



## Newsletter

### Letter from the President

Hello TAHRA PEEPS!

(BTW – Easter candy is in the aisles and my favorite are the Peeps yellow chicks!)



Wow – we all knew that February was a short month but it flew by so fast I nearly missed it with all the ACA reporting and other items that had to be done.

Thankfully, the 2021 Return on Inclusion (ROI) Team made sure we ended the month with a BANG! I hope you had the opportunity to attend the largest DEI event in Oklahoma. I would venture to say that with record registration of more than 560 attendees, this may actually be the largest DEI event in the Midwest. Big kudos go to Shalynne Jackson and Shala Andrews, Co-Chairs for this event. They led an amazing committee and tackled some big hurdles in 2020 and 2021. Please reach out to any member of this team and let them know your thoughts about the event. You may even want to get involved on their committee going forward – just a thought.

But now, MARCH – 1 year since the great COVID-19 declaration. People have been in various levels of lock down and unease. Employees are either dealing with too much time with the people in their home or they are suffering from not seeing their loved ones at all. There are many people struggling out there. Strong people are realizing they are not as strong as they once were and we are all getting worn down.

Now is the time to focus on Mental Health and Substance abuse and SHRM has some great resources to help you. Throughout the year, I noticed posts from SHRM on social media regarding these, here is a link to some of their [Mental Health in the Workplace](#) resources, here you can find a plethora of information to educate you and your staff to help support your employees.

Lastly, thank you TAHRA Peeps for being my people! I am so proud to be associated with such a great group of inspiring individuals. This includes all of you!

Sincerely,

*Rhonda Siex, SHRM-CP, PHR*  
President

**March Program Meeting**  
**Wednesday, March 10 |12pm - 1pm|**  
**Zoom Webinar**

**Aligning the Workplace Experience for Fun and Profit**

Presented by David B. McLaughlin, M.Ed, SHRM-SCP



Employers and employees do not have to have an adversarial relationship, but can enjoy a mutually beneficial experience when they understand the needs of each other. Learn what each side needs and how to align your work experience to maximize your own growth as well as the development of your employees.

Sponsored by:



THE | PERSIMMON | GROUP

[Register](#)

**March Learning Lab**  
**Thursday, March 25 |1pm - 3pm|**  
**Zoom Meeting**

## HR 101/Department of 1

Presented by Kristi Spaethe, SHRM-CP, PHR



This session is designed to prepare and assist multiple groups and levels of professionals, from the newly appointed HR professional with no HR background, to the Business Owner who wears “all the hats”, to the HR professional who finds themselves in a Department of 1 role with limited previous experience in that scope. There are many aspects to Human Resources and the look and feel of those aspects can be greatly affected by the organizational view of what HR should look like. There are also tips, tricks and best practices for newly appointed professionals, whether seasoned or emerging, that can help ease the transition.

Sign Up

The advertisement features the AARP logo in the top left corner. The main image shows a woman in a patterned sweater assisting an elderly man in a dark jacket and scarf as they walk on a pier. A man in a light-colored cardigan stands next to him, looking down at something in his hands. The background is a bright, sunny day over water. On the right side, there is a red vertical banner with white text.

**Family Caregiving**

**1 IN 6 WORKERS ARE FAMILY CAREGIVERS.**

Learn how you can help them balance their responsibilities with helpful resources.

This is a paid advertisement.

## Self Care and Mental Health

by Denise Reid, *Community Relations*

We are close to the one year mark of dealing with the pandemic. We have pivoted and had to make adjustments in all aspects of our lives; work, family, and personal. We are all dealing with our own challenges while trying to maintain our sense of humor, space for grace and productivity. Self care and mental health are topics being spoken more frequently in public and work spaces. Below you will find resources and services that may be a benefit to you and your people. Providing information and/or your company Employee Assistance Program (EAP) regularly helps normalize and destigmatize the use of services.

**Mental Health America** [www.mhanational.org](http://www.mhanational.org)

- National association supporting mental health through social media, research, screenings, referral to services, etc.

**National Alliance on Mental Illness (NAMI)** [www.nami.org](http://www.nami.org)

- National, state, and local association of parents and family members supporting one another and those living with mental disorders.

**Child Mind Institute** [www.childmind.org](http://www.childmind.org)

- Parenting, child development, and mental health institute offering treatment, resources, and support.

**Mental Health Association Oklahoma** [www.mhaok.org/get-help](http://www.mhaok.org/get-help)

- General information and system navigation - (918) 585-1213
- Support groups [www.mhaok.org/support-groups](http://www.mhaok.org/support-groups)

**Suicide Prevention Lifeline** (800) 273-8255

**Crisis text line** 741741

If you are seeking additional services outside of those listed above 2-1-1 is an excellent community resource and partner for identifying those. You can call, text or visit [211 Oklahoma](#).

Let me know if I can help provide additional resources or information to you. I can be reached at [denise@denisereid.com](mailto:denise@denisereid.com) or (918) 633-0073.

**REGISTRATION IS OPEN**

**EVOLVE**

**OKHR 2021  
CONFERENCE**

**April 22 & 23, 2021**

*Virtual Conference*





**SHRM21  
Annual Conference and Expo  
Chicago Live and Online  
June 20-23**

Our workforce needs us. Now, more than ever, we need to deepen our understanding of workplace issues and solutions to help employers and employees thrive. Attend #SHRM21 for a can't-miss experience with renowned speakers and session formats that suit every learning style. In-person and discounted virtual passes are now available: <https://shrm.co/qvwk9a>

**Upcoming events!**

**Wednesday, March 10** - Program Meeting  
**Tuesday, March 16** - HRIS Meetup Group  
**Thursday, March 25** - Learning Lab

## Updates -

- TAHRA will not hold a program meeting or learning lab in April, so our members can attend the OKHR State Conference.
- When we return in May, we will begin charging guest \$15 for program meetings and learning labs. TAHRA members will continue to receive free program meetings and learning labs while we are in a virtual format.

[View our Calendar](#)

## Welcome New Members!

Mark King - Bearwood Concepts  
Debbie McMillian - CF Industries  
Laurel Brock - Archon Resources - Tulsa, OK  
Amanda Sanderson - The Persimmon Group  
Quentin Liggins - Tulsa Public Schools  
Gregg Jaynes - First Oklahoma Bank  
Patsy Evans - CF Industries



[SHRM Website](#)

[HRCI Website](#)

[OKHR Website](#)

Tulsa Area Human Resources Association | PO Box 140958, Broken Arrow, OK 74014

[Unsubscribe {recipient's email}](#)

[Update Profile](#) | [Customer Contact Data Notice](#)

Sent by admin@tahra.org powered by



Try email marketing for free today!