



September 17, 2021
Volume 2021/624

CCM EVENTS

[Annual Golf Classic](#)

Monday, September 27
Picatinny Golf Club

[The Flavor of Giving](#)

Wednesday, October 6
7:30 p.m.

STUDENT SERVICES

[Counseling & Wellness Center Fall Workshops](#)

For more information, click [here](#).

[The Library](#)

[In-Person and Remote Service](#)

[Online Tutoring Center](#)

More information, click [here](#).



Counseling & Wellness Sessions for Employees

September is Suicide Prevention and Awareness Month and the CCM Counseling & Wellness Center has scheduled a series of fall workshops for students and all employees to assist with moving through challenging times. Here are the sessions for employees.

Quick Tips on How to Help Students in Crisis Throughout the In-Person and Virtual Environment

Have you ever had a student tell you he or she is struggling with a mental health issue? It's difficult to know what to do in these situations, especially in a virtual format environment. Join the Counseling & Wellness staff and guest presenter Tracy Klingener from the Mental Health Association of Essex and Morris as they discuss tips and techniques to handle students who are experiencing a mental health crisis.

Tuesday, October 5, 2 p.m.

[ZOOM Link](#)

Meeting ID: 985 398 0793

Passcode: 1at92Q

Mental Health First Aid Accelerated

We know that being there for students is important but it is not always obvious how to support them. The recent emotional and social challenges that students are facing 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 mental health concerns. Also discussed will be what resources are available and how to connect students to help.

Please note: This course is an abbreviated version of the full Mental Health First Aid course. No certificate will be given.

Friday, October 15, 2 p.m.

[ZOOM Link](#)

Meeting ID: 985 398 0793

Passcode: 1at92Q

The Lack of Resilience in College Students

Learn how resilience can help our students become more successful. Resilience is an individual's capacity to adapt to situations and overcome obstacles. With a healthy sense of resilience, students find it easier to tackle obstacles and try new experiences. When college students lack resilience, they can develop depression, anxiety or other mood disorders. This session will review strategies to help support students by helping them navigate stressors more easily. Results from a recent survey also will help shed light on the difficulty that CCM students are experiencing.

Friday, November 5, 2 p.m.

Center for Teaching & Learning

Ways to De-Stress in a Stressful Environment

It is easy to feel stressed or overwhelmed, especially in today's times. In situations like these, learning self-care strategies isn't just important, it's vital. Introducing simple techniques to your daily schedule will help you better navigate challenging situations. Learn some hands-on techniques, such as deep breathing and mindfulness activities, to help you feel reenergized.

Friday, December 1, 3 p.m.

[ZOOM Link](#)

Meeting ID: 985 398 0793

Passcode: 1at92Q

[What is Mental Health First Aid?](#)

Mental Health First Aid is a course that teaches you how to identify, understand and respond to the signs of mental illnesses. This training provides the skills that are needed to reach out and offer initial support to someone who may be experiencing a mental health concern and connect them to the appropriate care. **Certificates will be given.**

Friday, December 3 and 10 9 a.m. – 1 p.m. (Must attend both sessions.)

Cost: \$30 (Includes course manual.)

Location: TBD



Dr. Maryam Alikhani, professor in the Department of English & Philosophy, recently learned that she is the recipient of an Excellence in Teaching Award from The National Society of Leadership and Success (NSLS).



"I am grateful for the opportunity to serve and teach at CCM, and truly blessed and proud to have received this award. It is so heartwarming, in the context of a tough pandemic, that my passion for teaching is recognized. I appreciate the people who nominated and awarded me. I would like to share this award with my colleagues at the English department who have been teaching remotely with dedication and compassion. I would like to thank the chair of the English department, Dr. Janet Eber, whose support and leadership have made me a better professor."

The NSLS is the largest leadership honor society whose mission is to provide life-changing programs to help students to succeed and have a positive impact in their communities.



A grant for the New Jersey Highlands Coalition written by **Lauren Swern**, an instructor for the Center for Workforce Development, has received an Honorable Mention Award in the [2021 Winning Grant Proposal Competition](#). As part of that recognition, Swern, development director for the coalition, was presented with a \$100 donation to support the organization and a full year membership in the Grant Professionals Association. The award competition, with 13 winners, drew more than 200 submissions.

Julia Somers, executive director of the coalition, said, "We are proud of Lauren who did a great job sharing that the coalition is truly that – a coalition of grassroots and larger organizations as well as individuals, all of whom care about protecting the multiple resources of this amazing region of New Jersey – its water supplies, beautiful open space, rivers and lakes, its forests, diverse habitats, farmland, recreational opportunities and historical resources."

