

# Chair Notes

Welcome to the 2023-24 Academic Year. I'm honored to be serving as Chair again.

Throughout the year, the AP Executive Committee meets with leaders across GVSU. Our [Meeting Minutes](#) contain summaries of these discussions that you may find interesting as well as our working meetings. You can reach out to us with your questions and concerns that we can bring up to leadership. Additionally, we do have a few [openings](#) on subcommittees if you are interested in joining your peers to make GVSU an even better place to work.

I'm very proud of the hard work that the AP Committee put in last year. Accomplishments included hosting an inaugural AP Social, implementing a more interactive AP Forum, updating our bylaws and our representative groups, and issuing [memos pertinent to AP Staff](#). I feel that our voices are being heard across campus and welcome any feedback that you have. This year we hope to increase our communication to all AP Staff and continue to build community. We are also starting review of the AP Survey and those results will steer us as well. Thank you to the record number that completed the survey.

Dan Vainner

## AP Executive Committee Top 10 recommendations to kick off academic year

1. Eat a meal at the [Laker Club](#)
2. Use Zoom "Team Chat" to instant message with peers
3. Participate in [WalkTober](#)
4. Utilize [Exercise Release Time](#)
5. Join the groups at either campus that play board games at lunch ([apcommittee@gvsu.edu](mailto:apcommittee@gvsu.edu) for details)
6. Attend a GVSU [Athletics](#) event
7. Participate in [Faculty Learning Communities](#)
8. Ride the [bus](#) to be green and save money
9. Check out new releases at the [University Libraries](#)
10. Explore our [exercise classes](#), [intramurals](#), [Esports Center](#), and [Climbing Center](#)

# Office 365 Trainings

## Introducing Steph Balaskas - IT Training Specialist

The IT Training Specialist is a newly created position within the eLearning team. Steph is responsible for developing and training support across various areas, including Enterprise Applications, Academic Research and Computing, Enterprise Architecture, and the IT Service Desk. One of her first set of training priorities for the upcoming academic year includes helping faculty and staff better utilize Microsoft Outlook and Microsoft Bookings. She's created a Microsoft roadtrip training series designed to help users take advantage of [various learning opportunities](#) surrounding Microsoft 365 competencies. These trainings are offered in-person and via Zoom. If you or your department are interested in setting up a training with Steph feel free to send her an email at [balaskas@gvsu.edu](mailto:balaskas@gvsu.edu).



<https://gvsu.hosted.panopto.com/Panopto/Pages/Viewer.aspx?id=cd7ad6d5-09b5-4b40-8c5f-b05100ecdc70>

## Help Redefine Wellness at GVSU: Survey & Focus Groups

Recreation & Wellness has partnered with colleagues in DSA, DEI and HR to assess the 8 dimensions of wellness definitions at GVSU. The hope is to collaboratively shape GVSU's Wellness Wheel model with input from students, faculty and staff.

There are two ways for faculty and staff to provide input:

- **Faculty and Staff Focus Group:** RecWell is hosting a [faculty/staff focus group](#) on 10/4 from 3-4pm to gain a deeper understanding of how individuals at GVSU define wellness while exploring the role of concepts like trauma, justice, and culture in our wellness framework.
- **Faculty, Staff and Student Survey:** Your input and perspectives are essential as we work to better define wellness on campus and, as such, we invite you to take a short survey (5-8 minutes) aimed at reshaping the definitions:  
[https://gvsu.co1.qualtrics.com/jfe/form/SV\\_eJqbxlnUqZ3MzGe](https://gvsu.co1.qualtrics.com/jfe/form/SV_eJqbxlnUqZ3MzGe). The survey will be open until 10/15.

## Let's Get Ready to Rock Enroll: Open Enrollment 2024

The 2024 annual Open Enrollment period will begin Tuesday, October 24 at 8 a.m. and close Wednesday, November 8 at 5 p.m. With our upcoming transition from eBenefits to Workday effective January 1, we strongly encourage all GVSU faculty and staff to complete your 2024 Open Enrollment, even if you are not planning to make any changes to your benefit elections. Completing your open enrollment will ensure that your beneficiary, dependent, and personal information is up-to-date and accurate and will transition into your Workday profile on January 1.

### 2024 Changes

- Review [faculty and staff per-pay-period premium contribution changes](#)
- Flexible Spending Account (FSA) contribution limits are increasing to \$3,200.
- Health Savings Account (HSA) contribution limits are increasing to \$4,150 for single and \$8,300 for dual and family.

### 2025 Changes

- Please refer to the [Annual Benefits Update](#) that was distributed in April 2023.

- The High Deductible Health Plan (HDHP) deductible will be increased to \$2,250 for single coverage and \$4,500 for dual and family coverage. The total max out-of-pocket charges will be \$2,500 for single coverage and \$5,000 for dual and family coverage.

### **Wellness Coaching**

The Thrive at GVSU Wellness Coaching program will continue for the upcoming year! Benefit-eligible faculty and staff and covered spouses/household members can opt-in to coaching during the 2024 Open Enrollment. If you participated in coaching last year, you will be able to engage with your coach. Wellness coaching is voluntary, confidential, and free, and you can earn \$100 for participating! Learn more about [wellness coaching](#).