

A Weekly Update For The Employees of North Central Health Care



NEWS YOU CAN USE



WEEKLY CONNECTION MICHAEL LOY

Next Wave

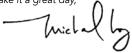
Our 3rd wave of Psychiatry Residents have been matched. These individuals will be joining

the MCW Central Wisconsin Psychiatry Residency Program in late June. In little over a year we will be welcoming our 4th wave of Residents and will have the MEDICAL program fully implemented with COLLEGE all 12 Psychiatry Residents slots OF WISCONSIN filled. To get there, right now we

are in the process of preparing for our first wave of students to move into their PGY3 (third year) experience starting in July. This first group is now about a year out from starting to look for employment next summer with a start date of July 2021.

The program will continue to thrive as a result of NCHC's continued support and leadership with the Medical College. So far, it has been a strong success and is setup to be one of the biggest successes of our 5 to 50 Vision. Thank you for continuing to support this program and Residents.

Make it a great day,



ADMINISTRATOR ON-CALL

x4488 or 715.848.4488

In the event of Phone System Outage, reference the O:drive "On-Call Information Folder"

Monday, March 25 -Sunday, April 7

Brenda Glodowski



Welcome Our Psychiatry Residents!

Brittney Harding

Undergraduate: Oakland University, Rochester Minnesota Medical School: Central Michigan

University College of Medicine (MD, May 2019) Currently lives in Saginaw, MI.

Brittney has a demonstrated commitment to community service and serving the unserved having worked in hospice and Habitat for Humanity and in Honduras and rural Africa. She has completed a sub-internship in child psychiatry and been a project manager in industry. She enjoys music and plays the sax and is a huge Styx fan. She is a self-described huge Pirates of the Caribbean enthusiast and owns every type of memorabilia, ranging from a life-size cutout of Jack Sparrow to a Deadman's

Chest boom box. She enjoys bicycling, swimming, and

baking various delicacies, including her favorite, choco-

late cheesecake.

Luba Kats, DO

Undergraduate University of Wisconsin Madison Graduate Degree: Case Western in Medical Physiology Medical School: West Virginia School of Osteopathic Medicine Currently lives in Madison, WI.

Luba is driven to serve. She has been an autism therapist, done research with NAMI and is an advocate for women's health, serving as secretary for the Medical Students for Choice group. She is a second degree black belt in Taekwondo. She enjoys rally race car driving and has participated in official Sports Car Club of America Stateline Rally Cross Events. She enjoys the outdoors by hiking and camping getting to her destination via motorcycle.

Kirubel Woldemichael, MD

Undergraduate: Virginia Commonwealth University, Richmond, VA Medical School: Medical College of Wisconsin

He currently lives in Milwaukee, WI. Kirubel brings a wealth of experi-

ence to our program. He is acutely aware of the plight of immigrants having been an immigrant from Ethiopia himself. He has worked to give back with his involvement with the Saturday Free Clinic and the Warrior Project in Milwaukee, Catholic Refugee Resettlement, and with the Ethiopian Union. He also has been a scribe and worked in the Sebastian Family Clinic in Milwaukee. He enjoys cooking, running, volunteering watching history documentaries, as well as reading history.



Congrats Tiffany Pluger!

Overcomina Addiction Together **Learning Opportunities**

Employee Health & Wellness Center Anniversary 6 Open House.....

April 3 • Wausau Campus

Volleyball Fundraiser for Alvin.....

Volunteers Needed

Food Services News!





Andrea Rebstock & Katie Morrison

Why: For helping out when a co-worker lost her voice.

Submitted By: Shandah Stewart









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PHOTO OF THE WEEK



"Here are some pictures of the Legacies staff and residents celebrating their fabulous Social Worker, Merry Wimmer! We celebrated by singing a personalized song, written by the residents and staff; enjoying some flamingo cake; and with flowers and balloons. Thank you, Social Workers, for all that you do for our residents and the staff. Your hard work, care, and dedication is greatly appreciated." - Rachel Riehle





March 2019

Employee of the Month



TIFFANY PLUGER RN, Outpatient Services

The NCHC Employee of the Month for March has been awarded to Tif-

fany Pluger, RN in Outpatient Services. Tiffany's entire nursing team nominated her for the award and her nomination included 11 testimonials with the submission!

