

Welcome!

Our October edition features resources available for Mental Health Supports, Breast Cancer Awareness, Recipes, Cold and Flu responses, and so much more.

## Live Well, Work Well

Click the link below to find out more information regarding:

- *Combatting Pandemic Fatigue*
- *Benefits of Buying Seasonal Produce*
- *How to Stay Physically Active*
- *Cranberry Pumpkin Muffins*
- ...and more

Link to Flyer: [Live Well, Work Well Flyer](#)

### [Announcement: Wellness Credit Update for 2021](#)

[Click here \(Reminder\)](#)



## (216) 838- WELL

Your personal health and a securing a safe work and learning environment are our top priority - if you have a COVID-19 test result or concern regarding your health, please contact the CMSD COVID Support Hotline at 216-838-WELL. Our Hotline is staffed with trained school nurses who will guide you through next steps. In event of a positive test, school nurses will coordinate with local health departments and provide next steps to Facilities, Talent and Communications departments, while also keeping supervisors appropriately updated.

### Blueberry and Oatmeal Power Muffins

NDSU | EXTENSION

#### INGREDIENTS:

2 c. all-purpose flour  
1 c. oats, quick or regular  
¾ c. sugar  
1 tsp. baking powder  
1 tsp. baking soda  
½ tsp. salt  
1½ c. honey nonfat Greek yogurt  
2 large eggs, lightly beaten  
4 Tbsp. unsalted butter, melted and slightly cooled  
1 tsp. vanilla extract  
1 c. fresh blueberries

#### DIRECTIONS:

1. Heat oven to 350 F.
2. Coat muffin tin with cooking spray or liners.
3. Combine flour, oats, sugar, baking powder, baking soda and salt in a bowl.
4. Combine yogurt, eggs, butter and vanilla in a second bowl.
5. Fold yogurt mixture into dry mixture; stir to combine completely.
6. Gently fold in blueberries.
7. Spoon into muffin tins.
8. Bake until top is golden and a toothpick inserted in center comes out clean, approximately 20 to 25 minutes.

#### NUTRITION:

Makes 16 servings. Each serving has 170 calories, 4.5 g fat, 4 g protein, 29 g carbohydrate, 1 g fiber and 210 mg sodium.

## Additional Member Supports and Resources

[Cold or Flu?](#)  
[Common Flu Vaccine Myths](#)  
[Influenza Facts: About the Flu](#)  
[Mental Health Supports](#)  
[Breast Cancer: Need to Know](#)  
[Breast Cancer: Supporting Her](#)  
[Frontline Employee Newsletter](#)

To view information regarding Benefits, please visit the Benefits Website via the links below. All information available in this newsletter and subsequent newsletters can be found via the Districts website.

Click here for the Benefits Website Link: [Employee Benefits Website](#)

Click here for the Monthly Newsletter Flyers provided by our Providers: [Monthly Newsletter Flyers](#)