# AWARENESS MONTH

#### IN THIS ISSUE

MAY 2023 | VOLUME XXX

Mental Health Awareness Month
ACC Graduation

II

Ш

VII

VIII

AA&PI Month

What's Coming Up

Associate Highlight

Sam's Farewell

**Marketing Updates** 

THE ARVEST CREDIT CARD DIVISION NEWSLETTER

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best control HEALTH
positive
psychology
life

the statement ARVEST

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Adults in the US experience a mental health condition in a given year.



50%

Of all lifetime cases of mental illness begin by age 14.



Less Than Half

Of the adults in the US who experience mental illness get the help they need in a given year.

### MENTAL HEALTH AWARENESS \$ \_\_\_\_\_



In 1908, Clifford Beers sparked the mental heath reform movement with his autobiography, A Mind That Found Itself. Beers went on to found the Connecticut Society for Mental Hygiene and it expanded to a national committee in 1909. The committee was the predecessor to the National Mental Health Association, which later became Mental Health America on Nov. 16, 2006.



The month of May has been recognized as Mental Health Awareness Month in the United States since 1949. It was established to increase awareness of the importance of mental health and wellness in American's lives, and to celebrate recovery from mental illness.

Anxiety ADD & ADHD Stress **Trichotillomania Bipolar Disorder Excoriation Disorder Dissociation & Phobias Dissociative Disorders Pregnancy &** Postpartum Suicide **PTSD** OCD Self-Injury Disorders Mental Illnesses Seasonal Depression **Panic Disorder Borderline Personality Disorder** Alzheimer's Disease **Eating Disorders** Depression **Body Dysmorphic Disorder** 

**Mood Disorders** 



(BDD)

## GRANUGITON SEUSON



Samantha Cooper: B.B.A from the University of Oklahoma



Tiffany Watkins: Certificate in Bank Marketing from ABA Bank Marketing School



Angie Navarro Castillo: Bachelor's in Mathematics from UAFS 2017



Robert Fredricks Son: Graduate from Columbia in NYC



Jordan Hooper: University of Tulsa MBA Program

Congratulations to all our ACC associates and their families on graduating! Whether that be from college or certificate program, we recognize the hard work, dedication and determination it takes, and know it will pay off! We at ACC wish you and your families the best on the next chapter in life, personally and professionally.



#### ASIAN AMERICAN & PACIFIC ISLANDER MONTH

By: Jamie Ratajczyk - ACC Operations Trainer

### May Day is Lei Day

In 1927, Honolulu Star-Bulletin's Don Blanding had an idea for a new holiday. He explained in his 1930's book Hula Moons, "the bright idea that I presented was, "Why not have a Lei Day?" Let everyone wear a lei and give a lei. Let it be a day of general rejoicing over the fact that one lived in a Paradise. Let it be a day for remembering old friends, renewing neglected contacts, with the slogan "Aloha," allowing that flexible word to mean friendliness on that day." The idea was a hit and by 1929 it was made an official holiday on the first of every May, leading to the slogan, "May Day is Lei Day."





Lei giving is widely known as a Hawaii tradition. However, the lei actually came to the Hawaiian islands by way of Polynesia. Polynesians across the South Pacific traditionally honored their gods by braiding greens into wreaths and decorating themselves with garlands of flowers and vines. As they travelled and began to settle on the islands of Hawaii, they brought their traditions with them, including the fragrant flowers used in their religious customs.

Authentic lei are created with fresh flowers, vines, leaves, ferns and sometimes even shells, nuts, fish bones and feathers. Lei are often crafted with fragrance in mind so flowers like orchids, pikake, plumeria and jasmine are common lei materials. Each island has it's own flower or shell that they use in their lei making.

Since 1929, Lei Day has grown and now includes lei making competitions, live music and a Queen of Lei Day pageant. Of course the day is also filled with gifts of lei to convey love, joy, hope and every other feeling that captures the spirit of aloha. And while, like all flowers, the gift won't last forever, the sentiment will.

















