

# APSS NEWSLETTER

February 1, 2018

Volume 8, Issue 8

2017-2018

**EXECUTIVE BOARD**

**President**  
Becky Bakale

**Vice-President**  
Rhonda LeMieux

**Chief Alliance Steward**  
Cheryl Fischer

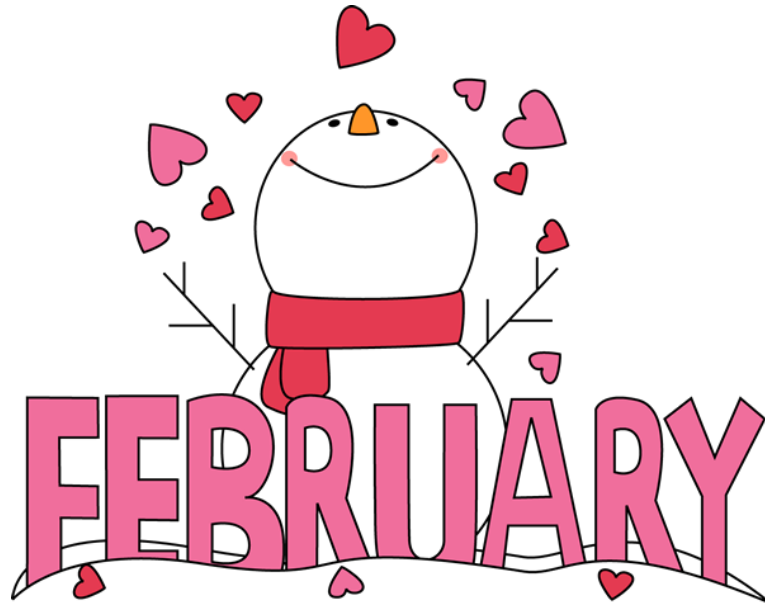
**Secretary**  
Michelle Holstege

**Union Business & Financial Director**  
Hollie Rago

**Membership Director**  
Joyce Sullivan

**Communications Director**  
Erica Baker-Bringedahl

**Website:**  
[apssgvsu.org](http://apssgvsu.org)



## MEMBER NEWS

**INSIDE THIS ISSUE:**

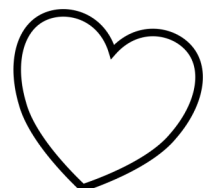
Member news	1
HR Workshops	2-5
Union News	6-7
Health & Wellness	8-9
Dates	10

This newsletter is published monthly.

For submission information contact Erica Baker-Bringedahl at [bakereri@gvsu.edu](mailto:bakereri@gvsu.edu).

**Michelle Duram** - I would like to thank our union and GVSU as a whole for being such a remarkable place to work. My total hip replacement surgery took place last week and knowing we have amazing benefits, and caring GVSU friends is a true gift for all of us!

**Cheryl Anderson** - A team of 25 Lions Clubs members, 5 eye doctors and others from all walks of life, are on our way to Mexico the first week of February on an eye mission trip. The patients we will be seeing, will get a full eye exam, that checks not only the prescription but the health of their eye and will walk out with glasses for close or far, if needed. So PLEASE remember to donate those extra old glasses sitting around your home. They can be sent to Cheryl Anderson, C-2-100 MAK or taken to any optometric office.



# HR WORKSHOPS

## Student Retention Training

Tuesday, February 20, 2018 • 1–2:30 p.m., Loosemore Auditorium, DeVos Center

Thursday, February 22, 2018 • 8:30–10 a.m., Room 2204, KC

Monday, February 26, 2018 • 3–4:30 p.m., Room 2250, KC

Friday, March 16, 2018 • 2:30–4 p.m., Room 2204, KC

Wednesday, March 21, 2018 • 8:30–10 a.m., Loosemore Auditorium, DeVos Center

Presenters may include Dev Butler, Jodi Chycinski, Sherril Soman, Philip Batty, Relando Thompkins-Jones, Christine Rener, and Suzeanne Benet

*Students are the lifeblood of the University.* Given declining teenage populations in our region, it is essential we each do our part to attract and retain students. This class explores the systems, tools, and personal connections we can employ to drive student success. As a result of the training, participants will know how to direct students to valuable resources and gain tips for supporting students in their journey. All faculty and staff are highly encouraged to attend.

Program approved for PSS Development Credit (Non-Technical)  
Please register on [Sprout](#).

## Bias Incident Reporting Training

Wednesday, February 7, 2018 • 3:30–5 p.m., Room 2270, KC

Tuesday, February 27, 2018 • 3:30–5 p.m., Room 107C DeVos (University Club)

Presented by Members of the GVSU Team Against Bias (TAB).

