

APSS NEWSLETTER

The latest news & updates from GVSU's APSS Union & its Members

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This newsletter is published monthly. For submission information contact **Megan Eding** at edingme@gvsu.edu.



Visit our website:

apssgvsu.org



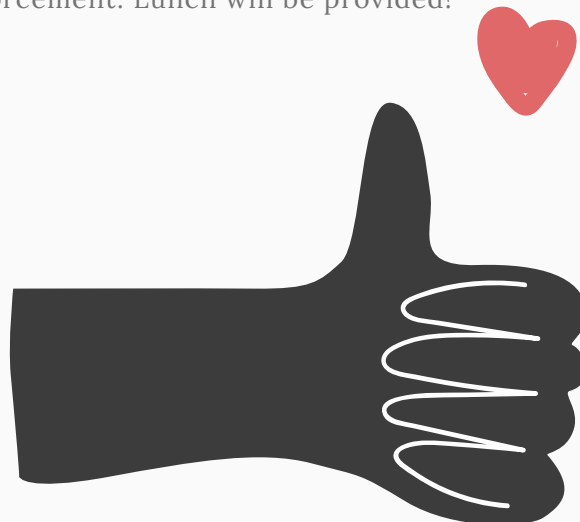
HR WORKSHOPS

GVSU Allendale Mom's Network

Tuesday, January 14

12:00PM - 1:00PM - JHZ 1012

Topic: Meltdowns, Tantrums, Discipline & Positive Reinforcement. Lunch will be provided!



HR WORKSHOPS, CON'T

The following two (2) workshops have been approved for PSS Development Credit:

1) The System is Not Broken

Presented by Inclusion and Equity

Approved for Non-Technical credit

In times of social and political upheaval, it is not uncommon to hear cries of "This is not my America", "This is not who we are", or "The system is broken". However, in an analysis of American policy, history, and institutions, it begs the question: What if the system is working just as intended? This workshop will draw ties between contemporary examples of oppression and historical laws, figures, and establishments.

Tuesday, January 7	1:00PM - 3:00PM	2263 KC	Allendale
Tuesday, January 14	1:00PM - 3:00PM	TBD	Pew

2) Queer & Trans 101: A Training for Allies

Presented by Jen Hsu-Bishop

Approved for Non-Technical credit

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.

Thursday, January 30	1:00PM - 3:00PM	2266 KC	Allendale
Friday, April 3	1:00PM - 3:00PM	TBD	Pew

Register today for these workshops on [Sprout](#).

BENEFITS & WELLNESS

New Search Committee Essentials Guide

The GVSU search Committee Essentials Guide provides the what, why, when and how around key topics related to the search process. Faculty and staff who serve as search committee chairs are encouraged to register for the new search committee chair training which highlights the Search Committee Essentials Guide. Review upcoming trainings and [the guide online](#).

Professional Development: Workshops and Trainings

Looking to develop your professional and personal skills as an employee or supervisor? A number of trainings and workshops facilitated by GVSU's team of Human Resources experts are available to you as a GVSU employee at no cost. For detailed program descriptions and to register, please visit gvsu.edu/sprout.

THRIVE @ GVSU

It's not too late to enroll! Can't remember the last time you had a good night's sleep? Are work distractions causing you to turn to fast food rather than to plan healthy meals? Do aches and pains keep you off the treadmill? We all face challenges in our day-to-day lives that can wear us down. We've all been there. Wellness coaches can help everyone – not because something is wrong, but because feeling well feels right. THRIVE @ GVSU is a voluntary, confidential and free program:

Trained coaches from

- Priority Health provide a confidential sounding board for a variety of physical, emotional, social, and other hurdles and help you reach goals.
- The three-month program is open to all medical benefit eligible faculty and staff and covered spouses/household members.
- Investing in your wellness helps improve your life now and in the future.
- Health screenings are not required to participate in this free, three-month program and you can earn \$100 just for participating!

To learn more and enroll, visit www.gvsu.edu/hro/benefitswellness/thrive.

Spectrum Health NOW

Need care right now? As a PriorityHealth member, you can get care from the comfort of your cubicle, classroom or couch! Spectrum Health Now (previously MedNow) provides you with access to 24/7 virtual care. Download the [Spectrum Health Now app](#) today!

BENEFITS & WELLNESS

Faculty and Staff Group Exercise

Ever wanted to try spinning, yoga, or strength training? A variety of fitness classes are open to GVSU faculty, staff, and family members each Fall, Winter, and Spring/Summer semesters. Two sessions are offered each semester. Classes begin the week of January 6th. Review the [full schedule online!](#)

Register on [Sprout!](#)

Faculty & Staff GROUP EXERCISE

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**Classes begin the week
of January 6th.**

Review the full schedule online:
gvsu.edu/hro/benefitswellness/groupex

Register online: gvsu.edu/sprout

BENEFITS & WELLNESS
gvsu.edu/hro/benefitswellness



GRAND VALLEY
STATE UNIVERSITY
HUMAN RESOURCES

UNION NEWS



Look for news from our Bargaining Team in upcoming newsletters!

