

APSS NEWSLETTER

February 5, 2019

Volume 9, Issue 8

2018-2019

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This newsletter is published monthly.

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

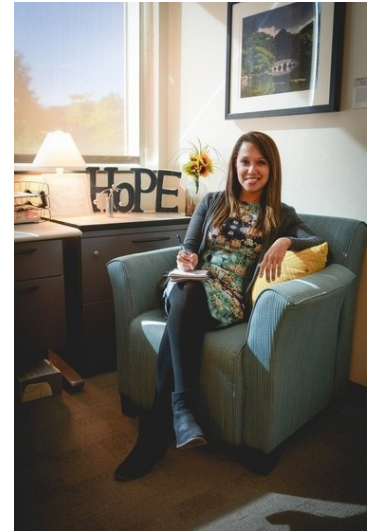


Meet your Work Life Consultant

See Elisa's bio [here](#).

REFERRALS

- Self-referrals are welcome.
- Faculty and staff may request and individual outreach for a colleague.
- Supervisors may request a referral.



Videos and information on Self-Compassion on the Health and Wellness website: <https://www.gvsu.edu/healthwellness/meet-the-work-life-consultant-476.htm>

We want to hear from you. If you have an idea or feedback, please do not hesitate to call.

Contact Work Life Consultant Elisa Salazar, LMSW
616-331-2215

salazael@gvsu.edu

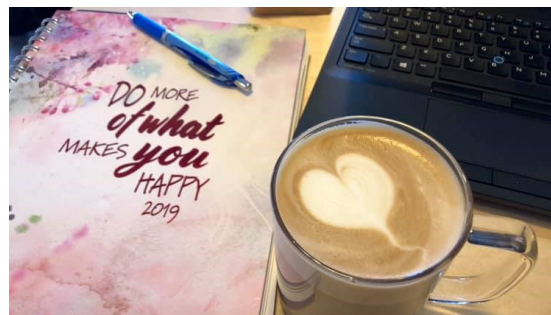
Located at 1090 James H. Zumberge Hall

Appointments are available all over campus.

SELF CARE TIPS

Cassandra Hinzman - I take very long baths sometimes up to 2 hours. I take care of my feet with pumice stone and use bath salts in the water. I do a hair mask as well. I have in the last 2 years bought really nice bath sets that include bath salts and body butter. So I also use body butter when I am done with my bath. I put on nice mellow music while soaking and light candles.

Suzanne Rogers - “I enjoy making time to be alone at coffee shops. I organize my time and various responsibilities, study, read, and just breathe. Watching others around me always lifts my spirit. Connections with friends and family is vital to me and I love to observe people sharing their hearts and lives with each other over a cup of coffee or tea.”



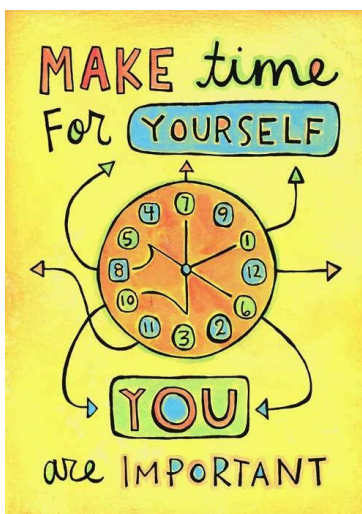
Craig Hammerlind - I just posted the Ted Talk, “Where Joy Hides and How to Find It.” Look it up on Ted.Com. It is very interesting and insightful.



Megan Eding - Personally, I cross-stitch for stress and tension relief. I do it year-round, but definitely much more in the winter months. It's great because I'm able to completely clear my mind as I'm focused on counting and stitching. Perfect for self-care. It's not your grandmother's cross-stitch, but instead it's fun sayings or what some might deem as inappropriate (lol!). I either give them away as gifts, frame them for the office/house, or keep them in a scrapbook on the coffee table for viewing pleasure. Here's three examples of more "tame" finished pieces: one that I've got at my desk at work, one I've got in my bathroom at home, and one I gave away to a co-worker.



Professionally, I'm the Wellness Ambassador in the MLL Dept and I've just recently started a wellness series called MLL Wellness @ Work. Each Monday I send out an email with a simple exercise/movement that can be done at work along with some information. This week's topic was balance. Then on Tuesday afternoons I hold a 15 minute session for any of our faculty/staff to stop by and try out the move, if they'd like to practice in a group setting. It's so easy in this weather to just stay inside, sitting at our desk. Sometimes just the simplest movements at work, with the support of others, can motivate you to move. Movement is a crucial part of self-care as!



HR WORKSHOPS

Brand University: Telling Our Stories Through Visuals

Telling the stories of departments, people, or programs can be an effective and engaging way to make sure our specific audiences connect with our messages and take action in a way that benefits them and the university. The two most visual ways to tell stories are through video and photography. Telling Our Stories Through Visuals is an intensive, two-hour look at how your department can leverage existing university resources and discover other ways to use video and photography in your marketing. This class is approved for a Non-Technical credit.

Wednesday, February 13, 2019

8:30-10:30 a.m. Pew Campus

For more information or to signup, please visit [Sprout](#).

Brand University: Simple Tools for DIY Marketing*

Simple Tools for DIY Marketing is perfect for any staff member responsible for creating communications pieces quickly and efficiently for their college, department, or program. The interactive, two-hour program will get down and dirty with creating program flyers, PowerPoint presentations, retractable banners, tablethrows, and Grand Valley's new BluePrint storefront of branded templates.

