A Weekly Update
For The Employees of
North Central Health Care

Top of Mind
I hope you all enjoyed your Thanksgiving holiday and thank you again to everyone who worked the holiday to keep this place going 24/7.

We are now in sprint mode to close out 2018 before the Holiday Season. On top of mind this week has been all of the planning we are engaged in for a successful 2019. Leadership provides an ongoing effort to make ourselves better than we might otherwise be and to take ourselves where we need to go even when it may seem difficult or unnatural at first. As we transition into 2019 we are focused on setting up the structures to help this organization achieve all it can and will be. I’ve reflected this week that I believe the thing that has held us together as an organization has been the passion people have for the people we serve. I don’t know where we’d be without that passion. It’s a strong bond in our long history. Our recent Employee Engagement survey supports this passion exists as 93% of people working here are very proud of the work you do. You should be. You make a difference in the world we live in and do it in a big way.

You inspire people to have Lives Enriched and Fulfilled. When I think about our future by working together to bringing resources and better structure to our organization I see a future of becoming something even greater than we are today. It’s an exciting thought on top of so much that is already good.

As you close out the week I want to connect you with how we are all part of something much bigger. This week I was told a story of our how one of our employees was wearing her NCHC fleece with our logo on it. I believe she was out at a restaurant with her family. A lady came up to her and asked if she worked at NCHC. Once our team member confirmed her suspicion as she braced to hear why it was important for her to know she worked at NCHC, it was because someone, I don’t know who or when, made a huge difference in the life of her loved one. She appreciated all this organization is and what it works to accomplish in the community. I can think of no better way to receive a compliment for our work here. This is not in isolation, there are many stories like this each day and it’s important to share them. As she finished the story I thought to myself, we should really buy employees more NCHC branded clothing.

Make it a great day,

Michael Loy

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 P’s.

Michael Loy

Monday, Dec. 3 – Sunday, Dec. 9

SHOUT OUT

FRIENDLY REMINDER
Shhhhh! Patient Care and Employee Work Areas

One thing is for sure, when people visit NCHC’s many locations, we continually hear how friendly everyone is and how welcoming our staff are to visitors, families and each other. Please remember, that when you are in hallways and public areas such as our Wausau Campus Lobby and other areas were sounds carries easily, to watch the noise levels of voices and activities. For areas where phone and patient/client check in is taking place, this increased noise can make it difficult for our staff to hear, and impacts the patient experience. Noises from carts and activities can make phone operations and patient check in difficult. So keep up your friendly interactions that we are known for, but remember to watch the noise levels. Thanks team!

Yvonne Thompson,
Birth to Three

Why: Coordinating evaluations and IFSPs for brothers in a difficult situation.

Submitted By: Tania Carter
WELCOME TO THE NEW NCHC WEBSITE!

www.norcen.org

Our new site is fully responsive, which means when you look at it on your computer, phone, tablet or any other electronic device, your experience is tailored for the best possible viewing no matter how you are viewing it. Want to take a look? Check out the new site at www.norcen.org Change the size of your browser window and watch how the site changes to match your viewing window.

New Features
Our site now is available in many languages! – Scroll all the way to the bottom and click SELECT LANGUAGE, and our site is now translated to the language of your choice.

Contact Us Page – Allows us to get questions and requests online, and emails inquiries to departments like HR, Billing, Patient Accounts, Volunteer-ing and more go directly to the programs to follow up quicker!

Provider Directory – Let’s those seeking care search by specialty and learn more about the great providers that we have at NCHC. (photos to come)

Searchable Service Directory – Search for program and services or browse a list!

For Employees – On the Homepage, scroll to the bottom to find a link dedicated to NCHC Employees. There you will find all the links to common things you use at NCHC – Kronos, Check you Pay Stub, HealthStream, News You Can Use, SwagShop and More! So if you forget a link, remember visit our homepage, scroll to “For Employees” link and there you have them all! All the contact information for the your Employee Benefits are there as well!

