A Weekly Update
For The Employees of
North Central Health Care

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,

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

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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.

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!!

SHOWN ABOVE AT COMMUNITY NIGHT OUT IN MERRILL: Haley Ellenbecker, April Scott, Sarah Pfund, Jordan Hella, Jenn Staeven, Jill Mattak-Nelson, Tristan Swiechowski, Samantha Kunstmann, Breanna Pagel, April Bayer, Holly Westberg

SHOWN ABOVE AT ANTIGO SCHOOL DISTRICT TEACHER IN-SERVICE: Lauren Bessa, Heather Roff, Lindsey Cornelius, Haley Ellenbecker, Brook Kickhaver.

“Community Night Out” - Submitted by Haley Ellenbecker

“TRISHA’S KARLON”

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.

North Central Health Care
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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 for more info on the walk or to sign up on the NCHC team.
COMET TO THOSE WHO TEXT.

If this causes an employee undue hardship, please contact Chris Bleck, Human Resources 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.

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)

NEW Position Posting

Title: Director of Medical Staff Relations
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
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.

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

Text “Refer” to 715.598.3663

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.

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 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 pinkeye, 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.

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

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

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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
MON, SEPT 24  MERRILL CENTER
               12:00 Noon
ANTIGO CENTER
               2:00 pm

Please Register in HealthStream!
Tap or Click Here

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September 2018
Employee of the Month

JENNIFER JACOBSN
Therapist, Outpatient Services

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!
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.

Survey

WHEN IS THE EMPLOYEE PARTNERSHIP SURVEY OFFERED?

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. This 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. Surveys are administered by McLean & Company.

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.

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.

Surveys will be Electronic Only and Emailled to Your @norcen.org Email Address!

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

GIVING IS RECEIVING

Pizza to Prevent Alzheimer’s Pays Off for Marathon County Employee’s Credit Union Employee

Congratulations to Jam Olcott from the Marathon County Employees Credit Union! Jam 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 Click Find Your Walk!

WAUSAU CAMPUS COMPUTER TRAINING LAB SCHEDULE

Employee Engagement Survey Completion

Offered Sept. 19 - Oct. 3, 2018

The NCHC Wausha Campus Computer Training Lab is open for completion. Please check your email to receive your survey link.

The survey should only take 15-20 minutes to complete and will be due at the end of the day on Sept. 19.

As a way to thank all employees for taking the time to complete the survey, we will enter all employees who complete the survey into a drawing with a 50/50 chance of winning gift cards to local businesses.

Please remember to complete the survey at your leisure, when it is convenient for you. The link only works when clicked directly from your inbox.

Survey: Complete Your Confidential Survey

Please read the survey questions carefully as the survey has been designed to provide feedback on the NCHC Wausha Campus.

Once complete, you will receive an email notification confirming receipt of your survey.

Those employees who receive the survey link will be entered into a drawing to win $20 Gift Cards. The winner will be determined by random draw.

All employees who take the survey and complete it will be entered into a drawing to win their choice of $100 Gift Cards.

The drawing will take place on Oct. 3 at 1:00 pm.

Close the survey when completed.

Signatures:

Shannon Wise

Tammy Stratz, Mary Brock and

Mindy Walker

Sylvan Hill Tickets

9 Mile Passes

Season Welle

Gift Cards

Tammy Stratz, Mary Brock and

Shannon Wise

The below link is your PERSONAL LINK and should only be accessed by you. Please do not forward this link to others.

If you have any questions about the survey, please send an email to survey@mcleanco.com.

The McLean & Company Survey Team

Pizza to Prevent Alzheimer’s Pays Off for Marathon County Employee’s Credit Union Employee

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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 Wausha Campus to kick off the United Way Workplace Giving Campaign. Everyone who participated int he 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
**NEW FLAVOR!**

**Key Lime Pie**
(mini)
Just like the pie in a glass! Make as a cheesecake, fruit dip, ice cream, or add it to coffee, Celestia, ice cream, or on almost anything, just add it to your imagination!

**NEW FLAVOR!**

**Sweet Strawberry**
(mini)
Create a mini strawberry cheesecake or parfait, homemade yogurt, or a Greek Dessert Delight. Mix with: yogurts, cream cheese, flavored cottage cheese, or flavored cream cheese. Make a tasty Chex mix or seasoned pretzels. Add into your pancakes or muffins. Add to ground beef or turkey to make tasty meatloaf or seasoning a glorious cooking companion.

