

# APSS NEWSLETTER

October 1, 2018

Volume 9, Issue 4

2018-2019

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This newsletter is published monthly.

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

## Member Recent Travels

**Deb Barko** - I am so excited to be going on my annual trip in October to Gulf Shores, Alabama for the Shrimp Festival.

**Doug Wondergem** - My wife Jane and I just got back for Michigan Cares for Tourism (MC4T) a 100% Volunteer Event. The event was 9/16-9/18 at Fort Wilkins Historic State Park located in the U.P. at Copper Harbor. Each year it held in a new location.

Janes Mom and Brother and our Friend Margaret also went. This is Jane and my 5th year in a row volunteering for MC4T. It is a great event, lots of fun and very rewarding. We took the Indian Trails provided bus ride there and back. This year our 2 dogs went as therapy dogs and got and gave much love, see attached pictures.

FYI, PSS may take a ASN 8 hours day off work with supervisor approval for this type of an event. Below is a link to MC4T website site.

<https://www.gvsu.edu/michigancaresfortourism/>



**Tami John** - My boys just turned 9 (I can hardly believe it myself) and started their first football season with pads! Momma's been waiting a long time for this and just loves watching them!



**Jenniffer Eckert** - My son, Jayce, joined the Air Force and will be graduating from basic military training (BMT) November 9th. My boyfriend and I will be traveling to San Antonio that weekend for the graduation.

The first picture is from May when Jayce did his first swear-in. The other two were taken 9/11/18 during Jayce's final swear-in and shortly after his departure for BMT. I'm a proud Air Force mom!

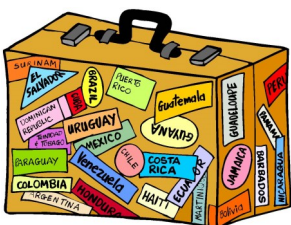


**Julie Noto** - We had an AMAZING trip to Mackinac Island this past weekend. We checked into the Grand Hotel on Thursday, it was cold and rainy so we didn't do much around the island. We went out for lunch at Sushi Grand, then went to afternoon tea at the Hotel. The dinner service at the Grand was amazing, and delicious. Friday night we went on the Haunts of Mackinac Tour, which wasn't what I was expecting but was very interesting. Saturday, my boyfriend and I

separated away from our group to do our own thing and we toured through Fort Mackinac, hiked inside the island to some of the “haunted” trails we learned of the during the tour, hiked to Arch Rock, and also went golfing on the island. Saturday night our group of 6 met up for another amazing dinner at the Carriage House, and enjoyed our evening out on the island. Mackinac is one of my most favorite places. We were able to explore much more of the island this trip since it was an adult only vacation. We can’t wait to go back!



**Kay Hart** - My husband and I took a trip out East this year. When we left GR we had no set plans other than eventually making it to Maine. We stopped off in Put-In-Bay, OH, then on to Erie, PA, next was Syracuse, NY, Boston, MA then the cities of Ogunquit, Freeport, Portland and Bar Harbor, ME. We hiked, climbed mountains, shopped, did some site seeing, and ate LOTSA LOBSTA. I would recommend to anyone just be spontaneous and enjoy our beautiful USA.



**Erica Bringedahl** - My family went to Mackinac Island this August and stayed on the island for the first time! We enjoyed biking around the island and riding in the horse carriages. My husband and oldest son ran around the island, too!



I went with my extended family to Las Vegas for my first time in September! We planned the trip to include my uncle who was battling cancer for 7 years, but sadly he passed away two weeks before the trip. We made the trip a celebration of his life by doing all his favorite things in Vegas, including staying in his favorite hotel (The Mirage), seeing the Bellagio fountains, eating at White Castle, and walking down Fremont Street! My aunt and I even zip lined down Fremont Street! It was a great way to remember my uncle while being with family.



# UNION NEWS

## APSS Luncheon

October 11, 2018  
12:00 - 1:30 PM  
Grand River Room, KC

Remember your name badges!



## Open Enrollment

October 23 – November 7

The 2019 annual benefits open enrollment is your opportunity to take a closer look at your benefit options. Follow these four easy steps:

1. Review detailed information.
2. Learn about new plan options and select the right one your unique situation.
3. Complete the online enrollment October 23 – November 7.
4. Print your detailed confirmation statement.

