

# APSS NEWSLETTER

August 3, 2015

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2015-2016

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This newsletter is published  
monthly.

For submission information  
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at [bakereri@gvsu.edu](mailto:bakereri@gvsu.edu).



**Darrhonda Scott-Jones** - My niece, Jessica Jackson, a Muskegon High School grad will be a freshman here at GVSU this fall. Yeah!



**Sue Peterson** - My son Jordan (JP) Peterson graduated from Mona Shores High School in June and is headed to Muskegon Community College for at least a year. After that his plan is to attend Lake Superior State University to major in Fire Science.





**Janet Potgeter** - Here is a picture of my husband and me from our vacation. We are on Cadillac Mountain, Acadia National Park in Maine. We travelled with Trafalgar Tours to Nova Scotia, Prince Edward Island, New Brunswick, Maine and spent a day in Boston. The tour kept us busy and we visited more great places than we could have ever managed on our own. The scenery and fresh seafood is unforgettable! We had a great time! We only had an afternoon in Boston, but hopped on a local tour bus and drove by MIT, Harvard, Fenway Park, lots of historic spots, and the docks. Then we still had time to walk the Commons and public gardens. I did get a picture of the monument of my favorite dead politician/inventor, Benjamin Franklin, and had a great laugh at the fact that the house his parents owned is now a Mr. Speedy Print. Boston is a big place.



## Back to School Recipes-Dorm Room or After School snacks:

### White Chocolate Popcorn Deluxe

**Ingredients:**

8 cups air-popped popcorn  
2 ounces white backing chocolate chopped  
1 tsp butter  
1/3 cup dried cranberries  
1/4 cup chopped walnuts  
3/4 tsp salt

**Directions:**

1. Place popcorn in a large bowl, in a microwave, melt white chocolate and butter, stir until smooth. Pour over popcorn mixture and toss to coat. Add the cranberries, nuts and salt.
2. Spread onto waxed paper. Cool until set. Store in an airtight container. Yield: 2 quarts.

Recipe can be found at <http://www.tasteofhome.com/recipes/white-chocolate-popcorn-deluxe>

### Apple Dip

**Ingredients:**

1 - 8 ounce package cream cheese  
1/2 cup brown sugar  
1 tbs vanilla extract

**Directions:**

1. Stir together the cream cheese, brown sugar, and vanilla extract until the sugar has dissolved, and the mixture is smooth

Recipe can be found at <http://allrecipes.com/Recipe/Apple-Dip/Detail.aspx?evt19=1&referringHubId=12154>

# HEALTH & WELLNESS WORKSHOPS

## Health Coaching Services on Campus in August

**Date:** Wednesday, August 12, 2015 7:00 AM - 1:00 PM

**Location:** DeVos 297C

FREE voluntary, confidential HEALTH COACHING services through Priority Health available to all benefit eligible GVSU faculty and staff. Priority Health coaches will be onsite at the GVSU Allendale and Pew campuses to meet with you one on one. Private consultation rooms are arranged for the times listed.

REGISTER for your 30-minute appointment now by logging in to [priorityhealth.com](http://priorityhealth.com) and clicking the "Wellness event schedule" link in the "Your events" box on the right side of the page.

Event also occurs on Allendale Campus Thursday August 13th from 1p.m.-7p.m. in Kirkhof Center Rm 1249

<http://gvsu.edu/healthwellness/module-events-view.htm?siteModuleId=627CDA8A-0387-2C0D-337E38A5ED4276D9&eventId=D0A36296-E0A6-2D0D-3270704ACB901072>

**PEW:**

Wed, Aug. 12 7a.m.-1p.m.  
DeVos 297C

**Allendale:**

Thurs, Aug. 13 1p.m.-7p.m.  
Kirkhof Center Rm. 1249

Sign up now to meet with  
a certified health coach

● Day and evening hours available ●

Register now at [www.priorityhealth.com](http://www.priorityhealth.com)



## Healthy Cooking Demos at the Farmers Market

<http://gvsu.edu/farmersmarket/food-demosrecipes-9.htm>

SAVE TIME IN  
THE KITCHEN.

EAT HEALTHY  
FOOD

Healthy Cooking  
Demonstrations

**GVSU**  
**FARMERS**  
**MARKET**

July 1

August 5

September 2

October 7

**12:00 PM**  
**TO**  
**1:00 PM**

Reserve your spot now. Register  
online at [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout)

\*In the event of rain, demos  
will take place in Kirkhof 2270.

**BENEFITS WELLNESS WORKLIFE**



**GRAND VALLEY**  
**STATE UNIVERSITY**  
HUMAN RESOURCES

**2015-2016****Building Representatives**

Janice Ponstein 1-2025  
Student Service-1<sup>st</sup> 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  
Mac- A-D

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

Erica Baker-Bringedahl 1-7388  
Seidman & Bike factory

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

Janet Potgeter 1-8531  
Henry & 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 1-8800  
Manitou & 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 2<sup>nd</sup> & 3<sup>rd</sup> floors

Patrick Perry  
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

# PSS DEVELOPMENT WORKSHOPS

## CMS 4 Basics workshop

Learn the basics of the new CMS 4 software for managing  
your department's website.

Presented by Dave Poortvliet, Institutional Marketing  
Sponsored by the PSS Development Committee

Monday, August 10

11:30 a.m. – 1 p.m.

2015 Seidman Center, Pew Campus

Wednesday, August 12

11:30 a.m. – 1 p.m.

113 Henry Hall, Allendale Campus

Please go to [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout) to register for this work-  
shop. Available seating is limited.

\*Approved for Technical Development Credit.



## Important Dates

August 31 - Fall semester starts

## SUGGESTIONS FOR UPCOMING ISSUE

Any trips or celebrations planned for September? Please share for the next newsletter by emailing [Erica](mailto:Erica) by August 24.

## DATES

### Birthdays

12 - Jalyn Kamp  
25 - Ronda Huster  
26 - Pat Cox  
27 - Jacqueline Adams  
28 - Julie DeVecht

### GVSU Anniversary

3 - Nancy Moseler  
7 - Barbie Young  
18 - Jeffrey Rollins  
20 - Cheryl Anderson  
21 - Joanie Hodson  
22 - Sara Sabo  
25 - Jalyn Kamp  
Pamela Hart  
Darrhonda Scott-Jones

### Wedding Anniversary

4 - Chris Borda  
6 - Dawn Nagelkirk  
6 - Lori O'Bradovich  
10 - Linda Rettig  
12 - Michelle Hodde  
18 - Pamela Hart  
19 - Cheryl Anderson  
21 - Shawn Evans

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.



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).