"We cannot express how lucky we have been to have had the opportunity to work with, and learn from Tiffany. She is an amazing nurse and a role model to everyone. But above all she is a genuinely kind and compassionate human being - who consistently puts the needs of others before herself. I have known Tiffany for a few years, and she has always been committed to NCHC. Not just in her current role as psychiatry nurse....but the organization as a whole. She constantly references how great NCHC is and how much potential we have to anyone that will listen. She has demonstrated her ability to develop positive and collaborative relationships throughout this organization, and is a highly respected team member.

It is obvious that patient experience is a priority for her whenever you watch her interactions with people. She has a profound compassion for anyone that struggles with mental health or substance abuse issues. She has the ability to make patients feel that nothing else in her day matters as much as they do in that moment, and a natural ability to put others at ease with the gentle way she approaches difficult situations. I cannot imagine that she could work anywhere else.

Tiffany has a strong sense of integrity which naturally draws people to her. She strives daily to continuously improve the services for the people we serve, as well as improving process for staff. There is not one staff member on our team that Tiffany has not sat with (sometimes for hours at a time) to help them learn or understand something. I often joke with new staff that they don't need to know anything with Tiffany here - because she is a walking "goggle" for all of us!

Tiffany will be graduating soon with an advanced practice degree in nursing. And it is with no surprise that she will continue her work here at NCHC with the people she cares about so deeply. I can't wait to watch her take on this new chapter - I have no doubt she will be amazing. We wanted to let her know before she moves on from our immediate team how much she means to each and every one of us professionally as well as personally. I am so fortunate to call her a true friend. We thank her from the very bottom of our hearts for inspiring each of us to do better and become better every single day..."

- Linda Handrick, RN Manager

Congratulations Tiffany! The Employee of the Month Celebration for Tiffany will be held on Wednesday, April 3 at 9:30 am in Wausau Campus Cafeteria.



Submit A

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.

WAUSAU CAMPUS NOTICE Walking Paths & MVCC Windows

We have received several inquiries regarding the walking paths opening on the Wausau Campus now that the snow and ice are receding. Last week, contractors began replacing windows at Mount View Care Center. The plan is to replace all the windows on the 2nd floor, the 1st floor dining room and South Shore Post Acute Care. The project is anticipated to take about 8-10 weeks total.

For the safety of those walking outside, the walking paths will remain closed in the back area of the Campus until the window construction crews are completed with windows in those particular areas. As you can imagine, there are overhead lifts and crews working near the walking path areas to access the windows on the 1st and 2nd floors. As soon as they have completed window installation in areas near the walking path, we will let you know so that you may resume walking in those areas.

We apologize for any inconvenience. The Marathon County Maintenance Team will keep us updated on any changes.

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





3 Part Workshop Series

For healthcare and behavioral health professionals, recovery coaches, social workers, law enforcement/safety/courtroom professionals, students, concerned loved-ones and community members.

WORKSHOP 1

Working Together Towards Understanding Addiction and Facilitating Recovery

May 16 | Wausau or May 17 | Rhinelander 8:30 am Registration | 9:00 am - 1:00 pm

Featuring Keynote Speaker Dr. David Mays

Covering the latest medical understanding of addiction: epidemiology, brain mechanisms, social neuroscience insights, and evidence for treatment.





WORKSHOP 2

Building Resilient Families and Communities: Moving Beyond Trauma/ACEs and Addiction

July 18 | Wausau or July 19 | Rhinelander

WORKSHOP 3

Taking Care of Ourselves as We Care for Others

August 15 | Wausau or August 16 | Rhinelander

\$20/session (lunch included) ~ \$50 for all three To learn more and register online: http://bit.ly/OvercomingAddictionTogether

Community Partners:











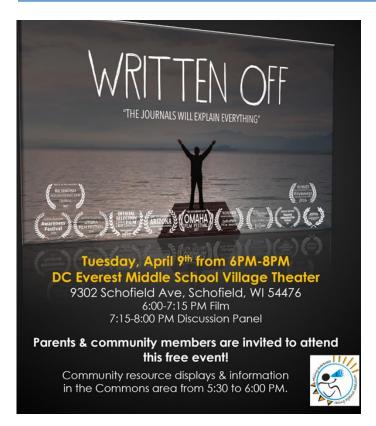














To Cheryl Zunker and Laura Wendorf!

"I just want to send out a Shout Out to Cheryl and Laura for putting together a concise directory for Switchboard use...something I have been hoping for years and now it is a reality. Thank you ladies for a great job done. I am grateful!"

- Submitted by Doug Koller, Switchboard Communications (weekends)

Give someone a big shout out and thank them for their Person-Centered Service!

