

Classified Professional Development Week

*JUNE 1-5,
2015*



El Camino College



El Camino College
Compton Center

Classified Professional Development Week

JUNE 1-5, 2015

Register for activities online at

elcamino.flexreporter.com

(More instructions inside)

Classified Professional Development Week 2015

SCHEDULE AT-A-GLANCE

MONDAY, JUNE 1

- 10:00 - 11:00 a.m.** **Wellness for EveryBody** – *PE North 28*
- 1:00 - 2:00 p.m.** **The Benefits of a Revocable Living Trust** –
Distance Education Room
- 1:00 - 2:00 p.m.** **Yoga for You!** – *South Gym*

TUESDAY, JUNE 2

- 10:00 - 11:30 a.m.** **CalPERS Member Information** – *Alondra Room*
- 1:00 - 3:30 p.m.** **Planning Your Retirement** – *Alondra Room*

WEDNESDAY, JUNE 3

- 10:00 - 11:00 a.m.** **Staff Perks** – *TLC, Library West Basement*
- 2:00 - 3:00 p.m.** **Yoga for You!** – *South Gym*

THURSDAY, JUNE 4

- 10:00 - 11:00 a.m.** **SchoolsFirst Credit Union** – *TLC, Library West Basement*
- 1:00 - 2:00 p.m.** **Active Shooter Training** – *Haag Recital Hall*

FRIDAY, JUNE 5

- 11:30 a.m. - 12:30 p.m.** **Campus Lunch** – *Library Lawn*
- 1:00 - 4:00 p.m.** **Team Building Extravaganza:
Charity Backpack Photo Challenge** –
Student Activities Center

Classified Professional Development Week 2015

SCHEDULE OF ACTIVITIES

Monday, June 1

WELLNESS FOR EVERYBODY

Learn simple tools to decrease stress and find balance in YOUR life.

- Learn to identify YOUR unique constitution (body/mind makeup) and imbalances
- Learn tools to improve YOUR sleep, digestion, and energy levels
- Learn in a fun, relaxed environment taught by a yoga therapist / ayurvedic life skills counselor

Presenter: Kathryn Cass, Health Sciences & Athletics

Time: 10:00 - 11:00 a.m.

Location: Physical Education North, Room 28

THE BENEFITS OF A REVOCABLE LIVING TRUST

This presentation will focus on the benefits of a living trust versus a will. Probate court must take place in order for heirs to inherit assets from the estate of a deceased person. Probate fees can cost a significant portion of an estate. With a revocable living trust, you can completely avoid the probate process and the associated fees.

Presenter: Graham Hawley, United Estate Planning, Inc.

Time: 1:00 - 2:00 p.m.

Location: Distance Education Room

YOGA FOR YOU!

Turn your lunch hour into "happy" hour. Experience a simple and gentle hour-long breath-based yoga practice, where you learn to fit the postures to you, not the other way around. You will learn some basic breath, asana (postures), and meditation/visualization techniques in a fun and supportive environment. No prior yoga experience necessary!

Please wear comfortable clothing.

Presenter: Kathryn Cass, Health Sciences & Athletics

Time: 1:00 - 2:00 p.m.

Location: South Gym

Tuesday, June 2

CALPERS MEMBER INFORMATION

This workshop is for employees hired in the last few years that are new to CalPERS, as well as continuing members who want to learn more about the programs and benefits that they offer.

Presenter: Minnie Bhullar, CalPERS

Time: 10:00 - 11:30 a.m.

