



A Weekly Update
For The Employees of
North Central Health Care



Check out all the retirement announcements on Page 3!

PHOTO OF THE WEEK



NEWS YOU CAN USE



WEEKLY CONNECTION WITH GARY OLSEN

It is time for Spring Employee Updates! Everyone should have received an email encouraging each of you to sign up for a session. We are offering many different sessions during different time slots to give employees a good chance to attend. I will be in Merrill and Antigo for several sessions also.

I really enjoy Employee Updates because it gives me an opportunity to meet and talk to all the employees who attend. This is also a great way for me to demonstrate *Accountability*, one of our Core Values. These Employee Updates help me to be accountable to all of you as employees. During these sessions, I will be reviewing the results from the communication survey that was recently completed. I will also give an update related to Pine Crest and some of the other programs in the organization.

Employee Updates are also a great time for questions to be asked. If there is something specific you would like me to address during the Updates, please let Jessica Meadows know and she will be sure it is included in the presentation. The meeting dates and times are located in this edition of the *News You Can Use*, so please be sure to register. I am looking forward to seeing all of you at the Spring Updates!

Gary D. Olsen

Gary Olsen
Executive Director

Spring 2024
EMPLOYEE UPDATES

Get the Full Schedule on Page 2!

- Spring Employee Updates Schedule 2
- Retirement News 3
- Hard Hat Updates 4
- NCHC In the News 5
- Community Events! 6
- Employees On the Move! 7
- Foodie Forecast 8-9

Person-Centered
Shout out

Tapanga Woller,
Pine Crest Nursing

Thanks for covering open hours on a bad weekend. It's appreciated!!

Shared By:
Sara Barnett

Occurrence Reporting Hotline

x4488 or 715.848.4488

Only significant or sentinel events requiring immediate notification to this hotline.



Come together with your colleagues to stay informed and connected.

Spring 2024

EMPLOYEE UPDATES



Join Us for Spring Employee Updates

Sessions offered the Week of March 18, 2024



Presented by
GARY OLSEN,
EXECUTIVE DIRECTOR

How to Register: Log Into UKG and Click UKG Pro Learning. Search for "Updates" in the Training tab and select Employee Updates – Spring 2024

You can also click the personalized registration link sent to your work email on 2/28/24.

Please note: UKG is experiencing some issues recently. If you experience any issues registering, please check back at later time.

If you are unable to attend in-person, a video will be available after the final session.

Employees can make arrangements to attend one of the in-person sessions by registering in UKG Learning.

MON, MAR 18 **MERRILL CENTER**
12 Noon Conference Room

TUES, MAR 19 **WAUSAU CAMPUS**
2:30 pm MVCC
Community Room
5:00 pm MVCC
Community Room

WEDS, MAR 20 **WAUSAU CAMPUS**
6:15 am MVCC
Community Room

PINE CREST
2:00 pm Classroom

THURS, MAR 21 **WAUSAU CAMPUS**
9:00 am MVCC
Community Room

ANTIGO CENTER
3 pm Conference Room

Register Today in UKG Learning!



Happy Retirement



CONGRATULATIONS DR. TANGE Vent Unit Medical Director of Mount View Care Center



On February 27, Dr. Tange officially retired as the Vent unit Medical Director of Mount View Care Center. Dr. Tange is a former Aspirus physician and has served as Medical Director for the vent unit since it opened 15 years ago. We wish Dr. Tange all the best in his retirement and thank him immensely for his service to our community and the residents we serve.

UPCOMING RETIREMENTS Guy Bemowski – 42 Years of Service

Join the NCHC Team on March 8, 2024, at 11am in the Adult Behavioral Health Group Room for a retirement celebration.

THANK YOU!

FOR YOUR SERVICE!

CONGRATULATIONS SUZANNE SEDRAK CNA and Life Enrichment Aide at Mount View Care Center



On March 4, Mount View held a celebration for Suzanne Sedrak to wish her well in her upcoming retirement. Suzanne has worked at Mount View for 18 years as a CNA and Life Enrichment Aide. Suzanne goes above and beyond to make sure that the needs of the residents are met and that they are living their best possible lives while with us at Mount View. Suzanne has enjoyed sharing in many fun activities over the years including: sharing her culture, dress up days, science experiments, fancy snack carts, singing "You Are My Sunshine", baking, sharing spiritual experiences, special meals, games, fun and so much more. Her laugh and smile are contagious and will be missed by residents, staff, and family members alike. The Mount View Team sent Suzanne off with a creative gift of food carts themed after various heritages. Please wish Suzanne well in her retirement!

