



OKLAHOMA CITY
COMMUNITY COLLEGE

RESOURCE

HR EMPLOYEE NEWSLETTER

December 2025

Updates & News

Holiday Schedule

The OCCC Campus will be closed for Winter Break:

Thursday, December 18, 2025 through Friday, January 2, 2026

Return on Monday, January 5, 2026

Years of Service

At Oklahoma City Community College, we believe dedication deserves to be celebrated. Each year, we take time to recognize the milestones our employees reach along their journey of service to the College. Whether one year or thirty, every anniversary reflects a story of growth, impact, and steadfast commitment to our students, colleagues, and community.

We extend our deepest appreciation to each faculty and staff member marking a service milestone this year. Your continued contributions embody the spirit of excellence that defines OCCC and help shape the supportive, student-focused environment we're proud to share.

Thank you for your commitment, passion, and ongoing service to our mission.

5 Years

Steven Tucker

1 Year

Bobby Thompson

Barak Cole Estes Segura

A Warm Welcome to OCCC's Newest Team Members



Jessica Jones

Receptionist for Executive Offices

Sheri Davis

Professor of Nursing/Student Success Specialist

Michael Arterbury

Campus Police Corporal

Georgia Metzger

K-12 Student Success Adv

Aaron Wehling

Physical Science Lab Assistant



Post-65 Retiree Open Enrollment Meeting



The annual Post-65 Retiree Open Enrollment Meeting was held on Wednesday, November 5, 2025. Twelve retirees attended the session, which began with a full breakfast buffet and provided an opportunity for meaningful engagement and fellowship.

Jackie Beck, representative from Blue Cross Blue Shield, presented an overview of the Medicare Advantage Plan, while Chad McCoy reviewed supplemental Plans F, G, and D. Casey Amorosi with Summit was also in attendance to offer additional guidance and support.

Retirees received new OCCC Trailblazer T-shirts as a token of appreciation for their continued connection to the College.

The event was both informative and enjoyable, reflecting OCCC's ongoing commitment to supporting and engaging its retirees.

Fall Wellness Week Giveaway Winners Announced!

Thank you to everyone who participated in OCCC's Fall Wellness Week! Your commitment to prioritizing your health and wellness made this year's events a tremendous success. From screenings to flu shots to mindfulness activities, our campus community showed outstanding engagement and enthusiasm.

We are pleased to announce the winners of our Fall Wellness Week Giveaways:

Hearing Screenings – Prize Winners

- **Josh Wade** – Wireless Earbuds
- **Sheila Mejias-Shavers** – Wireless Speaker

Biometric Screenings – Prize Winners

- **Deborah Morgan** – Fitbit
- **Dr. Traci Boren** – Mindfulness Journal

Flu Shot Participants – Prize Winners

- **Kristi Fields** – Cozy Blanket
- **Carina Amrine** – Thermal Mugs

Mindful Mindset Wellness Challenge – Prize Winners

- **Matthew Wickham** – Acupressure Mat
 - **Kristi Carlucci** – Essential Oil Diffuser & Oil Set
 - **Sarah Moore** – Luxury Sleeping Mask
-

Thank You & Wellness Committee Re-Launch Invitation

Whether you completed a screening, received your flu shot, or participated in the Mindful Mindset Challenge, you helped foster a culture of wellness, connection, and self-care at OCCC. We appreciate your participation and look forward to building on this momentum.

We are excited to announce the Re-Launch of the Wellness Committee in January 2026. If you are interested in joining the committee or contributing to future wellness initiatives, please contact us at HRBenefits@occc.edu.

From Budgeting to Building Wealth: OCCC's Financial Literacy Series Begins

OCCC Financial Literacy Series Kick-Off: Why Does Money Matter?

On Friday, November 7th, OCCC launched its Financial Literacy Workshop Series with the foundational session “*Why Does Money Matter?*” facilitated by Brittney Morgan of Oklahoma Money Matters (OKMM). Designed for staff and faculty, the workshop introduced core topics such as budgeting, saving, managing debt, and understanding credit in a judgment-free and supportive environment.

Attendees received printed resources and walked away with practical tools to apply immediately in their personal financial journeys. The session emphasized financial empowerment, privacy, and building confidence around money management. Key components of our long-term vision for financial wellness at OCCC.

This initiative, in collaboration with OKMM and the HR Talent Team, is part of our growing Financial Literacy Series. Upcoming topics may include:

- The Sandwich Generation (caring for children and aging parents).
- Trusts & Wills
- Retirement Planning

If you missed the session, we invite you to explore some of the trusted tools shared:

- [OKMM Resources](#)
- [CFPB Adult Financial Education Resources](#)

Thank you to all who participated and supported this kickoff. Stay tuned for future workshops and monthly tips in the HR newsletter's upcoming Financial Corner!

Degree Earned? Let Us Know!

If you recently completed a degree, you may be eligible for a compensation adjustment. To qualify, employees must submit an official transcript showing the conferred degree.

