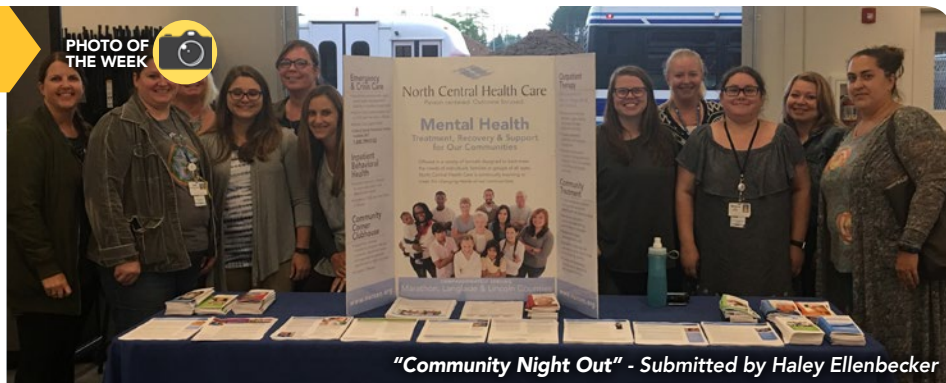
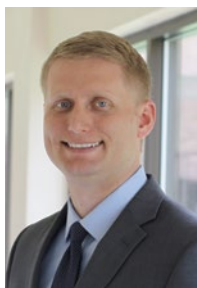


# A Weekly Update For The Employees of North Central Health Care



"Community Night Out" - Submitted by Haley Ellenbecker

## NEWS YOU CAN USE



### WEEKLY CONNECTION WITH MICHAEL LOY

#### Meanwhile, Up in Langlade County

You'd think Langlade County might not be on our radar with all we have going on with our office reopening in Merrill and with everything in the works here in Wausau at our main campus. Far from it, we have been very active. Here are a couple of the initiatives we have been working on there.

- This week in Antigo we participated in a panel discussion after a showing of the movie "Written Off".
- Staff have participated in 3 panels for community-based meetings regarding the need for action to combat substance use within Langlade County.

- We are working with the school district to provide school-based counseling.
- We continue to be active partners in the Treatment Alternatives and Diversion (T.A.D.) meetings and are still working towards establishing a drug court in 2020.
- We've recently expanded programming in Langlade County with our Intensive Outpatient Program and Day Treatment Program, both are active and can take up to 10 participants each.
- Langlade County is now connected to the Central Wisconsin Recovery Coach Network and has 3 Recovery Coaches established within the County.
- Christopher Grant, a medical student with the Medical College of Wisconsin, is working with NCHC to provide a community needs assessment.
- We recently presented to the Langlade County on sober living environments. As a result, NCHC has been invited to participate on the ad-hoc committee addressing the AOD treatment and sober living needs of the community.

Last week, I had the opportunity to speak with the entire leadership team at Aspirus Langlade Hospital about NCHC and all the things we're doing as an organization. It was a great opportunity to connect with our valued partner in Langlade County. At the conclusion of the presentation, one of their leaders went out of her way to express appreciation for our organization, specifically our Crisis Services team who provides services in Langlade County. She said, they really feel like our team was part of their team. This is exactly what we are talking about when we talk about our Core Value of

Partnership. *We are successful by building positive relationships by working across the organization and as a trusted County partner.*

There is always more to do, but surely we're making a difference, *Lives Enriched and Fulfilled*, here in Marathon County, in Lincoln County, and as you see can above, in Langlade County too.

*Make it a great day,*

<b>Baby News .....</b>	<b>2</b>
Welcome to the NCHC Family!	
<b>Casual for a Cause .....</b>	<b>3</b>
Get Your Sticker by Sept. 26!	
<b>Pink Eye .....</b>	<b>4</b>
From Our Employee Health & Wellness Experts!	
<b>Winner, Winner! .....</b>	<b>6</b>
Check Out Who Won Some Sweet Prizes!	
<b>Community Events .....</b>	<b>7-9</b>



## Shout out

### Linda Handrick, Community Treatment

**Why:** Thank you to Linda for going "door to door" in the Wausau Camus to give flu shots for staff! Quick, easy and done! Thank you!

