

# Staff Enrichment Day 2026

## Exceptional Staff, Extraordinary Impact

Wednesday, March 18, 2026, 8:00 a.m.-4:00 p.m.

Takoma Park/Silver Spring Campus

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

*Continental Breakfast/Check-In*  
(Cultural Arts Center, CU)

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

*Opening Session*  
(Cultural Arts Center, CU)

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

*Workshop Session 1*

Active Listening: Embracing Positive Communication and Hearing the Best in Every Conversation, **HC 120**

Adapting to Management Change, Led by Marty Altman, ComPsych, **ST 328**

Caregiving: Relationships, Identity, and Transformations, **CF 245**

Connecting with the Middle States Self-Study Reaccreditation Process, **CF 237**

Crafting Connections: Create, Share, Belong, **CF 209**

Estate Planning 101 - Important Items to Understand with Legal Aid, **HC 122**

Emergency Preparedness Jeopardy, **HC 223**

Fitness and Movement 101, Move Your Body, Abril Istre, MC Wellness, **CU 201**

Fresh Floral Design Basics, **HC 121**

Get the Most Out of Your Cigna Health Insurance Plan, **ST 301**

Harmonize & Heal: A Wellness Symphony of Scents and Stillness, MC Wellness, **CU 203**

Healthy Affordable Cooking with Alana Sugar, **ST 302**

How to Create a Community Partnership with Montgomery College, **CF 241**

Intro to Coding with Swift with the ignITe Hub, **CF 244**

Introduction to Retirement Planning & Wealth Management, **ST 330**

Know Your Numbers: Check Your BP & Take Charge of Your Heart Health, **ST 329**

Know Your Union – AFSCME 2380, **HC 222**

“Let’s Talk It Out” with Kaiser Permanente, **CF 235**

Learn the 10 Steps to Consider as You Begin Planning for Retirement, **ST 332**

Making Digital Documents Accessible: Simple Fixes, **HC 225**

Managing Life in the Workplace, **CF 222**

Practical Academic Success Tips for Non-Traditional Students, **HC 227**

Recruiting with Purpose: Navigating Job Market Change and Delivering Exceptional Candidate Experiences at MC, **CF 240**

Retirement Basics with Sue Redding, MC HRSTM, **CF 101**

Sound Bath and Meditation, Stacey Johnson, **CU 202**

Understanding the New Montgomery College 403b/457b Plan, **ST 331**

Yoga for the Workday with Ana Lincoln, MC Wellness & Grace Studios, **CU Theatre 1**

Zumba Fitness, Roxy Berkheimer, MC Wellness, **CU 205, Dance Studio**

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

**Lunch & Vendor Fair**

**(Charlene R. Nunley Student Services Center, ST)**

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

**Workshop Session 2**

Adapting to Management Change, Led by Marty Altman, ComPsych, **ST 328**

Baker's Clay: A Restorative Sculpture Workshop, **CF 209**

Caregiving: Relationships, Identity, and Transformations, **CF 245**

Connecting with the Middle States Self-Study Reaccreditation Process, **CF 237**

Everyday Mediation: Practical Tools for Navigating Conflict at Work and in Life, **HC 120**

Fresh Floral Design Basics, **HC 121**

Fun and Relaxation with Crafting, **HC 422**

Harmonize & Heal: A Wellness Symphony of Scents and Stillness, MC Wellness, **CU 203**

Healthy Affordable Cooking with Alana Sugar, **ST 302**

How to Create a Community Partnership with Montgomery College, **CF 241**

Introduction to Retirement Planning & Wealth Management, **ST 330**

Know Your Numbers: Check Your BP & Take Charge of Your Heart Health, **ST 329**

Know Your Union -- AFSCME 2380, **HC 222**

Learn the 10 Steps to Consider as You Begin Planning for Retirement, **ST 332**

Line Dancing, Gizelle Merced, MC Wellness, **CU 205, Dance Studio**

Microsoft Excel: The Pizza Party Challenge, **HC 225**

One Sky, Many Stories: A Guided Journey Under the Stars, **Planetarium**

Practical Academic Success Tips for Non-Traditional Students, **HC 227**

Retirement Basics with Sue Redding, MC HRSTM, **CF 101**

Sound Bath and Meditation, Stacey Johnson, **CU 202**

Spring Forward: Embracing Seasonal Shifts in Nutrition and Wellness, **ST 301**

Tai Chi Demonstration/Class, **CU 201**

Understanding the New Montgomery College 403b/457b Plan, **ST 331**

Yoga Basics, Ana Lincoln, MC Wellness & Grace Studios, **CU Theatre 1**

**3:00-4:00 p.m.**

**Closing Session**

**(Cultural Arts Center, CU)**

Peggy Bebee Staff Distinguished Service Award | Closing Remarks | Giveaways

**\*Chair Massage located in ST Building, 2nd Floor.\***

**\*\*No Walk-Ins. Only for staff who registered with appointment.\*\***

## **STAFF ENRICHMENT DAY PLANNING COMMITTEE**

Shakenna Adams-Gormley, Chair | Antonio Montano Co-Chair | Jeff Chuang | Megan Cooperman | Kaylin Nguyen | Toro Oladokun | Veronica Michelle Pagan | Adaora Nwigwe | Margarita Silva | Angie Moy | Priyanka Kalia | Brittany Joseph | Jennifer Miranda | Nghi Nguyen |

## **PRESENTERS**

Billy Struemke | Marty Altman | Jennifer Baugh | Michael Harting | ComPsy | Gizelle | Carolyn Schick | Douglas Brown | Tonya Addleman | Christine Crefton | Carla Ammerman | Abril Istre | Leslie Jones | Beverly Coleman | Kelly Neylan | Valerie Jones | Alana Sugar | Kimberly Bloch-Rincan | Eduardo Noboa | Anthony Fiora | Joe Lazzari | Nathan Moore | Rani Mehta | Lori Ulrich | Mo Amer | Marilyn Forrester | Gloria Barron | Rowena D'Souza | Teresa Nateran | Megan Calvert | Carrie Fitzgerald | Stéphanie Mbella | Ariana Gaillard-Cohen | Sue Redding | Stacey Johnson | Melanie Smith | George Hardman | Nicholas Sigismondi | Ana Lincoln | Roxy Berkheimer | Dillon Ficca

## **VENDORS**

MC Pride and Allies | Voya Financial | Grace Studios | MC Middle States | Hello Heart | Truist | MC Public Safety | MC Wellness | Magic Moments | Equitable Financial | Rudolph's Office Supplies | MC American Association for Women in Community Colleges (AAWCC) | Kaiser | Akers | MC AFSCME | Resource Group | Corebridge Financial | Cigna Healthcare Buckley Associates | MC Rising Professionals Association (MCRPA) | Gojo | CVS | DS Sales | Office of Inclusive Excellence and Belonging | JMA Inc. | MC Governance | Acco

## **ACKNOWLEDGMENTS**

Special thanks to: Dr. Jermaine F. Williams | Dr. Tiffany Ray-Patterson | Dr. Brad Stewart | Dr. Muhammad Kehnemouyi | Ms. Sharon Anthony | Dr. Clevette Ridguard | Ms. Tracey Romney | Presenters and Volunteers | Facilities, Security, and Media Resource | Metz Catering | Staff Council | 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/2TgN76r84H>, or you can scan the QR.

