

APSS NEWSLETTER

January 4 2016

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2015 - 2016

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This newsletter is published
monthly.

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at bakereri@gvsu.edu.

Happy New Year!

Susan Brunell - I started my new year's resolution in November! It's nearly two years post meniscus surgery and because of continued pain and swelling, I was no longer active. Tired of being winded walking up stairs or even walking in from the parking lot at work, I decided to try a group exercise program. I love bike riding so after a couple of successful spin classes, I doubled up and now do the sunrise spin (6:45am)



twice a week at the Rec Center. I go my own pace and am feeling stronger every time. I might end up with knee replacement and certainly don't want to enter surgery weak and out of shape.

Erica Bringedahl - My resolution for 2016 is to get back into reading more. I am finally done with my master's degree, so want to get back to reading books for fun. Any book suggestions send them my way. :)



New Years Healthy Recipe Green Morning Smoothies

Ingredients

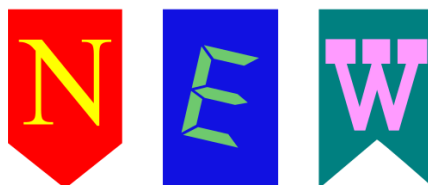
- > 1½ c. unsweetened vanilla soy milk
- > ¼ c. whole oats
- > 1 banana
- > 1 c. fresh or frozen chopped peaches (or any light-colored fruit)
- > 1 tbsp. honey or maple syrup
- > 1 tsp. vanilla extract
- > ¾ c. ice cubes
- > 1 c. fresh or frozen baby spinach



Directions

Pour the milk into a blender jar. Add the oats and banana and blend on high for 15 seconds. Add the peaches, honey, and vanilla, followed by the ice cubes and then the spinach. Blend on high until smooth, about 45 seconds. Drink immediately.

Recipe found at <http://www.delish.com/cooking/recipe-ideas/recipes/a19877/melissa-darabian-green-morning-smoothies-recipe-del0912/>



Contract Highlights-PSS Scholarship

Did you know there is a PSS Scholarship? The PSS Scholarship is an endowed scholarship at Grand Valley State University that is designed to help children or grandchildren of the PSS employee group in the pursuit of an undergraduate degree at GVSU. To qualify for the scholarship the applicants must meet the following criteria:



- The applicant must be a child or grandchild of an employee in the current Professional Support Staff (PSS) employee group
- This PSS employee may either be currently working and has completed a minimum of three continuous years by the application deadline, or a PSS employee who has retired from GVSU and is currently receiving GVSU retirement benefits
- The applicant must be admitted as a degree seeking student to GVSU and plan to enroll as a full time student for both fall and winter semesters

The deadline for this scholarship is March 1, 2016. The scholarship is awarded based on those criteria annually. Last year we had 11 students receive an award for \$1000. The award varies based on the number of students that apply and the amount of funds in the scholarship. How can we grow our scholarship? We are responsible for growing our scholarship. If you have contact with specific vendors – consider asking them to support our scholarship. The primary way we can grow our scholarship is to donate directly through the GVSU Faculty / Staff Campaign. If you already donate to the F/S Campaign consider directing your gift to the PSS Endowed Scholarship. Because the PSS Scholarship is an endowed scholarship the income earned from the funds go to support the scholarship. The university will also match funds donated to an endowed scholarship.

The deadline for completing the application is approaching. To apply go to "My scholarship" under the financial aid website, click on the endowment, and search for "Professional Support staff."

HEALTH & WELLNESS WORKSHOPS & INFORMATION

Healthy Choices 2016 registration now OPEN!

- *Two required components:*
 - ◇ **Know Your Numbers** ([Online Health Assessment](#) and [Biometric screen](#)). **Deadline, April 15, 2016.**
 - ◇ **Health Coaching.** If Health Coaching is required, participants must engage with a coach for 3 months. **Deadline, Dec 31, 2016.**
- *Monetary rewards stay the same:*
 - ◇ Up to \$500 for fac/staff and spouse participation
 - ◇ Up to \$300 for fac/staff
- *Rewards administered directly into faculty and staff paychecks:*
 - ◇ Payout for Know Your Numbers component: May 2016 (\$100 fac/staff, \$100 spouse or household member).
 - ◇ Payout for Health Coaching component: First quarter of 2017 (\$200 fac/staff, \$100 spouse or household member).
- *No more online activity tracking.*
- [2016 program FAQ's](#)

Sign up now at www.priorityhealth.com , click on "Go Now" under "Your Wellness Program".

