GVSU & GRCC Collaboration on Programs
In an effort to expand informational seminars and learning opportunities for faculty and staff, Grand Rapids Community College and GVSU are collaborating on programming. What does this mean for you? Programming at either college will be available to you as a GVSU faculty or staff member. GRCC programming includes both personal and professional development. Visit www.gvsu.edu/sprout and register as you would for a GVSU program. For a complete listing of events, please visit Grand Rapids Community College website for learning at http://cms.grcc.edu/currentlearning.

Human Resources provides a broad spectrum of resources and services to Grand Valley faculty and staff. As a team we work diligently to bring you timely, meaningful, professional development and health and wellness opportunities. In order to continue to provide this service, we ask for your cooperation. If you need to cancel, please remove your name from the class list at least 24 hours in advance. Failure to attend or to notify us regarding cancellation may result in financial loss to the University. Register for all programs at www.gvsu.edu/sprout.

Follow us on Facebook and Twitter to stay up-to-date!

If you require any special accommodations, please call Human Resources at 331-2215.
Healthy Choices Wellness Program

January 1, 2016 - December 31, 2016

The purpose of the Healthy Choices program is to support healthy lifestyle behaviors to benefit eligible faculty and staff through outreach and participation in healthy activities and programming.

GET STARTED HERE

Step 1: Know Your Numbers: complete by April 15, 2016

Step 2: Engage with a Health Coach: Those with risk factors will be contacted by a Priority Health coach in July 2016 and must complete three months of coaching to receive rewards. All others will receive a payout - no action required.

KnOw Your Numbers

Complete a biometric screen on February 15 to 26, and an online health assessment by April 15, 2016.

Faculty/Staff and Spouses/Household Members

Know Your Numbers

Get an annual physical from your own health care professional and complete a health assessment by April 15, 2016.

Faculty/Staff and Spouses/Household Members

$100

↓

May 2016 payout

Engage with a Health Coach

Obtain free coaching follow-up by December 31, 2016.

Faculty/Staff

$200

↓

First quarter 2017 payout

Engage with a Health Coach

Obtain free coaching follow-up by December 31, 2016.

Spouses/Household Members

$100

↓

May 2016 payout

Living well means knowing your numbers, like blood pressure and weight. As a Grand Valley faculty or staff member, a healthy lifestyle is at your fingertips with the Healthy Choices Wellness Program. Earn up to $500 deposited into your paycheck* by making healthy choices.

* Rewards will be deposited into faculty and staff member paychecks and are subject to tax.

Visit the Human Resources Health & Wellness website and click on Healthy Choices to sign up and learn more.

Biometric screens conducted on campus February 15 - 26.
Healthy Events and Challenges

Registration for events and programs is online at www.gvsu.edu/sprout unless otherwise indicated.

FINANCIAL IQ CHALLENGE
January 19 - February 18
Take the TIAA-CREF Square Up Your Savings challenge! In this challenge, you will complete 10 savings missions. Along the way you will build financial savings know-how and discover strategies to help get or keep your savings on track. Every time you complete a mission, you’ll earn a square to place on the map. At the end of the challenge, we’ll reveal the locations of the hidden savings and the corresponding winning squares! If you’re the lucky owner of the winning square, you’ll get a $25 gift check to help build your savings!
Increase your odds of winning by earning as many squares as you can! Register here to complete your missions!

COMPETITION NUTRITION
March 21 - April 29
Competition Nutrition is a six-week program that encourages you to eat healthier. You’ll earn points for eating fruits and vegetables while receiving educational tips and healthy recipes along the way. Whether you want to lose weight, improve your health, or have some friendly competition with your co-workers, this challenge is for you!

HEALTH COACHES ON CAMPUS
February 17, 8am-1pm, Allendale, Kirkhof Center, Room 2228
February 19, 12-6pm, Pew, Center for Health Sciences, Room 136
Health coaches are energizing in their commitment to help you live your life with high energy, clear focus and a positive and confident outlook. Coaches don’t make it easy by giving you answers. Rather, they are skilled partners; they join with you in creating an inspiring vision for your life, together with a pragmatic plan to move you closer to that vision. In the process, they help you dig out your strengths and insights from life’s clutter. 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.

Workshops and Classes

LETTING GO OF TOBACCO
January 6, 1-2pm, Pew, DeVos 303C
January 13, 1-2pm, Allendale, Facilities Services Conference Room A
Thinking of quitting tobacco? This interactive class will help you determine if you are ready to quit, identify barriers to quitting, and develop an action plan for change. You will walk away equipped with tools and resources to help you along your journey toward becoming tobacco free!

FACULTY/STAFF GROUP EX
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, Spring/Summer. Two sessions are offered each semester:

Session I
January 4 - February 26
Registration open midnight, December 1, 2015

Session II
February 29 - April 22
Registration open midnight, February 15, 2016
Workshops and Classes

Registration for events and programs is online at www.gvsu.edu/sprout unless otherwise indicated.

