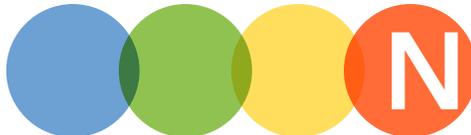




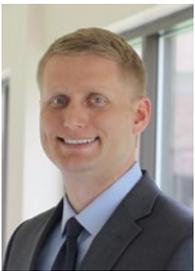
A Weekly Update
For The Employees of
North Central Health Care



"Sometimes the Best Way to Bond is by Throwing Stuff"
– Submitted by Trina Sorce, BHS



NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

Moving Pieces

Last week we teed up the release of our Campus Renovation Plans for release this week. Since then we've been busy. We had a neighborhood presentation and listening session on Monday, Employee Updates all week, City Planning Commission on Tuesday, NCHC and County Boards on Thursday, two TV interviews, radio interviews, and at least 4 different news organizations writing stories on the project. We really got the word out and received a lot of feedback.

The week started with a strong initial reaction from the neighborhood who opposed the location of our new Adult

CBRF and Youth Hospital. We listened intently and fast action has already occurred. We've already modified the design to bring those buildings back off of the street by 200 feet and included a natural landscaping barrier to keep our park like streetscape views. This already is being received as a positive improvement. We will continue to evaluate the request to move the Youth Hospital to the back of the campus and have committed to determining the implications of making that happen. More details to come on that aspect but overall the plans are looking good.



Over the next several weeks we will continue to communicate the project and seek public input. From there we will be finalizing the designs for the final City approval in May and from there ground breaking. The next several weeks are going to be busy ones but it is an exciting time to be at NCHC. Be sure to keep asking questions and sharing feedback as we get closer to the final product.

Make it a great day,

You can take a look at all the renovation information, photos, news link, videos, presentations and more on our website at www.norcen.org/Renovations

Throwing Hatchets 2

Photo of the Week

Volunteer Services
Flower Sale 3

Through April 5!

What's Up Alvin? 4

A Visit with Community Treatment

Health Information
Professionals Week 4

March 24–30

Community Impact
Event 8

Support NAMI Northwoods!



Person-Centered
Shout out

**Laura Wendorf,
Communications
Switchboard**

Why: Thanks for helping HR reformat all job descriptions!

Submitted By:
Human Resources



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, March 25 –
Sunday, April 7**

**Brenda
Glodowski**





"Sometimes the Best Way to Bond is by Throwing Stuff"
- Submitted by Trina Sorce, BHS



PHOTO OF THE WEEK



Submit A Great Photo From Your Week!

Submit your photo and description to: Email: jmeadows@nrcen.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.

Throwing Hatchets!

The BHS Team had some bonding time this week at Blades & Boards in Wausau. You are right, Trina. Sometimes you just have to throw stuff!



2019 – 1ST QUARTER EMPLOYEE UPDATES

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

MON, MAR 25 WAUSAU CAMPUS
12:00 Noon Theater
ANTIGO CENTER
3:00 pm

2 SESSIONS REMAINING!



NCHC IN THE NEWS

Dr. Borra Speaks About New Medication Nasal Spray Introduced for Treatment of Depression

Dr. Dileep Borra, Outpatient Psychiatrist, met with WAOW TV 9 this week to discuss an announcement of a new drug that is being used to treat depression. The Food and Drug Administration recently approved treatment-resistant depression medication called Spravato. Dr. Borra did a great job talking about the topic as well as looking at some of the challenges of implementing a drug of this kind in a healthcare setting. Catch the interview here at:

<http://bit.ly/2UMgYDc>

Wausau Campus Canteen
NOW AVAILABLE

POPCORN PUNCH CARD
Tired of carrying cash around?

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

North Central Health Care
Person centered. Outcome focused.

Good for 12 Popcorn Servings (NCHC Canteen only)
Value \$5.00
This Card Belongs To: _____
If found please return to the Canteen at NCHC.



North Central Health Care
Person centered. Outcome focused.

PLANT SALE

HANGING BASKETS & PATIO PLANTERS

PROCEEDS TO BENEFIT "ALVIN"
The NCHC Behavioral Health Therapy Dog

ORDER: March 25-29 & April 1-5
Monday - Friday ~ 9:00 am - 1:00 pm

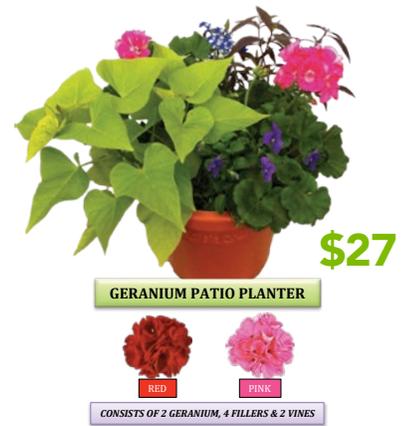
Wausau Campus Cafeteria

Pre-paid orders only please.

