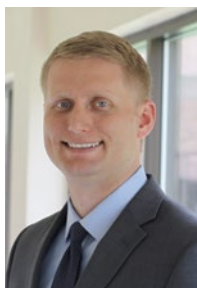


A Weekly Update  
For The Employees of  
North Central Health Care



PHOTO OF  
THE WEEK

# NEWS YOU CAN USE



## WEEKLY CONNECTION WITH MICHAEL LOY

### Passing the Test

Last week we completed our Joint Commission Re-accreditation. The preparation for and successful completion of the re-accreditation process takes an enormous effort. Joint Commission is one of NCHC's many survey responsibilities we have in continuously improving patient safety and quality. Our NCHC Teams will be working to implement plans to address these key areas, with a surveyor coming back to check the progress for a follow up survey within 45



days. Overall, we had a good survey and the survey team identified some key areas we will need to work on in order to improve quality and patient safety here at NCHC. The Joint Commission survey team was really impressed with the mission-driven individuals they spoke with during the course of their visit. One surveyor described in emotional detail how he felt after seeing a resident living a fulfilled life because of the care our staff provides. It is heartwarming that our surveyors could tell from their short visit that our culture has a passion for the people we serve and that we want to grow and improve our services so that we can give our consumers the very best we can, *Lives Enriched and Fulfilled*. Remarkable!

The Joint Commission Accreditation for our organization is important for many reasons, the core of which is it helps NCHC prioritize improving patient safety and quality in all of our programs. A number of findings noted during the survey process identified opportunities for us to strengthen our organization. These were not failures, but a higher bar to work towards at being great. At times, accreditation and survey processes may feel like paint by numbers but we've truly fortified a vision through our survey process of the very best version of ourselves we can become by furthering our efforts around patient safety and quality initiatives. Our efforts are well worth it because of the impact all this has on the success of the people we serve. Survey success is truly a team effort extending deep into our organization. A presence from top to bottom exists.

Patient safety and quality must continue to seek to rise above focusing on passing the test, to universally being something NCHC is grounded in with all we do. I'm proud of this organization and the care we provide but there are new opportunities every day. We will continue to embrace the manta of *Survey Tested, Survey Ready*, but fundamentally all of our efforts around patient safety and quality is much more than passing a test. It is about *Lives Enriched and Fulfilled* and ensuring people feel safe and positively impacted under our care. Thank you all for maintaining the flame of this important commitment today and for all our days together here at NCHC.

Make it a great day,

*Michael Loy*



**Meet Our  
New Employees! ..... 3**

**Retirement News! ..... 4**  
Congrats Paula Roubinek

**Statewide Tornado Drill  
On April 12 ..... 5**  
Is Your Team Prepared?

**Community Events .... 6-8**  
April Brings Lots of Learning!

### ADMINISTRATOR ON-CALL x4488 or 715.848.4488

In the event of Phone System Outage,  
reference the O:drive "On-Call Information Folder"  
for Schedule and Cell Phone #'s.

**Monday, April 9 –  
Sunday, April 15**

Laura Scudiere



## WITNESSING EXCELLENCE

**Who: Gina  
Woodward,  
Patient Accounts**

**Why:** Gina organized my  
mailbox and completed my  
voids and printed my bills  
while I was on vacation!

**Submitted By: Natasha Kelly**







"Sharing Our Culture" – Submitted by McKena Viegut

## PHOTO OF THE WEEK



### Submit A Great Photo From Your Week!

Submit your photo and description to: Email: [jmeadows@norgen.org](mailto:jmeadows@norgen.org) or Text: 715.370.1547. Please indicate Photo of the Week and include your name, who/what/where of the photo and why you are submitting. **Please remember!** To protect the privacy of our patients, clients and residents, photos are not to be taken of any of those we serve without written permission.



## HMONG CULTURE EVENT AT MOUNT VIEW CARE CENTER

Submitted by McKena Viegut

A couple weeks ago MVCC hosted a Hmong Culture Event on Gardenside Crossing, a Legacies by the Lake neighborhood. During the event the residents were able to learn about the Hmong culture and history, taste a variety of Hmong cuisine, view an array of men's and women's clothing and articles, and hear Ze & Caitlin share their personal connection with their culture. A special thanks to Ze and Pakou for making a wide variety of food for the residents and staff to try and sharing their personal clothing, Naly for bringing in clothing as well, Choua for coming in with her little girl and letting her model her beautiful dress. It was fun to take time to celebrate the varying cultural backgrounds at NCHC. By learning about one's culture, the more we are able to connect with one another and celebrate the diversity among all of us.



