

# APSS NEWSLETTER

October 1, 2014

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2014 - 2015

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This newsletter is published  
monthly.

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## The Pink Issue

**Janine Warfield:** Did you know that one out of every eight women will be diagnosed with breast cancer in their lifetime? More surprisingly, one out of every 1,000 men have a lifetime risk of getting breast cancer. I used to think that breast cancer was strictly hereditary. My aunt, who was in her mid-40's, was diagnosed with breast cancer when I was a young adult. I didn't know anything about breast cancer at that time, so I looked up the risk factors and found that there were a few more risk factors than just hereditary. However, the only one that I could apply to my aunt was, "Giving birth to your first child after the age of 30." She did not have any children. I thought that must have been the reason she got it. That wasn't going to be a problem for me. I was married at age 21 and wanted to have kids soon. As fate would have it, I did not get pregnant until I was 30. I remember thinking, "Whew! I'm having my first baby at age 30. I'm in the clear!" and breast cancer never even entered my mind after that.



At age 35 my doctor suggested that I have a baseline mammogram so that when I turned 40 and started having yearly mammograms, they would have something to compare it to. I had the mammogram and it was fine. When I was 40 it was time to start the yearly mammograms, and I went in without a second thought about it. A week later I received a call from my doctor. He said they found something suspicious on my mammogram and he wanted me to come in for more scans. I thought, "What? Are you sure? I don't have any of the risks for breast cancer. I feel fine!" After many more scans and biopsies, they told me that I had

four suspicious areas, three in one breast and one in the other. Three appeared to be atypical cells that if left untreated would turn into cancer, and one area appeared to have crossed over into the beginning stages of cancer. They referred me to a breast surgeon for treatment.

Before meeting with the breast surgeon, I had done quite a bit of research and had realized that I was extremely lucky to have my cancer found at such an early stage. It was so small that it could not be felt or even seen with the naked eye. I decided that I wanted to have a double mastectomy to give myself the least chance of recurrence, and at this stage of the game, I would get the best physical outcome. My surgeon did not agree with me.

She wanted to do four lumpectomies followed up with radiation. Seriously? After four lumpectomies, I would not have any breasts left! I also knew that if I were to have a recurrence, the reconstruction process is much more difficult on radiated skin. Her stance was that the survival rate for lumpectomy vs. mastectomy was the same. True. However, the recurrence rate after lumpectomy was significantly greater! So I fired her. You are your best patient advocate. You care more than anyone else about your health, so if something a doctor tells you does not sit well in your gut, you need to take action. I got a second opinion, and that surgeon agreed with my thought process.



After surgery I also decided to get genetic testing done for the BRCA 1 or 2 genes to see if my cancer was hereditary. People do not realize how important it is to discuss medical history with the rest of the family. When I was talking to my mom about our family history, she said, “Your great grandmother had some type of surgery and always had a swollen arm afterwards (lymphedema, which is caused by the removal of lymphnodes, is a common side effect of breast cancer treatment), but I have no idea if she had breast cancer because people didn’t talk about those things back then.” People don’t always talk about these things now either, but we really need to be informed. Luckily, I tested negative for the BRCA genes, but if I would have tested positive, I would have felt the duty to notify my relatives and urge them to have the testing as well, even the men because if they are carriers of the gene, they could pass that high risk to their daughters.

If you are looking for a way to help someone you know that is going through treatment for breast cancer, or any kind of medical issue, you could help them with basic household chores and cooking. If it is someone who has young children, the very best gift you could give the whole family is by taking the kids out for a day and doing something fun. This is not only great for the child, but also for the parent who carries a lot of guilt for not being able to be the parent they

want to be during this difficult time. When someone is going through a medical crisis, it affects the entire family to a great degree, and any little thing you can do to make the situation a little brighter, is extremely appreciated!