## Cultivating a Positive Work Environment can also help keep you healthy

- Prepare for the day's activity at a reasonable pace
- Think about all the positive things you expect to accomplish during the day and always expect the best
- SMILE & Laugh often
- Develop a habit of using only positive language
- Surround yourself with positive people
- Perform your work with passion & enthusiasm
- Always give THANKS, acknowledge a job well done and celebrate success, even the small ones
- Looks for the GOOD in every bad/challenging situation
- Eat HEALTHY

## Having a Positive working attitude can keep us healthy too

- Better for your mental health because you are better able to cope with stressful situations at work
- Ability to inspire and motivate self & those around you
- Ability to turn every challenge into an opportunity, or make less than ideal situations into better ones
- Other employees around you will also adopt a positive work attitude making it easier for everyone to get along in the workplace
- Perceived as a leader and get more special projects to work on
- You expect positive outcomes and results
- Ability to stick to activities and see them through
- Resilience-ability to bounce back from setbacks
- Stronger immune system

There are many helpful tools on the [HR website](#): Communication in the workplace, what is workplace conflict, Four essential skills for managing difference and resolving conflict and more.

# HEALTH & WELLNESS WORKSHOPS & INFORMATION

Fall campus flu shot [schedule](#)



## 2 MILE CAMPUS WALK WALK WITH THE DEANS

October is National Exercise is Medicine Awareness Month. Join GVSU Deans and fellow Lakers as we come together to celebrate and promote exercise!

**OCTOBER 5, 2018 | 10 AM START**

Clock Tower  
Check in at 9:45 AM  
Bring your GVSU ID

**WELLNESS SUMMIT | 11AM-2PM**

Kirkhof Center Lobby  
No registration required.

More info at [GVSU.EDU/EIM](http://GVSU.EDU/EIM)

[f](#) eimgvsu [@](#) @eim\_gvsu



# 2019 OPEN ENROLLMENT

Begins October 23<sup>rd</sup>, 8am  
Closes November 7<sup>th</sup>, 5pm

## 3 EASY STEPS <<<

- 1 ANYTIME:** Visit [gvsu.edu/healthwellness/oe](http://gvsu.edu/healthwellness/oe) to review all of your benefit options for 2019.
- 2 OCT 23 - NOV 7:** Enroll in your benefits online by logging into the benefits system at: [gvsu.edu/healthwellness/oe](http://gvsu.edu/healthwellness/oe)
- 3 RECEIVE** your detailed total compensation/confirmation statement.

Group Presentations,  
Computer Labs and One-On-One  
sessions  
available. For complete list of  
dates/locations, visit:  
[gvsu.edu/healthwellness/oe](http://gvsu.edu/healthwellness/oe)

## eBENEFITS ENROLLMENT SYSTEM <<<

You must visit the eBenefits enrollment system to receive your total compensation/confirmation statement. Complete an online enrollment and update/verify benefit elections:

- IRS re-election requirement for Health Savings (HSA) and Flexible Spending Accounts
- Eligibility of your dependents for the GVSU tuition reduction program
- Life insurance beneficiary designation

- Home address for W-2 purposes
- Coordination of benefits information
- Wellness Coaching Program

To learn more about the GVSU supplemental 403(b) retirement plan, ask a Human Resources representative.

For a complete list of dates and locations, visit [gvsu.edu/healthwellness/oe](http://gvsu.edu/healthwellness/oe)

## NEW FOR 2019 <<<

WE WANT TO HELP YOU...



**THRIVE @ GVSU** is a voluntary, confidential and free three month\* wellness coaching program.

- Available to all medical benefit eligible faculty, staff, spouses and household members.
- Earn \$100\*\* gift card for participating.
- Enroll during open enrollment. More information: [gvsu.edu/healthwellness/thrive](http://gvsu.edu/healthwellness/thrive)

\*1-3 months  
\*\*Taxable

# HR WORKSHOPS

## Interpersonal Effectiveness

Wednesday, October 10

9:30--10:30 a.m.

2266 Kirkhof Center Allendale Campus

Thursday, October 11, 2018

9:30--10:30 a.m.

302E DeVos Pew Campus

Presented by Elisa Salazar, Work Life Consultant

This training will help participants communicate effectively and will provide specific tools to address barriers to effective communication. This training will help participants develop tools to have difficult conversations and set themselves up to have the most success in asking for what they want. These tools will be helpful when communicating with people from diverse backgrounds or different disciplines.

Furthermore, participants will learn how to prepare for these conversation by working through a specific script that will help them hone in on their message. Participants will learn how to use mindfulness to manage emotions that can come up and interfere during interpersonal communication. As a result of this training, participants will also learn how to validate and listen more effectively. All participants will be able to use real life examples to role play and practice using the skills learned.

Approved for non-technical credit  
Please register on [Sprout](#).





