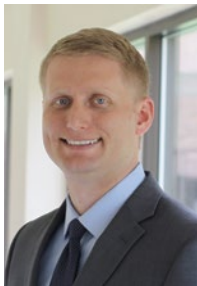

A Weekly Update
For The Employees of
North Central Health Care



NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

Gravy & Gratitude

Though I do not have the opportunity to interact with every employee or consumer we serve here at NCHC as much as I'd like to, it's important that each of you know I am with you. The employees of NCHC, the families you support, along with the consumers and community we serve are almost always on my mind. Even when I am at home with my own family. Though I try to separate work and life, for me they have almost become one and the same. Not because it has to, but because for me, my role in the organization allows me to be so much of what I hoped for in my life. We have a really great privilege here at NCHC. One I am particularly thankful for each day I come to work. It is such a honor to work for you and hopefully I help to inspire you in being the very best in what you offer the organization and community we serve.

As we celebrate the upcoming Thanksgiving holiday, I want each of you to know you will be on my mind, as you almost always are. I appreciate all your efforts even though I don't always get to see you in action. Much the same, I know you can't always see me working either but just know that we really are working side by side. I remain focused on being in service to you, this organization, the people and our community using all I have to give. I strive each day to see all the things that are possible here come true. They will over time because of the individuals we have coming to work here each day. Individuals like each of you. You inspire me to be great, so collectively we can be great. Thank you so very much for making this organization and community a better place. We'd all be lost without your dedication.



To you, your family and the community we serve. Have a Happy Thanksgiving!

Make it a great day,

2-Week Edition!
Happy Thanksgiving!

Veterans Day Ceremony .. 2
Photos and Appreciation!

United Way Give-Away ... 3
Win a New Car!!

Eating Disorders Anonymous Info. Session .. 4
Open to Public on Dec. 5 at NCHC

Employee Updates Schedule 5
Mark Your Calendars!

PLT Cash-Out 9
Get the Details! Forms Due Dec. 7

Holiday Pies & Breads ... 10

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, Nov. 19 –
Sunday, Nov. 25**

**Brenda
Glodowski**



**Monday, Nov. 26 –
Sunday, Dec. 2**

Sheila Zblewski



Person-Centered
Shout

out

**Andrea Rebstock,
Outpatient**

Why: Thank you for helping me coordinating things from a county over!!

Submitted By:
Haley Ellenbecker





The Pharmacy Services Team were the proud winners of the Employee Partnership Pizza Party!



PHOTO OF THE WEEK



Submit A Great Photo From Your Week!

Submit your photo and description to: Email: jmeadows@norcen.org or Text: 715.370.1547. Please indicate Photo of the Week and include your name, who/what/where of the photo and why you are submitting. **Please remember!** To protect the privacy of our patients, clients and residents, photos are not to be taken of any of those we serve without written permission.



Person-Centered
Shout

out

TO JESSICA PYKE!



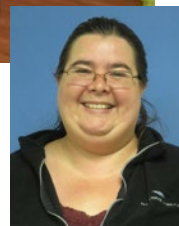
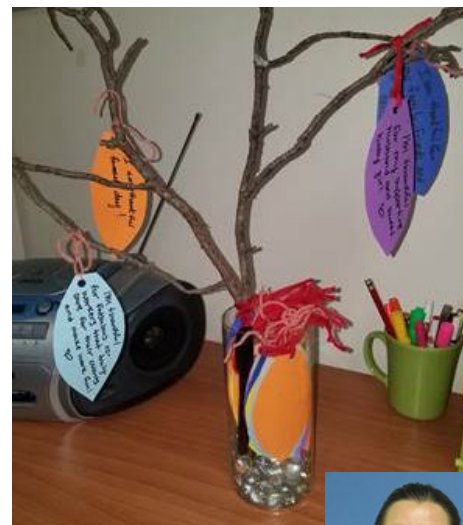
VFW Women's Auxiliary including Darla Oppen, NCHC employee.



Wausau East Student providing vocal talent.



Wausau East Wind Ensemble.



"Jess Pyke brought in this adorable 'Thankful Tree' for our Antigo staff and I had to share it with you. Jess is always looking for ways to increase workplace moral and show us she is always thinking about our well-being. We're so grateful for her over here! I thought this was such a cute idea."