Employee Benefits – All your benefit information is listed along with Employee Health & Wellness contact info. View an electronic version of the YOU Benefit Guide here as well.

The most awesome part that employees won’t see (except the Marketing Team) is the Content Management System and Search Engine Optimization process that works on the back end behind the scenes. With vastly updated and improved technology, we will be found when people search for us online!

Coming soon!

Some things we are still working on preparing include:

eCards – Loved ones and friends can send customized cards to patients, residents or clients at NCHC! Cards will be printed in Marketing and delivered to program areas.

Event Calendar – Get all the events happening at all our NCHC locations in a searchable Calendar!

Activities Calendar – Get all Mount View Care Center resident activities happening in a searchable calendar format by program!

Your Feedback is Welcome

As with any new website launch, there may be things that you catch that need fixing or you just want to tell us what you think. Let us know! Send your suggestions or feedback to jmeadows@norcen.org or fill out the online form at the Contact Us page!

Stay tuned as we release new features as the site progresses. We hope you like the new look of NCHC online!

#SeasonOfGiving

Another day of #SeasonOfGiving! This week, the Wausau Police Department spent time with residents at Mount View Care Center in Wausau. Police Chief Ben Bliven contacted NCHC to volunteer and was given about a dozen different opportunities including socializing with residents, helping with bingo, working in the beauty shop, providing clerical assistance, helping in the fashion boutique, riding along to medical appointments and more. Who doesn’t like a good card game, right?

Officer Copas and Chief Bliven spent some time with Joy, Jim, Dan, and Sou playing cards, hearing about their interests and we got to talk about the police department too. In one of the pictures you will see Joy comparing tattoos with Officer Copas. Unfortunately, Chief Bliven didn’t have any to compare. Thank you Wausau PD!
COMMUNITY TREATMENT COUPON BOOK FUNDRAISER IS BACK
Get $5,000 Worth of Coupons for $20 and Support Our CCS Program

Our CCS Annual Coupon Book Fundraiser has started! Please help out kids with special needs by purchasing one of the 2019 My Local Deals coupon books. This year there are over 130 participating businesses (many with multiple coupons) in the Wausau, Stevens Point, Marshfield, Merrill, Mosinee, Wisconsin Rapids, Tomahawk and Rhinelander areas. They are $20 each and $14 from each book goes directly to help the youth in our programs. There are over $5,000 worth of savings in each book! A few examples of the coupons include $10 in Kwik Trip gas coupons, buy one get one for WOW laser tag ($17 value), buy one get one water park passes at the Grand Lodge, oil changes, massages and tons of food coupons!

Please contact Gina Lenz at glenz@norcen.org to get yours today otherwise stop by Community Treatment and Gail Storm will also have books on hand to sell. Cash or check only and please make any checks out to Gina Lenz. Thank you so much for helping us to improve the lives of the children we serve—these funds go to send the children to camps that they wouldn’t otherwise have the opportunity to attend, incentives to help them meet their goals, and basic needs items—your help is very much appreciated!

Thank You for Your Generosity!
Check Your NCHC email for your personal link to participate!
Campaign Ends December 7 at 5:00 PM!

www.norcen.org • Lives Enriched & Fulfilled.

Person centered. Outcome focused.
CYBER SECURITY THIS HOLIDAY SEASON
From CCITC and US-CERT
With more people traveling and increases in online shopping traffic associated with the holiday season, there is also usually an uptick in cybercriminal activity. Below are a few tips from US-CERT and CCITC to help keep personal electronics secure as you travel this holiday season.

Know the risks
Your smartphone, tablet, or other device is a full-fledged computer. It is susceptible to risks inherent in online transactions. When shopping, banking, or sharing personal information online, take the same precautions with your smartphone or other device that you do with your personal computer — and then some. The mobile nature of these devices means that you should also take precautions for the physical security of your device (see Protecting Portable Devices: Physical Security for more information) and consider the way you are accessing the Internet.

