

Feeling Burned Out?

"I'm burned out" We've heard it said by others and we may have even said it ourselves at one time or another in our lives. So with temperatures reaching 100 + degree's outside, it's time to issue a burn ban on workplace "burn out" and here are some ways to avoid workplace burnout.

First, work with purpose. People who know what their purpose is and why they do what they do feel energized, even when performing repetitive work.

Second, eliminate or delegate unnecessary aspects of your work. The point here is to own your work. If you see an aspect that is unnecessary or would make more sense in another area ask your supervisor. Give him or her the reasons why you think the task is unnecessary or should be delegated. You might be surprised by the answer.

Third, give to others. It's really hard to feel bad when you give of yourself to others. It's not always about money or things. Telling another employee they appreciate the hard work you do, just might spur someone else to say that same thing to you.

Next, actively manage your time. To the degree you can, order your day and make most of the time you have. When you've given your best, you can end your day feeling great!



Get more exercise. Studies have shown time after time the benefits of exercise. Don't have time? Incorporate it into your day. For example, if you have to make a trip to the mall, instead of going in and just taking care of the task, walk once around the mall before you leave. Still don't have time? On average it takes no more than 5 extra minutes to take a lap! Unless you're at the Mall of America which is the largest mall in the U.S.!

Last but not least, learn how to manage your stress. Whenever you feel stressed, do something you love! Listen to your favorite song or sing your favorite song or dance or call a friend or step outside and get a breath of fresh air or go for a run. You can't be



Employees Travel to D.C.

Congrats to Sherri Gabrielson, a NewView employee at Travis Air Force Base in California, and Dave Anderson, from our OKC Douglas manufacturing location, for being recognized as Employees of the Year at the National Industries for the Blind (NIB) 2017 Symposium.

The Employee of the Year dinner capped off a week of advocacy with employees attending symposium sessions and meeting with

legislators and their aides to raise awareness and support for job opportunities for people who are blind.

As an NIB affiliated agency and an AbilityOne partner, and as the leading employer of Oklahomans who are blind or visually impaired, we are dedicated to helping people live independent lives through rewarding careers. Congrats to Sherri and Dave!

newview

O K L A H O M A

Employee Newsletter
AUGUST 2017

Travis AFB Switchboard Team Receives Commendation

The Travis Air Force Base switchboard team, and two operators in particular, recently received commendations from a US Army Captain for their "friendly voices, professional demeanor, and cheerful spirit when we call home."

Operated by NewView employees, 23 of which are blind or visually impaired, the switchboard is the link between deployed service members and their families. Captain Ben Taylor of the US Army Reserve, who has been deployed in Kuwait for the past five months, wrote to Colonel John Klein at Travis AFB to commend the switchboard team for doing "a tremendous amount to lift the morale of service members deployed throughout the world."

Captain Taylor wrote, "Your whole team has been first-rate in every respect and I trust that you will pass my compliments along to them."

He recognized two people in particular, Operators Jennifer Frazier and Brooklyn Rodden, "whose consistent good humor brought a smile to my face on many occasions."

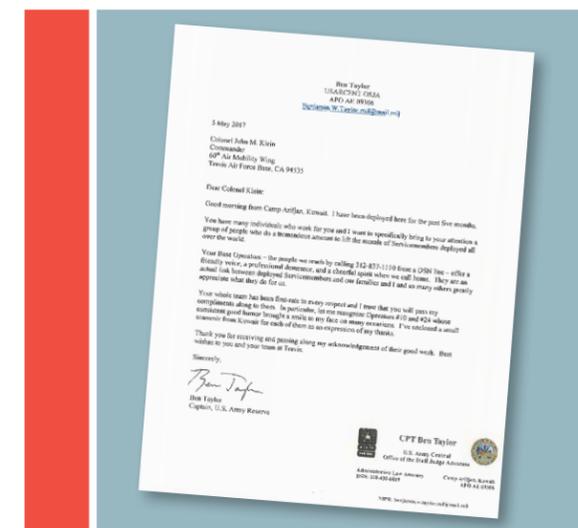
Along with the letter, Captain Taylor sent souvenir Starbucks coffee mugs from Kuwait to each employee as an expression of his thanks



Employees Enjoy Paul McCartney Concert, Courtesy of Sir McCartney Himself

Paul McCartney graciously gave NewView Oklahoma 12 tickets for our employees who are blind and vision impaired. The employees went to the concert at the Chesapeake Arena and had a wonderful time!

