

APSS NEWSLETTER

April 1, 2019

Volume 9, Issue 10

2018-2019

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apssgvsu.orgINSIDE THIS
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This newsletter is published
monthly.

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



Sherri Hall - I'm very proud to share that my son Landon, graduated from Parris Island, SC as a United States Marine on March 1, 2019.

Ooh-rah



Vicki Wenger - My husband, Scott and I will be celebrating our 35th wedding anniversary on April 7. :)

Bonnie Hudson - Get involved in a great nonprofit, Dirt City Sanctuary.

Dirt City Sanctuary (DCS) is a community housing project focused on loving, honest and individualized care and support for those facing substance use disorder and homelessness. Our first campus will be located in Kent County, MI, with a second campus to follow in Newaygo County, MI. Each campus will house 20-25 individuals.

<https://dirtcitysanctuary.org>

Erica Bringedahl - My husband and I enjoyed our time on a cruise celebrating our friends wedding.



hello
spring!

MEMBER TIPS

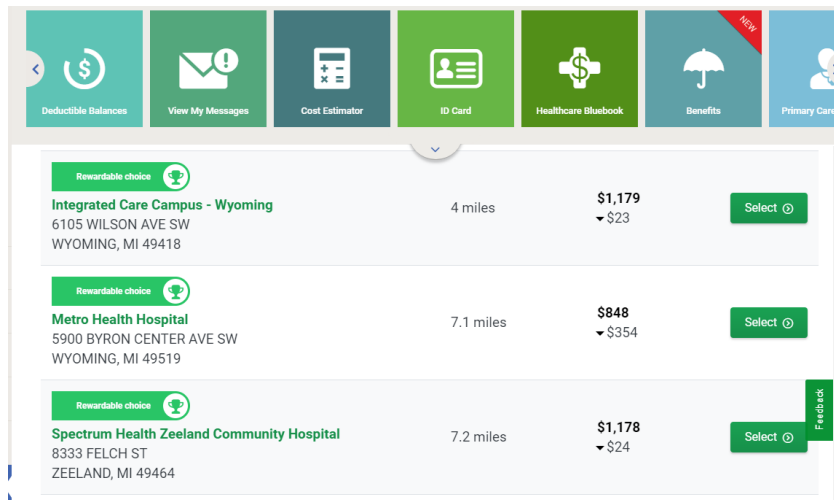
Priority Health Cost Estimator

There is so much to know about our health insurance and how we can better utilize our HSA. But did you know you can receive money for using the Cost Estimator?

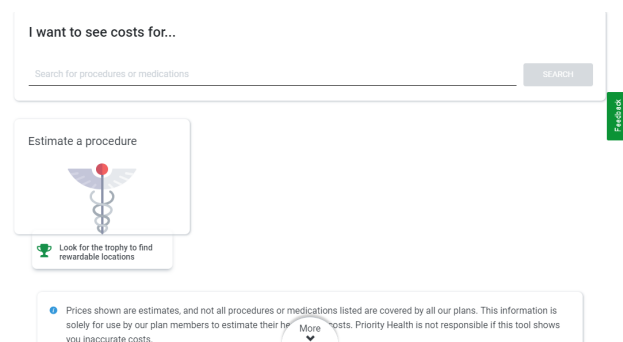
One of the tools provided to us is the Priority Health Cost Estimator. <https://www.priorityhealth.com/member/getting-care/cost-estimator>

This is a link to a video of how the estimator works. From a practical approach I would like to share how I received \$100.00 from Priority Health Care for selecting a qualified facility and lower cost for a procedure. This also benefited my out of pocket expense or the portion paid from my HSA.

I needed an MRI. I logged into the My Health portal <https://myhealth.spectrumhealth.org/#/>, and from the tools ribbon selected Cost Estimator. The Estimator walked me through the steps. I entered the name of the procedure, MRI, without contrast, and a list appeared showing me all of the facilities in my zip code that performed this procedure.



The “Rewardable Choices” are denoted by a trophy. After I selected the facility I would like to have my procedure performed at I clicked on the “Select” tab. Once the procedure is complete, within a short period of time, about a month for me, I was mailed a Priority Health Visa card loaded with \$100.00. I was directed to hang onto this card for future rewardable procedures.



There are some limitations as to where you can spend this money. Since this comes from your health insurance company it has to be used for healthy options. I’ve used mine for a haircut or 2. Don’t trying purchasing fuel or dinner, the card will be declined. This is a link to a PDF which will explain the details and usage of the card.

http://resources.healthequity.com/Documents/HEQWellness/HEQ_Wellness_FAQs_20140703.pdf

I hope you find these tips useful in being a more informed and savvy shopper. <http://thinkhealth.priorityhealth.com/reap-the-rewards-get-the-most-benefit-from-your-health-care/>

HEALTH & WELLNESS WORKSHOPS & INFORMATION

Recognize when your coworker may need support:
[Know how and when to help](#)

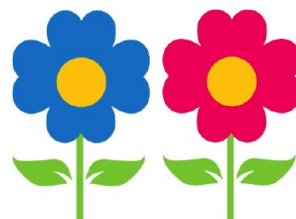
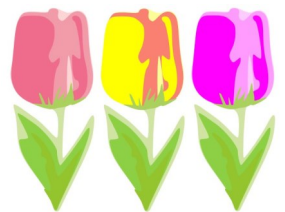
Save the date!

