



September 9, 2022  
Volume 2022/669

### CCM EVENTS

#### Taste of Giving Dinner – Hispanic Heritage Month

Saturday, September 17  
6:30 – 11 p.m.  
SCC Davidson Rooms  
Email [marcela.lenox@mcoha.org](mailto:marcela.lenox@mcoha.org) for tickets

#### Foundation Golf Outing

Monday, September 19  
Piscataway Golf Club

#### Eldercare, Guardianship and Estate Planning

Thursday, September 29  
5:30 – 7 p.m.  
SCC Davidson Room A

#### Toms River: A Story of Science and Salvation

Thursday, September 29  
12:30 p.m.  
Email [legacy@ccm.edu](mailto:legacy@ccm.edu) for the Zoom link

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

### 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) representative MaryAnn Bradford is available for individual appointments. Select this link to schedule an appointment [Click here to schedule a virtual meeting or phone appointment](#)

Empower (formerly MassMutual/Hartford) representative Kenneth Quarnaccio is available for individual appointments, contact him at 848-248-4313 or by email at [kquarnaccio@gittermanwealth.com](mailto:kquarnaccio@gittermanwealth.com).

Empower (formerly Prudential) representative Raymond Allocco is available for individual appointments for the ABP or the DCRP plans, contact him at 973-908-9619 or by email at [Raymond.allocco@empower.com](mailto:Raymond.allocco@empower.com).

Equitable representative Marc Sheridan is available for individual appointments, contact him at 908-230-2042 or by email at [Marc.Sheridan@equitable.com](mailto:Marc.Sheridan@equitable.com)

MetLife/BrightHouse representative David Sharpe is available for individual appointments, contact him at 973-575-3254 or by email at [dsharpe@financialguide.com](mailto:dsharpe@financialguide.com).

TIAA: Schedule a virtual appointment here [www.tiaa.org/schedulenow](http://www.tiaa.org/schedulenow) or call 855-728-8422 to speak with an individual.

Voya representative John Murray is available for individual appointments, contact him at 609-234-3369 or by email [johnmurray@voyafa.com](mailto:johnmurray@voyafa.com).



### See Something, Say Something Campaign

On Wednesday, September 14, from 11:30 a.m. to 1:30 p.m., members of CCM Public Safety, Randolph Police, the Morris County Prosecutor's Office and Jersey City-Newark Urban Area Security Initiative will be on campus to provide information and resources concerning suspicious activity reporting to our community. They will be located at the Student Community Center, Second Floor near the Campus Store, and at the Academic Complex outside the Cohen Café. Please stop by to obtain valuable resources to learn how to report suspicious activities and related indicators.

Public Safety and its law enforcement partners are committed to the safety and security of our campus and our community. This commitment requires an effort by everyone on campus. Our employees and students can call Public Safety at ext. 5550 with concerns about suspicious activity on campus.

In addition to contacting Public Safety, you are encouraged to report suspicious activity to Randolph Township Police and to contact the New Jersey Office of Homeland Security and Preparedness Tip Line. This will enhance statewide situational awareness and can potentially aid in the prevention of future acts of violence and terrorism through early identification and intervention.

It is important to remember that just because someone's accent, beliefs, appearance or way of life is different, it does not mean that he or she is suspicious. Some of these activities, taken individually, could be innocent and must be examined by law enforcement professionals in a larger context.

Additionally, take some time to read ["Educational Institutions Randolph Township"](#) and ["Warning Signs Ignored in VA Tech Shooting."](#) September 25 also is national If You See Something, Say Something Awareness Day. You can learn more at [www.dhs.gov/see-something-say-something/](http://www.dhs.gov/see-something-say-something/).

**Report Suspicious Activity – Police: 9-1-1 (Emergency)**

**Randolph Township Police 973-989-7000 (Non-Emergency)**

**NJ Office Homeland Security and Preparedness: 1-866-4-SAFE-NJ (1-866-472-3365) or [tips@njohsp.gov](mailto:tips@njohsp.gov)**

### CCM FOOD PANTRY

**Don't Go Hungry on Campus!**  
Fill Out Form. Choose Food Items.  
Interfaith Food Pantry  
of Morris County  
will deliver to CCM Campus.  
[mcifp.org/ccm-food-pantry/](http://mcifp.org/ccm-food-pantry/)



Are you lacking the food you need to stay energized and healthy? Do you ever worry your food will run out before you will have enough money to buy more? Have you bought food that didn't last until you had money to buy more? Help is available here on campus through a partnership

