



**May 2023**

## Updates & News

### Open Enrollment ends May 5

Don't forget to log into the Self-Service Portal to make your elections for FY-2024 before Open Enrollment ends on May 5, 2023. Employees enrolled in the Health Savings or Flex Spending Account must complete a new annual election for the new plan year. For questions, please email [HRBenefits@occc.edu](mailto:HRBenefits@occc.edu).

Reminder: Staff  
Performance  
Appraisal

**Reminder:**  
**Staff, Phase 4: Final Performance**  
**Meeting**  
**Due Before May 31, 2023**

Supervisors and Staff members will meet and discuss overall performance results for the year and enter them into the system.

*We appreciate your cooperation to promote Staff and Faculty development utilizing this*

### New Employees

Dr. Colbi Beam  
Dean of K-12 Partnerships

Monica Carlisle  
Health Professions Program  
Support Assistant

Stephenie Conner  
Division Secretary  
Arts, English, Humanities

Wilmer Sandoval  
Maintenance Mechanic

Andy Vides  
Maintenance Mechanic

*interactive process. If you have any questions, please email [faustina.layne@occc.edu](mailto:faustina.layne@occc.edu).*

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Upcoming Events: Memorial Day - May 29 - Campus Closed

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## Professional Development

### Current Workshops

Organizational Development offers division training. Options consist of any workshops currently taught on campus or new topic requests. The process includes a needs analysis and custom learning plan. Change management and strategic communication plans support goal achievement and employee engagement.

- Civility
- Civility: Stop the Gossip
- Effective Communication
- Emotional Intelligence Part 1
- Productive Conflict Management
- What is DEI?
- Inclusive Terms: Sexuality and Sexual Orientation
- Inclusive Terms: Gender Identity and Expression
- Interviewer Bias Awareness (Hiring Managers and Search Committee Members)

Email [HRTraining@occc.edu](mailto:HRTraining@occc.edu) with current FY-24 requests. Our collaborative and holistic approach is key to positive outcomes. Let's create solutions together.

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## Cultivate Inclusion

### The month of May brings multiple awareness opportunities:

Communication disorders are among the most common conditions in children and adults, affecting tens of millions of people in the United States alone. Left untreated, these disorders can negatively impact a person's academic, social, and career success—as well



as their overall quality of life.

With early treatment, many communication disorders can be reversed or even prevented. However, treatment at any age or any stage can make a positive impact.

Many thanks to audiologists and speech-language pathologists in our community who dedicate themselves every day to improving the lives of their clients, patients, and students.

Let's also recognize the needs of those among us who have hearing, speech, language, and swallowing disorders—and do all that we can to ensure that they have access to the services of audiologists and speech-language pathologists who can help them communicate effectively and swallow safely.

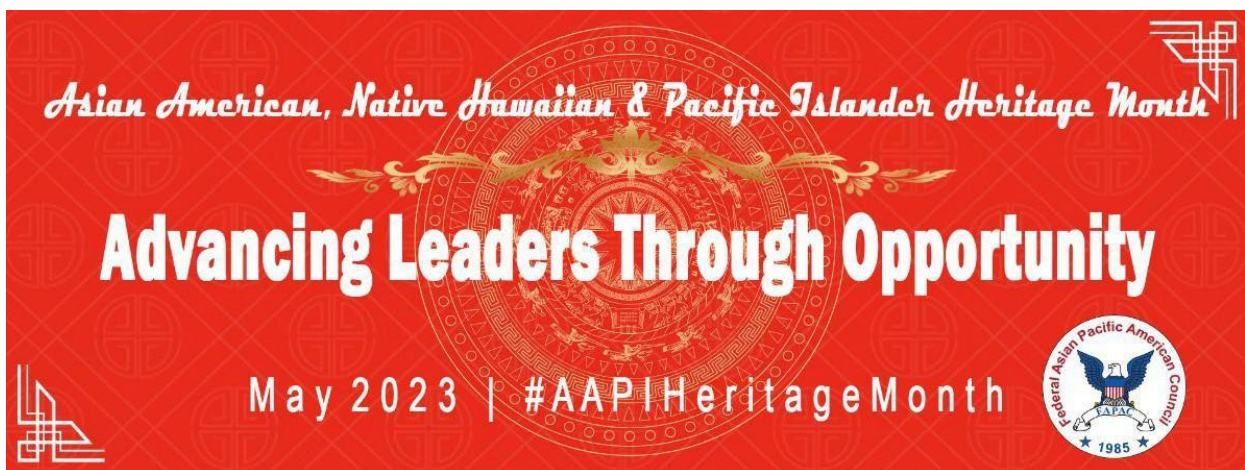
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Did you know?