Give someone a big shout out and thank them for their Person-Centered Service!

Send your SHOUT OUTS to [jmeadows@norgen.org](mailto:jmeadows@norgen.org).





## WELCOME THESE NEW EMPLOYEES TO THE TEAM!



From left to right:  
**Mandy Sikorski**, RN  
**Jodi Tessmer**, RN/Case Manager, Crisis Services  
**Laura Lor**, CNA, Southshore

**Gladys Lim**, RN, Southshore  
**Kaitlin Lee**, CNA, Northern Reflections  
**Jennifer Staeven**, Case Manager, Community Treatment

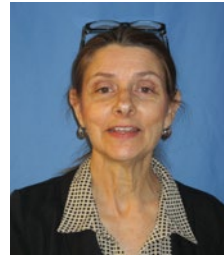
### ARE YOU LOST TRYING TO USE THE OFFICE PHONES? Need a Quick Reference Guide? Want the Basics?

Our partners at CCITC have created Quick Reference guides available for all employees. Go to the intranet, <http://intranet> on any network computer/

Then bring your mouse onto CCITC, slide down to Documentation and Training, over and down and click on Phones and Voice mail.

The quick reference guides for the various phones are the quickest way to find out how to do things on the phone. There are even photos so you can select the correct phone and learn more about it! Thanks to Travis Kurth at CCITC for these great resources and for your help!





## RETIREMENT NEWS

### Congratulations to Paula Roubinek of Community Treatment

Congratulations to Paula Roubinek on her retirement. Paula has been with NCHC for 19 years and currently is a Registered Nurse in Community Treatment. Congratulations Paula!

Photo: Paula Roubinek celebrates her retirement, and is presented with a certificate from Laura Scudiere (left) and Linda Handrick (right).



## EMPLOYEE OF THE MONTH

### Nominations Are Being Accepted!

Attention all employees, do you know of a co-worker that goes above and beyond? Someone that you feel should be recognized for their efforts. If you do, did you know that you can recognize them with an Employee of the Month nomination. Forms are available in hallway displays and on the Odrive in the News You Can Use folder. Submit to Human Resources.

## SPRING OPEN HOUSE

### Heartfelt Gift Shop

It may still look like winter, but the Heartfelt Gift Shop is having a Spring Open House on Thursday, April 12, from 9 am to 6 pm. All purchases made that day will be eligible for the drawings. Light refreshments will be served. Join us for some fun and to check out the new Spring Items!



## WISCONSIN DEPARTMENT of HEALTH SERVICES

### DEPARTMENT OF HEALTH SERVICES ISSUES WARNING ABOUT SYNTHETIC CANNABINOIDS

#### Substance often called "fake weed" or "K2" can cause severe bleeding and possibly death

The Wisconsin Department of Health Services (DHS) is warning people about the dangers of synthetic cannabinoids, often called "fake weed", "K2", and "spice". Severe bleeding has been reported in people who have used synthetic cannabinoids, including one confirmed case in Wisconsin, and two deaths in Illinois. These products are found across the U.S. in convenience stores, gas stations, drug paraphernalia shops, novelty stores, and online. For entire press release, visit <https://www.dhs.wisconsin.gov/news/releases/040518.htm>

## NATIONAL HEALTHCARE DECISIONS DAY

April 16, 2018

On April 15, Americans will file their taxes. April 16, following Benjamin Franklin's saying, "nothing can be said to be certain, except death and taxes," is a day for health care decision planning. Each year, National Healthcare Decisions Day (NHDD) is observed the day after tax day. NHDD is a day of education and awareness, aimed at encouraging adults to create an advance health care plan.

Every adult is at risk of being unable to make health care decisions. An advance health care directive is the document that helps an adult name someone to make health care decisions when the person cannot do so. In addition to creating planning documents, this is a good time to think and talk about the different kinds of health care and treatment one wants and does not want. Meaningful conversations about health care values generally lead to higher quality health care decisions and reduce family stress when a health care crisis arises.



