

APSS NEWSLETTER

January 3, 2018

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2017-2018

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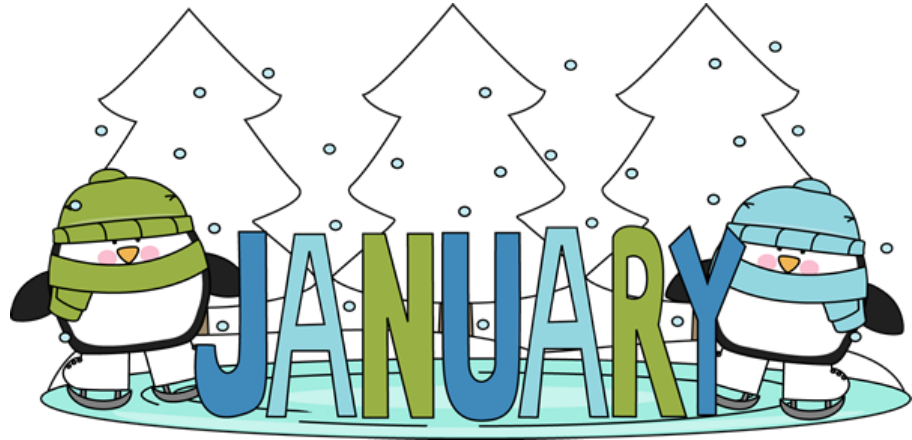
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This newsletter is published
monthly.

For submission information
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at bakereri@gvsu.edu.



Erica Bringedahl - My holiday break was spent relaxing and enjoying time with family. We got a Nintendo Switch for our family and have surprisingly enjoyed the interactive games the system has!



Mark Saint Amour - Spent the holiday season with my partner and daughter sleeping, playing with dolls and toys, sleeping, going to the Children's Museum, sleeping ... mostly sleeping.



Irene Fountain - You know the saying that bad things happen in 3's? Well, I spent my winter break 1) taking a friend to the ER, 2) consoling another friend whose house got broken into while she was out for dinner, and 3) waking up to a dead furnace when it was -9 outside.

There's another saying by John Lennon, "Everything will be okay in the end. If it's not okay, it's not the end." Well, it must be the end because everything turned out okay. 1) got her health issue resolved, 2) knows who did it and the police are going to talk to them, and 3) I was without heat for only 9 hours thanks to a great heating contractor.

Kay Hart - My daughter came home from Florida for Christmas and while she was here we made a trip out to Grand Haven to see the ice balls and frozen lake. It was very cool!



Healthy Recipe

One-Pan Balsamic Chicken and Asparagus

Ingredients

- 1/4 c. balsamic vinegar
- 1/4 c. extra-virgin olive oil, divided
- 1 tbsp. honey
- 1 tbsp. Dijon mustard
- 2 cloves garlic, minced
- pinch of crushed red pepper flakes
- 2 lb. chicken breast tenders
- kosher salt
- Freshly ground black pepper
- 1 lb. asparagus, woody ends trimmed
- 1 pt. cherry tomatoes, halved



Directions

1. Make vinaigrette: In a small bowl, whisk together balsamic, 2 tablespoons oil, honey, mustard, garlic, and red pepper flakes until combined. Set aside.
2. In a large skillet over medium heat, heat remaining oil. Add chicken, season with salt and pepper, and sear until golden, about 3 minutes per side. Remove from pan and set aside.
3. To pan, add asparagus and tomatoes, season with more salt and pepper, and cook until asparagus is bright green and tomatoes are slightly wilted, 5 minutes or so.
4. Move veggies to one side, add chicken back in and pour in vinaigrette. Toss veggies and chicken slightly until chicken is cooked through and vinaigrette is thickened, 5 minutes more.

