

APSS NEWSLETTER

April 1 2016

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2015 - 2016

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INSIDE THIS ISSUE:

April news	1-2
Union News	2
Recipe	3
Cheryl Borgman	4-5
PSS Workshops	6
Heath & Wellness Workshops	7-9
Dates	10

This newsletter is published monthly.

For submission information contact Erica Baker-Bringedahl at bakereri@gvsu.edu.

April News

Sue Willemesen Douma is retiring after 45 years here at GVSU. Her official last day is Friday, May 13th but we will be celebrating her retirement on Wednesday, April 27th from 2:30 – 4:30 pm in 0058 KC (Thornapple Room).

Aaron Velting is running the Boston Marathon April 18!



Danny Abbott - As you know I Retired on Feb 1, 2016. (Retirement party was March 8, 2016.) The reason I had to retire is for medical reasons, (I am now on Long Term Disability and Social Security Disability). I Have Severe R.A. (since 1969) I have had my left shoulder replaced and now I will have my Right Knee replaced late March. The doctors say that both hips, knees, and Right shoulder should be replaced also because all joints are bone on bone. (and Painful).

I started working at GVSU on December 21 of 1975, which back then it was know as a College. I began my employment under the program called C.E.T.A-then on January 2, 1979 I began my employment as a Computer Operator in Manitou hall on the 2nd floor

which is where I spent all my years working for GVSU. The computers that GVSC used at that time was a Xerox Sigma 6, then we went to a Honeywell, to an IBM, to all the servers we have now.

Over the last 37 years I have seen the changes from Punch cards to "dumb" terminals to Personal Computers, and all the changes on the Allendale Campus, to the building of the Downtown & satellite Campuses.

Union News

DO YOU NEED TO EARN DEVELOPMENT CREDITS?

Here are some courses offered. Log on to Sprout to sign up for these.

Non-Technical Courses

Inner Critic 2.0 Leadership-Tuesday,
April 12

What is Design Thinking-Thursday, April 21



Technical Courses

Relatively Easy Data Visualization-Wednesday, April 6

Blackboard Essentials-Wednesday, May 4 or Tuesday, May 10

First Aid Mental Health Training-Monday, May 16 & Tuesday,
May 17-must attend both sessions

Glue them to their seats: Redeeming Power Point-Thursday,
May 19

Creating Engaging & Interactive Digital Media-Monday, May 23

Adobe-Acrobat Pro DC-Wednesday, June 1 or Thursday, June 2

For more information about development credit go to <http://apssgvsu.org/development-credit/>

Spring Recipe

Rhubarb Crisp

Ingredients

Topping:

- 1/4 cup roughly chopped walnuts
- 1/4 cup old fashioned oats (not instant)
- 1/4 teaspoon cinnamon
- 3/4 cup flour
- 1/3 cup light brown sugar
- 1 tablespoon sugar
- 4 tablespoons unsalted butter

Filling:

- 2 1/2 pounds rhubarb, cut into 1/2-inch pieces
- 1/2 cup plus 2 tablespoons sugar
- 3 tablespoons all-purpose flour

Directions

Preheat oven to 400 degrees. Set rack in the center of the oven. Prepare the topping by placing all of the topping ingredients into a food processor. Pulse or mix until the mixture is crumbled to the size of small peas; do not over process. Set aside. Pour the rhubarb directly into a large, shallow baking dish and sprinkle with 1/2 cup plus 2 tablespoons sugar and 3 tablespoons of flour to coat evenly. Spread crisp topping over entire surface. Bake until fruit is bubbly and the top is golden brown, approximately 30 to 40 minutes. Serve warm or room temperature, plain or a la mode.



Read more at: <http://www.foodnetwork.com/recipes/rhubarb-crisp-recipe.html?oc=linkback>

Honoring Cheryl Borgman

Cheryl Borgman, academic department coordinator for the Kirkhof College of Nursing, died February 14 at her home in Pennsylvania after a battle with cancer. She was 66. Borgman began working for Grand Valley in 1997.

There have been several people who have approached KCON, asking how they can honor and remember Cheryl Borgman. One of our very caring NUR 354 students suggested sponsoring a Relay for Life team in Cheryl's honor. What a fabulous idea! KCON is happy to announce that they will be partnering with a Relay for Life team already formed, and participating in the race on April 8th and 9th. KCON's own Student Nurses' Association (SNA) is the group spearheading the Relay for Life efforts to celebrate Cheryl's life, as well as their own family and friends who have been affected by cancer. Below are links and information on how to participate, as part of the SNA Relay for Life team or financially. Please feel free to forward this on to anyone and everyone who knew Cheryl and would like to be a part of this wonderful effort by KCON's student nurses.



To participate as a runner/walker with the SNA team, please contact Katie Andrusaitis at:

andrusak@mail.gvsu.edu (deadline: April 7th)

To attend the "Wine Canvas Fundraiser in Cheryl's honor, please see the document below. (taking place on March 31st)

If you would like to make a financial donation to the SNA team in honor of Cheryl, purchase and dedicate a luminaire in Cheryl's name, or purchase a "Limited Edition Keepsake," (under the luminaire tab), please click [here](#). (deadline: April 7th to purchase luminaires, no deadline for financial contributions)

If you would like more information about the SNA Relay for Life team honoring Cheryl, here is the link to their [Facebook page](#).

