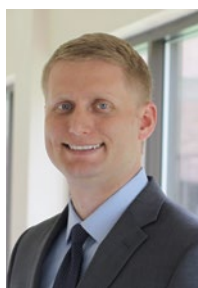
  
A Weekly Update  
For The Employees of  
North Central Health Care



"The Skies Over NCHC" – Submitted by Carol Rich

# NEWS YOU CAN USE



## WEEKLY CONNECTION WITH MICHAEL LOY

### Master Facility Planning Updates

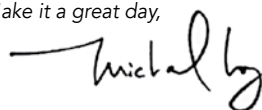
We now have a signed contract for Architectural & Engineering Services. Our facility renovation is on its way. For the project, we will be working with Angus Young and Associates (AYA), who has partnered with MKM architecture + design, a specialty health care design firm, to design and manage the project. We are excited about having MKM join the AYA team, as their passion lies in considering spaces that promote the health and well-being of people of all ages and abilities. They firmly believe they are in the business of designing meaningful places for everyone. Our ability to deliver a project where we

enhance upon our vision of *Lives Enriched and Fulfilled* is in a great position out of the starting gate.

Now that we have these partners signed on, our building committee is planning the design timeline. We are working towards having final design work done by the end of the year. Bidding and construction will begin early 2019 in the spring. Next week, you will start to see a team of individuals touring the facility looking at plumbing/fire protection, mechanical/electrical, lighting and telecommunications. The following week, we will start working with MKM on program design, starting to take the masterplan renovation concept to final design. The presence of new faces and a whole host of people working in and on our building is going to quickly become part of our regular work day. I'm excited to see this vision come to life.

Next week, on Monday September 10, 2018, we will be opening our newly renovated Merrill office to the public. I want to thank our staff, especially our Merrill-based team, for your efforts, patience and support over the last several months. I love the new space and can't wait to share pictures with our entire NCHC team during our upcoming 3rd Quarter Employee Updates. I think this new space will accommodate our growth of services in Lincoln County and provide a nice home for NCHC in Merrill for many years to come.

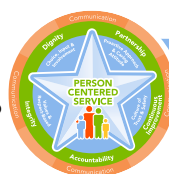
Make it a great day,



**New Notices from CCITC** ..... **3**  
Software and Printing Updates!

**Wellness Update** ..... **6**  
What's the Difference Between a Cold, Strep Throat, and Tonsillitis?

**United Way Kick-Off Event** ..... **7**  
Register by Tuesday or at Event



Person-Centered  
**Shout out**

**Brandi McDonough, Behavioral Health Services**

**Why:** Brandi has gone above and beyond giving a patient extra care and attention while she was quite ill by pampering her during her shower and getting her to eat and take her medications when she would refuse. This patient has done a complete turnaround due to Brandi's efforts and care.

**Submitted By: Allison Fuller**



**National Healthcare Housekeeping Week, September 9-15, 2018**

*Show Your Appreciation to Our Housekeeping Team!*  
– See page 2.

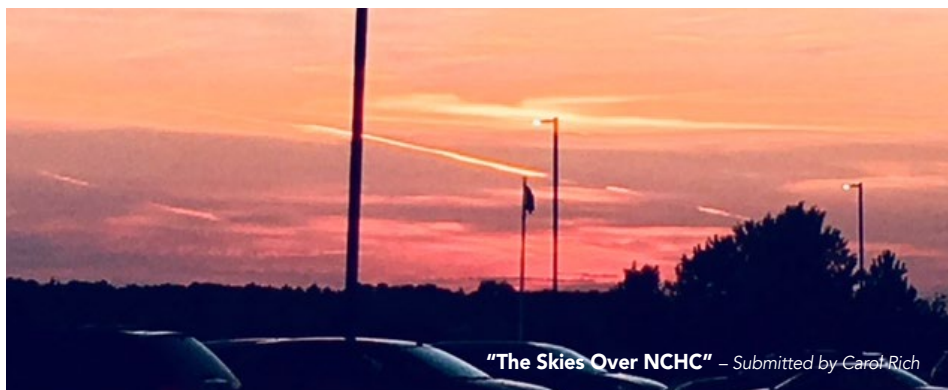
**ADMINISTRATOR ON-CALL**  
**x4488 or 715.848.4488**

