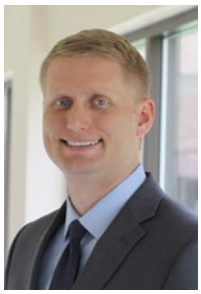
Issue 32 • **Aug 24 – September 6, 2018**
2-Week Edition

A Weekly Update
For The Employees of
North Central Health Care

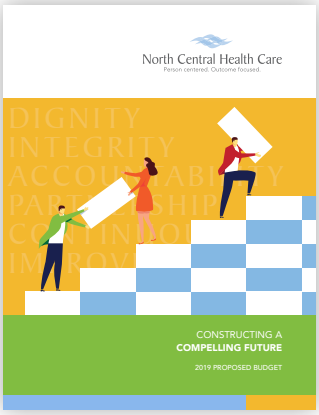
"Collaboration in Antigo!" – *Submitted by Haley Ellenbecker*

NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

Renewable



We've been wrapping up our Proposed 2019 Budget this week and our success from the 2018 Budget was renewed again in our effort this year. There is an evolutionary force upon this organization as we move into our 2nd year of our 5 to 50 Vision. Positive growth and the choice that comes with it are very evident again. The Marathon County Asylum for the Insane may have been our roots 125 years ago, but we remain steadfastly focused on *Constructing a Compelling Future* in 2019. Our 5 to 50 Vision, to identify and operationalize all the necessary elements to organizational viability, to get NCHC to our 50th Anniversary (March 23, 2022), and to set ourselves up for the next 50 years is **firmly in motion**. The fundamental question of our strategic work is: *What will our world look like when we change it?* The future looks good from my current vantage point.

I often say that with financial success comes viability, with viability comes choice. Let me give you a simple recent example. A few months ago a new employee in the 90 days follow-up sessions that Sue Matis, our HR Executive and I attend, we had an employee ask us why we do not use renewable products in our cafeteria. I doubt it was the first time this has been asked but it was the first time I was asked about it. I said I wasn't sure but in researching the issue, renewable products were more expensive than the Styrofoam products you see all around our campus. Well, we are able to accommodate a change to renewable products now and going forward. NCHC has environmental responsibility but we also have a responsibility in managing our costs. In this instance we can balance these two issues and make a positive change. Look for the phase in of paper products soon. To support these efforts we could all do more to turn out the lights, to recycle and use reusable water bottles. I remember another example where an employee asked me why we don't have a recycling bin outside the theater for our employee updates. I

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Meet Our New Employees **2**
Welcome to the Team!

New Position Postings.... **4**

Many Thanks! **5**
Fat Joe's, Patch & Evergreen

Memorial Event..... **11**
Honoring Lynn and Nancy

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, Aug 27 – Monday, Sept 3

Sue Matis

Tuesday, Sept 4 – Sunday, Sept 9

Sheila Zblewski

Person-Centered Shout out

Karen Bender,
Health Information

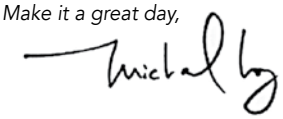
Why: For getting a big spider crawling on the floor during our check-in meeting. :)

Submitted By:
Kris Cemke

spoke to Housekeeping and they delivered. She noticed the next time we had Employee Updates. Let us use this opportunity as a small catalyst to take better care of our environment here at NCHC. We are always open to suggestions and we will work to try to balance these ideas in implementing them. Our new campus construction will build upon more concepts of conservation of resources and energy efficient design. It's good to have these opportunities. Keep them coming.

Lastly, I am sure some of you were surprised to see in the City Pages this week that the County may use the current pool space to have a regional morgue here on our campus. I pick up their paper each Thursday never knowing what I might read. However, it is an idea I've heard before but appears to be getting some traction into a public conversation. One thing is for sure, the space will be renewed into something new and the County will determine its use in the future. I believe we could support the endeavor here at NCHC as we are a regional platform to work with other Counties but I think this idea still has a long-time to go and the space won't be available for approximately two years. We will be using the current pool into 2019 until a new pool is completed and opened sometime in 2019. We just finalized our architectural and engineering contract this week and will start the design work right after Labor Day. More to come on this, stay tuned.

Make it a great day,



TO ALL WHO PARTICIPATED IN THE HAND HYGIENE SURVEY

50% of our employees responded which is FANTASTIC, AMAZING, YA HOO!

Now that we have your input, what are we going to do with it? Well, 12.5% marked handwashing agents cause irritation and dryness and an additional 6.7% also disliked hand sanitizers. Of those disliking hand sanitizers, 44% report it is due to skin dryness. So for starters we are looking at hand lotion options, alternative hand sanitizers both with alcohol and non-alcohol and hand wipes options. We will pilot these products in 12-14 areas of the organization for a period of time and then gather feedback on the products. We will keep you updated when we have all the necessary pieces in place for this project.

