

Newsletter

April 2023



Recipe of The Month

This month's recipe has been submitted by Mindy Smith. It is an easy, family favorite meal in her household!

Ingredients:

- 2 large chicken breasts
- 2 tsps minced garlic
- 1/3 cup honey
- 1/2 cup soy sauce
- 1/2 cup ketchup
- 2 tsps oregano

Directions:

1. Cook on high in the crockpot for 4 hrs and cut up
2. Serve over rice & enjoy!



Mental Health Tip of The Month

Focus on Self Care

- Get Regular Exercise
- Eat Healthy, Regular Meals & Stay Hydrated
- Make Sleep a Priority
- Try a Relaxing Activity
- Set Goals and Priorities
- Practice Gratitude
- Focus on Positivity
- Stay Connected

Occupational Therapy Month

April is Occupational Therapy Month!

This month we will be highlighting all things OT, especially those related to our own Masters in Occupational Therapy program. Keep an eye out for an email every Wednesday of this month from our friends in MOT!

Thank you OT's!! We appreciate all you do!!

Virtual Care Reminder

A reminder that Muskingum University has partnered with the Virtual Care Group to provide 24/7/365 access to tele-counseling. For more information, see the Wellness page of the HR website. You can [click here](#) for direct access to the webpage.



Submit your favorite recipe to Kelly Broderick at kellyb@muskingum.edu to be featured in next months newsletter!

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TITLE IX TRAINING

Title IX training is required for all employees each year. In-person sessions are being offered in April as stated below. For alternate arrangements or if you have questions, email Holly Gleason at hgleason@muskingum.edu. Sessions are 50 minutes long.

- April 4 at 3:00pm, BSC 343
- April 5 at 12:00 pm, BSC 343
- April 5 at 4:00 pm, BSC 343

"Tell me and I forget, teach me and I may remember, involve me and I learn."
Benjamin Franklin

OUTLOOK EMAIL 101

Join Alaine Kay for a 30 minute introduction to Outlook Email. Training will be held via Teams on [April 6 at 3:30pm](#). The session will be recorded.

IMPORTANT DATES

Below you will find a visual calendar of the important dates listed throughout the newsletter.

OUTLOOK EMAIL 201

Join Alaine Kay for a 30 minute Outlook Email session. This session will tackle more advanced Outlook Email topics. Training will be held via **Teams on [April 13 at 11:00 am](#) and [April 20 at 3:30pm](#)**. The session will be recorded.

CONTACT YOUR STAFF COUNCIL REPRESENTATIVE

Please contact a staff council representative to suggest opportunities or issues affecting non-faculty employees that you would like to be considered.

April 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 ✓	5 ✓	6	7	8
9	10	11	12	13 ✓	14	15
16	17	18	19	20 ✓	21	22
23	24	25	26	27 ✓	28	29
30						