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

**Monday, Sept. 10 – Sunday, Sept. 16**

**Brenda Glodowski**





"The Skies Over NCHC" – Submitted by Carol Rich

## PHOTO OF THE WEEK



### Submit A Great Photo From Your Week!

Submit your photo and description to: Email: [jmeadows@norcen.org](mailto: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.



## "Swept Away" by Our Amazing Housekeepers

### National Healthcare Housekeeping Week, September 9-15, 2018

In recognition of Housekeeping Week 2018, we would like to thank you for your constant and consistent hard work. You are a group of dedicated individuals who do hard, physical work and don't get recognized or thanked nearly enough.

Without the Housekeeping team and each of you our facility wouldn't be able to provide the services we do.

The work you do everyday is evident when employees, families and residents walk through our front door. From our spotless floors to the fresh smell, you make this a welcome and homey place for all to come.

*Thank you for everything you do every day!*

## ATTENTION ALL NCHC CNA STAFF!

### CNA Certification Renewal Notification From Human Resources

As of September 1st, 2018 the process for renewing your CNA certification has changed from being processed by PearsonVue to TMU/Headmaster.

Going forward the C.N.A Certification Renewal process with TMU/Headmaster will be as follows:

- Human Resources will send an email to all CNA staff prior to the certification expiring.
- The email will be sent to the North Central Health Care email address only.
- Please make sure to check your NCHC e-mail when you are working.
- Upon Receipt of the e-mail, call TMU/Headmaster @ 1.888.401.0465.
- You will be provided a username/password to complete your online renewal.
- Make sure you list North Central Health Care as your employer.

(NOTE: The renewal form that was previously sent to your home will NO LONGER be mailed.)

Once you have completed your portion of the renewal, North Central Health Care will be notified and will complete the rest the process.

Numbers for TMU/Headmaster are the following for future reference:  
Registry: 1-888-401-0465, Testing: 1-888-401-0462

## 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!





## NOTICE: CCITC SOFTWARE AGENT PUSH

**Tuesday, Sept. 11, 2018 – 9-11am**

On Tuesday, September 11, 2018, between 9am and 11am, CCITC/NCHC will be pushing out a new software product to all NCHC laptops and desktops. The software "package" is very small so the install typically goes unnoticed by users if they are logged in at the time.

The only really noticeable difference is the appearance of a small popup window at login that reports your last login information.

If your computer is not powered up or connected to the network on Tuesday morning, the server will keep checking in until it successfully installs the agent. Install via VPN has been tested without issue.

If you have questions, please contact the HelpDesk at x6710 or [helpdesk@co.marathon.wi.us](mailto:helpdesk@co.marathon.wi.us).

## SECURE PRINTING TO THE NEW SHARP MULTI-FUNCTION DEVICES (MFD'S)

**Direct Printing to Be Turned Off Beginning September 17**

Have you seen documents laying by printers and wondered who printed and left them there? Were they sent to wrong printer unintentionally? Documents being printed directly to multi-function devices without needing a badge swipe present HIPAA concerns if they contain patient information. These documents can be viewed by others or inadvertently get picked up by another person. This was a security finding of a recent HIPAA security review performed by an outside auditor. Because of this, capabilities of employees to print directly to our new multi-function devices are being removed.

NCHC will begin limiting direct output printing to the Sharp MFD's the over the course of the week beginning 9/17/18.

In preparation for this change, staff should begin only printing to the "SecurePrint" queue when printing to these devices. Print jobs can then be released at any MFD by swiping your NCHC badge at a given machine.

