

APSS NEWSLETTER

November 3, 2014

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2014 - 2015

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This newsletter is published
monthly.

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

FALL APSS LUNCHEON



FALL RECIPES

Pamela Hart - *Easy Holiday Spiced Peaches*

Ingredients

2 large cans peach halves or slices – drained (3-29oz, 6-15oz)
1 cup water
1 cup sugar
1/2 cup vinegar
1/2 cup candy red hots
2 cinnamon sticks
6 cloves

Directions

Boil liquids, add candy, and dissolve
Add cloves, cinnamon, and drained peaches
Simmer 5 minutes
Cool & store in refrigerator until ready to serve



Ronda Huster - My family loves the Pear Jell-O Salad I make, so I have to bring it to Thanksgiving every year.

Pear Jell-O Salad

1 small pack of lime Jell-O
16oz. can of pears
8oz. cream cheese
1 small container of cool whip



Make cream cheese room temperature, so you can cut it up

Drain pear juice and add water to you get 1 cup

Warm up juice

Put juice and Jell-O in blender

Mix

Add pears

Mix

Add cream cheese

Mix

Add cool whip

Mix

Put in bowl and put in refrigerator overnight.



To: APSS Members
Re: My Pink progress
From: Coreen Bedford
Pres yada

Coreen's Pink Progress

Hi! I have a story to continue...:)

At this point, I am so tired of Coreen - seriously tired of her being the center of attention. Surgery was a month ago already (Sept. 30). I am feeling much better and getting a little bit stronger every day.

The chemo port was installed yesterday. Emotional tidal wave made an appearance. You know - I never was impressed with the girls on my chest and now this. *itches! Off with one of your heads!! :)

So cool though. When getting the port installed - sterile conditions are top priority. Even my head is draped off with a tunnel built so I can sort of see out. I have a cloth mask over my nose/mouth - the whole nine yards. And it hits me. The reality. I have cancer and I am getting a port for chemo. I am awake for this procedure (drugs like you get for colonoscopy but I am too anxious for them to really work) and the tears are sliding down my face. This guy named Jake (of all names - the same as my son :)), says - it is ok Coreen, I am here just for you. I can't see him, I can only hear his voice. His hands go under the drapes to hold my hand and rub my arm for the entire procedure. My eyes kept watering and he never let go. When I squeezed his hand, he responded in kind. So comforting and spot on with what I needed.

He said to me afterwards that he had a secret. A lot of women with breast cancer cry through the entire port placement b/c the reality of it all finally hits home. He said that he wished me all the best and added that tears before a battle are what makes us real. What a prince of a man.

So chemo begins Nov 5th.

Still crying like a girl. I am ready to scream "UNCLE". I can now see why survivors wear pink with such pride. I can see why they wear the pink boa's. A true badge of honor, respect and unity. I will be dragged through this but by golly I will get through it. I will fight like a girl and cry like one. Suddenly - I LOVE PINK!!!

I understand what all cancer survivors SURVIVE. My admiration for you all has grown like the Grinch's heart.

Thank you for the 200+ cards & emails. The gift baskets and texts. The thoughts and prayers. The conversations you now have and the body checks you are doing. I can't express my gratitude as deeply as it is felt for my GVSU family.

Best wishes always,
Coreen

HEALTH & WELLNESS WORKSHOPS

Health Coaches on Site this November

November 12, Allendale 2pm-8pm

November 13, Pew (DeVos) 7am-1pm

I know what I should do to get and stay healthy but finding motivation and support is hard.

Free, voluntary and confidential health coaching services available for all benefit eligible faculty and staff. Develop personal wellness goals and action plans and review weekly progress.

- Day and evening hours available
- Start and stop anytime



Hold it for the Holidays Challenge!

November 17-January 16

Faculty and staff, maintain - don't gain!

Hold it for the holidays is an eight-week program that encourages you to make healthy choices this holiday season. Whether you want to lose weight or maintain your current weight, this challenge will help you reach your goal! All participants who successfully complete the program will be eligible for prize drawings purchased with the pound pool.

