

# APSS NEWSLETTER

March 1, 2017

Volume 7, Issue 9

2016-2017

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ISSUE:

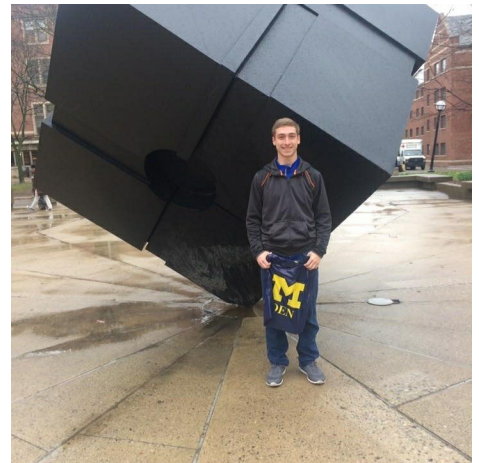
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This newsletter is published  
monthly.

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



**Jacquelyn Abeyta** - My son was selected as Academic All State in Football and accepted to the early admissions University of Michigan Computer Science program where he will be attending this Fall!



**Bonnie Hudson** - For Spring Break, my daughter, Amber, and I are going to Vegas baby! We will be there for four days. It will be her first time there. Our agenda is already full!



## PSS WORKSHOPS

### **What Mommies Do Best – Downtown:**

Thursday, March 16, 2017

12:00 PM - 1:00 PM

303C DeVos

Art Activity/Creative Workshop: When do you take a moment out of your busy day to relax and create something? Rarely...? Well, set this date into your schedule to get to a bit of intuitive creating! All supplies will be provided to walk you through a soothing visualization to bring colors and images into your mind. You will then be invited to paint what shows up... color and light and a sense of deep peace to continue on through your day. Plus, you will leave with a small painting to tack up to your wall as a reminder that you took some time out to create.

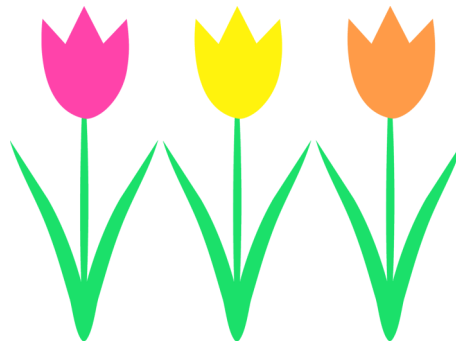
Please RSVP in Sprout in order to have a proper count for materials and lunch.

### **PSS SPRING LUNCHEON**

Friday, March 17 noon-1:30 PM

Grand River Room, Kirkhof Center

RSVP [here](#)



## **Adobe Acrobat Pro DC - Introduction and Tagging**

Monday, March 13, 2017

1:00 PM – 3:30 PM

Pew Campus – EC 513

All-new Adobe Acrobat Pro DC with Adobe Document Cloud services is here.

Completely reimagined PDF tools let you easily create and share PDFs from a variety of sources, including files, scanned documents and web pages. You can also combine and merge documents, create a PDF portfolio and use a variety of tools to add multimedia, add digital signatures and much more. We'll exam the most commonly used features for simplifying your everyday tasks.

Learning Objectives:

- Explore the Acrobat Pro DC workspace
- Create and edit PDFs
- Combile files into a single PDF
- Set document security
- Create accessible PDFs for use with assistive technologies

Approved for PSS Technical credit



## **Adobe Acrobat Pro DC - Forms and Tagging**

Tuesday, March 21, 2017

1:00 PM – 3:30 PM

Pew Campus – EC 513

All-new Adobe Acrobat Pro DC with Adobe Document Cloud services is here.

Completely reimagined PDF tools let you collect data quickly and easily by creating fillable PDF forms. With just a few clicks, you can create and distribute a PDF form that virtually anyone can fill in using the free Adobe Reader software. Acrobat Pro DC also makes it simple to track form completion and export form data for analysis and reporting. Learn the different ways to create and edit a fillable form, with a few tips and tricks as well.

Learning Objectives:

- Convert a Microsoft Word document into a PDF form
- Add various form fields and set their properties
- Distribute and track forms
- Create accessible PDF forms for use with assistive technologies

Approved for PSS Technical credit

## HEALTH & WELLNESS WORKSHOPS & INFORMATION



FACULTY & STAFF  
**COMPETITION NUTRITION**  
MARCH 13 - APRIL 24  
6 WEEKS

Want to lose weight, improve your health and engage in friendly competition? Come join the fun!

