



**April 9, 2021**  
Volume 2021/600

### CCM EVENTS

#### Virtual Staff Meeting

Friday, April 9 at 12:30 p.m.

Click the following link to join the Zoom Meeting:

<https://ccm-edu.zoom.us/j/94805674239>

Meeting ID: 948 0567 4239

Passcode: 059208

#### College Council

Thursday, April 22, 12:30 p.m.

Join Zoom Meeting

<https://ccm-edu.zoom.us/j/94964123259>

Meeting ID: 949 6412 3259

Passcode: 185269

### STUDENT SERVICES

#### The Library

[In-Person and Remote Service](#)

#### Online Tutoring Center

More information, click [here](#)

### KUDOS

Congratulations to Dr. Kenneth A. Shouler, professor of philosophy, who has authored another major article on baseball. His latest article "[Three things baseball must do this season: Honor Ruth, scrap stats and pull the All-Star Game from Atlanta](#)" was printed in the [New York Daily News](#). You can read it [here](#).

## The Flavor of Giving

An Incredible Evening of Fine Dining to Support CCM Students



Treat yourself and your family to an amazing evening of fine dining and support our students as you enjoy the experience. The CCM Foundation has scheduled The Flavor of Giving, an incredible evening of fine dining to support CCM students. Special guest speaker and Executive Chef Bill Hendra, of [Harvest Restaurants](#), will set your table with culinary excellence, to benefit the college's Titans Emergency Fund and Titans Table food pantry program.

This unique virtual event takes place Wednesday, May 26, and includes a fine dining package, consisting of starters, choice of entrée and dessert. Hendra will accompany dinner with a video presentation.

Hendra joined Harvest Restaurant Group at the company's inception, spearheading the opening of its first premier location, Trap Rock Restaurant and Brewery in Berkley Heights. He has groomed dozens of culinarians into fierce and talented chefs. He is a graduate of the Culinary Institute of America and passionate about sustainability, responsible agriculture and seasonality. Hendra brings that passion and unique and special flavor profile to each of the Harvest Restaurants.

For The Flavor of Giving, there are two dinner selections to choose from: Cabernet Braised Short Ribs and Soy Ginger Glazed Atlantic Salmon. All dishes are gluten free and a vegetarian option is available. Each meal package comes with a gift basket and an opportunity to win a golden ticket, redeemable for a \$100 Harvest Restaurants gift card. To purchase your Flavor of Giving dining package, go to [www.ccm.edu/foundation/Flavor-of-giving/](http://www.ccm.edu/foundation/Flavor-of-giving/) and scroll down to "Experience Selection."



### Community College Month –CCM Continues to Celebrate.

Two of the college's deans recently shared their thoughts about the value of a CCM education as part of the Community College Month celebration. Hear what Monica Maraska, Dean of the School of Health Professions and Natural Sciences, <https://youtu.be/f2vh4ERqMrQ> and Dr. Kathy Naasz, Dean of the School of Business, Mathematics, Engineering and Technologies, <https://youtu.be/YiaP0yYF-vc> have to say about what makes CCM great.

# BYOP



### Short Sessions to De-Stress

The offices of Counseling and Student Success and Human Resources are pleased to host a "short session" series aimed at helping us to de-stress, along with providing tips for managing our self-care. Each session is only 30 minutes. Humans are designed for connection and many of us have been feeling isolated and worn out. Come join us for these sessions, which will be fun and designed for you!



### Tasty Meals on Thursdays

Treat yourself to lunch on Thursdays when you are on campus. The Department of Hospitality Management & Culinary Arts Food Trailer serves meals prepared by CCM students. Lunch is \$5 and bottled soda is \$2. Only cash is accepted. Here is what's coming up:

#### Thursday, April 15

Cuban Sandwich with Pickle Fries and Cole Slaw

#### Thursday, April 22

The Food Trailer will not be serving this day as the department prepares for certifications.

#### Thursday, April 29



The sessions are:

### BYOP – Bring Your Own Pet Party

Friday, April 16 3 - 3:30 p.m.

Description: We want to see your furry friends who are providing you joy – click [here](#) for more information. To join the session, here is the Zoom link: <https://ccm-edu.zoom.us/j/3602954626?from=addon/>.

### Self-Care through Movement

Monday, April 26, 9:30 – 10 a.m.

Description: Take care of your body while working from home. Learn yoga poses and exercises to ease tension in your body and mind.

Link will be provided in a future issue of the CCMemo.

### Game On, Stress Gone!

Friday, May 7 3 - 3:30 p.m.

Description: You deserve a break! Join your colleagues for a fun and mindful virtual game you don't want to miss!

Link will be provided in a future issue of the CCMemo.



## Protecting Your Digital Footprint

The April edition of OUCH! focuses on “Privacy - Protecting Your Digital Footprint.” The goal of maintaining personal privacy is managing your digital footprint, i.e. - attempting to protect and limit what information is collected about you. Be aware that in today's digital world, it is almost impossible to eliminate your digital footprint or stop every organization from collecting information on you; we can only reduce it. Led by Guest Editor Kenton Smith, download and share OUCH! with family, friends and co-workers, and as always translated into over 20 languages.

