

# APSS NEWSLETTER

October 1, 2015

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2015 - 2016

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This newsletter is published  
monthly.

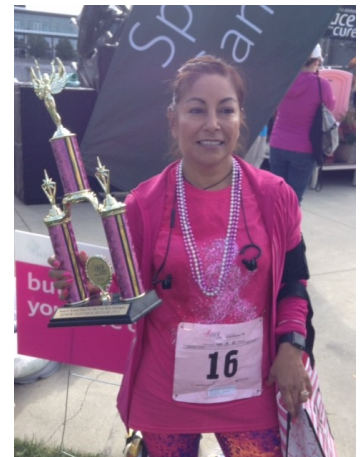
For submission information  
contact Erica Baker-Bringedahl  
at [bakereri@gvsu.edu](mailto:bakereri@gvsu.edu).



**Jennifer Cathey** - Here is a picture of my son James (age 3) at Koetsiers in Grand Rapids... posing with the pumpkins.



**Maria Jaramillo-Gonzalez** - Since October is Breast Cancer awareness month, I'd like to share this picture with you. I ran the Susan Komen Race for the Cure September 19, 2015. 1st place Survivor in my age group!



**Colleen Bazuin** - My grandchildren Logan and Skylar moved to Sleepy Hollow, New York with their mom and dad. They should have fun this Halloween! Everything is "headless horseman" there. They live off North Broadway near the Headless Horseman Bridge and the Old Dutch Church and the Sleepy Hollow Cemetery. Can't wait to see their Halloween pictures this year!



**Noreen Savage** - October 4 will mark the 40th wedding anniversary for Noreen and Tom Savage. High school sweethearts, the couple have 5 children and 13 grandchildren. Throughout the past year, Tom and Noreen have been celebrating their milestone anniversary with "40 Fun Things to Do." Among their numerous activities, they traveled to San Antonio, Texas, and Las Vegas, Nevada, as well as everything from running a 5K, making salsa and snowmobiling. Noreen works as an administrative assistant in the Brooks College Dean's office.





**Patty Kishman** - Photos of my grandkids trick or treating last year at Laker Village on the Allendale campus.  
Lucy & Ethan Boone.



**Bonnie Peterson** - Here is my little future Laker at the PBS Kids Celebration last night.



## FALL Recipe - Hot Apple Cider

### Ingredients

6 cups apple cider  
1/4 cup real maple syrup  
2 cinnamon sticks  
6 whole cloves  
6 whole allspice berries  
1 orange peel, cut into strips  
1 lemon peel, cut into strips



### Directions

Pour the apple cider and maple syrup into a large stainless steel saucepan. Place the cinnamon sticks, cloves, allspice berries, orange peel and lemon peel in the center of a washed square of cheesecloth; fold up the sides of the cheesecloth to enclose the bundle, then tie it up with a length of kitchen string. Drop the spice bundle into the cider mixture. Place the saucepan over moderate heat for 5 to 10 minutes, or until the cider is very hot but not boiling. Remove the cider from the heat. Discard the spice bundle. Ladle the cider into big cups or mugs, adding a fresh cinnamon stick to each serving if desired.

# HEALTH & WELLNESS WORKSHOPS & INFORMATION



## Mindful Triathlon

October 23, 7:00AM  
Kelley Family Sports Center

No running, swimming, or biking required!

15 minute walk or run  
15 minute Yoga session  
15 minute guided meditation session

## A Mindful Campus: Cultivating Awareness and Connection in a Distracted World

Please join us on **October 23** for an introduction to the Mindful Campus.

Our guest speaker, **Dr. McCown**, is assistant professor of integrative health and director of the Center for Contemplative Studies at West Chester University of Pennsylvania.

Register online for one **OR MORE** of the following sessions.



Date/Time	Topic
October 23 9:00AM - 10:30PM	<b>Wellness and "Withness":</b> Mindful care for self and others. <i>Continental breakfast served.</i>
October 23 11:00AM - 1:00PM	<b>Contemplative Classrooms:</b> Empirical evidence and practical applications. <i>Lunch served.</i>
October 23 2:00PM - 3:30PM	<b>The Mindful Campus:</b> Cultivating Awareness and Connection in a World of Distraction.

Register online for all Mindfulness programming at [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout)

Find out what other Mindfulness programs GVSU has available at [www.gvsu.edu/healthwellness/mindfulness](http://www.gvsu.edu/healthwellness/mindfulness)

## OPEN ENROLLMENT COMING SOON: 2016 Annual Benefits Open Enrollment

The 2016 annual benefits open enrollment is your opportunity to refresh all of your benefit options so please take some time to follow these:

### Three easy steps

**Anytime:** Visit [www.gvsu.edu/healthwellness](http://www.gvsu.edu/healthwellness) and click on “2016 Open Enrollment” to review all of your benefit options for 2016.

