

# Staff Enrichment Day 2025

**Stronger Together: Transforming Tomorrow**

Wednesday, March 19, 2025, 8:00 a.m.-4:00 p.m.

Germantown Campus

**8:00-9:00 a.m.**

Continental Breakfast/Check-In (Globe Hall)

**9:15-10:30 a.m.**

Opening Session (Globe Hall)

**10:45-11:45 a.m.**

***Workshop Session 1***

An Introduction to the Montgomery College Participatory Governance System, HS 173  
Are You Ready for Retirement? How to Plan for Income in Retirement & How to Exit Em-

ployment Successfully, BE 146

Barre Essentials and Flow, BE 158

Civilian Response to Active Shooter Events (C.R.A.S.E.), HS 169

Coping During Uncertain Times, BE 114

Cybersecurity Awareness, HS 167

Do You Know How To Use Our Stop the Bleed Kits and use the Narcan Spray?, HS 171

Fresh Floral Design Basics, HT 122

Get the Most Out of Your Cigna Health Insurance Plan, BE 147

Hands Only CPR, SA 302

Healthy Cooking with Alana Sugar, BE 148

Leadership in Learning Organizations: Navigating the Path to Success, HS 246

Make Your Own Conversation Starters And Gratitude Toolkits!, HS 177

Making Healthy Food and Snack Choices Easier!, BE 163

Meditation 101 and Journaling, BE 107

Mobility & Injury Prevention, SA 207

Networking & Thriving with AAWCC-MC, SA 213

Nearing Retirement with Voya Financial Advisors, Inc., HS 252

Pilates 101, BE 162

Plan, Prepare, Process: Understanding and Accessing EAP Benefits, HS 165

Self Defense, HT 216

Wills & Estate Planning with an Attorney, Legal Aid, HS 244

Yoga All Levels to Reduce Stress with Onelife Fitness, BE 160

Your Future Starts Now, Corebridge Financial, HS 236

Zumba Fitness, Dance Party - Onelife Fitness, PG 108

**11:45 a.m.-1:30 p.m.**

***Lunch (BE 151/152)***

***Vendor Fair (Student Services)***

**1:45-2:45 p.m.**  
**Workshop Session 2**

Active Listening – Embracing Positive Communication, HS 246  
Are You Ready for Retirement? How to Plan for Income in Retirement & How to Exit Employment Successfully, BE 146  
Barre Essentials and Flow, BE 158  
Civilian Response to Active Shooter Events (C.R.A.S.E.), HS 169  
Cybersecurity Awareness, HS 167  
Dance Fitness Party and Line Dancing - Onelife Fitness, PG 108  
Do You Know How To Use Our Stop the Bleed Kits and use the Narcan Spray?, HS 171  
Gardening with Native Plants, HT 122  
Get Fit And Fly With Kaiser In 2025 With Chair Yoga, BE 110  
Hands Only CPR, SA 302  
Healthy Cooking with Alana Sugar, BE 148  
Make Your Own Conversation Starters And Gratitude Toolkits!, HS 177  
Making Healthy Food and Snack Choices Easier!, BE 163  
Meditation 101 and Journaling, BE 107  
Nearing Retirement with Voya Financial Advisors, Inc., HS 252  
Retiring from Montgomery College with HRSTM, HS 165  
Self Defense, HT 216  
Wills & Estate Planning with an Attorney, Legal Aid, HS 244  
Yoga All Levels to Reduce Stress with Onelife Fitness, BE 160  
Yoga Nidra - Yogic Sleep, BE 162

**3:00-4:00 p.m.**  
**Closing Session (Globe Hall)**  
Closing Remarks | Giveaways

**\*\*\*Chair Massage located in BE 2nd Floor (only for registered staff, no walk-ins)\*\*\***



## **STAFF ENRICHMENT DAY PLANNING COMMITTEE**

Tilandra Rhyne, Chair | Daphne Alfelor, Co-Chair | Jeff Chuang | Megan Cooperman | Polly Moya | Shakenna Adams-Gormley | Kaylin Nguyen | Toro Oladokun | Veronica Pagan | Guillermo Laya | Adaora Nwigwe | Margarita Silva | Angie Moy | Brittany Joseph | Lorrie Lawrence | Adria Nichols | Brittny Woods | Nghi Nguyen

## **PRESENTERS**

Billy Struemke | Clevette Ridguard | Melanie Smith | Michael Harting | ComPsy | Annie Shane | Zdeslav Cunko | Gizelle | Leslie Jones | Tracey Bodo | Ksenyia Tsoi | Valerie Jones | Robert Martin | Karen Purish | Carla Ammerman | Elyse Waghelstein | LaTonya Pickard | Liz Wheeler | Nancy Newton | Zenobia Garrison | Mo and Larry | Abril Istre | Sophia Mason | Allison and Russell Palanzo | Erica Davis | OneLife | Tanya | Nicholas Sigismondi | Ron Hardy

## **VENDORS**

Cigna Health Care, Office of Advancement and Community Engagement (MC), Sling-shot, Voya Financial, Equitable Financial, Corebridge Financial, Legal Resources, One-life Fitness, Asian American and Native American Pacific Islander-Serving Institution (AANAPISI) Montgomery College, Wellness, WDCE Montgomery College, Kaiser Permanente, AAWCC Montgomery College, Hello Heart, Rudolphs Office Supplies, 360 Photo Booth, ACCO, Akers, Smead, 3M/JMA, Spartan, Source, Montgomery College Rising Professionals Association (MCRPA), and MC Pride & Allies

## **ACKNOWLEDGMENTS**

Special thanks to: Dr. Jermaine F. Williams, President | Dr. Deidre Price, Senior Vice President for Academic Affairs/College Provost | Sharon Anthony, Campus Dean, Germantown | Dr. Stephen Cain, Chief of Staff/Chief Strategy Officer | Presenters and Volunteers | Dr. Clevette Ridguard, Governance Director | Ms. Tracey Romney and Ms. Sharmini Azeez, ELITE | Germantown Campus Council, Facilities, Security, and Media Resource | Metz Catering | Staff Council | And thanks to those who responded to our questions, made recommendations, and assisted a presenter. This day was made extra special because of your contribution. Have a wonderful and relaxing spring break.

## **POST-EVENT SURVEY**

We would love to get your comments and feedback for today's event. Your survey response will help us prepare for future SED event. Thank you! Access the survey link by going to <https://forms.office.com/r/HZnVr3usTM>, or you can scan the QR.