CCITC will be turning off direct printing one device at a time. Notification emails will be distributed to potentially affects users the day prior with a schedule of the next days affected machine changes.

If you have questions, please contact the HelpDesk at x6710 or [helpdesk@co.marathon.wi.us](mailto:helpdesk@co.marathon.wi.us).

## FROM VOLUNTEER SERVICES

### Heartfelt Gift Shop

Fall and Halloween items are now available in the Heartfelt Gift Shop. Stop in soon, as items are going fast. The Heartfelt Gift Shop is located at the Mount View Care Center Front Lobby.



**FALL AND HALLOWEEN ITEMS ARE NOW AVAILABLE!**  
**THE HEARTFELT GIFT SHOP IS OPEN MON – FRI: 9-3**



Mandatory Flu Shots will be available at the September 13 Employee Updates session on the Wausau Campus.

There is no cost to employees.

More dates and times to come.

Please stay tuned for more information!

## 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](#)



Making pizzas in the Gym & Recreation Center!

Join the NCHC Team at the  
Walk to End Alzheimer's on September 29!

REGISTER AT [WWW.ALZ.ORG](http://WWW.ALZ.ORG)

Click "Find Your Walk"

## 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](http://WWW.ALZ.ORG)

Select "Find Your Walk"

### ROUTE LENGTH . . . . .

Route Length: 3 miles/1 mile



**THANK YOU FOR YOUR SUPPORT  
OF PIZZA TO END ALZHEIMER'S!**

**263 Pizzas were ordered to support the  
NCHC Walk to End Alzheimer's Campaign!**



## PARKING SAFETY

**Are You Parked In the Correct Spaces? Are You Creating Your Own Spaces?**

Safety for those we serve, our visitors and our staff is always a top priority. It has come to the attention of both our NCHC team here and the Marathon County Facilities Team that staff on the Wausau Campus have been parking in areas that are restricted:

- Handicap-Designated Parking Spaces (unless you have a valid Handicap tag)
- Fire Lanes
- Areas with no painted parking spaces

Additionally, these restricted parking areas are increasingly being utilized during 2nd and 3rd shift hours as well.

Vehicles that are not authorized to park in these areas WILL BE TOWED. To ensure safety and emergency personnel have access to our building in the event of an emergency, we need to obey all designated parking signage and park within the designated areas on the Campus.

If you have questions, please contact the NCHC Safety & Environmental Coordinator, Mike Brundidge at x4559 or [MBrundidge@nrcen.org](mailto:MBrundidge@nrcen.org)





NEW at the Wausau Campus Canteen!

NOW AVAILABLE

## POPCORN PUNCH CARD

Tired of carrying cash around?

Purchase a \$5 popcorn punch card, which is good for 12 bags of popcorn at the Canteen.

North Central Health Care  
Person centered. Outcome focused.



ASPIRUS™  
Passion for excellence. Compassion for people.

Advance Care Planning

Facilitator Training

Tuesday October 2, 2018

8:30 am – 3:30 pm

Westwood Conference Center

Room 111

1800 Westwood Center Blvd, Wausau, WI 54401

Please contact Julie Barge Advance Care Planning Coordinator

@

715 847-2000 ext. 50098 or [Julie.barge@aspirus.org](mailto:Julie.barge@aspirus.org)

Lunch will be provided

This training is free and includes .6 CEUs

By the time I'm 3, my brain will be almost fully grown!

LENA  
START™  
Marathon County

Free classes begin  
September 2018

If your baby is  
0-32 months old:

- You can make your baby's brain stronger.
- You can make your baby's brain ready for success in school.
- You can make a difference in your baby's life!

