

APSS NEWSLETTER

August 31, 2017

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2017 - 2018

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This newsletter is published monthly.

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



Jennifer Cathey - Funny you sent this today as we had Kindergarten Orientation today...

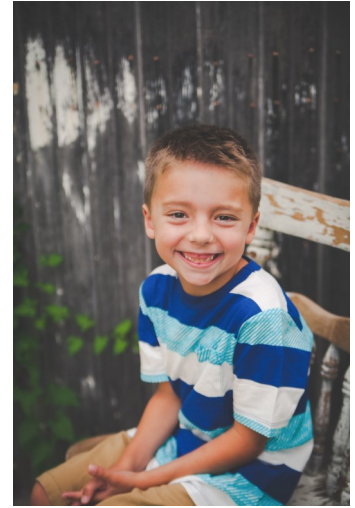
James starts Kindergarten at Knapp Forest on August 28. He's excited for the new experiences. I, on the other hand, am a bit emotional!



Michelle Holstege - This year we experienced GVSU Move In from a parent perspective. Monday, August 21 we moved my daughter Jessica into Holton Hooker! What a beautiful place to call home for the next year!



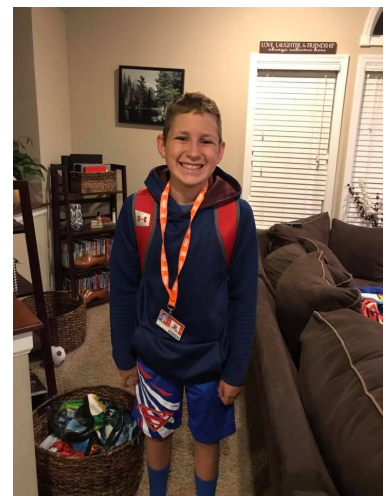
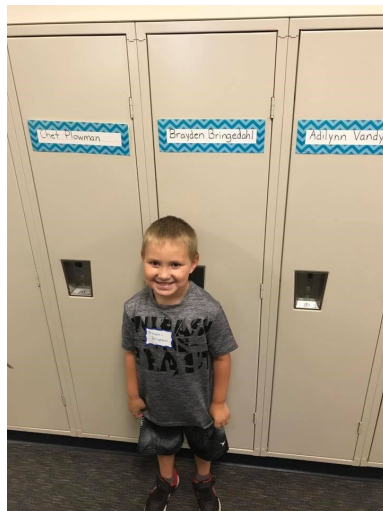
Lindsey Burns - Not sure if this qualifies as starting a new school, but we moved last year and my son will be starting his first year at Georgetown Elementary in 1st grade! He is super excited to start his new school and be in school with a lot of his friends he has made at Appletree over the years. His teacher is actually the wife to one of my faculty members as well, so it will be a great transition.



Kathy Rice - Here is a picture of my granddaughter, Octavia. Today is her first day of 3-year-old preschool. She is attending Kenowa Hills Early Childhood Center.



Erica Bringedahl - Both my boys started in new schools this year. Trey is in Middle School in 6th grade and Brayden is starting Kindergarten.



ANNOUNCEMENT

The GVSU Women's Commission is a faculty/staff affinity group that advocates for gender equity and social justice. The Women's Commission is currently working on developing recommendations for senior leadership on how to improve family leave policies and make GVSU a more family-friendly work environment. Please join us! We need your expertise and experiences to ensure that the final recommendations brought forward are beneficial to all employees. If you would like to get involved or have a family leave story to share, please contact the Women's Commission Advocacy Co-Chairs, Samantha Minnis (minniss@gvsu.edu) and Casey Thelenwood (thelecas@gvsu.edu).



TOGETHER WITH



INTERNATIONAL AID OF SPRING LAKE AND GVSU ALLIANCE OF PROFESSIONAL SUPPORT STAFF
ARE TEAMING UP!

HELP US BRING RELIEF TO THE SURVIVORS OF HURRICANE HARVEY

DISASTER RELIEF HYGIENE KITS

You can help!

Please donate any of the items listed below **BY 5pm on TUESDAY SEPT 5TH.**

You most likely have some of them in your home already!