Track fruits and veggies  
Earn points  
Weekly recipes and tips

Register: [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout)  
[www.gvsu.edu/sprout](http://www.gvsu.edu/sprout)



**HOW TO RETIRE HAPPY**  
IT'S OUR PARTY AND WE'LL FLY IF WE WANT TO! -Tom Rademacher  
APRIL 20TH | 1:30 - 4:30PM | Pew Campus SCB 1008B  
Register: [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout)

[http://www.gvsu.edu/cms4/asset/614589D9-D87D-F688-4E9414B96B94C137/grief\\_support\\_group.pdf](http://www.gvsu.edu/cms4/asset/614589D9-D87D-F688-4E9414B96B94C137/grief_support_group.pdf)



**GRIEF SUPPORT GROUP**  
CLICK THIS BANNER FOR MORE INFORMATION ABOUT FREE ON-SITE GRIEF SERVICES

[www.gvsu.edu/sprout](http://www.gvsu.edu/sprout)

### GVSU Baby Shower!

If you are having a baby or thinking of having a baby then please join us for the first ever "GVSU Baby Shower!" Come and learn more about your benefits, leave, lactation, day care options and so much more. Enter to win door prizes. This 2 hour event will provide you with all of the information that you'll need. This is for adoptive parents as well. This event takes place April 11th from 12-2:00pm in KC2263. Come for part of the time or for the entire 2 hours. Please register by visiting [www.gvsu.edu/Sprout](http://www.gvsu.edu/Sprout).

# UNION NEWS

## **Are you struggling at work or your personal life?**

Encompass offers GVSU employees 7 free sessions to faculty, staff and their dependents.

Now available is “Life Coaching” –Create more ways to accomplish your goals. People who set goals find greater life satisfaction and a clearer sense of purpose. Encompass has invested in new technology to assist GVSU faculty and staff to learn new ways to achieve a less-stressed mode. Physiological feedback helps people to actually practice stress reduction steps while they meet with an Encompass professional, and then, with additional practice in follow up sessions, practice these steps on their own until they progress to manage stressors better and with much less negative impact on overall health. The impact of this technology, in conjunction with professional guidance and practice may positively impact your ability to manage stress, promote better health and overall well-being.

You can contact Encompass at 1.800.788.8630 to schedule an appointment or visit our Health & Wellness website for more information.

## **Bargaining Team Update**

Our bargaining team is already at work getting together the information they/we would like them to have conversation with the University team. They have prepared a survey to get your input. **BE SURE** to watch for your electronic survey coming to you soon.

Our bargaining team-Coreen Bedford-Chair, Cheryl Fischer, Shawn Evans, Rhonda LeMieux, Lindsey Burns and John Karafa-the APSS Attorney

## **Union Elections**

March is also the time to submit nominations for the President, Treasurer and Communication Director positions. If you are interested in a position please visit the by-laws on our APSS website to learn more about the duties of each position. If you are interested in getting involved with the Union, please contact your building representative or myself to know how.

Becky Bakale  
APSS President



**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  
AuSable & Lake Huron

Autumn DeRoo 1-5936  
Kennedy, Eberhard, Ferguson

Patti McCarthy 1-6751  
DeVos 1<sup>st</sup> & 2<sup>nd</sup> floor

Sandra Jennings 1-8800  
Manitou & Fieldhouse

Jacquelyn Abeyta 231-995-1858  
Holland, Muskegon &  
Traverse City

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

**IMPORTANT DATES**

Spring Break - March 5 - 12

Saint Patrick's Day - March 17

**SUGGESTIONS FOR UPCOMING ISSUE**

Think Spring! Looking to share spring cleaning and organizing tips for next issue. If you have any to share send them to me, Erica by March 24.

**MARCH DATES****Birthdays**

4 - Sandra Matthews

5 - Bob Kozminski

7 - Charlyn Worthem

9 - Deborah Bell

9 - Linda Schmidt

10 - Maria Jaramillo-  
Gonzalez

13 - Jay Zink

18 - Robyn Toth

19 - Jennifer Glaab

**GVSU Anniversary**

1 - Angie Ryan

1 - Ashley Riley

6 - Denise Gross

9 - Cherilyn Denomme

17 - Barbara Plumb

18 - Shelly Micho

**Wedding Anniversary**

Michelle Duram



**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).