To purchase flowers outside of that time please contact Volunteer Services at **715.848.4450** or stop by the Volunteer office to order.

Delivery/Pick-up:
Wednesday, May 8

Volunteer Services will deliver within the Wausau Campus. All others can pick-up after 11:00 am on May 8 at the Volunteer Services Office.



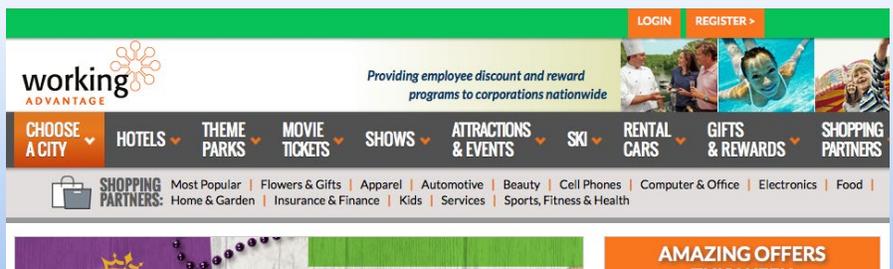
***Colors may vary.**

Proceeds will benefit Alvin's care and will go directly toward supporting needs such as veterinary visits, food, bedding and hygiene products like shampoo and oral care.

LOOKING FOR DISCOUNTS?

If you have not gone on the intranet and checked out the employee discounts, you are missing out. In addition to the local businesses that have offered employees discounts, there is also a link that many people pass over called **Working Advantage**. When you click the link to that site and sign up using the employer number provided on the intranet, you will have access to thousands of discounts from around the country!! Hotels, movies, theme parks, attractions, skiing, rental cars, gifts, shopping partner sites....the list is endless. Check it out today by logging in to any network computer. Navigate to the intranet by typing in "intranet" on your web browser. From there, go to the discount section under NCHC.

Your discounts await!





Alvin
NCHC Therapy Dog

WHAT'S UP ALVIN? Community Treatment Youth Team Meets Alvin

This week Alvin met the entire Community Treatment Youth Team. It was all smiles when Alvin was around. Along with our awesome team in Crisis Services, Alvin helped de-escalate two youth this week and avoid a potential inpatient stay. Great work Crisis Team and Alvin. Your work is so important to so many!



Follow Alvin on Facebook
@AlvinLovesNCHC

North Central Health Care
Person centered. Outcome focused.

HEALTH INFORMATION PROFESSIONALS DRIVEN BY HEALTH DATA

HEALTH INFORMATION PROFESSIONALS WEEK March 24 – 30, 2019

This week we celebrate Health Information Professionals Week here at NCHC! Our Health Information department is made up of 7 very dedicated individuals who are here to serve our internal and external customers. We partner with you to ensure medical records are available, accurate, and secure.

Some of the work we do on a daily basis includes:

- Answering calls and walk-ins so we can get people to the right place and get the information to people when they need it.
- Scanning records into the chart so we can maintain a complete medical record electronically.
- Complete medical record audits to ensure accuracy of patient data and required documentation.
- Develop and maintain training materials for programs such as Laserfiche and Affinity.
- Round in the units to pick up paper charts and loose documents to be filed.
- Assist in the charging and professional fee designation process for reimbursement.
- Disclosing information for release to various continuing care facilities, law offices, insurance companies, auditing firms, and, of course, our patients themselves.
- Training in orientation about what our department does and how we can serve them.



NEWS, UPDATES, LINKS, STORIES, PHOTOS, VIDEOS!
GET SOCIAL! #IamNCHC





MARCH IS NATIONAL NUTRITION MONTH

This Article is from **Aspirus Wellness on Mindful Eating**

Does this sound familiar?

You're on the way out to door with no time to sit down and enjoy breakfast. You stop to fill up with gas on your way to work and grab something near the checkout that looks good while waiting to pay. You quickly eat it in the car as you pull into the parking lot at work with minutes to spare. What did you just eat? Was it nutritious and satisfying? Where did it come from?

