



COVID-19 Resources

GVSU FAQs

The GVSU Emergency website has information relevant for our entire community. Visit the [GVSU COVID-19 FAQ page](#) for university communication updates, travel and self-quarantine information, and student information.

Human Resources FAQs

If you or a colleague have questions regarding COVID-19, please refer to the [Human Resources FAQ page](#). It is important to utilize and share this page to help manage the situations arising with COVID-19. If you have content you would like added or have any unanswered questions, please contact Human Resources at 616-331-2215 or hro@gvsu.edu.

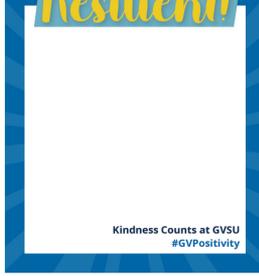
Lakers Working Together

Visit our [Lakers Working Together page](#) for information on flexible and remote work resources including: equipment and access, web conferencing, transferring phones, remote collaboration, and work life resources.

Send Virtual Kindness Cards

Research reflects that even the smallest gestures of kindness make a big impact. Givers and receivers of kindness experience relief of pain, stress, anxiety and depression, in addition to lower blood pressure, improved overall health, a slowed aging process, and increased levels of happiness. So why not make someone's day by [sending a virtual Laker Kindness Card](#) today!

[Download a card](#) and spread some #GVPositivity!



NEW: GVSU Retirement Plan Enhancements Provided by Fidelity

Effective June 1, 2020, Fidelity Investments® will support the enrollment process and provide ongoing recordkeeping services to all GVSU Retirement Plan participants, regardless of your chosen investment service provider. Your current plan investment options and accounts with Fidelity and TIAA will remain unchanged. [Learn more](#) about the changes and how this will affect you. You will be receiving a Plan Enhancements Guide in the mail with more information.

Taking Time Off to Restore

It has now been several weeks of changes and adjustments, with many of us still trying to figure out a new normal. At the same time, we have been slowly processing the reality and implications of all the changes in the world, at work, and home. It is not just business as usual; the nature of our home and work life has changed drastically. Due to this, you may want to **consider using vacation time to rest and restore**—restore from long days of wearing multiple hats, and continue to allow space to process everything going on around you. Even in a remote working environment, you may need to take time off to take a break from work. Using vacation time to rest and recharge is crucial in **preventing burnout, practicing mindfulness, and setting intentions to stay well for the weeks to come**. Be sure to have those conversations with your team members about taking time off. Cover for each other and **give each other permission for self-care**. Please work with your supervisor to request vacation time off, as normal approval processes apply.

New From Encompass:

My Life Expert

Encompass, your employee assistance program (EAP), recently updated its online resources at [MyLifeExpert.com!](#) First time users can create a profile using the code: **GVSUNI**. The website will continue to be updated with the most recent information related to COVID-19. My Life Expert offers helpful articles such as, [How to Talk to Children About COVID-19](#) and more. For instructions on how to make an account and to learn about what's new, [view the flyer](#).



Benefits and Wellness Success

Story: Jennifer Cathey

Feeling like going for a run? Jennifer Cathey, office coordinator for the General Education Program, is always ready to say yes. Jennifer has run 16 marathons so far since picking up running in 2002. Today, she's well on her way to running her 17th marathon as she trains for this year's Boston Marathon.



Looking back, Jennifer admitted she wasn't always a runner, and said her classmates from high school would be surprised she is running marathons. Jennifer's love for running started shortly after getting her first job out of college. She wanted to find something to relieve stress and stay active, and running became just that, quickly becoming an important part of her life. "Running and working out help me feel like me," she remarked. "So much of my identity is tied up in running."

As she trains for her sixth Boston Marathon, Jennifer understands now more than ever the benefits of an active lifestyle. "Being active in a variety of ways has given me the physical stamina to keep up with my kids and has allowed me to be a good example for them to also stay active," she said. "I have also found that the social aspect of running groups and workout classes provide me with stronger emotional health as I achieve things I didn't think I could and have others supporting me along the way."