Do not use public Wi-Fi networks
Avoid using open Wi-Fi networks to conduct personal business, bank, or shop online. Open Wi-Fi networks at places such as airports, coffee shops, and other public locations present an opportunity for attackers to intercept sensitive information that you would provide to complete an online transaction.

If you simply must check your bank balance or make an online purchase while you are traveling, turn off your device’s Wi-Fi connection and use your mobile device’s cellular data Internet connection instead of making the transaction over an insecure Wi-Fi network.

Security issues on public Wi-Fi can be mitigated by subscribing to a VPN (Virtual Private Network) solution and using it while connected to public WiFi. Always be sure to verify that your VPN connection is secured before doing any activity on public Wi-Fi.

Turn off Bluetooth when not in use
Bluetooth-enabled accessories can be helpful, such as earpieces for hands-free talking and external keyboards for ease of typing. When these devices are not in use, turn off the Bluetooth setting on your phone. Cyber criminals have the capability to pair with your phone’s open Bluetooth connection when you are not using it and steal personal information.

Be cautious when charging
Avoid connecting your mobile device to any computer or charging station that you do not control, such as a charging station at an airport terminal or a shared computer at a library. Connecting a mobile device to a computer using a USB cable can allow software running on that computer to interact with the phone in ways that a user may not anticipate.

As a result, a malicious computer could gain access to your sensitive data or install new software.

Don’t fall victim to phishing scams
If you are in the shopping mode, an email that appears to be from a legitimate retailer might be difficult to resist. If the deal looks too good to be true, or the link in the email or attachment to the text seems suspicious, do not click on it!

What to do if your accounts are compromised
If you notice that one of your online accounts has been hacked, call the bank, store, or credit card company that owns your account. Reporting fraud in a timely manner helps minimize the impact and lessens your personal liability. You should also change your account passwords for any online services associated with your mobile device using a different computer that you control. If you are the victim of identity theft, additional information is available from https://www.identitytheft.gov/.

For even more information about keeping your devices safe, read Cybersecurity for Electronic Devices.

Author: US-CERT Publications

Eating Disorders Anonymous

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

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

NEW DOOR CODES

Gardenside Crossing

Recently our Maintenance Team on the Wausau Campus installed new keypads on the interior access doors at Gardenside Crossing. Signs are posted above the keypads directing people to ask for the new code in the nurses station. We will be updating the Badge Buddies to reflect this new code, but you can make a note on your current Badge Buddy to change the Gardenside Code to 4-5-6-6-9.
WAUSAU ADULT DAY SERVICES EMBRACES THE HOLIDAY SPIRIT
Thanks to 3 Amazing Employee Artists!

Employees and clients alike in Adult Day Services are proud to show off the great seasonal art displayed on their windows of the Wausau Campus. The windows, painted by Casi Young and Kelly Alfsen, with the help of Nicole Knoblock, are graced with images of our favorite holiday characters – The Grinch, Charlie Brown and Snoopy, Sven and Olaf from Frozen and even a cute circus clown theme. Thank you Casi, Kelly and Nicole for creating an environment that enlightens and brings the spirit of the season to life!

MARATHON COUNTY AUCTION ITEMS
Check Them Out and Get Some Great Deals!

Marathon County Facilities asked that we share this opportunity with our employees here at NCHC. Marathon County is auctioning various items that you may be interested in purchasing. The auction is an online auction, open to the public and contains 54 items such as Table Saws, Drill Presses, Band Saws, Sanders, Scroll Saw, Seeder, Weight Training Equipment, Punching Bag, Treadmills, Exercise Bikes/Ellipticals and more.

You can view the online auction here at https://bit.ly/2E7U7gz

Please note, auction site are not viewable from NCHC computers for security reasons. You will need to view this link at a device not connected to our network or at home.

