

Campus Connection

FROM MMA'S HUMAN RESOURCES DEPARTMENT



ELECTRONIC MONITORING NOTICE

Information regarding a new Maine law and how MMA utilizes Electronic Monitoring was sent by email to all MMA Employees on 8/3. All employees must sign and return the notice to deb.grindle@mma.edu by **October 1, 2026**.

WEATHER & EMERGENCY NOTIFICATIONS

MMA uses Omnilert as an emergency notification system. It provides text message alerts to registered participants when MMA is closed for weather or if there is an emergency. If you would like to get text message alerts and you have not previously signed up, you can sign up at the link below:

[Omnilert](#)

Also, if you would like to get alerts from the Town of Castine regarding parking bans or other important town news, you can get those by texting CASTINE to 91896 or by visiting the Town's website (www.castine.me.us) or their Facebook page.

DO YOU PLAN TO HAVE STUDENT WORKERS?

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

Fall '26 Employment Forms have been sent.

Please reach out to Ferry Foster with any questions.

EMPLOYEE PERKS

Primary Subscribers on the State of Maine Health Plan are enrolled in the 2026 Bumper Crop Program! The [State of Maine Health Plan](#) has teamed up with the [Maine Federation of Farmers' Markets](#) (MFFM) to offer \$40 in Bumper Crop farmers' market vouchers to each primary subscriber!

Keep an eye on your mailbox for a bright, colorful envelope which contains Bumper Crop vouchers and a quick-guide trifold brochure to help you plan your next market trip!

For a complete listing of farmers' markets in your area, visit www.mffm.org/fms.



We are hiring:

Do you know someone who may be interested in a career at MMA? We are hiring for:

- Building & Grounds Maintenance Workers (Custodial)
- Campus Safety Officers
- Education & Engagement Librarian
- Purchasing Operations Technician
- Sailing Technician - Assistant Sailing Coach
- AND MORE

<http://jobs.mma.edu>



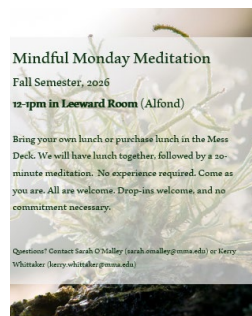
WELCOME TO THE MMA COMMUNITY



- Joseph Ciampa - Visiting Professor of Engineering
- Lauren Dickson - Visiting Professor, BIW
- Kimberly Dragon - Building & Grounds Maintenance Worker (Custodian)
- Handan Kokkulunk - Visiting Professor of Engineering
- Mohamed Mohamed - Assistant Professor of Engineering
- Ross Patten - Assistant Professor of Engineering
- Ajay Vallabh - Assistant Professor of Engineering

UPCOMING EVENTS

Mindful Mondays	each Monday @ 12:00pm
Community Involvement Fair	9/3 @ 4:00pm
MMA CLOSED (no classes)	9/7
Monday Class Schedule	9/8
Service Academy Night	9/10 @ 6:00pm
Lunchtime BINGO	9/16 @ 11:30am
Lunch & Learn	9/24 @ 11:30 am
Homecoming Weekend	9/25 – 9/27
NECHE Team Visit to MMA	9/27 – 9/30
Open House	10/3



Bok Pool Lap Swim Schedule					
Fall 2026 (until 9/23)					
	Monday	Tuesday	Wednesday	Thursday	Friday
6-7					
7-8	6:00-9:00	6:00-7:45	6:00-9:00	6:00-7:45	6:00-7:45
8-9					
9-10					
10-11					
11-12					
12-1					
1-2	1:00-2:00		1:00-2:00		1:00-2:00
2-3					
3-4					
4-5					
5-6	4:00-6:00		4:00-6:00		4:00-6:00
6-7					
7-8					



Chronic pain is defined as pain lasting for longer than three months and that often interferes with daily life activities. If you have long-lasting pain, scheduling an appointment with your healthcare provider is a good first step toward establishing a pain management plan.

The primary aim of pain management is to enhance your quality of life and daily functioning, allowing you to carry out everyday tasks, enjoy your favorite activities, and engage in work. Pain management specialists may suggest a single approach or a combination of several techniques to prevent, reduce, or relieve pain.

