

APSS NEWSLETTER

July 2, 2018

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2018-2019

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This newsletter is published monthly.

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



4TH OF JULY Local Fireworks

City	Fireworks	Location
Allendale	Dusk	Allendale Township Park 6676 Lake Michigan Dr. Behind township hall
Ada-Cascade	Dusk	Ada Christian School 6206 Ada Drive Cascade, MI
East Grand Rapids	Dusk	John Collins Park over Reeds Lake 650 Lakeside Dr. SE
Grand Haven	Dusk	Waterfront Stadium 1 N. Harbor Drive
Grand Rapids	July 7 at 10:30 PM	Ah-Nab-Awen Park in front of Gerald R. Ford Presidential Museum 303 Pearl St. SW
Grandville	Dusk	Grandville Middle School 3535 Wilson Ave. SW
Holland	10:00 PM	Kollen and Heize Waterfront Walkway 250 Kollen Park Dr.
	Dusk	Holland State Park; 2215 Ottawa Beach Rd.
Kentwood	Dusk	Kentwood City Center 4900 Breton Rd. SE
Marne	July 7 at Dusk	Berlin Raceway 2060 Berlin Raceway
Muskegon	Dusk	Over Heritage Landing 1050 7th Street
Sand Lake	10:30 PM	Village of Sand Lake

CAMPUS SPOTS

Robbi Osipoff - These are the spaces I try to frequent when the weather is nice:

- Second floor and courtyard at the L. William Seidman Center, Pew
- Outside Kindschi Hall of Science, Allendale
- In the courtyard by Mackinac Hall between MAK and MAN, Allendale
- Eberhard Center overlooking the water, Pew

Joan Visser - May I suggest two downtown locations, but not on campus?

- Rosa Parks – there is almost always something going on there and it is a short walk to skate in the winter and enjoy music in the summer (Thursday noon enjoy music at Relax at Rosa, <http://downtowngr.org/announcements/2018/04/relax-at-rosa-returns-for-2018-season> with plenty of food trucks to catch a bite to eat)
- Walk the river walk from Eberhard Center to the Sixth Street bridge and back. This is a 30 minute walk that is just wonderful.

Janet Mills – Fountain near DEV Pew Campus – Love that fountain!

Karynn Gregory - The roof top terrace at the library. So pretty and so relaxing!

Barb Plumb - I don't suppose in the passenger seat of my car, tipped back reading the inside of my eyelids would count would it??? lol

But seriously, I work at CHS and there is a lot of construction going on up close and personal here. Sometimes I'll go to one of the floors upstairs and watch the incredible way the big earth movers are synchronized to be moving within feet of each other moving massive amounts of dirt and cement, and not collide. Before construction, it was still a nice place to look out on nice days.

Deborah Barko - I usually sit at one of the picnic tables or bench in the arboretum along by the ravines.

Joyce Sullivan - At the Seidman House there is a lounge in the back of the building and they have around 4 tables with chairs and some other chairs scattered around. Every time I've been there, it's always quiet. It's located across the path from Lake Superior Hall, and next door to Lake Huron Hall.

Rafael Juarez-Yuen - Here are a few places I've noticed staff take their lunches/breaks at.

There is the "Sun" room in Kirkoff on the Main Floor looking towards Zumberge Hall where there are couches and seats. Generally a quiet place to eat. Also, I've taken my break in the room with the projector that is quiet and dark, playing a movie or show, where I've taken naps before. I've seen some staff take lunch outside Kindschi Hall with the seats that are made available with sun umbrellas.

The Registrar (Records) Staff eats lunch in the break room right next to Financial Aid generally- I'm not sure if that is open for other staff on campus or not.

During breaks, a lot of the staff takes their own routes for walking – But a couple sit on the chairs on the 2nd floor of Student Services in the open area next to the elevators to sit and see what's going on in the internet.

Time
to
RELAX
in
the
SUN
SHINE



HEALTH & WELLNESS WORKSHOPS & INFORMATION



Globally
Strengthening People • Performance • Productivity

Suicide Prevention is a relevant topic as it is currently being highlighted in the media, but we need to keep this at the forefront at all times, and here are some tools to do so.

Approximately 1 million people commit suicide each year worldwide, according to the World Health Organization (WHO). The victims of suicide are not just limited to the people who commit it — suicide leaves a lifelong mark on their loved ones forever.

Suicide is preventable. If you or someone you know is in suicidal crisis at this moment, call 911 or the National Suicide Prevention Lifeline (NSPL) at 1-800-273-TALK (8255). ENCOMPASS can also provide assistance at no cost to you and your employees.

Access the resources available via your ENCOMPASS Website at:

www.encompass.us.com

Username: gvsu

Articles available via the website:

- Responding to a Suicidal Loved One or Friend
- Suicide: Risk Factors and Signs
- Suicide: What to do when someone is suicidal
- Suicide Prevention: Part 1
- Suicide Prevention: Part 2
- Are you thinking about suicide? How to stay safe and find treatment

- Suicide Prevention in the Workplace
- Supervise an Employee With Suicidal Concerns
- You Can Save Your Coworker's Life
- A Special Online Seminar — Taking the Unknown Out of PTSD
- Post-Traumatic Stress Disorder
- Post-Traumatic Stress Disorder (PTSD): Today
- Post-Traumatic Stress Disorder (PTSD): Tomorrow
- Depression: Signs, Symptoms, and Causes
- Depression in Women: Five Things You Should Know
- How to Help Yourself or Others Who Are Depressed
- How to Listen to Someone Who Is Hurting
- Returning to Work: Support After Suicide
- Coping With the Suicide of an Employee



GVSU Farmers Market

The Farmers Market continues with special events-cooking demos-bike tune ups-music all summer. Note there is-no market July 4th.

Visit the [farmers market website](#) and follow the market on [Facebook](#), [Instagram](#), and [Twitter](#) for updated information throughout the season.



UNION NEWS



Reminder

Members going on a maternity or medical leave, can request a dues suspension from their Building Rep or the Membership Director. Please make the request in advance or early in the leave. The APSS will not issue a check to return dues after the leave.



HR WORKSHOPS

GVSU Mom's Network – Grand Rapids

12:00 – 1:00 PM
Thursday, July 26
303C DeVos

Topic School Safety:

Join the Moms Network for a dialogue about school safety and how to support our children. We have invited Secure Education Consultants to share their expertise on critical incident responses, preparing children for how to respond if a school shooting were to occur at their school and to provide some guidance on speaking with children of different ages about these events when they occur around the country.

Please register on [Sprout](#).

GVSU Moms Network - ALLENDALE

12:00 – 1:00 PM
Tuesday, July 17
1012 JHZ

Topic: Benefits of Saving and Learning How to Budget.

Please register on [Sprout](#).



2018-2019**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,
& Raleigh J. Finkelstein

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

Lindsey Burns 1-2186
Mac- A-D

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**July 4 - Independence Day/University Closed****SUGGESTIONS FOR UPCOMING ISSUE**

Looking for suggestions for a theme for the August newsletter.
Please send to me, Erica, by July 26.

JULY DATES**Birthdays**

1 - Valerie Palmer

3 - Shawn Evans

11 - Amy Duwe

21 - Bonnie Hudson

25 - Patrick Perry

29 - Tracy McLenithan

GVSU Anniversary

15 - Joyce Sullivan

27 - Jennifer Glaab

31 - Pat Cox

Wedding Anniversary

23 - Angela Munford

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.