1 in 5 seniors face the threat of hunger

15 million American seniors live below the national poverty line

A study showed that a senior receiving just one service was able to live at home 24.8 months longer



“Opportunity is defined as “a set of circumstances that make it possible to

do something". Opportunity can be built, it can be accessed, it can be achieved, or it can be given. It has been the foundation of our great Nation and thus America is known to be the land of opportunity. Each year, thousands of immigrants from all over the world come to the United States to gain access to these opportunities. No matter who you are, you can achieve anything in this country if you put your mind to it. To keep the Nation moving forward, the capable ones must lend a hand to those in need and provide an opportunity for them to advance, as well."

"Through providing advancement opportunities, organizations can reduce the barriers to professional progression and consequently reduce employee turnover and increase satisfaction. A successful organization invests in its employees' professional development by providing opportunities that enable the employees to refine their skills and enhance their leadership abilities."

### **-Federal Asian Pacific American Council Announcement Excerpt**

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## **We're Hiring**

[Professor of Accounting](#)

[Recruiting and  
Onboarding Coordinator](#)

[Campus Police  
Administrative Assistant](#)

[Director of Enterprise  
Resource Planning \(ERP\)](#)

[Student Positions](#)

[Adjunct Positions](#)

For other opportunities not  
listed visit:

[www.occcjobs.com](http://www.occcjobs.com)

## **Years of Service**

### **10 years:**

Shima Desai  
Jason Hamilton  
Daniel Piazza  
Dr. Regina Switzer

### **5 years:**

Jeff Sughru

### **1 year:**

Daniel Byford  
Robert Davis  
Dr. Michael Fern  
Daniel Hambright  
Brittany Smith  
Luke Spears

## May Brain Teaser

Tom, Padme and Luis purchased books at the OCCC bookstore. Tom spent \$60 more than Padme, and Padme spent 60% more than Luis. If they spent a total of \$165, how much did Luis spend?

Answer in next month's newsletter  
April Brain Teaser Answer: 4 houses

# WELLNESS



BlueCross BlueShield of Oklahoma

## The Path to Feeling Better



Four smart steps can help beat back depression:

- Talk about your feelings with other people
- Exercise for at least 30 minutes every day
- Do “mood-boosting” activities you enjoy
- Eat foods with depression-fighting B vitamins

Source: Coping with Depression: Help Guide, 2019.

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

9100208.0820

BlueResource<sup>SM</sup> – Emotional Health – Dealing with Depression



## Dealing with Depression Keep Sadness at Bay

We all deal with feelings of sadness from time to time. Grief over the loss of a loved one. A painful breakup. Struggles with health issues. They are just a few of the events that can affect us emotionally and physically. But if this lasts longer than two weeks, try these steps to feel better.

**Reach out to others.** Stay connected with people who care about you. The simple act of talking to someone about your feelings may change your mood and outlook.

**Create a “feel-good” toolkit.** Create a list of activities you enjoy. Whether



it's a nature walk, playing with a pet or watching a funny movie, do one or more each day.

**Move your body.** Aim for at least 30 minutes of exercise daily. Physical activity takes your mind off worries, helps you feel energized and releases good chemicals in your brain.

**Eat to feel better.** Give your body foods rich in depression-fighting B vitamins and omega-3 fatty acids. Leafy greens, citrus fruits, chicken, eggs and fatty fish are good choices.

If you still struggle with depression, talk with a health care provider.

**Sources:**

*Coping with Depression.* Help Guide. 2019.

*Depression and Anxiety: Exercise Eases Symptoms.* Mayo Clinic. 2017.

*Depression Basics.* National Institute of Mental Health, National Institutes of Health. 2016.

*Coping with Depression.* Help Guide. 2019.

<https://www.helpguide.org/articles/depression/coping-with-depression.htm>

*Depression and Anxiety: Exercise Eases Symptoms.* Mayo Clinic. 2017.

<https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>

*Depression Basics.* National Institute of Mental Health, National Institutes of Health. 2016.