**Earn up to
\$500 in healthy
rewards.**

HEALTHY CHOICES WELLNESS PROGRAM
JANUARY 1, 2016–DECEMBER 31, 2016

HEALTH & WELLNESS
BENEFITS WELLNESS WORKLIFE
gvsu.edu/healthwellness

FINANCIAL IQ: WIN \$25 OR AN IPAD!

January 19 - February 18



Take the TIAA-CREF Square Up Your Savings challenge! In this challenge, you will complete 10 savings missions. Along the way you will build financial savings know-how and discover strategies to help get or keep your savings on track. Every time you complete a mission, you'll earn a square to place on the map. At the end of the challenge, we'll reveal the locations of the hidden savings and the corresponding winning squares! If you're the lucky owner of the winning square, you'll get a \$25 gift check to help build your savings!

Increase your odds of winning by earning as many squares as you can! [Register here](#) to complete your missions!

Check out the Faculty and Staff Winter Resource Guide!

Weight loss resources, stress management tips and tricks and more!
Click on the picture below for the resource guide.



2015-2016**Building Representatives**

Janice Ponstein 1-2025
Student Service-1st floor

Tami John 1-2350
Kirkhof Cntr

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

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

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

Cheryl Anderson 1-3482
Mac- A-D

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

Erica Baker-Bringedahl 1-7388
Seidman Center

Mark Saint Amour 1-7029
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 1-6202
DeVos 3rd & 4th floors

Members Relations Team
Cheryl Fischer-Chair 1-3000

Michelle Duram 1-3298

Vicki Helgeson 1-2630

PSS WORKSHOPS

Taking Ethics Personally

January 27th, 2016 from 9-10:30 in 2266 Kirkoff Center

January 28th, 2016 from 9-10:30 in 340 Bicycle Factory

Each of us establishes personal standards for communication and behavior. This interactive and introspective workshop is an exploration of the impact these standards have on our personal and professional lives. Group discussion and activities will lead to the development of personal ethics statements.

Approved for non-technical credit

Sign up at www.gvsu.edu/sprout



Trans 101

Wednesday, February 10th from 1-2:30 pm in 107C DeVos

Wednesday, February 17th from 1-2:30 pm in 2270 Kirkhof

In this training, participants examine the concepts of gender, sex, and sexuality; learn about the inequity LGBT people face; and examine heterosexual and cisgender privilege. Participants will also get useful tips about both recommended vocabulary and how to be supporters of the LGBTQ community.

Approved for non-technical credit

Sign up at www.gvsu.edu/sprout



Important Dates

Winter semester begins - January 11
 Martin Luther King, Jr. Day/No classes - January 18

SUGGESTIONS FOR UPCOMING ISSUE

Celebrating a special Valentine's Day? If so, please share for the next newsletter by submitting photos and a blurb on your plans by emailing Erica by January 22.

DATES

Birthdays

1 - Judy DeBoer
 2 - Robin Burris
 4 - Hollie Rago
 11 - Joyce Sullivan
 12 - Connie Wiers
 16 - Barb Hackley
 18 - Rebecca Bakale
 20 - Sandee Snyder
 20 - Vicki Wenger
 22 - Sheryl Nelson
 27 - Keesha Hardiman

GVSU Anniversary

2 - Danny Abbott
 2 - Tami John
 5 - Craig Hammerlind
 6 - Sara Walker
 10 - Bonnie Hudson
 12 - Erica Bringedahl
 13 - Diana DeRyke
 18 - Sandra Briggs
 26 - Tracy McLenithan
 Cheryl Fischer
 Robin Burris
 Marilyn Vander Wilp
 Bev Nyhuis
 Rebecca Bakale
 Michelle Holstege
 Mary Ann Holcomb
 Tina Lee

Wedding Anniversary

10 - Barb Hackley
 14 - Connie Wiers



If you would like your birthdate, GVSU anniversary, and/or wedding anniversary published in the newsletter email Erica at 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.