List of NEW items to donate:

12oz bottles of shampoo (TAPED SHUT)
Toothbrush adult and kids
6.4oz. Tubes of toothpaste
Combs
3oz. bars of Soap
Washcloths
Gallon Sized Ziplock Bags

GVSU DROP OFF PLACES:

Facilities: Bill Grimaldi, Cheryl Fischer, Michelle Holstege
Joyce Sullivan 2172 ASH Vicki Wenger 130 LOH
Mark Saint Amour 1161 KC Lindsey Burns/Cheryl Anderson C-2-100 MAK
Deb Rotman 1105 CAC Cheryl Bronner 150 STU
Carol Talsma 159 CHS Lindsay Bogi 204 STU
Patti McCarthy 136C DEV
Patrick Perry 402C DEV
Coreen Bedford 102 EC
Janet Potgeter 118 PAD
Hollie Rago 2015 JHZ
Tami John 1110 KC

HEALTH & WELLNESS WORKSHOPS & INFORMATION

CALL FOR ABSTRACTS-INAUGURAL GVSU WELLNESS SUMMIT

The GVSU Health & Wellness task force is pleased to announce the first Wellness Summit on October 4th, 2017 from 2-8pm at GVSU's Allendale Campus.

This event will give students, faculty, and staff the opportunity to learn about campus wellness programs and resources, with others who are implementing healthy lifestyles, and understand GVSU's strategy to be the healthiest campus in the nation! There will be cooking demos, vendors, a flu shot clinic, door prizes, and more!

We are asking for student and faculty to consider submitting an abstract for flash talk presentations at the Wellness Summit. These are short (5-6 minutes) talks about a wide variety of topics related to health and wellness that are science based. We encourage you to be creative as the flash talks are meant to be a flexible, stimulating, fun way to discuss health and wellness.

Deadline to submit abstracts is September 6th. Learn more and submit your abstract [here](#).

www.gvsu.edu/bewellgv

Save the date! Winter Wellness Summit-February 13th 2-8pm
Pew Campus

Create a Personalized Plan for Change

September 25th, CHS 127
September 26th, Facilities Services
12-1pm

This 1- hour, interactive workshop gives participants a taste of health coaching in a group setting. Led by a certified health and wellness coach, this workshop uses evidence-based methods of evoking behavior change. We take a holistic approach to wellness and help guide participants through the process of making a change in any dimension of their well-being; from weight loss to work productivity. Participants will walk away with a personalized plan and first steps towards making a desired change. Presented by Priority Health.

Register online at www.gvsu.edu/sprout

Health Coaches on Site

September 13th, 12-6pm Seidman 1019
September 14th, 9am-2pm Kirkhof 2228

Need individual attention? Call today to meet with a Health Coach in person. Sign up for your appointment now by calling the 1-800 number on the back of your Priority Health insurance card or online at www.priorityhealth.com and click on the wellness event schedule. Want to learn more about health coaching? Email ph-healthcoachteam@priorityhealth.com to connect with a health coach for more information.

HR WORKSHOPS

PSS Development Credit:

Leadership IQ Trainings have recently been approved by HR as non-technical credit. In order to receive credit staff must complete all modules under the major category headings (i.e. Influencing Others, Developing a High Performing Team, etc.). Please note that the results from the quizzes associated with each module will need to be printed and provided to the staff's supervisor as proof of completion in order for the trainings to be signed off on in the Development Credit portal. The Leadership IQ Trainings can be found here: <https://www.gvsu.edu/hro/leadership-iq-155.htm>

The current Sprout offerings have been approved for PSS Development Credit:

Technical

Faculty/Staff Adult & Pediatric First Aid/CPR/AED Blended Course

Fall 2017 Data Inquiry Lab Workshop Series

Introduction to Ensemble Video & TechSmith Relay

Creating Engaging and Interactive Digital Media

Hands Only/Citizen CPR

Camtasia Version 9: Advanced Video Production

Non-Technical

Supervisor 101 – Sessions 1-3

Glue them to their seats; Redeeming PowerPoint

Inclusion Advocate Social Justice 101 Orientation

Sneaky Slides: How to Rescue PowerPoint from the Dark Side
for More Engaging eLearning Videos

Goal Crushing Productivity Mini-Session

September 15, 2017
9:00 – 10:30 AM
2266 Kirkhof

September 22, 2017
9:00 AM – 10:30 AM
303C DeVos

In this one-hour session on goal crushing productivity, we'll cover quick tips for goal realization, prioritization, organization and time management and helpful habits to help you crush your goals and increase your chances for continued career success.

Please register on [Sprout](#).

