



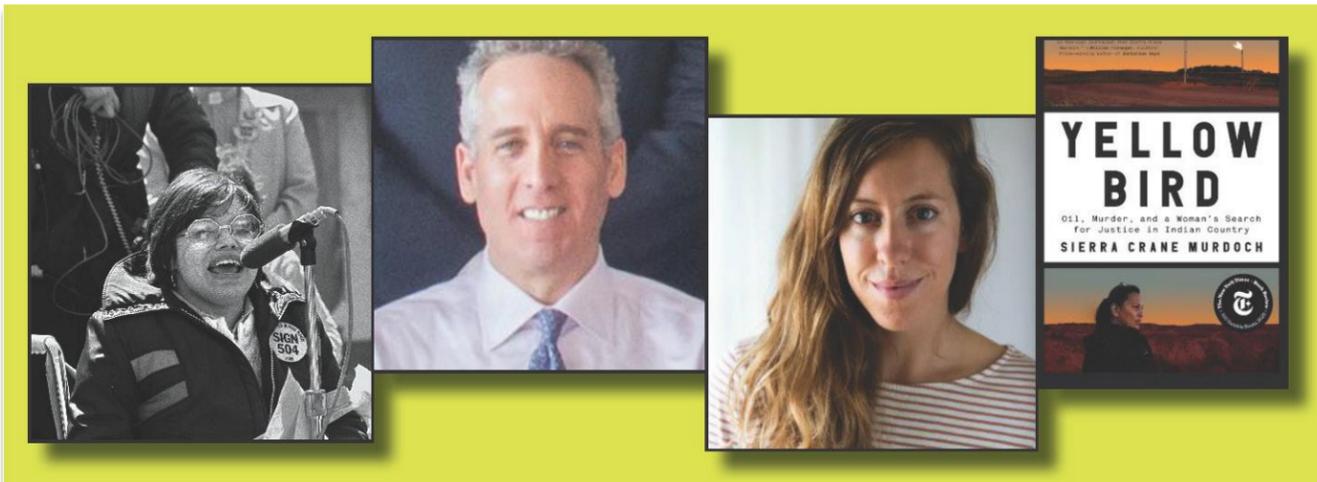
## The Legacy Project's Final Spring Programming

April 16, 2021

Volume 2021/601

### CCM EVENTS

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



**Featured are a Discussion on an Oscar-Nominated Documentary, a Disability Rights Activist and More**

The final spring programming from The Legacy Project will provide you with the opportunity to take part in a reflection on the Oscar-nominated documentary "Crip Camp," to hear from a highly respected disability rights activist and gain insight into America in the Post-Cold War world and a woman's search for justice.

The upcoming Legacy Project programs are:

**A Lecture by Dr. Stuart Gottlieb, Columbia University, Tuesday, April 20, 12:30 p.m.**

Dr. Stuart Gottlieb, faculty member at Columbia University's School of International and Public Affairs and member of the Saltzman Institute of War and Peace Studies, will lecture on "America in the Post-Cold War World: An Uncertain Experiment with Power." Gottlieb is currently working on a forthcoming book titled "Experimental Power: The Rise and Role of America in World Affairs" (Yale University Press).

**Journalist Sierra Crane Murdoch, Thursday, April 22, 7 p.m.**

A Q&A with acclaimed journalist and writer Sierra Crane Murdoch. She will discuss her 2020 book, "Yellow Bird: Oil, Murder, and a Woman's Search for Justice in Indian Country," named a "Notable" book by The New York Times.

**An Evening of Reflection on Crip Camp: A Disability Revolution, April 27, 7 p.m.**

A discussion on the Oscar-nominated documentary, "Crip Camp: A Disability Revolution," which features disability rights activist Judith Heumann. "Crip Camp" has been nominated for Best Documentary of the year. ASL interpreters will be present and Zoom audio-captioning will be available.



**A Discussion with Disability Rights Activist Judith Heumann – Thursday, April 29, at 7 p.m.**

Cosponsored by New Jersey AHEAD, the New Jersey Council for the Humanities, and CCM's Office of Accessibility Services and Commemoration Committee, the discussion features Judith Heumann, a lifelong advocate for disability rights. ASL interpreters will be present and Zoom audio-captioning will be available.

