

Campus Connection

FROM MMA'S HUMAN RESOURCES DEPARTMENT



UPCOMING ANNUAL OPEN ENROLLMENT

The 2026 Annual Open Enrollment period for Health, Dental, and Vision insurance will be held in May.

Annual enrollment allows MMA employees to make changes to their plans.

Employees who are not enrolled in MMA's Health, Dental or Vision plans, may enroll at this time. All enrollments or changes take effect on July 1, 2026.

Specific dates for the Open Enrollment period will be announced soon.

REQUIRED TRAINING REPORT = SUPPORT!

Please complete the Maine Maritime Academy [Report=Support! Sexual Misconduct for Employees](#) training by **March 27th, 2026**.

This **required** training addresses sexual misconduct, sexual harassment, and interpersonal violence. It will also explore how to respond to disclosures and when to intervene when you witness questionable behavior.

Use the link above and your MMA username and password to log in and to complete the training.

FACULTY & STAFF FIRE DEPARTMENT VOLUNTEERS

The Academy will grant administrative leave to those first responders who are either

1. Responding to an event as a member of Castine Fire/Rescue or,
2. Responding to an event as a member of another volunteer Fire/Rescue department for an event in Castine.

You're invited to A Night by the Bay!

The Advancement Office cordially invites all faculty and staff to be our guests for this year's *A Night by the Bay* celebration.

Thanks to the generosity of President Johnson, the cost of admission for you and a guest will be covered, but please note that any additional time and expenses will be the responsibility of the attendee.

We hope you'll join us for a memorable night of connection, celebration, and community to support student scholarships!

Register [HERE](#) and please use promo code MMATEAM.

For more info please contact Sara Kneisel (sara.kneisel@mma.edu or (207) 326-2177)

*A Night
by the Bay*
MAINE MARITIME ACADEMY

Friday, March 27, 2026

Maritime Industrial Workforce Training Center | Brunswick, Maine

We are looking for more great people like you!

- Administrative Assistant - Waterfront
- Athletic Trainer
- Building & Grounds - Custodian
- Campus Safety Officers
- Director, Center for Student Success
- Maintenance Technician
- Marine Mechanic
- Faculty Positions in
 - Engineering
 - Marine Transportation
 - Mathematics
 - Physics
- 2026 Cruise Positions
- AND MORE



NEW EMPLOYEES

- Abigail Stimach - Administrative Assistant BIW
- Alicia Grijalva - Building & Grounds: Custodian
- Christian Holmes - Accounts Payable Clerk
- Heidi Reinhard - Testing & Tutoring Assistant
- Len Dube - Assistant Men's Lacrosse Coach
- Shane Moeykens - Chief of Staff
- William Hannum - Assistant Football Coach

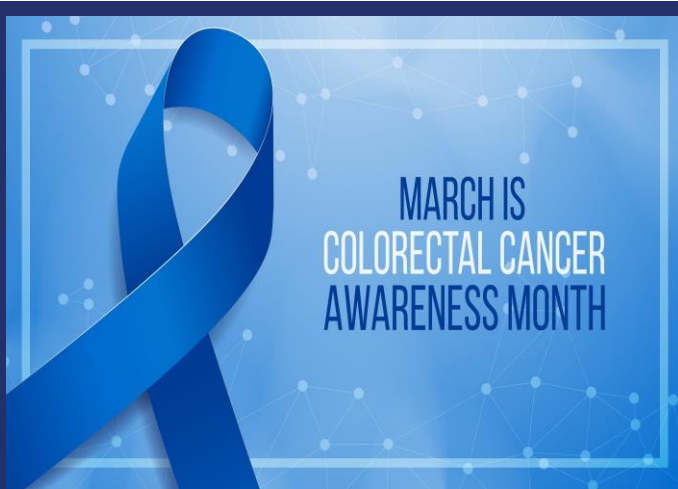


MMA's new Chief of Staff

Shane Moeykens joins Maine Maritime Academy in March 2026 as Chief of Staff, bringing decades of leadership experience spanning higher education, federally sponsored research, and industry. Moeykens most recently served as the Director of the Maine Established Program to Stimulate Competitive Research (EPSCoR) and the Director of Advanced Research Computing, Security, and Information Management (ARCSIM) at the University of Maine, where he provided strategic leadership for statewide research infrastructure, high-performance computing, and federal research competitiveness, supporting Maine's growth in STEM innovation, workforce development, and interdisciplinary scholarship.

Dr. Moeykens held senior leadership roles in the engineering simulation software sector at Fluent Inc. and ANSYS, Inc., where he led strategic partnerships, technology licensing and acquisition efforts, and business development programs supporting global growth. Earlier in his career, he served in engineering and technology management positions at The Trane Company in Wisconsin and began his professional career as a nuclear plant engineer at Knolls Atomic Power Laboratory in New York.

He holds a Ph.D. in Mechanical Engineering from Iowa State University, an M.B.A. in technology management from Worcester Polytechnic Institute, an M.S. in Mechanical Engineering from the University of Maine, and a B.S. in Marine Systems Engineering with a minor in Nuclear Engineering from Maine Maritime Academy. His career spans higher education leadership, advanced research computing, industrial innovation in engineering and applied technology, and nuclear plant operations.



March is **National Colorectal Cancer Awareness Month**, dedicated to increasing awareness, promoting, and encouraging screenings for one of the most preventable, treatable, and beatable cancers. Recognized by the dark blue ribbon, this month highlights the importance of early detection, with screening recommended for average-risk individuals starting at age 45.