-Also happening in May...-



ArVETs will be hosting a company-wide webinar with a guest speaker who will be talking about Memorial Day. He is a historian and professor at John Brown University. This will be held on May 16th at 10am. Watch for more info to come!!

Click the pictures to be taken to each page to learn more about these special holidays.







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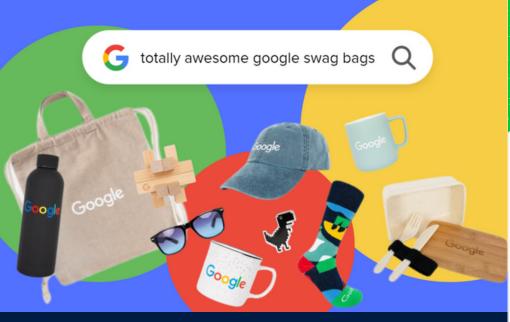
## WHAT'S COMING UP IN



#### Let's get ready to Google!

Phase 2 Go-Live: May 8th

Join Go-Live week Hypercase sessions facilitated by ACC Google Ambassadors and you'll be entered for a chance to win a Google Swag Bag! Click **HERE** for the Hypercare schedule.





#### Mother's Day

Celebrate your mother-figures on May 14th Do you need ideas of how to celebrate this Mother's Day? Click **HERE** to browse ideas and create memories this Mother's Day!



#### Memorial Day

Memorial Day allows citizens to honor and remember those who have died while serving in the US Military. Click HERE to see more information about Work - Life Balance benefits.

Just for fun





5/04 - Star Wars Day

5/05 - Cinco De Mayo

5/06 - Kentucky Derby

5/14 - Dance Like a Chicken Day

5/18 - No Dirty Dishes Day

5/23 - Lucky Penny Day

5/30 - Creativity Day

What are you celebrating this month?





#### ASSOCIATE'S CORNER

associate highlight

#### CHELSEA BRUMMER

Chelsea is ACC's Senior Accounting Support Specialist and has been with us since 2011. In the interview conducted by Travis Ledbetter, we're able to get to know Chelsea better and learn more about her career and life.

Click below to view the full interview!

Q&A



Passcode to Zoom link: Occxe8w\*

#### happy birthday

MAY 2023

May 5: Whitney Baker

May 7: Janna Tischler

May 10: Kelsey Coop

May 13: Matt Sanderson

May 16: Alyssa Miller

May 17: Brandi Renfro

May 20: Josh Crowe

May 28: Jared Polk

May 29: Brook Durham

May 31: Spencer Hutchison

#### anniversaries

MAY 2023

May 1: Spencer Hutchison

May 2: Lesly Olivares

May 5: Matt Sanderson

May 10: Leigh Vincent

May 27: Whitney Baker

May 28: Kevin Wilhelm

May 29: Desiree Abba

#### new hires

**APRIL 2023** 

Kelsey Coop - CSR1

Lynsey Lenz (transfer) - Merchant

**Product Analyst** 

Scott Russell (transfer) - Merchant

Relationship Advisor

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send a message to those celebrating!

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## Thank you, Sam!

Samantha Cooper, ACC Marketing Intern, will be leaving ACC after she graduates from OU this month (May). She is heading to Spain for an internship opportunity that will span the summer months. We want to give a big THANK YOU to Sam. The Statement is "owned" by our intern, and Sam has worked diligently to make an engaging publication for all ACC associates. Current and past Statement Committee members share their appreciation below:

### Thank you for all your hard work!

It's been fun working with you on The Statement, Samantha!
Good luck on all your future endeavors!
Aloha

-Jamie Ratajczyk

Sam, thank you for your hard work throughout your time here in ACC Marketing! This publication is better because of you. We will miss you - best of luck throughout life's adventures. 
▼
-Ellen Harney

It has been a pleasure to see Sam growing professionally during her time here at ACC, she is definitely ready to make a difference no matter where she goes! Thank you for all of your work.... y mucha suerte en Espana", vale!?