### See what the Wausau Region Chamber of Commerce is saying about NCHC in the Chamber Connection!

Go online and visit:  
<https://issuu.com/wausauchamber/docs/chamberconnectionmarch18>







Mount View  
Care Center

skilled nursing | short-term rehabilitation | dementia care

# Egg Roll Sale

## Legacies by the Lake

**6 Egg Rolls for \$9**

**12 Egg Rolls for \$16**

Served warm and with sweet and sour sauce!

**Pick Up Location:** Link Hallway

**Pick Up Dates:** April 24th & April 25th

**Pick Up Time:** 11:30-12:00

*All orders must be submitted to McKenA (Activities) by: April 20th*

Your name: \_\_\_\_\_

Please Check Quantity:

6 Egg Rolls	12 Egg Rolls
<input type="text"/>	<input type="text"/>

Please Check Pick Up Date:

April 24th	April 25th
<input type="text"/>	<input type="text"/>

Payment must accompany order form. Cash or Check accepted. (Make checks payable to NCHC)



## SAFETY SNIP-ITS

### Annual Statewide Tornado Drill

It is that time of year again. NCHC will be participating in the Wisconsin Annual Tornado Drill. It is a great time to review your Severe Weather and Tornado Policies with your team. Marathon County Emergency Director has asked NCHC to complete reports of our drill from each department.

**Thursday, April 12**

**1:45 PM and 6:45 PM**

### Statewide Tornado Drill

*Please refer to your department communication boards and email for full information and details about the drill!*



**REGISTER TODAY!**



## JOIN US FOR THE 8TH ANNUAL SPOTLIGHT EVENT!

On Tuesday, April 17th, 2018 the AOD Partnership invites you join them in celebrating the successes of 2017, sharing of the direction for 2018, and highlighting individuals, groups and organizations that help us to achieve our missions to reduce substance abuse in our community! This year's event, held at the City Grill at Jefferson Street Inn, is themed Champions of Change, and will begin with a reception/silent auction at 5PM, with the program and awards starting at 5:30PM. We will conclude by 7PM.

Visit: <http://bit.ly/2oXE1wX>



Click [here](#) for this week's Crime of the Week.

<http://marathoncounty.crimestopper-web.com/crimeoftheweek.aspx>



## EXPLORING YOUR OWN INTUITION WORKSHOP PRESENTED BY RHI-ANNA HILL

A gifted intuitive counselor, life coach and spiritual mentor Rhi-Anna has been teaching intuition seminars and workshops for over two decades. This workshop offers practical tools and techniques to each participant to further their intuitive abilities. Call it your Soul's Wisdom or True Self Guidance. Intuition is our truth detector, enhancing our daily living, creating more clarity, peace and heighten awareness. It is your right to look inside yourself for the answers. The time is come for each of us to honor and claim this natural ability. Join with others in this highly experiential, fun workshop as we learn to quiet the logical mind as we awaken the intuitive self.

**Workshop – May 5, 2018 – 9:00 a.m. -11:30 a.m.**

**YWCA- 613 N 5th St Wausau**

**Cost - \$45.00**

Proceeds will go to help support NAMI (National Alliance on Mental Illness) Register by mail to Nami Northwoods, P.O. Box 262 Wausau, WI 54402 Register by April 15 as space is limited to 25 attendees. email: [contact@naminorthwoods.org](mailto:contact@naminorthwoods.org) or call 715-432-0180 to reserve your spot.



## WERE YOU UNABLE TO ATTEND 1ST QUARTER EMPLOYEE UPDATES?

**Want to See the Presentation Again?**

<https://youtu.be/IG-W2n1yFHI>

We want all employees to be able to attend the Employee Updates Sessions to connect with leaders, ask questions, and meet with team members you may not regularly have the opportunity to. However, we do know that serving in health care, there are instances in which you are just not able to make it or wish to view the presentation over again.

You can now view the 2018 1st Quarter Updates from March in full format by visiting the NCHC YouTube Channel. Check out some of the other great videos there, too!