—Submitted by Shandah Stewart, Outpatient Services

HONORING OUR VETERANS

Many Thanks to All Those Who Made This Day Special for Residents, Families and Employees

On Monday, November 12, Mount View Care Center held a Veteran's Day Ceremony to honor the men and women who have served in our United States Armed Forces. We thank all of you for your service, including the residents, guests, employees and all those who have sacrificed so much to protect our freedom. A big thank you goes out to the VFW Women's Auxiliary for making beautiful blankets for our veterans and the Wausau East Wind Ensemble for providing both the instrumental and vocal talent.



UNITED WE WIN

Make a donation of at least \$1 per week (\$52+ per year) during United Way of Marathon County's 2018 Campaign and you will automatically be entered to win the 2017 Fiat!



2018 WORKPLACE GIVING CAMPAIGN

Please consider a pledge through payroll deduction to United Way. Every gift makes a difference. By giving to United Way, you provide funding to tackle issues in your community - issues very closely aligned to North Central Health Care's mission and values. No one company or program can fully address the issues facing our community without United Way's support - the strength is in collaboration. Together, we can do so much more to make a positive difference.

Your contribution will be invested in programs and services that meet the most pressing needs in our local community. YOU can make a difference. **A gift of \$52 or more annually qualifies you for the Fiat Sweepstakes.** Over the last 4 years, NCHC has had at least one employee qualify as a finalist to win the car. Last year, Darla Plaster of Mount View Care Center drove away with the keys to a new car!

Any Donation in the Workplace Giving Campaign Qualifies You to WIN Prizes!

As an extra thank you for your participation, any gift to United Way through our 2018 Workplace Giving Campaign will qualify you to win one of 4 additional prizes from North Central Health Care:

- **A Deluxe Hotel Getaway Package**
- **8-hours of PLT (2 winners)**
- **Milwaukee Admirals Hockey Tickets with Gas Cards!**

A drawing will be held with our NCHC finalists in December and the winner announced at the Chili Lunch on the Wausau Campus on Wednesday, December 12 at Noon.

If you have a current payroll deduction pledge, it will automatically rollover at the end of the month and begin new deductions in January.

With your generous gift, YOU COULD WIN TOO!

Win me!

705 S. 24th Ave • Ste 400B
Wausau, WI 54401
715-848-2927
www.UnitedWayMC.org

New donations and previous gifts increased by \$13 earn DOUBLE!			
GIFT	\$52	\$78	\$104
ENTRIES	2	4	6

Continue with the same gift as the previous year for standard entries.			
GIFT	\$52	\$78	\$104
ENTRIES	1	2	3

SWEEPSTAKES ENTRIES MUST BE RECEIVED BY 5PM ON DECEMBER 7, 2018



WE CAN'T WIN THE FIGHT WITHOUT YOU
PLEASE GIVE GENEROUSLY



THANK YOU TO OUR
GENEROUS SPONSORS:



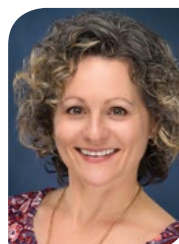
Thank You for Your Generosity!

Check Your NCHC email for your personal link to participate!

Campaign Ends December 7 at 5:00 PM!



TO SHERRY GATEWOOD!



"I would like to give a "Shout Out" to Sherry Gatewood, PA from the Employee Health and Wellness Center. She went to the bake sale yesterday (by the pool area) and purchased cookies for Adult Day Services. How very thoughtful and generous of her to think of us!!!"

—Submitted by Kelly Raymond, Adult Day Services



TEAM FUN
The BHS Team attempted the Cracked Escape Room recently...they didn't make it.

— Photo submitted by Trina Sorce



Eating Disorders Anonymous Informational Session

- Education & Awareness of Eating Disorders
- Real Life Recovery Story
- Connect with Resources

Open to Public.

**Wednesday, December 5, 2018
5:30 to 7:00 p.m.**

**North Central Health Care Theater
1100 Lake View Drive, Wausau**

Eating Disorders affect people of all genders, ages, races ethnicities, body shapes and weights, sexual orientations and socioeconomic statuses. Eating disorders carry an increased risk for both suicide and medical complications.