Rumor has it that Paul McCartney has dealt in the past with some vision issues, so he has a special place in his heart for individuals who are dealing with vision impairment. He has been generous in creating opportunities for them and has donated tickets during his national tour to organizations helping the blind and visually impaired.





Employee Feature: Amir Ghahremani

In 2010, Amir Ghahremani left Boston, Massachusetts, to join the NewView Oklahoma team as an operator at our Telephone Consolidated Call Center at Travis Air Force base in Fairfield, California. For seven years, Amir was a top performer on the call center team, consistently providing excellent customer service to the 17 bases the call center serves. Seeking a new opportunity, Amir took the position of Assistive Technology Manager at NewView Oklahoma, which brought him to the Oklahoma City location in June.

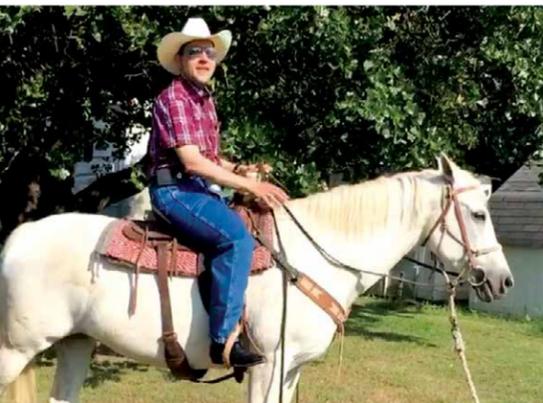
Amir has always done a great job of demonstrating the capabilities of those who are blind, and was often asked to demonstrate the Assistive Technology that NewView uses to answer the 180,000 calls a month that the center received. Guests and VIPs on these visits were always amazed at how Amir used the technology so proficiently.

Last spring, Amir met General Carlton D. Everhart II, Air Mobility Command commander, during his tour of the 60th Communications Squadron at Travis AFB. (photo credit: U.S. Air Force photo/Louis Briscece) General Everhart was impressed with Amir's proficiency and customer skills while fielding calls.

Not only was Amir a top performer at the Travis AFB call center, he continues his dedication to learning. He was recently certified in 508 Compliance and is currently completing his Professional Human Resource certification. These skills will help him with his new position, furthering Assistive Technology throughout the NewView organization.

Amir says that he really likes living in Oklahoma, and even went horseback riding over the Fourth of July weekend – complete with his new cowboy hat and boots!

Congratulations Amir. We're glad you're part of the NewView team and welcome you to Oklahoma City!



Q & A

- How long have you worked for NewView? **7 years.**
- What is your favorite thing about working for NewView? **New outlook and ideas to be successful and help those who are less fortunate than I am.**
- What is the craziest thing you've ever done? **Traveling to certain parts of the world, even though, I knew it would be a big risk on my life because of my faith (Christian).**
- If you had the opportunity to travel anywhere in the world, where would it be? **South Africa**
- What's something people might not know about you? **I'm a health nut!**
- What's your favorite thing about Oklahoma so far? **Friendly people.**
- Coffee or Soda in the morning? **Coffee**
- Favorite quote or saying: **"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."** Thomas A. Edison.

Oklahoma City Employees Enjoy a Friday FUNday

Employees in and around the Oklahoma City area enjoyed a Friday FUNday in July with Kona Ice slushies, Mob Grill pulled pork sandwiches, karaoke, chair massages and general shenanigans (including a kiddie swim pool!).

President and CEO Lauren Branch wanted to treat employees to a fun day following the hectic spring when the Douglas location sustained serious flood damage, forcing manufacturing to close down for a week and displacing many employees.



SAVE THE DATE October 25, 2017

Please join us at our third annual Tulsa ENVISION THE FUTURE luncheon to learn how you can support our life-changing programs.

WEDNESDAY, OCTOBER 25, 2017 | 12:00 P.M.- 1:00 P.M.

Renaissance Hotel & Convention Center | 6808 South 107th East Avenue

HONORARY CHAIRS: Sarah Hansel, Sarah Miller

To RSVP, or if you are interested in hosting a table, please contact Tiffany Henley at thenley@newviewoklahoma.org

Follow Us on Social Media



Lauren Branch, PRESIDENT AND CEO

newviewoklahoma.org

NewView Headquarters

501 North Douglas Avenue
Oklahoma City, OK 73106

(405) **232-4644** | **1-855-811-9699**