The video is also available here: O'drive: Employee Updates folder contains the complete slide shows and videos for all Employee Update sessions.



## Saturday, April 21, 2018

**The day before Earth Day!**

You will be able to select NCHC as your company/organization on the registration page. Contact Taylre at 715.348.1360 or [taylres@ghidorzi.com](mailto:taylres@ghidorzi.com) with questions.



## PROUD EVENT PARTNER

Register online at [www.ghidorzigrreenandclean.com](http://www.ghidorzigrreenandclean.com) by Friday, April 13 to guarantee your free t-shirt!

**Register you and your family under the  
North Central Health Care Team!**

Please join us. The Ghidorzi Green & Clean is greater Wausau's annual community-wide cleanup to rid our beautiful landscape of litter and debris. Individuals and groups of all ages and sizes can help give our community a clean start to spring. The event is a productive way to celebrate Earth Day and a healthy outdoor activity for families, friends, neighbors and coworkers. Free safety green T-shirts, trash bags and gloves are provided, along with a thank you kick-off of delicious refreshments.

**8:00 a.m.** Free refreshments, distribution of supplies, assignment of cleanup sites, live WIFC broadcast from Dave Kallaway and Susan Kennedy

**8:45 a.m. to 11 a.m.** Volunteer deployment, trash pick-up

**11 a.m.** Event completion, volunteers depart from their cleanup site

**11:15 a.m. 1 p.m.** BRAT FRY AFTER PARTY hosted by River Valley Bank for all volunteers following the cleanup at their Wausau Branch, 327 N. 17th Avenue, Wausau, 54401

**LOCATION:** Corporate Cove Tower, One Corporate Drive, Wausau, WI

**HOW TO JOIN:** Register online at [www.ghidorzigrreenandclean.com](http://www.ghidorzigrreenandclean.com) by Friday, April 13 to guarantee your free safety green T-shirt.





Marathon County Event



*Do we have a prescription drug problem?*

**RESCHEDULED DUE TO WEATHER**  
Monday April 30<sup>th</sup>, 2018 from  
11:30am-1pm @ Northcentral  
Technical College, Wausau Campus  
(Rm E101/E102)



**2017 Highlights of the New Marathon County Community Assessment on Prevalence & Perceptions of Medication Abuse**

**Official Launch of the New Marathon County Drop Box Rebranding Initiative**

**Announcement of the New Marathon County Permanent Drop Box Location**



**Overview of the DOJ Prevention Campaign**

This event is sponsored in part by the Northwoods Coalition - [www.northwoodscoalition.org](http://www.northwoodscoalition.org)



Mount View Care Center Event

**ATTENTION SENIORS: FREE HEALTH FAIR EVENT IN WAUSAU**

# FALL PREVENTION & BALANCE CLINIC

THURSDAY, APRIL 12, 2018 • 1-6 PM

**MOUNT VIEW CARE CENTER • 2400 MARSHALL STREET, WAUSAU**



Anyone can be at risk of falling and injuring themselves. Several factors can contribute to your fall risk – from diet and medications to blood pressure and blood sugar, and much more! Find out how you measure up by attending this **FREE** Fall Prevention & Balance Clinic at Mount View Care Center!

- Balance Testing
- Blood Pressure Screening
- Blood Sugar Screening
- Vision Screening (Bring Your Glasses)
- Medication Reviews (Bring Your Labeled Medication in Bag)
- Diet and Nutrition Reviews
- Warm Water Physical Therapy Information
- Advance Directives Information
- Talk with Doctors, Nurse Practitioners, Therapists & More!

**FREE EVENT • OPEN TO PUBLIC • LIGHTS SNACKS & REFRESHMENTS**

For more information call 715.848.4309, email [info@nrcen.org](mailto:info@nrcen.org) or visit us online at

[www.nrcen.org/Events](http://www.nrcen.org/Events) or

Presented by:



Lincoln County Event



- Premiere of -

## Wisconsin Documentary "Straight Forward"

**Discuss How To Support Addiction Recovery in Lincoln County**

**Thursday, April 12, 2018  
6:00 - 8:00 pm**

**Lincoln County Service Center  
(Upper Level Assembly Room)  
801 N. Sales Street, Merrill**

### Snacks Provided

**No Pre-Registration Required.**

Youth, 8th grade and older, are welcome but encouraged to attend with parent/guardian.