A small yet growing body of research suggests that a slower, more thoughtful way of eating could help with weight problems and maybe steer some people away from processed food and other less-healthy choices.

If you want to put healthier eating habits on the menu, mindfulness may be a simple and effective place to start! It's not about dieting or restrictions – it's about taking a moment to take it in.

Take a look at the list below and work to change Mindless Eating habits into Mindful Eating habits!

Six ways to practice mindful eating:

Mindless Eating

1. Eating past full and ignoring your body's signals
2. Eating when emotions tell us to eat (i.e. sad, bored, lonely)
3. Eating alone, at random times and places
4. Eating foods that are emotionally comforting
5. Eating and multitasking
6. Considering a meal an end product

WELLNESS CORNER

By Sherry Gatewood, PA



Sherry Gatewood

Mindful Eating

1. Listening to your body and stopping when full
2. Eating when our bodies tell us to eat (i.e. stomach growling, energy low)
3. Eating with others, at set times and places
4. Eating foods that are nutritionally healthy
5. When eating, just eating
6. Considering where food comes from

HRinsights

Position Posting

Title: Physical Therapist

Status: Full-time & Part-time Openings

Location: Aquatic Services

Apply Online:

<http://bit.ly/2U9RV00>

Organizes and conducts prescribed physical therapy programs at the North Central Health Care to restore function and prevent disability following disease, injury, loss of a body part, birth defect, or neurological disorder; helps patient reach his/her maximum performance and assume a place in society while learning to live within the limits of his/her capabilities. Monday-Friday Day Position

Education & Experience Requirement

Requirements

Current Wisconsin Physical Therapy license

MOVING UP!

Congrats Meghan Gast!

Congratulations to Meghan Gast for a recent transfer from Hospitality Assistant to CNA in Legacies by the Lake!



Anniversary Open House

Come and tour your Employee Health & Wellness Center!

April 3, 2019

All North Central Health Care employees and their families are welcome to come and check out your clinic.

April 3, 2019 3:00pm - 5:30pm

1000 Lake View Drive, Suite 200
Wausau, WI 54403

Register for prizes, meet the staff and learn about the convenient care available to you.





SEMINAR FOR NCHC EMPLOYEES NEARING RETIREMENT

Wednesday, May 8, 2019 • Wausau Campus Theater

9:00 am – 12:00 noon and 1:00 pm – 4:00 pm (two separate sessions covering the same material in each)

Presented By:

Employee Trust Funds/Wisconsin Retirement System (ETF/WRS)

Social Security Administration (SSA)

Wisconsin Deferred Compensation Program (WDC) – Shawn Bresnahan

The ETF presentation will last one hour, followed by 45 minutes for both SSA and WDC. Time will be provided at the end of the presentations for questions from the attendees.

WOMEN'S SELF-DEFENSE SEMINAR

WITH GURU DIANA RATHBORNE

SATURDAY MARCH 30TH 10AM - 2:30PM

AT THE YWCA IN WAUSAU SPACE IS LIMITED! - \$40 2 FOR \$60 (UNTIL MARCH 15, 2019) CALL: 715 - 551 - 1510



LEARN TO DEFEND YOUR BODY,

IDENTIFY AND AVOID POTENTIAL TROUBLE,

GAIN SKILLS LEADING TO GREATER CONFIDENCE!



RATHBORNE TRAINING TRAIN HARD • HAVE FUN • STAY SAFE



5K Race/Walk and Kids' 1K Fun Run

Saturday, April 27, 2019

Timekeeper Distillery – Grant St. – Wausau

On-Site Registration – 9 am • Races Begin – 10 am

\$35 ages 13 and up • \$20 Children

Fun, Food, Spirits, Raffle, and of course, Music!

All pre-registered participants receive t-shirt and goodie bag

Register at: wausauconservatory.org

Or call 715-845-6279 for more information



Aspirus First Steps ACP Facilitator Training

Honoring Choices: Advance Care Planning

Tuesday, April 2nd, 2019

9 am – 3 pm

Aspirus Wausau Hospital Medallion Room B

How to get started:

- Sign Up
- Complete the on-line modules

To register, please RSVP: 715.847.2000 Extension 51978 or heidi.kraege@aspirus.org

Lunch will be served—Dessert too!



Click here for this week's Crime of the Week.

<http://marathoncounty.crimestoppersweb.com/crimeoftheweek.aspx>



How Depressed Are They? Assessment of Depression and Suicidal Ideation

FRIDAY, APRIL 5, 2019

This advanced program highlights the latest information in the diagnosis and treatment of mental disorders and the newest research areas in clinical psychiatry.

