



February 2023

Updates & News



A time to recognize and celebrate African American contributions to our history and culture. Contributions that positively affect our nation, state, city, and communities daily. Take time to learn something new and of interest to you. These resources provide a bridge to knowledge and support our mission of diversity, equity, and inclusive excellence.

[National Museum of African American History & Culture](#)

[Oklahoma Education Association](#)

Upcoming Events

[National Archives](#)

Interim Title IX Coordinator

Faustina Layne was recently named OCCC's Interim Title IX Coordinator following the appointment of Dr. Regina Switzer to Vice President of Legal Affairs and General Counsel.

March 13-17
Spring Break
College Closed

New Employees

James Whisenhunt
Maintenance Mechanic

Rhonda (Michelle)
Edwards
Payroll Manager

Joshua Moore
Instructional Technology
Specialist

Ryan Mills
Accounts Payable
Specialist

Claudia Wright
Public Relations Specialist

Grace Taber
Financial Aid Receptionist

Jesus Raygosa
Director of Student Life

Phillip Carothers
Grants/Contracts
Accountant

Amanda Beck
Counselor - Student
Accessibility and Support

Katie Chestnut
Technology Lending
Specialist

Breanna Conrad
Human Anatomy Lab
Assistant P/T

Ebony Moore
Assistant Director -
Upward Bound

Dr. Jason Hall
Dean of Division of Social
Sciences

Devon Shannon
Executive Director of
Communications

David Smith
Lead Senior Accountant



Professional Development



We're Hiring

[Accounting Specialist for Cultural Programs](#)

[Physical Science Lab](#)

Microsoft provides 1 hour online training sessions for enrollment. Refresh or improve your Microsoft skills in Excel, Word, SharePoint, and [many others](#).

Visit [HR Professional Development](#) for access to this external professional

[Assistant](#)

[Student Computer Center
Lab Assistant](#)

[Adjunct Positions](#)

For other opportunities not
listed visit:

www.occjobs.com

development opportunity.

Interviewer Bias Awareness

Bias leads to poor hiring decisions. HR commit's to equitable candidate evaluations for hire. Interview questions provide an opportunity to evaluate candidate competence as it directly relates with the official position/job descriptions. The workshop is informative and reflective with practical application for all levels of experience.

ATTENTION

Hiring managers
and past year
search
committee
members have
received an
enrollment
invitation

Cultivate Inclusion

Reflect

"Since its inception, Black History Month has never been just a celebration of Black America's achievements and stories—it's part of a deliberate political strategy to be recognized as equal citizens."

-Dr. Theodore R. Johnson

Educate

Don't be colorblind. It is imperative to see individuals for all they are which includes race and ethnicity. DO be color conscious by recognizing, acknowledging, and talking about race and our differences with appreciation and celebration.

Act

Enroll in *What is DEI?* a workshop rooted in awareness and education of why diversity, equity, and inclusion is a critical workplace focus in the

21st Century.

February 13
1-2:30 pm

February 14
9:30-11 am

March 1
2-3:30 pm

April 6
3:30-5 pm



Intimate Partner Violence is abuse or aggression that occurs in a romantic relationship. The term “intimate partner” includes both current and former spouses and dating partners. Intimate Partner Violence can also include the following behaviors:

Physical Violence

Sexual Violence

Stalking

Psychological Aggression

To learn more about Intimate Partner Violence and its impacts, visit the [CDC website!](#)

February Brain Teaser

I have a heart that never beats,
I have a home but I never sleep.
I can take a man's house and build another's,
And I love to play games with my many brothers.
I am a king among fools.
Who am I?

Answer in next month's newsletter

WELLNESS





BlueCross BlueShield of Oklahoma



BlueResourceSM – Controlling Your Condition – Preventing Stroke

Smart Ways to Lower Your Risk for Stroke

How do you reduce your chance of a stroke? By striking at its leading cause—high blood pressure. Most people don't even know their blood pressure level. By taking positive steps to keep yours in check, you could help control one of the biggest risk factors for stroke.

Here are ways to keep yours in the sweet spot:

Know your numbers. Normal blood pressure is 120 mm Hg systolic and less than 80 mm Hg diastolic (<120/80). If yours is high, take action to lower and control it.

Eat to live longer. You don't have to give up all your favorite foods. Just avoid the junk, cut back on salt and sugar and fuel up on fresh, nutrient-rich foods your body loves.

Stay active. Only 150 minutes of moderate aerobic activity each week helps fend off high blood pressure and heart disease.

Stress a whole lot less. Deep breathing, meditation, time enjoying nature and even talking with a friend are great ways to shake off stress.



You have the power to lower high blood pressure.

Source: High Blood Pressure and Stroke. American Stroke Association. 2018.

Blue Cross and Blue Shield of Oklahoma, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Oklahoma City Community College
9100164.0820

Love Your Heart



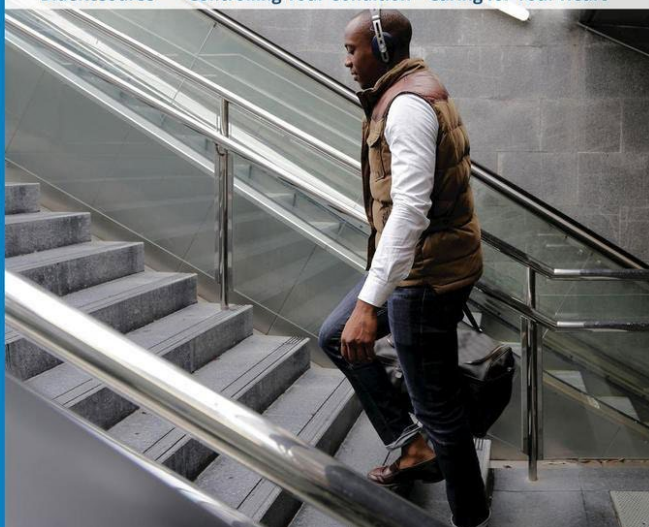
Everyday choices fight heart disease:

- Use the stairs, skip the elevator
- Drink lots of water
- Take a tech break to meditate
- Get your steps in each day

Source: Keep Your Heart Healthy. U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. 2020.

Blue Cross and Blue Shield of Oklahoma, a Division of Health Care Service Corporation, Oklahoma City Community College
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BlueResourceSM – Controlling Your Condition – Caring for Your Heart



EMPLOYEE ASSISTANCE PROGRAM

Six free, confidential face-to-face sessions or unlimited phone counseling - for you and your family!

OCCC EAP provider: SupportLinc

Supportlinc@curalinc.com

www.supportlinc.com

Access Code: occc

1-888-881-5462

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