

Campus Connection

FROM MMA'S HUMAN RESOURCES DEPARTMENT



DO YOU PLAN TO HAVE STUDENT WORKERS?

Please make sure your department's [student job descriptions](#) are up to date.

Fall '26 Employment Forms will be distributed before RTP.

Please reach out to Ferry Foster with any questions.

SHORT TERM DISABILITY OPEN ENROLLMENT

Lincoln Financial is hosting an open enrollment for Short Term Disability benefits in August for an effective date of 9/1/26.

Information sessions will be held on Thursday, August 13th. Outlook Calendar events will be sent to the Campus community and more information will be shared soon.

PARKING PERMIT INFO

Every vehicle parked on MMA property needs to display a parking permit and be registered. If you don't have a 2024-2027 permit already, there are instructions on how to order one on the [website](#).

Remember, faculty and staff may only park in red spaces on the map.



You can review the parking rules and parking map [here](#), whenever you wish.

EMPLOYEE PERKS

Get out on the Water with MMA's Supplemental Seamanship Program!

The Supplemental Seamanship program happens Tuesday through Friday from 1600 to 1830 during the fall semester. Anyone at MMA can get involved to become a vessel operator on MMA's power or sailing vessels. This program provides time and practical skills required for people to become certified to take the vessels out outside of the supplemental seamanship time periods. Anyone who is interested can contact William McLean.





**WE ARE
HIRING**

- Counselor
- Master, Small Craft
- Purchasing Operations Technician
- AND MORE

<http://jobs.mma.edu>

NEW EMPLOYEES

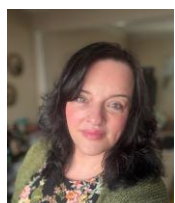
- Domnic Bourne - Assistant Football Coach
- Paul Boudreau - Assistant Football Coach
- Thomas Brown - Systems Support Specialist
- Zachary Emery - Marine Mechanic
- Abigail Johnson - Athletic Trainer
- Josh Ladipo - Assistant Football Coach
- Amber Maguire - Assistant Volleyball Coach
- Trevor Martell - Systems Support Specialist
- Roy Saunders - Building & Grounds Custodian
- Misty Young - Building & Grounds Custodian



NEW FACULTY

- Kevin Griffith - Assistant Professor of Marine Transportation
- Josh Reed - Assistant Professor
- Wallis Reed - Assistant Professor of Engineering
- Rachel Rice - Assistant Professor of Physics
- Matthew Stephens - Assistant Professor of Marine Transportation
- Jaime Torre - Assistant Professor of Mathematics
- Jacob Underwood - Visiting Professor of Engineering

New Director of the Center for Student Success



Jodi Renshaw joins MMA from Eastern Maine Community College, where she has served in key leadership roles, including Tutor Coordinator and TRIO Recruitment & Retention Specialist. Jodi has collaborated extensively with faculty, accommodation services, and campus partners to ensure academic accessibility. She has also designed student-centered spaces—including a Learning Commons and a Photography Studio—that foster collaboration, experiential learning, and a sense of belonging.

Jodi will oversee the Center for Student Success' operations, guide strategic planning, strengthen academic support infrastructure, and collaborate across the MMA to advance accessibility, retention, and student achievement. She will also represent the Center in MMA committees, support institutional assessment and accreditation efforts, and lead the continued development of policies and practices that promote student success.

Jodi enjoys dancing, cooking Italian food and watching the original *Jaws* movie. She loves the work she does and says that doing it at MMA is a "dream come true". Her experience, energy, and student-centered leadership will be instrumental in shaping the future of the Center for Student Success and in supporting every Mariner's academic journey.

— AUGUST IS —

NATIONAL PSORIASIS

A W A R E N E S S
— M O N T H —

August is National Psoriasis Awareness Month, providing an opportunity to inform and increase understanding of this common condition. Psoriasis is a chronic skin disease that causes a rash with itchy, scaly patches, on various parts of the body. It often follows a cyclical pattern, flaring up for weeks or months, then subsiding temporarily. While there is currently no known cure for psoriasis, there are various ways to help manage symptoms and enhance the quality of life for those affected.