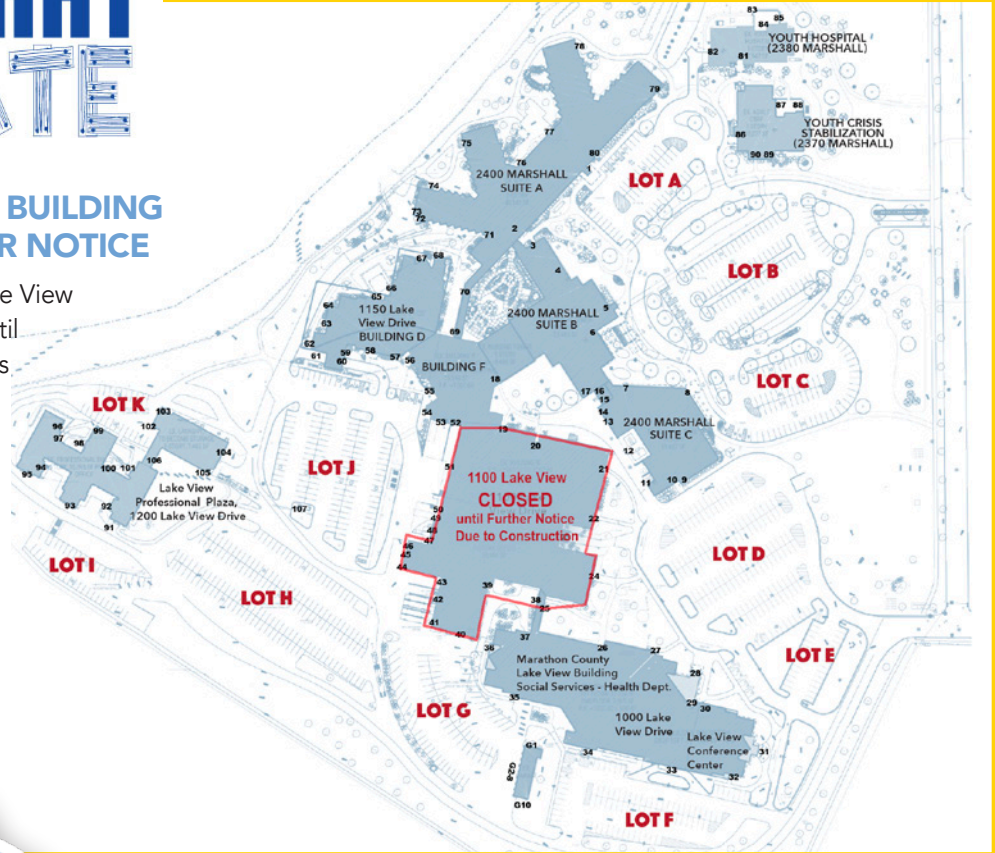




HARD HAT UPDATE

1100 LAKE VIEW DRIVE BUILDING CLOSED UNTIL FURTHER NOTICE

Due to construction, the 1100 Lake View Drive Building will be CLOSED until further notice. If NCHC Employees would like to access the Employee Health & Wellness Center, Social Services, or the Health Department, you will need to use an exterior door entering from a parking lot as there is no access from inside the building.



GABBIN' with GARY

A Monthly Gab Session with Executive Director, Gary Olsen

MARCH GAB SESSION: ACCOUNTING

Each month, Gary Olsen will select a manager to participate in Gabbin' with Gary! That manager will be asked to invite one employee from their program to join in.

The trio will connect over lunch.
The topic? *It's up to you!*

Inspired by Core Values & Committed to Person-Centered Service!

WISCONSIN DEFERRED COMPENSATION PROGRAM

Talk with a Retirement Plan Advisor about the WDC Program!

Meeting with your WDC Retirement Plan Advisor is an easy way to help make sure your savings and spending strategy fits you and your future. Schedule a one-on-one appointment. Additional virtual meeting dates and times can be found at https://nc_wisconsin.timetap.com/#/.