In this informational session, attendees will learn about education and awareness, hear a real-life recovery story, have the opportunity to connect with resources. All those interested in eating disorder recovery and professionals are welcome to attend.

Presenter: Cathy Venzke

Eating Disorders Anonymous, Medford, WI

Cathy is the Chairperson for EDA Medford and will share her personal story of recovery from alcohol addiction and an eating disorder. As one of only two EDA groups in the entire state of Wisconsin, Cathy wants to connect attendees with resources, education and opportunities to participate in EDA.

Eating Disorders Anonymous (EDA) is a fellowship of individuals who share their experience, strength and hope with each other that they may solve their common problems and help others to recover from their eating disorders. People can and do fully recover from having an eating disorder. EDA endorses sound nutrition and discourages any form of rigidity around food. Balance – not abstinence – is their goal. For more information, please visit www.4EDA.org



STOP, STARTING IT! At the Focus Conference

The Stop, Starting It Team of Merry Wimmer and Cagney Martin, along with other MVCC staff showed off their dynamic training presentation at the recent Focus Conference! Pictured above is Connie Gliniecki and Kristin Woller wearing some headbands demonstrating the labels that are placed on residents who are living with dementia. Stop, Starting It will go on the road in 2019 with more training to deliver to the rest of the State.

COMMUNITY PROGRAM OFFERED FOR GRIEVING FAMILIES

**All I Want for Christmas
is the Right to Grieve**

Aspirus Comfort Care and Hospice Services, in partnership with Wings, a Grief Education Ministry, will host a family grief program designed to help families navigate grief during the holiday season. The event titled, "All I Want for Christmas is the Right to Grieve," will be held on Tuesday, Dec. 4, from 6-7:30 p.m. at the Aspirus Wausau Hospital Medallion Room, located at 333 Pine Ridge Blvd. This free program is open to the public and registration is not required.

They will share the 30 most common complaints grievors reveal. Learn how you can satisfy expectations without compromising your feelings. The "Good News" is that almost every bereaved person is capable of finding joy—even when the holidays hurt! We'll show you it's possible to "save the day" and create a meaningful holiday experience this year and for years to come.

For more information please contact Nan Zastrow at 715-845-4159 or Amy Kitsemel at 715-847-2703, or via email at wings1@charter.net. Additional support of the program is provided by Brainard Funeral Homes, Helke Funeral Home and Peterson Kraemer Funeral Homes.

Presented by



Eating Disorders Anonymous

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

This is not an EDA Meeting, but an informational session about eating disorders and EDA that can connect professionals, advocates, families and the public with resources that are available to help.

**No Cost.
No Registration.
Open to Public.
All are Welcome.**

For more information about this session, please call 715.848.4309 or email info@norcen.org



Wisconsin Deferred Compensation (WDC) Program Offered By Your Employer, North Central Health Care



Meet with your WDC Advisor

The Wisconsin Deferred Compensation (WDC) Program is a powerful tool to help you reach your retirement goals. Join a WDC Retirement Plan Advisor at an upcoming meeting.

If You're Just Starting to Save ... and need to enroll, go to www.wdc457.org and click **REGISTER** or enroll now **here**. Use the Plan Number **98971-01** and the Plan Enrollment Code [XXCrmW3w].

If You've Been Saving for a While ... you may want to review your income projections, savings rate and investment strategy. For a portfolio review, meet with your local Retirement Plan Advisor or call **(877) 457-9327**.

If Retirement Is Just Around the Corner ... we are here to assist you in making a smooth transition to retirement. Remember, when you stay informed and engaged, you can make your WDC account a more powerful retirement planning tool. Watch for pre-retirement group meetings near you!

Changing your payroll contribution or updating your beneficiary is easy!

Log in at www.wdc457.org or call the WDC Service Center at **(877) 457-9327**. Do you have questions about Wisconsin Retirement System (pension)? Please call WRS directly at **(877) 533-5020**.

Have an appointment and want a retirement strategy designed just for you? The more information you share with us, the more personalized your experience can be. Please bring the following to your appointment:

- ✓ Current Wisconsin Retirement System (WRS) statement
- ✓ Social Security statement
- ✓ Other retirement account statements
- ✓ Current paycheck stub
- ✓ WDC username, password and PIN (if known)

Please bring all of the above information for your spouse/ partner (if applicable).