**Submitted By: Jessica Meadows**



### 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. 24 –  
Sunday, Sept. 30**

**Kim Gochanour**





## 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.

Shown above at Community Night Out in Merrill: Haley Ellenbecker, April Scott, Sarah Pfund, Jordan Hella, Jenn Staeven, Jill Mattek-Nelson, Tristan Swiechowski, Samantha Kunstmann, Breanna Pagel, April Bayer, Holly Westberg

## COMMUNITY OUTREACH

### Lincoln and Langlade County Teams Reaching Out!

Lincoln Community Treatment Youth and Adult Services (right) participate again this year in the Merrill Community Night Out. Staff were able to connect with the community about the services offered at NCHC.

Langlade Community Treatment Youth Services and Outpatient Services were asked to set up a booth and present about their services at the Antigo School District's teacher in-service day on August 27. Staff were able to answer questions from school staff and share about our services.



Shown above at Antigo School District Teacher In-Service: Lauren Bessa, Heather Roff, Lindsey Cornelius, Haley Ellenbecker, Brook Kickhaver.



Stacie Asher-Knowlton from Langlade Community Treatment was able to collaborate with the backpack program. Stacie and her Langlade teammates were able to distribute 33 backpacks to youth in the community (left). They also had 17 youth come to the office and look through their donated clothing for school clothes and shoes. Thank you for supporting the youth in our communities and helping them to start the school year off right!!

## Oh, BABY!



Trisha Kubichek, Clinical Coordinator for Lincoln and Langlade Counties, had her baby girl on 09/04/18. Her name is Karlan Taylor and was 10 lbs. 4oz. She is beautiful and healthy!! Trisha shared these pictures of her Karlan. Congratulations Trisha on the birth of your beautiful baby girl!

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



*Time to get*  
**Casual for a Cause!**  
Thursday Sept. 27th

**FEEL GOOD INSIDE AND OUT**

For a donation of any amount you can wear your casual attire to work and a sticker in support of the NCHC's Walk to End Alzheimer's Team.



**Casual  
for a  
Cause!**

alzheimer's  
association®



**North Central Health Care**

Person centered. Outcome focused.

Cash donations should be given to your Manager or Supervisor by Sept. 27th in order to participate. All proceeds go towards the Walk to End Alzheimer's. Visit [www.alz.org](http://www.alz.org) for more info on the walk or to sign up on the NCHC team.





## HRinsights

### NEW Position Posting

**Title:** Director of Medical Staff Relations

<https://bit.ly/2p6JX6n>

**Status:** Full Time

**Location:** Human Services Operations, Wausau

The Director of Medical Staff Relations works independently, under the direction of HSO Executive, and in collaboration with NCHC supervising clinical staff and program directors. Supports supervising clinicians and learners prior to and during their time at NCHC. Facilitates and coordinates clinical and graduate medical education for privileged staff into the clinical setting.

### 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

**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**

## PLT CASH OUT CHANGES

### Updates from Human Resources

The following information will address modifications to the "PLT Cash-Out Policy" due to compliance requirements of the IRS (Internal Revenue Service).

Employees will still be able to cash out their PLT to avoid losing any unused hours, however the election will be moved to December of each year with the pay out being paid on the last paycheck of the following January. This will allow employees to have a better idea of what exactly they will have in their PLT Banks and what will be subject to being over the max allowed and forfeited.

This change is effective for implementation this year; therefore the September 2018 election will be moved to December of 2018 for pay out in January of 2019.

**NOTE:** Please be advised that if your balances are over the 240 hours maximum carry over with the 40 PLT Cash-Out, you will need to plan to use these hours prior to year-end.

If this causes an employee undue hardship, please contact Chris Bleck, Human Resources Manager or Lynn Wengelski, Benefits/Compensation Analyst, for alternate options.