Thank you for taking time to complete the survey from the bargaining team - Your opinion counts!

If you have questions for the bargaining team please feel free to email - apssbargaining@gmail.com

The goal is to begin bargaining in March and be concluded before summer!! GOOD LUCK TEAM!! 😊

Remember you can begin earning your development credits for this year!

Just sign up for an approved PSS development course on Sprout and after you have attended go to the [PSS Development Page](#) and fill out form to qualify and earn the credit.

Winter Ultratime codes:

SNO: for staff members time off due to inclement weather (eight hours max a calendar year). Can be used in hour increments.

WEA: for staff members time off on days the University is officially closed.

Becky Bakale - THANK YOU to Sandra Jennings for serving as a building rep for the APSS members! We appreciated your hard work and dedication to the Alliance Professional Support Staff!

ENJOY your retirement! 😊

Sandra currently serves the members in the Bike Factory and the Seidman Center - If you are interested in serving as a building rep or any involvement with the APSS Union, please contact Becky Bakale (bakaler@gvsu.edu)

2019-2020 BARGAINING TEAM

CHAIR

COREEN BEDFORD

EX OFFICIO

BECKY BAKALE

MEMBERS

SHAWN EVANS

CHERYL FISCHER

MICHELLE HOLSTEGE

RHONDA LEMIEUX

EMAIL

apssbargaining@gmail.com



2019-2020
BUILDING REPS

CHERYL BRONNER	X13327
STU, 1ST FLOOR	
TAMI JOHN	X12350
CAC & KC	
BILL GRIMALDI	X13859
AH, CUB, & SER	
MATT COLLVER	X15583
CHS & RFH	
BARB ELLIS	X18611
KHS & LMP	
LINDSEY BURNS	X12186
MAK & NLC	
DEB ROTMAN	X12297
AGS, LHH, LSH, & PAC	
MARK SAINT AMOUR	X12530
FH & MAN	
HOLLIE RAGO	X13426
CON, JHZ, LMH, & NMH	
KATIE HAYNES	X13006
HHLC, HRY, & PAD	
JOYCE SULLIVAN	X13730
ASH	
AUTUMN DEROO	X15936
EC, KEN	
PATTI MCCARTHY	X16751
DEV, 1ST & 2ND FLOORS	
SANDRA JENNINGS	X16848
BICYCLE FACTORY & SCB	
VICKI HELGESON	X12630
LIB	
LINDSAY BOGI	X13585
STU, 2ND & 3RD FLOORS	
VICKI WENGER	X13898
LOH	
PATRICK PERRY	X16202
DEV, 3RD & 4TH FLOORS	
VACANT POSITION	
HOLLAND, MUSKEGON, & TRAVERSE CITY	

MEMBER RELATIONS
TEAM

RHONDA LEMIEUX	X13268
CHAIR	
CHERYL FISCHER	X13000

IMPORTANT DATES

Classes Start - January 6

No Classes (MLK Jr Day) - January 20

UPCOMING ISSUE

Share your self-care tips (or any other news) with **Megan** at edingme@gvsu.edu by 5:00PM on Monday, January 27.

JANUARY DATES

BIRTHDAYS

- 1 - Luke Madden
- 2 - Robin Burris
- 3 - Shelby Harrison
- 4 - Hollie Rago
- 11 - Joyce Sullivan
- 11 - Johanna Swanson
- 12 - Connie Wiers
- 16 - Barb Hackley
- 16 - Jennifer Stamate-Carey
- 18 - Becky Bakale
- 20 - Sandee Snyder
- 20 - Vicki Wenger
- 22 - Sheryl Nelson

GVSU ANNIVERSARY

- 2 - Tami John (5 yrs)
- 2 - Luke Madden (2 yrs)
- 2 - Lolita Salindong (13 yrs)
- 3 - Aubrey Dull (2 yrs)
- 5 - Craig Hammerlind (7 yrs)
- 6 - Sara Walker (6 yrs)
- 8 - Darlene Roper (24 yrs)
- 10 - Bonnie Hudson (26 yrs)
- 12 - Erika Baker-Bringedahl (11 yrs)
- 18 - Sandra Briggs (10 yrs)
- 26 - Tracie McLenithan (22 yrs)
- Robin Burris (22 yrs)
- Cheryl Fischer (27 yrs)

WEDDING ANNIVERSARY

- 10 - Barb Hackley (39 yrs)
- 14 - Connie Wiers (5 yrs)

Thinking of You Cards:

Do you know someone who is off work because of surgery, illness, or accident? Please let **Deb Barko** know at barkod@gvsu.edu. She will send a card from our Association.

If you would like your birthday, GVSU anniversary, and/or wedding anniversary published in the newsletter, or if you have suggestions for an upcoming issue, email **Megan Eding** at edingme@gvsu.edu.