For more information, please contact  
Debbie Moellendorf at 715-539-1077 or  
[deborah.moellendorf@ces.uwex.edu](mailto:deborah.moellendorf@ces.uwex.edu)

### Everyone is Welcome to Attend

- Learn more about preventing opioid and narcotic addiction.
- Hear how documentary participants found hope.
- Discuss with a panel of local individuals ways we are supporting individuals in recovery.
- Learn about actions you can take by disposing of unused or unwanted prescription medication.



Hosted by the Lincoln County Drug Free Coalition, T. B. Scott Free Library Adult Department Building Merrill Together Program Series and Tomahawk Library. Funding provided by the Wisconsin Department of Health Services Targeted Response to the Opioid Crisis Grant.

## Conversations About Care

Presents ~



*Hope is not a plan  
- Atul Gawande*

# BEING MORTAL

FRONTLINE

## Film Screening & Discussion

Join us for a free community screening and discussion of the PBS FRONTLINE documentary *Being Mortal*. Based on the bestselling book by Dr. Atul Gawande, this film explores the hopes of patients and families facing terminal illness and their relationships with the palliative team members who care for them. Be part of a national conversation taking place in communities that asks: "Have you and your family had these important conversations and planned ahead?"

**April 17, 2018 Northcentral Technical College  
Health Sciences Auditorium, Wausau, WI 6:00–8:00 p.m.**

**Facilitated Panel Discussion immediately following the film:**

Leslie Stiller Schmidt, MSHW, D-Bioethics; Manager, Clinical Ethics, Ascension Wisconsin  
Tomasz Okon, MD; Director, Palliative Care Fellowship Program, Marshfield Clinic/Marshfield Medical Center  
Christina Osborn, MSHW, LCSW; Hospice Social Worker, Aspirus Comfort Care and Hospice Services

We invite you to arrive at 5:30 to review resources and meet others



Conversations About Care  
P.O. Box 395, Stevens Point, WI 54481  
[conversationsaboutcare@gmail.com](mailto:conversationsaboutcare@gmail.com) 715.830.6779



**NCHC will be sharing resource information at this very important event taking place in Merrill on April 12!**

**Dan Shine, Lakeside Recovery, will be participating as a Panel Speaker during the event!**



Dear NCHC,

Thank you to everyone who participated in the 10th Annual Teen Health Fair at Antigo High School. We do the best we can with trying to track how many students come through the health fair. We have accounted for 549 unduplicated students and 840 duplicated (where they came in more than 1x).

We had very good, positive feed back from the students and teachers. Thanks again and we look forward to doing this again next year!

Sheila Rine  
Langlade Co Health & Social Services



## Debunking the Myths Surrounding Human Trafficking and Sexual Assault

### EVENT INFORMATION:

Wednesday, April 18, 2018

Registration: 10:30 a.m.

Presentation: 11:00 a.m. - 3:00 p.m.

Price: \$10 (includes lunch)

Location: NTC Center for Health Sciences Auditorium  
1000 W. Campus Drive, Wausau, WI 54401

Earn 3.5 CEUs!

This training is designed for mental health professionals, social workers, clergy people, attorneys, students, and community members.

\*Social Work CEUs are available.

### PROGRAM DETAILS:

Join us for this important two-part event featuring an in depth discussion.

#### Part 1: Human Trafficking in Wisconsin, Myths and Realities

Rachel Monaco-Wilcox, JD, LOTUS Legal Clinic

Attendees will learn from a community presentation about the problem of human trafficking in our community and how to help prevent it and support survivors.

#### Part 2: Debunking the Myths Surrounding Sexual Assault

Discussion led by a panel of experts from Wisconsin

A panel of experts including law enforcement, prosecutor, Sexual Assault Nurse Examiner, mental health therapist, Department of Corrections sex offender agent, victims rights attorney, and forensic interviewer will highlight common myths and present factual information about various topics such as delayed reporting, recanting, investigating, evidence collection, interviewing victims, grooming tactics, sex offender rules, legal advocacy, and trauma informed care practices.