(This memo was sent out to all-staff via email on September 12, 2018)



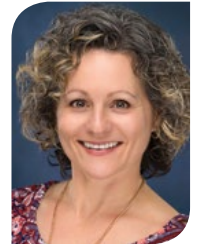
## tidbits on benefits

### WELLNESS CORNER

By Sherry Gatewood, PA

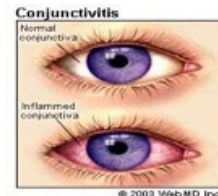
#### Pink Eye

As the school season begins, students may pick up some germs from fellow classmates. Pink eye or conjunctivitis is a very contagious bacterial or viral infection of the eye. It is easily spread by through direct contact of the eye secretions through sharing items.



Sherry Gatewood

Signs of a bacterial infection include a red eye with gray to green mucus inside the lid or corners of the eye. There may be matting shut of the lashes after sleeping. There may also be itching and blurry vision that clears with blinking the eye. Sometimes, bacterial eye infections will heal without antibiotics but getting rapid treatment will help to prevent the spread to other people. Contact lens wearers are at higher risk for bacterial eye infections. If there is concern for an infection, they should stop wearing their contact lenses and be seen by a medical provider.



A viral infection is similar with redness of the eye, itching and/or a gritty sensation with blinking. There may be a watery discharge with crusts in the lashes. Often times, viral conjunctivitis is associated with a viral upper respiratory infection.

Allergies can also cause a red eye with itching and tearing. It usually affects both eyes and there may be a history or seasonal allergies as well. Antihistamine eye drops like Zaditor or decongestant drops like Visine can help with the symptoms of both viral and allergic conjunctivitis. Cool compresses can relieve itching.

Another common cause of red eyes is dry eyes. When we look at computer screens or read for several hours, our eyes can become dry. Redness, a gritty sensation and tearing may develop from dry eyes. This can easily be treated by taking a break from the screen and frequently applying re-wetting eye drops.

To prevent infectious pink eye or conjunctivitis, wash your hands frequently and avoid touching your eyes. Don't share washcloths, bath towels, pillowcases, or handkerchiefs with others. Don't use other people's eye drops or cosmetics such as eyeliner pencils and mascara.

If your child gets pinkeye, keep him out of school for a few days until the eye discharge stops and the redness is completely gone. Once one student comes down with pink-eye, it can easily spread to an entire class.

If there are vision changes, pain in the eye, swelling of the eye lids, and/or headaches, you should seek medical attention for further evaluation.

### 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





## 2018 INFLUENZA VACCINATIONS REQUIREMENTS BY ALL NCHC STAFF

Please read all information below and attachments  
SENT VIA EMAIL. Action is required.

1. All NCHC employees are required to complete the Annual Employee Health Questionnaire (attached in email) and receive an Influenza Vaccination by November 1st, 2018.
2. The forms sent to you via email are fillable. Please complete and print off both before attending an Employee Update Session or prior to receiving influenza vaccine. The Vaccine Information Sheet (VIS) is for your information only and does not need to be printed.
3. Employees that DO NOT complete, by November 1st, 2018 are to be removed from the schedule until both items have been completed and this can also affect your Performance Evaluation Merit Increase.
4. Employees that are unable to receive the vaccination due to religious beliefs or medical exemptions, please contact Renee Erickson during her flu shot office hours. (Please see below)
5. If your program is listed below, please see the designated person for your flu shot.
  - ADS/Pre-Voc./Group Homes..... Jenni Kessen, RN
  - BHS/Crisis/MMT..... Trina Sorce, Nurse Manager
  - Community Treatment/Outpatient Services  
..... Linda Handrick, Nurse Manager
  - Nursing Home (MVCC) ..... Amiee Muraski, RN  
Cheryl Rye, Nurse Manager  
Deanna Johnson, PM Supervisor  
Natasha Sayles, Nurse Manager
6. Employees that have received the Influenza vaccination from another provider MUST PROVIDE documentation. The Employee Health Questionnaire will still need to be completed and returned to either, Renee Erickson, Employee Health Nurse or your Program Manager.

