



## Classified Professional FLEX Day March 8, 2022

### Breakfast

8:00 a.m. – 8:50 a.m.

Tutorial Center, 2401

Sponsored by LPC Classified Senate

**RSVP** by March 1

### Morning Sessions

**Fire Extinguisher Training** – Overview, how to use, Campus evacuation plan

9:00 a.m. – 10:20 a.m.

**Building 1000, Room 1011**

*Facilitated by Matthew Jewett, LPC FST Coordinator, Instructor*

By the end of the session, participants will be able to identify the types of flammable fuels and the types and uses of portable fire extinguishers to combat flammable fuel fires. Participants will demonstrate how to use the P.A.S.S. method of fire extinguisher deployment for Class A fuels. Participants will also be able to recognize and read emergency evacuation plans. We will discuss the difference between sheltering in place and evacuating during an emergency.

**Planning Your Retirement** – For members within 10 years of retirement

9:00 a.m. – 11:30 a.m.

[WebEx](#)

*Facilitated by Sarah Hutchinson, Amy Jacobi, CalPERS & Kathleen Cramsey CLPCCD Payroll Manager*

This is our most comprehensive benefits education class that provides a deeper understanding of your benefits as you begin to prepare for retirement. Learn how your pension is calculated, ways to increase it, and the payment options available upon retirement to provide for a beneficiary. Learn how to run estimates through your myCalPERS account. In this class, you'll also learn about the CalPERS Special Power of Attorney, employer contracted CalPERS health benefits, and much more. **Registration Required**

**Building Strategies for Positive Communication**

10:30 a.m. – 11:50 a.m.

**Building 1000, Room 1006 (HyFLEX)**

*Facilitated by Dr. Ozzy de Luna, Leadership Development Merced County Office of Education & David Rodriguez, LPC Research Analyst*

"What the heck is their problem today?!" Can you relate? Hands-on, dynamic, and engaging. This workshop will provide practical approaches to support positive communication, build connections, and strengthen work relationships. All are welcome! Explore strategies and approaches that classified professionals, and everyone at the college, can use to promote positive interactions. Whether it's to improve your day-to-day or to navigate a tricky situation, come learn some tools that will help you make a greater impact. **Registration Required**

[FLEX Day Sign-in](#)

*Schedule subject to change*



## Classified Professional FLEX Day March 8, 2022

**Qigong** 10:30 a.m. – 11:50 a.m.  
**Building 2500, Room PE 213**

*Facilitated by Craig Kutil, Articulation Officer & KIN Faculty*

Qigong is the Chinese method of using breathing coupled with motion to cultivate life energy and promote positive mental and physical health.

**Lunch** 12:00 p.m. – 1:20 p.m.

**Tutorial Center, 2401**

*Sponsored by LPC Classified Senate*

**RSVP** by March 1

**Team Building / Caring Campus Initiative**

### Afternoon Sessions

**Classified Senate Welcome & Tour**  
**Meet in front of Building 2500** 1:30 p.m. – 2:30 p.m.

*Facilitated by Jean O'Neil- Opipari, Classified Senate President*

This will be a walking orientation/welcome/tour. All Classified are welcome, but this session may be especially useful for new Classified Professionals or Classified Professionals who have not worked on campus yet. At the end of the tour I will take questions. Participants will also receive Classified Senate/LPC FAQ.

**Bring your walking shoes and dress comfortably.**

**Introduction to CPR & AED Training** 1:30 p.m. – 3:00 p.m.

**Building 2500, Gym**

*Facilitated by Jason Craighead, LPC Assistant Athletic Director & Kate Faix- Bennett, LPC Assistant Coach*

The average response time for first responders once 911 is called is 8-12 minutes. For each minute CPR and defibrillation is delayed, the chance of survival reduces by approximately 10%. Fortunately, with CPR/AED training, you can gain the skills necessary to help save a life.

**Your CalPERS and You** – For members who are new or midway through their career

**WebEx**

1:30 p.m. – 4:00 p.m.

*Facilitated by Sarah Hutchinson, Amy Jacobi, CalPERS & Kathleen Cramsey CLPCCD Payroll Manager*

Get a basic understanding of your CalPERS benefits. Learn about how your retirement benefit is calculated, the options you have to set aside money for retirement in addition to your pension, what happens if you pass away or leave your employer before you retire, the importance of having a power of attorney on file, what you can find and do in your myCalPERS account and more. **Registration Required**

**FLEX Day Sign-in**

*Schedule subject to change*



## Classified Professional FLEX Day March 8, 2022

**TaiChi and Yoga: Exercising the Body to Relax the Mind**

**3:00 p.m. – 4:00 p.m.**

**Building 2500, Room PE 213**

***Facilitated by Sophie Rheinheimer, founding faculty member at LPC***

*How relaxing is this taichi/yoga stuff? Come experience it and find out.*

*Join Sophie as she shares with you the joy of exercise as you gain balance, flexibility, and strength using the energy-based movements found in taichi and yoga. Learn how to slow down and take care of yourself.*

***Dress comfortably and bring an open mind.***



**Spring 2022 Classified Professionals  
FLEX Day – March 8**

8:00 a.m. – 8:50 a.m.	9:00 a.m. – 10:20 a.m.	10:30 a.m. – 11:50 a.m.	12:00 p.m. – 1:20 p.m.	1:30 p.m. – 3:00 p.m.	3:00 p.m. – 4:00 p.m.
<p align="center"><b>Breakfast</b></p> <p>Sponsored by: <i>LPC Classified Senate</i></p> <p align="center"><b>Building 2400, Tutorial Center</b></p>	<p align="center"><b>Fire Extinguisher Training</b></p> <p align="center">Facilitated by: <i>Matthew Jewett</i></p> <p align="center"><b>Room 1011</b></p>	<p align="center"><b>Building Strategies for Positive Communication</b></p> <p align="center">Facilitated by: <i>Ozzy de Luna &amp; David Rodriguez</i></p> <p align="center"><b>Room 1006 &amp; <a href="#">HyFLEX</a></b></p>	<p align="center"><b>Lunch</b></p> <p align="center"><b>Team Building &amp; Caring Campus Initiative</b></p> <p align="center">Sponsored by: <i>LPC Classified Senate</i></p> <p align="center"><b>Building 2400, Tutorial Center</b></p>	<p align="center"><b>Classified Senate Welcome &amp; Tour</b> <i>1:30 p.m. – 2:30 p.m.</i></p> <p align="center">Facilitated by: <i>Jean O’Neil- Opipari</i></p> <p align="center"><b>In front of Building 2500</b></p>	<p align="center"><b>Wellness</b></p> <p align="center"><b>TaiChi and Yoga: Exercising the Body to Relax the Mind</b></p> <p align="center">Facilitated by: <i>Sophie Rheinheimer</i></p> <p align="center"><b>Building 2500, PE 213</b></p>
	<p align="center"><b>Planning Your Retirement – For members within 10 years of retirement</b> <i>9 a.m. – 11:30 a.m.</i></p> <p align="center">Facilitated by: <i>CalPERS &amp; Kathleen Cramsey</i></p> <p align="center"><a href="#">Webex</a></p>	<p align="center"><b>Introduction to CPR &amp; AED Training</b></p> <p align="center">Facilitated by: <i>Jason Craighead &amp; Kate Faix- Bennett</i></p> <p align="center"><b>Building 2500, Gym</b></p>			
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