

# RC 10 Spring 2025 Conference Agenda

Thursday, May 8, 2025, 8:45 am - 3:00 pm  
HVCC Bulmer Telecommunications Center

**Contact Person** Chris Fowler, RC 10 Retiree Services Consultant,  
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**Focus Points** NYSUT Updates, Member Benefits, Life-Long Health and Learning

<b>Time</b>	<b>Topic/Activity</b>	<b>Presenter</b>
8:45 am	<b>Arrival and Continental Breakfast (Vegetarian, Gluten Free and Dairy Free Options Available)</b>	Chris Fowler, NYSUT RSC
9:00 am	<b>Welcome and NYSUT Updates</b>	Chris Fowler, NYSUT RSC Mike Rowan, NYSUT Capital Region Office Director Cliff Bronson, RC 10 VP
9:15 am Session 1	<b>Principals Recovery Network</b> How are administrators advocating for increased mental health and support for school safety locally and nationally?	Michael Bennett, Superintendent of Schools, Greenville Central School District, Greenville, NY
10:15 am Session 2	<b>Member Benefits News and Overview</b> What benefits could you be maximizing? What program is out there waiting for you?	Derek Clement, CFP NYSUT Benefits Coordinator
11:15 am Session 3	<b>RISE Mindfulness</b> <b>The Kripalu Approach to Resilience and Awareness for Educators</b> How can you use the “3Cs”: calm, clarity and connection?	Melinda Person, NYSUT President
noon	<b>Lunch (Vegetarian, Gluten Free and Dairy Free Selections Available)</b>	Prime at HVCC
1:00 pm Session 4	<b>Community Education Opportunities for You at HVCC</b> Want to take a course? Audit a class? Teach a course? Go on a “field trip”? See a free performance? Find out how!	Kimberly Williams, MS, HVCC Assistant Director Workforce Development and Community Education
1:45 pm Session 5	<b>Choice of Activity</b> Qi Gong HVCC Campus Tour Joe Bruno Baseball Stadium Tour	Maria Patrick, Instructor HVCC Students Miranda Seacord, ValleyCats
2:45 pm	<b>Evaluations and Departure</b>	Chris Fowler

**Breakfast:** House Baked Granola Bars, Assorted Muffins, Seasonal Fresh Sliced Fruit, Coffees, Teas, Water, Juice

**Lunch:** Shredded Pulled Pork, Rolls, Mac-n-Cheese, Seasonal Vegetable Medley, Garden Tossed Salad with Balsamic Vinaigrette or Ranch, Traditional and Jalapeno Cornbreads with Honey Butter, Fresh Fruit Cobbler, Italian Ice, Assorted Sodas and Water