If You Need an Appointment ... schedule a consultation with a Retirement Plan Advisor or register for a group meeting by going to www.wdc457.org and click on the **Schedule a Meeting** tile.

WDC Program Meeting Schedule

Date	Time	Topic	Location
Wednesday, December 19 th	9:00am-12:00pm	Account Review Sessions	NCHC Campus- Granite Room
	12:00pm-1:00pm		NCHC Campus-Cafeteria
	1:45pm-2:45pm		Merrill Office
	3:30pm-4:30pm		Antigo Office

Go to www.wdc457.org to schedule your appointment.

Securities offered or distributed through GWFS Equities, Inc., Member FINRA/SIPC and a subsidiary of Great-West Life & Annuity Insurance Company. GWFS Equities, Inc. registered representatives may also be investment adviser representatives of GWFS affiliate, Advised Assets Group, LLC. Representatives do not offer or provide investment, fiduciary, financial, legal or tax advice or act in a fiduciary capacity for any client unless explicitly described in writing. Retirement products and services provided by Great-West Life & Annuity Insurance Company, Corporate Headquarters: Greenwood Village, CO; Great-West Life & Annuity Insurance Company of New York, Home Office: New York, NY, and their subsidiaries and affiliates, including registered investment advisers Advised Assets Group, LLC and Great-West Capital Management, LLC. 98971-01-PDF-6003-1707 AMS05068-0618



MARK YOUR CALENDARS! EMPLOYEE UPDATES BEGIN MONDAY, DEC. 10

2018 – 4TH QUARTER EMPLOYEE UPDATES

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

MON, DEC 10	MERRILL CENTER 12:00 pm ANTIGO CENTER 3:00 pm
TUES, DEC 11	WAUSAU CAMPUS 9:00 am Theater 9:00 pm MVCC 1st Flr. Dining Room
MON, DEC 17	WAUSAU CAMPUS 10:00 am MVCC 1st Flr. Dining Room 3:00 pm Theater
TUES, DEC 18	WAUSAU CAMPUS 2:30 pm Theater
WED, DEC 19	WAUSAU CAMPUS 6:15 am Theater

SIGN UP ON HEALTHSTREAM!

DECEMBER 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



A NEW FACE AT NCHC Welcome Phyllis Miller

NCHC is happy to share that we have a new partner working with us – her name is Phyllis Miller. We have contracted with Phyllis to provide an evaluation of our Health Information Management program that will assist NCHC in our preparation and alignment with the Master Facility Planning. Additionally, Phyllis will be assisting in the creation of various billing and clinical standard workflows. These efforts will provide a solid work plan as we continue to recruit for the Health Information Management Director position.

You may see Phyllis out and about in many areas of our organization or in the hallways at the Wausau Campus. Please take a moment to introduce yourself and welcome her to the team.

Questions? Please contact Sheila Zblewski, Information Technology Executive, 715.261.6730 or szblewski@norcen.org.

ALL STAFF: IS YOUR HOME MAILING ADDRESS CORRECT?

Review/Update Your Address Information with Human Resources

Please review your current home and/or mailing address on record in the Human Resources to ensure your preferred address is used. Year-end mailings and your W-2 Tax Form will be sent via U.S. mail to your mailing address on file in Human Resources. If you questions, contact Human Resources at 715.848.4419.



THURSDAY, DECEMBER 13

North Central Health Care Theater
1100 Lake View Drive Wausau, WI 54403 - Directions [HERE](#)

**Get the Facts About Vaping
and Resources Available to
Address this Teen Epidemic**
For questions contact: Jenna.Flynn@co.marathon.wi.us

FREE EVENT

Choose from 3
Presentation Times to
Suit Your Schedule

SELECT ONE

7:30AM - 8:30AM
11:30AM - 12:30PM
4:00PM - 5:00PM

RSVP HERE
or by calling
715-261-1931

Who Should Attend?
parents, teachers, youth
advocates, health care
providers, counselors,
school administration, law
enforcement, public health



**Tobacco Free
Coalition**
of Central Wisconsin
Marathon-Portage-Wood

STOP OVER TO MOUNT VIEW CARE CENTER'S



Empower, Not Enable

Addiction impacts the community on so many levels. One group that is often overlooked are the loved ones who are supporting those with addictions – including families, friends, neighbors and co-workers. It's a difficult line between empowering vs enabling, and this session will help you raise up those that are struggling for long term sobriety and reduce the co-dependency that may result.

