

# HEALTH & WELLNESS

BENEFITS WELLNESS WORKLIFE  
[www.gvsu.edu/healthwellness](http://www.gvsu.edu/healthwellness)



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VIEW THE SPRING/SUMMER EVENT GUIDE

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## How can I better manage my finances?

- Take advantage of the [Priority Rewards program](#). Log on to [priorityhealth.com](http://priorityhealth.com) and click on Costs to get to the Cost Estimator option to earn cash back for using the tool.
- Prepare for retirement. [Attend the How to Retire Happy workshop.](#)
- Learn about options for affordable child care and seek legal help when “life happens” by calling [Encompass](#) at (800) 788-8630.
- [Meet with a TIAA or Fidelity Investments advisor on campus.](#)

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*“It’s extremely convenient to step away from work for a short time and meet with a financial advisor. The different representatives adapt to your level of financial literacy and provide you with options to consider to ensure a solid retirement package.”*

NYKIA GAINES, SENIOR ACADEMIC  
ADVISOR, CLAS ACADEMIC ADVISING  
CENTER

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## Ready to retire?

It's time to start thinking about retirement.  
What are your options?

Fidelity Investments

Through the Fidelity web site you can access fund information, IRA evaluators, daily fund prices, and online trading. If you need more information about your Fidelity account feel free to consult our [University Fidelity Representative](#). Please view the upcoming dates on our [Events Page](#).

### TIAA

Through the TIAA web site you can access product and account information, current performance reports, change your address, conduct transactions, read and order current prospectuses. If you need help figuring out your TIAA account you can meet with our University TIAA representative. To schedule an upcoming appointment you can call 1.866.842.2825; to view upcoming dates when the [representative](#) will be on campus please view our [Events Page](#). You can also meet with a TIAA representative at their Grand Rapids office in Bridgewater Place. To sign up for an appointment you can sign up [here](#).

If you are thinking of retiring soon and are looking for more information about what Grand Valley offers visit the [Retiree Benefits](#) page.

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## Thinking about starting a family?

If you are thinking about starting a family, including adoption, or if you have recently welcomed a new baby into your home, please join us on April 11th, 12-2:00 pm, in KC2263 for a baby shower! This expo-style event will provide you with information on:

- GVSU Benefits
- Maternity leave information
- Care Management, Health Coaches, and Lactation Services offered through Priority Health
- Postpartum depression management and resources
- GVSU Child Assessment Center
- Day care resource and referral services offered through Encompass

A presentation by Encompass will take place at 2pm. Come and talk to the specialists and learn about all of the support available to you during this exciting time.

Door prizes and raffle drawings will take place throughout the event!

Register online at [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout).

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# Success Story: JoAnn Litton

Jo Ann Litton, Interim Director of CLAS Advising, has been with Grand Valley for over 30 years. Her healthy lifestyle change began about six years ago when she joined her friend in an early morning exercise class at GVSU. It was a small step for her to join since it fit in her schedule and was only 30 minutes, but soon she found many more motivations for getting healthy.

Now, a 60 minute small group exercise class with fellow faculty and staff keeps her motivated. Jo Ann says “if somebody doesn’t show up then somebody calls”. Having a buddy system and exercising with friends and family has held her accountable and makes exercise entertaining. Jo Ann is also a grandparent; she is motivated to stay active with her grandchildren and to be there for special moments. One of her biggest motivations, however, has been the memory of her father.

Six years ago, after a long battle with type 2 diabetes, Jo Ann’s father passed away. The memory of her parents telling her about her father’s diagnosis is as strong as the day it happened, “I remember my mother saying [my father] would go to the grocery store with her and it took hours because he would look at all the items on all the boxes.” Having seen her father go through medication, insulin and dialysis, Jo Ann stated “I’m not sure I could prick my finger and do all that I watched him do.” Having reached the age her father was when diagnosed, her motivation was stronger than ever to get healthy.

Jo Ann learned to stay in tune with the latest nutrition research and garners tips from friends, like how to prepare healthy meals on Sundays. She makes sure to be active as well by walking her dog and jogging. Finding what worked for her wasn’t easy, “I hate running but I found that if I have an audio book I can lightly jog”. Her first 5k was on the treadmill Thanksgiving Day watching the annual Thanksgiving Day parade on television. JoAnn also used to be a swimmer, and recently bought a countercurrent pool.

While staying healthy hasn’t been easy Jo Ann says it has all been worth it, “I can tell a difference today in how I feel than [on a day] I haven’t exercised.” Her continued dedication and motivation has paid off. Recent numbers show a significant drop in her cholesterol, blood glucose, and BMI. Diabetes prevention is Jo Ann’s ultimate goal and she is dedicated to continue her healthy lifestyle for many years to come. Her advice for others? Take advantage of what’s around you. “We have so many resources here. Everyone has 20 minutes a day to give.”

Interested in starting your own journey? Join GVSU's [Faculty and Staff Small Group Fitness Program](#) this spring.

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## Farmers Market opening day June 7th

10am-1:30pm, Allendale- Parking Lot G

Spring is here, which means farmers market season is just around the corner! The GVSU Farmers Market kicks off the season with its annual [Summer Grill Challenge](#). Bring your appetite and

tastebuds, purchase a lunch for \$7, then vote for your favorite recipe. [Register online](#) to save a spot. All proceeds will be donated to the GVSU student food pantry, Replenish and the Children's Enrichment Center. After lunch, make sure to check out the new vendors: Brewt's, The Cheese People of Grand Rapids and Uncle Jim's jerky, as well as your favorite [returning vendors](#).

Visit the [Farmers Market website](#).

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