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.

AIG (formerly VALIC) representative MaryAnn Bradford is available for individual appointments.

Call 732-832-5346 or email Maryann.bradford@aig.com

Schedule a virtual meeting or phone call: <https://my.valic.com/seminarregistration/availableseminars.aspx?regcode=5296NEW11AA>

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.

Voya representative, John Murray is available to help you with your retirement account. To schedule an appointment call (609) 234-3369 or email johnmurray@voyafa.com

NOTICES FOR CCMEMO

Email material to Kathleen Brunet at kbrunet@ccm.edu.

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

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

Return to Campus Reminder

Human Resources needs to hear from you by Friday, September 24, about whether you are vaccinated or plan to submit weekly PCR test results. HR will accept test results submitted to HRCOVID@ccm.edu before noon on Fridays beginning October 22. Contact HRCOVID@ccm.edu for the form to apply for medical or religious exemption and/or personal decision. Use the same email address for questions.

Only PCR tests are being accepted for now. As the college learns more about how President Biden's Executive Order affects community colleges, that information will be shared with you. The college is vetting a potential on-campus testing operation. But in the meantime, check out the [New Jersey COVID-19 Information Hub](#) for Community Health Centers that offer free testing. You might consider a "trial run" to check the experience, the hours of operation, waiting times and how long it takes to get results.

ID Cards

ID cards must be worn on campus and must be visible above the waist. ID cards with the maroon background may be used until October 26.

All employees will be required to receive a new ID card by October 26. ID cards are prepared by Campus Life. Contact campuslife@ccm.edu for instructions on how to get a new ID card.

Employees can pick up their new ID card in HR, Monday through Thursday from 10 a.m. – 4 p.m. If you need to pick up your ID outside those hours, please contact HRCOVID@ccm.edu. They will make arrangements to have your ID available at Public Safety.

ID cards are issued after completing one of following options:

OPTION ONE - Fully vaccinated employees must send a copy of the front and back of their vaccination record by 4 p.m. on October 26 to HRCOVID@ccm.edu. "Fully vaccinated" is defined as two weeks after receiving the second shot of the Moderna or Pfizer vaccine or after receiving the single Johnson & Johnson vaccine. To be fully vaccinated by October 27, employees must receive their final vaccination by October 13.

OPTION TWO - Employees may request an exemption for religious and/or medical reasons. Send a request for an application by September 24 to HRCOVID@ccm.edu. If the exemption is granted, employees must agree to be tested weekly for COVID-19 on their own time and at their own expense. Either a nasal or saliva PCR test administered by an authorized testing facility or a

College Council

In preparation for the Fall Semester and a new academic year, the 2021-22 membership list for College Council and Standing Committees is almost complete. Once the remaining appointments are received from bargaining units, the membership lists will be distributed so meetings of Standing Committees can be arranged.

Although the first College Council meeting is typically scheduled for September, this does not allow much time for Standing Committees to meet prior to College Council. In addition, some of the deadlines for appointments are as late as October 1. For these reasons, the first meeting of College Council this year will take place on October 28 at 12:30 p.m. via Zoom. This will allow ample time for committees to hold their first meeting and to select chairs/co-chairs for the coming year.

For the Fall Semester, College Council meetings will remain on Zoom to minimize health risks and maximize participation. This will be reassessed before the Spring Semester begins. The Zoom links for College Council meetings will be sent to all College Council members and will be published in the CCMemo as well.

CCM Foundation Annual Golf Classic

Enjoy a day out on the links with the CCM Foundation and help support students with fulfilling their dreams for a rewarding and satisfying life.



This year's Annual CCM Foundation Golf Classic takes place Monday, September 27, at the Picatinny Golf Club in Dover and includes lunch and an extended cocktail hour. All participants will receive a special Golfer Gift and there will be a Hole in One Car and Prize Contest. Raffle prizes also will be given out during the evening program. The cost is \$175 per player.

The outing raises funds for the college's scholarship programs and this year is focusing on supporting student athletes and the college's athletic programs.

Picatinny is an exclusive, membership-only facility that is considered to be the most respected, perfectly balanced course in New Jersey.

physician will be accepted. A new ID card will be issued to the employee once the exemption is approved and the employee has agreed to be tested weekly.

The first COVID-19 test result must be sent to HRCOVID@ccm.edu by noon on Friday, October 22, and by noon on Fridays thereafter. Tests must be taken within the same week. Employees with negative PCR test results will be permitted on campus.