Submit your transcript one of the following ways:

- **Electronically:** hrrep@occc.edu
- **By Mail:**
Oklahoma City Community College
ATTN: Human Resources
7777 S. May Avenue
Oklahoma City, OK 73159
- **From OCCC?** Pick up a sealed copy from Records and deliver it to the HR Reception Desk in the JMC.

You can review the full policy here: [Compensation Policy 2100](#)

Let us honor your achievement and ensure you receive the recognition you deserve

Benefits & Wellness



Q4 Educational Webinar: HSA Hacks for Smarter Healthcare Spending

Join the Summit team for an insightful webinar focusing on the critical role of **Health Savings Accounts (HSAs)** in tackling the rising healthcare costs that both employers and employees face.

Topics include:

- Understanding the importance of HSAs in **managing healthcare expenses**
- Strategies to **maximize HSA benefits** for current and future healthcare needs
- **Key characteristics** of **Health Savings Accounts**

The session will highlight proactive planning, effective utilization of HSAs, and strategic decision-making to help individuals successfully manage healthcare costs now and through retirement.

Thursday, December 4th
10:00 AM - 10:45 AM (CST)

[Register Here](#)

Questions?
marketing@yoursummit.com

www.yoursummit.com

 [summit-financial-group](#)

 [SummitFG](#)

 [Summit.FG](#)

Securities offered through Registered Representatives of Cetera Wealth Services, LLC, member FINRA/SIPC. Advisory Services offered through Cetera Investment Advisers LLC, a registered investment adviser. Cetera is under separate ownership from any other named entity. Phone: 800.475.0991 | 5420 LBJ Freeway, Ste. 1940, Dallas, TX 75240



Take a moment to pause, breathe, and recharge with YogaHub's Yoga Break & Mindfulness sessions, featuring instructors Adeola and Olga. These sessions are designed to promote relaxation, focus, and overall well-being through gentle, desk-friendly stretches and mindfulness techniques that anyone can do during the workday.

The Desk Yoga videos from Wellness Week are now available for all OCCC employees to access under HR Forms → [Health and Wellbeing Supportive Resources](#). These short, guided sessions are perfect for relieving tension, improving posture, and reducing stress. Whether you are at your desk or taking a quick break between meetings.

For questions or additional information, contact the OCCC Benefits Team at 405-682-1611 ext. 7569 or 7808, or email hrbenefits@occc.edu.

Join us in prioritizing self-care, one mindful moment at a time.

Finding Balance During the Holidays

The holiday season can bring joy, reflection, and connection, yet it can also lead to added stress as we balance work, family, and year-end responsibilities. Taking intentional steps to care for your mental and physical health can help you approach the season with peace and purpose.

According to the [American Heart Association \(2022\)](#), maintaining balance begins with giving yourself space and grace. Making realistic holiday plans, creating manageable to-do lists, and saying no when necessary, can ease the pressure that often builds during this time of year. The article suggests setting aside time to rest, read, or simply breathe deeply before starting new tasks. Refreshing a favorite cozy space at home or spending a few quiet moments of reflection can also reduce stress and promote calm.

Mindfulness and connection play a powerful role in supporting well-being. The American Heart Association encourages noticing small details in nature, giving

someone your full attention, or sharing time with a friend to strengthen your emotional health. Simple actions, such as sharing a meal or helping with a task, can foster a sense of belonging and ease the feeling of being overwhelmed.

The National Alliance on Mental Illness (Rothman, 2022) emphasizes that perfection is not the goal of the holiday season. Everyone experiences stress differently, and recognizing personal limits is key to maintaining balance. Setting boundaries, showing kindness to yourself and others, and asking for support when needed are all healthy ways to navigate the season. NAMI also encourages finding time to decompress by resting, staying active, and focusing on what truly matters most.

As we close out the year at Oklahoma City Community College, we encourage every Trailblazer to take time to rest, reflect, and recharge. Self-care is not a luxury. It is a vital part of staying well, maintaining gratitude, and preparing for the opportunities of a new year.

TimelyCare for OCCC Faculty & Staff

TimelyCare for OCCC Faculty & Staff

OCCC is partnering with TimelyCare to provide faculty and staff with easy, 24/7 access to virtual health and well-being services. This resource is designed to support your overall wellness anytime, anywhere.

With TimelyCare, you can:

- Connect with licensed providers for physical or mental health needs
- Access 24/7 on-demand emotional support
- Schedule medical or counseling appointments that fit your schedule
- Explore self-care tools such as meditation, yoga, and wellness resources
- Get connected to community resources for basic needs

Learn More Here: <https://timelycare.com/>

Questions? Contact the OCCC Benefits Team at 405-682-1611 ext. 7569 or 7808 or email hrbenefits@occc.edu.

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

[Manage](#) your preferences | [Opt Out](#) using TrueRemove™
Got this as a forward? [Sign up](#) to receive our future emails.
View this email [online](#).

7777 South May Ave. | Oklahoma City, OK 73159 US

This email was sent to .
To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.