

The CCMemo

County College of Morris Employee Newsletter



CCM EVENTS

Titan Tuesday Online Information Sessions

August 25—General Information Session

September 1—General Information Session

COUNTY COLLEGE of MORRIS Counseling and Student Success



Suicide Prevention Resource Center

Office of Counseling and Student Success Awarded Grant for Suicide Prevention

The office of Counseling and Student Success recently was awarded an additional three-year grant (worth \$7,500) for the Interactive Screening Program (ISP) developed by the American Foundation of Suicide Prevention (AFSP).

ISP is a web-based assessment and outreach tool that provides a safe and confidential way for students to connect with mental health services on their campus. Born out of the unfortunate reality that feelings such as shame and fear often deter students from accessing mental health services – even if they are aware of their availability – ISP's technology allows students to reliably assess signs of stress, anxiety, depression and risk of suicide, while still maintaining their anonymity. The completion of the assessment prompts CCM counselors to reach out to the student. Though the ultimate goal typically is to have the student make an appointment with Counseling and Student Success, a counselor and student can continue to dialogue anonymously via the ISP system. Counseling and Student Success has seen great success in using ISP and continues to utilize the program as an outreach tool. ISP is not a crisis intervention tool but does provide resources to those in need. Click [here](#) to view the ISP website and feel free to notify your students about this service. If you would like additional information or a flier, please contact apanek@ccm.edu.

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@axa-advisors.com.

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.

TIAA representative Tatiana Novozhilova is available at 800-732-8353 or visit www.tiaa.org/schedulnow to make an appointment.

TIAA is offering virtual meetings through Adobe Connect which allows employees to follow along as representatives work with them to navigate their investments. If you need to schedule or change an appointment, please go to <https://shared.tiaa.org/public/public/tools/events/virtualsessions?eventPlanID=1-9ZR044V/>.



Table of Hope to Conduct Food and School Backpack Distribution Event

Food Program Joins with Local Officials to Help Those in Need

Table of Hope, with the support of local officials and other organizations serving Morris County, will be holding another food distribution event at CCM on Saturday, August 29, from 10:30 a.m. to 12:30 p.m. in Parking Lot 1 on the CCM campus.

Along with distributing food, backpacks with school supplies will be available for children to help them start their year off strong. All Morris County residents are welcome to come for the distribution. Visitors are asked to use the college's Center Grove Road entrance. Face coverings are required for everyone who comes to campus.

The distribution will provide individuals and families with fresh produce, meat, dairy, canned goods and other groceries. It will operate as a contactless drive-through event with cars stopping at different food stations categorized by food type where volunteers will place bags or boxes into automobile trunks. There also will be a station to distribute backpacks with school supplies. CCM hosted a similar event for Table of Hope this past June. Serving as volunteers and welcoming speakers at that event were New Jersey First Lady Tammy Snyder Murphy, Congresswoman Mikie Sherrill, State Senator Anthony M. Bucco, and Freeholders John Krickus and Stephen Shaw.

[Read more.](#)



**Got ID?
Need a New CCM ID?**

Everyone who comes to campus when it officially reopens in September will be required to wear a college-issued ID. But what if you don't have an ID, lost your ID or your photo is more than a decade old? Campus Life has you covered. ID badges can be obtained virtually following the instructions at this [link](#). Also in this [video](#), Joanne Metro from Campus Life talks to students about how to get their ID and shares some tips all should follow on what sort of photo you should submit for your ID.



BlackBoard Migration to the Cloud

The CCM BlackBoard server migration from an on-campus server into BlackBoard's cloud system will take place next week. The server will be taken offline on Tuesday, August 25, at 10 p.m. and will remain unavailable until Friday, August 28. Once the server becomes available again, there will be a new login procedure. There will be two choices for Faculty/Staff or Student, and you will need to enter your full email address and CCM password to gain access.

Dealing with Uncertainty

Under normal circumstances, our lives are filled with uncertainty; the weather, the stock market, traffic, relationships, just about everything comes with a dose of unpredictability. However, our current circumstances could hardly be characterized as “normal.”

