

APSS NEWSLETTER

March 1, 2019

Volume 9, Issue 9

2018-2019

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This newsletter is published monthly.

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

Member News

Tracie Samdal - I am going on a 4-day Girl's Cruise with my sisters – thanks to another lovely lady, Aunt Karen, for inviting us along!



Erica Bringedahl - My husband and I are going on a cruise in March to celebrate our two friends, Mike and Corey's, wedding! They are having the ceremony on the ship. It will be a wonderful time.



Deborah Barko - I am planning a trip to visit my sister during spring break. We bought a condo in Bradenton, Florida.



Cassandra Hinzman - My twins and I are going on a cruise to the Western Caribbean on a Carnival ship for Spring Break. A friend that they have gotten close to over the past few years, her family is joining us. We are looking forward to it! I have traveled to the Western Caribbean on a cruise when I was younger. It will be really nice to take my kids now. We are traveling to Jamaica, Mexico and Grand Cayman. We plan on going to a bird aviary in Mexico for our shore excursion. The twins Birthday will be while we are in Mexico. In Jamaica we are going to do a family fun adventure where the kids will be able to test their skills at an obstacle course. In Grand Cayman we are going to the turtle farm, where they will be able to hold baby turtles. We are definitely ready for some fun in the sun!!





Save the Date

for the annual

PSS Appreciation Luncheon

Thursday, April 11, 2019

11:45 am - 1:30 pm

Grand River Room

HR WORKSHOPS

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. 2266KC Allendale Campus

Thursday, March 21, 2019

8:30-10:30 a.m. 111D DEV Pew Campus

Please register on [Sprout](#).

Parenting Network - Bridge Event

3:00 – 4:30 PM

Tuesday, March 26

230 Bike Factory, PEW campus

The Parenting Networks from all campuses are joining together to host a special event for parents at GVSU. If you have never attended a Parenting Network Meeting, do not worry! Please come and meet the Parenting Network Facilitators, enjoy some food and fellowship with other GV parents, and learn tools. We look forward to seeing you there!

Please register on [Sprout](#).

Parenting Network - Military Families

12:00 – 1:00 PM
Wednesday, March 20
1012 JHZ, Allendale campus

Provides a safe and supportive space to share knowledge, resources, and provide support around the unique needs of having a loved one in the military. Meetings are during the lunch hour. Please feel free to bring your lunch.

Please register on [Sprout](#).

Parenting Network - Dads Network Allendale

12:00 – 1:00 PM
Thursday, March 14
1247 KC, Allendale campus

Topic: How much is too much? TV, Advertising, social media- how do you manage what your kids are exposed to? How much time do you allot? When do you take it all away? How do you handle the bad/negative subjects they are exposed to?

Please register on [Sprout](#).

Pet Network

12:00 – 1:00 PM
Wednesday, March 27
3001 SCB, PEW campus



The group will focus on connecting pet parents and how we can support one another in owning a pet.

Please register on [Sprout](#).

HEALTH & WELLNESS WORKSHOPS & INFORMATION

Healthy Recipe Competition Feb 25-March 15

Healthy Recipe Competition

Begins February 25 at 8am

Ends March 15 at 12pm

March is national nutrition month! Looking for a fun way to talk about (healthy) food at the office? Consider creating an internal competition within your own department using this competition platform. Have a delicious, healthy recipe to share? Submit your recipes for a chance to win an award and bragging rights!

Find information on how to participate, rules, and details for FREE cooking classes at gvsu.edu/healthwellness/healthyrecipe.



DIABETES PREVENTION PROGRAM-Info session March 12

Diabetes Prevention Program starting this March. Info session March 12 in Allendale KC 0072 at noon (see attached flyer for details)

Faculty and staff can take advantage of the [Omada online](#) program as an option if they cannot attend the on-site program.

A few additional questions regarding the program:

Is this program free for GVSU employees?

Yes, for all benefit eligible faculty and staff who are participating in the program for the first time. GVSU does not cover the cost of the program for faculty and staff who have participated previously and want to re-enroll.

And, do you have any feedback on the [Omada program](#) (online virtual diabetes management program)?

Yes, I have heard positive comments from one staff member who disclosed participating in the program.

Do both of these count as a health coach requirement for the \$100 card?

Yes. Since these are set up through Priority Health, I would work with PH to obtain the participation list to coordinate rewards. So it is possible I will know who is participating, but I do not receive any personal, identifiable health data, it would only be for coordination of rewards. Also, to be eligible for rewards here, the initial 16 weeks would need to be completed during the current Healthy Choices program year (10/1/2018-09/30/2019).

UNION NEWS



ELECTION TIME

Starting the week of March 11 we will be calling for nominations for the following Positions on the APSS board:

President - The duties of the President are to preside at all membership meeting of the APSS Union, to attend regularly scheduled meetings with HR to discuss issues raised by members and to maintain an open and constructive dialog while maintaining confidentiality.

Treasurer - (Union Business and Financial Director)-Shall receive and receipt all monies of the Union. Make monthly reports to the Executive board and submit all books and papers to the accountant. Prepare and submit any financial reports and audits required by law.

Communications Director - Responsible for communication with membership through the web, email or other forms of communication. Advertises, prepares and distributes monthly newsletter.

*please refer to our By-laws found on our website for a full description of positions.

***If you are interested in learning more about a position please contact:
President-Becky Bakale-bakaler@gvsu.edu
Treasurer-Hollie Rago-ragoh@gvsu.edu
Communications Director-Erica Bringedahl-bakereri@gvsu.edu

**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

Matt Collver 1-5583
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

Spring Break (no classes) - March 3-10

St. Patrick's Day - March 16

SUGGESTIONS FOR UPCOMING ISSUE

Any April news to share? Send your news/announcements to my email bakereri@gvsu.edu by March 25.

MARCH DATES

Birthdays

4 - Sandra Matthews

5 - Bob Kozminski

7 - Charlyn Worthem

9 - Deborah Bell

9 - Linda Schmidt

10 - Maria Jaramillo-Gonzalez

13 - Jay Zink

18 - Robyn Toth

19 - Jennifer Glaab

GVSU Anniversary

1 - Angie Ryan

1 - Ashley Riley

6 - Denise Gross

9 - Cherilyn Denomme

17 - Barbara Plumb

18 - Shelly Micho

Wedding Anniversary

Michelle Duram

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.**