

# APSS NEWSLETTER

November 2, 2018

Volume 9, Issue 5

**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).



**Bonnie Peterson** - My daughter, cowgirl Rylee, with her cousin Tigger (aka Andy)



**Lindsey Burns** - My two kiddos from Halloween.



**Erica Bringedahl** - My youngest son, Brayden, was a ghost ninja for Halloween.

**Kathy Rice** - My recently adopted daughter's 1st Halloween. (Melayna is 16-years-old) and my granddaughter, Octavia.



**Diana Comstock** - My costume from work yesterday. Rosie the robot from the Jetsons :)



**Julie Noto** - My boyfriend and I were skeletons this year! :)



**Coreen Bedford** - Natalie Grace is 13 months old



The two ghouls are Henry is 4 and Calvin is 6.

Lorna Siler and I building a chicken coop – she is in orange does that count? She was a long time PSS member who retired. Many people will remember her.



And then my son Jake – 32 years old. He is an engineer who made his own Beetlejuice costume! LOL..his wife is always rolling her eyes :)

**Deb Barko** - I attended the Lincoln CC single's dance on Sunday evening. Unfortunately, the photo was taken minus my vintage white gloves and clutch purse.



**Julie Carbine** - Two of my five grandkids!

**Angie Ryan** - my kiddos from last night. Lily is 12 and is in 7th grade and Braden is 9 and is in 4th grade. We had so much fun enjoying the amazing fall weather in our neighborhood.



**Darlene Roper** - Four of my grand children on Halloween .



**Tracie Samdal** - Me and my kiddos. Whitney (5) as “bad” Sandy. Devon (8) was a T-bird. And I was a pink lady. :)



**Veda Hodges** - my grandchildren for the newsletter.



**Meghan Pynnonen** - This is Grady (Bear) and Mya (Lion). And me and my husband Shaun :)

**Kathy Bausano** - We always dress for Halloween. This is the staff from Facilities Services and some of our students - I was impressed by everyone's participation!



**Karynn Gregory** - Here are my kiddos from last night. Batgirl and Batman - Our house was very well-protected! LOL



## MEMBER NEWS

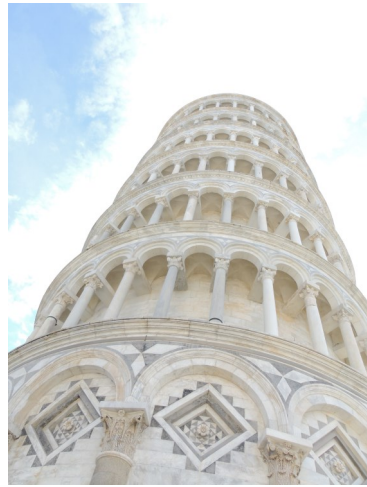
**Pamela Hart** - Paul and I are planning to attend final ceremonies and celebration of our son's graduation from USAF Officer Training in mid-November. Making a career in the military since September of 2005, Jon recently attained the rank of Master Sargent as a non-commissioned officer while stationed in Colorado Springs at Schriever AFB. Upon completion of commissioning and graduation ceremonies he will be confirmed at the rank of 2nd Lieutenant, and proceed to San Antonio, TX , where he will commence training in preparation for a new stage of his career in the Air Force. As a veteran of the USAF and Army National Guard, Paul will have the honor of acting as Jon's 1st Lieutenant in the process (and I the honor of being a proud mother and wife on the sidelines!).



**Anne Heathcote** - My fall photos are from my vacation earlier this month. I hiked the Appalachian Trail in four states with a group of friends. We hiked from 4 to 9 miles a day on the AT in Pennsylvania, Maryland, West Virginia and Virginia. I've attached a picture of our group and the view from the top of the trail in Virginia.



**Susan Brunell** - I had the pleasure of participating in a Catholic pilgrimage to Italy Oct. 1-12. We toured the Tuscan region to begin our journey with visits to Florence, Pisa, Assisi, San Gimignano, Siena and Lucca with overnight stays in Montecatini and Perugia before heading to Rome for our last three days. We spent a lot of time in transit from site to site with early mornings, late, late evenings, lots of fun and laughter and amazing food!! There was a singing portion to our tours, we had a small choir with us, and they performed at several churches including a mass at St. Peter's Basilica in Rome! We had a private audience with Pope Francis (along with about 10,000 other pilgrims) which was one of the highlights of our trip! Italy was an amazing adventure and I highly recommend others to visit when they can.



**Janet Potgeter** - This tree in the back of the Arboretum is so awesome! I see people taking pictures of it every day!



# HEALTH & WELLNESS WORKSHOPS & INFORMATION

## **How to Retire Happy**

November 7th

<https://www.gvsu.edu/healthwellness/module-events-view.htm?siteModuleId=627CDA8A-0387-2C0D-337E38A5ED4276D9&eventId=6F2DF7C9-92B7-21AF-726F4392B3B7EAC8>



## **Navigating the Senior Care Maze**

November 27th

<https://www.gvsu.edu/healthwellness/module-events-view.htm?siteModuleId=627CDA8A-0387-2C0D-337E38A5ED4276D9&eventId=FD8D3B84-C0AF-AABA-31719808833B6095>





# OPEN ENROLLMENT

October 23-November 7th

<https://www.gvsu.edu/healthwellness/2019-open-enrollment-489.htm>

## 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](https://www.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](https://www.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](https://www.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](https://www.gvsu.edu/healthwellness/oe)

### NEW FOR 2019 <<<

WE WANT TO HELP YOU...