With LENA Start classes, you'll get:

- 13 FREE one-hour group sessions
- FREE meal before each session
- All materials, including 13 FREE books for your child
- FREE on-site childcare during classes
- T-shirt and prizes



Marathon County Public Library - Thursdays, 5:30-6:30pm (dinner at 5pm) beginning Sept. 13, 2018  
North Central Health Care - Wednesdays, 12-1pm (lunch served) beginning Sept. 12, 2018  
Barrington Head Start Center - Tuesdays, 5:30-6:30pm (dinner at 5pm) beginning Sept. 11, 2018  
Northcentral Technical College - Thursdays, 12-1pm (lunch served) beginning Sept. 13, 2018

Registration required: 715-848-1457, [ntank@chwc.org](mailto:ntank@chwc.org) or text 715-660-0397

Project partners:



Support for this project was provided through the Caroline S. Mark Legacy Fund of the Community Foundation of North Central Wisconsin, B.A. & Esther Greenbeck Foundation, Dudley Foundation, Colgan Foundation, Marathon County Public Library Foundation, Northcentral Technical College, Marathon County, and generous anonymous donors.

United Way  
Communityfest

September 22, 2018

Expo Building at Marathon Park

9:00 a.m. – 2:00 p.m.

Vote for your Favorite  
Food Sculpture!

- One vote for each non-perishable food item you bring
- Purchase votes for \$1 each
- All donations will go to the Marathon County Hunger Coalition to help local pantries

Join in the festivities!

- United We Can Food Sculptures
- Free activities, games & crafts for kids & families
- Food Vendors
- Trucks, Tractors & Trailers
- Entertainment
- Costumed Mascots
- Prizes

Sponsored by:





## tidbits on benefits

## WELLNESS CORNER

By Sherry Gatewood, PA

**Wonder if your painful sore throat is from a cold, strep throat, or tonsillitis? Here's help with how to tell.**

### What's the Difference Between a Cold, Strep Throat, and Tonsillitis?

A sore throat is often the first sign of a cold. However, a sore throat from a cold often gets better or goes away after the first day or two. Other cold symptoms such as a runny nose and congestion may follow the sore throat.

Strep throat, which is an infection due to streptococcus bacteria, is another cause of sore throats and tonsillitis. With strep throat, the sore throat is often more severe and persists with painful swallowing, fever, body aches and headache. Tonsillitis is a painful inflammation or infection of the tonsils, the tissue masses located at the back of the throat. You will need an antibiotic to treat both strep throat and tonsillitis.

### Is a Sore Throat With a Cold Caused by Viruses or Bacteria?

Sore throats can be caused by viruses or bacteria. The most common causes of sore throats are viruses. Viral sore throats are often accompanied by other cold symptoms that may include a runny nose, cough, red or watery eyes, and sneezing.

Other causes of sore throat include smoking, pollution or irritants in the air, allergies, and dry air.

### How can I take care of myself?

- Do not smoke.
- Avoid secondhand smoke and other air pollutants.
- Get plenty of rest.
- You may want to rest your throat by talking less and eating a diet that is mostly liquid or soft for a day or two. Avoid salty or spicy foods and citrus fruits.
- Nonprescription throat lozenges or throat sprays help relieve the soreness.
- Gargling with warm saltwater and drinking warm liquids may help. (You can make a saltwater solution by adding 1/4 teaspoon of salt to 8 ounces, or 240 mL, of warm water.)
- A nonprescription pain reliever such as aspirin, acetaminophen, or ibuprofen may ease general aches and pains. Check with your healthcare provider before you give any medicine that contains aspirin or salicylates to a child or teen. This includes medicines like baby aspirin, some cold medicines, and Pepto Bismol. Children and teens who take aspirin are at risk for a serious illness called Reye's syndrome.

### The following suggestions may help prevent a sore throat:

- Don't share eating and drinking utensils with others.
- Wash your hands often.
- Don't let your nose or mouth touch public telephones or drinking fountains.
- Avoid close contact with other people who have a sore throat.
- Stay indoors as much as possible on high-pollution days.
- Don't stay in areas where there is heavy smoke from cigarettes.

If you think you have strep or tonsillitis requiring antibiotics, come to the Employee Health and Wellness Center, and we will take care of you. We are able to perform rapid strep tests that take less than 10 minutes.



