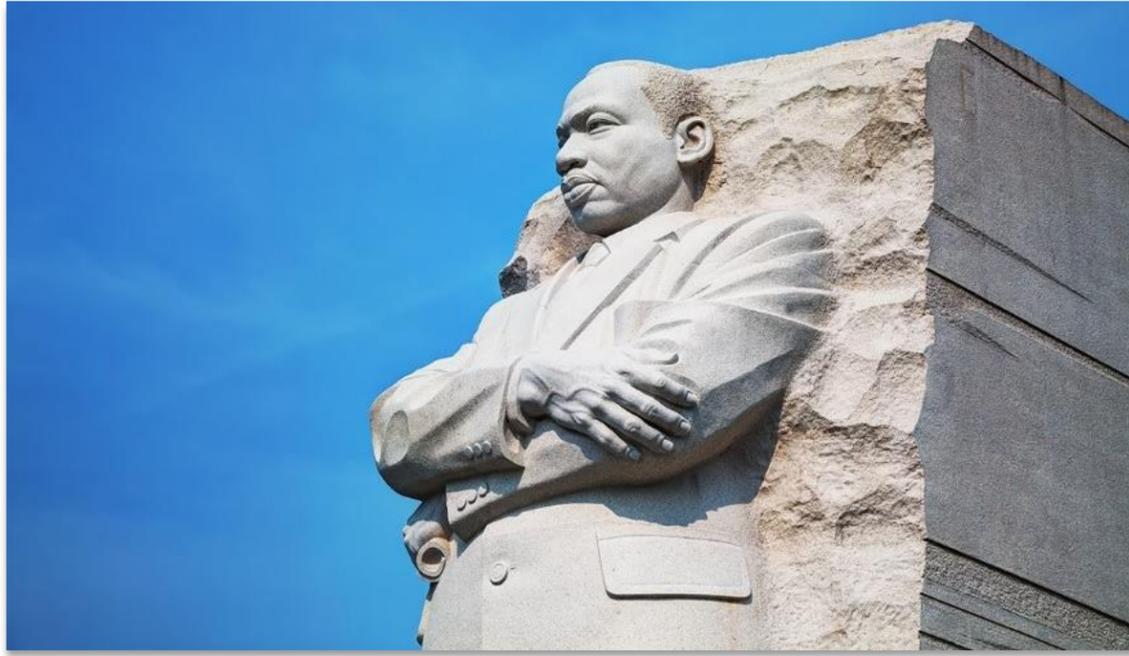


The CCMemo

County College of Morris Employee Newsletter



Prepare to be Inspired as We Celebrate Black History Month

Take advantage of this year's Black History Month to immerse yourself in two CCM events guaranteed to be thought provoking.

Actor and academy award winning writer and producer, James Lucas has partnered with CCM for an exclusive performance! For employees and students, there will be a not-want-to-be-missed event. "Reflections: The Life and Times of the Reverend Dr. Martin Luther King, Jr.," featuring Lucas, will take place online on Tuesday, February 23, at 12:30 p.m. To take part, go to:

<https://ccm-edu.zoom.us/j/93755274203?pwd=QlNuLzFSQlN0ajlDQ0N4MTd3cWQ3UT09#success/>.

The session also will feature a question and answer session led by Professor John Williford, chair of the Department of Psychology and Education. The event, co-hosted by the Department of Campus Life and Special Events. also will be broadcast on CCM's YouTube channel that evening at 7:30 p.m. To view it then, go to www.ccm.edu/black-history-month/.

Don't miss Lucas's powerful and insightful reflections on the civil rights movement as seen through the eyes of Dr. Martin Luther King, Jr. Lucas is well known for his portrayals of King. President Bill Clinton described Lucas' portrayal, "The most authentic and exhilarating King I have ever seen."

On Wednesday, February 24, the Department of History and Commemoration Committee will present "Black Citizenship in the Age of Jim Crow" at 12:30 p.m. Based on the New-York Historical Society's 2018-19 exhibition, this virtual presentation explores Black Americans' struggle for equality under the Jim Crow law from 1865 through World War I. Learn about both Southern and Northern roles in this dark chapter of U.S. history, as well as Black New Yorkers' organizing and community-building in the face of discrimination. RSVP to commemoration@ccm.edu to attend.

Let's Celebrate!

Come See CCM's New Food Truck in Action and Enjoy Some Beignets

Be one of the first to see the new Hospitality & Culinary food truck in action! On Tuesday, February 16, the truck will be in the upper section of Parking Lot 6 with students preparing and selling their first food truck culinary treat – beignets. The sale takes place from 1-2 p.m. and a box of beignets is \$5. You may be wondering, "What is a beignet?" They are a type of fritter or deep-fried pastry. Sound good? Order yours today by [clicking here](#) and scanning the QR code.

Please Do Not Come to Campus if You Have COVID Symptoms

While the CCM community has been doing a good job to keep COVID-19 rates down at the college, employees and students are reminded that they should not come to campus if they are experiencing any COVID-19 symptoms. Those symptoms include:

- Cough, shortness of breath or difficulty breathing
- Fever or chills
- Muscle or body aches
- Vomiting or diarrhea
- Loss of taste or smell

Employees who experience any of these symptoms, should notify their supervisor. Currently, the Centers for Disease Control and Prevention recommends that anyone experiencing COVID-19 symptoms should contact their healthcare provider and remain at home at least 72 hours after they are symptom free without the use of medications. Employees who report to work while ill will be sent home on sick leave.



