

Campus Connection

FROM MMA'S HUMAN RESOURCES DEPARTMENT



ANNUAL OPEN ENROLLMENT

The Annual Open Enrollment period for Health, Dental, and Vision plans will begin **mid 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 during the annual open enrollment period.

All enrollments or changes take effect on July 1, 2026.

HEALTH INSURANCE CHANGES: JULY 2026

Changes for July 2026 to June 2027 to the State of Maine Medical Plan can be found below. You will notice some **reductions to the copays** for various services. The premium increase will be 3% and a document with the new rates is forthcoming.

MMA - State of Maine Medical Plan Changes

Benefit	2025-2026 Current	2026-2027 New
Medical		
Deductible (Single/Family)	\$800 / \$1,600	\$800 / \$1,600
Coinurance	15%	15%
OOPM (Single/Family)	\$3,750 / \$7,500	\$3,750 / \$7,500
Primary Care Physician	\$30	\$25
Specialty Physician	\$50	\$45
Inpatient Medical Facility	15% after deductible	15% after deductible
Emergency Room	\$300	\$300
Urgent Care	\$40	\$30
Prescription Drugs		
Retail:		
Generic	\$25	\$15
Preferred Brand	\$50	\$40
Non-Preferred Brand	\$80	\$70
Specialty	25% up to \$200	25% up to \$200
Mail order:	2X retail copay	2X retail copay
OOPM (Single/Family)	\$4,600 / \$9,200	\$4,600 / \$9,200

*Changes are in red

STUDENTS OF CONCERN REPORTING

Any employee can submit a student of concern report. Once a [Student of Concern Report](#) is submitted, it automatically generates an email notification to the Dean of Students and MMA's Counseling Team.

For more information about student of concern reports, please contact the Dean of Students, Blossom Thao at blossom.thao@mma.edu.

If you feel a concern warrants immediate response because the student or another member of the community is in immediate danger, please contact Campus Safety at 207-326-2479. Campus Safety is available 24/7.

ComPsych Huddles SM



Easily accessible online support sessions to engage members and improve well-being:

- ✓ Self-scheduled group sessions to support personal well-being journeys
- ✓ Various Huddle types to match preferences and needs
- ✓ Expert-led support guided by ComPsych counselors, coaches, worklife experts, and senior trainers

Huddle Discussion Groups Guided well-being support:

- Mood Management
- Self-care & Resiliency
- Improving Sleep
- Nutrition 101
- Mindfulness Series
- Parenting Series
- Menopause 101
- And more

Huddle Practices Short practice sessions:

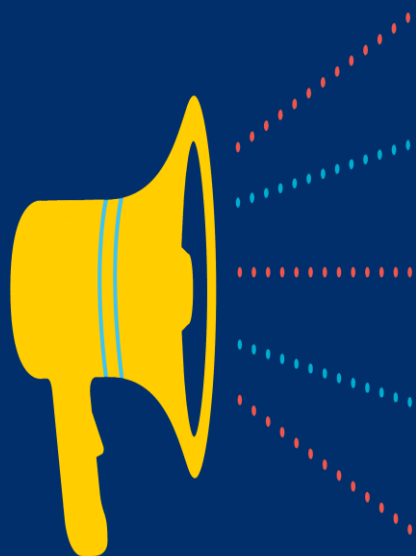
- Mindfulness Meditation
- Guided Breathing
- Guided Stretching
- Gratitude Practice

Huddle Webinars Expert-led education:

- LOE trainers
- DEIB consultant
- Work-life specialists
- ComPsych counselors and coaches

Huddle Alliances Focused peer support:

- Black Alliance
- LGBTQIA+ Alliance
- Hispanic/LatinX Alliance
- Caregiver Alliance
- Healthcare Worker Alliance



We are hiring:

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

- Assistant Director of Admissions - Graduate Program
- Athletic Trainers
- Campus Safety Officers
- Maintenance Technicians
- Adjunct Faculty for the fall semester
- 2026 Cruise Positions
- AND MORE

<http://jobs.mma.edu>

NEW EMPLOYEES

- Joshua Grau - Master, Small Craft
- Margaret Fairbrother - Building & Grounds Maintenance (Custodian)
- Robert Tenney - Building & Grounds Maintenance (Custodian)



INTERNAL TRANSFERS/PROMOTIONS

- Lori Dodge - Administrative Assistant for the Waterfront

Reuse Pass To Go Boxes:

The new Reuse Pass program launched March 20 and is available in the Mess Hall. Meal swipes and cash/credit card at the Employee rate can be used to check out a reusable to-go container from the cashier. When finished, simply return it to the designated drop-off canisters located just outside the Mess Deck.