Symptoms of Psoriasis May Include:

- Patches of thick, red, scaly skin
- Rashes that vary in color
- Soreness, itching, or burning
- Thick, ridged nails
- Dry or cracked skin that may bleed
- Poor sleep quality

Treatment and prevention of Psoriasis:

- There are several treatment options available for psoriasis, including topical therapy, light therapy, and medications taken orally or through injections. It is important to work with your healthcare provider to choose a treatment plan based on the type and severity of your psoriasis.
- Fostering a healthy lifestyle and integrating self-care practices into your daily routine can assist in preventing flare-ups and managing symptoms effectively at home. Consider the following strategies to better manage your psoriasis:
 - 💧 Take lukewarm baths each day using a mild soap and follow up with a moisturizer to keep your skin hydrated. Before bedtime, apply an ointment-based moisturizer and wrap the affected areas overnight.
 - 🚫 Identify and avoid psoriasis triggers. Common triggers may include stress, smoking, and excessive sun exposure, all of which can significantly worsen the condition.
 - 🏃 Engage in regular physical activity, follow a nutritious diet, abstain from alcohol, and maintain a healthy weight.

As a State of Maine Health Plan member, you can schedule a visit with a dermatologist for skin, hair, and nail conditions through Anthem's [LiveHealth Online](#). Sign up today to get convenient access to care, from anywhere!



August is National Breastfeeding Month! Breastfeeding is one of the many great ways to provide nutrition to your baby that offers some great benefits.

Did you know?

- **Breast milk is the best source of nutrition for most babies.** As a baby grows, the mother's breast milk will change to meet the baby's nutritional needs. Certain medical conditions or circumstances may prevent some mothers from breastfeeding, so it's important to consult with your doctor to identify whether breastfeeding is the best option for you.
- **Breastfeeding can help protect babies against some illnesses and diseases.** Breastfed babies have a lower risk of obesity, type 1 diabetes, asthma, and sudden infant death syndrome (SIDS). They are also less likely to have ear infections and stomach bugs. Breast milk shares antibodies from the mother with her baby. Antibodies help babies develop a strong immune system and help protect them from illnesses.
- **Mothers can breastfeed anytime and anywhere.** Mothers are able to feed their babies on the go without worrying about having to mix formula or prepare bottles. When traveling, breastfeeding can also provide a source of comfort for babies whose normal routine may be disrupted.
- **Breastfeeding has health benefits for the mother, too!** Breastfeeding can reduce the mother's risk of ovarian and breast cancer, high blood pressure, and type 2 diabetes.
- **Active involvement and support can help make breastfeeding easier.** Learn the [breastfeeding basics](#), [common questions and challenges](#), and find out [how best to support a mom](#).
- **Supplemental nutrition programs can help support families in need.** Programs such as WIC (Women, Infant, and Children) or SNAP (Supplemental Nutrition Assistance Program) provide food benefits to low-income families so they can afford nutritious food.

Your Living Resources Program offers a number of evidence-based parental and family health topics and breastfeeding resources through [GuidanceResources® Online](#). Visit [GuidanceResources.com](#) to log in or sign up! WebID: [LivingME](#)

Upcoming Campus Events

Facilities BBQ	8/5
Lunch & Learn – Basics of Estate Planning	8/12
ALICE Active Shooter Response Training	8/11 or 8/13 (pre-registration required)
New Faculty Orientation	8/19
Faculty Workshop	8/20
Faculty & Staff Welcome	8/21
Fall Semester Classes Begin	8/24



5-WAY FRUIT-INFUSED WATER



Refresh yourself with one of these easy-to-make, hydrating beverages.

Ingredients

- 8 cups water, chilled
- 1 cup fresh fruit, sliced or cubed
- ¼ cup fresh herbs, in sprigs or chopped or torn into leaves

Directions

- 1 In an 8-cup pitcher, place cut fruit and herbs.
- 2 Pour in water and refrigerate, covered, for at least 4 hours (preferably overnight).
- 3 Enjoy throughout the day.

Blueberry Shrub

- ½ cup blueberries
- ½ cup cucumber slices
- 15 mint leaves

Citrus Zing

- 2 oranges
- 1 Tbsp sliced, peeled ginger
- 3 sprigs of fresh rosemary

Melon Cooler

- 1 cup cantaloupe cubes
- 1 lemon, sliced in wheels
- 5 sprigs of fresh thyme

Tuscan Berry Burst

- 1 cup strawberries
- 1 lime, sliced in wheels
- ½ cup torn basil

Tropical Punch

- 1 cup fresh pineapple chunks
- 1 kiwi peeled sliced
- 15 mint leaves