What is a bias incident? Do they happen at GVSU? What do I do if I experience or witness one? If anyone in the Grand Valley community feels belittled, disrespected, or isolated based on their identity, there is a mechanism to report the incident. This training facilitates educational dialogue to ensure that individuals understand both their right to free expression within the community and the impact of their expression on individuals and/or the community and how to report an incident. This training is both interactive and practical.

Program approved for PSS Development Credit (Non-Technical)

Please register on [Sprout](#).

### **Military-Connected Student Awareness Workshop for Faculty and Staff**

Wednesday, February 14, 2018 • 10 a.m.–12 noon, Pew Campus, Room 109D  
Wednesday, March 14, 2018 • 10 a.m.–12 noon, Room 2263, KC

Facilitated by Steven Lipnicki, Assistant Dean of Students, and Chase Hawkins, current GVSU student veteran

This two-hour workshop is intended to introduce faculty/staff to the unique transitions facing GVSU students who serve(d) in the US Armed Forces.

*Learning Outcomes will address the following:*

- What experiences do military members share and how are these different
- What are the common challenges when transitioning from service-member to student
- How can we assist these students and help support their success
- What resources are available through Grand Valley
- Any related questions

Program approved for PSS Development Credit (Non-Technical)

Please register on [Sprout](#).



## HR WORKSHOPS CONTINUED

### **GVSU Mom's Network – Grand Rapids (formerly What Mommies Do Best – Downtown)**

12:00 – 1:00 PM  
Thursday, February 15  
302E DeVos

Topic: Breaking the glass ceiling / Salary negotiation  
Please register on [Sprout](#).

### **GVSU Moms Network (formerly What Mommies Do Best) - ALLENDALE**

12:00 – 1:00 PM  
Tuesday, February 20  
1012 JHZ

Please register on [Sprout](#).



### **PSS APPRECIATION LUNCHEON**

11:30 AM– 1:30 PM  
Thursday, March 22  
Grand River Room

[RSVP here](#) before March 1.



Join us in showing your *Laker Pride* at the

# *Professional Support Staff Appreciation Luncheon*

March 22, 2018

11:30 am - 1:30 pm

Kirkhof Center ~ Grand River Room

Networking begins at 11:30 am  
Lunch will be served at 12:15 pm

Please RSVP by March 1, 2018  
Meal options are provided in the RSVP



In true Laker spirit, the PSS Development Committee has partnered with GVSU's Replenish to collect items at the Appreciation Luncheon.

All donated items support students on our campuses.

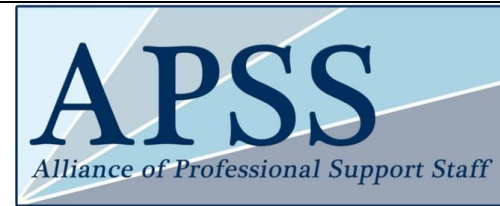
Replenish is specifically in need of:

- Breakfast goods (low sugar cereal, apple sauce, pancake mix & syrup)
- Canned proteins (beans, tuna, etc.)
- Personal care items (pads, shampoo, and soap)

*\*Please note: We currently have an abundance of ramen noodles, macaroni & cheese and canned vegetables.*

Thanking you in advance for your generosity.

## UNION NEWS



### What are Development Credits?

**Any program directed at improving both non-technical and technical job performance and awareness may be considered and approved as a development credit.**

Each year of employment you advance a step on the wage scale. After you have reached the 4th step (which usually equals to 4 years of employment) you will need to begin earning your development pay. You will need to complete one approved PSS development course within 3 years to be eligible to receive a 2.5% wage increase, this can be either a technical or non-technical credit. You will need to sign up on the “Sprout” system to attend seminars. By clicking on the “more information” tab you will see if you would earn a technical or non-technical credit.

**Easy Explanation:** Simply attend an approved development course each year.


\*\*If you started your employment here at GVSU at a higher step level you will need to start earning your development credits sooner than 4 years.

\*\*\*Usually at your 16th year of employment you will need to take 3 approved development courses to earn a 3.5% wage increase. Out of the 3 courses you have to earn at least one technical and one non-technical.

After attending the seminar you will need to log onto [www.gvsu.edu/pssdev](http://www.gvsu.edu/pssdev) using your network login to submit approval for the course-make sure you add comments.

## How can I sign up for a seminar and earn development credits

Log onto the Sprout system [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout) using your network login

Find a seminar you would like to attend-you will see this symbol  under the “More Information” tab to see if you would receive technical or non-technical credit.

**THEN**-after you attend the seminar- using your network login log onto [www.gvsu.edu/pssdev](http://www.gvsu.edu/pssdev) to submit approval for the course make sure you identify what you learned and how you will use this information in your current position, once you earn the approval of your supervisor then you will see it on the PSS development site as receiving your development credits of non-technical or technical.