Consider These Tips for Managing Chronic Pain:

- **Practice breathing exercises** – Slow, deep breathing can trigger many positive responses in your body, helping manage both stress & pain.
- **Move with a plan** – This might include adding light stretching, yoga, or tai chi to your daily routine. Talk to your healthcare provider before starting an exercise routine.
- **Participate in meaningful activities** – Endorphins, the body's natural feel-good chemicals, are activated by exercise, relaxation techniques, and other enjoyable experiences. Schedule time each day for a simple activity that relaxes you or brings you happiness.
- **Practice good sleep habits** – A consistent “wind-down” routine at the end of the day can help improve your sleep. Look for ways to create a “sleep-focused” environment and avoid stimulating activities before bed.
- **Eliminate unhelpful substances** – Tobacco and alcohol use can slow down healing and lead to further health issues.
- **Stay connected to your support system** – Dealing with chronic pain can feel isolating; reaching out to others for support is vital. Maintain connections with family and friends who care about you.



Cholesterol is a waxy, fatlike substance in your blood. Cholesterol is essential for good health, but too much of the bad kind of cholesterol can put you at a higher risk of heart disease or stroke.

Bad Cholesterol vs. Good Cholesterol

- **The bad kind of cholesterol:** Low-density lipoprotein (LDL) cholesterol is known as the bad kind of cholesterol. High levels of LDL cholesterol can lead to heart disease and stroke. The American Heart Association recommends “lower is better” for LDL. Studies suggest an ideal LDL level at or below 100 mg/dL.
- **The good kind of cholesterol:** High-density lipoprotein (HDL) is the good kind of cholesterol. High levels of HDL cholesterol can reduce your risk of heart disease and stroke. Studies suggest an ideal HDL level at or above 60 mg/dL.
- **Triglycerides contribute to high cholesterol:** Triglycerides are a type of fat in your body. If you regularly eat more calories than you burn, particularly from high-carbohydrate foods, you may have high triglycerides.

Prevention & Treatment of High Cholesterol

- **Know our numbers and what to do about them:** Generally, adults should have their cholesterol levels checked every 4-6 years, however, age and certain health factors may require more frequent testing.
- **You can make lifestyle changes to improve your cholesterol:** You can eat heart-healthy foods, reach & maintain a healthy weight, be physically active, and not smoke.
- **Your health care professional can help you reach your health goals, including keeping your cholesterol at healthy levels:** Making decisions with your health care team is the best way to create a treatment plan you'll be more likely to stick to. If you don't understand something, ask for further clarification.



September is Healthy Aging Month

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Aging is a natural part of life. Taking small, everyday steps can help you feel your best today and support your well-being over time. Here are a few ideas to try:



1. **Move your body** in ways that feel good to you—like walking, dancing, or stretching—to help keep your heart, muscles, and mind strong. Try to stay active during the week with a mix of movement like cardio, strength, balance, and flexibility exercises.



2. **Eat a balanced diet** with foods you enjoy that are rich in nutrients, like fruits, vegetables, whole grains, lean proteins, and healthy fats. Try to limit added sugars and unhealthy fats.



3. **Keep your mind active** by doing things that challenge it, like puzzles, reading, or learning something new. You can also stay engaged by getting out, trying new places, and enjoying hobbies you like.



4. **Get good sleep** to help your body stay healthy, improve your mood, and lower your risk of illness. Keep a regular sleep schedule, and avoid screens, caffeine, and heavy meals before bed.



5. **Stay connected with others** to boost your mood and reduce stress. Spend time with loved ones, join activities, or get involved in your community.



6. **Regular check-ups**, screenings, and vaccines help you stay healthy and catch problems early. Talk to your care provider about what you need and keep track of your appointments.



7. **Manage stress** in healthy ways to protect your mental and physical health. Try simple ways to relax like deep breathing, mindfulness, journaling, or walking.

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Find the Right Preventive Care for You

Use the [MyHealthfinder Tool](#) for preventive care recommendations personalized for you. Bring your results to your next doctor's visit to help start the conversation.



Anthem - Health & Wellness Discount Programs

Save money and support your health with discounts available on [anthem.com](#). Discounts include fitness programs, vision, dental, and wellness services—helping you stay active and maintain healthy habits as you age. Log in to find options that fit your needs and lifestyle.