HR will notify supervisors by 5 p.m. on Fridays if their employee is not cleared to return to campus for the following week.

OPTION THREE - Employees who decide not to be vaccinated for any reason must notify HR by email at HRCOVID@ccm.edu no later than September 24. These employees must agree to be tested weekly for COVID-19 on their own time and at their own expense. Either a nasal or saliva PCR test administered by an authorized testing facility or a physician will be accepted. A new ID card will be issued to the employee once the employee has agreed to be tested weekly.

The first COVID-19 test result must be sent to HRCOVID@ccm.edu by noon on Friday, October 22, and by noon on Fridays thereafter. Tests must be taken within the same week. Employees with negative PCR test results will be permitted on campus.

HR will notify supervisors by 5 p.m. on Fridays if their employee is not cleared to return to campus for the following week.

Any employee with COVID-19 symptoms and/or who tests positive or who has been exposed to someone exhibiting symptoms or testing positive for COVID-19, must stay home or leave campus immediately after notifying their supervisor and HR. Quarantine time and PCR testing instructions will vary depending upon the employee's vaccination status. HR will contact the employee and his or her supervisor with next steps depending upon the employee's unique situation.

Notifications will be sent to supervisors of employees who have not contacted HR by September 24. Employees should not assume they will default to remote status or that they may change their on-campus schedule because of non-compliance.

Masks

The college is requiring the wearing of masks when entering buildings and when social distancing is not possible. Please be aware that masks need to be worn properly to protect yourself and others. Wearing a mask below the nose fails to provide that protection. Masks must be worn covering both the mouth and nose.

Free Employee Online Yoga Class Fall 2021

Stay healthy, reduce pain, release stress and sleep better through weekly Yoga exercise. Adjunct Professor Trayer Run-Kowzun, Health & Exercise Science, once again is

conducting free online Yoga classes. For more information, email trunkowzun@ccm.edu.



"We're thrilled to offer golfers this opportunity to experience and play on this top-notch, picturesque course in northern New Jersey," said Katie Olsen, executive director of the CCM Foundation. "Players will discover why this course is so well respected for its toughness, fairness and excellent greens."

The day begins with registration at 10 a.m. followed by a shotgun start at noon. The extended cocktail reception takes place from 5 – 7 p.m. Corporate foursomes, sponsorships and individual players are being sought. For more information and to register, call 973-328-5060 or visit www.ccm.edu/foundation/golf/.

A Fine Dining Event to Support Dover Students



The CCM Foundation brings the Flavor of Giving: Un Evento para recaudar fondos, a delightful virtual event with a selection of fine dining options to support Dover College Promise (DCP), an educational partnership between CCM and the Dover community. The mixologist from Sabor Latino, a highly regarded restaurant in Dover owned by Wilson and Maria Vasquez, will serve as guest speaker and offer recommendations for the fine art of making a signature sangria and margarita.

DCP is a grant funded collaborative project between CCM and The Educational Center (TEC) Inc. in Dover to provide low-income middle and high school students with college readiness training, mentoring and scholarships to attend CCM upon earning their diploma.

The Flavor of Giving, the second virtual dining event to be offered by the CCM Foundation, takes place Wednesday, September 22, starting at 7:30 p.m. Dining package options consist of Churrasco: Sirloin Steak, Cazuela De Mariscos: Seafood Casserole, and Pechuga Al Ajillo: Garlic Chicken Breast. A vegetarian option also is available. Included are starters and a dessert, and a carafe of Sabor Latino's Signature Sangria. A demonstration of how to prepare the restaurant's signature sangria and margarita also will be provided. Dining package pickup is from 4 – 6 p.m. the afternoon of the event. Cost for an individual meal is \$125, two meals is \$175, three is \$225 and four meals is \$275. Sponsorship opportunities are also available.

To purchase your dining package go to www.ccm.edu/foundation/Flavor-of-giving. Virtual program access will be sent to you prior to the event. For questions, please email foundation@ccm.edu.

Professional Day Videos

If you were not able to take part in Professional Day on September 7 or there was a session you wanted to take part but were unable to, here is a listing of videos you can view:

- Outcomes Focused: <https://youtu.be/BV-SAny00vU>
- Linguistic and Cultural Justice: <https://youtu.be/O362rSSxSQ0>
- NSA Grant Writing: <https://youtu.be/h3PwDmRyPt8>
- Alternatives to the Research Paper: <https://youtu.be/WtCXPtWC9-k>
- Using Zoom: <https://youtu.be/gHXQj10-Kzw>

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.

