

Campus Connection

FROM MMA'S HUMAN RESOURCES DEPARTMENT



VIRTA RESPONSIBLE PRESCRIBING IMPLEMENTATION

Effective July 1, 2026: State of Maine Health Plan Members with GLP-1 prescriptions for weight loss are required to enroll in Virta Health and receive their GLP-1 prescription from a Virta provider to maintain coverage. Virta is a nutrition-based program that helps you lose weight and improve your health, available at no additional cost. With personalized nutrition plans and expert support, Virta helps you build healthy habits for long-term success.

Health plan members should sign up after July 1st, 2026.

CATASTROPHIC LEAVE ENROLLMENT

The catastrophic leave bank serves all staff employees (SSP, Supervisory and Confidential). All regular employees who have completed their probationary period are welcome to enroll in the plan.

The bank requires a donation of a minimum of four (4) vacation leave hours during open enrollment to join the plan for the following fiscal year.

Open enrollment will close at **midnight on June 30th**.

If you wish to join the catastrophic leave bank, please fill out the enrollment form and email the completed form to traci.clair@mma.edu.

NEW MEDICAL INSURANCE CARDS

All MMA employees with health insurance should receive new Medical Insurance cards in the mail for the new fiscal year coverage.

Please be on the lookout for the new cards in your mail soon.

In addition, the free Anthem Anywhere mobile app contains an image (front & back) of your ID card to be viewed on a smart device.

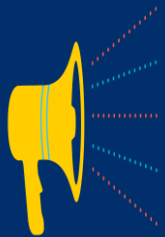
MARINERS HOUSE

EMPLOYEE PERKS

The MARINERS HOUSE –in Boston's Historical North End offers a variety of rooms, including full and queen rooms and suites, to MMA Employees at an affordable price, with full breakfast.

The Mariners House is a mission reserved exclusively for the men and women who work at sea, including maritime institution affiliates like MMA, and other professional seafarers and their families. MMA Employees must present their MMA ID to be eligible to stay at the Mariners House.

<https://marinershouse.org/>



We are hiring:

Do you know someone who may be interested in a career at MMA? Direct them to our employment page:
<http://jobs.mma.edu>



NEW EMPLOYEES

- Marissa Valverde - Office Coordinator & License Program Assistant
- Rachael Dobrowski - Assistant Director of Admissions - Graduate Program

D Q S S A P M O C J O B C B T G P I L O T B T
 I L P T G P R P E V D J O O O L F E A I C S O
 A C B P W G E I E J V I O W T T I V A E L M N
 S X M I I U D N T R U N R D D K A R Z D G I T
 G P R H B U O Y T C K K Y I O O I O H B H T T
 A L W S G E W N S A H I O Z G S I U A F F H O
 Z A R D W B C A S K G I N C R O I N Y L O V B
 Z T Y N I N M M A P Y O E S H I R G D W I P B
 C Z I E Z O A Y L Q S J E S E K U M S I D F A
 C B E I F S T W D P Z K X T W I F E S N Y Z B
 H U H R R Y P K N S W F B O F S R E G D O R V
 X W R F K A I J I X M L C R B N A L O P V J O
 W U R T P P L R W B E G H P F R Q U I C K G Q
 Y E O V I V O Q L O N A L E D G I E K V A S T
 I G M T C S T X S U M D D N O F L A I D X M U
 L I E M O S S T G U V D U A T Z S W E R D N A

Find the following words in the puzzle.
 Words are hidden ↑ and ↓ and → and ← and ↘

ABBOTT
 ALFOND
 ANDREWS
 BOWDOIN
 BUOY
 COMPASS
 CURTIS
 DELANO

DIRIGO
 DISMUKES
 FRIENDSHIP
 LEAVITT
 PAYSON
 PENTAGOET
 PERKINS
 PILOT

PLATZ
 QUICK
 RITCHIE
 RODGERS
 SMITH
 TSSOM
 WINDLASS
 WYMAN

Faculty & Staff enjoying fun campus events in April:

Lunchtime BINGO

MMA's Social Committee hosted a Lunchtime Bingo event.



Faculty & Staff Duck Day

Faculty & Staff searched for hidden ducks around campus for a chance at some great prizes!





June is Migraine and Headache Awareness Month, dedicated to educating, supporting, and advocating for individuals living with headache disorders and migraine disease. A migraine is more than just a severe headache; it is a chronic neurological condition that can be debilitating. In the United States alone, over 42 million people are affected by one or both of these conditions, impacting their daily personal and professional lives.

