



June 10, 2022
Volume 2022/656

CCM EVENTS

Teen Arts Exhibition and Reception
Exhibition: June 10 - August 26
Reception: Today, 6 – 8 p.m.
Art Gallery

[Public Safety Visitor's Registration Link](#)



CCM Visual Artists Honored with Public Exhibit

Assemblywoman Aura Dunn has opened her Chester office for the third time to the work of six art students from CCM, giving the public the chance to view and enjoy the pastel landscapes of these talented artists.

Dunn is carrying on a tradition established by Senator Anthony M. Bucco in 2013. While serving as an assemblyman, he began showcasing the exceptional work of CCM artists. The Summer/Fall installation continues that longstanding relationship with students from Professor Todd Doney's Drawing II class.

"Having our students show their work at Assemblywoman Dunn's office is a terrific vehicle to gain exposure for their work," Doney said. "Many people go in and out of the Assemblywoman's office on a daily basis and since the exhibit is in the waiting area, it is almost impossible to miss. We are all very happy to continue this partnership."

The students were asked to explore and portray the beauty of Morris County in their work. The current exhibit includes "Great Swamp" by Frederick Caracci of Morristown, "Landscape in New Jersey" by Yunjie Chen of Randolph, "Pink Sunset" by Elizabeth Frost of Great Meadows, "Beach/White Meadow Lake" by Cassidy Lazariuk of Rockaway, "Leaving Morris County" by Nate Quintero of Newton, and "Mooney Mountain" by Jessica Vassoler of Roxbury.

The exhibition runs through December at Dunn's office at 191 Main Street, Suite D, in Chester. Office hours are 9 a.m. to 5 p.m. Monday through Friday.



A painting **Professor Todd Doney** created about the NY Air National Guard 106th Rescue Wing team's mission that saved the lives of two crewmen from the vessel Tamar in 2017 recently was presented as a gift to its members. The gift was given to the NY Air National



Guard's 106th Rescue Wing team at a ceremony where they were awarded the Air Force Commendation Medal for Heroism. Doney created the painting at the request of his friend USAF Major Michael O'Hagan. The Tamar was in the middle of the Atlantic when seven members from the wing's 102nd and 103rd Rescue Squadrons jumped from the plane in the middle of the night, speed-boated their way to the ship, boarded it and provided medical assistance to the two crewmen.

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Payroll Stipend Paperwork Deadline



All employee stipend payment/work authorization paperwork for services performed prior to July 1 must be received in Human Resources for approval by July 5 in order to be processed by The Payroll team in July. These payments will be charged to the 2021/2022

News and Tips from Social Security



The Social Security Star is a monthly newsletter featuring information and tips from the agency. This month's issues features: Social Security's Commitment to the LGBTQ+ Community, Faster Processing of

budget. Any stipends that are not received by that date will be charged to the new Fiscal Year 2022/2023 budget. Please contact the Payroll Team at Payroll@ccm.edu for any issues concerning this deadline.

PTSD Awareness Month

Post-traumatic stress disorder (PTSD) is a mental health condition that can develop after someone experiences a traumatic event or witnesses one. Below is information about recognizing the signs of PTSD and tips for prevention.

What causes PTSD?

Events that can lead to PTSD include military combat, childhood abuse, sexual violence, physical assault, an accident or natural disaster, loss of a loved one or working in a profession that exposes someone to traumatic situations.

Signs and symptoms

Intrusive memories or flashbacks of the event
Avoidant or aggressive behavior
Negative cognitive changes and emotional decline
Difficulty sleeping and concentrating
Lack of self-care

Coping with stressful situations

Reach out to family and friends for support
Take time to work through your thoughts and feelings
Incorporate healthy coping methods into your daily life
Find a support group or seek professional counseling

How to support a loved one

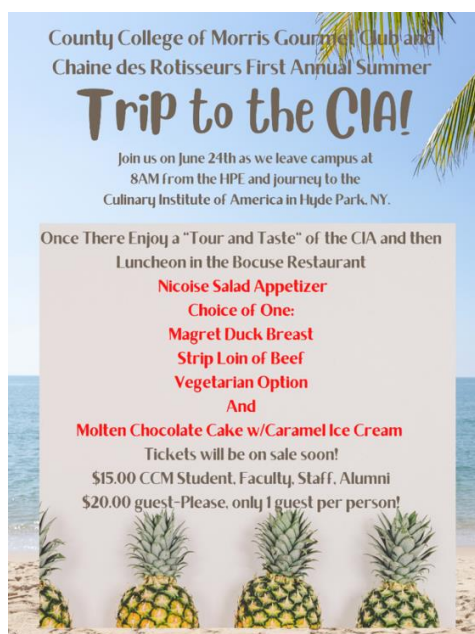
Respect their boundaries and privacy
Listen when they are ready to talk
Offer to attend doctor visits
Plan activities together
Help create a support system

If you'd like to learn more about PTSD — lean on your Employee Assistance Program (EAP), New Directions. The EAP offers free, confidential services like counseling, legal and financial resources, local referrals, life coaching, online toolkits and more.