### SPONSORED BY:



THE WOMEN'S COMMUNITY INC.  
LISTEN. SUPPORT. TRANSFORM LIVES.



Sponsored by The Women's Community and Marathon County Sexual Assault Intervention Team, hosted by Northcentral Technical College.



**QUESTIONS?** Please contact Brenda Bayer at The Women's Community at 715-675-3331 for more information.

**REGISTER TODAY.** Call 715-675-3331 and press "1" or visit [www.ntc.edu/ce/conferences](http://www.ntc.edu/ce/conferences)

Northcentral Technical College does not discriminate on the basis of race, color, national origin, sex, disability or age in employment, admissions or its programs or activities. The following person has been designated to handle inquiries regarding the College's nondiscrimination policies: Equal Opportunity Officer, Northcentral Technical College, 1000 W. Campus Drive, Wausau, WI 54401. Phone: 715.675.1007

[www.ntc.edu](http://www.ntc.edu)

# SOS Survivors of Suicide Support Group

*Compassion Support Understanding*



**Third Tuesday of Each Month**

**7:00 pm**

**Northcentral Technical College**

Center for Business and Industry  
West Campus Drive, Wausau

prevent suicide  
MARATHON COUNTY  
PARTNERS SAYING LIVES IN WISCONSIN

[www.preventsuicidemarathoncounty.org](http://www.preventsuicidemarathoncounty.org)



Prevent Suicide Marathon County is pleased to announce that the Survivors of Suicide Loss Support Group has been reinstated in the community.

**The group will meet:**

**Third Tuesday evening of each month - 7:00 pm**

**Northcentral Technical College Center for Business & Industry Building**

**Beginning April 17, 2018**

A suicide survivor is someone who has lost someone close to them from suicide. The loss of a loved one, especially from suicide, is devastating. No matter how you look at it, your life is changed forever.

Each of us grieves differently, in our own way, in our own time, as we try to get our lives back to "normal". It will be a different normal from here on in. A person never "gets over" it, but you can get through it with the support of others, especially others who have traveled down this painful path.

The SOS (Survivors of Suicide) support group in Marathon County is here to assist you in your needs.

We invite you to attend our monthly group meetings. Give and receive support with others who have dealt with the loss of someone in their lives to suicide. Anyone from Marathon County or the surrounding region is welcome to attend.

More information, exact dates and directions are available on our website at: [www.preventsuicidemarathoncounty.org](http://www.preventsuicidemarathoncounty.org)

Questions may be directed to: Debi Traeder at 715-551-0966 or [traeders@charter.net](mailto:traeders@charter.net). Please share with others in the community.





## tidbits on benefits

### 2018 VISION INSURANCE REMINDERS

#### Vision Service Plan

As of January 1, 2018, North Central Health Care changed our vision insurance carrier to Vision Service Plan (VSP). VSP does not issue ID cards, so when you go for services, at a network provider, notify them that you are a NCHC employee and enrolled in VSP. The provider will then verify your enrollment electronically with VSP.

In order to get a comprehensive list of vision network providers you will want to create an account on the VSP website. By creating an account the provider search is linked to our specific plan and there are more in-network providers on the listing than simply going to the VSP website and clicking on the Find a Doctor link.

**To create an account on the VSP website follow the instructions below:**

1. Go to [www.VSP.com](http://www.VSP.com)
2. In the upper right hand corner of the page click on Create An Account link
3. Enter the Last 4 digits of your social security number, First and Last Name, email address, create a username and password, select language preference and enter date of birth.
4. Click Create My Account
5. An activation email will then be sent to the email address you provided. Follow the instructions in that email to complete the account creation process.
6. Then log in to the VSP account to search for a provider.

If you have questions please contact Lynn Wengelski, in Human Resources.

### Wisconsin Deferred Compensation (WDC) Program Offered by your employer, North Central Health Care



#### Meeting Announcement: Learn More About the WDC

The Wisconsin Deferred Compensation (WDC) Program is a powerful tool to help you reach your retirement goals. Join a WDC Program representative at an upcoming meeting.

##### If You're Just Starting to Save ...

We can help you get started by determining how much you may need to save in order to potentially achieve your retirement goals.