Understanding Your Paycheck

If you missed the sessions on Understanding Your Paycheck and what all the deductions are about, you can view the presentations online. Covered were:

- Paychecks and Fair Labor Standards Act (FLSA)
- Benefits and Deductions – Mandatory, Voluntary and Involuntary
- Calculating a Paycheck
- Form W-4s
- Form W-2

Staff Presentation

<https://youtu.be/SZ3N9fOJCB8>

Faculty Presentation

<https://youtu.be/X5BzR8StoJM>

CCM EVENTS

Marketing Presentation

Today, 12:30 – 1:30 p.m.

<https://ccm-edu.zoom.us/j/97103684525>

Meeting ID: 971 0368 4525

Passcode: 105190

The Legacy Project:

[A Reflection on Women's Suffrage, 100 Years in the Making with Susan Ware](#) Tuesday, February 23, at 7 p.m. via Zoom. RSVP Legacy@ccm.edu

[Surviving the Rwanda Genocide with Eugenie Mukeshimana](#) Thursday, March 4, at 12:30 p.m via Zoom. RSVP Legacy@ccm.edu

[Shooting Ghosts: A U.S. Marine, a Combat Photographer, and Their Journey Back From War with Finbarr O'Reilly](#) Tuesday, April 6, at 12:30 p.m. via Zoom. RSVP Legacy@ccm.edu

STUDENT SERVICES

The Library

[In-Person and Remote Service](#)

Online Tutoring Center

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.

Equitable representative Mark Sheridan is available at all 908-230-2042 or email

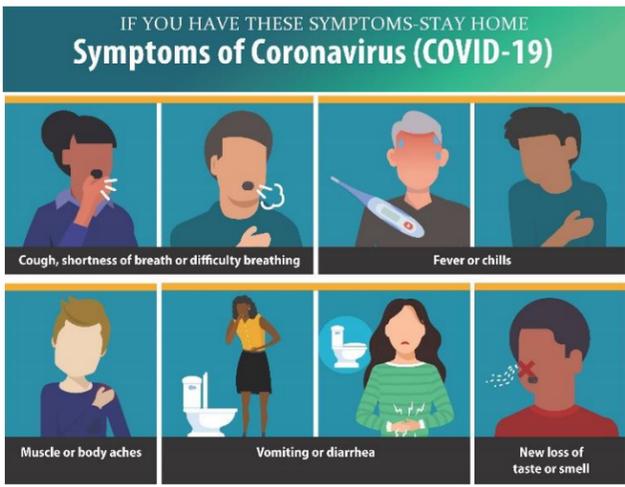
Marc.Sheridan@equitable.com

Access Marc's calendar to schedule an appointment:

<https://app.zynbit.com/zyncal/schedule/marc-sheridan>

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.



Campus Store to Close for Three Weeks



The Campus Store will be closed to the public from March 15 to April 2. Shipping and instant access orders, however, will continue to be fulfilled. Order pickup will also be available by appointment from March 22 to April 2. Normal hours will resume on Monday, April 5.



CCM's student-produced literary and art publication, *The Promethean*, is a national and international award winner. Since 2005, how many design awards has the publication received?

Email aognibene@ccm.edu with your answer. First three correct submissions will receive a CCM canvas bag. Please include your room number with your answer.



Take Charge of Your Mental Health with myStrength

We all have our struggles. Everyone has times when depression, stress, pain, anxiety, sleep or even substance use can impact daily living. Finding support to improve these things and focus on your emotional health is important. CCM's employee assistance program (EAP), New Directions, has web and mobile tools to help you stay mentally strong. myStrength is safe, secure and customized for you. Through self-paced activities, health trackers, inspirations, and over 2,000 pieces of helpful content, the digital behavioral health platform can help you reach goals and maximize your overall wellbeing. Even better, it's available at no cost to you as part of your EAP benefit with New Directions.

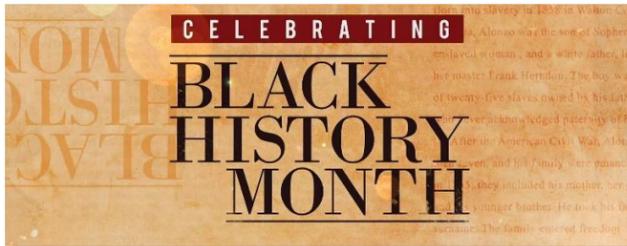
Go to <https://mystrength.com/r/ccm/>. The program also is available as an app through the Apple Store and Google Play.



For Your Viewing Pleasure

View the latest episode of All Access where student/host Jack Riggin speaks with Bryan Wartman, a first-year student and Navy veteran:

<https://youtu.be/X2OU0DGnZko/>.



Prudential

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

TIAA representative Tatiana Novozhilova is available at 800-732-8353 or visit www.TIAA.org/schedulenow to make an appointment.

VALIC representative MaryAnn Bradford is available for individual appointments. Call 908-470-4114 or email Maryann.bradford@valic.com. Schedule a virtual meeting or phone call: <https://my.valic.com/seminarregistration/availableseminars.aspx?regcode=5296NEW11AA>

VOYA representative John Murray is available for individual appointments. To make an appointment email johnmurray@voyafa.com or call 609-234-3369.

NOTICES FOR CCMEMO

Email material to both Kathleen Brunet at kbrunet@ccm.edu and Theresa Gehring at tgehring@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.