**October 20 through November 4:** Enroll on your benefits by clicking on the eBenefits icon.

Receive your detailed total compensation/confirmation statement.

### Confirm your elections

To receive your total compensation/confirmation statement, each benefit eligible faculty or staff member **must** complete an online enrollment and update/verify benefit elections including:

**Your dependents and their benefit plan coverage and removing them if they are no longer eligible**

**Home address for W-2 purposes**

**Coordination of benefits information**

**Life insurance beneficiary designation**

**IRS re-election requirement for Flexible Spending Accounts and Health Savings Accounts**

### For More Information

Stop by one of the open forums or visit us at one of the designated computer labs to get your questions answered. You can contact us at 331.2220 or [healthandwellness@gvsu.edu](mailto:healthandwellness@gvsu.edu) for additional information or to request printed copies.

# 2016 OPEN ENROLLMENT

Begins **October 20** at 8 a.m. ET

and closes **November 4** at 5 p.m. ET

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## HEALTH & WELLNESS

BENEFITS WELLNESS WORKLIFE

[gvsu.edu/healthwellness](http://gvsu.edu/healthwellness)

# HEALTH & WELLNESS WORKSHOPS & INFORMATION CONTINUED

## Flu Shot Clinic Dates

Date	Time	Location
Friday, October 2	9am-10am	<b>Robert B Annis Water Resource Institute</b> 740 W. Shoreline Dr. Muskegon, MI 49441 Room: <b>LMC 225</b>
Monday, October 12	9am-10am	<b>Meijer Campus (Holland)</b> 515 S. Waverly Rd. Holland, MI 49423 Room: <b>104</b>
Monday, October 19	12pm-2pm	<b>Center for Health Sciences</b> 301 Michigan St, NE, Grand Rapids, MI 49503 Room: <b>CHS 127</b>
Tuesday, October 20	11am-1pm	<b>DeVos Center</b> 401 Fulton Street W Grand Rapids, MI 49504 Room: <b>Student Project Area</b>
Thursday, October 22	11am-1pm	<b>Allendale Campus</b> 1 Campus Drive Allendale MI 49401 Room: <b>Kirkhof Center 1142</b>
Friday, October 30	11am-1pm	<b>Allendale Campus</b> 1 Campus Drive Allendale MI 49401 Room: <b>Kirkhof Center 1142</b>
Monday, November 2	4:30pm- 7pm	<b>GVSU Family Health Center</b> 72 Sheldon Blvd. SE Grand Rapids, MI, 49503
Tuesday, November 3	4pm-6pm	<b>Allendale Campus</b> 1 Campus Drive Allendale MI 49401 Room: <b>Kirkhof Center 1142</b>





## HR WORKSHOPS

### Career Competencies 101

*Monday, October 12, 2015 from 9:00-11:00 a.m. Russel H. Kirkhof Center 1142*

This “boot camp” style workshop challenges attendees to honestly assess their career competencies quotient. The program is designed to inspire professionals to abort “blame,” mitigate counterintuitive thinking, accelerate potential and activate a strategic plan for improving Performance, Professionalism, “Promotability,” and Personal Accountability. Presented by Kim Monaghan, Human Resources Career Services for Faculty and Staff.

## PSS WORKSHOPS

### Social Media Workshop

*Tuesday, October 27, 2015 from 9:00 a.m. – 10:00 a.m. 107D Richard M. DeVos Center*

*Tuesday, October 27, 2015 from 11:00 a.m. – 12:00 p.m. 2204 Russel H. Kirkhof Center*

Are you interested in learning about the benefits of social media for your department? Get your social media questions answered by the experts, Leah Twilley and Nate Hoekstra, from University Communications at an upcoming seminar. This seminar has been approved for non-technical credit.

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

Janice Ponstein 1-2025  
Student Service-1<sup>st</sup> floor

Becky Bakale 1-2792  
Kirkhof Cntr

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Alumni house, Service &  
Central Utilities

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Sally Vissers 1-8058  
Lake Ontario Hall

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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

**Important Dates**

**October 15 - APSS luncheon**  
**October 31 - Halloween**

**SUGGESTIONS FOR UPCOMING ISSUE**

How do you celebrate Thanksgiving? I am looking to share how each person celebrates Thanksgiving for the next newsletter. It could be a blurb on how you are thankful and/or how your family celebrates together. Please share by emailing [Erica](mailto:Erica@apss.edu) by October 23.

**DATES****Birthdays**

8 - Linda Rettig  
14 - Victoria Stubbs  
16 - Angela Munford  
21 - Sherri Hall  
22 - Sue Willemssen Douma  
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 - Deb Rotman  
14 - Suzanne Rogers  
20 - Diane Wujcik  
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](mailto:DebBarko@apss.edu) 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).