##### If You've Been Saving for a While ...

You may want to take a fresh look at your portfolio to evaluate whether your balance between risk and potential return still makes sense.

##### If Retirement Is Just Around the Corner or If You've Just Retired ...

We are here to assist you in making a smooth transition to retirement. Ask your representative about the benefits of keeping your money in the Program after you retire. And we can help you understand your distribution options, as well.



##### Online Scheduling ...

To schedule an appointment or register for a group meeting, go to the WDC website at [www.wdc457.org](http://www.wdc457.org) and click *Schedule a Meeting*.

**Things to bring to an individual appointment, if possible ...** Your current Wisconsin Retirement System (WRS) and Social Security statements; other retirement account statements; a current paycheck stub; and your WDC username, password, and PIN (if known). Also, please be ready to provide your desired age at retirement, number of years of state service accumulated as of desired retirement age, and number of dependents claimed for tax purposes.

Please bring all of the above information for your spouse/ domestic partner (if applicable).

#### WDC Program Meeting Schedule

Date	Time	Topic	Location
		See Reverse for Schedule	
		Walk ins Welcome!	

Representatives of Empower Retirement do not offer or provide investment, fiduciary, financial, legal or tax advice or act in a fiduciary capacity for any client unless explicitly described in writing. Please consult with your investment advisor, attorney and/or tax advisor as needed.

Core securities, when offered, are offered through GWFS Equities, Inc. and/or other broker-dealers.

GWFS Equities, Inc., Member FINRA/SIPC, is a wholly owned subsidiary of Great-West Life & Annuity Insurance Company. Other than those owned by Wisconsin Deferred Compensation or indicated otherwise, the trademarks, logos, service marks and design elements used are owned by Great-West Life & Annuity Insurance Company. 98971-01-PDF-6003-1707 AM195431-0717



## HRinsights



Ascension

### Frontline EAP

Employee Assistance Program

Employee Assistance Services can aid you in finding solutions to your concerns, whether emotional, psychological, marital, alcohol and drug, family or work related. Your EAP can provide assessment, problem solving and support to assist you in managing your concerns. Using EAP to deal with a worrisome situation could prevent it from becoming a major problem.

**To contact EAP schedule an appointment, please call: 1.800.540.3758 or [eap@ascension.org](mailto:eap@ascension.org)**

### SHUN SHORTCUTS TO PREVENT WORKPLACE INJURIES



On-the-job shortcuts are one of the most common causes of workplace injuries. A shortcut places a priority on speed over safety. Employees who take shortcuts believe they are aware and savvy

enough to avoid injury in exchange for saving time, hassling with safety gear, meeting quotas, or some other advantage. Insurance companies, which calculate risk, protect businesses, and make a profit when fewer claims are paid, will tell you that the increased risk from an "unsafe work practice" is about 600 percent higher than doing it safely. When you bypass a safety step, you automatically enter a world of probability called the "Law of Large Numbers." Also called the "law of averages" or "gambler's fallacy," it states that you may escape injury once or twice, but your chance of injury becomes nearly certain as time passes.

North Central Health Care has  
**741 REASONS**  
why we're a great place to work!

#### WDC Program Meeting Schedule

Date	Time	Topic	Location
Monday, April 23rd	9:30am-12:00pm	Individual Appointments	NCHC Campus- Badger Room
	12:00pm-1:00pm		NCHC Campus-Cafeteria
	1:45pm-2:45pm		Merrill Office
	3:30pm-4:30pm		Antigo Office



# The Employee Health & Wellness Center

The Employee Health & Wellness Center Clinic provides easy access to convenient health care right where you work.

## Health and Wellness Services

- **Annual Physicals:** women's health, men's health.
- **Chronic Condition Support:** hypertension, diabetes, asthma, anxiety, depression, thyroid disorders and prescriptions.
- **Health Monitoring:** blood pressure, cholesterol, blood sugar, weight management, routine lab test and gynecological concerns.
- **Common Health Issues:** colds, sore throat, earaches, influenza, sinus infection, stomach disorders, nausea, skin problems: rashes, bug bites, minor wounds, suturing, strains, sprains, urinary tract infections.
- **Wellness Care:** Health screening, prevention education, general fitness assessment, goal setting and routine wellness advice.
- **Lab Services and Procedures:** Rapid strep test, urine dip stick, flu screens, pregnancy test and procedures such as mole and skin tag removal are provided at the onsite clinic.