<https://www.nimh.nih.gov/health/publications/depression/index.shtml>



**BlueCross BlueShield of Oklahoma**



**BlueResource<sup>SM</sup> – Emotional Wellbeing – Finding Help for Mental Health Issues**

## Choose the Right Expert

Wellbeing embraces physical and mental health. Psychologists and psychiatrists are devoted to mental health concerns. Their expert help makes a positive difference in the lives of many. Still, it can be hard to know when to see whom. What are the differences between the two?

### Psychologists

- Look at mental and social factors that drive people's actions
- Help patients heal from trauma
- Use talk and behavior therapy
- Have a doctoral degree (Ph.D.) in psychology
- Treat conditions such as stress, depression, anxiety and trauma

### Psychiatrists

- Examine ways biology plays a role in mental health
- Diagnose and treat many mental health disorders
- Prescribe medication as part of treatment
- Are medical doctors who specialize in psychiatry
- Treat conditions such as bipolar disorder and schizophrenia



**Reach out for help when you're struggling with a mental health issue.**

Sources: *The Difference Between Psychology and Psychiatry*, Psychology.org, 2022.  
*What is Psychiatry?* American Psychiatric Association, 2022.

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BlueCross BlueShield of Oklahoma



BlueResource<sup>SM</sup> – Emotional Wellbeing – Nurturing Mind & Body

## Your Mind and Body Are in Perfect Sync

Your mind and body are an amazing duo. The way you think can affect the way you feel, and the way you feel can affect the way you think. Naturally, it makes sense to keep the two in harmony as much as possible. Here are ways to nurture the link.

**Be positive and hopeful.** Have an optimistic outlook on life. When you do, your brain releases feel-good chemicals that help you cope with pain and stress.

**Wrangle your worries.** Try not to stress over work, money and other problems. When you do, it can trigger pain, headaches, muscle tension and stomach issues.

**Unwind and decompress.** Make time to relax your mind. When you do, your body stops releasing hormones that raise your blood pressure and put your body on high alert.

**Build stronger resilience.** Find ways to handle difficult situations. When you do, your body learns to cope without a constant flood of stress-inducing chemicals.

**Stay on top of sickness.** Take care of health issues right away. When you do, your body can help your brain fend off the stress, anxiety and depression.



Strengthen your mind-body connection.

Source: Mind-Body Wellness. Michigan Medicine University of Michigan. 2019.

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9100264.0820



## Stress a Whole Lot Less



Stress boosts your risk for stroke. Here are a few ways to help shake it off:

- Take deep, calming breaths
- Meditate every now and Zen
- Spend time enjoying nature
- Talk and laugh with friends

Source: Stroke Symptoms, American Stroke Association, 2019.

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Oklahoma City Community College  
9100165.0820

BlueResource<sup>SM</sup> – Controlling Your Condition – Preventing Stroke



## 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](mailto:Supportlinc@curalinc.com)

[www.supportlinc.com](http://www.supportlinc.com)

**Access Code:** occc

1-888-881-5462

## Other OCCC News

### Registration Now Open for the College for Kids Program

The OCCC College for Kids program registration is now available online! This program offers a variety of fun and educational activities for 1st - 8th graders.

These programs are designed to enrich young students with high academic potential, a keen interest in the subject matter, and the motivation or talent to succeed in science, creative arts, math, computer applications, humanities, and social sciences courses. Each class is designed to help children explore their interests and develop new skills.

You can [learn more about the course offerings here](#).

Registration is now open, and classes begin in May. For more information, please visit the OCCC College for Kids website at <https://www.occc.edu/coe/summercamp/>.

We hope you will share this information and take advantage of this excellent opportunity to give your children a fun and educational summer experience. For questions, please reach out to Kristi Carlucci via email at [kristi.l.carlucci@occc.edu](mailto:kristi.l.carlucci@occc.edu).

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### **Suited for Success**

Did you know that more than 60 percent of OCCC students who don't return to college do so for non-academic reasons? When it comes to basic needs, many of our students face significant struggles. OCCC has taken one more step in helping students by opening the OCCC Clothing Closet. The endeavor, which is in partnership with the [Sharing Tree](#), serves as a complement to the OCCC Student Food Pantry, which opened in 2018. Please make plans to donate your gently-used clothing to this important cause. Donations may be dropped off in the Recreation and Fitness Office. For more information call 405-682-7860.

The OCCC Clothes Closet is located in Social Science in room 1H12.

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