Next meeting:
Individual Retirement Readiness
Review with Shawn Bresnahan

Wednesday, March 13th 2024 • 10am-3pm
North Central Health Care Wausau Campus
DeSantis Room #1215
2400 Marshall Street, Suite A Wausau, WI 54403

Register Online at https://nc_wisconsin.timetap.com/



Let's talk retirement

What to bring to your one-on-one meeting once enrolled:

- Wisconsin Retirement System statement
- Social Security statement
- Other retirement account information
- Current paycheck stub (if applicable)



Join Us

Families, please join us for an open conversation where you can:

- Meet our Special Education team
- Share your concerns and positive experiences
- Tell us what support you need at school or in your home
- Learn more about community resources and support groups
- Enjoy snacks and refreshments



Who:
Families of students with disabilities at D.C. Everest

When:
March 12, 2024 at 6:00-7:30 pm

Where:
DCE Administration Building
6100 Alderson Street, Weston



Please RSVP by March 5, 2024



Questions? Contact Julie Weller
jweller@dce.k12.wi.us or 715-359-4221 ext. 1253



North Central Health Care and Aspirus Women's Health have teamed up to offer your annual mammogram right onsite!

May 23, 2024
July 18, 2024
November 6, 2024
Appointment is required



3D mammography is available and covered by North Central Health Care's Health plan benefits.

- Note: You will need 3D CPT codes: screening mammogram 77067 and 77063

For an appointment, call Aspirus Central Scheduling at 866.672.5133. Tell them you want a **North Central Health Care Mobile Mammo unit** appointment. An order from your health care provider is not needed.

You will be asked to provide:

- The name of your physician or nurse practitioner to receive results
- Insurance information
- The location(s) of your prior mammograms



WOM-154p (1.7.19)

WSAW TV 7 EXPLORES HOW MARATHON COUNTY IS USING OPIOID SETTLEMENT FUNDS

Multi-Part Series Explores NCHC and Marathon County Services

Hannah Borchert of WSAW TV 7 interviewed NCHC staff and our community partners for a multi-part series on how Marathon County is using Opioid Settlement funds to counteract the opioid crisis in Central Wisconsin. On February 25, 2022, the Wisconsin Department of Justice announced final approval of an agreement with the nation's three major pharmaceutical distributors (Cardinal, McKesson, and AmerisourceBergen) and Johnson & Johnson. Wisconsin is due to receive more than \$740 million in total funding through 2038. 2021 Wisconsin Act 57 requires that the 87 local governments that participated in this litigation receive 70 percent of the funds, with the state receiving 30 percent of the funds. Please visit WSAW TV 7 for links to all the stories, or click below.

Crisis Center helps those dealing with substance misuse and mental health



UNDERSTANDING THE OPIOID EPIDEMIC
Kimberly Moore
Assistant Director of Acute Care Services, NCHC



Marathon County determining how to best use \$2M from opioid settlement

The state was awarded \$400 million from the lawsuit against major drug companies.

www.wsaw.com



"I just got sick of seeing my friends die;" transitional community helps those struggling with drug addiction

Former addicts explain why they think transitional living communities are the solution for those fighting drug addiction.

www.wsaw.com



Crisis Center helps those dealing with substance misuse and mental health

A large amount of the people who walk through the door at the crisis center are coming in with substance abuse concerns.

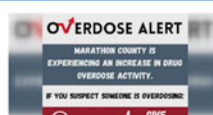
www.wsaw.com



"You become a better criminal:" Drug programs help those locked up

Punishing a brain disease just doesn't work according to the division supervisor of the Marathon County District Attorney's Office.

www.wsaw.com



What is a Spike Alert and how it helps Marathon Co. detect overdose cases

www.wsaw.com



EMS calls for drug overdose: "It's kind of becoming a common theme"

www.wsaw.com



Marathon County
Employees Credit Union

Make More Possible with Our Spring VISA Balance Transfer Special!

Make More POSSIBLE
Imagine the possibilities with our low balance transfer rate!

3.99% APR FOR 9 MONTHS
When you transfer an existing balance to our credit union credit card between February 15, 2024 and May 15, 2024.

Ask us about this special rate offer today!

Balance transfers completed 2/15/2024 through 5/15/2024 will receive 3.99% APR for 9 months from date of transfer. After promotional time frame expires, remaining balances will migrate to the standard APR applicable on your account. Contact credit union for complete details. APR = Annual Percentage Rate. All loans are subject to MCECU's normal credit requirements.

Apply Online @ www.mccu.org

Don't already have a MCECU Credit Card? Contact Us to Apply!

culoans@co.marathon.wi.us
715-261-7680
400 East Thomas Street
Wausau, WI 54403

Proudly Serving NCHC Employees and Their Family Members Since 1965.