### Privacy - Protecting Your Digital

Footprint: [sans.org/ouch-april-2021](https://sans.org/ouch-april-2021)

OUCH! Archives: <https://www.sans.org/ouch>



## For Your Viewing Pleasure

The latest episode of CCM All Access features Brenda Todd, CCM Alumna and Host/Producer for CCM All Access: <https://youtu.be/gVR4inOUziY/>.

## Installation of the Alertus Panic Button on Campus Computer Workstations

The Public Safety and Information Systems (IS) departments are moving forward with the testing and installation of our new panic alarm software, Alertus panic activator. Once installed on a campus computer workstation, the Alertus panic activator is programmed to send an assistance message to the Public Safety dispatcher with a simple click of the Alertus activator icon (red button – see image below) located in the hidden icon on your toolbar. Alertus is replacing the ePanic system, which will no longer be supported in our computing environment.

Falafel Sandwiches with Tabouli Salad and Tzatziki



## Starting a Social Justice Conversation Brown Bag Discussion

The Diversity Committee presents the next lunchtime talk in its ongoing Brown Bag Discussion Series: “Starting a Social Justice Conversation.” The session takes place Tuesday, April 20, 12:30-1:45 p.m. via Zoom.

This talk is co-sponsored by the Diversity Committee and the Legacy Project and will be facilitated by Professors Jill Schennum, Brian Sahotsky and Karen Danna.

Please join them as they openly discuss ideas on how to bring a focus on social justice and social equity into CCM classrooms. All are welcome to participate and no prior knowledge or experience with these topics is needed.

Please RSVP to receive the Zoom link to [diversitycommittee@ccm.edu](mailto:diversitycommittee@ccm.edu).

## How Much is Too Much?

Drinking alcohol can lessen tension, reduce inhibitions and ease social interactions. And people drink safely – but drinking too much can be harmful physically, emotionally, economically and to productivity. During Alcohol Awareness Month, join us in raising awareness of the dangers of unhealthy alcohol consumption and how New Directions, CCM's employee assistance provider (EAP), can provide support.

Signs there may be a problem may include:

- Problems on the job, at school or with relationships because of drinking
- Frequent or uncontrolled drinking episodes
- Getting in trouble with the law or being injured due to drinking
- Using alcohol to decrease anxiety or sadness
- Needing more alcohol to feel its effects

If it's a colleague you're concerned about, you may notice signs in them that happen at work. If you or someone you care about is struggling with alcohol addiction, your EAP can offer advice on how to address the issue.

Licensed counselors can partner with you to assess your needs, develop a plan of action and connect you with resources in your community. If you're a supervisor and are concerned about an employee, call EAP's management line any time to talk through next best steps on what to do.

Get the most out of your EAP this month by joining the free webinars:

- Substance use and your loved ones
- Cannabis in the workplace

Go to their website [eap.ndbh.com](http://eap.ndbh.com) and use company code **ccm** or call 800-624-5544.

## Vaccine Appointments for CCM Employees



As part of the college's ongoing efforts to support its employees and connect with community partners, CCM has arranged for Atlantic Health System (AHS) to facilitate the scheduling of COVID-19 vaccines for faculty and staff. If you have not already received your vaccine and you wish to be vaccinated, please do the following:

1. First register on [COVID-19 Vaccine - Coronavirus - Atlantic Health](#) if you have not already done so.
2. Then contact [HRInformation@ccm.edu](mailto:HRInformation@ccm.edu) with the information requested below. An employee list will be sent to AHS daily. Please be sure to send all the information listed below. **You cannot be registered if**

## 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](mailto: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](mailto:kquarnaccio@gittermanwealth.com).

MetLife/Brighthouse representative David Sharpe is available at 973-575-3254 or email [dsharpe@financialguide.com](mailto:dsharpe@financialguide.com).

Prudential

Call 732-428-2314 or email [alicia.smith@prudential.com](mailto: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](http://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](mailto: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](mailto:johnmurray@voyafa.com) or call 609-234-3369.

When the IS department installs the software on your campus workstation, you may receive a desktop message from Alertus requesting that you accept the Alertus desktop activator software. If you receive this message, please accept to complete the installation.

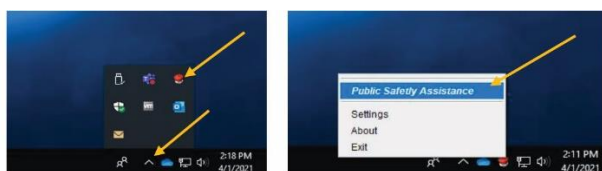


Public Safety is requesting that once the Alertus desktop activator is installed on your workstation that you contact the Public Safety dispatcher to test the panic activator software.