Benefits Open Enrollment

October 21-November 5

Stay tuned to the Human Resources [Health and Wellness website](#)



Faculty and Staff Run/Walk Group

Tuesdays 12pm at the Turf building on the Allendale campus

Want to increase your physical activity levels? Looking to engage in a social activity with fellow coworkers or find a break away from your office and increase energy? Check out the NEW Open Run/Walk group for faculty and staff. Free for faculty and staff and immediate family members who want to move and be motivated with others! Bring your running or walking shoes, athletic dress or not, up to you. Guided running workouts are available for participants led by the Human Resources Health and Wellness Intern or do your own thing.



HR WORKSHOPS

Professionalism Counts

Tuesday, November 18, Kirkhof 2270, 9-11am

Approved for PSS Non-Technical Credit
Go to www.gvsu.edu/seminar to register.



2014-2015**Building Representatives**

Ann Platt/ 1-2792
Janice Ponstein 1-2025
Student Service-1st floor

Becky Bakale 1-2792
Kirkhof Cntr

Bill Grimaldi 1-3859
Alumni house, Service &
Central Utilities

Carol Talsma 1-7323
Cntr of Health Sciences &
515 Michigan

Cheryl Anderson 1-3482
Manitou & Mac- C & D

Deb Rotman 1-2566
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Erica Baker-Bringedahl 1-7388
Seidman & Bike factory

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AuSable

Patti Eisen 1-6260
Riverfront, Kennedy,
Eberhard, Ferguson

Patti McCarthy 1-6751
DeVos 1st & 2nd floor

Roxanne Mol 1-2495
Mac- A & B

Sandra Jennings 1-8800
Fieldhouse

Jacquelyn Abeyta 231-995-1858
Holland, Muskegon &
Traverse City

Vicki Helgeson 1-2630
Library-Allendale campus

Sally Vissers 1-8058
Lake Ontario Hall

Rhonda LeMieux 1-3585
Student service 2nd & 3rd floors

Patrick Perry
DeVos 3rd & 4th floors

Members Relations Team
Cheryl Fischer-Chair 1-3000

Michelle Duram 1-3298

Vicki Helgeson 1-2630

CAREER WORKSHOPS

How to Read People When Growing Your Career

Thursday, November 6 from 9:00 -11:00 a.m.
Richard M. DeVos Center 302E

Positive interactions require understanding and appropriately responding to all messages being communicated, through body language, expressions, verbal cues and behavioral patterns. Reading people is also a necessary skill for career development. Interviewing, collaborating, negotiating, presenting, conducting meetings and effectively communicating with supervisors, colleagues and subordinates, all require your ability to successfully read others. This workshop explores ways we can develop our ability to read and effectively respond to others verbal and nonverbal cues and the positive impact this skill can have on our careers.

Navigating Boundaries/Balancing Professional and Community Engagement

Thursday, November 6 from 12pm to 1pm
2201 KC

Give back. Civic engagement. Community involvement. Young professionals are continually encouraged to engage with their local communities outside of formal work roles. What does this look like? How can you intertwine your professional and community engagement work in a way that is mutually beneficial and fulfilling? Join us for a facilitated discussion about strategies to successfully navigate these boundaries. Facilitated by Brittany Dernberger.

FYI
Thanksgiving Break
November 27-28

SAVE THE DATE
PSS Appreciation Luncheon - March 12

SUGGESTIONS FOR UPCOMING ISSUE

Any Holiday traditions you wish to share for the next issue? Also, any stories, celebrations or graduations that you wish to share please submit to [Erica](#) by November 25.

DATES

Birthdays

6 - Susan Brunell

7 - Jo Ann Shelton

21 - Dorothy Vice

22 - Rhonda Lemieux

28 - Tammy Tobar

30 - Shirley Dilworth

GVSU Anniversary

6 - Amanda Reader

11 - Shawn Evans

14 - Shirley Dilworth

14 - Ronda Huster

15 - Susan Brunell

29 - Molli Herth

Carrie Shoup

Wedding Anniversary

4 - Nancy Moseler
 Cheryl Fischer

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.