## Queer & Trans 101: A Training for Allies

Friday, October 19

1:00 – 3:00 PM

2270 Kirkhof Center, Allendale

Are you interested in learning how you can grow as an ally to the LGBTQIA+ community?

Join us for this informative and interactive training. Participants will explore the concepts of gender, sex and sexual orientation; learn about systems of oppression impacting LGBTQIA+ people; and, learn practical strategies to create more inclusive spaces.

The LGBT Resource Center offers numerous trainings per year. Registrations are accepted until we reach capacity or until 5PM the day before the training is scheduled, whichever occurs first. Join us and learn more about your own power to create positive change on our campus, in the community, and in the world.

Approved for non-technical credit. Please register on [Sprout](#).

## GVSU Military Family Network

Make connections with other GVSU faculty and staff who have family members in the military.

12:00 – 1:00 PM

Wednesday, Oct. 10

1012 JHZ

Questions? Contact Tracy McLenithan ([mclenitt@gvsu.edu](mailto:mclenitt@gvsu.edu))

Please register on [Sprout](#).



# HR WORKSHOPS CONTINUED

## **Question, Persuade, Refer (QPR) Suicide Prevention Gatekeeper Training**

Monday, October 29  
9:00 – 10:00 AM  
2263 Kirkhof Center, Allendale

In the United States, a person commits suicide every 15 minutes and suicide remains the 2nd leading cause of death among college students. The QPR program dispels common misconceptions about suicide, helps one recognize the warning signs of suicide, and empowers others to save lives using the nationally-recognized QPR method of suicide prevention. It also allows attendees to examine the issue of suicide from both a social and multicultural perspective while considering their own role in preventing suicide. All in attendance receive nationally recognized QPR Suicide Prevention Gatekeeper certification. Presented by Melissa Selby-Theut, University Counseling Center.

Approved for non-technical credit. Registration NOT required. Please sign in and participate in the full training in order to receive credit.



The Parenting Networks from all campuses are joining together to host a special event for parents at GVSU around mindful parenting.

# Mindful Parenting

October 30, 2:30–4:00 PM  
Pere Marquette, Kirkhof Center

Facilitated by Abbey Johnston and Greg Mutch of AG Collaborative ([agcollaborative.com](http://agcollaborative.com)).

## Attendees will:

- Learn new ways to stay mindful as a parent and equip children with mindfulness techniques and skills
- Meet Parenting Network facilitators
- Enjoy light refreshments, snacks and fellowship with other GV parents

Reserve your spot: [gvsu.edu/sprout](http://gvsu.edu/sprout)

Learn more about the Parenting Networks on campus: [gvsu.edu/healthwellness/parentingnetwork](http://gvsu.edu/healthwellness/parentingnetwork)

**HEALTH & WELLNESS**

BE NEETTS WELLNESS WORKI FF [www.gvsu.edu/healthwellness](http://www.gvsu.edu/healthwellness)



GRAND VALLEY  
STATE UNIVERSITY  
HUMAN RESOURCES

**2018-2019  
Building Representatives**

Cheryl Bronner 1-3327  
Student Service-1<sup>st</sup> floor

Tami John 1-2350  
Calder Arts &  
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  
Lake Huron & Lake Superior

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

Autumn DeRoo 1-5936  
Kennedy, Eberhard, Ferguson

Patti McCarthy 1-6751  
DeVos 1<sup>st</sup> & 2<sup>nd</sup> 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 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**  
Rhonda LeMieux -Chair 1-3268

Michelle Duram 1-3298

Vicki Helgeson 1-2630

## IMPORTANT DATES

**APSS Luncheon - October 11**

**Halloween - October 31**

## SUGGESTIONS FOR UPCOMING ISSUE

Looking to share Halloween activities, costumes, events. If you have anything to share, email [Erica](mailto:Erica) by October 26.

## OCTOBER DATES

### Birthdays

14 - Victoria Stubbs

16 - Angela Munford

21 - Sherri Hall

29 - Cheryl Fischer

31 - Janine Warfield

### GVSU Anniversary

Lori O'Bradovich

Kathy Bausano

4 - Kathy Rice

6 - Dawn Nagelkirk

10 - Tracie Samdal

11 - Jay Zink

12 - Angela Munford

12 - Deb Rotman

14 - Suzanne Rogers

### Wedding Anniversary

1 - Roxanne Mol

2 - Jennifer Stamate-Carey

3 - Julie DeVecht

10 - Maria Jamarillo-Gonzalez

19 - Jennnifer Glaab

31 - Coreen Bedford



**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).