Sherry Gatewood

### 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



## HRinsights

## NEW Position Posting

**Title: Central Scheduler** <https://bit.ly/2CumDcz>

**Status:** Limited Part Time

**Location:** Mount View Care Center

### Join the Team at Mount View Care Center!

The Central Scheduler will prepare documents using standardized formats on the Nursing Home computer system and maintain the schedule of staff for the Nursing Home. (2) .25 FTE Positions.

Shift times/dates for Position: 2 days every week and every other Fri/Sat/Sun, 21 hours per pay period, 3 hours each day, PM hours: example 5p-8p or 4p-7p

## Position Posting

Interested employees that want to apply for this position can apply online at [www.norcen.org/Careers](http://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!

## 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.

**GOOD THINGS  
COME TO THOSE  
WHO TEXT.**

Do you know someone who would be great on our NCHC Team?  
Text "Refer" to 715.598.3663 and you are eligible  
for a referral bonus when they join our team!

**Do You Know  
of A Qualified  
Candidate?**

**Refer and earn a  
\$500 Referral  
BONUS!!**

**Text "Refer" to 715.598.3663**



# 2018 UNITED WAY CAMPAIGN KICKOFF

FRIDAY SEPT 14

partnering together

12PM - 2PM

Participate in a Fun Walk & Lunch while Contributing to Your Local United Way



Open to Employees of Marathon County, the City of Wausau and North Central Health Care.

NCHC Wausau Campus - 1100 Lake View Drive  
Aquatic Services Entrance (under the red flag)

**\$25 Registration: [bit.ly/UnitedWalk](http://bit.ly/UnitedWalk)**

Register Online by Wed. Sept 12, Noon  
Includes T-shirt and Lunch\*

You can contribute to United Way's mission to unite people and organizations in Marathon County to build a stronger community and strategically invest in education, financial stability and health priorities to improve lives now and into the future.

\*Those who complete advance online registration are guaranteed a t-shirt in their size. Day-of registration accepted, cash or check only; t-shirts subject to availability.

Join us down by the Wausau Campus Theater on September 14 for lunch, prizes, a Scavenger Hunt and much more! Register online at <http://bit.ly/UnitedWalk>. All employees are welcome to participate!

**NAMI Family-to-Family**  
National Alliance on Mental Illness

**NREPP**  
Included in SAMHSA's National Registry of Evidence-based Programs and Practices

**What is NAMI's Family-to-Family Education Program?**  
NAMI Family-to-Family is for families, caregivers and friends of individuals with mental illness. The course is designed to facilitate a better understanding of mental illness, increase coping skills, and empower participants to become advocates for their family members. The course consists of 12 two-and-a-half hour sessions. Trained family members teach the course who know what it is like to have a loved one living with mental illness. The Family-to-Family Program is offered at no cost to the participants.

NAMI Northwoods will offer its NAMI Family-to-Family Education Program beginning Tuesday September 11, 2018. The class will be held from 6:00 – 8:30 p.m. at Grace United Church, 535 S 3rd Ave. Wausau, WI. Must be committed to attend 10 out of 12 sessions. Class size is limited, so register early. Registration due by Sept 7th.

**NAMI NORTHWOODS**  
National Alliance on Mental Illness

Register online @ [naminorthwoods.org](http://naminorthwoods.org)  
or phone 715-432-0180  
email [contact@naminorthwoods.org](mailto:contact@naminorthwoods.org)

**About NAMI Allies**  
NAMI Northwoods and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

*"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."*



Marathon County  
Employees Credit Union

**MCECU Now At NCHC!**

**We are Bringing the Customer Service to YOU!**

**When: Thursdays from 9-11 am**

**Where: Talent Development Center**

**Stop in and See Us!**

**We Are Available for Both New and Existing Members.**



**Need to Open an Account?**

Have Questions About Your Existing Account?

Call Today to Reserve a Time or Just Stop By!

**715-261-7680**

Proudly Serving NCHC Employees and Their Family Members Since 1965.