On the left hand side, you will see the word “Categories” in the gray area. Next to that is the link to the 54 items that are available from Marathon County. The auction ends on December 12, 2018 in the morning at various staggered times. All the information for bidding, pick up, inspections, etc. is on the Wisconsin Surplus Online Auction site and all questions can be directed to Craig Christians at 715-261-6987 or craig.christians@co.marathon.wi.us. You can set up appointments to inspect the items if you wish.
Congratulations to Melissa Stockwell, Life Enrichment Supervisor at Mount View Care Center for her recognition as the November 2018 Employee of the Month at North Central Health Care. Melissa began working at North Central Health Care as a Music Therapist 14 years ago. Currently she supervises the Mount View Care Center Life Enrichment Department, the hospitality assistants and facilitates music therapy sessions with the residents and clients. She does all of this with perfection, compassion and enthusiasm.

Melissa is extremely deserving of this nomination and was chosen for her dynamic leadership qualities. Her coworkers state she is a great supervisor and a great friend and always has words of encouragement. She goes out of her way to ensure that residents have activities that they choose and she makes lasting memories every day for them. Melissa is an extremely hard worker motivated by new challenges and opportunities and strives for excellence in everything she does. Melissa states, “I strive to inspire my staff and continue to make an impact on the residents lives every day.”

Melissa has had an integral role in the addition of the hospitality assistant position this year which has been extremely successful at Mount View Care Center. Melissa and her team have also worked hard to identify key areas to improve the overall resident experience for the residents. They continually look for feedback and try out new ideas based on resident interest. She also is the team leader for Adventure Camp which builds a foundation of helping people from a young age.

Melissa and her husband Gary live in Wausau and have two children, Garrison (13) and Gaige (9). Melissa’s life is filled with music and sports. She also spends many weekends with her family back in her hometown of Waupun.

Congratulations Melissa!

The Employee of the Month Celebration for Melissa will be held on Thursday, December 6 at 9:30 am in the Wausau Campus Cafeteria.

DECEMBER EMPLOYEE ANNIVERSARIES
Thank you for your service!

Kelly Raymond …………………… 12/9/85
Sheryl Hemp …………………… 12/5/88
Gina Colasacco …………………… 12/7/98
Faye Bileddo …………………… 12/18/00
Jenny Mckenzie …………………… 12/2/02
Dudcanot Charles …………………… 12/2/02
Michelle Gleason …………………… 12/16/02
Linda Stankowski …………………… 12/16/02
Elzbieta Wierzejski …………………… 12/16/02
Linda Champine …………………… 12/6/04
Jayne Waksmonski …………………… 12/12/05
Debra Kondzela …………………… 12/16/05
Bo Johnson …………………… 12/15/08
Faye Grosskreutz …………………… 12/15/08
Jane Uekert …………………… 12/15/08
Mark Woller …………………… 12/13/10
Angela Uhl …………………… 12/12/11
Patricia Knight …………………… 12/12/11
Mark Timken …………………… 12/12/11
Nicole Goffin …………………… 12/12/11
Catherine Schultz …………………… 12/12/11
Nancy Hall …………………… 12/2/13
Danielle Parker …………………… 12/2/13
Laurie Kleinschmidt …………………… 12/16/13
Alissa Brown …………………… 12/16/13
Maryssa Fenwick …………………… 12/16/13
Amanda Gardner …………………… 12/15/14
Cory Reetz …………………… 12/15/14
Kathleen Kalinowski …………………… 12/15/14
Kellie O’Laughlin …………………… 12/15/14
Melissa Chrudimsky …………………… 12/14/15
Jacie Cihlar …………………… 12/14/15
Brittney Mengel …………………… 12/15/15
Deanna Johnson …………………… 12/12/16
Mark Moser …………………… 12/12/16
Melissa Niedfeldt …………………… 12/12/16
Chandra Wakefield …………………… 12/12/16
Tanner Bartzen …………………… 12/12/16
Kayla Huber …………………… 12/12/16
Corianna Wilhelms …………………… 12/12/16
Dana Desmond …………………… 12/11/17
Christian Halbach …………………… 12/11/17
Michael Jaeger …………………… 12/11/17
Hannah Spranger …………………… 12/11/17
Cindy Rose …………………… 12/11/17
Valerie Escudero …………………… 12/11/17
Trisha Backhaus …………………… 12/11/17
Christopher Geurink …………………… 12/11/17
Nancy Larson …………………… 12/11/17
Daniel Schneider …………………… 12/11/17
Jorgi West …………………… 12/11/17
Kendra Eisner …………………… 12/11/17
Steven Nelsen …………………… 12/11/17
Ruby Ann Williams …………………… 12/11/17
Megan Kruzicki …………………… 12/13/17