-Federico Suarez

I honestly can't thank you enough for recruiting me to The Statement. My "job" on the committee is one that have so much fun doing, and has become an outlet from the standard "duties as assigned" part of employment. You've done such a great job facilitating our group and keeping us on task. I have no doubt you'll be successful in your next journey. Good Luck and Have Fun!

- Travis Ledbetter

Thank you for all the hard work and enthusiasm you brought to the team. It was truly a pleasure to work with you for the short amount of time I have been on the Statement Committee.

-Natalie Row

Thank you Sam for your fantastic contributions to The Statement and also to ACC, and we appreciate you sharing your talents for us all to enjoy!

-Travis Guthrie

Sam, thank you for all of your hard work on The Statement! We appreciate your leadership in facilitating each monthly edition. You and the committee continually created informative and engaging content. Best of luck on your next adventure!

Buen Viaje!

-Tiffany Watkins

#### Sam.

Thanks for all your hard work, diligence and creativity on "The Statement". You stepped into the role, owned it and watching the evolution of "The Statement" has been a great testament to your leadership. I wish you success in all your future endeavors.

-Nduta Mbugua

It's time to move on and scale new heights. As you cherish the fruits of your hard work, I wish that success keeps following you in everything that you do. Today and always... It has been a pleasure working with you! Congratulations and Happy Graduation.

-Stephanie Cheek

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We wish you success in all things, Sam!

## marketing

Current and Upcoming Offers & Rewards Campaigns



#### **CURRENT OFFER: 3X Summer Adventures**

Cardholders who activate the bonus and make eligible summer travel, dining and apparel purchases with their Arvest Flex Rewards™ Personal Credit Card can earn 3X Rewards! Activation is opened on June 12, 2023 at 11:00am. Offer is valid between June 19 and August 18, 2023.

#### regional rewards partners:



## 3X Regional Rewards Promotion for Silver Dollar City: Arvest will offer 3X Arvest Flex Rewards™ points on eligible purchases for Silver Dollar City Attractions in Branson, MO and through their official website through the 2023 season with their Arvest Flex Rewards™ personal credit card.



## 3X Regional Rewards Promotion for BigShots Golf: Customers can earn 3X Arvest Flex Rewards™ points on eligible purchases made at BigShots Golf in Springfield, MO with their Arvest Flex Rewards™ personal credit card.



3X Regional Rewards Promotion for Crystal Bridges and the Momentary: Customers who make eligible special event tickets, restaurant, and merchandise purchases at Crystal Bridges and the Momentary, with their Arvest Flex Rewards™ personal credit card can earn 3X Arvest Flex Rewards™ in Bentonville, AR.



#### 3X Regional Rewards Promotion for FC Tulsa:

Customers can earn 3X Arvest Flex Rewards™ points on eligible purchases made at participating merchants at ONEOK Field in Tulsa, OK or through fctulsa.com through the end of the 2023 season.



## 3X rewards on eligible NVA Naturals statism and website purchased statism and website purchased statism and website purchased



3X Regional Rewards Promotion for Baseball: Customers who make eligible purchases with their Arvest Flex Rewards™ Personal Credit Card at participating merchants at ONEOK Field in Tulsa, OK, Arvest Ballpark in Springdale, AR, Dickey-Stephens Park in North Little Rock, AR or through their official websites can earn 3X Arvest Flex Rewards™ through the end of the 2023 season...

#### acquisition offers:



#### **Consumer Acquisition:**

Customers who open an Arvest Visa Signature®, Platinum or True Rate personal credit card will receive a 0% introductory APR on purchases and balance transfers for the first twelve (12) billing cycles after their account is opened.



Corporate Acquisition: Customers will enjoy 0% Intro APR for the first 6 Billing Cycles and receive up to a \$400 New Account Rewards Bonus when they open a new corporate credit card account with Arvest Bank

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#### behind the statement:



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