



OKLAHOMA CITY
COMMUNITY COLLEGE

RESOURCE

HR EMPLOYEE NEWSLETTER

October 2023

Updates & News

Congratulations to the following award winners who were recognized at this year's Convocation ceremony:

Chris Shelley Memorial Award

Stephanie Miller

Ray McCullar Award

Professor Leslie Jones

Elven Gray Award

Kristi Carlucci

Robert P. Todd Leadership Award

Brad Walker

Employee of the Year

Non-Exempt Staff

Brittany Phillips

Employee of the Year

Professional Staff

Bryon Dickens

Employee of the Year

Faculty

Dr. Liz Largent

Reminder: Staff Performance Appraisal

Reminder: Staff

Phase 1: Initial Planning Meeting

Due Before October 31

[Phase 1: Initial Planning Meeting](#)

Supervisors are required to schedule a meeting with each of their Staff members to review the established Core Competencies and to document at least one SMART goal.

Flu Shots

Employees have the opportunity to receive a flu shot on campus on October 6 or October 9 from 7:30 am to noon in HP167 in the main building. Please schedule an appointment using this [link](#).

New Employees

Abigail Phillips-Roe
Graphic Designer

Hayley Holland
Financial Aid Receptionist

Jennifer Fike
Writing and Media Communications Chair

Betsey Streuli
Staff Attorney/Compliance Officer

Wilma Ruiz
Administrative Assistant for Office of Development

Ashton Wills
Computer Technician

Tanya Denton
Executive Assistant for the President

Upcoming Events

November 20-26, 2023 - Thanksgiving Break - College Closed

Professional Development

Virtual HR Professional Development workshops are now available for certain topics to supplement in-person efforts. Each enrollment link specifies virtual or in-person. Video cameras are required for virtual workshops. Participants must be visible and responsive, as audio and video will be used for

workshop participation. Organizational Development will continue to provide new and reoccurring professional development opportunities to meet campus needs. As a reminder, enrollment options are available through HR Newsletters and the HR Professional Development [webpage](#).

Current Workshops

Trust 1

“Only 21% of US employees strongly agree that they trust the leadership of their organization.” - Gallup 2022

Growth beyond common trust requires effort. There are neither quick fixes nor shortcuts in building trust and no substitutes that impact employee engagement (76%), productivity (50%), or stress levels (74%) the same.

Trust 1 Workshop Enrollment

In-person

[October 17, 2023 2:00-4:00 pm](#)

[October 31, 2023 2:00-4:00 pm](#)

[November 1, 2023 2:00-4:00 pm](#)

[November 9, 2023 2:30-4:30 pm](#)

Identify eight characteristics of trust and how each one is key to foster a culture of trust in the workplace. In every interaction, we are either increasing or decreasing our trust with one another. Trust is fluid and requires intentional efforts to earn, build, maintain, and repair. Team cohesion, unity, and high-performance are linked to high-trust relationships. **NOTE: Pre-requisite for Trust 2**

Trust 2

“You’re not trustworthy because you intend to be. You’re trustworthy when others say you are.” -Forbes

Trust 2 Workshop Enrollment

In-person

[November 7, 2023 9:00-11:00 am](#)

[November 15, 2023 2:00-4:00 pm](#)

Learn how to use the foundational eight keys of trust from part one to balance transparency and consistent communication with healthy, results-based accountability. Discover strategies you can use to enable everyone on the team to strengthen their performance, results, and function as a high-performing team.

“Creating high-trust cultures takes time, patience, and effort-” -Gallup

Emotional Intelligence 1

In-person

[October 3, 2023 2:00-4:00 pm](#)

Virtual

[October 3, 2023 9:00-11:00 am](#)

Professionalism

In-person

[October 10, 2023 9-10:30 am](#)

[October 11, 2023 3-4:30 pm](#)

Civility: Stop the Gossip

Virtual

[October 4, 2023 2:00-3:00 pm](#)

In-person

[October 5, 2023 3:00-4:00 pm](#)

Productive Conflict Management 1

In-person

[November 7, 2023 2:00-4:00 pm](#)

We're Hiring

Director, Career Transitions

Professor of Nursing

Equity and Compliance Specialist

Help Desk Specialist

Adjunct Professor of Business - Construction Management

For other opportunities not listed visit: www.occcjobs.com

Years of Service

25 Years

Shelly Troxel-Tevis

5 Years

Bryan Fulton

Vinh Tran

1 Year

Melanie Adams

Nancy Alexander

Jennifer Hill

Jason Johnson

Leona Largent

October Brain Teaser/Pun

What starts with a P, ends with an E, and has a million letters in it?