www.norcen.org • Lives Enriched & Fulfilled.
NEWS YOU CAN USE

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

WDC Program Meeting Schedule

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

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

SIGN UP ON HEALTHSTREAM!

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.
HEARTFELT GIFT SHOP OPEN HOUSE WINNERS
Congrats Rena and Darla!

Winners of the Gift Shop Open House are:

Rena’ Schmidt – Snowman Block Calendar
Darla Opper – Cookies & Milk for Santa

Thank you to everyone who stopped into the Heartfelt Gift Shop to purchase items during the Open House. We raised over $800 on that day alone. Your support is greatly appreciated. Happy Holidays!

BETTLE TOBACCO

TURNED INTO BIG VAPE

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

MACHINE TOOL TRAINING FOR OFFENDERS

Informational Session Dec. 6 at 4 pm

Another information session has been added to learn about the 12-week pre-apprenticeship training at NTC available to those who have a criminal background they feel is getting in the way to obtaining employment. It's a 16 week course at NTC, that’s completely paid for through grant funding to those who are eligible. They will enroll into the WIOA program and work with a case manager throughout the course of this training and earn 10 college credits. After the course completion, they will have the opportunity to interview with multiple companies and will work with their case manager until they obtain employment.

The last information session at the Marathon County Job Center is on Thursday, December 6th @ 4:00 p.m. If someone is unable to attend the training, they can call 715-261-8700 to set up a one-on-one session with one of our case managers. If you would like more information- please call or e-mail me (contact information below).

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

Volunteer Services has completed their Christmas list and have 50 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

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

Volunteer Services has completed their Christmas list and have 50 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

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

Volunteer Services has completed their Christmas list and have 50 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

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

Volunteer Services has completed their Christmas list and have 50 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
**WELLNESS CORNER**

_By Sherry Gatewood, PA_

**How Does Oral Health Affect Your Heart?**

Sticky bacterial plaque that builds up on your teeth and inflamed, bleeding gums do more than just threaten your dental health.

A growing body of research finds that bacteria and inflammation in your mouth are also linked to other problems, including heart attack and may well affect your overall health. Some studies have shown that bacteria in the mouth that are involved in the development of gum disease can move into the bloodstream and damage blood vessels.

**How To Improve Your Oral Health Habits**

1. **Don't go to bed without brushing your teeth:** It's no secret that the general rule is to brush at least twice a day. Still, many of us don't brush our teeth at night. Brushing before bed gets rid of the germs and plaque that build-up throughout the day.

2. **Brush properly:** The way you brush is equally important — in fact, doing a poor job of brushing your teeth is almost as bad as not brushing at all. Take your time and hold your toothbrush at a 45 degree angle.

3. **Don't forget your tongue:** Plaque can also build up on your tongue. Not only can this lead to bad mouth odor, but it can also lead to other oral health problems. Gently brush your tongue every time you brush your teeth.

4. **Treat flossing as important as brushing:** Many who brush regularly don’t floss. Flossing is a way to stimulate the gums, reduce plaque, and help lower redness and swelling in the area. Flossing once a day is usually enough to gain these benefits. Flossing can be difficult, especially for young children and older adults. Rather than give up, look for tools that can help you floss your teeth. Ready-to-use dental flossers from the drugstore can make a difference.

5. **Consider using a mouthwash:** Mouthwashes can reduce the amount of acid in the mouth, clean hard-to-brush areas in and around the gums, and help strengthen the teeth. When used as a tool with brushing and flossing, they can be very beneficial.

