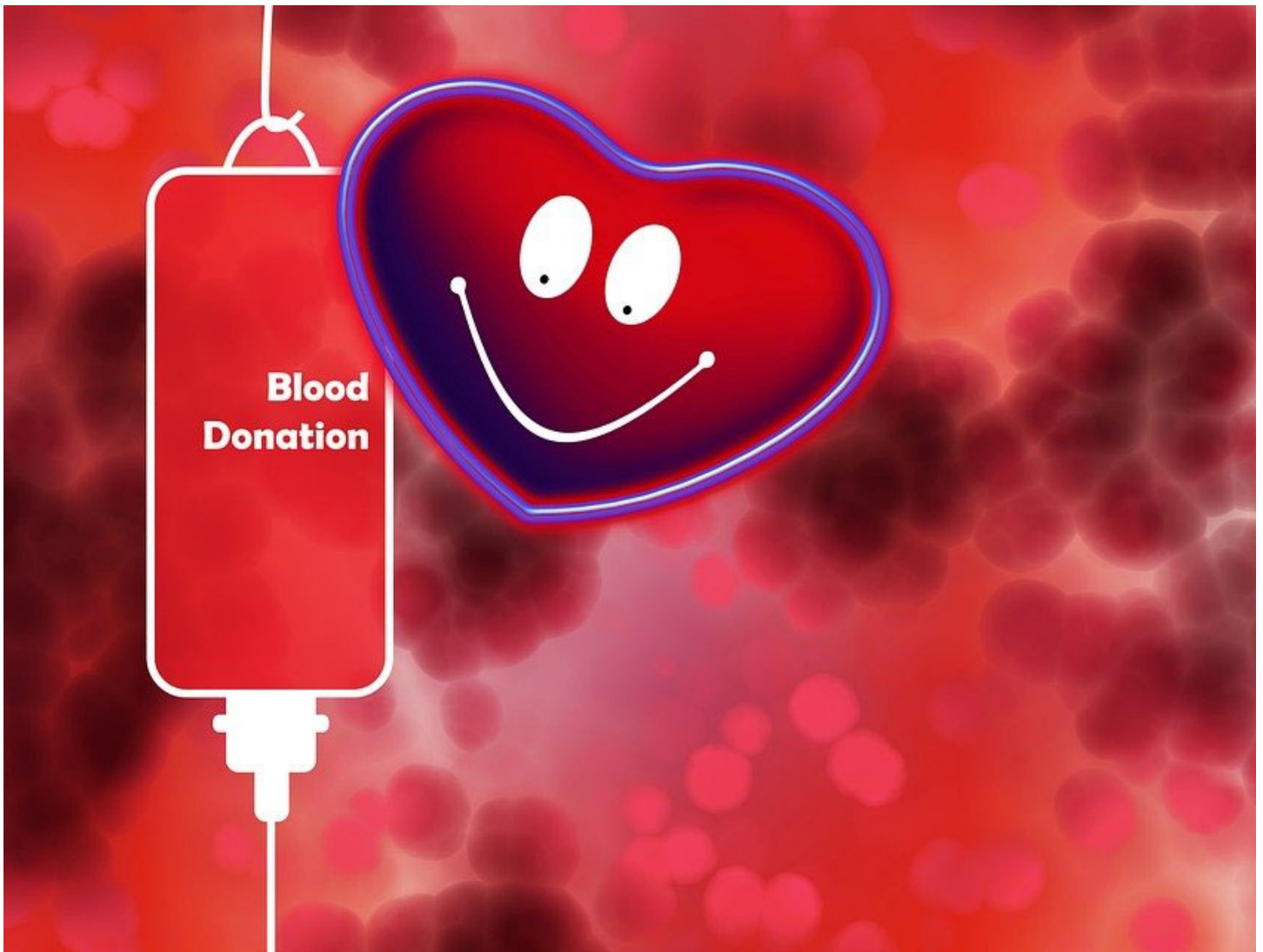
Sheriff Headquarters, 5200 Soquel Avenue, Santa Cruz, Community Room

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# **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](#).