# THRIVE

@GVSU

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](https://www.gvsu.edu/healthwellness/thrive)

\*1-3 months  
\*\*Taxable

**HEALTH & WELLNESS**  
BENEFITS WELLNESS WORKLIFE  
[gvsu.edu/healthwellness](https://www.gvsu.edu/healthwellness)



# HR WORKSHOPS

*Please note: Although these workshops may not be identified as credit eligible on Sprout, GVSU Human Resources has confirmed credit will be awarded for participation.*

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

Thursday, November 1, 2018

1:00--3:30 p.m.

513 EC Pew Campus

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 technical credit

Please register on [Sprout](#).

## **Creating an Inclusive Culture**

Monday, December 3  
10:00 AM – 12:00 PM  
Allendale, 2266 KC

Monday, December 10  
10:00 AM – 12:00 PM  
Pew, TBD

This workshop provides opportunities for participants to increase their awareness of factors that impede inclusivity on campus, and to explore ways that they can personally play a role in fostering a more inclusive and equitable community. Presented by: Relando Thompkins-Jones

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

## **Excel 2016: Diving Deeper**

Tuesday, November 6  
9:00 – 11:00 AM  
127A DeVos Pew

Wednesday, November 14  
9:00 – 11:00 AM  
113 HRY Allendale

This course will dive deeper into Microsoft Excel covering some advanced formulas and functions, WhatIf? Scenarios, Macros, cell validation, advanced filtering, and more. A basic understanding of Excel is required. Presented by Ramona Silva, PSS, GVSU Psychology Dept.

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

# HR WORKSHOPS CONTINUED

## Queer & Trans 101: A Training for Allies

Friday, December 7  
1:00 PM – 3:00 PM  
Allendale, 0072 KC

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.

Presented by Jen Hsu-Bishop, GVSU LGBT Resource Center  
Approved for non-technical credit. Please register on [Sprout](#).

## GVSU Military Family Network

12:00 – 1:00 PM  
Wednesday, November 14  
1012 JHZ

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

Questions? Contact Tracy McLenithan ([mclenitt@gvsu.edu](mailto:mclenitt@gvsu.edu))  
Please register on [Sprout](#).

## **Conscious Conversation: I Can't Believe They Unfriended Me: When Social Media and Social Justice Collide**

Tuesday, November 27, 2018

12:00

2266 KC Allendale Campus

Did you see what he posted? Did you see her reply to my comment? Did they just block me? I can't believe they unfriend me!

Navigating the world of social media is hard enough, and once we add social justice and personal politics it can become nearly impossible. Why do we clash with people online? How do we support causes without ending decades-long friendships? What does it mean to be a social media activist? Join us for a Conscious Conversation discussing what happens when social media and social justice collide.

Facilitators: Kristen Evans and Jennifer Palm

Please register on [Sprout](#).

## **Grand Valley Moms Network - Allendale**

12:00 – 1:00 PM

Tuesday, November 20

1012 JHZ

Roundtable Discussion: Letting Kids Be Kids

Please register on [Sprout](#).

## **Grand Valley Moms Network - Grand Rapids**

12:00 – 1:00 PM

Thursday, November 15

303C DeVos

Family Bonding: Join us for dialogue about recognizing and fostering the meaningful moments where bonding with children occurs.

Please register on [Sprout](#).

## HR WORKSHOPS CONTINUED

# REFLECTIONS: MENTORING RECEPTION

*Featured 2018 Panelists*

*Tricia Thomas, Tara Bivens, Wendy Burns-Ardolino, and Mei Mah*



Join the Women's Commission for an evening of Reflections. Our Fall Mentoring Reception features panelist from across the university who will discuss and reflect on women and leadership on campus. We will offer light refreshments, as well as time to network with our panelists and members of the Women's Commission. The event will be held on November 15, 2018 from 4-6pm in the Cook-Dewitt Center in Allendale. Registration is available at: <https://www.gvsu.edu/wcommission/reflections-fall-mentoring-reception-57.htm>

For more information, please email [wcommission@gvsu.edu](mailto:wcommission@gvsu.edu). If you are in need of any accommodations to participate in this event, please contact us for assistance.

# Busy workday? Tight schedule?

Did you know that Career Coaching is available via Telecoaching and Skype?

As part of the Human Resources Worklife Connections Program available for faculty and staff, Kim Monaghan the Human Resources Career Services Consultant, is your partner in professional career development.

In addition to 1:1 meetings, coaching is also available around your busy work schedule. Contact her to set a convenient time to start building your career.

All conversations are confidential and flexible around your schedule.

**Contact Kim Monaghan, HRCS, Consultant**  
Confidential Email: [HR\\_Career\\_Services@gvsu.edu](mailto:HR_Career_Services@gvsu.edu)  
Phone: 616-331-9460  
Website: [www.KBMCoaching.com](http://www.KBMCoaching.com)

**CAREER SERVICES**



**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

**UNION NEWS**

*From your APSS board*



## IMPORTANT DATES

Daylight Savings Time End - November 4

No classes - November 21-23

University closed - November 22-23

## SUGGESTIONS FOR UPCOMING ISSUE

Looking to share holiday traditions, recipes, etc for the next newsletter.  
If you have anything to share, email [Erica](mailto:Erica) by November 26.

## NOVEMBER DATES

### Birthdays

6 - Susan Brunell

7 - Jo Ann Shelton

7 - Julie Noto

19 - Sue Palazzolo

22 - Ericka Orduna Rivera

22 - Rhonda LeMieux

28 - Tammy Tobar

### GVSU Anniversary

3 - Carrie Shoup

6 - Amanda Reader

7 - Sue Palazzolo

11 - Shawn Evans

14 - Ronda Huster

15 - Susan Brunell

17 - Sandee Snyder

23 - Coreen Bedford

26 - Cheryl Lillibridge

### Wedding Anniversary

Cheryl Fischer

3 - Cheryl Lillibridge

18 - Sara Walker

26 - Rafael Juarez-Yuen



**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).