Jennifer takes part in several GVSU programs to help stay active even at work. "Thanks to GVSU, I can get my workouts in on my lunch hour. I love the variety of classes offered and have been part of Strength, Yoga, Bootcamp, and Spinning Classes for a few years," she said. "The fitness instructors at GVSU are absolutely amazing. They really care about our well-being and are willing to work with us so we can reach our goals."

Jennifer said the GVSU community has been helpful and encouraging as she works to stay on track for training. "I have made friends from all across campus and we like to work out together, even when we don't have class," she explained. "GVSU, and especially my supervisor too, really support an active and healthy lifestyle, and that is so important to me."

While the 2020 Boston Marathon has been postponed until September due to health concerns, Jennifer still plans on participating, and is already creating plans to alter her training schedule to make up for the date change. While a later date means running in warmer weather, she's taking this change as an opportunity to improve her running techniques and nutrition in order to experiment with more warmer marathons in the future.

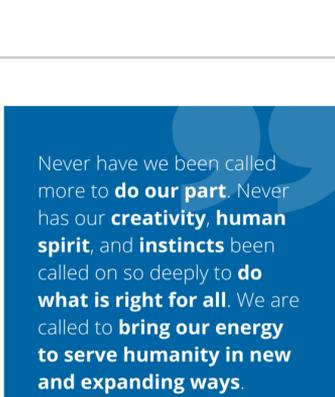
For faculty and staff members who are looking to get active, Jennifer suggested to try something new: "If you really want to make a change and get active, try everything. You may try running and hate it. That doesn't mean you can't do something. Try something until you find what you love."

Networks of Support

Lakers Respond to COVID-19

President Mantella has called on the entire community to harness our power, talent, intellectual capacity, and compassion to activate [Networks of Support](#) in key areas of need where you have skills and expertise.

[Learn more](#) about the networks and service opportunities.



Family Resources for Learning At Home

GVSU is dedicated to supporting K-12 students and families as they temporarily transition to online instruction and instruction at home. To do so, the Charter Schools Office and the College of Education have created [ever-growing resource lists](#) for students in elementary grades, middle school, and high school. There are also resources geared toward social emotional learning. The lists will be updated every Friday.

Michigan No-Fault Auto Insurance Reform

The Michigan No-Fault Auto Insurance law will be changing on July 1, 2020. However, GVSU will continue to exclude coverage for claims related to auto accidents. When renewing your auto insurance, GVSU recommends that you continue with the unlimited PIP protection. To learn more, view the [infographic](#) or visit the [Benefits & Wellness Coordination of Coverage page](#).



THRIVE @ GVSU

It's not too late to enroll!

We all face challenges in our day-to-day lives that can wear us down, especially during this time of uncertainty, but Priority Health Wellness Coaches are here to help! Wellness Coaches are available for one-on-one telephonic sessions to help you navigate any emotional, mental or physical struggles you may be facing. To begin working with a wellness coach, sign up for [THRIVE @ GVSU](#) today. THRIVE is a voluntary, confidential, and free three-month wellness coaching program open to all medical benefit eligible faculty, staff, spouses and household members. **Earn \$100 for completing 3 months of the program!** What are you waiting for? [Learn more about THRIVE](#).



HR Team Member Feature:

Nick Ekstrom (and his coworker, Paxton!)

Benefits Specialist

How long have you worked in HR at Grand Valley? 5 years.

How do you help support faculty and staff at GVSU in your role? I help make navigating and understanding their benefits simple.

If there was only one food you could eat for the rest of your life, what would it be and why? Pizza is without a doubt my favorite food, but if I could only eat one thing for the rest of my life, I would have to go with soup. You have to love the variety you get with soup.

What energizes you? Music and coffee.

What is your favorite pastime? Collecting records and hiking.

What's your favorite part about working at GVSU? The grounds are incredible!



[Current Job Openings](#)