SMALL GROUP FITNESS
January 11 - April 1
Are you ready to take your fitness level to the next step? Small group instruction is an alternative to one-on-one training. Whether it be for fat loss, general conditioning, or elite level athletics, the added motivation of having others working out in the same room as you, pushes you to a new effort level. You will receive accountability, motivation, support, experience, and expert guidance to reach your fitness goals at an economical rate. Class size is limited to eight people.

12 week session begins January 11. Register online at www.gvsu.edu/sprout. Cost: $60/Opportunity to carry over payment into the next series!

LEARNING THE ART OF MINDFULNESS
January 21, February 18, March 17, April 14, 12:10-12:55pm, Zumberge Hall, Room 3000

Be happy in the moment, that’s enough. Each moment is all we need, not more.” ~ Mother Teresa

During this once-a-month mindfulness practice workshop, Dr. Sue Dilsworth will guide you through the basic principles of meditation and mindfulness introducing a new technique each month. This will be an opportunity to calm your mind through relaxation techniques using Gong Meditations and Yoga Nidra. The 45 minute sessions will be primarily experiential. No prior meditation experience necessary. Individuals with mobility or physical limitations welcome. Sign up for one session or all four!

MASTERING STRESS
January 19, 12-1pm, Center for Health Sciences
January 26, 12-1pm, DeVos
Stress awareness is an important component of your overall health and wellbeing. Using a mindful approach to stress management, you'll learn tips for identifying stressors in your life and explore practical coping skills.

MANAGE YOUR WEIGHT IN THE SUPERMARKET, NOT THE GYM
March 14, 6-7:30pm, Meijer Customer Service Desk, Standale
It’s far easier to lose weight in the kitchen than in the gym. Spend some time in the supermarket with GVSU Health and Wellness Specialist, Lindsey DesArmo to ensure healthy foods end up in your shopping cart and in your kitchen. Attendees will have the opportunity to win a Meijer gift card at the end of the event.

I’M DYING TO TALK TO YOU
January 20, 3-4:30pm, Kirkhof Center, Room 2201
Dave Kampfschulte is Director of Amazing Circles Workshops, a nationally known speaker, and author of I’m Dying to Talk with You: Twenty Five Years of Conversations on End of Life Decisions. Plan on spending a thoughtful and entertaining session as he relates his experiences, based on his book, I’m Dying to Talk with You, of interacting with patients and families at the end of life. Leave with unexpected new insights on initiating end of life conversations, advanced care planning, and helping people to think about and discuss death in a positive way.
Workshops and Classes

Registration for events and programs is online at www.gvsu.edu/sprout unless otherwise indicated.

HOW TO RETIRE HAPPY AND INFORMED
April 12, 3-5pm, Zumberge Hall, Room 3000
As you think ahead to the years of retirement, the door closes on one stage of your life and a new door opens up to a sea of opportunities for you to consider. Plan your new beginning by being well informed. Join us for this workshop as we help you explore your options with regard to Social Security and Grand Valley medical plan options. Representatives from the Social Security Administration and Advantage Benefits Group will be on hand to present and to answer questions. All are welcome, including partners and family members.

Ongoing Programs and Services

BENEFITS INFORMATION CENTER
The Benefit Information Center is a convenient online location to get answers to questions that you may have in regards to your benefits. It is also a convenient way to get access to information that you will need to help you make an informed decision on your benefit options. Go to www.gvsu.edu/healthwellness and click on Benefits.

FACULTY/STAFF AREA DISCOUNTS
GVSU faculty and staff qualify for a number of discounts on merchandise, services and programs in West Michigan including vision services, fitness centers, car services, cell phone providers and more! Check out our website for a complete list.

GVSU FITNESS FACILITY TOURS
Want to go to the gym but afraid you’ll get lost inside? Every third Monday of the month tour the highlights of the GVSU Fieldhouse. Register online at www.gvsu.edu/sprout. Tours leave from the Recreation Center front desk at 12pm and 1pm.

On the Pew campus and want a tour of the CHS Fitness Stairwell or Winter Hall Fitness Room? Email welintrn@gvsu.edu to set up a time.
Ongoing Programs and Services

Registration for events and programs is online at www.gvsu.edu/sprout unless otherwise indicated.

ENCOMPASS & WORKPLACE OPTIONS

Encompass is GVSU’s employee assistance program. Faculty, staff, and their dependents have access to seven free counseling sessions with a trained and licensed professional counselor. All visits are strictly confidential and can be set up by calling Encompass directly at 1.800.788.8630. Encompass is available to help with life’s stressors including marriage and relationship challenges, parenting, anxiety, depression, and more.

Work Place Options, through Encompass, is a resource referral service for most any life event - from womb to tomb - that faculty and staff will likely encounter during their career here at GVSU. Financial services include a one hour consultation with a financial planner. Faculty, staff, and their dependents are eligible for a half hour free legal service consultation with an area lawyer and 25% off future visits if the lawyer is retained. Work Place Options provides free resources and referrals to elder care programs and facilities nationwide. WPO will conduct a tailored search for a child care provider in your area that meets your needs. Looking for someone to clean your house, pet sit, or help make travel arrangements? WPO, Convenience Service will assist you in finding the help that you need for most any service. For more resources and referrals call 1.800.788.8630.