The NCHC Hand Hygiene Project Group

Amiee Muraski | Jenni Kessen | Linda Handrick
Connie Gliniecki | Terry Szews

WELCOME THESE NEW EMPLOYEES TO THE TEAM!

From left to right:
Brooke Loren Hospitality Assistant – Post-Acute Care, Southshore
Dawn Wallis Registered Nurse - Hospital BHS
Jessica Merklein Respiratory Therapist – Northwinds Vent Community
Danielle Stewart Hospitality Assistant – Northwinds Vent Community
Linda Rein Patient Financial Services Rep – Patient Accounts
Becky Lor Dietary Aide – Food Services
McKenzie Larson Dietary Aide – Food Services
Jason Xiong Hospitality Assistant – Reflections Long-Term Care, Northern Reflections

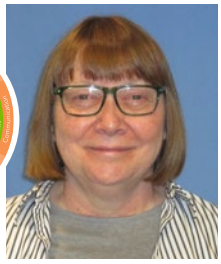
Not Shown: **Asa Rich** Dietary Aide - Food Services

"Collaboration in Antigo!"
– Submitted by Haley Ellenbecker

A COLLABORATION OF BEAUTY

Community Treatment Youth, Adult Day Services and Langlade County Maintenance Creating a Caring Environment

The Antigo Center Community Treatment Youth Team collaborated with the Adult Day Services Program, and Langlade County Maintenance Dept. to plant a flower bed. Adult Day Services Program planted the seeds indoors and maintained them until they could be planted outdoors. The Community Treatment Youth Team then prepared the flower bed and planted the plants. The Maintenance Department supplied gardening tools and allowed the youth to pick the color of the wood chips. The youth then spread the wood chips to complete the project. The pictures are the before and after. Thank you Stacie Asher-Knowlton (Community Treatment-Langlade) for all of your coordination for this group.



Person-Centered Shout out

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

Send your SHOUT OUTS to jmeadows@norcen.org.

TO KIM WALKER-DANIELS!

"BHS would like to recognize Kim Walker-Daniels for her eagerness to jump into patient care as soon as she joined NCHC. Her love of direct patient care is refreshing and she is always willing to help out when needed. Trina Sorce would also like to give a personal thank you to Kim for her upcoming assistance with a collaborative approach to policy/procedural changes (and for sharing her love of Halloween). Thank you so much Kim!"

– Submitted by Trina Sorce

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.

MARK YOUR CALENDARS!
NCHC EMPLOYEE UPDATES
SEPT. 13 – 24

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

2018 – 3RD QUARTER EMPLOYEE UPDATES

THURS, SEPT 13	**WAUSAU CAMPUS** 1:00 pm Theater 3:00 pm Theater
WED, SEPT 19	**WAUSAU CAMPUS** 6:15 am Theater 9:00 am Theater
THURS, SEPT 20	**WAUSAU CAMPUS** 10:00 am MVCC 1st Flr. Dining Room 9:00 pm MVCC 1st Flr. Dining Room
MON, SEPT 24	**MERRILL CENTER** 12:00 Noon **ANTIGO CENTER** 2:00 pm

Please Register in HealthStream!

Tap or Click Here

SHOUT OUT REMINDER

First and Last Names Needed

We hope you enjoyed the first month of appreciation gifts delivered to your areas for participating in the Shout Out recognition System. **Remember when filling out Shout Out Slips, please write in first and last names** so your honoree can be recognized personally! If you don't know someone's last name, be sure to fill in the department! Thank you for all YOU do!

tidbits on benefits

WELLNESS CORNER

By Sherry Gatewood, PA

Sherry Gatewood

Sore Throat? Sinus Issues? Here's Why and What You Can Do!

Sore throat, allergy and sinus season is approaching. If you have seasonal allergies due to weather changes, start taking a non-drowsy antihistamine soon. Loratadine (Claritin), Cetirizine (Zyrtec) and Fexofenadine (Allegra) provide 24 hour relief and is available over the counter without a prescription. Signs of seasonal allergies, also known as hayfever, include; itchy, watering eyes, runny nose, sneezing, and often post nasal drip (drainage down the back of the throat). This can lead to symptoms of a sore throat and dry cough. Over the counter throat lozenges and or cough drops can relieve these symptoms. Gargling warm salt water mixture can also help to relieve a sore throat.

If a dry cough is bothersome or not relieved by drops, a cough suppressant such as Dextromethorphan, the active ingredient in Delsym can help to relieve the cough. A productive cough should be treated with an expectorant, one that loosens the mucus so that it can come up. Mucinex is the name brand for Guaifenesin. This is the active ingredient listed on the back of the box of several cough medicines used to treat a productive cough. Be aware, cough suppressants are not suggested in children under 4 years old. A teaspoon of honey can help relieve a cough in children and adults. Do not give raw honey to children under one year old.