Who Should Attend?

This event is for psychiatrists, psychologists, residents, nurses, medical students, social workers, and other mental health professionals.

OBJECTIVES – Participants will learn how to:

1. Utilize a systemic approach to suicide assessment
2. Understand and describe the roadblocks to uncovering a client's true suicidal intent and his or her method of choice for suicide
3. Describe and utilize seven validity techniques for uncovering both suicidal ideation and the types of sensitive and taboo topics that trigger such ideation
4. Flexibly and sensitively utilize those validity techniques for eliciting suicidal ideation using the CASE Approach, with an emphasis on spotting clients with immediate and imminent risk of suicide

MORNING SESSION:

Featuring Dr. Shawn Shea

Author of *The Practical Art of Suicide Assessment*

**The Delicate Art of Uncovering Suicidal Ideation and Intent:
The Chronological Assessment of Suicide Events
(CASE Approach)**

Dr. Shea is an internationally acclaimed workshop leader and innovator in the fields of suicide prevention, clinical interviewing, and creating resiliency having given over 850 presentations worldwide.

AFTERNOON SESSION

Six Speakers Cover the Following Topics:

- » Zero Suicide Initiative at North Central Health Care
- » Interpersonal Approach to Causality of Suicide
- » EMDR Approach to Depression and Suicidal Ideation
- » Coping with Suicide: How a System of Practice Could Help
- » More Than Just Moody? Addressing Depression and Suicidality in Youth
- » Secondary Mood Disorders

Admission \$75

(Fee waived for MCW & Aspirus Medical Students/Residents)

Includes Continental Breakfast, Lunch, Snacks and 6.5 CME Credits

We are unable to offer Vegan/Kosher/Gluten Free Options

Presented through a partnership between the Medical College of Wisconsin and North Central Health Care



Friday, April 5, 2019
8:15 am – 4:30 pm

7:30 am Check-In & Continental Breakfast

North Central Health Care, Wausau Campus Theater - 1100 Lake View Drive

REGISTER ONLINE BY MARCH 27 at www.norcen.org/CME

Questions? Contact Linda at 715.870.0906



ACCME Accreditation Statement:

The Medical College of Wisconsin is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education to physicians.

AMA Credit Designation Statement: The Medical College of Wisconsin designates this live activity a maximum of 6.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Hours of Participation: The Medical College of Wisconsin designates this activity for up to 6.5 hours of participation for continuing education for Allied Health professionals.

Psychology CE Credit Statement: The Medical College of Wisconsin is approved by the American Psychological Association to sponsor continuing education for psychologists. The Medical College of Wisconsin maintains responsibility for this program and its content.

In accordance with the ACCME policy on relevant financial disclosure, all planners were asked to reveal any relevant financial relationships. Drs. Chan, Krall, Cipriano, and Pat LuCore (RN), have nothing to disclose.

This activity contains content or processes that may be potentially stressful.



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



MARCH 25 – 29, 2019

MON 3/25Swedish Bean & Bacon Soup

Burger w/Fried Onions

Country BBQ Rib

Baked Potato
Lettuce w/Ranch Dressing
Brownies

TUES 3/26.....Cheesy Chicken Salsa Soup

Grilled Ham & Cheese

Chicken Breast Strips

AuGratin Potatoes
Wisconsin Blend Veggies
Coconut Cream Pie

WED 3/27Hearty Beef Soup

Chicken & Cheese Quesadilla

Breaded Pork Cutlet

Mini Dumplings
Sauerkraut
Fruit Turnover

THUR 3/28.....Creamy Vegetable Soup

Baked Potato with Toppings

Roast Beef

Mashed Potatoes
Carrots
Monster Cookie

FRI 3/29Cream of Broccoli Soup

Grilled Tuna Melt

Ravioli

Garlic Bread
Corn
Mango



Marathon County
Employees Credit Union



MCECU is a Full-Service Credit Union that is Here To Help You through All of Life's Adventures!

**Already a Member? Thank You!
Not a Member?
Come see what we are all about!**

715-261-7685

400 East Thomas Street • Wausau, WI 54403



TO BENEFIT:

NAMI Northwoods

Monday, March 25, 2019

From 4pm-8pm

2715 Schofield Ave., Weston, WI

**WHEN YOU PRESENT THIS INVITATION
PIZZA RANCH WESTON WILL DONATE 20%
OF YOUR GUEST CHECK TO THE
DESIGNATED ORGANIZATION**