

APSS NEWSLETTER

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This newsletter is published
monthly.

For submission information
contact Erica Baker-Bringedahl at
bakereri@gvsu.edu.

Valentine's Day stories

Rhonda LeMieux — The best place I have ever been to on Valentine's Day was the Ottawa County Courthouse 22 years ago (2-14-92) when I married the best man ever! (For the record, although it's an easy day to remember, the day itself is way too expensive!)

Katie Nedwick — When my husband and I were dating, I went to visit him at his college for Valentine's Day. He made a romantic candlelight dinner of chicken fettuccini alfredo which was very delicious. To drink, he bought boxed red wine, which he thought would be both sweet and funny. I'm pretty sure he didn't know this at the time, but I hate red wine and I don't think he likes it much either. This wine was no exception. The wine was so terrible, but we both managed to choke down two glasses of it. Now we get a good laugh out of it each Valentine's Day.

Julia Brothers — My favorite memory was last Valentine's day when my daughter, Laura, smiled at me for the first time.



IN THE SPOTLIGHT: HOUSING

Meghan Pynnonen — I have been working at GVSU for a little over a year and a half. A lot of changes have happened in my life in that time span. Since starting at GVSU, I got engaged, became a home owner in Jenison, got a beagle puppy named Lambeau, turned 30, and got married in October to my husband Shaun. My husband and I met working in the front office at the West Michigan Whitecaps, where he still works today. I am originally from Columbus, Ohio and have been living in Grand Rapids for 7 years. Grand Rapids is the perfect spot for us because it splits the distance between his family in the UP and my family in Ohio. We have 4 nieces and 3 nephews. This picture is Shaun and I with all but one of them, who was sleeping, on our wedding day.

In my free time I like to work out and hang out with friends and family. I like to do CrossFit and enjoy running. I recently joined a running training group and plan to run the Fifth Third River Bank Run 25K in May and then hopefully the Grand Rapids Marathon in October. I have run the 25K once before but that is the farthest I have gone. Running a marathon is on my bucket list. I am currently working on my master's degree, one class at a time, in Public Administration.



Susan Brunell — I began my career at Grand Valley in 1999 working in the Registrar's Office as a Records Assistant. I truly enjoyed the work I did in that office and the people I worked with! I remain friends with many of the staff still working there and we go to lunch together quite often. I consider myself a "former Chicklet" since Chick Blue was the Registrar when I worked there. I came to the Housing & Residence Life Office in the fall of 2004 to work as the Residence Life Assistant. It has been quite an adventure and very



rewarding experience! I have grown immensely in my intercultural awareness journey and professional growth. During the academic year I work at the North Campus Success Center located in the North C Living Center (Freshmanland). This is a great concept where we have advising and tutoring services right in the middle of where our first year students live. During the summer, I move over to the Central Housing Office (CHO) in Student Services. Some of the work I do aside from the Success Center is staff recruitment, coordinate helping hands for move-in, early move in requests, damage appeals and support the leadership staff in our office.

I've been happily married to Phil for 26 years, have three grown stepdaughters, two dogs and a couple of chickens. I love to spend time with family/friends, garden, bike, walk, boat and travel!

Amanda Brower — Hi, my name is Amanda Brower. I work part time as one of the Assignment Coordinators in Housing and I have been at GVSU for almost 8 years, 4 ½ years in Housing and prior to that I worked in the Kirkhof College of Nursing. My husband Glen is a Grand Rapids police officer; we have been married for 19 years and actually met here at GVSU. We have 3 very active daughters, Katie (17), Karlee (14) and Kira (12).

Working part time in Housing allows me to be a chauffeur to my kids and be their biggest cheerleader at a wide variety of events! Between the 3 girls they are involved in volleyball, swimming, track, tennis, horseback riding, choir, National Honor Society, and the Jenison Theater program. I also enjoy volunteering my time at my church and in the Jenison Public Schools in a variety of capacities.



Glen, Kira, Amanda, Karlee, and Katie

In my free time I LOVE looking at vacation destinations and planning adventures for my family. We try to travel to places our children haven't been to before in order to expose them to different cultures and geographic areas. If we have been to the destination before, then we try to add a new activity that we haven't done in that location (white water rafting, hiking, biking, etc). Our family has been able to travel a lot this year as my oldest daughter is looking at colleges, so we have taken those opportunities to see new places and experience new things while exploring a variety of colleges.

HEALTH AND WELLNESS

Healthy Choices Wellness Program 2014

Grand Valley State University is deeply committed to creating and encouraging a culture of health among its faculty and staff community. If you are a benefit eligible faculty or staff member who successfully completes all three components of the Healthy Choices Wellness Program, you will receive \$300 in Healthy Choices rewards and reap benefits of participating in a healthy lifestyle.

Healthy Choices is a free, voluntary and confidential program open to qualifying faculty and staff to provide support in taking steps to improve or maintain good health. The Know Your Numbers portion of the program runs **January 1 through May 31, 2014** and is explained in full detail [online](#) and in the [brochure](#).