Thursday, November 29th from 6:30pm-8:30pm

Location:

DC Everest Middle School Auditorium (9302 Schofield Avenue, Schofield)

Pre-Registration:

Requested, but not required <https://empowernotenablejvv.eventbrite.com>

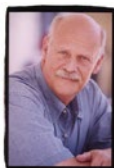
Cost:

FREE event

Sponsored by:

Aspirus Health Foundation & the AOD Partnership

Speaker bio - Jeff Jeff VanVonderen is a highly sought after speaker and consultant both nationally and internationally. For over 35 years, individuals, families, and organizations have benefited from his skills and understanding in the areas of addiction, family systems, and recovery. Jeff is one of the featured interventionists on the A&E Network's Emmy-winning documentary series *Intervention*. Jeff has authored various books, articles and journals, as well as been a guest on television and radio programs.



Want to hear more from Jeff?

Helping in the Helping Professions with Jeff VanVonderen

Equipping professionals in the community with the tools they need to not only help others who are struggling with mental health and addictions, but to also help themselves through self-care and mindfulness.

Friday, November 30th from 8:30am-3:30pm

Northcentral Technical College Conference Center
(1000 W. Campus Drive-Health Sciences Building, Wausau)

For more information, visit:

<https://www.mtc.edu/calendar/2018/11/30/helping-helping-professions-jeff-vanvonderen>



www.aodpartnership.org
for more information



RISE UP HOLDS MURAL DEDICATION AT MARATHON COUNTY COURTHOUSE "Some Shall Die So Others May Live"

A mural dedication was held at the Marathon County Courthouse on November 14 for the Butterfly mural that was created by our community, NCHC employees and clients. The butterflies symbolize a life that was lost or impacted by addiction. Lakeside Recovery and other NCHC staff who have been an integral part of the RISE UP program attended alongside community leaders and those there to support family and friends affected by addiction. Thank you to all those who attended, painted a butterfly or support all those affected by addiction. The mural will be displayed on the second floor of the Courthouse near Branch 1 and 2.



HOLIDAY GIFT LIST FOR RESIDENTS AND CLIENTS 100 Names Still Need to Be Adopted!

Volunteer Services has completed their Christmas list and have over 100 names of clients and residents that still are in need of being adopted. If you would be interested in adopting a client or resident this Holiday season, please reach out to the Volunteer Office at x4450 or volunteer@norcen.org. Thank you for helping us to fulfill and enrich lives this Holiday season.

Thank You in Advance for Your Generosity

Save a Life!



No one plans to be a victim, no one plans to witness tragedy, but anyone can be a *hero*

Why do I need this training?

Bombings. Home injuries. Motor vehicle crashes. Mass shootings. Hunting or boating accidents. Emergencies can happen.

What will I learn?

Learn basic techniques to control bleeding using hands, dressings, and tourniquets.

When:

December 6, 2018 - 6pm-7pm

December 19, 2018 - 12pm-1pm
(lunch will be provided for this class only)

Location:

Aspirus Wausau Hospital
Medallion Room

Open to the general public.

Pre-register by calling the
Customer Contact Center at
715.847.2380 or online at
www.aspirus.org/stopthebleed

Course is \$5.00 for the general
public and free for Aspirus
employees
(Must provide employee ID number)

Registration closes Monday,
the week of the course.

Be prepared!

OPEN DOOR FUNDRAISER BREAKFAST

During Hanging of the Greens!

**Sunday, November 25th
8am- 12pm**



**MENU: French Toast, Eggs, Ham, Sausage,
Pastries, & Beverages.**

Fundraiser to help offenders receive Open Door services.

**Hosted By: St. Paul's UCC
426 Washington St., Wausau 54403**

NEW YEAR'S EVE PAWTY

**BENEFITING THE HUMANE SOCIETY OF MARATHON
COUNTY**

12/31/2018 8:00PM-12:30AM
CENTRAL WISCONSIN CONVENTION + EXPO CENTER

Join us on New Year's Eve and party away the
final hours of 2018!
Featuring Disco Drew, glitter, gold + good
fortune!