Send your SHOUT OUTS to jmeadows@norcen.org.

WAUSAU CAMPUS NOTICE **Generator Testing On April 3**

On Wednesday, April 3, load bank testing of the generators on the Wausau Campus will be taking place. This annual test that is required to make sure the generators perform well under a load. Depending on the direction of the wind, you may smell an occasional exhaust smell which has been reported in past testing. Sometimes the wind can blow the smell into the intakes of the air handling equipment and the smell can be detected in hallways or various areas of the Campus. Testing times will vary throughout the day and each generator will run an hour and a half. We apologize for any inconvenience during the testing.



What To Do, What To Do When All You Do Catches Up With You

Self Care for the Care Provider

This Self Care for Care Providers seminar will focus on battling compassion fatigue by managing stress. creating a healthy mental space and embracing

Life can bring many difficult moments, work can be tough, and the only control we have is over what we choose to do with it. We ALL need more love and more laughter in our lives- we need to make time to celebrate and enjoy the gifts we've been given! Those of us that work serving others often leave ourselves behind. We assist others in wellness planning and rarely make space for our own. During our time together we will explore where we are, where we want to be, and many ways we might practice getting there! Bring your beautiful, creative, willing self and join us while we work our way back to love and laughter!

Life is too short- have fun, laugh a little, love what you do, and do what you love! YOU ARE WORTH IT AND YOU MATTERU

SELF CARE FOR THE CARE PROVIDERS

Wednesday, April 17, 2019 8:00 a.m 4:00 p.m.	\$90
#64914	6 CEUs

REGISTER TODAY To register, please visit www.ntc

ABOUT THE SPEAKER

ra Oman is the 2015 recipient of the State of Wisconsin's Virginia Hart award. She is a national speaker, consultant, group facilitator, and believes deeply in cultivating a culture of hope, healing, and compassion for all. She is a co-founder of Hope Road, LLC – Soul Punch Skill Training (with love). She has been an AODA Counselor for 10 years. She has facilitated Thinking for a Change, Anger management, Domestic Violence groups, and assisted people with reentry planning. Ms. Oman uses humor and compassion to connect with her audience. She brings a unique perspective based on her own personal and professional experiences. Ms. Oman is a proponent of systems creating a Care, Person Centered Planning, Strength Based Approach, Motivational Interviewing, and Evidence Based Practices.



QUESTIONS? Contact Continuing Education at 715.803.1230 or ce@ntc.edu









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.



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.

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.







*Colors may vary.

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

AlvinLovesNCHC

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!







#Imsights

Position Posting

Title: Recovery Coach Coordinator

Status: Full-time

Location: Outpatient Services **Apply Online:**

http://bit.ly/2JOsRrp

The Recovery Coach Coordinator is responsible for the oversight, recruiting, training and coordination of recovery coaches through the North Central Recovery Coach Collaborative. The Recovery Coach Coordinator works closely with community partners and recovery coaches to facilitate recovery coaching within the community.

Education/Experience Requirement

Valid CCAR certification or obtain within 3 months of hire

Current and valid Wisconsin driver's license

Preferred:

Bachelor's degree in human services related field



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









WHAT'S UP ALVIN? Alvin Celebrated Health **Information Professionals Week!**

This week Alvin visited the Health Information Team to thank them for all their service and celebrate Health Information Professionals Week at NCHC! Thank you team for all you do!!!



Follow Alvin on Facebook @AlvinLovesNCHC







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.



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













NORTH CENTRAL HEALTH CARE IS A

PROUD EVENT PARTNER

GHIDORZ



PRESENTED BY THE GHIDORZI FOUNDATION

REGISTER ONLINE: www.ghidorzigreenandclean.com

REGISTER BY FRIDAY APRIL 19 TO GUARANTEE YOUR FREE T-SHIRT. YOU WILL BE ABLE TO SELECT US AS YOUR COMPANY/ORGANIZATION. CONTACT TAYLRE AT 715.348.1360 OR TAYLRES@GHIDORZI.COM WITH QUESTIONS.

Please Join Us. The Ghidorzi Green & Clean is greater Wausau's annual community-wide cleanup to free our beautiful landscape of litter and debris. Individuals and groups of all ages and sizes can help give our community a clean start to spring. The event is a productive way to celebrate Earth Day and a healthy outdoor activity for families, friends, neighbors and coworkers. Safety green T-shirts, trash bags and gloves are provided free of charge, along with hot Starbucks coffee and refreshments to energize our efforts.

