

APSS NEWSLETTER

May 1, 2019

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2018-2019

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This newsletter is published
monthly.

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

Congratulations

Darlene Roper - This picture is of my daughter Annie Presenting her Project to the Kirkhof School of Nursing for her Doctor of Nursing Practice degree. She graduated on 4/27/19.



Kay Hart - My son Kyle Chestnut & his girlfriend Anna Lockwood will both be graduating from GVSU April 27th. Kyle with a Master's in Communications and Anna with a Bachelor's in Education. Wishing them both the best that life can bring!! Congrats and love them tons!!!!



Amanda Brower - My daughter, Katlin (Katie) Brower, graduated from Grand Valley State University in April with a Bachelor's of Science in Allied Health Sciences, Pre-Physician Assistant Studies and a minor in Biology. During her time at GVSU, she served as the Vice President and President of the Pre-Physician Assistant club, was a member of Alpha Omicron Pi sorority and served as their Volunteer Chair. Katie will be attending PA school at Harding University in Searcy, AR in the Fall.



MEMBER NEWS

Cassandra Hinzman - We did a cruise on Carnival Dream ship that went to Jamaica, Grand Cayman and Mexico for Spring Break. We went to Jamaica. My daughter Kyra did an obstacle course. We went to Grand Cayman to the Turtle Farm. They were able to hold the sea turtles. Another photo is of the Cruise ship from a distance on Grand Cayman. The twins also celebrated their 12th Birthday on board while we were in Mexico. We celebrated by doing Build A Bear Workshop on the ship. This was the first time the twins did a Build A Bear Workshop. They loved it! They even had special Build A Bear cookies and punch for everyone. We had a great time! We went with another friend of the twins and her family.



UNION NEWS



Do you sometimes wonder.....When should I retire?

I recently reached out to some of our past retirees and maybe their answers will help in your decision.

How did you know it was time for you to retire?

- I attended a seminar on retirement and after that I felt I was ready.
- When I stopped loving my job
- I retired due to health reasons-but I am doing better now!
- When my work became a chore and when the little things started to bother me
- My spouse and I decided several years ago when we would retire
- My husband was ready for me to retire at age 62-but I NEVER regretted this decision
- When a new dean started re-organizing the department I worked in
- I had a 5 year plan prior to retiring with financial things I wanted taken care of
- When I felt I could not keep up with the changes in my position and department

How long before you retired did you begin the paperwork with HR?

- About one year before I planned to retire
- In January and I retired in May of the same year
- 3 months before I retired
- I went to HR about a year before I retired to get an estimation of what my pension amount and insurance costs would be. I didn't actually write a resignation letter until 2 months before my actual retirement date.
- The GVSU website has good timelines and procedures for filing paperwork and giving notices. I waited until the last minute to start the process-30 days. Everything worked out well.
- I started checking my retirement options about 6 months prior to my 62nd birthday.
- I submitted my retirement application a couple of months before I retired

When did you make the announcement to your department?

- I let my department know 5 months before I retired-I thought my department would want to post my position and then I would train someone before I left-but that did not happen.
- I gave them 3 months' notice due to the nature of my job
- One year before I retired-I did not intend to announce it but others in the department found out and started sharing
- I shared with my coworkers several months in advance but I did not make it official with management until 30 days before I retired
- I made the announcement to my department one month before
- I announced it to the department 6 weeks prior to retiring

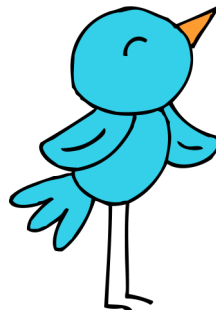
****Watch for more retirement shares next month****

HEALTH & WELLNESS WORKSHOPS & INFORMATION

I'm Dying to Talk to You

Dave Kampfschulte has been in the hospice field for 28 years as a volunteer, author, and educator. Plan on spending a thoughtful and entertaining session as he relates his experiences, based on his book, *I'm Dying to Talk with You*, of interacting with patients and families at the end of life. You will leave with some unexpected new insights on initiating end of life conversations, advanced care planning, and helping people to think about and discuss death in a positive way. Register online at www.gvsu.edu/sprout

This event is also being offered May 16, 12-1pm on the Allendale campus.



It's not too late to Thrive @ GVSU

Faculty and staff have until July 28th to register for the program. Why wait to thrive? It's not too late to enroll! 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. Participants in the Thrive @ GVSU program partner with a coach telephonically and through the new Wellbeing Hub via the Priority Health website.

Learn more: www.gvsu.edu/healthwellness/thrive

Opening Day at the Farmers Market

JUNE 5, 2019

JOIN US AT THE OPENING DAY OF GVSU'S [FARMERS MARKET](#) ON WEDNESDAY, JUNE 5TH FROM 10AM-1:30PM IN PARKING LOT G. THIS SUMMER WILL BE FULL OF FRESH FOOD AND FUN WITH THE SUMMER GRILL CHALLENGE, A 2 MILE FUN RUN/WALK WITH GVPD, AND MUCH MORE!

Run with GVPD

JUNE 19, 2019

Attention faculty and staff: Lace up your sneakers and challenge the GVPD to a 2 mile fun run/walk down Campus Drive! All GVSU faculty, staff and family members of all fitness levels are invited to participate.

Grab a colleague or your whole department to join in on the fun. Proceeds for registration will go to the GVSU student support fund. Start and end at the Farmers Market, where lunch will be available afterwards for an additional charge.

www.gvsu.edu/farmersmarket/gvpd



HR WORKSHOPS

Grand Valley Moms Network - Allendale

12:00 – 1:00 PM

Tuesday, May 21

3062 JHZ (note room change!), Allendale campus

Activity: Mother's Day- Let's celebrate!

Since I can't give you the gift of sleep (that's all I want for Mother's Day anyway), let's have lunch with some mindfulness and relaxation! More details to come.

Please register on [Sprout](#).

Grand Valley Moms Network - Grand Rapids

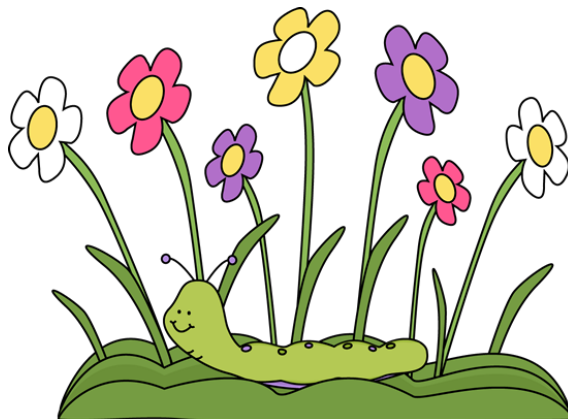
12:00 – 1:00 PM

Thursday, May 9

303C DEV, PEW campus

Topic: College Saving Accounts

Please register on [Sprout](#).



PSS LUNCHEON PHOTOS



PSS LUNCHEON PHOTOS





**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

Cheryl Fischer 1-3000

IMPORTANT DATES

Spring/Summer semester starts - May 6

Mother's Day - May 12

Memorial Day - May 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 May 29.

MAY DATES

Birthdays

4 - Cassandra Hinzman

14 - Melissa Kurek

21 - Cherilyn Denomme

GVSU Anniversary

7 - Melissa Kurek

23 - Jennifer Stamate-Carey

Wedding Anniversary

4 - Janet Potgeter

9 - Susan Brunell

16 - Erica Bringedahl

21 - Charlyn Worthem

23 - Jay Zink

25 - Krystal Vande Bosch



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.