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# 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)

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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>

<b>Doctors on Duty – Santa Cruz</b> <a href="#">615 Ocean St.</a> Santa Cruz, CA 95060 Mon-Fri, 8am-6pm, Sat-Sun: 8am-2pm Phone: 831-425-7991	<b>Doctors on Duty – Watsonville</b> <a href="#">1505 Main St.</a> Watsonville, CA 95076 Mon-Fri, 8am-6pm, Sat-Sun: 8am-2pm Phone: 831-722-1444	<b>Doctors on Duty – Aptos</b> <a href="#">6800 Soquel Dr.</a> Aptos, CA 95003 Mon-Fri, 8am-4pm, Sat-Sun: Closed Phone: 831-662-3611	<b>Kaiser</b> <a href="#">5615</a> Scotts Mon-F 831-4
<b>Kaiser Permanente – Watsonville</b> <a href="#">1931 Main Street</a> Watsonville, CA 95076 Mon-Fri 1:30pm-4:30pm 831-768-6600	<b>Sutter Health/PAMF - Santa Cruz</b> <b>Urgent Care</b> <a href="#">2025 Soquel Avenue</a> Santa Cruz, CA 95065 Mon-Sun 8am-5pm 831-458-5537	<b>Sutter Health/PAMF - Watsonville</b> <b>Urgent Care</b> <a href="#">550 S. Green Valley Road</a> Watsonville, CA 95076 Mon-Sun 8am-5pm 831-458-5865	<b>Count</b> <a href="#">1430</a> Watsc Mon-T Fri 8ar 831-7
<b>County Health Center-Santa Cruz</b> <a href="#">1080 Emeline Avenue</a> Santa Cruz, CA 95060 Monday-Friday 8am-4:30pm 831-454-4100	<b>Planned Parenthood</b> <a href="#">398 S Green Valley Road</a> Watsonville, CA 95076 Tues and Thurs 12pm-1pm 831-724-7525	<b>Salud Para La Gente</b> <a href="#">204 East Beach Street</a> Watsonville, CA 95076 Mon-Sat 8:30am-5:30pm, Sun 8:30am-12:30pm 831-728-0222	<b>Santa</b> <b>Center</b> <a href="#">21507</a> Santa Mon-T Fri 8ar 831-4
<b>Cabrillo College Student Health Center</b> <a href="#">6500 Soquel Drive,</a> Aptos CA 95003 Mon-Thurs 9am-3pm 831-479-6435 <a href="mailto:healthservices@cabrillo.edu">healthservices@cabrillo.edu</a>	<b>UCSC Cowell Student Health Center</b> <a href="#">1156 High Street</a> Santa Cruz, CA 95064 Mon-Fri 8am-5pm 831-459-2500	<b>OptumServe - North County</b> Santa Cruz Civic Auditorium <a href="#">307 Church Street</a> Santa Cruz, CA 95060 Mon-Fri 7am-7pm <a href="#">Make an appointment</a> 888-634-1123	<b>Optun</b> <b>Comm</b> <a href="#">1301</a> Watsc Wed-5 <a href="#">Make.</a> 888-6
<b>CruzMedMo</b> <a href="#">115 S. Morrissey,</a> Santa Cruz, CA 95062 Mon-Fri 9am-4pm (1pm-4pm on 2nd and 4th Tuesdays) <a href="#">No Appointment Necessary, +Travel</a> <a href="#">Certificates</a> Test results<1hr 831-241-7501			