**Dorothy Vice:** In 2010, I was diagnosed with and began treatment for breast cancer. I have no family history of breast cancer. My cancer was detected from an annual mammogram (which I almost canceled due to so many years of good/negative reports). There are at least 14 different types of breast cancer. Considering the 4 cancer “stages”, experiences can be different from one person to the next. GVSU provided fantastic insurance coverage and medical time off. I was able to work mostly regular hours during the last months of treatment. I had a fantastic resource in my department who had gone through breast cancer treatment and I am happy to talk to you about my experience. GVSU Cancer Warriors seminars are promoted by HR Health & Wellness. In addition, there is a “GVSU Cancer Warriors” Facebook page.



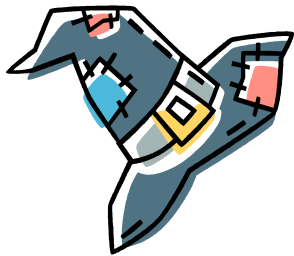
## Making Strides Events

Event	Location	Date
Making Strides of Grand Rapids MI	Rosa Parks Circle	10/25/2014
Making Strides of Holland MI	Kollen Park	10/18/2014
Making Strides of Kalamazoo MI	Arcadia Creek Festival Site	10/18/2014
Making Strides of Calhoun County MI	Mill Race Park	10/25/2014
Making Strides of Lansing MI	Michigan State Capitol	10/18/2014

For more information about these events go to [http://makingstrides.acsevents.org/site/PageServer?pagename=MSABC\\_CY14\\_FindAnEvent](http://makingstrides.acsevents.org/site/PageServer?pagename=MSABC_CY14_FindAnEvent).

# Happy Halloween

**Tracie Samdal:** Okay, We LOVE Halloween in our family. My entire family gathers at my grandmother's house in Muskegon where everyone dresses up. The children go trick or treating together. Everyone makes homemade doughnuts, eats food, hands out candy and we celebrate my twin nieces on their October 31st birthday. As you can tell, we go a little crazy!!! People involved: myself, my husband – Glen, son – Devon, daughter – Whitney.



Halloween 2013: 3 little pigs and 2 big bad wolves

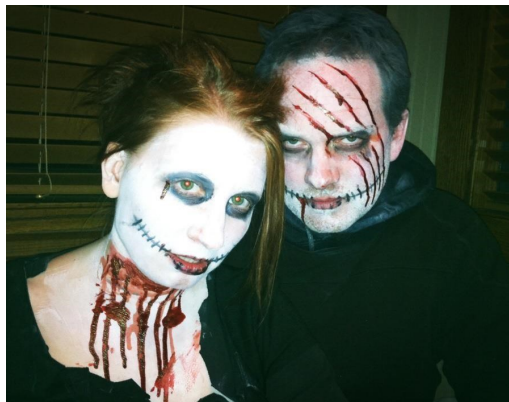




**Victoria Stubbs:** My Halloween tradition is buying my dog, Max, ridiculous costumes. He's not so much of a fan, but it is pretty funny!



**Sarah Pepper-Haven:** I don't know if this is too creepy/scary to share, but the first Halloween after my husband and I met, we were actors in a haunted house together. We both love Halloween and haunted houses, so it was a really fun experience for us. We were chainsaw-wielding zombies in the last room of the house, and we had a great time scaring people! As you can see in the second picture from our August wedding last year, we are much more "normal" in real life!



# HEALTH & WELLNESS WORKSHOPS

## New Long Term Care Benefit Open Enrollment through October 10

Grand Valley State University is pleased to announce an important employee benefit, Voluntary Group Long Term Care Insurance.

Why consider long term care insurance?

It covers expenses for long term care services received at home, in the community or in a nursing facility. Here are a few quick points to consider:

- Neither health nor disability insurance will cover this kind of care.
- Relying on government programs may not be a viable solution.
- Without insurance, the costs of these services may have to come out of your savings or income.

Take advantage of this opportunity to learn what long term care insurance can do to help protect your financial future. As a Grand Valley State University eligible full-time employee, you can now get this coverage at competitive group rates. Coverage under this Program is portable, so it can move with you if you change jobs, retire or leave the University.

To view more information about Long Term Care insurance please visit our [Benefit Information Center](#).