Remember you will need to earn your required amount of credits during the APSS contract term to earn your additional pay of 2.5% or 3.5%. Please contact your building representative if you have further questions.

## Protect Women's Hearts

The union has collaborated with Human Resources to have our building representatives be designated paper heart sellers. You may purchase a paper heart for \$1 and receive a free entry to a group fitness class during February 2-9. Ask your building rep today if they are selling paper hearts!



## HEALTH & WELLNESS WORKSHOPS & INFORMATION



**PROTECT WOMEN'S HEARTS**  
**Wear red February 2 - 9**  
**and receive free entry to a group fitness class**  
**DONATE TO THE CAUSE**

### Protect Women's Hearts

[GO RED](#) is a campaign by the American Heart Association to raise awareness that heart disease and stroke are among the leading killers of women.

How can you help protect women's hearts?

1. [Donate](#) to the cause
2. Sell red hearts as a department during the month of February. Contact, Lindsey DesArmo [desarmli@gvsu.edu](mailto:desarmli@gvsu.edu) to coordinate paper heart delivery.
3. WEAR RED and donate to the cause=FREE faculty [and staff group exercise](#) entry Feb 2-Feb 9

Find out more information about the campaign and find if you're at-risk at the [Go Red for Women](#) website.

*\*Faculty and staff who wear red to attend any faculty and staff group exercise class offered by Human Resources. A card with a donation link will be provided to participants. Participants must sign a waiver to participate in the class. Some classes may be subject to space limitations. Drop in participation is first come first serve.*





# WELLNESS SUMMIT

FIND YOUR BALANCE.

## FREE EVENT

for GVSU Students, Faculty and Staff



DEVOS  
STUDENT PROJECT  
CENTER  
PEW CAMPUS

<http://www.gvsu.edu/bewellgv/wellness-summit-19.htm>

# Follow Us!



@gvsuhealthwellness



@gvsuhealthandwellness



@GVSUHW



**HEALTH & WELLNESS**  
BENEFITS WELLNESS WORKLIFE [www.gvsu.edu/healthwellness](http://www.gvsu.edu/healthwellness)



GRAND VALLEY  
STATE UNIVERSITY  
HUMAN RESOURCES

**2017-2018****Building Representatives**

Cheryl Bronner 1-3327  
Student Service-1<sup>st</sup> floor

Tami John 1-2350  
Kirkhof Cntr

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

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

Barb Ellis 1-8611  
Copy Center, Laker Store, &  
Kindschi

Cheryl Anderson 1-3482  
Lindsey Burns 1-2186  
Mac- A-D

Deb Rotman 1-2566  
Calder, Superior, & Arts cntr

Mark Saint Amour 1-2530  
Manitou & Fieldhouse

Hollie Rago 1-3426  
Honors, Connection, Zumberg &  
Lake Michigan

Janet Potgeter 1-8531  
Henry, Holton Hooker, &  
Padnos

Joyce Sullivan 1-3730  
AuSable & Lake Huron

Autumn DeRoo 1-5936  
Kennedy, Eberhard, Ferguson

Patti McCarthy 1-6751  
DeVos 1<sup>st</sup> & 2<sup>nd</sup> floor

Sandra Jennings 1-6848  
Bike Factory  
Seidman Center

Vacant Position  
Holland, Muskegon &  
Traverse City

Vicki Helgeson 1-2630  
Library-Allendale campus

Vicki Wenger 1-3898  
Lake Ontario Hall

Lindsay Bogi 1-3266  
Student service 2<sup>nd</sup> & 3<sup>rd</sup> floors

Patrick Perry 1-6202  
DeVos 3<sup>rd</sup> & 4<sup>th</sup> floors

**Members Relations Team**  
Cheryl Fischer-Chair 1-3000

Michelle Duram 1-3298

Vicki Helgeson 1-2630

**IMPORTANT DATES**

**Valentine's day - February 14**

**SUGGESTIONS FOR UPCOMING ISSUE**

Any plans for March, Spring Break, or any March news to share? Send a blurb on what you plan to do to my email [Erica](mailto:Erica) by February 23.

**FEBRUARY DATES****Birthdays**

- 1 - Rosalie McCarty
- 2 - Katie Haynes
- 6 - Carol Talsma
- 11 - Kathy Bausano
- 15 - Ashley Riley
- 18 - Dawn Nagelkirk
- 20 - Lindsey Burns
- 24 - Erica Bringedahl

**GVSU Anniversary**

- 1 - Janet Mills
- 19 - Tammy Tobar
- 23 - Sherri Hall
- 26 - Amy Duwe

**Wedding Anniversary**

- 14 - Rhonda LeMieux



If you would like your birthdate, GVSU anniversary, and/or wedding anniversary published in the newsletter email Erica at [bakereri@gvsu.edu](mailto:bakereri@gvsu.edu).

**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.**