Heumann contracted polio in 1949 in Brooklyn and began to use a wheelchair for her mobility. She was denied the right to attend school because she was considered a "fire hazard." Her parents played a strong role in fighting for her rights as a child, but Heumann soon determined

that she, working in collaboration with other disabled people, had to play an advocacy role due to continuous discrimination.

She is now an internationally recognized leader in the disability rights community. She is the author of "Being Heumann: An Unrepentant Memoir of a Disability Rights Activist," a memoir, co-written with Kristen Joiner.

"Judith Heumann is the personification of the Disability Rights Movement," said Maria Schiano, MSW, Director of the Office of Accessibility Services at CCM; AHEAD Director-at-Large; and President of New Jersey AHEAD. "This discussion means everything, especially for disabled students, faculty, staff and community members. Personally, it is a dream come true and an incredible honor to share the same space with one of the greatest disability advocates, ever."

"It is an unbelievable honor to welcome disability rights activist Judith Heumann to the Legacy Project," said Professor John Soltes, co-chair of the Legacy Project. "She continues to change the world with her advocacy, and we are so thankful to have her part of this Legacy Project presentation."

To register for an event, email [legacy@ccm.edu](mailto:legacy@ccm.edu), and a Zoom link will be provided.

### STUDENT SERVICES

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

Online Tutoring Center  
 More information, [click here](#)

### KUDOS

On Saturday, April 10, members of the Engineering Technology & Engineering Science (ETES) department and the Center for Workforce Development volunteered for a Habitat for Humanity Build in Morris Plains. The project was renovating homes for Homeless Solutions. The volunteers took part by sanding, painting, spackling, installing doors and performing other duties. Volunteers for the day were Concetta Cantelmo, Alexandra Hoffman, Eric Pedersen, Kimberly Whelan, Darcy White, ETES Student Aide Luis Lombana and his partner Jessyka.

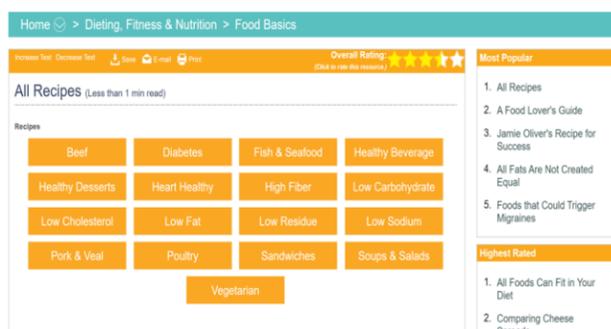


### Community College Month – The Celebration Continues

Hopefully, you have had a chance to see the posts on CCM's social media accounts in celebration of Community College Month. This week, Dr. Pam Marcenaro, Dean of Learning Support & Opportunity Services, shares her thoughts on what makes community colleges so

important. You can view her messages in Spanish at <https://youtu.be/vrbciqbzRKA> and in English at <https://youtu.be/JuV2YNdEBFo/>.

## Spring Has Sprung!



With nicer weather upon us, many of us are getting back outside and more active. Warmer weather also bring more fresh veggies and fruits, making it a great time to try new recipes in our quest to be healthy. Did you know that New Directions, CCM's employee assistance provider, offers a lot of information on dieting, fitness and nutrition? You can print, email or save for use when you are ready to try a new dish.

Check out all the recipes they have available, which are conveniently categorized to help you find some heart healthy dishes or even a new way to use that kohlrabi you have sitting on the counter.

Visit [eap.ndbh.com](http://eap.ndbh.com) and enter company code **ccm**.

**Bon Appetit!**



## 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 are worn out. Come join us for these sessions, which will be fun and for yourself!

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.

### 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.

### Game On, Stress Gone!

Friday, May 7, 3 – 3:30 p.m.