## New Mindfulness Series

begins October 6: <http://gvsu.edu/healthwellness/module-events-view.htm?siteModuleId=627CDA8A-0387-2C0D->

## Pedometer Challenge

begins October 8: <http://www.gvsu.edu/healthwellness/pedometer-challenge-157.htm>



## Benefits Open Enrollment

October 21-November 5. Stay tuned to the Human Resources [Health and Wellness website](#) for updates and details.

## CAREER WORKSHOPS

### Group Coaching Roundtable—Succeeding in an Interview

Monday, October 13, 2014 from 12:00 -2:00 p.m.  
Richard M. DeVos Center 302E

This a “come to the table” interactive session focused on interviewing. With a goal of building your confidence, comfort and success in an interview, this roundtable will address questions, dialogue, challenges and concerns, and will include “mock interview” moments. This is the “everything you ever wanted to know, but were afraid to ask” roundtable session. Please bring your lunch, dress comfortably and be ready to respond to questions, provide feedback and discuss all the do’s, don’t’s, why’s and what it takes to succeed in your next interview. This is not a presentation, but an interactive roundtable discussion. Facilitated by Kim Monaghan, Human Resources Career Services for Faculty and Staff. Feel free to bring your lunch!



### Professionalism Counts

This program is approved for PSS non-technical development credit  
Wednesday, October 29, from 9:00 a.m.-12:00 p.m.  
Richard M. DeVos Center, 302E

Does professionalism really matter? Does it have any bearing on how successful you are or can be? This 2 hour interactive workshop will explore the many facets of professionalism and their importance to your career. Invest in yourself by attending this fun and informative program covering professional communications, the importance of presentation and deliver and constructive approaches. Presented by Kelley Monterusso.

**2014-2015****Building Representatives**

Ann Platt/ 1-2792  
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Rhonda LeMieux 1-3585  
 Student service 2<sup>nd</sup> & 3<sup>rd</sup> floors

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

# HR WORKSHOPS

## Academic Conference Fund for Undergraduate Students

Tuesday, September 23rd, Kirkhof 2266, 10:30-Noon.

Approved for PSS Technical Credit

Go to [www.gvsu.edu/seminar](http://www.gvsu.edu/seminar) to register.

## I-9 & Tax Form Training

Tuesday, October 7th, Kirkhof 2215/2216, 1-3 and

Wednesday, October 8th, DEV 302E, 2-4.

Approved for PSS Technical Credit

Go to [www.gvsu.edu/seminar](http://www.gvsu.edu/seminar) to register.

## Professionalism Counts

Tuesday, November 11th, Kirkhof 2266, 9-11.

Approved for PSS Non-Technical Credit

Go to [www.gvsu.edu/seminar](http://www.gvsu.edu/seminar) to register.



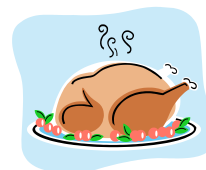


**SAVE THE DATE**  
**APSS Luncheon - October 16**  
**PSS Appreciation Luncheon - March 12**



**SUGGESTIONS FOR UPCOMING ISSUE**

Looking for Thanksgiving recipes for the next issue. Also, please share your fall activities you like to do before Winter comes. Please submit [Erica](#) by October 27.



**DATES**

**Birthdays**

7 - Nancy Moseler  
 8 - Linda Rettig  
 14 - Victoria Stubbs  
 16 - Angela Munford  
 21 - Sherri Hall  
 22 - Sue Willemssen  
 29 - Cheryl Fischer  
 30 - Michelle Van Nuil  
 31 - Janine Warfield

**GVSU Anniversary**

6 - Dawn Nagelkirk  
 10 - Tracie Samdal  
 11 - Jay Zink  
 12 - Angela Munford  
 12 - Anna Platt  
 12 - Deb Rotman  
 Lori O'Bradovich  
 Kathy Bausano

**Wedding Anniversary**

1 - Roxanne Mol  
 3 - Julie DeVecht  
 10 - Maria Jaramillo-Gonzalez  
 19 - Jennifer Glaab  
 22 - Oliver Aguilera

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.