Sinus congestion can be relieved with a saline wash. Also known as a neti pot or nasal rinse, a saltwater mixture is sprayed into the sinuses through the nose. This is best to do when coming in from outdoors during the allergy season. Phenylephrine, the active ingredient in Sudafed brand decongestants, is a tablet that can be taken for congestion. It is available over the counter. Do not take if you have high blood pressure that is not controlled. Afrin nasal spray, an over the counter decongestant works well, but can only be used for 3 days. I have used the generic Oxymetazoline, store-brand and it burned, so I use the name brand myself.

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

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

ASPIRUS
Passion for excellence. Compassion for people.

Many cold medicines have multiple ingredients to soothe cold symptoms. Check the active ingredients on the back of the box to avoid doubling up on medications. If you have questions about any over the counter medicine, feel free to speak to me at the Employee and Health and Wellness Center.

WELCOME HAYLEY SCHANEN PA-C

Employee Health & Wellness Center at NCHC

You may see a new face at the North Central Health Care Employee Health and Wellness Center. In late August, and throughout the month of September, Hayley Schanen PA-C will be shadowing and working with Sherry Gatewood PA-C. Hayley is a graduate from the University of Wisconsin – Madison School of Medicine and Public Health's Physician Assistant Program. Throughout her course work she gained experience in Internal Medicine, Family Medicine, Emergency Medicine, Cardiology, and General Surgery. Additionally Hayley is a member of the Wisconsin Academy of Physician Assistants. Hayley will be the Advanced Practice Provider at Aspirus Weston Clinic's Business Health and Occupational Health Department.

HR insights

NEW Position Posting

Interested employees that want to apply for this position can apply online at **www.norcen.org/Careers**.

Title: **Switchboard Operator** https://bit.ly/2PCOycv
Status: One .4 FTE and One .6 FTE
Dept: Communications & Marketing
Location: Wausau Campus

Join the Communications & Marketing Team as a Switchboard Operator! This position is a great way to be a central link to all those we serve and their families. You will operate the telephone switchboard and serve as central phone communications link for the organization. You will be responsible for supporting programs by connecting callers to the appropriate person and performing various clerical duties. Ready to try something new or want to supplement your current position at NCHC? Now hiring .4 and .6 FTE Monday through Friday for shifts from 7am – 7pm. Potential for Weekends, 10 am – 6 pm, if desired. Apply today!

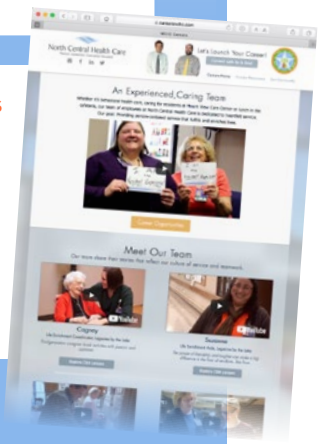
NEW Position Posting

Title: **Storekeeper** https://bit.ly/2Nhysni
Status: Occasional
Location: Wausau Campus

Join the Team in Materials Management! The Storekeeper is responsible for the day-to-day operation of an institutional storeroom under the administrative control and guidance of the Materials Manager. The Storekeeper is expected to work free from direct supervision and to be able to handle and respond to normal problems and questions that arise during daily operation.

Interested To See What Opportunities Are Available In Nursing, Caregiving, Dietary, And Other Careers At North Central Health Care?

Visit Our Careers Online at www.norcen.org/Careers for a complete listing of all our opportunities!



Do You Know of A Qualified Candidate?
Refer and earn a $500 Referral BONUS!!
Text "Refer" to 715.598.3663

A BIG FAT THANK YOU!

Fat Joe's Pizzeria

Fat Joe's Pizzeria hosted Mount View Care Center residents and residents from Benedictine as well. They opened up just for us during lunch and TREATED all of us to pizza, garlic knots, and drinks. They accommodated seating for wheelchairs and residents with other needs. Our residents loved it and the staff were so attentive and compassionate towards everyone.

Here's a link to the news story from WAOW TV 9. http://www.waow.com/story/38781643/2018/07/Tuesday/fat-joes-pizza-hosts-party-for-nursing-home-residents that we could also attach to the post.

Thanks Joe!

PATCH®
Providers And Teens Communicating for Health

PATCH TOURS

Welcome to NCHC

Local high school students conducted their training for PATCH: Providers and Teens Communicating for Health, at Mount View Care Center last week. The goal of the PATCH Program is to give teens a voice in healthcare programs and policies for youth. Thanks to them for volunteering their time to help others! Welcome to NCHC!

THANK YOU FOR YOUR SUPPORT!

Banana Split Sale Raises Funds for Walk to End Alzheimer's

Another $177 was raised toward the Walk to End Alzheimer's! Thank you Jen Bass, Amy Martin, and the Legacies by the Lake residents, for hosting the Banana Split fundraiser and to all the staff and residents that came down to buy an awesome banana split! Great job team!

DO DRIVE AN NCHC VEHICLE? THIS TRAINING IS REQUIRED FOR YOU!