Our NYE celebration will feature raffles,
dancing, party favors, a photo booth, games,
appetizers, cash bar and a midnight celebration.

TICKETS AT EVENTBRITE.COM AND HSMC



tidbits on benefits

WELLNESS CORNER

By Sherry Gatewood, PA

How can getting enough sleep protect your heart?

- Sleep is involved in the healing and repair of your heart and blood vessels.
- Good-quality sleep decreases the work of your heart, as blood pressure and heart rate go down at night.
- In a study with healthy young men, reducing sleep to four hours per night for six nights in a row caused symptoms of pre-diabetes. These symptoms resolved after one week of increased sleep.
- Shortened sleep can make you hungry and is linked to weight gain.
- Lack of sleep can increase inflammation throughout the body.



Sherry Gatewood

So how much sleep is the right amount? The number varies from person to person, but most people need seven hours per night. When we are young, we need more than that. As we grow older, we may need less. According to the American Heart Association, studies have found that most people need six to eight hours of sleep each day and that too little or too much can increase the risk of heart problems.

How to improve your sleep habits

Do you suffer from a lack of restful sleep? If so, there are several things you can do to improve your situation.

- **Drink less alcohol/caffeine:** Avoid a nightcap: It's a myth that alcohol will help you sleep better. Daytime caffeinated beverages matter too. It can take your body six hours or longer to rid itself of caffeine.
- **Exercise more:** Getting exercise during the day can help ready you for nighttime sleep. (Just get your health care provider's OK before starting any new exercise program.)
- **Create an evening routine:** Have an evening routine of preparing for bed that includes turning off electronic devices and having soothing activities such as a hot shower or bath. Drinking chamomile or herbal sleepy-time tea can also be helpful, as can reading, praying or meditating.
- **Look into symptoms of possible sleep problems:** Do you wake up tired, even though you think you got a long night's sleep? Do you struggle to stay awake when driving or while sitting in a meeting? Does your bed partner say you snore? Do you wake at night and take at least 30 minutes to fall back asleep, three times a week or more? Talk to your health care provider, who may refer you to a sleep specialist. A formal sleep evaluation may be needed to observe your sleep. Check out the Sleep Assessment found on the Aspirus Sleep Medicine page: <https://www.aspirus.org/sleep-medicine>

Sleep is not just important to help us with our day to day mental functions, it is also important for our heart health. Make it a goal to get at least 7 hours of sleep per night.

HRinsights

Position Postings

Title: Director of Patient Access Services

<https://bit.ly/2BbaS7W>

Status: Full-time

Location: Wausau - Financial & Information Services

The Director of Patient Access Services is responsible for the person-centered centralized operations that admit patients, members, residents and clients by directing the admission process; maintaining an effective scheduling system; developing, implementing and maintaining revenue generating strategies to ensure processes are in place for accurate and timely billing information; determining and implementing admissions best practices and providing superior customer service.



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

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



HAVE YOU COMPLETED THE ZEROSUICIDE SURVEY?

All employees have been assigned a HealthStream



module that includes the link to the ZERO Suicide Workforce Survey. Thank you for your participation. As a reminder, you have until November 26, 2018 to log into HealthStream and complete your survey. Your feedback is very important. To thank you for your time and commitment to the Zero Suicide Initiative, there will be a drawing for prizes from all those who complete the survey. The sooner you complete the survey, the more entries you receive into the drawing to win one of ten \$20 Gift Cards.

Complete your survey before:

Sunday, Nov. 4 – receive 4 entries to win
Sunday, Nov. 11 – receive 2 entries to win
Sunday, Nov. 26 – receive 1 entry to win

Thank you in advance for your time and commitment to this very important initiative. If you have any questions, contact, Jennifer Peaslee at 715.848.4507.



PLT CASH-OUT

Updates from Human Resources

All employees may elect to receive cash for earned PLT, to be paid out on the second pay period in January of each year. Payout authorization forms will be provided at the time of notification of PLT payout each year. Eligible employees may request a PLT payout by submitting the appropriate form to Payroll stating the number of hours to be paid according to the following parameters:

- The minimum request for PLT is sixteen (16) hours up to a maximum of forty (40) hours.
- Eighty (80) hours of PLT must remain in the bank after the payout.
- Hours will be paid at the employee's base hourly rate.

