



May 7, 2021
Volume 2021/604

CCM EVENTS

College Council Meeting
Tuesday, May 11, 12:30 p.m.
Join Zoom Meeting
<https://ccm-edu.zoom.us/j/93231195170>
Meeting ID: 932 3119 5170
Passcode: 902827

Professional Day
Tuesday, May 18, 9 a.m. – 3:30 p.m.
Agenda and Links to be Provided

STUDENT SERVICES

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

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



Resources for Discovering a Renewed You

Each one of us was born with a purpose and designed to find meaning. Sometimes as the years slip by and we become set in our daily routines, we can lose sight of that and what makes us happy. Nobody expected 2020 to turn out the way it did. Being stuck at home, worried about loved ones, confronted with financial challenges, forced to let go of things that brought enjoyment, along with myriad other issues, took a toll. Many people found themselves wondering, “What makes me happy?” “What do I value?” “What is my purpose.” CCM’s employee assistance provider, New Directions, offers a Resilience Center, which has assessments, articles and case studies to help you and your family to bounce back and renew your purpose. If you have not already taken a look at all that New Directions has to offer, take some time today. The resources are free and designed to help people to find their value, develop resiliency and discover some new avenues to explore.

Visit eap.ndbh.com and enter the company code **ccm**.



Developing an Instructional Manual for the Creation of Custom-Fitted Prosthetics

After designing a custom-fitted 3D-printed prosthetic hand for a boy in Morris County, Eric Pedersen, Lab Coordinator and Adjunct Professor in the Engineering Technologies & Engineering Science department, is now working with Dutch occupational therapy students on an instructional manual so others can do the same.

“This type of prosthetic hand utilizes a wrist portion (gauntlet) that is thermoformed in warm water and sized specifically to the recipient, while past models were printed to fit ‘close-enough,’” notes Pedersen. “Usually the 3D-printed hands we make are donated in bulk internationally to struggling countries, but this one I was fortunate to build specifically for an in-person recipient.”

Pedersen was contacted by two Dutch occupational therapy students from the Rotterdam University of Applied Science in the Netherlands, who are working on a project to make it easier for occupational therapists to create these prosthetics in their own clinics. After finding Pedersen via the eNable website, they decided to focus specifically on the PhoenixV2 model he built for the boy.

“I’ve been assisting them with resources for putting together an instructional manual and literature to demonstrate the ease of making, sizing and implementing one of these hands,” explains Pedersen.

We are CCM Proud of this work!



Take Some Time to De-Stress
and Have Some Fun

Let's Play Jeopardy!

Get Your Self-Care On

Women's Center Newsletter

The latest issue of the Women's Center newsletter features information on Displaced Homemakers Awareness month and what the center has planned, tips for staying positive during challenging times, a farewell message from retiring counselor Maureen Haggerty and more. You can read it [here](#).

The Mental Health Association of Essex/Morris, and the CCM departments of Counseling & Student Success and Human Resources are hosting a self-care themed game of Jeopardy. The game takes place today from 3 – 3:30 p.m. on Zoom. The link is <https://ccm-edu.zoom.us/j/3602954626?from=addon/>. Drop in and have some fun!

This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Mental Health Association of Essex/Morris, Inc. in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, and is funded through a FEMA/SAMHSA grant.



Creative Leadership Club Connects with the Community

After being on hiatus due to COVID-19, the Creative Leadership Club is up and running again. On Wednesday, Edie Nelson, EOF Counselor, presented a new Habitat for Humanity homeowner in

Jefferson with one of the wreaths made by club members prior to the pandemic. She also provided Habitat with several other wreaths to distribute to other new homeowners.

“It was a great opportunity to get back into our mission, ‘Creating & Donating,’” said Nelson.

The club hopes this Fall Semester that members can start working together again to create new projects to donate.



Vishing – Phone Call Attacks and Scams

The latest issue of OUCH! focuses on Vishing – Phone Call Attacks and Scams.” Cyber criminals are using the phone more and more often to call and trick their victims. There are two big advantages to using a phone: Unlike other cyberattacks, there are few security technologies that can detect and stop a phone call attack. It also is much easier for criminals to convey emotion and build trust over the phone, which makes it easier to trick their victims. Led by Guest Editor Jen Fox, this piece will teach you how to spot and stop these attacks. Download and share OUCH! with family, friends and co-workers. As always, OUCH! is translated into over 20 languages.

Vishing – Phone Call Attacks and Scams: sans.org/ouch-may-2021

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

Visit eap.ndbh.com and enter the company code **ccm**.



Campus Store Clearance Sale

Own a piece of CCM history! Buy a piece of clothing with the tree logo at a significantly reduced price. Visit the campus store in person or at <https://bookstore.ccm.edu/> and take advantage of its biggest sale ever. All clothing is now 30 percent off. Use the promo code “GOTITANS” when shopping online.

Vaccine Appointments for CCM Employees

HR has been informed by Atlantic Health System that it has transitioned to open scheduling for COVID-19 vaccines so all eligible people who want to receive a vaccine now can schedule their own appointment. Appointments can be scheduled at

<https://www.atlantichealth.org/conditions-treatments/coronavirus-covid-19/covid-vaccine.html/>.

A Farewell and Thank You

Thank you! I have been so fortunate to be a part of something that was so much bigger than I am. There is no I in Team. It took a village to raise this software system called Colleague and all of its associated pieces. Least not forget all that technology that everything runs on and those who work to make that happen every day. I am truly blessed to have worked alongside of you. We all have helped to make changes to the way this college does business every day. A wise VP once told me, “We are all leaders.” We all make an impact on all who we touch . . .

“Tell me and I forget, teach me and I may remember, involve me and I learn” (Benjamin Franklin)

Jennie DeNaro Saum



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.

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.

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.

