



OKLAHOMA CITY
COMMUNITY COLLEGE

RESOURCE

HR EMPLOYEE NEWSLETTER

July 2024

Updates & News

Campus Closed Thursday July 4, 2024

Please be advised that the campus will be closed on Thursday, July 4 in observance of Independence Day.

Years of Service

35 Years

Gary Dominguez

20 Years

Cynthia Gary

10 Years

Jessica De Arman

5 Years

Brittney Meeks

1 Year

Dr. Carolyn Eastlin

Karl Greene

Zachery Hong

Cheyenne LaBoube

Guadalupe Serna

A Warm Welcome to OCCC's Newest Team Members

Gabriel Gray

Social Media and Public Relations Specialist

Daniel Mildren

Senior Network Administrator

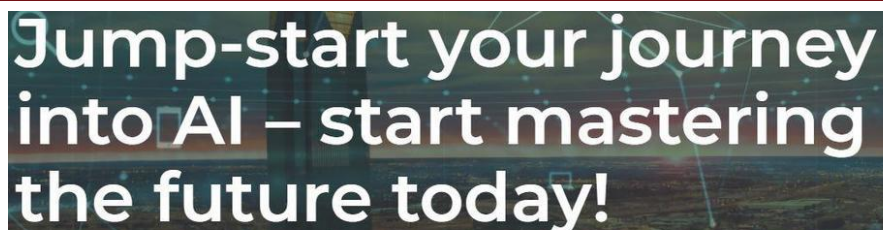
Steven Flanagan

Campus Police Officer

Amy Brooks Young

Culture and Leadership Development Officer

Professional Development



Jump-start your journey
into AI – start mastering
the future today!



Grow with
Google

Learn AI through Oklahoma & Google Partnership

State officials and Google announced a partnership to bring AI Essentials to **all** Oklahomans. No matter your degree or skill level, you can achieve this certificate by completing modules on YOUR schedule and at **no cost**.

Taught by Google AI experts, this course will teach you how to maximize productivity, the art of prompt engineering as well as using AI responsibly. Get this hands on experience through videos, readings and interactive exercises in under 10 hours.

[Enroll Here](#)

Benefits & Wellness

Retrain Your Brain through Learn to Live

Digital Mental Health programs from Learn to Live can help you get your mental health on track so you can feel better and enjoy life more fully. Whether you're facing a challenge or just want to proactively manage your mental health, you can learn new skills and get help in breaking old patterns that may be holding you back.

Areas of support include:

Stress, anxiety and worry

Depression

Insomnia

Social Anxiety

Substance use

Panic

Resiliency



Check out the programs included at no added cost through your BCBSOK plan:

1. Log in at bcbsok.com
2. Click **Wellness**
3. Choose **Digital Mental Health**

Register A Minor

BCBSOK members 13 to 17 years old can also use the programs. To register a minor, complete one of the following options.

- If you previously created a Learn to Live account, log in, go to the **Resources** tab and click "**Register a Minor.**"
- If you do not have an account, complete the three steps above, click "**Get Started**" and then select "**I want to allow a dependent to register for a Learn to Live account.**"

Get a mental health tune-up online.

Learn to adjust unhelpful thoughts and manage your mood.

Work with an expert coach to guide you.

Keep your personal details private.

July is UV Safety Month



BlueResourceSM ∩ Protecting Your Health ∩ Protecting Your Skin

Show Your Skin a Little Love

[Stay in the shade](#) and rely on leafy trees, buildings and canopies to help avoid direct sunlight.

[Cover-up](#) by wearing long sleeved shirts, long pants or skirts to block harmful rays. Tightly woven fabrics work best.

[Keep a cool head](#) by wearing a wide-brimmed canvas hat that can shade your face, ears and neck.

[Slip on sunglasses](#) that protect your eyes from both UVA & UVB rays.

Most [importantly, wear that sunscreen!](#) One with an SPF 30 or higher works best.

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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