

APSS NEWSLETTER

November 2, 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.

*So much
to be
Thankful
for!*

Cheryl Lillibridge - I have 2 anniversaries for November ~ Nov 3 is my 36 year Wedding Anniversary and Nov 26 is my 14 year GVSU Anniversary!! Happy about both!

Nancy Hillila - This is no longer a part of our Thanksgiving celebration, but when I was a kid, I remember every year all the men in the family met at "The farm" that morning and went rabbit hunting. The catch would be butchered and frozen – and my Mom would make it into rabbit pies for the family Christmas dinner.



Erica Bringedahl - For Thanksgiving we head to my grandmother's house in Holland. We have been doing this for years and enjoy it still. I am so thankful that I still have these dinners to attend and now have my kids and my husband that come too.

The APSS thanks these generous contributors for our raffle prizes! Congratulations to the winners!

From the Athletics Department

GV Adidas Shock Energy Shirt: Victoria Stubbs

GV Apparel and Gifts From the Lakerstore

1/4 Zip Sweatshirt: Sue Dix

Sweatshirts: Shelly Sickrey and Kim Busman

T-shirts: Patti McCarthy and Hollie Rago

Lakerstore bags and *Citizen* books: Suzanne Roger and Michelle Duram

Lakerstore bags and Personal Ledgers: Meghan Pynnonen and Wendy Johnston

Lakerstore bags and Drink Cups: Joyce Sullivan and Angel Kropf

GV Travel Mugs: Mary VanPopering and Sharon Mikula

From Campus Dining - \$10 Campus Dining Gift Cards: Linda Ray, Christy Fogg, Linda Raterink, Theresa Maycroft, Charlyn Worthem

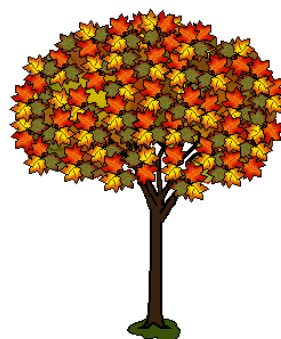
Gifts from the APSS

\$50 Retail Cards: Katie Bekkering, Christina Bierdeman, Sharon Helgert, Lolita Salindong, , Kristen Timmer.

\$25 Restaurant and Retail Cards: Kellie Knight, Donna Oster, Anne Heathcote, Jody Tenckinck, Maria Gonzalez, Connie Wiers, Linda Anderson, Barb Hackley, Tammy Tobar, Bob Kozminski, Linda Rettig, Heather Walker, Craig Hammerlind, Sharon Hall, Barb Farah, Valinda Stokes, Angie Munford, Kaitlin Penney.

Flower Centerpieces: Ashley Riley, Bonnie Peterson

The lovely centerpieces for our event were created by Green NV. Contact Nathan Veeneman, greennvgr@gmail.com and www.facebook.com/greennvgr. Look it up for your special event!



Thanksgiving Recipe - Pumpkin Soup

Ingredients

1 tablespoon butter
1 cup chopped onion
2 teaspoons minced garlic
2 pounds cubed fully cooked ham
3 (29 ounce) cans pumpkin puree
1 (32 ounce) carton chicken broth
2/3 cup cream
1 teaspoon fresh thyme
1 teaspoon ground black pepper
1/2 teaspoon fresh rosemary



Directions

Melt the butter in a skillet over medium heat. Cook the onion and garlic in the butter until soft.

Combine the onion, garlic, ham, pumpkin puree, chicken broth, cream, thyme, pepper, and rosemary in a slow cooker set to Low; cook 8 to 10 hours.

Recipe found at <http://allrecipes.com/recipe/150230/pumpkin-soup-the-easy-way/?internalSource=staff%20pick&referringId=16861&referringContentType=recipe%20hub>

Did you Know?

Per our union contract you are allowed up to eight hours per year for volunteer hours.

Our contract states:

12.11. Attendance at Community Events. The University encourages members of the Professional Support Staff to participate in the University's community events not directly job-related during office hours whenever such attendance does not unreasonably interfere with the ongoing work. Different events will appeal to different segments of the staff and not every person who desires may attend. It is the intent of the University to allow each Professional Support Staff member to use up to eight (8) hours per year for such events. Each staff member must have his/her supervisor's permission. Participation beyond the eight (8) hours during office hours may be arranged through the supervisor with the use of an appropriate amount of vacation or lost time.



HEALTH & WELLNESS WORKSHOPS & INFORMATION

Health Coaches on Campus

November 12th and November 13th

Benefit Eligible faculty and staff members

Health coaches are energizing in their commitment to help you live your life with high energy, clear focus and a positive and confident outlook. Coaches don't make it easy by giving you answers. Rather, they are skilled partners; they join with you in creating an inspiring vision for your life, together with a pragmatic plan to move you closer to that vision. In the process, they help you dig out your strengths and insights from life's clutter. Sign up for your appointment now by calling the 1-800 number on the back of your Priority Health insurance card or online at www.priorityhealth.com and click on the wellness event schedule.

Mindful Eating

Date: Tuesday, November 10, 2015 3:00 PM - 4:30 PM

Location: Kirkhof Center » RM 2266

This two-hour presentation will provide an introduction to the basic principles of Mindful Eating. The session will include mindful eating exercises and suggestions for how participants can bring mindful eating into their everyday life.

All mindfulness workshops presented by Carol Hendershot and April Hadley of the Grand Rapids Center for Mindfulness.

Hold it for the Holidays

starts November 23rd

<http://gvsu.edu/healthwellness/priority-health-hold-it-for-the-holidays-challenge-198.htm>

OPEN ENROLLMENT:

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 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 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

HEALTH & WELLNESS

BENEFITS WELLNESS WORKLIFE

gvsu.edu/healthwellness

2015-2016**Building Representatives**

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
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 1st & 2nd 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 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

Important Dates**November 25-29 - Thanksgiving break****SUGGESTIONS FOR UPCOMING ISSUE**

Do you have plans for your holiday break? If so, please share for the next newsletter by submitting photos and a blurb on your plans by emailing Erica by November 23.

DATES**Birthdays**

6 - Susan Brunell

7 - Jo Ann Shelton

7 - Julie Noto

21 - Dorothy Vice

22 - Rhonda Lemieux

28 - Tammy Tobar

GVSU Anniversary

6 - Amanda Reader

11 - Shawn Evans

14 - Ronda Huster

15 - Susan Brunell

26 - Silvia Diedrich

26 - Cheryl Lillibridge

Carrie Shoup

Wedding Anniversary

3 - Cheryl Lillibridge

18 - Sara Walker

Cheryl Fischer

Thinking of You
Cards: Do you know
someone who is off
work because of
surgery, illness, or
accident? Please let
[Deb Barko](mailto:bakereri@gvsu.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.