Already a member: Thank you!

Not a member: Contact us today!

**[www.mcecu.org](http://www.mcecu.org) • 715-261-7680 • 400 East Thomas Street**





The Adult Protective Services Team at the "Don't Be A Sucker" Tent!



## WAUSAU POLICE DEPARTMENT HOLDS THANK YOU EVENT APS - "Don't Be A Sucker" Featured at Event

The Wausau Police Department held a thank you event for the public in late August to show their appreciation to our community. The Adult Protective Services Team was invited to share information about common scams and schemes – "Don't Be A Sucker!" Previously, Wausau PD partnered with NCHC to share th Schemes and Scams training during Elder Abuse Awareness Week in June. The APS team shared scam prevention information and had the chance to interact in a very positive way with our community. We thank the Wausau Police Department for inviting NCHC and also for showing their appreciation.

*The community got a chance to look inside tactical vehicles from Wausau PD and Marathon County Sheriff's Office.*



Canine Law Enforcement Specialists and their human partners.



**Crime Stoppers**  
Marathon County Crime Stoppers Inc.

Click [here](http://marathoncounty.crimestoppersweb.com/crimeoftheweek.aspx) for this week's Crime of the Week.  
<http://marathoncounty.crimestoppersweb.com/crimeoftheweek.aspx>





NCHC Staff, residents and clients are welcome to join!

3rd Annual  
**Run the Runway 5K**  
family friendly course!  
Only wheels permitted are strollers & walkers! No pets please.

**Saturday, October 6, 2018  
Wausau Downtown Airport**

3:00 P.M. Start of Race  
Packet Pickup: Saturday 11:00-2:30pm

Online registration: [www.tandhtiming.com](http://www.tandhtiming.com)  
Registration before September 15 includes free t-shirt  
\$25 Adults, \$15 Kids under 12  
No t-shirt guaranteed after September 15

Proceeds from this event will go towards  
aviation education and projects to enhance our community

**Southeast Side Neighborhood thanks these sponsors:**

**Stressed out?  
Need to talk?**

Peer support meeting for those living with mental illness.  
Attendance is optional and confidential.  
Registration not required.

**WEDNESDAY SEPTEMBER 26th  
4:00-5:00PM**

**Wausau YWCA  
613 N. 5th Street  
Wausau, WI 54403**

715-432-0180  
[www.naminorthwoods.org](http://www.naminorthwoods.org)  
[contact@naminorthwoods.org](mailto:contact@naminorthwoods.org)

**PEER SUPPORT GROUP**

- ❖ Peer Support Group
- ❖ NAMI Trained Peer Facilitators
- ❖ Sept. 26th 4-5PM
- ❖ Listen
- ❖ Support
- ❖ Validate

**NAMI Northwoods**

**FACES OF RECOVERY**  
Tuesday, Sept. 18, 2018  
Please join us for our 6th Annual Event

**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!

**JOIN THE VOICES FOR RECOVERY**  
invest in health, home, purpose, and community

**National Recovery Month**  
September 2018

**Walk to Fight Suicide**

Wausau Community Walk  
September 15, 2018  
Marathon Park

**Register Today!**  
[afsp.org/wausau](http://afsp.org/wausau)

**Armenian Foundation for Suicide Prevention**  
**OUT OF THE DARKNESS**



## CONGRATULATIONS CHRISTINA!

From the Gardenside Crossing Team

Congratulations, Christina, on your upcoming wedding! We are so happy and excited for you. The Gardenside Crossing staff and residents loved being able to share in this wonderful occasion by throwing you an awesome bridal shower! A special thanks to Jen Bass and the activities' staff, for their loving planning and hosting of this event. We know your life as husband and wife be filled with many years of love and friendship. Congratulations!