The following dates are available to complete the first component, **Know Your Numbers**. To register, go to www.priorityhealth.com

On campus screenings are also available to spouses and participants of the household member program. Each user creates an online account with Priority Health to register and access all of the online tools and resources the website has to offer.

Location	Date	Time	Room	Campus Address
Allendale Kirkhof Center	Feb 6 and 7	7am-12pm	KC 2263	1 Campus Drive Allendale, MI
Allendale Facilities Services Building	Feb 6	3pm-7pm	SER A	1 Campus Drive Allendale, MI 49401
Pew Campus-DeVos	Feb 10 and 11	7am-12pm	DeVos 107C	401 Fulton St West Grand Rapids, MI
Pew Campus-Center for Health Sciences	Feb 12	7am-12pm	CHS 123	301 Michigan St NE Grand Rapids, MI 49504
Muskegon Campus	Feb 14	8am-12pm	LMC 225	Lake Michigan Center 740 W. Shoreline Drive Muskegon, MI 49441
Pew Campus-Seidman Building	Feb 21	7am-12pm	SCB 1008B	50 Front Street Grand Rapids, MI 49504

February FOCUS: COMPASSION

Many of us are practiced in giving and caring for others, but what about caring for yourself? Read more about the [Power of Compassion](#).

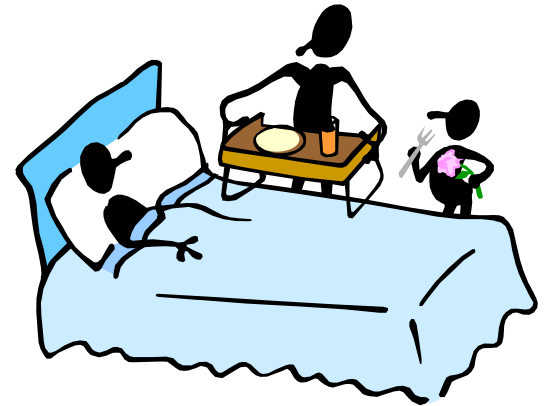
Alzheimer's and Caregiver Support Groups

Alzheimer's disease has often been referred to as a "family disease," because while one person may be affected, Alzheimer's disease touches the lives of family, friends, and the community. The care required for a person with Alzheimer's disease can demand new levels of time, attention, and energy. If you are feeling overwhelmed and frustrated by the pressures brought on by your role as an Alzheimer's caregiver, you are not alone. These are very common feelings. But, taking care of yourself can help you maintain your quality of life as you strive to provide the best care for a person with Alzheimer's disease.

Please join other GVSU and community caregivers as they share resources, experiences and helpful information to help you navigate through this very difficult time.

Facilitated by:

Dr. Cindy Beel-Bates, Kirkhof College of Nursing and
Sue Sloop, GVSU Work Life Consultant



REMINDER

ALL APSS MEMBER MEETING

February 5th

11am-1pm

Kirkhof Center Grand River Room

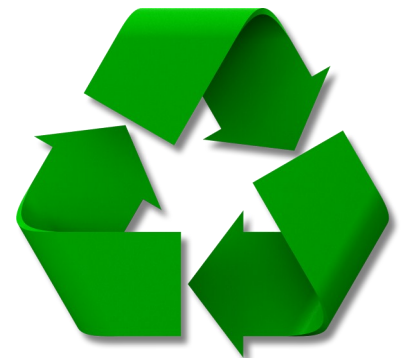
APSS DEVELOPMENT WORKSHOPS

Greening Your Office

Allendale 2/26/14 9:30-11:30 am (KC - room 1104)

Grand Rapids 2/26/14 2:30-4:30 pm (Pew Campus - room 117E DEV)

Sign up will be on www.gvsu.edu/seminar



*Do you celebrate St. Patrick's Day?
If so, I want to hear your celebration
stories, traditions, and/or recipes.
Please submit to me by February
26 at bakereri@gvsu.edu.*



Special shout out to Doriana Gould! She celebrated 40 years at GVSU in January. She is truly a Laker for a Lifetime!

DATES

Birthdays

- 2 - Pamela Kellogg
- 2 - Katie Haynes
- 4 - Donna Scholten
- 6 - Carol Talsma
- 8 - Anita Bikowitz
- 11 - Kathy Bausano
- 15 - Ashley Riley
- 18 - Dawn Nagelkirk
- 21 - Andrea Dewicki
- 22 - Molly Galloway
- 24 - Erica Baker-Bringedahl

GVSU Anniversary

- 1 - Janet Mills
- 9 - Bonnie Woodman
- 19 - Tammy Tobar
- 26 - Amy Duwe
Sherri Hall

Wedding Anniversary

- 14 - Rhonda Lemieux



Thinking of You Cards: Do you know someone who is off work because of surgery, illness, or accident? Please let Deb Barko know. She will send a card from our Association.