North Central Health Care
Person centered. Outcome focused.

TRANSPORTATION "ROAD-EO"

NCHC Mandatory Vehicle Training Event

September 7 or 21

For all employees who drive NCHC vehicles.

Register on HealthStream

Four Stations - 4 hours Total Training

Required for MVCC Activities, Prevocational Services, Residential, Adult Day Services, and Lakeside Recovery.

1. Accident Protocol
2. Dutton Weave
3. Roof/Side Clearance (hands-on drill)
4. Serpentine/Backing Exercise

Brat & Hot Dog Cook Out

Noon each day

All participants invited to eat!!

Two Stations - 2 hours Total Training

Just two stations required for those who **only** drive cars and mini vans including Community Treatment, Clubhouse, Antigo/Merrill Staff

1. Accident Protocol
2. Dutton Weave

IF YOU DO NOT ATTEND THIS REQUIRED TRAINING YOU WILL NOT BE ABLE TO DRIVE A NCHC VEHICLE.

Questions?
Contact Mike Brundidge at x4559
or Jenny McKenzie x5101

Please park in the front parking lots at NCHC as the back lots will be used for the training.

PARKING LOT CLOSURE

September 7 & 21

The parking lot between Gardenside Crossing & Lake View Professional Plaza will be closed during training.

Employees may use the following parking lot areas: Lake View Center, Employee parking areas along the front of NCHC and MVCC, or along the grass, south side of the road (between NCHC and the airport). Please avoid parking in visitor designated spots for the consideration of those who use our services.

Any cars parked in the parking lot located next to the Lake View Professional Plaza after 6 am on September 7th and the 21st WILL BE TOWED. Please plan accordingly.

Questions?
Contact Mike Brundidge at x4559
or Jenny McKenzie x5101

Marathon County Employees Credit Union

Happy Dog Appreciation Day from Our 4-Legged Friends to Yours!

Homemade Peanut Butter Dog Treats Recipe

Ingredients:
2 cups flour, 2 eggs, ¼ c. water, ½ cup plain peanut butter
(make sure it doesn't have the sweetener Xylitol)
Instructions: Preheat oven to 350° F.
In a large bowl, mix flour, peanut butter, and eggs.
Add water a little at a time until the mixture forms a soft dough.
Roll out your dough to about ¼ inch thick.
Cut out using desired shapes.
Transfer cookies to a baking sheet and bake for 15 minutes or until the bottoms are a little dark.
Let them cool for about an hour until they're hard as crackers.

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and Their Family Members Since 1965.
www.mcecu.org • 715-261-7680
400 East Thomas Street

Walk to End Alzheimer's

Saturday, September 29, 2018

Register. Recruit. Fundraise.

TIME
8:00 am - Registration
9:00 am - Ceremony followed by Walk

LOCATION
UW-Marathon County (Fieldhouse)
518 S 7th Ave,
Wausau, WI 54401

TO JOIN OUR NCHC TEAM
REGISTER ONLINE: WWW.ALZ.ORG
Select "Find Your Walk"

ROUTE LENGTH
Route Length: 3 miles/1 mile

ORDER ONLINE
www.norcen.org/walkToEndAlz

4 Colors to choose from

North Central Health Care
Person centered. Outcome focused.

Order Your Shirt TODAY and JOIN US in the Walk to End Alzheimer's.

Prepaid shirt orders taken through August 31.

Four Shirt Colors Available - select your color based on your experience with Alzheimer's

- **Blue** — I have Alzheimer's
- **Yellow** — I am supporting or caring for someone with Alzheimer's
- **Purple** — I have lost someone to Alzheimer's
- **Orange** — I support the cause and a vision of a world without Alzheimer's

*Exact Colors May Vary

ORDER ONLINE AT www.norcen.org/WalkToEndAlz
PAYMENT TO NATASHA SAYLES. (Checks Payable To NCHC)
Contact Natasha with any questions at 715-848-4437 or text 906-281-1008.

Join the NCHC Team at the Walk to End Alzheimer's!

Order Your NCHC Team Shirt Online at www.norcen.org/WalkToEndALZ

Paper Order Forms are available in MVCC - See Natasha Sayles for more info!

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**

LOVED ONE AND TREATMENT?

It's typically family members who motivate loved ones to enter treatment for health conditions. Unlike physical health conditions, motivating someone to accept help for a behavioral health condition like an eating disorder, addiction, and gambling, among others, can be a tough sell. Denial interferes with rational arguments to get help. Threatening and badgering are rarely successful and can make problems worse. Avoiding these behaviors is so important that it is worth getting counseling to help stop it. Untreated behavioral health conditions produce crises that result in brief awareness of the need to get help. Fright, embarrassment, arrest, an acute medical incident, or even a close call may create these short windows of opportunity. At these moments, acceptance of help is most likely. Move quickly when crises appear and repeat that intervention step until you succeed.