### Titans Table Food Pantry

Are you lacking the food you need to stay energized and healthy? Do you ever worry your food will run out before you will have enough

### Online Talent Release Form

Marketing & Public Relations has developed an easy-to-use online talent release form to replace the paper copy previously used to obtain the right to use photos and videos of and comments and testimonials from students, alumni and community members. To obtain the QR code and directions on how best to use the online form, please email [kbrunet@ccm.edu](mailto:kbrunet@ccm.edu) or [ggarcia@ccm.edu](mailto:ggarcia@ccm.edu).



between CCM and the Interfaith Food Pantry Network (IFPN) of Morris County.

IFPN will be delivering food on a regular basis for CCM students and employees experiencing food insecurity. The service is completely free and strictly confidential. Best of all, you can select what food you want and need through the IFPN's online shopping list. The IFPN offers canned and boxed goods, along with fresh produce, dairy products and baby food.

To get started, fill out the online application at <https://mcifp.org/ccm-food-pantry/> where you can also note what days and times work best for you to pick up your food. Then go to the shopping list at <https://mcifp.org/distribution-shopping-list/> and make your selections. The food will be packed into bags and delivered to the pickup area near the loading dock for the Student Community Center (SCC). The loading dock is located to the right of the SCC entrance from Parking Lot 6.

CCM is honored to be partnering with IFPN to support the college community's basic needs and to assist students in their ability to succeed and reach for their dreams. For more than 25 years, IFPN has been improving the health and well-being of Morris County residents by providing food and access to other resources.

## Got Backups?

If you use a computer or mobile device long enough, sooner or later something will go wrong. You may accidentally delete the wrong files, have a hardware failure or lose a device. Even worse, malware may infect and wipe or encrypt your files. At times like these, backups are often the only way you can rebuild your digital life.

Backups are copies of your information stored somewhere other than on your computer or mobile device. When you lose, or cannot access, valuable data on your device, you can recover your data from backups. Many of the files we create today are already automatically stored and backed up in the cloud, such as Microsoft Word documents stored in Microsoft OneDrive, Dropbox, Google Drive or personal photos stored in Apple iCloud. But there may be files you create that are not automatically stored in the cloud, or perhaps you want additional backups for personal use. This month's issue of OUCH! provides timely advice on backups. You can read it [here](#).

## Free Faculty and Staff Yoga



Exercise classes with Professor Trayer Run-Kowzun

Where: CCM HPE 120

When: Monday and Thursday, 5 - 6 p.m. from September 8 through December 19

Where: Remote Webex (CCM email needed to join the class) Email [trunkowzun@ccm.edu](mailto:trunkowzun@ccm.edu).

When: Friday, 5 - 6 p.m. from September 9 through December 23

## Maintaining Your Mental Health



### MENTAL HEALTH

health. But we all face changes in life that can challenge our emotional well-being. Whatever happens in your life, make your mental health a priority.

These ideas can keep your spirits up:

- Stay in touch with family and friends. Maintaining relationships is good for your mental health.
- Give yourself time to adjust to major life changes. This includes not only obvious negative events, but also positive events like moving or retiring.
- Keep busy with mentally stimulating activities. Consider volunteering or taking a class.
- Consider getting a pet. A pet can be a wonderful companion. Pet owners get more exercise and have more social contact than those without a pet.
- Exercise. Take a walk or ride a bike. Exercise improves how you feel mentally, as well as physically.
- Get enough sleep. Lack of sleep can contribute to depression. Although we often say that a person needs about eight hours of sleep per night, this is only an average number.
- Practice optimism and good humor. A positive attitude and laughter boost your mood.
- Spend time with people who make you laugh. Rent funny movies.
- Be open to learning about new technology and what aspects of it may fit with your lifestyle and interests.

If you'd like to learn more about maintaining your mental health, 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:

[Depression - Helping Yourself and Others](#)  
September 21, 2022, 12 PM & 3 PM EST

[Recognizing Signs of Depression in a Team Member](#)  
September 28, 2022, 12 PM & 3 PM EST

September is Suicide Awareness Month. Check out the New Directions toolkit, which you can view by logging into [eap.ndbh.com/](http://eap.ndbh.com/). Use company code **ccm** and click on the banner.

## NOTICES FOR CCMEMO

Email material to Kathleen Brunet at [kbrunet@ccm.edu](mailto: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.

