

# APSS NEWSLETTER

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2016-2017

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**Nicole O'Leary** - I'm traveling to Italy for the holidays. We are spending time in Rome, Florence & Venice.

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This newsletter is published monthly.

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



**Erica Bringedahl** - My family and I always try to fit in some fun activities during the holiday break. This year we went to see a few movies (Sing and Star Wars) then to the Public Museum to see the Charlie Brown exhibit.



## HEALTHY RECIPE

### TRIPLE BERRY SPINACH SMOOTHIE

#### INGREDIENTS

- 1 c. orange juice
- 1 c. frozen blueberries
- ½ c. frozen strawberries
- ½ c. frozen raspberries
- 1½ c. loosely packed spinach
- Honey or agave syrup
- Ice (optional)

#### DIRECTIONS

1. Add the orange juice, fruit, and spinach to a blender. Blend on medium-high speed until all the spinach is blended and there are no visible green specks.
2. Add up to 2 tablespoons of agave syrup if necessary to sweeten.
3. Add additional ice cubes for an icier drink.

Read more at: <http://www.delish.com/cooking/recipe-ideas/recipes/a35171/triple-berry-spinach-smoothie-recipe-rbk0912/>



## HEALTH & WELLNESS WORKSHOPS & INFORMATION



[http://www.gvsu.edu/cms4/asset/614589D9-D87D-F688-4E9414B96B94C137/winter\\_event\(6\).pdf](http://www.gvsu.edu/cms4/asset/614589D9-D87D-F688-4E9414B96B94C137/winter_event(6).pdf)

### The Practice of Mindfulness

Beginning January 16th running every other Monday through April 10th. Classes will meet in DEV302E except for March 27th – DEV303C. All sessions run from 12:10 – 12:55.

Dr. Sue Dilsworth of Hearts Journey Wellness will guide you through some basic principles of meditation and mindfulness. The 45 minute sessions will be primarily experiential and will include brief lecture and discussion reinforcing evidence-based practices. No prior meditation experience necessary. You do not need to register for all sessions. Sessions will include but not be limited to:

Asana (Gentle Seated Yoga Poses)

Pranyama (breathing exercises)

Bhavana (visualizations)

Mudras (hand gestures)

Gong Meditation

Individuals with mobility or physical limitations welcome. Register by visiting [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout). Questions? Contact Sue Sloop.

## Mindfulness and Self-Compassion in the Workplace

Six-Week Course for faculty and staff at GVSU Beginning Thursday January 26th and running every Thursday through March 2nd. All classes meet from 12-1:30 pm in DEV 303C (except for 2/16. Class will meet in DEV302E)

The practices of mindfulness and self-compassion help us create more ease, wellbeing and resilience in our lives both at work and at home. Mindfulness is the ability to be with our difficult thoughts and feelings with a spirit of openness and curiosity. Self-compassion gives us the tools to soothe and comfort ourselves when we are experiencing difficulty.

Research has shown that when we can be more compassionate with ourselves, we are happier, less anxious and depressed, and have more equanimity even in the most challenging circumstances. These powerful healing tools work together to help us face life with more kindness and understanding.

Mindfulness and Self-Compassion at Work is grounded in the work of Kristen Neff, PhD and Christopher Germer, developers of Mindful Self-Compassion.

In this class, we will explore ways to:

- Bring more self-compassion into daily life
- Motivate yourself with kindness rather than criticism
- Feel less alone when you are struggling
- Handle difficult emotions with greater ease
- Transform challenging relationships, old and new
- Practice the art of savoring and self-appreciation

Framework:

The course will consist of six, 90-minute sessions held one week apart. The Grand Rapids Center for Mindfulness will facilitate each training. Each session will include the introduction of a theme weaving the two core practices of mindfulness and self-compassion together, a mindful self-compassion practice, a guided reflection and discussion. Participants will receive a workbook CDs and digital recordings with each new practice to support a daily practice between weekly sessions. Cost is \$50.00 for the 6 week course. This course taken in the community would cost approximately \$300.00. A savings of \$250.00 to participants!

Register by visiting [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout). Questions? Contact Sue Sloop.



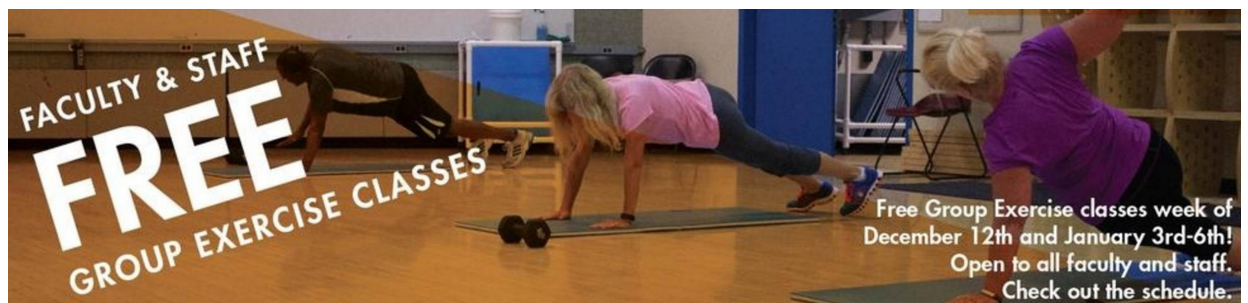
## HEALTH & WELLNESS WORKSHOPS & INFORMATION CONTINUED

### 2017 HEALTHY CHOICES WELLNESS PROGRAM

REGISTER NOW

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

Healthy Choices is a free, voluntary and confidential program that helps qualifying benefit-eligible faculty and staff learn helpful information about their health, encourages them to take steps to improve or maintain it, and receive monetary rewards of up to \$500 for doing so.