This class is approved for a Technical credit.

Thursday, March 14, 2019

8:30-10:30 a.m. Allendale Campus

Thursday, March 21, 2019

8:30-10:30 a.m. Pew Campus

*DIY marketing sessions are not yet available for signup in [Sprout](#), but will be soon. Please look out for them to post.

How To Retire Happy And Informed

Date: Wednesday, Feb. 6th 11:30 am - 2:30pm

Location: DEV 122E - Loosemore Auditorium

As you think ahead to the years of retirement, the door closes on one stage of life and a new door opens up to a sea of opportunities to consider. Plan your new beginning by being well-informed. Attend this workshop to explore your options with regards to Social Security and Grand Valley medical plan options. Representatives from GVSU Human Resources, the Social Security Administration, and Advantage Bene-ts Group will be on hand to present and answer questions. All are welcome, including partners and family members. Please register on [Sprout](#).

Parenting Network - Mom Network Allendale

12:00 – 1:00 PM

Tuesday, February 19

3062 JHZ (note room change)



Activity: Activity: Winter Social

So often we are called mom, mommy, mama, but who is the woman behind the mom? We want to meet her. Join us for a warm fun winter social where we get to know each other beyond our mom connection.

Please register on [Sprout](#).

Parenting Network - Mom Network Grand Rapids

12:00 – 1:00 PM

Thursday, February 21

303C DeVos

Topic: Managing Meltdowns

Guest Shaunna Kelder, DrOT, OTRL, from GVSU's Occupational Science and Therapy Program, will facilitate a discussion on the topic of Managing Meltdowns. Dr. Kelder will share about parental modeling of positive emotional management as well as guiding children with managing their emotions. Please register on [Sprout](#).

HEALTH & WELLNESS WORKSHOPS & INFORMATION

FREE Weekly Drop In Fitness Classes for Faculty and Staff:

CHS Fit Walk Mondays 12-1pm, meet at CHS front desk in the lobby

Yoga Fix 4:30-5pm Tuesdays at RFH gym

Cardio Core 7:35-7:55am Wednesdays in Fieldhouse B160-Dance Studio

[Winter Event Guide](#)

[Faculty and Staff Group Exercise Schedule](#)

[How to Retire Happy and Informed Workshop](#)

February 6th Loosemore Auditorium, Pew Campus

[Healthy Recipe Competition](#) Feb 25-March 15

The contest is designed to provide GVSU faculty and staff the opportunity to share their favorite healthy recipe! We hope faculty and staff from all campuses and regional centers are able to enjoy some healthy meal options using recipes from the contest. March is national nutrition month and faculty and staff are encouraged to submit their favorite recipe.

Once submitted, each recipe will be reviewed by a special team of Campus Dining staff, Clinical Dietetics and HTM faculty to ensure that it meets the guidelines for healthy recipe submissions. Recipes that do not meet the guidelines listed below will be rejected. Approved recipes will be posted on this page beginning March 25.

Details listed online: www.gvsu.edu/healthwellness/healthyrecipe



UNION NEWS



Have you considered making a donation to the PSS scholarship fund?

This scholarship is set up as an endowment to assist the children & grandchildren of the PSS employee group. Scholarships are one of the most impactful ways you can make a difference in the life of a student. Any size donation makes a difference with the University matching our donations!

Please consider donating on line @ gvsu.edu/give or by calling 616.331.6000

For the academic year of 2017/2018 we were able to award 16 students this scholarship here are some comments they shared:

I genuinely thank you for your support. I sincerely appreciate this award, and I will use it to continue to pour back into my community. Bryce-Non-profit Administration major

~~~~~

*Please accept my thanks and appreciation for your scholarship. I hope someday to help a younger person with their education like this scholarship has helped me. Kortney-Nursing major*

~~~~~

Thank you so much for giving me the PSS scholarship, it will help me to have more time to dedicated to studying instead of working to pay back loans. Megan

~~~~~

*My family understands the importance of education. I will continue to study hard to ensure I am making the most of your generosity. Ashley-Statistics major*

~~~~~

Thank you so much for your support with the PSS scholarship. I am very excited to be a LAKER and continuing my education at GVSU. Karlee

We appreciate your support to the PSS scholarship fund!

Sincerely,

Becky Bakale

President of Alliance Professional Support Staff

2018-2019**Building Representatives**

Cheryl Bronner 1-3327
Student Service-1st 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 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

Rhonda LeMieux -Chair 1-3268

Michelle Duram 1-3298

Vicki Helgeson 1-2630



IMPORTANT DATES

Valentine's day - February 14

President's Day - February 18

SUGGESTIONS FOR UPCOMING ISSUE

Any plans for March, Spring Break, or any March news to share? Send a blurb on what you plan to do to my email bakereri@gvsu.edu by February 22.

FEBRUARY DATES

Birthdays

1 - Rosalie McCarty

2 - Katie Haynes

6 - Carol Talsma

11 - Kathy Bausano

15 - Ashley Riley

18 - Dawn Nagelkirk

20 - Lindsey Burns

24 - Erica Bringedahl

GVSU Anniversary

1 - Janet Mills

19 - Tammy Tobar

23 - Sherri Hall

26 - Amy Duwe

Wedding Anniversary

14 - Rhonda LeMieux

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.

