NEWS YOU CAN USE
A Weekly Update  
For The Employees of  
North Central Health Care

WEEKLY CONNECTION WITH MICHAEL LOY

Honoring Our Fallen Heroes

Memorial Day will be commemorated on Monday, May 28, 2018. As an American, Memorial Day is one of the most important holidays as we honor the men and women who have died while serving in the United States Armed Forces. No doubt, all of us in this organization know someone who has fallen or have been personally touched by the sacrifices these brave heroes gave to this Country. Every American is impacted by the ultimate sacrifices of our fallen heroes.

Originally organized in the mid 1800’s as Decoration Day, what has now become Memorial Day is a day honoring the soldiers who gave their lives by placing American Flags and flowers on their graves. Part of the reason the end of May was chosen because it was the time of year that there would be enough flowers available in the United States to meet the demand of communities across the Country recognizing these sacrifices. There have been many fallen heroes over the short history of the United States. Lives lost for Life, Liberty and the Pursuit of Happiness. Lives lost to preserve the Union, as a more perfect Union, where all men are created equal. Lives lost to rid the world of tyranny and evil to ensure freedom and democracy prevail. These sacrifices must never be allowed to have been made in vain. We live in the greatest nation in the world, with our greatness comes great responsibility to never be complacent with our privilege, to extend our opportunities to others and to inspire a world where freedom and justice prevails for the good of all people. To understand the call our military forces answer each day, the risk of giving life itself for Country is one of the greatest gifts we as citizens are given. For those who gave their one life on this Earth for you and I to be free is something I will forever be indebted to. Everything I have to hold and this Country continues to represent, as a leader in the free world, is...

– continued on page 2

SIGN UP ON HEALTHSTREAM!  
EMPLOYEE UPDATES BEGIN MONDAY, JUNE 11

2018 – 2ND QUARTER  
EMPLOYEE UPDATES

All employees should make arrangements to attend one of the following sessions.

**MON, JUNE 11**  
WAUSAU CAMPUS  
2:30 pm Theater

**TUES, JUNE 12**  
WAUSAU CAMPUS  
6:15 am Theater  
ANTIGO CENTER  
3:00 pm

**MON, JUNE 18**  
WAUSAU CAMPUS  
10:00 am Theater

**TUES, JUNE 19**  
WAUSAU CAMPUS  
3:30 pm Theater

**WED, JUNE 20**  
WAUSAU CAMPUS  
12:30 am Theater  
9:00 PM MVCC 1st Flr. Dining Room

**May is Mental Health Awareness Month**

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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.

Tuesday, May 29 –  
Sunday, June 3

Sue Matis

Reflecting on the Beauty of Our Campus

“Reflecting on the Beauty of Our Campus”  
Photo of the Week submitted by Kendra Ellner, Pharmacy Billing Specialist

www.norcen.org • Lives Enriched & Fulfilled.  
Person centered. Outcome focused.  

WITNESSING EXCELLENCE

Mackenzie Miller,  
Evergreen Place

Why: Great leadership when we were short-handed and helped the two staff with cares who did not know the unit.

Submitted By:  
Kelsey Fusak
a privilege I am humbled by and one I will fiercely respect. We must never allow our heroes ultimate sacrifices to be forgotten. On this Memorial Day, I would ask that we all take a minute from our family activities and fun in the sun to close our eyes, to take a deep breath and have at least a moment of gratitude. Gratitude for everything we are able to celebrate in our lives because of the ultimate sacrifice of those who believed in something bigger than themselves, and were willing to give so that we may be free to have Life, Liberty and the Pursuit of Happiness. Thank you to the loved ones of our fallen soldiers working here at NCHC for the sacrifices you have endured. On this Memorial Day and each one in the future, I hope you will find honor from your family, friends and neighbors. Make it a great day.

ANTIGO HIKE FOR HOPE
NCHC Proud Sponsor of May 19 Event in Antigo Community

Our team at NCHC proudly walked along side community members at the 2018 Hike for Hope at Lake Park. Supporters came from all around the Central Wisconsin area to walk together and build support for families and survivors of suicide. Thank you to all the NCHC staff who came out to support the cause. NCHC was an event sponsor and passed out literature at an informational table.

Daniel Shine, Lakeside Recovery Manager, brought along Murray, his brand new puppy, to walk along side the community at the Hike for Hope in Antigo. He’s too adorable not to get in our newsletter.