Pizza Hut

WE'LL MAKE THE PIZZA

YOU MAKE THE DIFFERENCE

BRING IN THIS FLYER &

15% OF YOUR PURCHASE WILL GO TOWARD A GREAT CAUSE

PROCEEDS GO TO

THE ALZHEIMER'S ASSOCIATION

have fun, do Good, eat piZza, END Alzheimer's

FOR MORE INFORMATION, VISIT: ALZ.ORG

WHEN: Tuesday, August 28, 2018

TIME: Open - Close

WHERE: Your local participating WHG Pizza Hut restaurant. Good on **Carryout & Dine-in orders** *(Where applicable)*

$10 Minimum purchase.
Flyer must be redeemed with purchase.

Participating Pizza Hut Restaurants

North Central Wisconsin		
E 801 Spruce	Abbotsford	
1122 North 4th Street	Tomahawk	WI
205 West Pine St	Eagle River	WI
315 S Courtney St	Rhinelander	WI
2104 Neva Road	Antigo	WI
901 North Center Avenue	Merrill	WI
306 S. 17th Ave, Ste C	Wausau	WI
2701 Schofield Ave Ste. A	Weston	Wi
417 Division Street	Stevens Point	WI
2321 Post Road	Plover	WI
2001 8th Street, South	Wisconsin Rapids	WI
1407 North Central Avenue	Marshfield	WI
303 East Division Street	Neillsville	WI
		WI

Looking to raise money for YOUR Organization?
SCAN THIS QR CODE with your smart phone, ask your local Pizza Hut® manager or visit whgonline.com to learn more!

Pizza Hut

NEW CAREER OR SUPPLEMENTAL CAREER OPPORTUNITIES

Explore the Possibility of Scheduling at this informational session:

"So You Want To Be a Scheduler"

Come explore the workings of the Central Scheduler role to determine if a position within that department is the right fit for you.

During the Session you will:

- Observe the daily tasks of the Central Scheduler position
- Hear the vision of how the new position fits in with the daily operation of the nursing home
- Gather an understanding of the responsibilities and expectations of the ideal candidate for the job

Key skills needed for the position are Microsoft Outlook (email), Excel and Word. If you are interested but not proficient in these skills additional training can be provided for motivated candidates.

Possible shift times/dates for Position

- 2 days every week + e/o Fri/Sat/Sun
- 21 hours in 2 weeks, 3 hours each day
- PM hours: example 5p-8p or 4p-7p

~May be able to combine with present role~

If interested attend one the offered informational sessions:

Wednesday, August 29
OR Thursday, August 30
6:00 am • 1:00 pm • 6:00 pm

Terrace Room—off of Mount View 1st Floor Dining Room. *For questions please contact Cagney Martin at x4482 or cmartin@norcen.org*

REGISTER ON HealthStream®
SEARCH "SO YOU WANT TO BE A SCHEDULER?"

FACES OF RECOVERY

Tuesday, Sept. 18, 2018

Please join us for our 6th Annual Event

AOD PARTNERSHIP

Proudly hosted by the AOD Partnership, in conjunction with their community partners.

JOIN US AS WE HIGHLIGHT SUCCESSES, STORIES AND SPREAD HOPE!

All proceeds from this event will go to support local youth prevention, treatment and recovery efforts!