Get started with your EAP by joining this month's free webinars:

Planning a Financial Future- June 15, noon and 3 p.m.
Bias is a 4 Letter Word - June 22, noon and 3 p.m.

Go to <https://eap.ndbh.com/> and use company code **ccm**.



To purchase tickets, go to <https://bookstore.ccm.edu/campus-life-events/>.

Disability Claims for People with Alzheimer's Disease, Use My Social Security to Instantly Check the Status of Your Benefits Claim and more. You can read it [here](#).

Accounting Year-End Reminder

The last day to submit FY 2022 Petty Cash Reimbursements, Expense Reimbursements and Travel Reconciliations is July 8.

CCM All Access

The latest episode of CCM All Access features Media Engineer Dan Cleary.

You can watch it at <https://youtu.be/wVmQ1dPFAWA/>.

Free CCM Faculty and Staff Summer 2022 Yoga



Professor Trayer Run-Kowzun, Health & Exercise Science will be offering a free virtual Yoga class for faculty and staff this Summer.

Where: Webex – email trunkowzun@ccm.edu to join the class and obtain the link.

When: June 9 to August 18, Thursdays, 5 - 6 p.m.

The Longo Planetarium Reopens

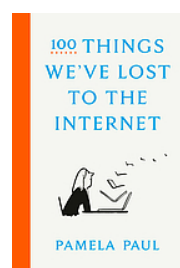


After being closed for two years due to the pandemic and renovations, the Longo Planetarium is reopening. Kevin Conod has been

hired as the college's new Planetarium astronomer. He will begin running shows on the second and fourth Fridays in the evenings and Saturday afternoons in June (June 10, 11 and June 24, 25). Friday shows will run at 7 and 8:15 p.m. Saturday shows will run at 2:30, 4 and 5:30 p.m.

Tickets are \$10 each and can be purchased at the Campus Store and online at <https://bookstore.ccm.edu/longo-planetarium-ccm/>.

Get Your Summer Reading from the Library



New books, published in 2021-2022, are now on the shelves at the LRC. There are 100 new books so visit the library to see what you can find for your summer reading this year. You also can review the list of new books [here](#).

STUDENT SERVICES

The Library
[In-Person and Remote Service](#)

Online Tutoring Center
For more information, click [here](#).

HR CORNER

RETIREMENT CONSULTATIONS WITH NEW JERSEY STATE APPROVED VENDORS

Save for retirement –
Receive free, no pressure retirement counseling sessions. Make your appointment today. You do not need to be a member to speak with the representatives.

AIG (formerly VALIC) representatives MaryAnn Bradford and Tom Napier are available for individual appointments.

Select this link for contact information [County College of Morris Quick Links](#)
[Click here to schedule a virtual meeting or phone appointment](#)

Equitable representative Marc Sheridan is available at 908-230-2042 or email Marc.Sheridan@equitable.com

MassMutual (formerly Hartford) representative Kenneth Quarnaccio is available at 848-248-4313 or email kquarnaccio@gittermanwealth.com.

MetLife/Brighthouse representative David Sharpe is available at 973-575-3254 or email dsharpe@financialguide.com.

Prudential
Call 732-428-2314 or email alicia.smith@prudential.com to make an individual appointment to discuss ABP or DCRP investments.

Contact TIAA's National Contact Center at 800-842-2252 for questions and counseling.

Voya representative John Murray is available to help you with your retirement account. To schedule an appointment call 609-234-3369 or email johnmurray@voyafa.com

NOTICES FOR CCMEMO

Email material to Kathleen Brunet at kbrunet@ccm.edu.

Submissions must be received by 3 p.m. Wednesday.

Looking for past issues of the CCMemo?
[Find them here.](#)

SOCIAL MEDIA

Help us communicate all of the good things happening at CCM by liking, sharing or commenting on the college's social media posts and pages.