## Vaccine Information from the CDC

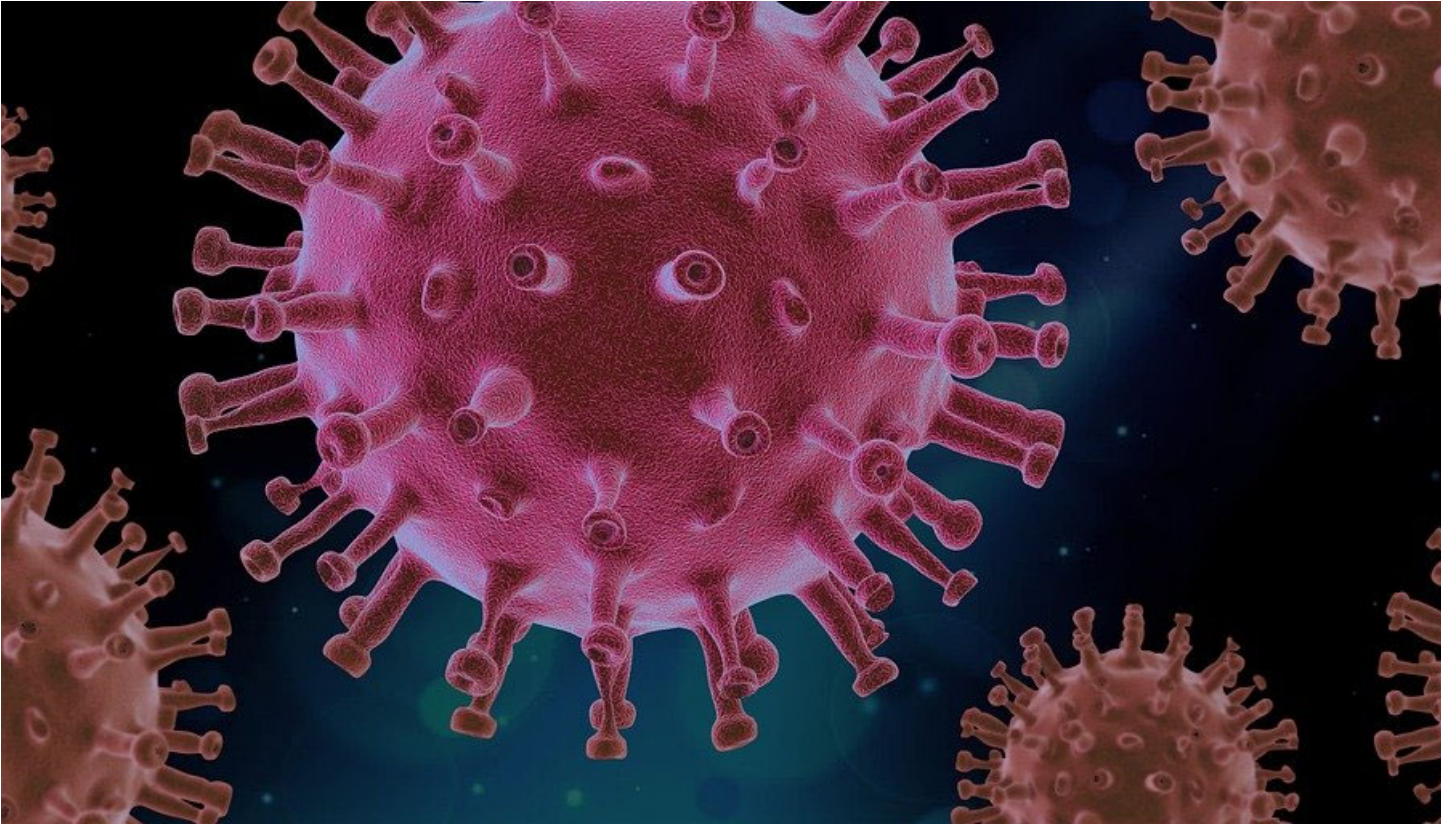
Pfizer

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

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# Savory Plant-Based Breakfast Recipes



## Breakfast Lentils



## Vegan Breakfast Sandwich



## Vegan Breakfast Burrito

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# 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)



## Identity Theft Recovery Services

Identity theft is one of the nation's fastest growing crimes, and it can be both financially and emotionally devastating. Call MHN today for information on how to protect yourself!

**If you have been victimized, we can help.** Call right away to receive a 30-minute consultation with a certified consumer credit counselor who can assess your situation, create an action plan and provide the knowledge and tools to implement that plan effectively. If there is a potential of ID theft, we will warm transfer you to an identity recovery specialist who can advise you on how to place fraud alerts, freeze credit, file police reports, and conduct other activities necessary to resolve fraud.

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**