**NEW FLAVOR!**

**Chocolate Java**
A semi-sweet combination of chocolate and coffee. Use in coffee, desserts, fruit dip, on ice cream, or in a Greek Dessert Delight. It is like a dessert in a dessert, it is all chocolate and coffee in one mix.

**NEW FLAVOR!**

**Cheesy Spinach**
A perfect blend of ranch, garlic, and Parmesan cheese. Make as a cheesecake, snack mix or seasoned pretzels. It is like cheese and ranch in one mix.

**NEW FLAVOR!**

**Nachos Mania**
This is a nacho mix blend with a hint of nacho, Perfect to make a nacho dip, casserole, or chips. Mix with: nacho cheese, sour cream, tomatoes, onions, and more.

**NEW FLAVOR!**

**Pesto Parmesan**
This blend of basil, garlic, Parmesan, and Pecorino cheese. Create a combination of sauce, dressing, dip, pizza, pasta, and more. Mix with: margherita pizza, pasta, pizzas, soups, and more.

**Nacho Mama**
A tasty cheesy blend with a hint of nacho. Perfect for chips, nachos, and more. Mix with: tortilla chips, salsa, sour cream, and more.

**Glorious Garlic**
A satisfying seasoning blend of ranch, cracked peppercorn and garlic. Great on fish, chicken, tenderloin, vegetables, eggs or pork. Make as a salad dressing, dip, pasta or potato salad, meat rub, or more!

**Pepperidge Ranch**
A satisfying ranch blend of garlic, paprika, and pepper. Mix can also make Garlic Cheddar Sticks, Biscuits or bread! Mix can also make Garlic Cheddar Beer Bread, and requires no refrigeration prior to being made.

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A satisfying ranch blend of garlic, paprika, and pepper. Mix can also make Garlic Cheddar Sticks, Biscuits or bread! Mix can also make Garlic Cheddar Beer Bread, and requires no refrigeration prior to being made.

**Starla’s Seasonings**

- **NEW FLAVOR!**
  - **Cheesy Spinach**
- **Pepperidge Ranch**
- **Twisted Tomato**
- **Cheesy Bacon Ranch**
- **Crispy Cilantro Ranch**
- **Grandma’s Garden**
- **Garlic Cheddar Beer Bread**
- **Pesto Parmesan**
- **Nacho Mama**
- **Glorious Garlic**

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.

**Presenters:**

- Dr. Bruce Christiansen, PhD, Senior Scientist Center for Tobacco Research and Intervention
- Alex Paeters, BS, CHES

**Northern 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 – 1:20 .......... Evidence-based tobacco dependence treatment – Bruce Christiansen
1:20 – 1:55 .......... Treating smokers who want to quit – Alex Paeters
1:55 – 2:10 .......... The Wisconsin Tobacco Quit Line – Alex Paeters
2:10 – 2:40 .......... Treating smokers reluctant to make a quit attempt (The 5 Rs) – Alex Paeters
2:40 – 2:55 .......... Break
2:55 – 3:15 .......... The Tobacco Approach
2:55 – 3:25 .......... Description and evidence-based – Bruce Christiansen
3:25 – 3:55 .......... Example interventions – Bruce Christiansen
3:55 – 4:15 .......... The Bucket Approach as a population intervention – Bruce Christiansen
4:15 – 4:30 .......... Evaluation and Questions

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

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

All Community Partners are Invited to Attend – Please email info@norcen.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
Click “Find Your Walk”

Walk to End Alzheimer’s
Saturday, September 29, 2018

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 at WWW.ALZ.ORG
Select “Find Your Walk”
ROUTE LENGTH, 3 miles/1 mile

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

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 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:

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:

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

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

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

Lunch will be provided
This training is free and includes .6 CEUs

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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.

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

DON’T GET TRAPPED
UPSIDE DOWN IN A CAR LOAN

You may have four wheels on the pavement, but if you owe more on your car than it’s worth, you’re “upside down.”

Put yourself right side up in the driver’s seat. We often can relieve a car loan at better rates.

And next time, talk to your credit union loan officer about a reapproved loan before you spin your car.

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

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

3:00 PM Start of Race
Packet Pickup: Saturday 11:00-2:30pm
Online registration: www.tandhtiming.com
Registration before September 15 includes free t-shirt
$25 Adults, $15 Kids under 12
No t-shirt guaranteed after September 15
Saturday, October 6, 2018

NCHC Staff, residents and clients are welcome to join!