These days, uncertainty is definitely heightened; the economy, personal finances, school and business reopenings and even grocery shopping are fraught with elements beyond our control. Control, however, is exactly what most of us want to keep us on an even keel. So what do we do? We worry. We envision scenarios, play “what if” games and imagine if we do something specific that we can direct a favorable outcome. But worrying doesn’t give us more control; it just keeps us up at night, drains our energy and keeps us from enjoying each day.

HelpGuide, a nonprofit mental health and wellness website, recently published, [“Dealing with Uncertainty During the Coronavirus Pandemic,”](#) which provides five tips for restoring your sense of well-being when faced with significant ambiguity.

1. Take action over the things you can control
2. Challenge your need for certainty
3. Learn to accept uncertainty
4. Focus on the present
5. Manage stress and anxiety

The One Source Employee Assistance Program (EAP) can help you manage your stress and anxiety in a number of ways:

- The [Calm Collection](#) videos can help you feel better in about two minutes. Try Chanting to Alleviate Stress.
- Live virtual seminars on COVID-19 related topics such as The New Rules – Coping with the Changes of COVID-19, Behind the Mask – Staying Positive During COVID-19 and more. Talk to your HR partner to schedule a virtual seminar with One Source EAP.
- Should excessive worry, stress or anxiety become a concern, contact One Source EAP at 1-800-300-0628. They are available to help 24 hours a day, seven days a week, 365 days a year.

Worrying doesn’t give us more control, it just keeps us up at night, drains our energy and keeps us from enjoying each day.



Printing Services are Back!

We're Back - Eager to assist the college community with any printing or signage that is needed this fall!

Contact Gene at gvandertoorn@ccm.edu or Theresa at tgehring@ccm.edu with any needs you may have.



There Has Never Been a Better Time to Go to College

Rather than taking a gap year, students have the option of tapping into millions of dollars in free funding to move forward with their higher education at CCM.

By enrolling at CCM, students can focus on taking care of their general education requirements to transfer to a four-year school at a later date; explore their options with more than 100 degree, certificate and training programs; and get a head start on a rewarding and fulfilling career path.

The college is making it easier to fund an education by offering several programs students can apply for to determine if they qualify for free assistance. CCM currently is enrolling students for the Fall 2020 Semester, which begins on September 9. The following are the programs that are available to provide students with money for college.

Free Tuition

Free tuition is available for CCM students through the New Jersey Community College Opportunity Grant. Students taking six or more credits may qualify for these funds to cover both tuition and fees. To learn more and to apply, go to www.ccm.edu/ccog/.

CARES Higher Education Emergency Relief Fund

For students who were enrolled in a degree or certificate program during the Spring 2020 Semester, CCM currently has more than \$1M in federal CARES dollars so they can continue their studies this fall. Established to assist people during the COVID-19 pandemic, this is free money students can use for basic needs, technology support, educational expenses and other living costs such as rent, utilities, clothing and childcare. To find out more and to apply, go to www.ccm.edu/admissions/financialaid/ccmcares-studentemergencygrant/.

Scholarship Money

The CCM Foundation has nearly \$300,000 available to award to students as scholarships this fall. Students can apply at www.ccm.edu/foundation/scholarships/. The foundation also operates the Titan Emergency Fund to provide students with money to take care of unexpected expenses including car repairs, rent, medical care and more.

Financial Aid

In addition to the money offered through CARES, CCOG and Foundation Scholarships, the CCM Office of Financial Aid awards more than \$12M each year to students. A significant portion of those awards consists of Pell Grants, which unlike loans, do not need to be paid back. To learn more, go to www.ccm.edu/admissions/financialaid/.

For information on how to enroll at CCM, go to www.ccm.edu/fall-2020/.

VALIC representative MaryAnn Bradford is available for individual appointments.

Call 908-470-4114 or email Maryann.bradford@valic.com

VOYA representative John Murray is available for individual appointments.

To make an appointment email johnhmurray@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

Please help us market all the good things happening at CCM by sharing college news and events on your social media accounts.