Stress can be triggered by large events such as the death of a loved one, problems at work or natural disasters. But seemingly small events like being stuck in traffic, unsolicited phone calls interrupting your dinner, or even waiting in a slowly moving line at the store can increase the amount of tension and anxiety we feel.

Here are some tips you can use to eliminate tension and pressure from your life:

- Do not take on too many obligations
- Spend time doing things you like to do
- Get enough sleep
- Talk with a therapist or counselor

Resources: [©2024 ComPsych Corporation](#)



April is National Move More Month, a great reminder to increase your physical activity levels. Not only does moving more improve your physical health, but it also boosts your overall mood. [Recent studies show](#) a decline in physical activity rates across the United States, a trend that may be impacting those you care about.

Ways to Move more in 10 minutes:

- Walk briskly for 5 minutes, turn around and walk back
- Dancing to 3 songs (standing or seated)
- Park farther away in the parking lot
- Take the stairs instead of the elevator
- Join a friend or family member for a walk
- Grab the leash and walk your dog
- Try a [10 minute workout](#)
- Walk and talk during personal calls

Sources:

[National Institutes of Health - Move More](#)
[American Heart Association - Move More Together](#)
[U.S. Centers for Disease Control and Prevention - Physical Activity](#)

The Adams School - Now Enrolling

The Adams School is Castine's PK-8 elementary school, located in the Castine Historic District. Operating as a public school since 1853, the Adams School boasts small class sizes, highly skilled teachers who put relationships first, and a balanced academic program that gets very strong results. Unlike most public schools, we offer an admissions process for children who do not live in Castine. If you'd like to know more about our school or would like to arrange a visit, contact Principal Fred Cole at fc@castineschools.org or (207) 326-8608.



Faculty & Staff enjoying fun campus events this semester:

Valentine's Day Pizza Party



Lunchtime Bingo



Pie Eating Competition

Some of MMA's staff & faculty members celebrated Pi Day with a friendly pie eating competition.

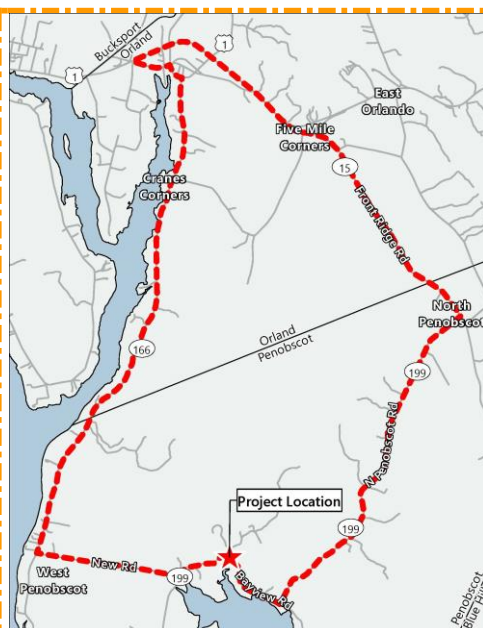
Earl Leach was the winner for the 2nd year in a row, for the Blueberry Pie category.

Ron Boidi placed 1st place in the Apple Pie category.



UPCOMING EVENTS

Faculty & Staff Bridge Navigation Simulator	4/3	2:00 pm
Open House	4/4	
Name That Tune	4/8	12:00 pm
Service Academy Night	4/9	5:30 pm
Regimental Awards Ceremony	4/13	5:00 pm
Late Night Breakfast	4/26	8:00 pm
Final Exams	4/27 - 4/30	
Commencement	5/2	



Road Closure

A month-long road closure of Bayview Road (Route 175) beginning April 20, 2026, will temporarily disrupt travel at Mill Creek in Penobscot. The closure is likely to impact a number of MMA students, faculty and staff.

Bayview Road will be closed for up to four weeks from **April 20 – May 20, 2026**, to allow safe construction and high-quality installation in a sensitive tidal habitat. Traffic will be detoured via Route 199 to Route 15 and back to Route 175 toward Castine.