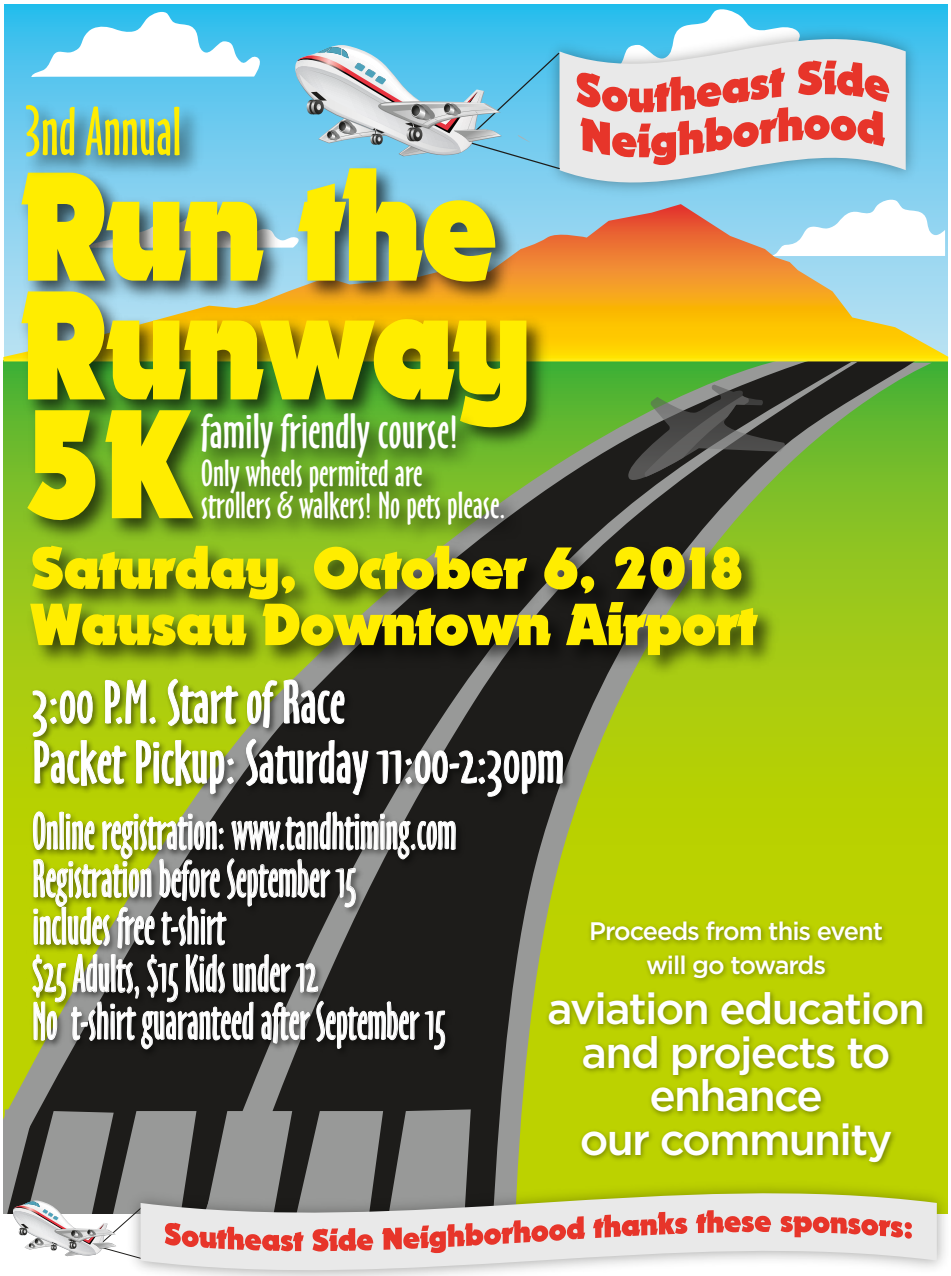
Luncheon: 11:30am–1:00pm

City Grill at the Jefferson Street Inn, Downtown Wausau

Luncheon: $20/Person
Table & student discounts! Price includes plated lunch.

Register for this Luncheon at:
https://facesofrecovery6.eventbrite.com
Space is Limited. Register now!

NCHC Staff, residents and clients are welcome to join!



Crime Stoppers
Marathon County Crime Stoppers Inc.

Click here for this week's Crime of the Week.

http://marathoncounty.crimestopper-sweb.com/crimeoftheweek.aspx

United Way

United Way Emerging Leaders

SMACK HUNGER

VOLUNTEERS NEEDED TO JOIN THE NCHC TEAM!

Fill Bags of Trail Mix With The Nchc Team

https://www.unitedwaymc.org/get-involved/leadership-groups/emerging-leaders/smack-hunger/

Emerging Leaders will be hosting their 4th annual Smack Hunger event at Marathon Park! This year volunteers will be packaging 54,000 servings of delicious and nutritious trail mix bags for local food pantries.

This is a fun and easy way to volunteer to give back to your community at no cost to you! Join the NCHC Team, General Team or the "Heavy Lifting Team"

Tuesday, September 11
5:00p.m. - 8:00p.m.
Marathon Park
Multi-Purpose Building 2

REGISTRATION REQUIRED!

If you bring a spouse/friend/family, have them register for the NCHC Team also.

Starla's Seasonings & Mixes

www.StarlaSeasonings.com

Seasoning, Dip, Cheesecake, Beer Bread & More!

NEW! Garlic Cheddar Beer Bread
Just add a carbonated soda or beer, mix, bake, and you have bread! Mix can also make Garlic Cheddar Sticks, Biscuits or Hush Puppies.
Use with your favorite dip or as a quick addition to any meal.

HERBY

Grandma's Garden
Indulge your taste buds in a perfect harmony of garden delights.
Great sprinkled on chicken, tenderloin, steaks, fish, veggie packets, add to soups and breads. Easy olive oil bread dip too!

Citrus Dill
Your pallet will experience the exhilarating flavor of dill, and then a blissful zing of orange and lemon.
Great on fish, chicken, tenderloin, vegetables, eggs or pork.

Glorious Garlic
A fabulous combination of garlic, onion and spices makes this seasoning a glorious cooking companion.
Add to ground beef or turkey to make tasty meatloaf or hamburgers. It also makes a wonderful garlic bread.

Peppercorn Ranch
A satisfying seasoning blend of ranch, cracked peppercorn and garlic.
Makes an easy salad dressing, dip, pasta or potato salad, meat rub, chicken, chex mix, popcorn and potato topping.