Visit www.gvsu.edu/healthwellness for a complete listing of services available through GVSU Work Life Connections. Visit the Encompass website, www.encompass.us.com (password: GVSU) for a wealth of information on life’s every day challenges. For further information and referrals contact Sue Sloop at sloops@gvsu.edu.

PRIORITY HEALTH SERVICES

Priority Health works with you to maintain good health. A variety of free resources are available to all GVSU faculty, staff and families including Care Management, Health Coaching and Wellness services. Connect with Priority Health today by visiting www.priorityhealth.com.

WEIGHT WATCHERS @ WORK

Thursdays: Allendale 12-1pm

Join anytime! Learn how to eat right and live healthy. Health and Wellness continues to offer up to $144 taxable incentive for participation in the on-campus series. Register anytime. Visit the Health and Wellness website for GVSU log-in information.
Support Groups

Registration for events and programs is online at www.gvsu.edu/sprout unless otherwise indicated.

CARING FOR SOMEONE WITH A MEMORY PROBLEM
Are you concerned about yourself or someone you care for who you think might have a memory problem? Or do you help care for someone with a memory problem like dementia? If you have questions about how to navigate the maze of diagnosis, decision making or care of someone with a memory problem, we have resources here for you at GVSU. Dr. Cindy Beel-Bates and Dr. Rebecca Davis are both faculty at the Kirkhof College of Nursing, and have years of experience in caring for persons with memory problems. If you would like to ask them a question by email or phone, or even sit down with them and talk about a situation, you may contact Dr. Cynthia Beel-Bates at beelbatc@gvsu.edu or Dr. Rebecca Davis at davirebe@gvsu.edu. If you would like to gain more information on care-giving go to the Alzheimer’s Association website at www.alz.org or to Caregiver Resource Network here. Contact Sue Sloop, GVSU Health and wellness Work Life Consultant at sloopss@gvsu.edu for further information on free literature and resources for elder care resources.

WHAT DADDIES DO BEST
January 28, March 10, April 14, 12-1pm, Kirkhof Center, Room 2242

A Dads Group is a great place for finding resources. We each have our own set of issues, stressors, and problems to survive daily. Sometimes it can all be overwhelming, to say the least. But when you attend a dads support group, one thing does become incredibly clear... You are not alone, all of us have similar issues to deal with. Join other GVSU dads or grandfathers for interesting, lively, and humorous discussions on being a father!

My father used to play with my brother and me in the yard. Mother would come out and say, “You’re tearing up the grass.” “We’re not raising grass,” Dad would reply. “We’re raising boys.” ~ Harmon Killebrew

ELDER CARE RESOURCE SPECIALISTS
Two elder care referral experts in the West Michigan area are available to help you and your family find senior care resources. Elder care professionals help navigate the application process for veteran’s benefits, Medicaid, and Medicare and assistance with any elder care need. This service is free for GVSU Faculty and Staff.

Listed below is the contact information for the elder care specialists.

AgeWise
Michelle Herron
BS in Public Administration from GVSU and Certified Dementia Practitioner
(616) 690-4572
info@AgeWiseSenior.com
www.agewisesenior.com

Crossroads Eldercare Planning
Elizabeth Harrell
BS from MSU, President of the Council on Aging and Secretary for the West Michigan Healthcare Network
(616) 485-3365
elizabeth@crossroadseldercare.com
www.crossroadseldercare.com

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WHAT MOMMIES DO BEST
Meets the third Wednesday of every month, 12-1pm, Zumberge Hall, Room 1012

You know your life has changed when going to the grocery store by yourself is a vacation.

Come meet other moms who are working through the same challenges you are. Bringing new life into the world is quite a life-changing experience and definitely not easy for most. Caring for children of all ages and balancing work is an on-going dilemma. This group is for you to be supported, for you to ask questions and share resources. All new and experienced moms welcome whether it’s your first, your fifth, or your grandchild.

GVSU CANCER WARRIORS: START EXPLORING AND FEEL BETTER

Here is a group where you can explore ways to feel better and to talk to people just like you: patients, survivors, caregivers, friends, and family. Every conversation is facilitated by Ingrid Johnson, cancer survivor and GVSU Movement Science faculty member and Sue Sloop former cancer caregiver and GVSU Health and Wellness work life consultant. Coping with cancer is about more than just treating the disease; it’s about overcoming all of the challenges that come with the diagnosis. Share, get support, and feel better. Please join us on the dates listed to the right.

February 1: 12-1pm, DeVos, Room 302E
March 16: 12-1pm, Zumberge Hall, Room 2012
April 15: 12-1pm, Zumberge Hall, Room 1012

Cancer Warrior Comfort Bags
If you or a loved one have been diagnosed with cancer, please contact Sue Sloop, GVSU Health and Wellness, to receive a bag of items that will bring some comfort when your or your loved enters treatment. Provided by GVSU Cancer Warriors.

All event dates and times are subject to change. Please visit our website for up to date information on programming.

331-2215 healthandwellness@gvsu.edu