LUNCH, LEARN, AND DO BEHAVIORAL HEALTH

**THURSDAY
MARCH 21**
12:00pm - 1:00pm
Great Dane Pub

We will kick off the year learning about behavioral health, a broad term that can refer to clinical mental health diagnoses, addiction issues, domestic violence, and sexual assault. Participants will better understand how United Way of Marathon County is addressing financial stability by working on behavioral health issues.

At this event you will hear from Dakota Kaiser, PhD. Dakota is the Integrated Services Director at Bridge Community Health Clinic, which provides health services to the underserved, underinsured, self-paid and insured population of Marathon County, including many behavioral health services. Dakota will address the types of behavioral health issues that are facing patients in Marathon County, and how Bridge Clinic's role is critical to helping people achieve financial stability.

Following the presentation, you will participate in a brief project building calm kits for local schools. Calm kits include tools and information that help children with self-regulation strategies. Teachers and parents love these kits, and we plan to assemble around 200 of them to share with school counselors in Marathon County!

\$5 FEE INCLUDES LUNCH
LIMITED SPACE AVAILABLE
[REGISTER HERE](#)



CONTACT:
✉ CHANNEY@UNITEDWAYMC.ORG
☎ 715-298-5719



Managing Caregiver Stress

Providing care for a loved one can be rewarding but caregivers can also experience stress, guilt and frustration.

(Managing Caregiver Stress is adapted from the Powerful Tools for Caregivers curriculum)



Join us for a 1 hour FREE workshop on Wednesday, March 13, 2024 to learn new ways to manage your stress. Registration is required.

[This is not intended for professional caregivers]

Antigo, Marshfield, and Wausau Merrill and Wisconsin Rapids
in-person sessions from in-person sessions from
10:00-11:00 am 2:00-3:00 pm

Virtual options will be available at both 10am and 2pm



888-486-9545
WWW.ADRC-CW.ORG

Other Upcoming Community Volunteering & Community Event Opportunities

Seasonal Closet Transition Volunteering March 25-29

Help us prepare the Community Closet for spring, by replacing older clothing racks, packing up winter clothing, and hanging up fresh spring items for Community Closet guests. Grab a friend and sign up to participate: [Register Here](#).

Mobile Closet Volunteers Needed April 11

Our first Mobile Closet outing to Abbotsford was so successful, we are going back again on April 11th! We need helpers for 2 different shifts - to unload the truck and set up the shopping area, and then again to pack everything up on the truck when we are finished. No experience necessary, just a desire to have a really meaningful volunteer experience! Get a team together and [Sign Up Here](#)

Power of the Purse June 6

Women United's signature event, Power of the Purse, is back on June 6th for what we hope is another record-setting year! This event features fabulous packages for both silent and live auction, including designer purses, spa experiences, vacation packages in more! Early bird registration closes on April 30, so grab your tickets now: [Sign Up Here](#)



NCHC ANNOUNCES PEYTON STEFAN AS MANAGER OF HEALTH INFORMATION

Leadership Announcement | March 2024

NCHC is pleased to announce the appointment of Peyton Stefan as the Manager of Health Information (HIM). Peyton has served as the Interim Manager over the past several weeks and demonstrated effective management of the daily operations of the HIM Department, Peyton has been with NCHC since August of 2023 and most recently served as a Coding Specialist on the HIM team.



We want MORE Awesome People like YOU on Our NCHC Team!

Be sure to SHARE our Career Posts on Social!



NAMI Family-to-Family

National Alliance on Mental Illness

NAMI Family-to-Family is a free, 8-session education program for family, friends and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit nami.org/research.

NAMI offers the NAMI Family-to-Family Education Program free of charge to participants, beginning April 4, 2024. For more information and how to register, please contact NAMI Northwoods at 715-432-0180 or info@naminorthwoods.org.



Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

Contact us to register for a NAMI Family-to-Family class!



Register Today!!

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Northwoods is an affiliate of NAMI Wisconsin. NAMI Northwoods and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental health conditions and their loved ones.

Scrub Sale!

Mount View
March 12
1:30-3:30pm

Pine Crest
March 13
1:30-3:30pm

Payroll Deduction - Cash - Credit Card

2-Piece Scrub Sets
ONLY \$24.95

While supplies last. Scrub sets are sold as is and cannot be sold separately.



Sign-up to get email reminders and a coupon to use on our next visit!