17TH ANNUAL STAND FOR CHILDREN DAY
Peaceful Valley Park in Antigo

The Community Treatment Team participated in the 17th Annual Stand for Children Day in Antigo at Peaceful Valley Park on May 19. Staff including Brook Kickhaver, Heather Roth, and Jill Mattek Nelson attended representing NCHC. The day included a bike rodeo, child safety presentations, health screenings and a live concert. Thank you to the team in Community Treatment that attended!

SHARE YOUR COMMUNITY OUTREACH ONLINE!
#IAmNCHC
PHOTO OF THE WEEK

Submit A Great Photo From Your Week!
Submit your photo and description to: Email: jmeadows@norcen.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.

“Reflecting on the Beauty of Our Campus”
– Submitted by Kendra Eisner, Pharmacy Billing Specialist

JOIN US AT
COMMUNITY CORNER
CLUBHOUSE
Opening the Door to Hope, Recovery & Opportunity for People with Mental Illness

Final Open House in May!
Wednesday, May 30 • 1:30 – 3:30 pm
Come to Clubhouse at 811 N. Third Avenue in Wausau to meet the Clubhouse Team & Members and enjoy some treats, snacks, coffee and take a tour of Clubhouse!

THANK YOU FROM OUR WAUSAU NEIGHBORS
Alexander Airport Park Kicks Off Opening with Celebration

“Please share our thanks to staff at NCHC & Mount View Care Center for taking the time to bring clients/residents to the Alexander Park Celebration on Sunday. It was a great day and it is important to our neighborhood group that staff and residents join in any activities in our neighborhood. It was fun to visit with those who did attend the event.” – Sue Nowak, Southeast Side Neighborhood Resident

The new park has become a very popular place for kids and adults. With more pedestrians visiting we want to make sure we remind NCHC staff to slow down and drive with caution through the neighborhood on Lake View Drive. Wausau Police Department will be installing the speed trailer that monitors speed and caution signs are being installed as well.

If you have not had a chance to visit the park, please do and share this great neighborhood resource with your family and friends. Here’s a fun video of the airplane installation: https://www.youtube.com/watch?reload=9&v=ph0CwvCfpmM

Why We Walk

JOIN US for a casual happy hour to learn more about the impact the Walk to End Alzheimer’s® makes on the community and the rewarding ways you can get involved!

Snacks and soft drinks will be provided. Cash bar will be open.

Date: Wednesday, May 30, 2018
Time: 5:30 pm - 7:00 pm
Location: Sconni’s Alehouse
1239 Schofield Ave., Schofield, WI

Contact Katie Olson at 920.469.21100 or koolson@alz.org

“I walk on this bridge on our walking path every day on my lunch, and it is such a peaceful area of our campus. I decided to share, because it is a very serene area and it is a nice break in the busy day to just reflect on the beauty of our campus.”
– Kendra Eisner, Pharmacy Billing Specialist

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WHAT DO YOU SEE EVERY DAY? SHARE THE BEAUTY OF NCHC!

Sharing some of the sights of all our locations helps our community become more comfortable and familiar with NCHC. Submit what you see! Photos may be used in NYCU, social media and maybe even our online gallery (coming soon)! Email or text: details below.

Submit your photo and description to: Email: jmeadows@norcen.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.

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Join Us for An OPEN HOUSE

Lakeside Recovery is expanding and welcomes you to join us to celebrate our newly expanded Medically Monitored Substance Abuse Treatment Program.

Thursday, June 7
11:00 am to 1:00 pm (NCHC Employees)
4:00 pm to 7:00 pm (Open to Public)

1100 Lake View Drive • Wausau, WI
Parking at Yellow Flag Lot – Watch for the Signs – New Entrance at Front of Building

• 4:30 pm Ribbon-cutting Ceremony with Wausau Region Chamber of Commerce
• Meet the Lakeside Recovery Team • Tours and refreshments!

Lakeside Recovery is a 21-Day Medically Monitored Treatment (MMT) Program that supports individuals through substance abuse and addiction recovery in a safe, sober environment.

www.norcen.org/Events

Like Us on Facebook & Twitter for More Events!
MAY IS MENTAL HEALTH AWARENESS MONTH

NEWS YOU CAN USE

MAY IS MENTAL HEALTH AWARENESS MONTH

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

SHOULD YOU GET UP EARLIER?
You may hear time management gurus insist that getting up at 5 a.m. amounts to secret sauce for increasing personal productivity. Proponents of morning solitude argue that this time of day allows you to focus better on key issues, take advantage of your best mental state, and achieve more as you make key decisions before the distractions of the day begin. Author Robin Sharma, a productivity coach, calls this “the 5 a.m. club.” Launching yourself before the rest of world awakens may have advantages, but here’s a tip—experiment first with getting up 15 minutes earlier than usual. You may discover magic in that small amount of time and get all the benefits of an early riser. If desired, add more time. Decide what you will do with these golden minutes or hours; otherwise, you may find yourself heading back to bed.

