

Montgomery College Rising Professionals Association
Community Engagement and Events Committee
Thursday, February 9, 1 PM – 2 PM
Zoom

In attendance: Elysse Meredith, Nghi Nguyen, Ramon Valenzuela, Tameka Cruz, Christine Crefton

Agenda

1. Next meeting:
 - a. Wednesday, March 8, 2 PM – 3 PM
2. Past events debrief
 - a. Zoom Chat & Chill: Stress and Relaxation
 - i. Huge turnout! People had a great time! (Believe it was 33)
 - ii. Consider extending to 1.5 hours so more time for introductions
 - iii. Consider opening to non-members
 - b. Sweets for the Sweet with Nghi
 - i. So successful!!
 - ii. Origami was super fun; wish we had more time
 - iii. Origami was a good creative stress reliever
 - iv. ~18 people – an incredible turnout for a specific campus, in person, on and during a workday
3. Upcoming events:
 - a. February:
 - i. Weeks of Love
 1. Staff Council Food Pantry Drive
 2. Appreciation Padlet (Christine)
 - ii. Wellness Lunch & Learn, February 15 @ CT and virtual, hands-on CPR
 - ~~iii. Wellness Fair/Senz Studio Open House~~
 1. Cancelled due to host staffing issues, but Wellness events will be hosted here (Zen Cycle) during March
 - b. March:
 - i. Staff enrichment day! MCRPA show up 🌟BIG🌟
 1. Workshop @ Staff Enrichment Day on Vision Board/Yearbook Page (outside vendor through Wellness; MCRPA sponsors)
 - c. March/April potential Wellness collaborations
 - i. Tea party for ~~women's/reproductive~~ health
 1. Inclusive name needed
 - a. Health at every age?
 - b. Food and giveaways for in person!
 - c. Wear your favorite hat 😊
 - d. Hybrid: send folks tea (or something similar) through inter-campus mail
 - e. Suggestions: High Tea
 - f. Timing: Afternoon
 - ii. Programs on mental health and de-stress
 1. Mental Health First Aid

- a. Tracey noted that we have a LOT of new people at the college so this could be critical
 - b. Tracey and Megan are going to discuss timing
 - d. April
 - i. Campus walks every Wednesday (Tameka, Megan, Tracey, Elysse)
 - 1. Lunchtime-ish
 - 2. Share on Teams site
 - 3. Need the where-to-meet and exact time
 - ii. Poetry Zoom Event (Elysse and Nghi)
 - 1. Open Mic Poetry Reading
 - a. Bring a poem you love! Can be your own writing or another's!
 - 2. Little five minute intro to poetry
 - 3. Gift: Copy of Nghi's book
 - iii. Wellness Collab with MoCo: Louis Van Amstel (Dancing with the Stars) Health Happy Hour, Friday, April 14
 - iv. Asian American and Pacific Islanders Heritage Month Kick-Off Event, Wednesday, April 26, Rockville Campus, TA Arena
 - v. Kick off Five Weeks Fun with Karaoke! (Christine)
 - 1. Weekday evening
 - 2. Last week of April
 - e. May
 - i. Five Weeks of Fun
 - 1. Will be pinned down in March
 - 2. Week 1:
 - 3. Week 2:
 - 4. Week 3:
 - 5. Week 4: Cruise
 - 6. Retreat (Wednesday, May 31)
 - 7. Ideas:
 - a. Mental Health Wellness Fair?
 - b. Paint and Sip at VisArts (Nghi demands it)
 - c. Piano Bar with Wellness
 - d. Escape Room (for 10 members)
 - ii. Other potential events
 - 1. Nghi does origami (as part of AAPI Heritage Month)
 - f. Future thoughts
 - i. For FA23, consider having at least one event per campus/site (inc. CT) during the semester
 - 1. Simultaneous scavenger hunt? (Photo scavenger hunt)
 - ii. One hybrid event each semester a la igniTeHub
 - iii. Coaching half-day event?
 - iv. Coloring for next Chat and Chill?
- 4. Other Business
 - a. Teams Site
 - i. Contents:
 - 1. Handouts from events
 - ii. Chat channels
 - iii. Once-a-month coffee chat (40 minutes)

5. School Drive (Tameka)
 - a. Can sponsor a teacher collecting items for a classroom
 - i. More visible direct impact
 - ii. Lighter lift
 - b. Can sponsor a school – collecting backpacks/stuffing backpacks
 - i. Bigger lift
 - c. Looking at farm schools/schools with free and reduced lunches
 - d. Request that we remember all ages
 - i. Let's remember our GED students
6. Radar:
 - a. Start collecting baby/family pictures in general so we can always play the Guess Who > Teams Site!
 - b. Yearbook pages > work with Retreat Committee to be part of the event

Events Ideas

- Arts Night/Talent Show
- Bowling
- Karaoke
- Virtual Scavenger Hunt
- Poetry Night
- Museum Day
- Hiking
- Olney Winery
- Coffee Breaks
- High Tea
- Game Nights / Gaming Tournament
 - Jenga/Connect Four/Board Games (GIANT ON THE LAWN?! :D)
- Kickball/Frisbee
- Jackbox Games (Zoom)
- Escape Room
- Quiz Night (Hyflex)
- "Giving Back" events
 - Sligo Creek cleanup
- In-person lunch breaks with a "Zoom in"
- Burns Night
- Rage room <https://unityrageroom.com/>
 - Paint splash