### RENEE'S FLU SHOT OFFICE HOURS

Monday, September 24th ..... 9:00 a.m. – 11:00 a.m.  
2:30 p.m. – 4:00 p.m.  
Tuesday, September 25th ..... 11:00 a.m. – 12:30 p.m.  
Wednesday, September 26th ..... 8:30 a.m. – 9:30 a.m.  
12:30 p.m. – 2:00 p.m.  
Thursday, September 27th ..... 2:30 p.m. – 4:00 p.m.  
Friday September 28th ..... 11:00 a.m. – 1:00 p.m.



## 3RD QUARTER EMPLOYEE UPDATES

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

### 2018 – 3RD QUARTER EMPLOYEE UPDATES

<b>MON, SEPT 24</b>	<b>MERRILL CENTER</b>
	12:00 Noon
	<b>ANTIGO CENTER</b>
	2:00 pm

Please Register  
in HealthStream!

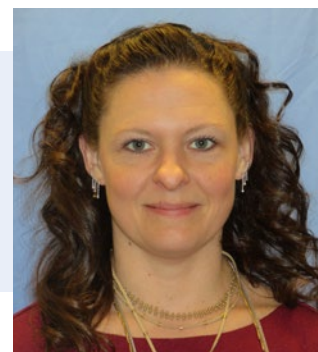
[Tap or Click Here](#)

North Central Health Care  
Person centered. Outcome focused.

## September 2018 Employee of the Month

★★★★★  
**JENNIFER JACOBSEN**  
Therapist, Outpatient Services

*"Jennifer approaches situations with an open mind and is non-judgmental which has been observed in difficult client encounters."*



Congratulations to Jennifer Jacobsen for being recognized as our September Employee of the Month! Jennifer has been with North Central Health Care for almost four years as a Therapist in Outpatient Services at the Wausau Campus. Jennifer goes above and beyond to help with covering the therapy needs of Outpatient, and is always one of the first to volunteer to help out in the other counties. During staff shortages, she has helped in many ways by serving the Medicare population in Lincoln County, filling in for our Substance Abuse Day Treatment program, and most recently has offered to help with Mental Health coverage at the Marathon County Jail – just to name a few. Jennifer approaches situations with an open mind and is non-judgmental which has been observed in difficult client encounters. Her dignity certainly stands out in the work she does with her wide range of clients, and outstanding person-centered service seems to come natural. Jennifer is an asset to our team and to the clients, and communities that we serve.

**Congratulations Jennifer!**



NORTH CENTRAL HEALTH CARE

# EMPLOYEE PARTNERSHIP

## Survey

### BUILDING STRONG PARTNERSHIPS WITH EACH AND EVERY EMPLOYEE!

This is your opportunity to let us know what we're doing well and what we could do better. Your feedback is important to us. We will listen and we will make improvements based on your confidential response.



### WHEN IS THE EMPLOYEE PARTNERSHIP SURVEY?

**Offered Sept. 19 - Oct. 3, 2018**

To be successful, North Central Health Care needs to build strong partnerships with each and every employee. Beginning on September 19, each employee will be receiving a confidential survey asking for your perspective on many aspects of working here. You will receive the survey electronically by email.

This is your opportunity to let us know what we're doing well and what we could do better. Your feedback is important to us. We will listen and we will make improvements based on your confidential response. Surveys are administered by McLean & Company.

### Electronic Surveys

For our survey this year, all employees will receive electronic surveys only. Please check your email and take the time to complete this survey within the 2 week time period. The link you receive in your email is your personal link and cannot be shared. All your responses are confidential and McLean & Company do not share individual responses with NCHC, just aggregate data gathered.

### Need Assistance?

If you have questions about completing the survey, logging in to check your email, or need computer access, additional computers are available to use in Human Resources, Organizational Development and the Wausau Campus Computer Lab. Please talk with your leaders if you need assistance or have questions.