Scan the code with your phone:



Can't scan the code above? Go to scrubsonwheels.com/remind-me and use the code below to sign up:

74HJB8

Long Sleeve Tees

NOW AVAILABLE




Phone: 866-727-8273

Fax: 574-970-0382

www.scrubsonwheels.com



WHAT'S FOR LUNCH?

WAUSAU CAMPUS EMPLOYEE CAFETERIA
OPEN TO ALL NCHC & WAUSAU CAMPUS EMPLOYEES

BREAKFAST HOURS
8:30 AM – 10:30 AM

LUNCH HOURS
MONDAY – FRIDAY
10:30 AM – 1:30 PM
HOT FOOD BAR &
SALADS \$.45/OUNCE
(Weekdays Only)

GRAB-N-GO HOURS
MONDAY – FRIDAY
8:30 AM – 5:30 PM
WEEKENDS:
GRAB-N-GO ONLY



The Hot Sandwich Menu is Back!

FEATURING DAILY SPECIALS LIKE GRILLED BEEF & CHEDDAR, CHEESEBURGERS, BBQ SANDWICHES, TUNA MELTS, PIZZA & MORE!!
Make your own cold or hot sandwich with fixins' OR self-serve at the salad bar.

MARCH 4 – 8, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Twice Baked Chicken Breast Mashed Potatoes Green Beans	Lasagna Salad Garlic Toast	Apple Butter Pork Loin Stuffing Roasted Butternut Squash	Roast Turkey Mashed Potatoes & Gravy Corn	Baked Cod Herbed Rice Creamy Coleslaw Rye Bread
SOUP	Cheesy Cauliflower Soup	Beef Barley Soup	Garden Vegetable Soup	TBD	TBD
SANDWICH	Hamburger on a Bun	Taco Bar with Beef or Chicken	Meatball Sub	Homemade Pizza	Fish Tacos
DESSERT	Brownie Bottom Cheesecake	Chocolate Chip Cookie	Snickerdoodle Krispy Bar	Banana Strawberry Cup	Cranberry Crunch

MARCH 11 – 15, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Baked Chicken Drumsticks Loaded Mashed Potatoes Carrots	Boiled Dinner Green Beans Dinner Roll	Mac & Cheese Beets	Scalloped Potatoes & Ham Brussel Sprouts	Baked Spaghetti (No Meat) Breadstick Peas & Carrots
SOUP	Cheesy Chicken Salsa Soup	Chicken Noodle Soup	Cheesy Broccoli Soup	Stuffed Green Pepper Soup	Vegetable Soup
SANDWICH	Reuben	Philly Cheesesteak	Chicken Quesadilla	Potato Bar	Hot Dog Bar
DESSERT	Carrot Cake with Cream Cheese Frosting	Pie	Caramel Apple Crisp	Brownie	Rice Krispie Treat



Position Postings

Title: Community Treatment Employment Specialist

Status: Full Time

Location: Wausau

The Employment Specialist carries out the services of the IPS Supported Employment program by assisting mental health clients obtain and maintain employment that is consistent with their vocational goals.

Learn More or Apply Online:
www.norcen.org/Careers

<https://bit.ly/CTEmpSpecialist>



We want MORE
Awesome People
like YOU on
Our NCHC Team!

Be sure to SHARE our
Career Posts on Social!



THE BISTRO

NOW OPEN 7 DAYS A WEEK! | WEEKDAYS 7:30AM - 3PM | WEEKENDS: 9:30AM - 5PM

THE BISTRO WILL BE CLOSED ON WEEKENDS FROM 1-1:30PM TO ACCOMODATE STAFF BREAKS

*HOT FOOD IS AVAILABLE AT THE BISTRO DAILY UNTIL 2:30PM *



SPECIAL OF THE WEEK

Tuna Melt

TUNA SALAD | CHEDDAR | SLICED TOMATOES

LATTE OF THE WEEK



Butter Toffee

Butterscotch & vanilla paired with steamed milk & espresso.

\$1 OFF LARGE LATTES EVERY MONDAY!

**Please note: All sales subject to Sales Tax.*

- build your own - BREAKFAST SANDWICH

PICK YOUR STYLE

EGG + CHEESE 3.00

EGG, MEAT + CHEESE 4.00

PICK YOUR BREAD

CROISSANT

BAGEL

ENGLISH MUFFIN

PICK YOUR MEAT

HAM

SAUSAGE

BACON