Do You Know of Qualified & Reliable Candidates?
Refer and earn a $500 Referral BONUS!!
Details are on page 49 of the YOU BENEFIT Booklet!

TRAINING THAT TEACHES EMPATHY, TECHNIQUE AND SAFETY
Inpatient Team Participates In Restraint Chair Training
The Behavioral Health Services Inpatient team participated in restraint documentation and chair training as NCHC wraps up our Joint Commission Survey. These are photos that staff and the general public don’t typically have the opportunity to see – a restraint chair in an Inpatient setting. It is important that staff is properly trained and comfortable when dealing with escalated clients. The more practice our staff has, the more comfortable they will feel when they need work with a client to protect them from harming themselves or others. Working in the Inpatient Hospital requires a team approach and while we don’t use the restrain chair often, all staff need to practice in order to have the best outcomes for our clients, ensuring safety of both patients and staff. Great job team!

The Inpatient BHS Team from left to right: Nicole Green, Laura Philips, Allison Fuller, Dana Fredrickson and John Ward with Trina Sorce, Interim RN Manager in the restraint chair.

RETIREMENT NEWS
Congratulations Julie Myer!
Julie Myer has worked at NCHC for 38 years in our Dietary Services program. That is an amazing dedication to this organization! We will be celebrating her retirement on Friday, June 8th at 3pm in the Wausau Campus Cafeteria. Congrats Julie and thank you for your many years of service!

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FOOD SERVICES “TOP BANANA” OF THE WEEK!

Congratulations Tyler Wolf

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 Tyler Wolf.

Tyler started at NCHC on December 15 as a high school student, he then transitioned to a full time Dietary Aide after graduating. Tyler is now a full time Cook. His mom, Vanessa also works here at NCHC and his twin brother, Tegan, used to work here as a Dietary Aide also. The family has one cat and two dogs.

Growing up, Tyler wanted to be an Aerospace Engineer. Three traits that define him are: his sense of humor, his twin brother and his “Oh so famous saranacs!” During his free time he likes to nap, shop for race car parts, and attend car shows and follow his Subaru groupies. If calories didn’t count he would eat pasta every day – all day. One place to visit on his bucket list is Japan.

We asked Tyler what he would have told his teenage self and he answered “It’s not a phase Mom – it’s who I am!”

World Elder Abuse Awareness Day
Friday, June 15

Elder Abuse TAKES MANY FORMS
NEGLECT ISOLATION PHYSICAL FINANCIAL SEXUAL EMOTIONAL PSYCHOLOGICAL

If you suspect Elder Abuse speak to someone today!
Adult Protective Services at 1.855.487.3338
In Marathon, Lincoln and Langlade counties.

Learn More About Signs of Elder Abuse
www.norcen.org/StopElderAbuse

Employee of the Month

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, YOU KNOW THAT YOU CAN RECOGNIZE THEM WITH AN EMPLOYEE OF THE MONTH NOMINATION.

Electronic Nomination Forms NOW Available on Odrive in News You Can Use Folder or Grab one from a Hallway Display!

DID YOU ORDER YOUR PURPLE SHIRT YET? HURRY!
YOUR LAST DAY TO ORDER IS MAY 30!
WEAAD.EMESTORE.COM

NEED HELP ORDERING?
CALL OR EMAIL JESSICA AT 715.848.4309 OR JMEADOWS@NORCEN.ORG

You do NOT need a Paypal account to pay online. Simply complete your order and when you get to Paypal site, click, pay with credit card! Shipping rates are only $3.95 to anywhere!