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



# UNION NEWS

## Winter has arrived! BURRRR!

I would like to remind you of the Closing policy and Ultratime codes.

### Ultratime Codes

**SNO:** For staff members time off due to inclement weather (eight hours max per calendar year)

Can be used in hour increments.

\*\*you can check the calendar in Ultratime to see if you have used these hours in the calendar year.

\*\*\*even though the code is identified as “SNO” this code can also be used for a weather condition which trees are blocking your route, getting to work late due to being involved in an accident, etc.

**WEA:** For staff members time off on the days the University is officially closed due to inclement weather. **Excludes essential staff members.**

### Definition of Essential employees

Students, faculty and staff should assume the university is open unless and until they are advised otherwise through the university’s electronic notification system, or on the radio or television. In the event of closure or class cancellation, every effort will be made to make the announcement no later than 6:30 AM for daytime classes and 3:00 PM for evening classes. Cancellation and closure mean different things:

**Cancellation:** Classes will not be held. All staff are to report to work at their regular time.

**Closure:** Classes and campus events will not be held. **Only ESSENTIAL employees (see below)** are to report to work. Grand Valley State University will close all or part of its operations only in case of extreme emergency caused by impassible roads, restricted visibility, violent weather, energy loss, or other conditions seriously endangering the health and safety of students, faculty and staff.

When GVSU is closed, only essential staff are to report. Designated personnel in the following departments are deemed essential and are expected to report:

- **Department of Public Safety Services/Police Department**
- **Facilities Services**
- **Field House Management**
- **Food Service**
- **Housing**
- **Information Technology**
- **Library**
- **Pew Campus Operations**
- **Pew Campus Security**
- **WGVU Television and Radio**

Appointing officers have discretion to call in non-essential staff as circumstances may require.

\*\*\*Please read the full **Emergency Closure Policy** under the Policies page on the human Resources page.

**2016-2017****Building Representatives**

Cheryl Bronner 1-3327  
Student Service-1<sup>st</sup> 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  
Lindsey Burns 1-2186  
Mac- A-D

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

Mark Saint Amour 1-7029  
Bike Factory  
Seidman Center

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

Janet Potgeter 1-8531  
Henry, Holton Hooker, &  
Padnos

Joyce Sullivan 1-3730  
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Autumn DeRoo 1-5936  
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DeVos 1<sup>st</sup> & 2<sup>nd</sup> floor

Sandra Jennings 1-8800  
Manitou & Fieldhouse

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Holland, Muskegon &  
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Vicki Helgeson 1-2630  
Library-Allendale campus

Vicki Wenger 1-3898  
Lake Ontario Hall

Rhonda LeMieux 1-3585  
Student service 2<sup>nd</sup> & 3<sup>rd</sup> floors

Patrick Perry 1-6202  
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

# UNION NEWS CONTINUED

## Your Benefits and You!

Are you part of the defined benefit or the defined contribution? If you were hired before February 1, 2006 you were part of the defined benefit program. The defined benefit program is your pension. A few years ago the university requested that we begin to contribute to our retirement as it exceeded what other programs were receiving from the university. When the contract was negotiated the cap of 3% contribution was set. If you are on the defined benefit you have contributed 3% for the last few years.

Did you know the average age of the staff members in the defined benefit are 55 years old. In section 12.4.1 there is an incentive for early retirement (between the ages of 55 and 60). After meeting with the actuary members that participate in the defined benefit program will continue to contribute 3% to their retirement plan.

If you were hired after February 1, 2006 then you participate in the defined contribution plan. The university currently contributes a minimum of 8% to your retirement plan. The key factor to maximize your retirement ... you need to contribute 2% of your salary to your retirement. If you do that then GVSU will contribute another 2% to your retirement. You could receive 12% in your retirement account and only need to contribute 2%! That is truly something to consider!

In the Open Enrollment they had retirement contributions listed in your options. This created an opportunity for many of our members in defined contribution to complete this process all at once. The great thing is that 65% of our members are maximizing this benefit! For those that are not currently taking advantage of this Tara Bivens or Dave Smith will be contacting you after the New Year to make sure that you are aware of this opportunity.





## IMPORTANT DATES

Winter semester starts: January 9

No Classes: January 16

## SUGGESTIONS FOR UPCOMING ISSUE

Share your new year's resolutions for the next newsletter.

Are you going to read more, pick up a hobby, diet, exercise? Send a blurb on what you plan to do for 2017 to me, [Erica](#) by January 27.

## JANUARY 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

Cheryl Fischer

Robin Burris

Marilyn Vander Wilp

Rebecca Bakale

Michelle Holstege

Mary Ann Holcomb

Tina Lee

2 - Danny Abbott

2 - Tami John

5 - Craig Hammerlind

5 - Bev Nyhuis

6 - Sara Walker

10 - Bonnie Hudson

12 - Erica Bringedahl

13 - Diana DeRyke

18 - Sandra Briggs

26 - Tracy McLenithan

### Wedding Anniversary

10 - Barb Hackley

14 - Connie Wiers



**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).