



OKLAHOMA CITY
COMMUNITY COLLEGE

RESOURCE

HR EMPLOYEE NEWSLETTER

May 2025

Updates & News

Campus Closed for Memorial Day:

May 26, 2025

Grill & Chill

Thank You, OCCC Faculty & Staff – Grill & Chill 2025

A big thank-you to all the amazing faculty and staff who lent their time, energy, and enthusiasm to make this year's *Grill & Chill Campus Cookout* a success! Whether you were flipping burgers, helping with setup, greeting students, or just creating a welcoming atmosphere — your involvement helped bring the OCCC spirit to life. Your presence made the event more engaging and meaningful for everyone who attended.

We appreciate your support in making this campus tradition so special. Here's to more community, more connection, and more fun — together!



REMINDER: Staff Performance Appraisals

Due before May 31, 2025 —

[Phase 4: Final Performance Meeting](#)

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

Years of Service

10 Years

Carolyn Woodhouse

1 Year

Brenda Afilleje

Keegan Phillips-Roe

Brooke Le Force

Amy Brooks Young

A Warm Welcome to OCCC's Newest Team Members

Storm Oliver

Police Dispatcher

Lucy Ross

Banquet Manager



- Curry Bain**
Campus Police Office
- Rachelle Ellison**
Call Center Operator
- Michael Lummus**
Coordinator of Center of Veteran Student Success

Professional Development

Final Session of Spring Series — May 7!

OCCC Human Resources invites faculty and staff to join us for the final session in our Spring 2025 Professional Development series with Executive Coach Amanda Stansberry.

Topic: **Employee Engagement**

Date: Tuesday, May 7

Times: 8:30–11:30 a.m. or 12–3 p.m.

Location: Library 401-1

Light refreshments provided

Space is limited to 25 participants per session — register early!

Let's close out this dynamic series with a powerful conversation on how to foster meaningful engagement across our teams and workspaces.

📅 [Register here](#) to reserve your spot!

HR in Action: Supporting Students On and Off the Stage



Last month, our Talent Acquisition team joined the Students Connecting with Mentors for Success (SCMS) program to support students preparing for scholarship interviews. Recruiting and Onboarding Coordinator Rose Sanchez and Director of SCMS Dr. Bryon A. Dickens led mock interviews, shared readiness tips, and answered real-life scenario questions.

We also proudly represented HR at the OCCC Spring Career Fair, connecting with over 300 students and community members to share the benefits of working at OCCC.

Interested in having an HR guest speaker for your student group? We'd love to partner with you!

Contact: HRRecruiting@occc.edu



Benefits & Wellness

Tuition Waivers & Reimbursements

Do you currently participate in OCCC's Tuition Waiver or Tuition Reimbursement programs? In the past year, your Benefits Team has worked to improve both processes and to update outdated forms to coordinate with our institutional policy.

We strive to empower you to take full advantage of these benefits and support your educational and professional development. For more details and the updated processes and forms, please refer to the linked documents below.

Thank you for your dedication to continuing education and personal growth. If you have any questions related to either process, please feel free to contact Julie Green at ext. 7569.

Tuition Waiver/Reimbursement Forms:

[Waiver](#)

[Reimbursement](#)

May is Mental Health Awareness

Fueling Your Mind: The Link Between Nutrition and Mental Health

You really are what you eat — especially when it comes to your mental well-being. Research shows that nutrition plays a vital role in emotional and cognitive health. Missing key nutrients can increase stress, anxiety, and even contribute to cognitive decline.

To support a healthier brain, add foods rich in Omega-3s, B vitamins, Vitamin D, folate, magnesium, and iron. Great choices include leafy greens, oily fish, nuts, legumes, eggs, berries, and whole grains.

Each person's body is different, so consult with a doctor or dietitian before making major changes. Small shifts in your plate can make a big difference in your mind.

Healthy food, healthy mood!

Sources: *The New York Times*, *Harvard Health*, *Mental Health America*, *National Institute on Aging*, *Biomedical Central*.

[Read more](#)

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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