Healthy Habits That May Prevent or Reduce Migraines

- Find a calm environment to help your body relax
- Simplify daily tasks and take breaks to help manage stress
- Incorporate consistent eating and sleep habits
- Exercise regularly to support your immune system
- Keep a journal to identify potential triggers
- Ask for support from family and friends

Sources:

[NIHF - Headache and Migraine Awareness](#)
[NIHF - Headache Topic Sheet](#)
[Mayo Clinic - Steps to Prevent Migraines](#)



Great Outdoors Month is recognized in June as a celebration of America's public lands and waters at the national, state, and local levels with thousands of events across the country. Being in nature provides so many benefits for a healthy lifestyle that no matter what your interests or hobbies, the outdoors has an activity for everyone.

Looking for some budget friendly outdoor activities to try?

- Explore a [fort or historical site](#)
- Visit a [Maine lighthouse](#) or [Maine beach](#)
- Visit a [Maine greenhouse](#) or [farmer's market](#)

Sources: recreationroundtable.org

www.cdc.gov

www.maine.gov

Surgery Benefit

Surgery can be complicated and costly. At Carrum Health, it is easier and less expensive to get the best care possible.

Carrum works with the top doctors in the country for joint, spine, heart, weight loss surgeries, cancer care, and more. When you book your surgery through Carrum Health you get:

- **Better Care** – The surgeons in the program achieve better outcomes & have exceptional bedside manner
- **No Surprise Bills** – The team helps with all the planning & paperwork
- **Dedicated Support** – The team helps throughout the process so you can focus on your health

If your doctor has recommended surgery, contact Carrum Health at 888-855-7806 or register at carrum.me/stateofmaine

Independent Labs & Imaging

Do you know State of Maine Health Plan members have access to independent lab and imaging facilities throughout the state?



The State of Maine Health Plan provides you with several independent [lab](#) and [imaging facilities](#) at **no additional cost**. Some imaging centers at hospitals are also eligible!

Lab and imaging facility locations are updated frequently. For the most up-to-date list of locations, visit us on the Employee Health, Wellness, & Workers' Compensation [website](#).

Virta Health

Virta Health is a virtual clinic that can help eligible health plan members reach their health and wellness goals, by reducing medications, assisting in sustainable weight loss, and reversing type 2 diabetes - all at **no additional cost**.

What's covered:

- On-demand support from a dedicated health coach;
- Dedicated medical provider to safely reduce medications;
- Personalized nutrition plan with delicious recipes;
- Digital weight scale that syncs with your phone to track progress and
- Connected meter to monitor blood sugar and metabolic health.

Virta Health is available through the [State of Maine's Health Plan](#)! For eligibility details & further information visit the state's [Virta Health website](#)!

UPCOMING EVENTS

Faculty & Staff Putting Competition	6/4	11:30
IGMA Conference	6/8 - 6/20	
MMA CLOSED	6/19	
HR Brunch & Learn 10 Strategies for Improving your Finances	6/29	9:00

June's Get Together Lunches

Wednesday, June 3 | Noon

Harborview Roof Top Patio
Rain Location: Waypoint

Wednesday, June 10 | Noon

Harborview Roof Top Patio
Rain Location: Waypoint

Wednesday, June 17 | Noon

Harborview Roof Top Patio
Rain Location: Waypoint

Wednesday, June 24 | Noon

Harborview Roof Top Patio
Rain Location: Waypoint



2026 Summer Info

Main Dining Hall Summer Hours -

Open through 1:00pm Friday, 5/1
Closed through 6/14
Open M-F, 11-12:30 starting Monday 6/15 through 6/19
Closed through 8/10
Continuous dining starts 8/12

Help Desk Summer Hours -

8:00 am – 4:00 pm Monday-Friday

Many issues can be resolved remotely, so an attendant may not always be available in person. Call the Help Desk at (207) 326-2240 or submit a [Helpdesk ticket](#).

Library Summer Hours -

M-F by advance appointment
(email library@mma.edu for appt.)

Bookstore Summer Hours -

10:00 am – 2:00 pm Monday-Friday

- Closed for inventory 5/6 through 5/8
- Power & Internet disruptions 5/15 through 6/12
- Relocating (TBD)

Fitness Center Summer Hours -

5:00 am – 9:00 pm Monday-Friday

No hot water from 5/11 through 6/11

Users must enter from the triple doors in the lower lobby.
The pool hours are contingent upon lifeguard coverage. You can view the pool availability here:

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

Cruise Dates -

TSSOM 2026 Summer Sea Term

May 3 through July 16

Port information can be found [here](#).

Live TSSOM cruise tracker [here](#)!

Bowdoin 2026 Summer Sea Term

June 1 through July 16

Port information can be found [here](#).

Live Bowdoin cruise tracker [here](#)!