4 Shocking Facts about Colon Cancer:

1. **It's the Second Deadliest Cancer:** Colon cancer kills more people each year than every other type of cancer except lung cancer. The number one cause of death for people between the ages of 45 and 65 is cancer.
2. **Health Disparities Are Systemic & Real:** People of color tend to receive later stage diagnoses and lower quality of care. Black Americans get colon cancer about 15% more often than White Americans and are 35% more likely to die from it. The American Indian and Alaska Native communities experience the highest mortality and incidence rates in the nation.
3. **It's a Problem for Young People, too:** Colon cancer is predicted to be the top cancer killer for people under 50 by 2030. It's also going up by 90% in people under 35 by 2030.
4. **Colon Cancer is The Preventable Cancer:** You can prevent colon cancer by finding and removing precancerous polyps *before* they become cancer. Colonoscopy can prevent cancer or stop it early, and among the at-home options, Cologuard is able to detect precancer and cancer that may be present in the colon.

45 OR OLDER?

Talk with your doctor about a
**COLON CANCER
SCREENING**



Sources:

<https://colorectalcaner.org/>
<https://leadfrombehind.org/>

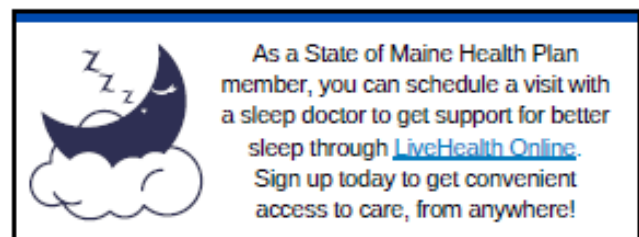


What is Sleep Awareness Month?

March is Sleep Awareness Month! This observance highlights the important connection between your sleep and your health and well-being. Did you know? According to the American Heart Association, more than 1 in 3 adults don't get the recommended 7 to 9 hours of sleep each night.

Key Benefits of Sleep

- **Healthy Brain Function and Emotional Well-Being** – A restful night's sleep is believed to contribute to improved memory & the retention of new information, leading to better problem-solving & decision-making skills. Sleep can also help you manage stressors that you may encounter throughout your day.
- **Improves Physical Health** – Sleep is key in producing the growth hormone that boosts muscle mass & helps repair cells & tissues. Additionally, sleep contributes to restoring and rejuvenating the body, leading to a stronger immune system.
- **Daytime Performance & Safety** – Ensuring you get sufficient quality sleep can greatly enhance your daily functioning. A lack of sleep, however, may affect productivity at work & school. Individuals may experience slower reaction times, take longer to finish tasks, and be prone to making more errors



Sources:

[GuidanceResources - The Benefits of Sleep](#)
[National Sleep Foundation - Sleep Tips](#)
[American Heart Association - How Sleep Affects Your Health](#)

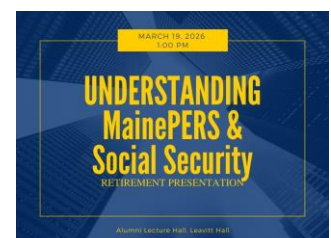
Years of Service Recognition Event:

MMA Staff & Faculty were recognized for their years of continuous service and dedication to Maine Maritime Academy on Wednesday, February 25th.



UPCOMING EVENTS

Spring Break	3/2 - 3/6
MMA Closed	3/5 & 3/6
Pie Eating Competition	3/13 3:00 pm
New Employee Orientation	3/19 9:00 am
Understanding MainePERS	3/19 1:00 pm
MMA Founders Day	3/21
MMA Spring Career Fair	3/26 9:30 am
HR Lunch & Learn: Feeling Stuck? Practical Ways to Get Yourself Going Again	3/27 11:30 am





march is national NUTRITION —MONTH®—



What is National Nutrition Month®?

Every March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month®. This is a great time to learn how to choose foods that support your lifestyle and explore the nutrition benefits and resources available to help you stay on track.

Getting Started with Healthy Eating

Eating nutritious foods supports digestion, strengthens bones and muscles, and lowers the risk of chronic conditions like heart disease, type 2 diabetes, and some cancers. Eating a balanced diet that matches your activity level can also help you reach and maintain a healthy weight.

Healthy eating doesn't have to be hard. Small steps add up. Try these ideas:

- **Boost fiber:** Fiber helps you feel full, supports healthy cholesterol levels, and can help with weight management. Choose fruits, vegetables, whole grains, beans, nuts, and seeds.
- **Add flavor:** Use herbs, spices, vinegars, and citrus to make healthy meals taste great.
- **Get support:** Change is easier with help. State of Maine health plan members have many options to support healthier eating, whether you prefer one-on-one guidance, group programs, or resources you can explore on your own. Learn more below.

Scan the QR code below to access this document in an online format.



Your State of Maine Nutrition Benefits and Resources



Meet One-on-One with a Dietitian: Your health plan covers [unlimited visits with a registered dietitian](#). Get personalized guidance on your current eating habits and support in building a plan that works for you.



Work with a Professional Coach: If you know the basics but struggle to make healthy habits stick due to stress, time constraints, or competing priorities, [Well-Being Coaching through the Living Resources Program](#) can provide practical support and accountability.



Join an Evidence-Based Program: You have access to several proven programs that help prevent chronic diseases through nutrition education and lifestyle changes, including [Wondr Health](#), [Virta Health](#), and the [National Diabetes Prevention Program](#) (eligibility requirements apply).

Did you enroll in the [Wellness Wallet Pilot Program](#) for 2026? You may be able to get reimbursed for healthy eating items, such as meal-planning or food-tracking apps, Community Supported Agriculture (CSA) shares, cookbooks, and more.

Looking for more? The WellStarME Resource Hub has over [70 nutrition resources](#) covering a wide range of topics, from [gardening in Maine](#) to [eating healthy on the go](#). If you need something you don't see, contact WellStarME at (207) 620-9202 or wellstar@mcd.org.