Forms are due to Payroll on December 7, 2018. Once the request to receive a PLT payout is received by Human Resources, the election is irrevocable. It may not be increased, decreased, or changed by the employee in any way. You may pick up a form in Human Resources or use the form attached to this email.

A memo was sent out to all-staff via email on September 12, 2018 and in subsequent News You Can Use postings, informing you of the change from September to December for Cash-Out Forms and the updated policy.

Questions? Please contact Chris Bleck, Human Resources Manager or Lynn Wengelski, Benefits/Compensation Analyst at 715.848.4419.

WARNING: MALICIOUS MALWARE IN EMAILS

What Employees Should Be Alert To and Look Out For

On 11/14/2018, Wisconsin Statewide Intelligence Center (WSIC) at the Department of Justice received multiple reports regarding an ongoing malicious e-mail campaign impacting users in Wisconsin, including those in the public sector. The email campaign appears to be associated with Emotet, a piece of malware that has previously affected state and local governments, as well as the public and private sectors.

What to Watch Out For and Report to CCITC HelpDesk:

- An email arrives disguised as an invoice or shipment-themed email. The email is impersonating a person or organization **known** to you. It may seem strange that you are receiving the email and it does look like SPAM.
- The e-mail will usually contain a Microsoft Word or Portable Document Format (PDF) attachment.

DO NOT OPEN THE EMAIL OR THE ATTACHMENTS IF YOU SUSPECT ANY OF THE ABOVE!

Call or email the HelpDesk 715.261.6710 helpdesk@co.marathon.wi.us as all reports of these viscous malware are being reported to the WSIC.



HOLIDAY GUEST MEALS

A Reminder from Food Services

Guest meals for the upcoming holidays are limited to 4 guests per resident and the cost of each Holiday meal is \$5.00 each. Early ordering of guest trays is encouraged to assure adequate accommodations can be made. Please contact Food Services with any questions x4426. The deadline for ordering Thanksgiving guest holiday meals is Tuesday, November 20, 2018.





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



NOVEMBER 19-23, 2018

MON 11/19 ...Cheese Soup

Grilled Beef & Cheddar

Hungarian Pork Cutlet

Egg Noodles

Rutabagas

Brownies

TUES 11/20....Beef Bowtie Soup

Bacon Cheeseburger

Poor Man's Lobster

Twice Baked Mashed Potatoes

Cabbage Slaw

Lemon Poppyseed Cake

WED 11/21Tomato Barley Soup

Breaded Chicken Tenders

Roast Beef

Boiled Potatoes

Carrots

Cherry Delight

THUR 11/22...Thanksgiving

No Café Today!



FRI 11/23Split Pea Soup

Baked Ham on a Kaiser

Beef Shred and Gravy

Mashed Potatoes

Sour Cream Fruit Salad

Reese's Peanut Butter Cookie

A menu will be sent out later for the week of November 26-30.

HOLIDAY PIES AND BREADS AVAILABLE IN WAUSAU CAMPUS CAFETERIA

**First Come, First Served! Get Your
Holiday Treat Starting Next Week!**



Beginning November 14 Food Services will be offering baked pies and breads for the holidays, Thanksgiving to Christmas, from 9am-1:30pm. They will be available on a first come, first served basis. The selection will vary day to day. Items and prices are as follows:

Holiday Breads Individually wrapped, 24 oz. loaf for \$8.00 each

- Pumpkin Walnut Bread w/Amaretto Glaze
- Lemon Poppy seed Bread w/Lemon Glaze
- Cranberry Walnut w/Granola Crunch

Fresh Baked Pies 8" Pies in Bakery Boxes

- Pumpkin...\$5
- Old-Fashion Apple...\$6
- Dutch Apple...\$6



Marathon County
Employees Credit Union



There is No Better Time to Say Thank You.

From All of Us at MCECU, We Hope You Have a Wonderful

Thanksgiving Filled With Memorable Moments!



**Thank you for allowing us to serve the Health Care Center
since June 9, 1965 when we were started by nurses
as a place to borrow and to save.**

If you need a 2019 pocket or wall calendar,
please call us for your free calendar.

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