CHEESY

BLT
Our customers' favorite seasoning! Layered flavors of cheese, bacon, tomato then a hint of garlic.
Add into hamburgers, Mac & Cheese & potatoes. Great sprinkled on steaks, pork chops and chicken. Makes a flavorful fondue.

Cheesy Bacon Ranch
This combination tastes as good as it sounds! This is a kids' first choice, but definitely a party pleaser!
Add into mashed potatoes, noodles or hamburger meat. Great sprinkled on chicken, pork chops, steaks, or make a cheese-ball.

Pesto Parmesan
A perfect blend of Italian herbs, spices & Parmesan cheese makes this one of our most delicious and versatile mixes.
Great sprinkled in pasta and Italian dishes, a bread dipping oil or add into cottage or cream cheese.

Pizza
This dip erupts with the flavors of a cheesy pizza. It is sure to satisfy all!
Fantastic done warm with cream cheese, Heavenly seasoning for burgers, pasta, vegetables, chicken, steaks, flavored butters .

NEW FLAVOR! Nacho Mama
Nacho Mama is a tasty cheesy blend with a hint of nacho.
Fantastic as a dip, cheese-ball, warm fondue or Chex mix. Add it to Mac & cheese, hamburgers, chicken, pasta, omelets, sprinkle on steaks, roasts cottage cheese and more.

NEW FLAVOR! Cheesy Spinach
A perfect blend of spinach, onion, garlic and Parmesan Cheese.
Can be a hot Cheesy Spinach Artichoke Dip, Quiche, cream cheese spread, baked fish, or easy seasoned crackers.

ZIPPY

Twisted Tomato
Enjoy a tangy twist of tomato with the zip of horseradish.
This blend complements Bloody Mary's, chicken breasts, ham, beef roasts, tenderloins, flavored mayo's and deli sandwiches.

Mustard Horseradish
Add a kick to any party with a fabulous fusion of mustard and horseradish.
Tasty gourmet flavoring on mashed potatoes, chicken, steaks, tenderloin, or make a zippy cheese-ball.

Mango Chipotle
An unbelievable partnership of sweet and spicy.
Season chicken, steaks, roasts, vegetables, pork, and fish. Shake onto popcorn for a flavorful change!

Buffalo Wing Ranch
The spice of the Buffalo Wing is complimented by the creamy cooling flavor of ranch.
Great addition on pizza, chicken, hamburgers, tenderloin, steaks, or sprinkle it onto popcorn or fries.

HOT Habanero
If you relish the hotter things in life- this seasoning is for you! It is a blazing combination of fiery spices.
Zip up tacos, pork chops, ribs, hamburgers, chicken, vegetables, steaks, tenderloin, or make a spicy hot cheese-ball.

SWEET

NEW FLAVOR! Key Lime Pie
It is like a vacation in a dessert and the perfect blend of tart and sweet.
This mix can be use as a cheesecake, fruit dip, cheese ball, flavored cottage cheese or cream cheese. Make a tasty Chex mix or seasoned pretzels. Add into your pancakes or muffins.

Cinnamon Apple Spice
This mix can be use as a sweet fruit dip, cheese ball, cheesecake, flavored Texas cinnamon butter or flavored cream cheese. Make easy campfire donuts, pancakes, waffles or muffins. Sprinkle on toast, bagels and coffee cakes, make a gourmet whipping cream and more!

Caramel Pumpkin
A classic favorite with a delicate hint of caramel.
Make easy seasoned nuts, pretzels, Chex mix, fruit, quick cheesecake, sweet fruit dip and more.
Create tasty Caramel Pumpkin grilled peaches, and pineapple.

NEW FLAVOR! Sweet Strawberry
A sweet combination of berry goodness makes up my newest blend.
Make it into a fruit dip, cheesecake, cheese ball, frosting, gourmet cream cheese, homemade yogurt, grilled fruit, or a Greek Dessert!

Chocolate Java
A perfect combination of flavors makes up this blend.
Make it easily into a fruit dip, cheesecake, cheese ball, frosting, gourmet cream cheese or a Greek Yogurt Dessert Delight!
Fantastic added to pancakes, French toast and muffins.

YOUTH COMMUNITY TREATMENT FUNDRAISER

AUGUST 20 – SEPTEMBER 28

Starla's Seasonings & Mixes

Marathon County Youth Community Treatment is committed to serving youth with special needs throughout Marathon County by offering a variety of services that allow kids to overcome their challenges & live satisfying lives in the community. With financial support, kids have the opportunities to attend specialized camps, participate in activities and to receive the care they need. Proceeds from each dip sold will go directly to the kids and their families served by Community Treatment.

Starla's Seasonings & Mixes are seasonings mixes and packets that can be used for meat, fish, burgers, vegetables, bread, butter, cheesecake, or even as an easy dip during a holiday party or while tailgating. Starla's Seasonings contain no MSG and no Gluten (except the Garlic Cheddar Beer Bread), and require no refrigeration prior to being made.