Answer: The Post Office!

WELLNESS



BlueCross BlueShield of Oklahoma

A Mammogram Can Help Save Lives



A mammogram is an X-ray of the breast. It can help detect breast cancer up to three years before it can be felt. Starting at age 40, women should discuss this screening with their health provider.

Source: What is a Mammogram? Centers for Disease Control and Prevention, 2018.
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BlueResourceSM – Protecting Your Health – Screening for Breast Cancer



Screening for Breast Cancer

FIGHT Breast Cancer

Every two minutes a woman in the United States is told she has breast cancer. It's a scary fact, but here's another one: When breast cancer is found early, in the localized stage, the five-year relative

survival rate could be 99 percent. Take these steps to help protect yourself.

Do a self-exam. Know how your breasts normally look and feel. Check them once a month and talk with your doctor if you notice any changes.

Visit your doctor each year. Ask for a breast exam as part of your annual checkup. Discuss other breast screenings you may need based on your age, risk factors and health history.

Make mammograms a must. Talk with your doctor at the age of 40 to learn when and how often you should have breast X-rays. Follow recommended screening guidelines.

Focus on healthy living. Watch your weight and stay active. Eat fresh fruits and vegetables. Give up tobacco and limit the amount of alcohol you drink.



New Member Special: Pay No Enrollment Fee When you Join the Fitness Program in October.

Beginning Oct. 1, new members can join the Fitness Program without paying the \$19.¹ Sign up by Oct. 31 to get this great deal!

The Fitness Program offers flexible options and access to a nationwide network of fitness locations.

Other features of the Fitness Program include:

- Online enrollment and tracking
- Automatic monthly payment withdrawal
- A choice of gym networks and studio classes to fit your budget and preferences.
- Mobile app with check-in and activity history
- Access to thousands of digital fitness videos, live classes and fitness programs**
- Weekly Blue PointsSM for regular visits: You will earn 2,500 bonus points for joining the Fitness Program. Redeem points for apparel, books, electronics, health and personal care items, music and sporting goods.²

*Calorie burn based on 150-pound person in a weight training session.

**Digital fitness included in plan options. Or, you can select the Digital Only plan for a low monthly cost.

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Reap the Rewards of Exercise

Regular physical activity is an essential part of healthy living. It can help you:

- Maintain a healthy weight
- Lower your blood pressure
- Manage stress
- Increase your stamina and strength
- Improve sleep
- Reduce your risk for several diseases
- Improve your overall health
- Boost your energy so you can go on family outings, play sports, dance, travel and engage in other activities that can make life more enjoyable

**"THIS PROGRAM IS AMAZING!
I HEARD ABOUT IT FROM A COWORKER
AND SIGNED UP
IMMEDIATELY. IT ALLOWS ME TO
VISIT THE GYM CLOSE
TO MY HOME AS WELL AS ONE WITH
A VARIETY OF EXERCISE
CLASSES WITH MY FRIENDS. I BELIEVE
THIS IS THE BEST PROGRAM
OFFERED BY MY HEALTH PLAN!"**

- MEMBER

To enroll, log in to Blue Access for MembersSM (BAMSM) at bcbsok.com and search for the Fitness Program under **Wellness**. You will need to enter the code **OCTOBERWAIVED** during enrollment to join for free before Oct. 31. If you have any questions or prefer to enroll over the phone, call **888-762-BLUE (2583)** Monday through Friday, between 7 a.m. and 7 p.m., CT (6 a.m. and 6 p.m., MT).

¹ New members must enter the coupon code, OCTOBERWAIVED, to qualify for free enrollment until Oct. 31. Members who do not use this coupon code will be charged the standard fee. After Oct. 31, the regular enrollment fee will apply to all new memberships. Members, and their covered dependents, must be 18 or older to join the Fitness Program. Taxes may apply. This offer may not be combined with any other offers.

² Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for further information. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward. The Well onTarget member rewards redemption service is provided by an independent third party.

The Fitness Program is provided by Tivity HealthTM, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers. Prime is a registered trademark of Tivity Health, Inc. Tivity Health is a trademark of Tivity Health, Inc.

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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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