\*Ages 18 months and up

## Appointments and Same-Day Care

Clinic Appointments are encouraged and can be made online by visiting [MyAspirus.org](http://MyAspirus.org), or by calling the Employee Health & Wellness Center at 715.843.1256.

Same day appointments may be possible based upon the schedule for that day. Clinic Walk-ins will also be taken if the schedule permits.

## Confidentiality

All medical information provided to Aspirus will be confidential and not shared with North Central Health Care, or other health care providers without your written consent. The physical layout of the clinic within North Central Health Care Campus and the installation of separate phone and fax lines support a commitment to patient confidentiality. Aspirus will maintain the privacy and confidentiality of your personal health information in compliance with all applicable state and federal laws.

### EMPLOYEE HEALTH & WELLNESS CENTER

1100 Lakeview Drive, Wausau, WI  
North Central Health Care Campus  
Door 25

**Schedule an Appointment:**  
715.843.1256 or [MyAspirus.org](http://MyAspirus.org)

#### Clinic Hours

Monday - Wednesday - Friday: 8:00 am - 4:30 pm  
Tuesday: 6:30 am - 3:00 pm  
Thursday: 10:00 am - 6:30 pm







## WHAT'S 4 LUNCH?

### WAUSAU CAMPUS CAFETERIA

**Cafeteria Hours: Open 7am – 5:30 pm**

A Cashier is on duty from 9:00am – 10:00am , 10:30am – 1:30pm.  
When a cashier is off duty, an honor system is used for food purchases.

**Serving Soup, Salad and  
Lunch Entree Option  
Monday – Friday.**

All hot sandwiches,  
hot foods and cold bar items  
are \$.35/ounce.

Soup: \$1.25 Cup / \$2.00 Bowl



**APRIL 9 – 13, 2018**

**MON 4/9 .....Cheesy Cauliflower Soup**

Hot Ham on a Bun

**Spaghetti Sauce**

Rotini

Wax Beans

Garlic Bread

Sugar Cookie

**TUES 4/10.....Tortellini Soup**

French Dip on a Hoagie with Au Jus

**Breaded Pork Chop**

Rice & Broccoli AuGratin

Winter Blend Veggies

Apple Crisp

**WED 4/11 .....Corn Chowder**

Breaded Fish on A Kaiser

**Salisbury Steak**

Barley & Mushrooms

Brussel Sprouts

Strawberry Bavarian

**THURS 4/12...French Onion Soup**

Hamburger with Fixins

**Farm Fresh Chicken**

Hawaiian Cole Slaw

Seasoned Squash

Pecan Pie Bar

**FRI 4/13.....Campbell's Tomato Soup**

Shredded Teriyaki Chicken Sandwich

**Polska Keilbasa**

Mashed Potatoes

Sauerkraut

Monster Cookie

### FOOD SERVICES "TOP BANANA" OF THE WEEK!

**Congratulations Kiandra Scoles!**

Each Week, Food Services will feature an outstanding employee from the department and award them the "Top Banana" trophy. This week's Top Banana goes to Kiandra Scoles! Congratulations Kiandra!



knowledge changing life

## You're Invited

### Conversations with Scientists

**Conversations with Scientists begins in April at MCW-Central Wisconsin!**

Precision Medicine is an approach for disease treatment and prevention that considers individual differences in genes, environment and lifestyle, and it is believed to be the future of Medicine.

[Register today](#) to learn more about Precision Medicine!



**Register today at: <https://bit.ly/2Jr5H6b>**

### Get Social!



Catch up on news, info., photos, videos, employment opportunities and more by following North Central Health Care on Facebook, Twitter and LinkedIn!

## Oh, BABY!



Do you have a birth announcement you want to share with our NCHC Family? Send your announcement and picture (if desired) to your manager for sharing in the *News You Can Use*. Monthly, we will include all the newest members of our NCHC family. Be sure to include: Employee's Name, Department, any other family member names (spouse, partner, siblings) and the name and birth date of your little

one. We love photos, too, but we respect your privacy, so share what you wish, if you wish!