GVSU Farmers Market opening day and
Summer Grill Challenge June 5th

www.gvsu.edu/farmersmarket

Faculty and staff 2 mile fun run with GVPD
June 19th (start and end at the Farmers Market)

www.gvsu.edu/farmersmarket/gvpd



UNION NEWS



Indulge Day

The Student Employment office with sponsorship by the APSS Employee Union will once again be co-hosting this year's Indulge Day as part of Student Employee Appreciate Week on Thursday, April 11th. This year we'll be showing Mean Girls in 2215/16 Kirkhof Center while serving up popcorn, candy, games, and fun from 2 – 4 pm, while around the corner in 2263 KC we'll be offering free back massages from 1 – 3 pm. We'll be having popcorn and candy on PEW campus in DeVos C from 2 – 4 pm on April 11th. In order to provide the best experience for our student employees we are seeking open-minded and inclusive volunteers who can help assist folks from all walks of life and identities. Please contact Mark Saint Amour at saintamm@gvsu.edu if you think you are the right the person for the job! We need multiple folks, at multiple times, at multiple places, so anything you can offer would be great!

“NOTARY PUBLIC INFORMATION REQUEST”

There are occasionally forms that are associated with the business of the university that require the signature of a Notary Public. In an effort to make obtaining the signature of a Notary Public more convenient, we are in the process of compiling a list of all GVSU Staff/Faculty members who have current Notary Public Commissions. If you are an active Notary Public and would be willing to be available to notarize documents related to university business, we would like to add you to our list.

Please email the following information to Kay Klosowski at <mailto:klosowsk@gvsu.edu>:

Name:

Office Address:

Office Phone:

Email Address:

Expiration of Current Appointment:

Any questions should be directed to Kay Klosowski either by email or at 331-2831.

HR WORKSHOPS

Supervising Student Employees

9:00-11:00 AM
Thursday, April 11
2270KC, Allendale Campus

Topics covered include the hiring process, motivating student employees, disciplinary procedures, evaluation process, retaining student employees and celebrating Student Employee Appreciation Week. Tentatively, GVSU Student Employment, Financial Aid and Payroll will present during the seminar/be available for questions. Please register on [Sprout](#).

This class is approved for a Technical credit.

The Job Interview

9:00 – 11:00 AM
Friday, April 5
330 BIK, PEW campus



Preparing for Interviewing Success: Plan to interview for a new position now or in the future? Haven't interviewed in a period of time? Tend to get nervous when interviewing? Attend this informative and interactive workshop to review interview techniques and avoid bloopers in your next interview. Gather guidelines, share insights and look at what can go wrong and what should go right, in a professional interview. Presented by Kim Monaghan, Human Resources Career Services for Faculty and Staff Consultant. Please register on [Sprout](#).

Grand Valley Moms Network - Allendale

12:00 – 1:00 PM

Tuesday, April 16

3062 JHZ (note room change!), Allendale campus

Activity: Couponing Tips & Tricks

A guest speaker will share her experience with extreme couponing and provide helpful tips. We will also discuss helpful every day tips for family grocery shopping on a budget. We encourage the group to share your own hacks as well.

Please register on [Sprout](#).

Grand Valley Moms Network - Grand Rapids

12:00 – 1:00 PM

Thursday, April 18

303C DEV, PEW campus

Laughing It Off: Sharing the Humor of Parenting

Join us for a casual conversation about the ups and downs of parenting and finding the humor throughout this journey we call parenthood!

Please register on [Sprout](#).

Parenting Network - Military Families

12:00 – 1:00 PM

Wednesday, April 17

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](#).



HR WORKSHOPS CONTINUED

Customer Experience and Your Career

8:30 – 11:30 AM
Wednesday, April 17
2270 KC, Allendale campus

It's no surprise that customer service directly relates to an organization's bottom line, but did you know that it also impacts your career? Building a reputation for high impact customer experience, both internally and externally, will not only boost your career but reduces conflict, improve your health and well-being and increase your chances for career elevation. If you're interested in exploring what high-impact customer experience is and what it can do for your career, then this program is designed for you. Presented by Kim Monaghan, HR Career Services for Faculty and Staff Consultant.

Please register on [Sprout](#).





Replenish™
GRAND VALLEY
STATE UNIVERSITY

Please consider making a donation to Replenish Food Bank

Replenish provides food and personal care items to meet the short-term challenges that students may face when unable to purchase such items. Obtaining an adequate food supply is often a major component of financial stress and research has proven that inadequate nutrition decreases academic performance.

Suggestions for frequently needed items are:

- Breakfast goods (low sugar cereal, apple sauce, pancake mix & syrup)
- Canned proteins (beans, tuna)
- Personal care items (pads, shampoo & soap)

We now have refrigerator space. Please feel free to bring perishable items.

We look forward to seeing you at the luncheon this year. Location of the event is the Grand River Room. Please note that if you are a PSS for a member of the President's cabinet, they will receive their own invite. If you have any questions, please feel free to contact Denise grossde@gvsu.edu or by phone 1-5922. Please RSVP by March 29, 2019

https://docs.google.com/forms/d/e/1FAIpQLScl1Cg6Cduwoc6Js_nn2JpEFbYqH2kaHll4qFka3zpSZu88Bw/viewform?usp=sf_link

PSS Development Committee

Bonnie Peterson	Denise Gross
Kay Hart	Wendy Johnston
Torrey Thomas	Katie Shuert
Jen Cathey	JoAnn Boon-Shelton
Natalie Trent	

**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
PAC, AGS, LHH, LSH

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

End of semester - April 27

Commencement - April 26-27

SUGGESTIONS FOR UPCOMING ISSUE

Are you or a loved one graduating this semester? If so, please share a photo and a blurb of the person to my email, bakereri@gvsu.edu by April 29.

APRIL DATES

Birthdays

3 - Rodney Hawkins

6 - Judy Conroy

9 - Leah Thomas

17 - Michelle Holstege

20 - Janet Potgeter

21 - Tami John

GVSU Anniversary

9- Judy Conroy

18 - Kellie Knight

24 - Julie Noto

Wedding Anniversary

5 - Sherri Nelson

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.