

Campus Connection

FROM MMA'S HUMAN RESOURCES DEPARTMENT



REVIEW/UPDATE YOUR TAX WITHHOLDINGS

It is recommended to check your tax withholdings every year, especially when you have a major life change:

- New job or other paid work
- Major income change
- Marriage
- Childbirth or adoption
- Home purchase

Checking your withholdings can protect against having too little tax withheld and facing an unexpected tax bill or penalty at tax time next year.

If you wish to update your withholdings, simply complete the state and/or federal form below and return it to the HR office!

[State W4 Form](#)

[Federal W4 Form](#)

UNION DUES CALCULATION UPDATE

The MSEA-SEIU Board of Directors passed a resolution to move away from a flat-rate dues structure to a percentage rate dues structure.

Effective January 1, 2026, dues are 1.3% of gross salary for the given pay period, exclusive of any overtime or bonuses earned, and capped at a maximum dues rate of \$15.00 per week.

If you have questions about this change, please reach out to your Union Stewards.

ELECT HOW TO RECEIVE YOUR W-2 BY 1/8/2026

How to Accept Electronic W-2:

Please respond to email from HR NOTIFICATION by stating:
"I agree to accept my W-2 electronically at this e-mail address."

How to Decline Electronic W-2:

Please respond to email from HR NOTIFICATION by stating:
"I do not wish to receive my W-2 electronically."

Please note you will receive a paper copy of your W-2 unless you specify otherwise prior to 01/8/2026.

You may revoke your consent for an electronic W-2 delivery prior to 1/8/2026 by contacting the payroll department at traci.clair@mma.edu or at 326-2231

EMPLOYEE PERKS

Maine Maritime Academy's faculty and staff are welcome to use MMA's Fitness Center, with access to the cardio fitness room, the Ken & Lynn Brown Weight Room, fitness studio, and Bok Pool during posted member swim hours.

View calendars and information about each here:

<https://marinersports.org/sports/2022/5/18/information-facilities-index2.aspx>



We are looking for more great people like you!

- Building & Grounds - Custodian
- Chief of Staff
- Electrician - Training Vessel
- Second Assistant Engineer - Training Vessel
- Cruise positions - Summer 2026



NEW EMPLOYEES

- Dakota Gramour - Cruise Technology Support Technician
- Kayla Ingraham - Financial Aid Planner

NEW FACULTY

- Amanda Anderson - Adjunct Instructor (Engineering)
- Angela Reisch - Adjunct Instructor (BIW)
- Lawrence Rosen - Adjunct Instructor (Arts & Sciences)
- Nathaniel Bradshaw - Assistant Professor of Practice (Machine Shop)
- Ross Patten - Visiting Professor (Welding)
- William O'Garra - Adjunct Instructor (Engineering)

December Fun :

Many fun events took place around campus last month, celebrating holidays and the end of the semester & year:





What is Financial Wellness Month? January is Financial Wellness Month! Financial wellness is a relative measure of how well a person manages their finances. Improving financial wellness is about practicing better money habits, setting goals and taking steps to achieve them, and improving an overall quality of life.

Steps to Financial Wellness by the Finance Authority of Maine (FAME):

- **Get Organized and Set Goals** - Begin by getting your finances organized and setting financial goals for yourself.
- **Create a Budget and Track Your Spending** - Make a plan for your money and stick to it. By tracking your spending, you will know where your money is going and can eliminate unnecessary costs.
- **Start Saving and Investing** - Begin saving for future investments such as a house, college, or retirement. Start with an amount that works for your budget and add extra whenever you can.
- **Protect Your Money and Identity** - Identity theft is a growing problem and can leave its victims with debt & bad credit.
- **Review your Credit Report and Understand Your Score** - A credit report is a snapshot of your financial history and can help you to assess what areas you can improve on.
- **Take Control of Your Debt** - Focus on cutting out all unnecessary spending and only borrow what you can reasonably afford to pay back.

Did you know? As a State of Maine employee, you can contact the [Living Resources Program](#) for unlimited telephonic and online access to financial wellness resources. To get started visit [GuidanceResources.com](#) and use the Web ID: **LivingME** to sign up today!



