



## March 2024

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### Dates to Remember

- Professional Development Week: Mon, April 15 – Fri, April 19
- Employee Excellence Awards Luncheon: Thurs, April 18 (11:30 am – 1:00 pm) Campus offices closed for the event.

**WHO DUNIT?**

**EMPLOYEE EXCELLENCE AWARDS**

April 18th, 2024 • 11:30 AM - 1:00 PM  
Conf. Rooms North & South • Student Center  
**OFFICES WILL BE CLOSED**

**MENU**  
Lasagna (beef) • Fettucine Alfredo • Grilled Chicken  
Garlic Breadsticks • Caesar Salad • Assorted Cookies  
Tea & Water

Email dietary restrictions by **April 10th**  
[bonnie.skaggs@okstate.edu](mailto:bonnie.skaggs@okstate.edu)



OKLAHOMA CITY

# PROFESSIONAL DEVELOPMENT WEEK

Save the Dates!

April 15-19

## MONDAY

9:00-9:30am: Wellness Center, AD  
Introduction to Wellness Center with by Jamie Roberts

9:30-10:00am: Wellness Center, AD  
Intro to Weights and Weight Lifting with Jamie Roberts and Kiel Pepper

10:30-11:30am Conf 304  
Intro and Understanding Macro Nutrients and how to count them presented by Jamie Roberts

1:00pm-2:00pm: Conf 304  
Excel Tips and Tricks with Shane Allen

2:00-2:30pm: Wellness Center, AD  
Introduction to Wellness Center with Jamie Roberts

2:30-3:00pm: Wellness Center, AD  
Intro to Weights and Weight Lifting with Jamie Roberts and Kiel Pepper

## TUESDAY

9am-11am: Conf N&S  
5 Behaviors of a Cohesive Team by Lorinda Schrammel

11:00am-12:00pm: Conf 304  
Excel Tips and Tricks with Shane Allen

12pm-1:15pm:AD 115A  
Self Defense and More! presented by The Come Up Foundation

1:30pm-3:30pm: Conf N&S  
5 Behaviors of a Cohesive Team by Lorinda Schrammel

## WEDNESDAY

9:00-10:00am Conf 304  
Phishing-Don't take the bait! with Christian Davis

10:30-11:30am Conf 304  
De-Escalation for Common Folks presented by Kiel Pepper

12-1:00pm Conf 304  
Introduction to Public Speaking

2:00-3:00pm Conf 304  
Phishing-Don't take the bait! with Christian Davis

## THURSDAY

9:00-10:00am Conf 304  
De-Escalation for Common Folks presented by Kiel Pepper

11:30am-1pm:Conf N&S  
Service Award Luncheon (offices are allowed to close so that employees may partake in the event.

2:30-3:30pm Conf 304  
Intro and Understanding Macro Nutrients and how to count them presented by Jamie Roberts

## FRIDAY

11am-12pm: Conf 304  
Painting with Jay Tracy

1pm-2pm:Conf 304  
Painting with Jay Tracy

Registration Opens Soon!!

## TIAA Retirement Planning

### In-Person Meetings Available

Our TIAA representative, Jon Stiles, can meet with you for one-on-one consultations. If you are interested, please schedule a meeting at <https://shared.tiaa.org/public/publictools/events/meetingatworkplace> and choose from the available appointments for OSU-OKC. The customer service staff is equipped to answer most questions at 1-800-842-2776. You can also log on to [www.tiaa.org/okstate](http://www.tiaa.org/okstate) to access the specifics on your accounts and schedule appointments.

OKC appointment times:

Tuesday, May 7<sup>th</sup> 8:00am – 5:00pm, Bennett Room (3<sup>rd</sup> floor Student Center)

Wednesday, May 8<sup>th</sup> 8:00am – 5:00pm, Bennett Room (3<sup>rd</sup> floor Student Center)

## New to FSA or HSA Plans?

If you just elected to participate in a Flexible Spending Account (FSA) or a Health Savings Account (HSA), be sure to create a login with the respective vendors to access your FSA or HSA card for spending.

### FSA – Chard-Snyder

<https://www.chard-snyder.com/>

Customer service: 800-982-7715 or request account assistance with [askpenny@chard-snyder.com](mailto:askpenny@chard-snyder.com)

### HSA – Benefit Wallet

<https://www.mybenefitwallet.com/index.html>

Service Center: 877-472-4200

## Health Savings Account Transition

OSU A&M's benefit plan includes a Health Savings Account (HSA) option for those enrolled in the BlueEdge High Deductible Health Plan. Currently, the HSA is administered by BenefitWallet. On May 10, 2024, all OSU A&M Health Savings Accounts will be automatically transferred to HealthEquity, an IRS-approved non-bank custodian.

Individuals with an HSA administered by BenefitWallet will receive a letter from Bank of New York Mellon and BenefitWallet approximately one month prior to the HSA transfer date with details regarding the timing and process of this transition.

This transfer will happen automatically. If you have elected to contribute to your HSA, payroll deductions will continue into the HealthEquity account. There is no action needed by you for the transfer itself or to continue your payroll deductions.

## Counseling and Support

The [Counseling and Support](#) website lists available community resources and student support resources. You will also find links to the Student Wellness newsletter, a mental health activity calendar, and a link to the [Wellness Center](#) site. For more information, please reach out to Ross Duren.

Ross Duren, LMSW  
Administration Building, Rm 101  
405-945-3346  
[ross.duren@okstate.edu](mailto:ross.duren@okstate.edu)

## Employee Assistance Program

The Employee Assistance Program (EAP) provides employees and their dependents with options for confidential counseling, work-life solutions, legal support, financial information, and wellness guidance. These services are offered by *GuidanceResources* at no cost to OSU-OKC employees. For more information about the program and how to contact *GuidanceResources*, check out the link on the OSU website. <https://hr.okstate.edu/benefits/guidanceresources.html>

**Download the ComPsych® GuidanceNow<sup>SM</sup> Mobile App**

## Employee Updates

### New Employees

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Name	Title	Dept.	Hire Date
Dorian Carter-Rodriquez	Coordinator of Career Services	Operations VP	3/25/2024
Amber DeSpain	Director	Business Services	3/18/2024
Evelin Mendoza	Coordinator	Student Life	3/4/2024
Joyce Crawford	Director	Institutional Effectiveness	3/1/2024
Corri Patterson	Admissions Specialist	Admissions	3/1/2024

### Employee Departures

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<b>Name</b>	<b>Title</b>	<b>Dept.</b>	<b>Last Day</b>
Destinee Doolittle	Financial Aid Counselor	Financial Aid	3/21/2024
John Devere	Maintenance Tech	Facilities Operations	3/14/2024
Lorena Mayorga	Advisor Coordinator	Talent Search	3/8/2024
Daniel Smith	Director	Admissions	3/6/2024
Joy Wieland	Senior Director	Institutional Assessment	3/5/2024

## Human Resources Team



Email: [okc.humanresources@okstate.edu](mailto:okc.humanresources@okstate.edu)