**Note:** The Alertus panic activator will not be ready for official use on campus until you are notified by the Public Safety department.

To test the Alertus panic activator with Public Safety follow these steps:

1. Call the Public Safety Dispatcher at 973-328-5550.
2. Inform the dispatcher that you want to test your Alertus panic activator button (remain on the line with the dispatcher until the testing is complete).
3. Locate the Alertus panic activator icon (red button) found in the hidden icons in the toolbar.
4. Right click on the Alertus panic icon.
5. Click on the "Public Safety Assistance" button.
6. You will receive an "Ok" message that the request was sent.
7. Once confirmed with the Public Safety dispatcher the test is complete.



## Languages Discover Session

The Languages & ESL department will be hosting a Languages Discover Session  
Thursday, April 15  
12:30 - 1:45 p.m.

Description: Mariana Ortiz, former CCM student and Spanish professor, will be talking about the career opportunities she has had due to her ability to speak more than one language, focusing on her current position as an Editorial and Desktop Publishing Assistant at the United Nations. Language learning opportunities at CCM will also be discussed.

Email [tdejesus@ccm.edu](mailto:tdejesus@ccm.edu) for the Zoom link.



## Poetry Month

April is Poetry Month and numerous CCM employees will be reading poems on the college's YouTube channel. Dr. Maryam Alikhani, from English and Philosophy, starts the celebration, which can be viewed at:

[https://youtu.be/Z\\_EWBJrtFro/](https://youtu.be/Z_EWBJrtFro/).

**any information is missing.** We need:

- Name
- Date of birth (appointments are prioritized by age. Only HR and Atlantic Health will view this information.)
- Telephone contact number
- CCM email address only

PLEASE NOTE: CCM HR will not be scheduling appointments. Questions about the registration process or the type of vaccine administered should be directed to AHS. Vaccinations will not be administered at CCM. AHS will discuss the vaccine location with you when your appointment time is confirmed. Only current CCM employees are eligible. Sorry, no significant others may be registered using this process.

CCM HR will provide the AHS scheduling office with this information weekdays at 3 pm. AHS will either call you or send you a direct link via your CCM email to schedule an appointment as a prioritized group as their vaccine allotment from the state allows. Remember: As with any time off request during work hours, you must use your accruals (sick time, personal days, floating holidays, vacation, etc.). Please notify your supervisor as soon as possible to schedule time off once your appointment(s) are secured.

## Assistance to Help During Times of Challenge and Crisis

The Office of Counseling & Student Success has put together a series of virtual presentations to help faculty and staff during this time of challenge. The presentations provide insight into how to assist students, others and ourselves to navigate through periods of trials, stress and crisis.

**How to Support Students' Mental Health During COVID-19**  
Presented By:

*Mental Health Association of Essex and Morris*

Location and Time: Zoom / Friday, April 9, 3:30 p.m.

We know that being there for students is important, but it is not always obvious how to support them – especially when we're seeing them through a screen some or all of the time. The emotional and social challenges of the pandemic have made it even more crucial for faculty and staff to attend to students' mental health needs. This training will help you learn about some common signs to look for to know that a student may be experiencing symptoms of mental health concerns. Also covered will be what resources are available and how to connect students to help. Learn these beneficial tips and strategies for both the remote and in-person environments, just in time for finals.

Join Zoom Meeting

<https://ccm-edu.zoom.us/j/9853980793?pwd=MkhxdTdxV3BCUmE2Y3ZjSEhmTXIIZz09>

Meeting ID: 985 398 0793

Passcode: 1at92Q

One tap mobile

+16468769923,,9853980793#,,,,\*422340# US

(New York)

**How to Help Yourself Through the Pandemic: Self-care and Mindfulness**

Presented By:

*Mental Health Association of Essex and Morris*

Location and Time: Zoom / Friday, April 23, 3:30 p.m.

If your stress level is higher than normal – or you're still dealing with some direct fallout from coronavirus in your life – it's important that you take care of your mental health. During this difficult time, self-care isn't just important, it's vital. Doing so will equip you to navigate the challenges that come your way and keep a positive attitude. COVID is not just affecting our physical health; we're all having to cope with loss, stress and anxiety. Learn some techniques and tips to help you tend to your mental health and get through these rough times.

Join Zoom Meeting

## NOTICES FOR CCMEMO

Email material to both Kathleen Brunet at [kbrunet@ccm.edu](mailto:kbrunet@ccm.edu) and Theresa Gehring at [tgehring@ccm.edu](mailto:tgehring@ccm.edu).

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

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



## Mileage Rate

For 2021, the standard mileage rate for business use of a vehicle is 56 cents per mile.

<https://ccm-edu.zoom.us/j/9853980793?pwd=MkhxdTdxV3BCUmE2Y3ZjSEhmTXlIZz09>  
Meeting ID: 985 398 0793  
Passcode: 1at92Q  
One tap mobile  
+16468769923,,9853980793#,,,,\*422340# US  
(New York)

## 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.