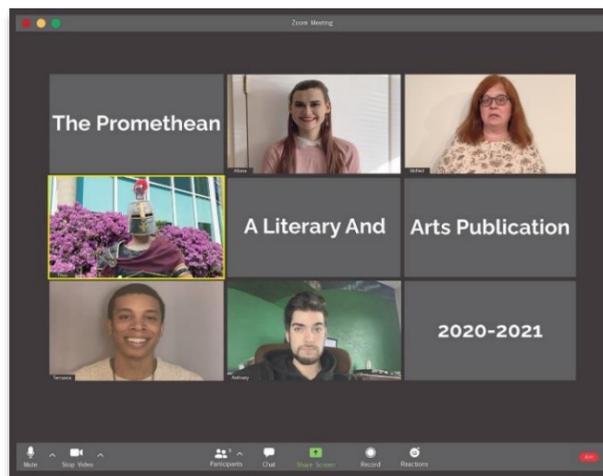
Description: You deserve a break! Join your colleagues for a fun and mindful virtual game you don't want to miss!

## 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.



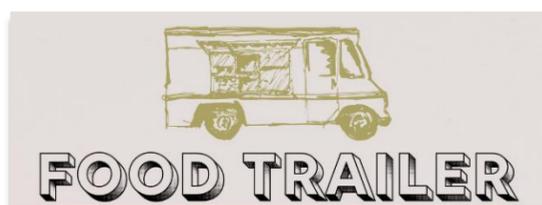
## The Promethean Goes Virtual

CCM's award-winning student literary and arts publication now is being distributed virtually. What you'll find inside are fun and interesting artwork and graphics, thought-provoking poetry and essays, mesmerizing photography and book cover designs, and so much more. The 2020-21 edition can be viewed at <https://indd.adobe.com/view/ed334c6b-7605-4cff-bfba-c37e253ce5c4>. Be sure to take your time, there is so much great material to take in and contemplate in this nationally recognized publication. Since 2005, The Promethean has received 40 national and international design awards, competing against the work of professional designers.

Most recently, the 2019-20 edition of The Promethean was recognized by Graphic Design USA in its 2020 competition with an American Graphic Design Award. That award marked the 15th time since 2005 that The Promethean has been presented with a Graphic Design Award from Graphic Design USA in the publication category.

"I'm proud to say that the student team that put together the 2020-21 issue have produced another great edition," said Professor Kathleen McNeil, who serves as the faculty advisor for The Promethean. "I so enjoy the process of working with them and then seeing and viewing our final product."

Student designers for the 2020-21 edition of The Promethean were Allan Iskra, of Montville; Anthony Velotti, of Roxbury; and Terrance Wilkins, Mine Hill.



## 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 noon – 12:30 p.m. prepared by CCM students. Lunch is \$5 and bottled soda is \$2. Only cash is accepted. Here is what's coming up:

### Thursday, April 22

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

### Thursday, April 29

Falafel Sandwiches with Tabouli Salad and Tzatziki



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.

## 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.

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).

## Marketing Made Even Easier

The Department of Marketing & Public Relations (MPR) is grateful to everyone who has been using its media request and graphic design forms, which have been helping to organize and promote the great things taking place on campus. After several weeks of using the forms, MPR has been able to combine the forms into a single document, which should make submitting your requests even easier. The form can be found at:

[www.ccm.edu/marketing-and-public-relations/](http://www.ccm.edu/marketing-and-public-relations/).

Should you have any questions, please contact Kathleen Brunet at [kbrunet@ccm.edu](mailto:kbrunet@ccm.edu) or Gina Garcia at [ggarcia@ccm.edu](mailto:ggarcia@ccm.edu).



## Poetry Month

Dr. Geoff Peck, Professor of English and Philosophy, shares the poem, "Beauty," by B. H. Fairchild to celebrate National Poetry Month

<https://www.youtube.com/watch?v=0kY-WbEiHkY/>.

In yet another Poetry Month event, the Commemoration Committee will be holding a virtual poetry reading on Thursday, April 22, at 7 p.m. Attendees are encouraged to read their own poem or a poem of their choice by another poet. Or come to hear readings by the CCM community. The winners of the student poetry contest also will be announced at the event.

RSVP to [commemoration@ccm.edu](mailto:commemoration@ccm.edu) for the Zoom information.



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 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 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. Here is what is coming up.

### 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:

<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)

## 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.](#)

## 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.

