Saturday, October 14, 2023

**TC (Re)Unites: Healthy Planet • Healthy People** provides opportunities to consider the many ways that we think about wellness, including mindfulness, sustainability, food education, caring for each other, movement, and a healthy democracy.
8:00 am – 9:00 am  
**INTERACTIVE SESSIONS**

**All Levels Yoga**  
Jason Reid, M.A. ‘21  
455 Grace Dodge Hall

**Morningside Heights Neighborhood Walk**  
Tom Rock, Ed.D. ’02, Associate Vice President & Chief Student Affairs Officer  
Rose Commons, Zankel Hall, 1st Floor

**Guided Meditation: Loving-Kindness for Your Mind, Your Body, and Our Planet**  
Arielle Limberis, M.A. ’22  
279 Grace Dodge Hall

**Morningside Park Beautification**  
Minyan Gao, M.A. Candidate, **Volunteer TC**  
197 Grace Dodge Hall

9:00 am – 9:45 am  
**WELCOME BREAKFAST**  
Everett Lounge, Zankel Hall, 1st Floor

10:00 am – 11:15 am  
**ALUMNI AWARDS AND CHARO UCEDA WOMEN’S EMPOWERMENT LECTURE**  
Milbank Chapel, Zankel Hall, 1st Floor

**Welcome**  
Lauryn Duncan, M.A., M.Ed. ’23, Community Engagement Officer

**President’s Remarks**  
Tom Bailey, Teachers College President

**TC Alumni Council President’s Remarks**  
Dr. Brian Kennerly, M.A. ’92

**HONORING THE 2023 ALUMNI AWARD RECIPIENTS**

**Distinguished Alumni Award Recipients**  
Estela Mara Bensimon, Ed.D. ’84, Ann E. Boehm, Ph.D. ’66, Dr. Luis F. Riquelme, M.S. ’88

**Early Career Award Recipients**  

**Award for Outstanding Service**  
Marion Boultbee, Ed.D. ’96

**KEYNOTE SPEECH**

**Keynote Introduction**  
Gita Steiner-Khamsi, Professor of Education

**Charo Uceda Women’s Empowerment Lecture**  
*Borders and Belonging: Searching for a Healthy Democracy*  
Sayu Bhojwani, Ph.D. ’14
11:30 am – 12:30 pm INTERACTIVE SESSIONS

How to Have Depolarizing Conversations
Peter Coleman, Ph.D. ’98, Professor of Psychology & Education
Pearce Godwin, Listen First Project
Milbank Chapel, Zankel Hall, 1st Floor

How to Eat for Your Mind, Your Body, and the Planet
facilitated by Pam Koch Ed.D. ’00, Mary Swartz Rose Associate Professor of Nutrition & Education
featuring Caroline Clauss-Ehlers, Ph.D. ’99, Julian Clauss-Ehlers
277 Grace Dodge Hall

Building Inclusive Campuses Post-Affirmative Action
facilitated by Leslie Williams, Ed.D. ’19, Lecturer of Higher & Post Secondary Education
featuring Milagros Castillo-Montoya, Ed.D. ’13, Delmy M. Lendof, Ed.D. ’13,
Roman Liera, M.A. ’13, Andrea Soonachan, Ed.D. ’11
285 Grace Dodge Hall

12:30 pm – 2:00 pm LUNCH & NETWORKING
Grace Dodge Dining Hall, Ground Floor

2:00 pm – 3:00 pm INTERACTIVE SESSIONS

Creating Healthy Workplaces
Elissa Perry, Professor of Psychology & Education
279 Grace Dodge Hall

How to Improve Wellness for Teachers:
7 Proven Ways to Nurture Your Mental Health as an Educator
Denise Herrera, Ed.M. ’22
285 Grace Dodge Hall

Chess for All Ages
281 Grace Dodge Hall

AI in Education Museum Walk and ChatTC: How AI is Changing Education
Claire Berends, Debbie Beaudry, Ernest Chan, Minh Le, M.A. ’19
Smith Learning Theater, Russell Hall, 4th Floor

3:30 pm – 5:00 pm NETWORKING PARTY
Everett Lounge, Zankel Hall, 1st Floor
Read more here about the speakers, Alumni Award recipients, and session facilitators

Sign up here to be a TC Alumni Association volunteer