Sources:

[Finance Authority of Maine](#)
[America Saves](#)
[WellStarME - Financial Wellness](#)



24/7 Virtual Dental Care Available Now!

Emergencies and dental concerns don't always happen during business hours. As a State of Maine Dental Plan member, you have 24/7 access to dental support for emergent needs through **Teledentistry** virtual visits through [Northeast Delta Dental](#).

What is Teledentistry?

Teledentistry is a subset of telehealth that utilizes secure electronic communication technology, such as interactive audio and video, to deliver and coordinate oral healthcare remotely [[www.ada.org](#)]. This technology allows for immediate, real-time virtual consultations with a licensed dentist for initial assessment and guidance on urgent issues [[www.carequest.org](#)].

Benefits of Teledentistry for Emergency Triage:

- **24/7 Access:** Get support for dental emergencies anytime, anywhere (e.g., when traveling or after hours) [[www.nedental.com](#)].
- **Convenience:** Consult with a dentist without needing to travel, which can save time and potential expense [[www.carequest.org](#)].
- **Immediate Guidance:** A dentist can perform an initial "problem-focused exam," provide instructions for treating conditions, and write prescriptions when appropriate. If definitive care is needed, they will refer you to a local Delta Dental network dentist for follow-up [[www.nedental.com](#)].

How to Access and Learn More

You can start a virtual visit by going online or calling the dedicated line:

- Visit: [Teledentistry.com](#) (or through the [Northeast Delta Dental](#) website)
- Call: 1-866-393-4022

For full details on this benefit, please check out the [Northeast Delta Dental website](#).

If you have further questions about your benefits or need assistance, please contact Northeast Delta Dental's Customer Service department at 1-800-832-5700.

UPCOMING EVENTS

USCG Exams	1/5 – 1/9
Elect Electronic W2s deadline	1/8
Faculty Workshop	1/8
Faculty & Staff Welcome	1/9
Spring Semester Classes Begin	1/12
Faculty & Staff Cookie Swap	1/22 1:45 pm
HR Lunch & Learn: From “Me” to “We” Building High Performing Teams by Strengthening Relationships	1/27 11:30 am
Lunchtime Bingo	1/29 11:00 am



Winter is the perfect time to build skills or learn something new outdoors. Maine Department of Inland Fisheries and Wildlife (MDIFW) offers [Maine Outdoor Programs](#), providing hands-on learning experiences for all skill levels. These programs help participants build and enhance skills in hunting, fishing, trapping, outdoor preparedness, and wildlife viewing in a supportive and engaging environment.

Women's Outdoor Skills Day in Augusta

Learn + Try Ice Fishing, Clay Target Shotgun Shooting, Snowshoe Hiking, Intro to Hunting, Wild Game Cooking, and Beaver Trapping

Sunday, January 25, 2026

8:30am - 2pm

Augusta, ME

Open to all women 18+.



[Learn More + Register Online](#)

Youth and Family Outdoor Skills Day in Augusta

Learn + Try Ice Fishing, Clay Target Shotgun Shooting, Snowshoe Hiking, Intro to Hunting, Wild Game Cooking, and Beaver Trapping

Wednesday, February 18, 2026

8:30am - 2pm

Augusta, ME

Age Minimum: 10+ and all youth must be accompanied by an adult.



[Learn More + Register Online](#)

Outdoor Skills Weekend at Bryant Pond

Learn + Try Ice Fishing, Snowshoe Mountain Hiking, Hunting, Rifle Shooting, Campfire Cooking, Archery, Beaver Trapping, Rock Climbing, Fly Tying, and Winter Survival

Saturday, February 7, 2026 - Sunday, February 8, 2026

9am - 5pm Saturday and 9am - 12:50pm Sunday

Bryant Pond, ME

Open to adults 18+.



[Learn More + Register Online](#)

Outdoor Skills Day in Brewer

Learn + Try Ice Fishing, Rifle Shooting, Snowshoe Hiking, and Bowhunting

Sunday, February 22, 2026

8:30am - 2pm

Brewer, ME

All ages are welcome, though children must be accompanied by an adult.



[Learn More + Register Online](#)

If you have items you would like included in the monthly HR Newsletter please email nicole.dyer@mma.edu