## All NCHC Employees Complete Your Survey Sept. 19 – Oct. 3



### Check Your Email!

ALL Employee Partnership Surveys will be ELECTRONIC and delivered via email from McLean & Company on September 19, 2018! Computers are available in Organizational Development and Human Resources.



### Complete Your Confidential Survey

You have 2 weeks to complete your survey. The link you receive in your email is a personal link and cannot be shared. The survey should take 15-20 minutes to complete. All responses are confidential and McLean & Company does not share individual responses.



### Enter to WIN!

**All Employees in Departments with 85% or more of staff completing survey by Oct. 3** will be entered into a drawing to win their choice of \$20 Gift Cards!

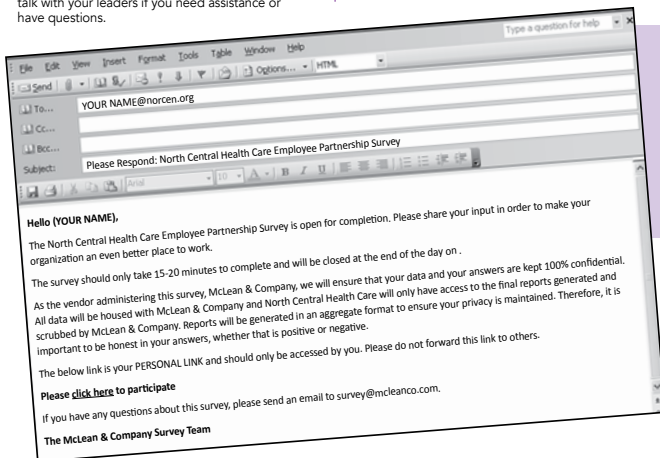
**If Your Department Reaches 85% by September 26, then everyone in your entire department receives DOUBLE entries!**

**Departments with 95%-100% participation will also be entered into a drawing for a Pizza Party.**



## GIVING IS RECEIVING Pizza to Prevent Alzheimer's Pays Off for Marathon County Employee's Credit Union Employee

Congratulations to Jami Olcott from the Marathon County Employees Credit Union! Jami won the pair of Packer Tickets in the random drawing from those who bought Pizza to Prevent Alzheimer's fundraiser! The fundraiser raised funds to support the NCHC Walk Team as they prepare for the Walk to End Alzheimer's on Saturday, September 29. Thank you to all those who supported the fundraiser and for all the employees who made the pizzas! Great work team! Join the NCHC team at the Walk by visiting [www.alz.org](http://www.alz.org) Click Find Your Walk!



### Surveys will be Electronic Only and Emailed to Your @nrcen.org Email Address!

This is a copy of the email that will be sent to your @nrcen.org email address. It is for your use only and the link only works when clicked directly from your inbox.



North Central  
Health Care

Person centered. Outcome focused.

## WAUSAU CAMPUS COMPUTER TRAINING LAB SCHEDULE

### Employee Engagement Survey Completion

Friday, September 21st: 8:00 a.m. – 4:30 p.m.  
Monday, September 24th: 8:00 a.m. – 11:30 a.m.  
3:00 p.m. – 4:30 p.m.  
Tuesday, September 25th: 8:00 a.m. – 2:00 p.m.  
Wednesday, September 27th: 11:30 a.m. – 4:30 p.m.  
Friday, September 28th: 8:00 a.m. – 4:30 p.m.  
Monday, October 1st: 8:00 a.m. – 4:30 p.m.  
Tuesday, October 2nd: 8:00 a.m. – 4:30 p.m.  
Wednesday, October 3rd: 8:00 a.m. – 4:30 p.m.



## UNITED WAY KICK-OFF EVENT

### Drawings Winners!

Thank you to all the employees from NCHC, Marathon County and the City of Wausau who joined us at the NCHC Wausau Campus to kick off the United Way Workplace Giving Campaign. Everyone who participated in the walk was entered in a drawing to win prizes. Congratulations to our winners!