WEAR PURPLE IN SUPPORT

ORDER YOUR T-SHIRT ONLINE by MAY 30th
Only $6.50
WEAAD.EMESTORE.COM

Adult Protective Services: 1.855.487.3338
WEAAD, INC.
1840 West College Avenue
Marathon, WI 54448
www.weaad.org

Additional Resources & Support Provided By:

HAVEN, Inc. Advocates for Victims of Domestic and Sexual Abuse
www.haveninc.org

North Central Health Care
www.norcen.org

Women’s Community Programs
Women’s Community Program 40 YEARS CELEBRATING LIVES ENRICHED & FULLFILLED.
www.women’scommunityprograms.org

Jennings, Inc.
4404 W. Lake Shore Drive
Marathon, WI 54448
www.jenningsinc.org/advocates

SUMMER FOOD SERVICE PROGRAM BEING OFFERED
For Wausau School District

The Summer Food Service Program is offered while school is out of session, June 11 - July 19, 2018 and is FREE to ALL children under the age of 18 years of age. Breakfast and lunch sites are Hawthorn Hills, Lincoln, GD Jones, Riverview, and Jefferson Elementary Schools, Horace Mann Middle School and Wausau West High School. John Muir also participates in the Summer Food Service Program, but only serves on Mondays and Tuesdays during the 2018 Summer School Session.

Children not enrolled in summer school must stop at the school office and sign in before getting a meal. All meals must be eaten at the site. If you have questions, please call 715.261.0805, and speak with Karen Fochs, School Nutrition Specialist.

SUMMER FOOD SUMMER FUN!
Healthy meals for kids and teens near you. FREE!

More Info:
wisummerfood.org or call 211

FROM VOLUNTEER SERVICES!
Sweet Tea and Orange Juice Now Available at the Wausau Campus Canteen!

Volunteer Services is stirring up your mornings with some new drinks! When you visit the Wausau Campus Canteen, you can now purchase cold Sweet Tea and Orange Juice! Start your day or right or end it with a refreshing drink! Have suggestions? Email lharder2@norcen.org with your ideas!
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 heightened 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 – June 2, 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 or call 715-432-0180 to reserve your spot.

SUICIDE THE RIPPLE EFFECT
A film and a movement for hope and healing

The film chronicles the story of Kevin Hines, who at age 19 attempted to take his life by jumping from the Golden Gate Bridge. Since then Kevin has been on a mission to use his story to help others stay alive and find recovery.

Wednesday, June 20, 2018, 7:30 PM
Cedar Creek Cinema, 10101 Market St., Rothschild, WI
Local resources information and more will be available
The event will only take place if we get at least 100 people to reserve tickets.
You can reserve tickets and track our status at https://gofundme.com/7230991
For more info contact Deb Fromeber - fromeber@charter.net / (715) 553-0958
www.provenstarsidmirroradvance.org

EXPRESS YOUR PERSON-CENTERED SERVICE
Give someone a big shout out and thank them for their Person-Centered Service!
Send your SHOUT OUTS to jmeadows@norcen.org.

NORTHERN COUNCIL HEALTH CORPORATION
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

MAY 28 – JUNE 1, 2018

MON 5/28 .....No Café Today!
Happy Memorial Day!

TUES 5/29
Navy Bean Soup
Nachos Supreme

Breaded Cod Fish
Twice Baked Mashed Potatoes
Stewed Tomatoes
Orange Sherbet Jello

WED 5/30 ......Chicken Rice Soup
Chicken Enchiladas

Roast Beef
Brown Gravy
Mashed Potatoes
Mixed Vegetables
Banana Cream Pie

THURS 5/31 ... Tomato Soup
Grilled Cheese Sandwich

Breaded Pork Steak
Harvest Mashed Potatoes
Diced Beets
Chocolate Cake with Fudge Icing

FRI 6/1 .......... Mushroom Barley Soup
Reuben

Lemony Chicken
Chicken Gravy
Rice Pilaf
Carrots
Molasses Cookie

2017 Annual Report
We invite you to reflect on 2017 by viewing our 2017 Annual Report available on our website at: www.norcen.org/AnnualReport or on the Odrive in the News You Can Use folder: Annual Reports.

Wishing You a Safe and Happy Memorial Day
From The Staff at Marathon County Employees Credit Union.
www.mcecu.org • cuteller@co.marathon.wi.us
715-261-7680 • 400 East Thomas Street

Need a Loan? Looking to Refinance?
Contact Pete Today!
261-7685 or culoans@co.marathon.wi.us

“A HERO IS SOMEONE WHO HAS GIVEN HIS OR HER LIFE TO SOMETHING BIGGER THAN ONESELF.”
—JOSEPH CAMPBELL

This Memorial Day we remember all the servicemen and servicewomen who made the ultimate sacrifice for our country.

THANK YOU!