



## Getting Started With Campus Technology



### A GVSU Faculty and Staff Guide

Looking for teaching or virtual learning tools? Need help logging in to your GVSU Network Account? Want to download Office 365 or other software to your personal computer? Download the [Getting Started with Campus Technology Faculty and Staff Guide](#) for a comprehensive list of resources for all of your technology needs.

## Leading Laker: Ed Spier



Before Ed Spier started in his current position, his career at GVSU began as a student back in 1985, combining his passions for music and public broadcasting by hosting a radio show, "Basically Big Bands," which still airs today under a different host. From there, his career led him through various broadcasting positions until he became the TV program manager for WGTV Public Media, where he schedules the programming on their four broadcast channels.

Like most of us, Spier's position has looked a little different over the past few months, and he admits that it's been tough. "Things have definitely changed," he said. "I'm mostly working from home right now, with the occasional trip to the office. I do struggle with the fact that since I'm working from home, it's hard to not feel like I'm always at work."

Despite this, Spier has still been able to stay motivated and healthy, largely due to his love of running. A lifelong runner with 50,000+ career miles under his belt, Spier can't really imagine his life without running. "I'm not sure, because I don't want to test my theory, but I'm pretty sure I would just be another grouchy old 'get off my lawn' guy if I wasn't living a healthy lifestyle. Just ask my wife...she'll tell you how grumpy I am when I miss my run!"

While working at home has been a challenge, Spier has been able to find the silver lining in adding a morning run to his routine now that he can be more flexible with his time. "Normally I would run at lunch if I was on campus, but too many times I've just blown it off because there were too many other things that needed to be addressed," he said. "Working from home has allowed me to adjust my schedule a bit in the morning, and I am able to get out with my running buddies for an hour or so every day."

Not only has sticking to his daily run helped him stay positive during these current times, but Spier also works with a Priority Health coach to stay motivated and healthy. "The Priority Health coaching program (shout out to Sara, who keeps me on the straight and narrow) gives me an opportunity to chat about different ways to stay healthy, and things I can do to maintain my health."

In addition to his health coach, Spier finds that adding a bit of competition to his day helps him stay motivated to be healthy, and said, "I've also participated in some Benefits and Wellness programs, such as the ongoing Return to Laker Country program. It's always good to have a little competition, as well as having a partner to answer to if you're not feeling motivated."

There are a lot of ways you can adapt to the changes thrown your way during this time and come out as a leader. We are all running our own races during this time to stay well—and for you that could mean tapping into an old hobby, connecting with a health coach, or, like Spier, breaking up your morning routine to make time for something you're passionate about. "There are so many ways to lead," Spier said, "just find one that fits your passion and run with it!"

[View all GVSU Leading Laker features.](#)

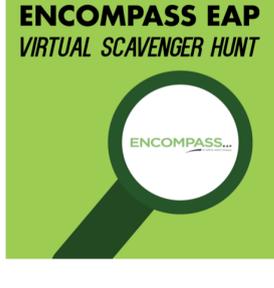
## NCFDD Membership for GVSU Faculty and Staff

The National Center for Faculty Development and Diversity (NCFDD) provides on-demand access to mentoring, accountability, and support you need to thrive. As a GVSU employee, you can access NCFDD's tools for free, promoting your work-life balance and increasing your research and writing productivity. [Learn more about NCFDD.](#)

## New Mental Health and Well-Being Index for GVSU Services

During uncertain times, many people experience a wide range of emotions and behaviors. Many factors contribute to how you may be feeling, including social, financial, interpersonal and systemic stressors that can negatively impact your mental and emotional well-being. GVSU has created an easy-to-use index of resources for all manner of wellness and mental health needs. [Try out the mental health and well-being tool.](#)

## Encompass EAP Virtual Scavenger Hunt



Did you know as a faculty or staff member of GVSU, you have access to a network of expertly crafted resources and support networks to help you with personal, financial, medical, and professional challenges? The Encompass Employee Assistant Program (EAP) has a wide variety of resources available as a part of your benefits package. Get to know Encompass better this semester through a virtual scavenger hunt. [Learn more about how to participate in the Scavenger Hunt.](#)

## Get Moving Team Challenge 2020



Registration Now Open

You may have noticed that you've been spending much more time on the good ol' World Wide Web lately. With COVID-19 separating us physically, our computers and phones have been more important than ever to keep us connected at work and at home, but they may also be working to distract us from our healthy life goals. Thankfully, the Get Moving Team Challenge is here to help you step away from your computer and get active to meet your wellness goals! [Learn more about the challenge.](#)

## GVSU Recreation & Wellness Opportunities



GVSU Recreation & Wellness is offering several opportunities to stay healthy and well during the Fall semester, including the [#GVLakerStrong Virtual 5K](#), a virtual 5k you can walk, jog, or run wherever you are, as well as the [#GVLakerStrong Daily Activity Challenge](#) which motivates you to achieve 30 minutes of physical activity each day.



Faculty and staff who register for the #GVLakerStrong Virtual 5K receive 50% off the GV Laker Strong Daily Activity Challenge – you can get the best of both worlds!

## New Email Signature Block Policy

All faculty/staff communications from university email accounts should reflect the GVSU's brand. To keep our brand identity strong and consistent, and to enhance credibility for our faculty and staff who communicate via email, all emails created by university employees and delivered via the university's email system should feature email signature blocks consistent with this policy.

[Review the full policy.](#)

## Reminder: Michigan No-Fault Auto Insurance Law Changes as of July 1, 2020

A reminder that the Michigan No-Fault Auto Insurance law changed on July 1, 2020. However, GVSU will continue to exclude coverage for claims related to auto accidents. When renewing your auto insurance coverage, GVSU recommends that you continue with the unlimited PIP protection. [Review complete details regarding the change on our website.](#)

## Travel and Expense System Transition

While we are not traveling now, the GVSU Business and Implementation team is preparing to improve our travel and expense reporting processes with the implementation of a new system. Concur Travel, that will be live early next year. Check out the [Business and Finance travel website](#) for updates.

## HR Team Member Feature: Krista McFarland

### Administrative Assistant



**How long have you worked in HR at Grand Valley?** One year (but 25 years at GV!).

**How do you help support faculty and staff at GVSU in your role?** I support the Associate Vice President and the operations of the Human Resources department through the events, services, and resources we provide to our employees.

**What is your favorite quote?** "Sometimes the only choice we have is how we choose to react."

**If there was only one food you could eat for the rest of your life, what would it be and why?** Chicken parmesan – I mean, you can really eat it for breakfast, lunch, or dinner.

**What energizes you?** Caffeine and laughter.

**What is your favorite pastime?** Cooking and traveling.

**What is your favorite part about working at GVSU?** The people – I feel lucky to work with amazing students, staff, and faculty.

**What is your "Laker Effect"?** Continuing to support GVSU and to share my wonderful Laker experiences as both a staff member and an alumni.

## Upcoming Events

### Dads Network - Virtual

[September 10, 12pm-1pm](#)

### Moms Network - Virtual

[September 22, 12pm-1pm](#)

### Elder Care Support: Network Community

[September 23, 3:30pm-4:30pm](#)

### Young Professionals in Higher Education Meeting:

"Help! I need to set boundaries"

[September 29, 8:30am](#)

[View all upcoming events.](#)

[Current Job Openings](#)