### Sylvan Hill Tickets Mindy Walker

### 9 Mile Passes Season Welle

### Gift Cards Tammy Stratz, Mary Brock and Shannon Wise





## 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.

### Starla's Seasonings & Mixes

[www.StarlaSeasonings.com](http://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 Fish Poppers.  
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 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 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 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, 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 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 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 my newest blend.  
Make it into a fruit dip, cheesecake, cheese ball, frosting, gourmet cream cheese, a Greek Yogurt Dessert Delight!

**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.

Below is information for a free seminar tailored for those that provide mental and behavioral health care and have clients, patients or residents who want to quit smoking.

## Smoking Cessation Seminar

for Mental and Behavioral Health Professionals



**North Central Health Care Theater**  
**1100 Lake View Drive, Wausau**  
**Tuesday October 2nd, 2018**  
**12:30 to 4:30 p.m.**

Presented by Outpatient Services of

**North Central Health Care**  
Person centered. Outcome focused.

#### Presenters:

Dr. Bruce Christiansen, PhD, Senior Scientist Center for Tobacco Research and Intervention

Alex Peeters, BS, CHES

Northwestern Regional Outreach Specialist, Center for Tobacco Research and Intervention

#### The "Bucket Approach"

A Tailored, Population-based Smoking Cessation Program for those Affected by Mental Illness or Substance Use Disorders

#### AGENDA

12:30 – 12:50 .....Introduction and Overview – Bruce Christiansen  
12:50 – 1:10 .....Why don't we treat tobacco dependence when the smoker is affected by a mental illness/substance use disorder? – Bruce Christiansen  
1:10 – 2:40 .....Evidence-based tobacco dependence treatment  
1:10 – 1:55 .....Treating smokers who want to quit – Alex Peeters  
1:55 – 2:10 .....The Wisconsin Tobacco Quit Line – Alex Peeters  
2:10 – 2:40 .....Treating smokers reluctant to make a quit attempt (The 5 Rs) – Alex Peeters  
2:40 – 2:55 .....Break  
2:55 – 4:15 .....The Bucket Approach  
2:55 – 3:25 .....Description and evidence-based – Bruce Christiansen  
3:25 – 3:55 .....Example interventions – Bruce Christiansen  
3:55 – 4:10 .....The Bucket Approach as a population intervention – Bruce Christiansen  
4:10 – 4:15 .....Training Opportunities  
4:15 – 4:30 .....Evaluation and Questions

**No Cost.**  
**Please**  
**Register by**  
**Sept. 28**

Registration  
Information below.

All NCHC Employees are Invited to Attend – Please register on HealthStream.

All Community Partners are Invited to Attend – Please email [info@nrcen.org](mailto:info@nrcen.org) to register.

### Get Social!



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



## 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



UW Center for  
Tobacco Research and Intervention  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Treating Tobacco Dependence 2018 Webinar Series for Wisconsin Clinicians

### How to Use Stories to Help People Quit Tobacco

Tuesday Oct. 9, 2018 - Noon to 1 p.m.

This Oct. 9th webinar explains the elements of a powerful stories, and why storytelling is an effective method to help people make better lifestyle choices, including quitting tobacco.

Presenters:

Julie Swanson, founder of *What's Possible Now*

Roger Dier, Sr. Outreach Specialist with UW-CTRI

We use Adobe Connect software for our webinars and they are best viewed using Internet Explorer or Mozilla Firefox. Please test your connectivity by clicking here:

[http://arcp.adobeconnect.com/common/help/en/support/meeting\\_test.htm](http://arcp.adobeconnect.com/common/help/en/support/meeting_test.htm)

After the test, it may ask you to install the Adobe Connect plugin.

Webinar Log-in: <http://wisc.adobeconnect.com/uw-ctrioutreachwebinar/>

No special software needed. Your computer will need to have sound/speakers for you to hear the presentation. Make sure the volume is at an audible level. No registration required. We encourage groups, where possible, to use one log-in and to project the webinar.