If you are interested, stop in to the Wausau Campus Community Treatment Main Office kitchen area to view the flavor descriptions or to fill out the order form and pay (cash or check - payable to Gina Lenz). Please note payment must be received prior to order placement. We will be taking 2 waves of orders, the first from August 20 to August 31, and the second from September 1 to September 28. Contact Jennie Comfort at jcomfort@norcen.org with questions.

Herby Mixes: Grandma's Garden, Citrus Dill, Glorious Garlic, and Peppercorn Ranch

Cheesy Mixes: BLT, Cheesy Bacon Ranch, Pesto Parmesan, Pizza, Nacho Mama, and Cheesy Spinach

Zippy Mixes: Twisted Tomato, Mustard Horseradish, Mango Chipotle, Buffalo Wing Ranch, and HOT Habanero

Sweet Mixes: Key Lime Pie, Cinnamon Apple Spice, Caramel Pumpkin, Sweet Strawberry, and Chocolate Java

Garlic Cheddar Beer Bread Mix is also available!

North Central Health Care
Person centered. Outcome focused.

August 2018
Employee of the Month

★ ★ ★ ★ ★

KATHY DESANTIS
Volunteer Services

Watch The Entire Celebration Speech Online!

#IamNCHC

Congratulations to Kathy DeSantis for being recognized as the August Employee of the Month. Kathy has been a dedicated NCHC employee for almost 34 years. She has worked all over, in several different departments and has a great working knowledge of the organization. Kathy displays integrity in all that she does. She is accountable for her actions and keeps the safety of those we serve at the forefront of her actions. Kathy partners with other departments and local agencies or individuals to gather the needed donations to help our clients, patients and residents. She does all of this while treating everyone with dignity and respect. She provides suggestions, feedback and is open to change as she continually works to improve the Volunteer Services department and NCHC. She does all this with a pleasant demeanor and great sense of humor. Volunteers often refer to her sweet disposition and kind way of asking for their help. She makes it almost impossible to refuse her requests for "extra hands" to help with "fun activities". The volunteer department is lucky to have Kathy as a member of their team. We are all so happy to see Kathy receive this award that she so truly deserves!!

Memorial Gathering

THURSDAY, AUGUST 30 • 3 PM

Mount View Care Center Field

Outside Near Northwinds Sunporch

Rain Location: NCHC Cafeteria

Lynn Westermeyer

Nancy Burgoyne

Please join us as we remember and celebrate the lives of our friends and coworkers, Lynn and Nancy, with a Memorial Gathering and Dedication

Family, Friends, Coworkers, Residents and Clients Are All Welcome

"Learn to light a candle in the darkest moments of someone's life. Be the light that helps others see; it is what gives life its deepest significance."

–Roy Bennett

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 Entrée Option Monday – Friday.
All hot sandwiches, hot foods and cold bar items are $.35/ounce.

Soup: $1.25 Cup | $2.00 Bowl

AUGUST 27 – 31, 2018

MON 8/27 .....Clam Chowder
Grilled Ham & Swiss

Turkey Parmigiana
Diced Beets
Buttermilk Biscuit
Snicker Doodles

TUES 8/28.....Chicken Dumpling Soup
Bratwurst on a Bun

Chicken Breast Strips
Chicken Gravy
Rice Stuffing
Broccoli
Lemon Pie

WED 8/29 .....Hearty Beef Soup
Homemade Pizza

Beef & Rice Stuffed Pepper
Tomato Sauce
Corn
Peanut Butter Bar

THURS 8/30 ...Tomato & Rice Soup
Turkey, Ham, Beef and Cheese Wraps

Country BBQ Ribs
Creamy Hash browns
Wax Beans
Applesauce

FRI 8/31 .....Turkey Rice Soup
Tuna Melt

Beef Stroganoff
Egg Noodles
Carrots
Mint Frosted Brownie

NCHC IS A PROUD SPONSOR OF THE NAMI GOLF OUTING!

REGISTER TODAY

SEPTEMBER 3 – 7, 2018

MON 9/3 .....No Café Today!
Celebrating Labor Day!

TUES 9/4 Chili
Burgers

Polish Sausage
Mashed Potatoes
Sauerkraut
Polish Drumstick Square

WED 9/5 .....Cream of Broccoli
Pasta Bar

Breaded Chicken Breast
Dressing
Creamy Coleslaw
Pecan Pie Bar

THURS 9/6 .....Chicken Vegetable Soup
Monterey Ranch Chicken on a Petite Kaiser

Roast Beef
Boiled Potatoes & Carrots
Strawberry Sauce & Pound Cake

FRI 9/7 .....Beef Noodle Soup
Grilled Turkey and Cheddar

Hot Ham Slice
Hollandaise Sauce & Croissant
Corn
Reese's Peanut Butter Cookie