## COMMUNITY TREATMENT SPOTLIGHT AWARD

### August Recipient – Sheryl Hemp

Please join me in congratulating Sheryl Hemp, who is our Spotlight Award recipient for August. Sheryl is a Mental Health and Substance Abuse Therapist in the Out Patient area of Community Treatment. Sheryl has worked at NCHC for 30 years!! Now that's dedication!! J

Below are some comments from Sheryl's nomination:

"Sheryl Hemp has been with the organization for many years and has served as a valuable resource during times of change. She exhibits the core values of continuous improvement, accountability, and partnership. During all of the transitions we are seeing today, she has maintained a positive attitude, provided helpful feedback to ensure changes are made mindfully of all those who are impacted, and continues to move forward providing good client care. She has been seen providing encouragement and praise to other therapist for the job they are doing. Lastly, she is involved in organizations within NCHC and the community, providing the example we want others to see of NCHC employees. Thank you Sheryl for all of your encouragement and service you have shown me and our Outpatient team!"

Thank you for all you do Sheryl!



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 Hash 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 palate will experience the exhilarating flavor of dill, and then a blissful ring 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 ribs, 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 '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, roast 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 into potato 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 used 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 used 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 any sweet blend.  
Make it 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.

**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@nrcen.org](mailto:jcomfort@nrcen.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!





## 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



**SEPTEMBER 10 – 14, 2018**

#### **MON 9/10 ..... Stuffed Green Pepper Soup**

Baked Turkey Wrap

#### **Turkey Tetrazzini**

Broccoli

Jellied Cranberries

Chocolate Chunk Cookie

#### **TUES 9/11.....Hobo Soup**

Eggrolls: Vegetable & Pork

#### **Baked Fish**

Roasted Potatoes

Peas 7 Carrots

Blueberry Crumble

#### **WED 9/12 .....Turkey Dumpling Soup**

French Dip

#### **Honey Mustard Pork Chop**

Cream Cheese Potatoes

Red Cabbage

Scalloped Apple Dessert

#### **THURS 9/13... Cream of Potato**

Tuna Salad Wraps

#### **BBQ Chicken**

Potato Salad

Green Beans

Chocolate Eclair Torte

#### **FRI 9/14.....Beef Barley Soup**

Chicken Enchiladas

#### **Bratwurst**

Baked Beans

Creamy Cucumbers

White Cake w/ Coconut Cream

Frosting

**NCHC IS  
A PROUD  
SPONSOR  
OF THE  
NAMI  
GOLF  
OUTING!**

**REGISTER  
TODAY**



**NAMI Northwoods**  
National Alliance on Mental Illness

## Benefit Golf Tournament

**SATURDAY, SEPTEMBER 29, 2018**  
Merrill Public Golf Club - Merrill, WI  
**4-PERSON SCRAMBLE**  
Open Divisions

REGISTER BY SEPTEMBER 15TH  
\$75 per golfer  
Entry fee includes 18 holes with cart, prizes and luncheon to follow.  
Check-in at 9:00am: Shotgun start at 10:00am

**SPONSORSHIP LEVELS**  
\$500.00 includes 4-person green fee plus signage on hole  
\$100.00 or more – signage at hole

NAMI provides support, education, and advocacy throughout Marathon, Lincoln, and Langlade counties on behalf of individuals and families affected by mental illness.

Checks Payable to NAMI Northwoods - Golf  
Send To: NAMI Northwoods P.O. Box 262, Wausau, WI 54402  
Questions: Bernie Corsten 715-432-0180 | contact@naminorthwoods.org

**Registration Forms Online at <https://bit.ly/2tMXEcM>**

## MEMORIAL GATHERING AND DEDICATION FOR LYNN AND NANCY



A tree was planted on the Wausau Campus along with two dedication stones honoring our friends and coworkers, Lynn Westermeyer and Nancy Burgoyne. A matching plant was given to each family as well.



Lynn Westermeyer



Nancy Burgoyne

**Thank you to all those who joined and supported us in remembering and celebrating the lives of our friends and coworkers, Lynn and Nancy, at the Memorial Gathering and Dedication**