Location: Alondra Room

PLANNING YOUR RETIREMENT

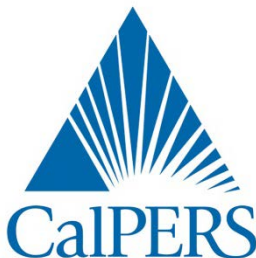
This workshop is for employees considering retirement within the next five years and want to learn more about CalPERS benefits and the retirement process. Topics include:

- What is CalPERS?
- Service Credit
- Retirement Formulas and Benefit Factors
- Final Compensation
- Retirement Calculation
- Survivor Continuance
- Retirement Payment Options
- Temporary Annuity
- Post-Retirement Lump Sum Death Benefits
- Taxes and Your Retirement
- Cost of Living Adjustment (COLA)
- Retirement Application Process
- Power of Attorney
- Retiree Health Benefits
- Working After Retirement
- Retirement Income Planning
- Keeping Informed
- Online Resources
- Contacting CalPERS

Presenter: Minnie Bhullar, CalPERS

Time: 1:00 - 3:30 p.m.

Location: Alondra Room



Wednesday, June 3

STAFF PERKS

There are many “perks” available to ECC employees. Come learn about all the great discounts, programs, and opportunities open to classified staff.

Presenter: Luukia Smith, Fiscal Services, ECCE President

Time: 10:00 - 11:00 a.m.

Location: TLC, Library West Basement

YOGA FOR YOU!

Turn your lunch hour into “happy” hour. Experience a simple and gentle hour long breath-based yoga practice, where you learn to fit the postures to you, not the other way around. You will learn some basic breath, asana (postures), and meditation/visualization techniques in a fun and supportive environment. No prior yoga experience necessary!

Please wear comfortable clothing.

Presenter: Kathryn Cass, Health Sciences & Athletics

Time: 2:00 - 3:00 p.m.

Location: South Gym

Thursday, June 4

SCHOOLSFIRST CREDIT UNION

SchoolsFirst Federal Credit Union has spent the last 80 years serving school employees with products and services to fit their needs. This workshop offers free membership and covers products like:

- \$500 0% interest, non-credit qualifying loan designed for classified employees
- New, used, and refinanced auto loan rates starting at 1.99% through 60 months
- 3% interest earning summer savings account
- And many more ways to save you time and money!

Presenter: Kawana Riley, SchoolsFirst FCU

Time: 10:00 - 11:00 a.m.

Location: TLC, Library West Basement

ACTIVE SHOOTER TRAINING

This workshop will cover historical information on campus active shooters, how law enforcement responds, proactive early warning signals of potential violence, recommendations on how to survive an active shooter incident, and post-traumatic stress concerns and suggestions.

Presenter: Michael Trevis, ECC Campus Police Chief

Time: 1:00 - 2:00 p.m.

Location: Haag Recital Hall

Friday, June 5

CAMPUS LUNCH

This year, we've re-tooled the menu to include marinated chicken breast, penne pasta with two kinds of sauce, mixed green salad, garlic bread or dinner roll, and (back by popular demand) ice cream! All are invited!

Time: 11:30 a.m. - 12:30 p.m.

Location: Library Lawn

TEAM BUILDING EXTRAVAGANZA — CHARITY BACKPACK PHOTO CHALLENGE

Teams must use their wits to complete a series of creative photo challenges. Each challenge will help earn backpacks and school supplies for elementary school children in need, which we'll present to families from our very own El Camino College CalWORKs program.

Space is limited to 100 participants. Please wear comfortable shoes and clothing.

Presenter: Wise Guys Events

Time: 1:00 - 4:00 p.m.

Location: Student Activities Center

TO REGISTER!

Register for activities online at

elcamino.flexreporter.com

Log in with your username and employee ID number, then click "**Register for an Activity.**" Click the "**Select**" button next to the desired activity, then at the bottom of the next screen click "**Enroll in this Event.**"

If you have any questions, please contact the Professional Development Office at x3868.

THANK YOU

The Classified Professional Development Committee would like to thank our sponsors for this year's Team Building Extravaganza and giveaway items for their contributions!

SchoolsFirst Federal Credit Union
El Camino College Foundation
Torrance Memorial Medical Center
El Camino College Bookstore

Additionally, the committee would like to thank the following El Camino College departments for their help:

Facilities
Campus Police
Campus Food Services
Public Relations & Marketing and Copy Center
Health Sciences & Athletics
Student Development
Center For The Arts
Learning Resources Unit

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|---------------------|----------------|
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