Need more information? Contact Roger Dier (920/424-2401) or [rjd@ctri.wisc.edu](mailto:rjd@ctri.wisc.edu)



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1930 Monroe Street, Suite 200 • Madison, WI 53711 • 608-262-8673 • Fax 608-265-3102 • [www.ctri.wisc.edu](http://www.ctri.wisc.edu)

## 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:

## 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**





## WALK TO FIGHT SUICIDE

### Thank You for Your Participation and Support!

The Walk to Fight Suicide took place in Wausau on Saturday, September 15 at Marathon Park. Over 400 participants gathered to support one another in the Walk to Fight Suicide. The North Central Health Foundation is a proud supporter and sponsor of the Walk. Several community leaders were in attendance. Thank you to Wausau Mayor Robert Mielke and WI State Representative Patrick Snyder. Currently Marathon County has experienced 19 deaths by suicide in 2018. One is too many. If you would like more information about how you can help share prevention information, please contact Prevent Suicide Marathon County on Facebook <https://www.facebook.com/Prevent-Suicide-Marathon-County-1694016307526018/> Thank you for your support.



Just a few of our NCHC Team at the Walk.



Wausau Mayor Robert Mielke reads a Proclamation from the City of Wausau



Walkers and more walkers.



WI State Representative Pat Snyder shares the news about a crisis 3-digit number being passed through legislation.



Watch the speeches and walk on our NCHC Social Media Pages!



NCHC shared information about several services.





## 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 24 – 28, 2018**

#### **MON 9/24 ..... Cheese Soup**

Grilled Beef & Cheddar

#### **Hungarian Pork Cutlet**

Egg Noodles

Rutabagas

Brownies

#### **TUES 9/25..... Beef Bowtie Soup**

Bacon Cheeseburger

#### **Poor Man's Lobster**

Twice Baked Mashed Potato

Cabbage Slaw

Lemon Poppyseed Cake

#### **WED 9/26 ..... Tomato Barley Soup**

Breaded Chicken Tenders

#### **Roast Beef**

Boiled Potatoes

Carrots

Cherry Delight

#### **THURS 9/27 ... Chicken Dumpling Soup**

Tuna Wrap

#### **Seasoned Chicken**

Yams

Jellied Cranberries

Rainbow Cubes

#### **FRI 9/28 ..... Split Pea Soup**

Baked Ham/Kaiser

#### **Beef and Rice Stuffed Pepper**

Tomato Sauce

Mashed Potatoes

Sour Cream Fruit Salad

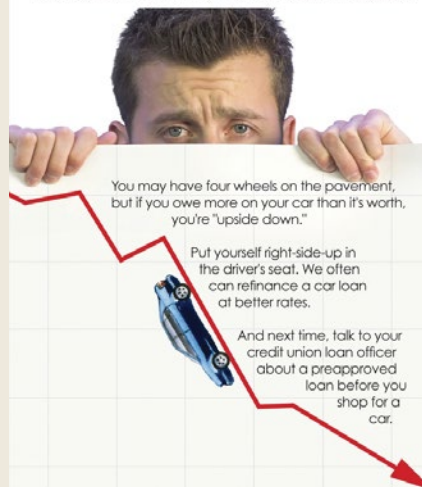
Reese's Peanut Butter Cookie



**Marathon County  
Employees Credit Union**

## DON'T GET TRAPPED

**UPSIDE DOWN IN A CAR LOAN**



**Proudly Serving NCHC Employees and Their Family Members Since 1965.**

**Already a member: Thank you!**

**Not a member: Contact us today!**

**www.mcecu.org • 715-261-7680 • 400 East Thomas Street**

**NCHC Staff, residents and clients are welcome to join!**

**3rd Annual Southeast Side Neighborhood 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:**

Midwest Communications, ASPIRUS, GREAT LAKES AREA, S.D. Klinebecker Inc., CHRYSLER INSURANCE, Wausau Electric, SUN, Wausau Community Foundation