



OKLAHOMA CITY
COMMUNITY COLLEGE

RESOURCE

HR EMPLOYEE NEWSLETTER

April 2025

Updates and News

Save the Date!

Open Enrollment period will be for Monday, April 21, through Friday, May 2. More info to come!

Summer Fridays Initiative

Oklahoma City Community College's **Summer Friday** initiative will take place **Monday, May 26**, with the first Friday being **May 30** and end the week of **Monday, July 28**, with the last Friday being **Aug. 1**. Please reach out to hrbenefits@occc.edu with any questions or concerns.

Years of Service

15 Years

Monica Carlisle

10 Years

Lisa Robertson

Craig Sisco

1 Year

Tiffany Barnett

Dr. Orlenthea McGowan

Edward Wilson Jr.

Rosaura Teus

Dr. Jennifer Hembree

Michael Freeman

Kiran Gurunath Naik

A Warm Welcome to OCCC's Newest Team Members



Elian Meza

OCCC Campus Police Officer



Kasie Howland

Professor of Nursing - ARPA

Rhaven Sarille

Division Assistant, K-12 Partnerships

Jake Moore

OCCC Campus Police Officer

Lyssa Albertson

Disability Support Advisor

David Massey

Professor of Respiratory Care/Coordinator

(not pictured)

Professional Development

HR Training Spotlight: Spring Series Begins April 3!

OCCC HR is proud to partner with executive coach Amanda Stansberry to offer a six-part training series for faculty and staff this spring.

Training Details


Each training will be held in a designated OCCC classroom with two available time slots: 8:30 to 11:30 a.m. and noon to 3 p.m. Space is limited to 25 participants per session, so please register early. Light refreshments will be provided.

Spring 2025 Training Schedule:

- Effective Communication (April 3)
- Difficult Conversations (April 9)
- Boundaries & Professional Behaviors (April 17)
- Etiquette & Professional Behaviors (April 23)
- Building Trust & Healthy Conflict (May 1)
- Employee Engagement (May 7)

REGISTER NOW TO SECURE YOUR SPOT

Wellness



**Coming to you...
For your peace of mind.**

**Oklahoma City Community College Campus
Located at VIP Circle**

April 16TH, 2025

Call to schedule your appointment today!
800.422.4626 Ext. 49760 or 49761

Most insurances, including government plans, cover yearly screenings for no out-of-pocket cost for women 40 and older. Most insurance accepted.

Catapult At Home Biometric Kit

OCCC employees now have access to Catapult at Home Biometric Kits — a simple and convenient way to complete your wellness screening without leaving home.

Each kit includes everything you need to check key health metrics and review your results with a licensed nurse.

Stay tuned for more information on how to request your kit!



BlueCross BlueShield of Oklahoma



Health and Wellbeing Supportive Resources - Stress Management

In support of **National Stress Awareness Month**, we're sharing supportive tools to help you reduce stress, boost your wellbeing, and feel more in control.

☐ **Stress Relief Flyer** - Learn how stress impacts your body and find simple ways to cope.

☐ **Stress Less Fillable Flyer** - Personalize your stress management approach with fillable prompts.

☐ **Financial Wellbeing Fillable Flyer** - Tackle financial stress by setting SMART money goals.

☐ **Podcasts:**

Try these stress management techniques

Watch: Stress Management Techniques Video

Use this self-care meditation to help you lower your stress

Watch: Guided Self-Care Meditation

☐ ***Remember: Investing a few minutes in your health can make a big difference—both at work and at home.***

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

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