Please support this wonderful effort on behalf of our student nurses who are working hard to honor and celebrate not only Cheryl, but all who have been impacted by cancer. If you have any questions, please contact Katie at the email address above.

Wine & Canvas Relay for Life Fundraiser

Together with SNA and KCON Faculty and Staff come and support KCON Relay for Life. We will honor the memory of Cheryl Borgman, a former academic department coordinator, who was a friend to all at KCON, and had a caring heart for nursing students.

When: March 31, 2016

Time: 6:00-8:00 pm

Where: Downtown Grand Rapids Peppinos

Cost: \$25

Please contact Katie Andrusaitis @ treasurer.gvsusna@gmail.com



A message from Cynthia McCurren, dean of Nursing:

I am pleased to share with you that we have received permission to re-name the recently established student assistance fund, that provides non-tuition financial aid to students (such as cost related to clinical travel or required lodging, emergency childcare, etc). The name of the fund is officially now the Cheryl Borgman Student Assistance Fund. Click [here](#) should you wish to make a gift. (will need to scroll down).

PSS WORKSHOPS

FERPA Training

Wednesday, April 13, from 3-4:30 p.m. in 340 BIK

Wednesday, April 20 from 2:30-4 p.m. in 2266 Kirkhof

Presented by Pat Smith, Mick Doxey, Sherril Soman, and Tiesha Hogue-Shankin

Approved for technical credit

Sign up at www.gvsu.edu/sprout

CMS 4 Advanced workshop

Monday, May 2 , from 10-11:30am in 2009 Seidman Center

Monday, May 2 , from 1-2:30pm in 113 Henry Hall

Learn advanced settings in the CMS 4 software. Some topics covered will be creating forms, events, and new features.

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

Approved for technical credit

Sign up on sprout
www.gvsu.edu/sprout



HEALTH & WELLNESS WORKSHOPS & INFORMATION

How to Retire Happy and Informed

Date: Tuesday, April 12, 2016 3:00 PM - 5:00 PM

RSVP: You can [RSVP for this event](#)

Location: Zumberge Hall, Room 3000

As you think ahead to the years of retirement, the door closes on one stage of your life and a new door opens up to a sea of opportunities for you to consider. Plan your new beginning by being well informed. Join us for this workshop as we help you explore your options with regard to Social Security and Grand Valley medical plan options. Representatives from the Social Security Administration and Advantage Benefits Group will be on hand to present and to answer questions. All are welcome, including partners and family members.

Tracks of My Tears

Tuesday, May 3rd

3-4:30 pm

Room TBD

Grieving is one of those life skills that was left out of our education, but something we encounter our entire lives. Discover what you missed as you learn how to identify the unavoidable "little deaths" in our lives, as well as dismantling cultural roadblocks, the effects of unresolved grief, and learning positive ways to express our grief. Presented by Dave Kampfschulte of Amazing Circles Workshops and former presenter at GVSU of the workshop "I'm Dying to Talk to You."

HEALTH & WELLNESS WORKSHOPS & INFORMATION CONTINUED

First Aid Mental Health Training

Monday, May 16th AND Tuesday, May 17th
8:30-Noon
Room TBD

"The only reason I've shared my story is to take that tiny baby step of breaking down the stigma attached to depression." Clara Hughes



GVSU would like to offer you a special 8 hour training opportunity for faculty and staff in Mental Health First Aid. The stigma surrounding mental illness often prevents people from seeking help or even acknowledging that they need help, and if they do want help, they don't know where to turn. Mental Health First Aid training does not teach people to be therapists, rather it teaches lay people how to assist someone who may be in the early stages of developing a mental health problem or in a mental health crisis. This training is provided by The Mental Health Foundation of West Michigan.

***This event has been approved for PSS Technical Credit

***It is recommended that participants attend both 4 hour sessions to receive certification



Miss the on campus health screening?

To earn rewards for the 2016 program, faculty and staff who did not participate in the on campus screening must take the following actions before April 15, 2016 to be eligible for rewards:

1. Submit a [Physician Documentation Form](#) to Priority Health.
2. [Complete the online Health Assessment](#) (available at <http://www.priorityhealth.com/myhealth>)



<http://www.gvsu.edu/healthwellness/healthy-choice-444.htm>

2015-2016**Building Representatives**

Cheryl Bronner 1-3327
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, &
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Cheryl Anderson 1-3482
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Erica Baker-Bringedahl 1-7388
Seidman Center

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Bike Factory

Hollie Rago 1-3426
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Janet Potgeter 1-8531
Henry & Padnos

Joyce Sullivan 1-3730
AuSable & Lake Huron

Autumn DeRoo 1-5936
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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

Important Dates

April 23 - End of semester

April 30 - Commencement

SUGGESTIONS FOR UPCOMING ISSUE

Did you graduate this semester or past semester? If so, I want to showcase recent graduates in the next newsletter. Send me a blurb on yourself and a photo to my email [Erica](mailto:Erica@bakereri@gvsu.edu) by April 24.

APRIL DATES**Birthdays**

3 - Rodney Hawkins

6 - Judy Conroy

8 - Diane DeRyke

9 - Leah Thomas

17 - Joanie Hodson

17 - Michelle Holstege

20 - Janet Potgeter

21 - Tami John

GVSU Anniversary

9- Judy Conroy

18 - Anita Bikowitz

18 - Kellie Knight

24 - Julie Noto

27 - Jacqueline Adams

Wedding Anniversary

9 - Michelle Van Nuil



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.