Recipe can be found at: <http://www.delish.com/cooking/recipe-ideas/recipes/a54291/one-pan-balsamic-chicken-and-asparagus-recipe/>

HR WORKSHOPS

GVSU Mom's Network – Grand Rapids (formerly What Mommies Do Best – Downtown)

12:00 – 1:00 PM
Thursday, January 25
302E DeVos

Before I had kids, I NEVER thought I'd...(fill in the blank here!):

Join us as we relive the moments as parents that make us declare “Before I had kids, I never thought I'd...” This will be a great opportunity to connect with other moms and caregivers and enjoy a few laughs! Please register on [Sprout](#).



UNION NEWS



PSS Scholarship Information

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, 2018. The scholarship is awarded based on those criteria annually. The award varies based on the number of students that apply and the amount of funds in the 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.”

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.

HEALTH & WELLNESS WORKSHOPS & INFORMATION



Competition Nutrition January 15-Feb 26

Competition Nutrition is a six-week program that encourages you to eat healthier. You'll earn points for eating fruits and vegetables while receiving educational tips and healthy recipes along the way. Whether you want to lose weight, improve your health or have some friendly competition with your co-workers, this challenge is for you!

Register online: www.gvsu.edu/sprout

*2016 Benefits and Wellness Survey
of benefits eligible members



...of faculty and staff feel that GVSU
values their overall health & well-being*

Earn up to \$500
deposited into your paycheck
by making healthy choices

HEALTH & WELLNESS
BENEFITS WELLNESS WORKLIFE
gvsu.edu/healthwellness

HEALTHY CHOICES WELLNESS PROGRAM
OCTOBER 1, 2017–SEPTEMBER 30, 2018

<http://www.gvsu.edu/healthwellness/healthy-choices-wellness-program-271.htm>

New pharmacy copayment on prescriptions.

STARTING IN 2018



For Benefit Eligible Faculty and Staff:

NEW PHARMACY COPAYMENT FOR HIGH DEDUCTIBLE PPO PLAN

In 2018 GVSU is introducing a pharmacy copayment on each prescription that you fill after you have met your annual deductible of \$2,000 for single coverage or \$4,000 for dual/family coverage. The copayment per prescription will be as follows

- Generic - \$4.00
- Preferred Brand Name - \$20.00
- Non-Preferred Brand Name - \$40.00

The pharmacy copayment has an annual limit, so the most you could pay, after you have met your deductible, is \$250 for single and \$500 for dual/family.



2017-2018**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,
Michigan Health Hill,
& 515 Michigan

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

Cheryl Anderson 1-3482
Lindsey Burns 1-2186
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Deb Rotman 1-2566
Calder, Superior, & Arts cntr

Mark Saint Amour 1-2530
Manitou & Fieldhouse

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 1st & 2nd floor

Sandra Jennings 1-6848
Bike Factory
Seidman Center

Vacant Position
Holland, Muskegon &
Traverse City

Vicki Helgeson 1-2630
Library-Allendale campus

Vicki Wenger 1-3898
Lake Ontario Hall

Lindsay Bogi 1-3266
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

Winter semester starts: January 8

MLK Day/No Classes: January 15

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 2018 to my email Erica by January 29.

JANUARY DATES**Birthdays**

1 - Judy DeBoer

2 - Robin Burris

4 - Hollie Rago

11 - Joyce Sullivan

12 - Connie Wiers

16 - Barb Hackley

16 - Jennifer Stamate-Carey

18 - Rebecca Bakale

20 - Sandee Snyder

20 - Vicki Wenger

22 - Sheryl Nelson

27 - Keesha Walker

GVSU Anniversary

Cheryl Fischer

Robin Burris

Rebecca Bakale

Michelle Holstege

Tina Lee

2 - Tami John

5 - Craig Hammerlind

5 - Bev Nyhuis

6 - Sara Walker

8 - Darlene Roper

10 - Bonnie Hudson

12 - Erica Bringedahl

13 - Diana DeRyke

18 - Sandra Briggs

26 - Tracy McLenithan

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.