

The CCMemo

County College of Morris Employee Newsletter



CCM EVENTS

The Legacy Project:

[A Conversation with Shan Wallace](#)
Thursday, February 11, at 12:30 p.m.
via Zoom. RSVP Legacy@ccm.edu

[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



Scenes from the Nor'Easter Storm on Campus

This week nor'easter left large amounts of snow, measuring more than two feet deep in many places, that had to be cleared. Hopefully, you were able to get the snow cleared away to get back to some kind of normal. Here are images of how things looked on campus. A big thank you to the Plant & Maintenance team who helped clear it away so the campus could reopen.

Pictured in the center above is William Ackerman, who has been clearing snow on campus for 32 years, which along with this most recent storm included the blizzards of 1993 and, 1996 and the March storm of 2018.

STUDENT SERVICES

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

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

Let's Celebrate!

Dr. Kenneth Shouler's Article on Hank Aaron Gains National Attention

Along with being a well-respected professor of philosophy, Dr. Kenneth Shouler is a widely recognized expert and writer in the field of sports. His most recent commentary, "[Say it: Hank Aaron is the real home-run champion,](#)" first published in the New York Daily News has appeared in media outlets throughout the country. Included among them are the Portland Press Herald, St. Paul Pioneer Press and the Arkansas Democrat-Gazette, to name a few. One of the many honors he had gained during the course of his career was being elected by Major League Baseball to pick its All-Century Team.

Nursing Professors Help with Vaccine

CCM honors our nursing professors who, once again, are assisting with the fight to overcome COVID-19. When COVID-19 first arrived in New Jersey, nursing faculty and other CCM professors and students, staff and alumni, provided much needed assistance by serving on the front lines, making masks and face shields and offering other help where needed. Now several nursing professors are assisting with vaccines. Pictured to the left are Professors Laura Parker and Jutta Braun at the Sussex County Fairgrounds where they are serving as volunteers.

Pictured to the right is Professor Bernadette Schicho who has joined the Warren County Medical Reserve Corps as a volunteer to assist in the vaccination roll out.

Nursing Professor Kathy Prokop will begin this Saturday volunteering at the Morris County Regional Vaccination Center in the Rockaway Mall as part of the Morris County Medical Reserve Corp. Thank you for serving our community and making us CCM PROUD!



Marketing Made Easy

The Department of Marketing & Public Relations (MPR) creates brand awareness and brings consistency to how we market and promote CCM. We can help you with telling your story, elevating your news and promoting events. MPR has created two online forms for submitting your requests.

Media Request Form: for press releases, social media, web pages and website updates

Graphic Design Form: for all graphic design request, ranging from flyers to brochures and other printed and digital promotional materials

The forms can be found at www.ccm.edu/marketing-and-public-relations/ and also will be housed on the Faculty/Staff page under Policies, Procedures and Guidelines, under Marketing and Public Relations Guidelines. Should you have any questions, please contact Kathleen Brunet at kbrunet@ccm.edu or Gina Garcia at ggarcia@ccm.edu.

The Power of Going the Extra Mile



Find out how several Women's Center participants found "going the extra mile" led them to career success in the January 2021 issue of the center's [newsletter](#).

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.

Marketing Presentation

Please join us for an All CCM Employee meeting, Friday, February 12, from 12:30 – 1:30 p.m. Donna Pepe and Melissa Albright will be sharing a Marketing Presentation as CCM launches its new brand and logo. Donna has been a long-standing CCM volunteer, providing us with her expertise from a lifelong and successful marketing career that included serving as a VP at Johnson & Johnson. If you haven't met Melissa, she is our Executive Director of Marketing & Public Relations, who came to use from a successful career at Sight & Sound Theaters, where she was the Marketing & Sales Manager, and also with a background in education. You won't want to miss this informational session packed full of exciting changes and updates. Information will be sent on how you can join the session, so watch your email.



What to Do If You Get Hacked

Find out what to do if your device gets hacked in the February's edition of OUCH! As noted in "[I'm Hacked. Now What?](#)", no matter how secure you are, sooner or later you may have an accident and become hacked. Included in this month's edition, led by Guest Editor Maxim Deweerdt, are clues you might have been hacked and, if so, what to do. Download and share OUCH! with family, friends and co-workers, and as always translated into over 20 languages.

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



1095-C Health Benefit Tax Form

Your 1095-C is now available for viewing and downloading in PDF format by logging into [Titans Direct](#). Email knorberg@ccm.edu if you have any questions or concerns.



What two faculty members in the last three years have received national awards for their teaching excellence and contributions to higher education?

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



Stress Management to Avoid Burnout

You set goals and work tirelessly to accomplish them. Despite your best efforts, your goals can still sometimes feel out of reach. Unchecked stress can be a major roadblock to accomplishing your goals. In a recent study, 56 percent of U.S. workers reported that elevated stress levels caused an inability to concentrate, anxiety, depression and burnout.

The college's employee assistance program (EAP), New Directions, has several tips to help that come from the Grokker Innovation Labs 2021 Working Americans' State of Stress Report. Those are to:

1. Set boundaries. Commit to pausing regularly during the day to take a few deep breaths, stretch or walk around to recharge and keep a positive attitude.
2. Take a mental vacation. Give your left brain a break from job-related tasks and use your right brain's power to socialize or engage in creative hobbies.
3. Reflect on something that makes you smile. Laughter eases tensions and can improve your alertness and mental functioning.

Your free EAP offers counseling and other resources to help you prevent burnout, such as:

- Webinars on relaxation techniques, how to find work/life balance, mindfulness and more
- Stress assessments and recommended coping skills
- Solutions to common stressors like holidays, finances and relationships

Log in at eap.ndbh.com and use company code "ccm" to explore all your EAP services and register to join this month's free webinars on Blocking Burnout and Stress Management for Managers

See if You Can Save on Insurance

NJM Insurance Group is offering quotes on auto, home, condo, renters and umbrella insurance for employees who live in NJ, PA or CT. [Check the flyer](#) to see how you can obtain a customized quote in minutes.



Spring Break

Spring break will take place this year as scheduled from March 15 – March 20

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.