What Mommies Do Best – DeVos

September 21, 2017
12:00 PM – 1:00 PM
303C DeVos

Literacy – Getting Kids to Read: Learn how to create a literacy rich environment, develop a home library and continue to build a love for literacy from birth and beyond.

All parents and caretakers welcome! Please register on [Sprout](#).

UNION NEWS

Helpful Tools for Illness or Injury - Self Salary Continuation Guidelines for a Staff Members Illness or Injury

An illness is a cold, flu, ailment, disease, or other sickness that would prevent a staff member from working.

An injury is bodily harm to the staff member which would prevent them from working. Examples include: a broken bone, a sprained joint, outpatient surgery, or recuperation from results thereof.

1. Staff members must meet their employment obligation of regular and reasonable attendance.
2. Salary continuation/sick time is primarily intended to protect the income of staff members while disabled.
3. Staff members are responsible to follow the established work rules or protocol in their department for any absences during work time (i.e. what number and who to call, notification of other office staff, etc.).
4. Staff members shall notify his or her supervisor of an absence in advance as soon as possible and shall state the expected duration thereof when possible.
5. Supervisors should not request a specific diagnosis but staff members must provide information regarding the need for their absence. For example: dentist appointment, doctor appointment, eye appointment, therapy, medical procedure, etc.
6. If requested by the University, acceptable proof shall be furnished regarding the need for the absence. The University will then determine if the reason qualified for use of salary continuation/sick time.
7. In order to comply with the Family and Medical Leave Act, time off from work of 10 consecutive work days or longer due to a staff members surgery or medical condition will require that doctors documentation be submitted to HR prior to time off from work. If unforeseeable, doctors documentation must be provided as soon as practicable under the facts and circumstances of the particular case.
 - o Paperwork can be found at: <http://www.gvsu.edu/hro> under Forms-Benefits for the University Medical Leave Application, titled Certification of Health Care Provider-Self.
 - o Information about the Family & Medical Leave Policy can be found on the University Policies site.

2017-2018**Building Representatives**

Cheryl Bronner 1-3327
Student Service-1st floor

Tami John 1-2350
Kirkhof Cntr

Bill Grimaldi 1-3859
Alumni house, Service &
Central Utilities

Carol Talsma 1-7323
Cntr of Health Sciences,
Michigan Health Hill,
& 515 Michigan

Barb Ellis 1-8611
Copy Center, Laker Store, &
Kindschi

Cheryl Anderson 1-3482
Lindsey Burns 1-2186
Mac- A-D

Deb Rotman 1-2566
Calder, Superior, & Arts cntr

Mark Saint Amour 1-7029
Bike Factory
Seidman Center

Hollie Rago 1-3426
Honors, Connection, Zumberg &
Lake Michigan

Janet Potgeter 1-8531
Henry, Holton Hooker, &
Padnos

Joyce Sullivan 1-3730
AuSable & Lake Huron

Autumn DeRoo 1-5936
Kennedy, Eberhard, Ferguson

Patti McCarthy 1-6751
DeVos 1st & 2nd floor

Sandra Jennings 1-8800
Manitou & Fieldhouse

Jacquelyn Abeyta 231-995-1858
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
Cheryl Fischer-Chair 1-3000

Michelle Duram 1-3298

Vicki Helgeson 1-2630

IMPORTANT DATES

Labor Day Holiday - September 4

No Classes - September 4-5

SUGGESTIONS FOR UPCOMING ISSUE

Looking to share fall news or events coming up. If you have anything to share, email Erica by September 26.

SEPTEMBER DATES**Birthdays**

1 - Amanda Reader

4 - Bev Nyhuis

5 - Darlene Roper

15 - Michelle Hodde

15 - Shelly Micho

19 - Angie Ryan

24 - Roxanne Mol

25 - Deb Barko

27 - Michelle Duran

27 - Julie Carbine

GVSU Anniversary

Tina Lee

Deb Barko

Hollie Rago

Leah Thomas

3 - Michelle Hodde

5 - Bob Kozminski

8 - Diane DeRyke

10 - Jacquelyn Abeyta

26 - Patti Eisen

27 - Irene Fountain

Wedding Anniversary

3 - Darlene Roper

6 - Barb Kozminski

11 - Carrie Shoup

14 - Pat Cox

18 - Ashley Riley

21 - Jalyn Kamp

27 - Mary Van Popering

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.