_Show off that healthy smile!

---

**EMLOYEE 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

---

**WELLNESS CENTER**

MyAspirus.org, or by calling the Employee Health & Wellness Center at 715.843.1256.

Appointments and Same-Day Care

*Ages 18 months and up

• Annual Physicals:

• Common Health Issues:

• Health Monitoring:

• Chronic Condition Support:

• Lab Services and Procedures:

• Oral Health:

• Race Inference Screening:

• Smoking Cessation:

• Transportation:

**Planned Clinics**

March 21:
11:00 am – 1:30 pm

March 22:
11:00 am – 1:30 pm

**Recent Transfers and Promotions**

Congratulations to Bobbi Hansen of Community Treatment Youth who just recently was promoted from Community Treatment Tech to Case Manager. Congrats Bobbi!

**Position Postings**

**Title:** Director of Patient Access Services 

**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**

Do YOU know someone who is as awesome as YOU?

Text “Refer” to 715.598.3663

**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.
TO THE NORTHWINDS TEAM & MVCC HOUSEKEEPERS!

“I have a shout out to the Northwinds staff from our most recent Northcentral Technical College nursing clinical. They wanted to shout out to the our staff.”

– Submitted by Natasha Sayles, RN Manager

“My experience here was awesome!”
“l see great teamwork with the CNA’s and the rest of the team!”
“They were very willing to sit down and take the time to explain and inform us of things we were learning!”

“I was unsure about what my experience would be like but after today I am very glad for this opportunity. I felt like the staff took me seriously and gave me the attention I needed. They were especially helpful”

“Even the housekeepers are friendly and inviting and helped us!”

“They were all very patient and thoughtful of us and very accommodating to the residents routines. The staff introduces us well enough that the residents trusted us and allowed us to perform care on them even though they knew we were students.”

STOP THE BLEED

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?

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

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.

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
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

WHAT’S 4 LUNCH?
WAUSAU CAMPUS CAFETERIA

DECEMBER 3 – 7, 2018

MON 12/3 ......Campbell’s Tomato Soup
Taco Bar
Hamburger
Potato Salad
Baked Beans
Snicker Doodles

TUES 12/4......Navy Bean Soup
Hot Turkey/Croissant/Hollandaise
Lemon Herb Baked Fish
O’Brien Potatoes
Peas
Banana Cream Pie

WED 12/5 ......Chicken Noodle Soup
BBQ on a Bun
Boiled Dinner
Dinner Roll
Carrots
Peaches

THUR 12/6 .....Stuffed Green Pepper Soup
Homemade Pizza
Swedish Meatloaf
Mashed Potatoes
Peas & Carrots
Mounds Bar

FRI 12/7 .........Cream of Cauliflower Soup
Reuben
Sweet & Sour Glazed Chicken
Scalloped Potatoes
Mixed Vegetables
Strawberry Sauce
Buttermilk Biscuit

HOLIDAY GUEST MEALS
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.

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

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

Items on Your Christmas List Still Need Filling?
Need to Buy Something for that Special Someone?
Check Out Our Holiday Loan Special and Finishing Your Shopping Sooner Rather Than Later!

4.95% APR* 5.95% APR*
$20,001 and above $10,001 - $20,000
6.45% APR* 6.95% APR*
$5,001 - $10,000 $5,000 and below

*Promotion valid from 11/01/18 until 01/15/2019. * Annual Percentage Rates (APRs) accurate as of 11/01/18. APRs are available for borrowers with credit scores of 680 and above, and ONLY for new money borrowed from Marathon County Employees Credit Union. Scores under 680, please add 1% to the rates. Loans under $1000 have a maximum term of 24 months. Loans of $1,001 to $20,000 have a maximum term of 36 months. Loans over $20,000 have a maximum term of 48 months. All loans are subject to MCECU’s normal credit requirements.

Contact us today! 715 261-7685 • culoans@co.marathon.wi.us
400 East Thomas Street Wausau, WI 54403
Apply online at www.mcecu.org