



Returning to the Workplace

Required Employee Training

GVSU is thoughtfully preparing for the resumption of on-campus operations and instruction in a healthy and safe way. Prior to returning to the workplace, all faculty and staff are required to complete a COVID-19 Employee Training, which includes reviewing and reading important information on returning to campus. [Complete the COVID-19 Employee Training](#).

Face Covering Policy

The use of face coverings, such as masks, are just one element in reducing the risk of COVID-19. As of right now, face coverings that cover the mouth and nose are required in indoor and outdoor spaces on GVSU's campuses when unable to consistently maintain a distance of at least six feet from others, including classrooms and laboratories. Review the [Face Covering Policy](#) online.

Lakers Together

Lakers Together is a dynamic and evolving website regarding the Fall 2020 academic year. GVSU is preparing for a vibrant campus experience for the fall, with their top concern being the health and safety of the Laker community. [Refer to the Lakers Together website](#) for additional resources and the most up-to-date information on COVID-19 as it pertains to the university.

Leading Laker: Salvatore

Alaimo

It can be difficult to stay motivated and make healthy choices in our current times, possibly feeling as though we are alone in our wellness journeys as we social distance. Salvatore Alaimo, Associate Professor in the School of Public, Nonprofit and Health Administration, has been keeping connected to his wellness goals by continuing to work with his Priority Health wellness coach as part of the [Thrive @ GVSU coaching program](#).



"I would recommend a coach so you don't have to go it alone," Sal said. "Having someone to give you encouragement helps."

While it's been challenging without access to a fitness center during the stay at home order, Sal has stayed healthy and well during this time with the encouragement of his coach.

"She helps me with accountability in terms of going over how the past two weeks went and how well I stuck to a plan," Sal said. He walks through types of exercises he prefers with his coach, and she then suggests new types of exercise to keep his plan more exciting and help him stay accountable. Sal mixes up a variety of walking, stretching, yoga, and punching bag exercises over the course of a week to create variety and avoid losing interest in keeping active.

Additionally, Sal's coach has helped his emotional well-being by having the dialogue around the need to create boundaries between work and life. Sal pointed out that while we work from home and try to process all the changes in our lives, it can be good to be reminded of healthier balances. "It's not only made me more productive, but the quality of my work has gone up because I'm more focused," he said.

While we work from home, we're not alone. In a time where we may feel separate, it is more important than ever to reach out to others to take care of ourselves. This period of time looks different for everyone, and no matter the circumstances, there are many benefits to reaching out and trying to improve your overall well-being.

"An unexpected success during this time has been enjoying getting back to a healthier lifestyle," Sal said. He encourages faculty and staff members to [take advantage of this free service to start improving their wellness](#). "Once you stick to your plan for a while and start noticing the difference and you feel better, you will be even more motivated to continue."

[Read about more Leading Lakers at GVSU](#)



Returning to campus may be a big adjustment for many GVSU employees. Through this challenge offered by the wellness team in Human Resources, our hopes are that faculty and staff can find a renewed sense of physical energy, well-being and connection with their fellow colleagues, as we all adjust to a new way of life on campus.

Grab a colleague or let us pair you up with someone new, get back to campus and get active! This 6-week virtual fitness challenge will push you and a partner to meet weekly physical activity goals. Using the Google Fit app, teams will set and track goals earning points each day. Prizes will be awarded to the top teams!

[Sign up for the Return to Laker Country Challenge](#)

How Can Encompass EAP Help Me: Getting the Most Out of Your Benefits

July 16, 9-9:45am

July 27, 12-12:45pm

Join Encompass for a town hall session with one of their Employee Assistance Program (EAP) Consultants to explore what Encompass offers Grand Valley employees and their family members. They will discuss normal reactions to abnormal events and provide Q&A, experiences about what can be expected from their EAP, and how a Grand Valley employee can engage in services. Further topics will include life coaching and assisting family members with mental health concerns.

Register for the [July 16 session](#) or the [July 27 session](#).

New Career Resources

As a faculty and staff member, you are an integral part of making GVSU one of the most successful colleges in the Midwest. We are known for our great talent—YOU—and want to help you continually develop your skills, strengths and experiences in a way that encourages growth and opportunity.

Check out these new and existing resources on the [HR Career Services page](#):

- (New!) [Faculty Development & Diversity](#)
- [Encompass EAP](#)
- [Professional Development at GVSU](#)
- [Professional Document Review](#)
- [Interview Tips](#)
- [Communities of Practice](#)

Michigan No-Fault Auto

Insurance Reform

The Michigan No-Fault Auto Insurance law has changed as of 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](#).



HR Team Member

Feature: Natalie Trent

HR Specialist

How long have you worked in HR at Grand Valley? 4 years.



How do you help support faculty and staff at GVSU in your role?

One of my key roles is to help faculty and staff navigate the leave of absence process for all types of leaves. I also assist with contract and policy interpretation/application, flexible work arrangements, and workers compensation claims.

What is your favorite quote? "Do the best you can until you know better. Then when you know better, do better." –Maya Angelou

If there was only one food you could eat for the rest of your life, what would it be and why? Can I pick all the food? If not, I pick anything my husband Mike makes! If I still need to be more specific, I choose his homemade skillet pizza, because he makes everything from scratch (including the dough and sauce with tomatoes and herbs from our garden) and it is AMAZING!!!

What energizes you? Traveling to new destinations and spending time with friends and family.

What is your favorite pastime? Figure skating. I've skated since I was in the third grade, and got back into it more regularly when I moved to Grand Rapids by joining an adult synchronized skating team, the Lake Effect Flurries!

What's your favorite part about working at GVSU? Greeted the friendliness of our community is wonderful. Any time you're around campus, you're greeted with smiling faces and a quick hello, whether you know the person or not. I also love our amazing grounds. The campus is so beautiful and I'm always discovering new reasons to love it.

What is your "Laker Effect"? Working in higher education gives me the opportunity to participate daily in a culture of learning. I grow alongside everyone in our community, striving to be more educated, compassionate, caring and open to new ideas/thoughts/perspectives. I then get to radiate that out into the world through my sphere of influence, and so does everyone else, connecting us all through one large #GVLakerEffect!

Upcoming Events

Understanding Your Style to Maximize Your Potential

July 8, 12:00-1:00pm

*For access, log in at [MyLifeExpert.com](#)

How Can Encompass EAP Help Me: Getting the Most Out of Your Benefits

July 16 at 9-9:45am

July 27 at 12-12:45pm

[View all upcoming events.](#)

[Current Job Openings](#)

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