EVENT KICK-OFF LOCATION Corporate Cove Tower | One Corporate Drive, Wausau, WI



Join the Ghidorzi Green and Clean event on Facebook
to stay current with event happenings, @GhidorziCompanies

Saturday, April 27

8 a.m. - Refreshments. check-in, live WIFC broadcast from Dave Kallaway and Karina Maria



8:45 a.m. - Deployment of volunteers

9 - 11 a.m. - Trash pick-up

11 a.m. - Event completion volunteers depart from their cleanup site



KID'S T-SHIRTS KID'S GARBAGE BAGS KID-SAFE TRASH PICK-UP ZONES





Michael Loy is on the Executive Leadership Panel in the morning session!



LAUNCH LEADERSHIP CONFERENCE

HELPING HIGH ACHIEVERS LAUNCH TO THE NEXT LEVEL!











Are you feeling stuck in your personal or professional life? Is your team experiencing change or communicating

ineffectively? Leave this day energized, empowered, and equipped to take imperfect action!

> THURS., APRIL 18, 2019 9:00AM-4:00 PM HILTON GARDEN INN

2101 N. Mountain Rd., Wausau, WI 54401

Cost \$99 VIP\$149 *\$25 Off Code: YOUROCK Register today! www. LAUNCH-LEADERSHIP.com



VOLLEYBALL FUNDRAISER TO BENEFIT



Presented by Edgar Volleyball Booster Club!

The Edgar Girls Volleyball Booster Club is partnering with North Central Health Care to raise funds to support the care of Alvin, our NCHC Therapy Dog. On May 11, Edgar High School will be hosting a 15-team volleyball tournament. 50% of the proceeds from the concession stand sales will go toward supporting Alvin, as long as NCHC staff will help volunteer to work at the concession stand for the day! It's pretty simple and no advanced experience is required. Teens and kids are welcome to help out as long as they can count change.

We are looking for volunteers from NCHC staff and family to work in 2-hour shifts helping to sell concessions at Edgar High School. We will need 3-4 volunteers per shift. Shifts will run from 7:00 am to 5:00 pm. We appreciate any and all volunteer help!

Alvin has already proven to be an important part of our NCHC Behavioral Health Team and this is a great opportunity to educate our communities on mental and behavioral health as well. Thank you for considering a volunteer spot! All volunteers will receive NCHC Shirt to wear for the event. We will contact you for shirt sizing!

Register Today at bit.ly/VolleyballNCHC

The 9th Annual Spotlight Event

The 9th Annual Spotlight Event will be held on Tuesday, April 23rd from 5:30-7pm at Jefferson Street Inn, Downtown Wausau.

Individual seats are available (\$20, or \$15 for students), as well as tables (\$100 seating 6 people) should you need additional seats or tables.



This year's theme is Bridging the Gap for the 9th Annual Spotlight Event held on Tuesday, April 23rd from 5:30pm-7:00pm @ City Grill at Jefferson Street Inn, Wausau

> Doors open at 5:00pm with silent auction, networking & hors d'oeuvres

Tickets are \$20 per person, \$100 per table

Register online at: https://bit.ly/2HYCJwf





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

Soup: \$1.25 Cup | \$2.00 Bowl

are \$.35/ounce.



APRIL 1 - 5, 2019

MON 4/1 Tomato Vegetable Soup

BBQ Chicken Flatbread Pizza

Hungarian Goulash

Egg Noodles Cauliflower Peanut Cake

TUES 4/2..... Navy Bean Soup

Pasta Bar

Breaded Pork Chop

Mashed Potatoes Rutabagas **Applesauce**

WED 4/3 Texas Tomato Soup

Nachos Supreme

Poor Man's Lobster

Creamy Hashbrowns Mixed Vegetables Rhubarb Torte

THUR 4/4..... Turkey Noodle Soup

Fish on a Kaiser

Oven Fried Chicken

Mashed Potatoes California Blend Veggies Chocolate Revel Bar

FRI 4/5.....Corn Chowder

Reuben

Broccoli Cheese Bake

Fried Potatoes Warm Fruit Compote Sugar Cookie



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

PRICE INCREASES IN WAUSAU CAMPUS CAFETERIA

Beginning May 1, 2019

Due to market price increases we need to make some price increases in the Wausau Campus Cafeteria. Starting May 1, 2019 increases will be as follows:

Cookies	\$.50
Milk	\$.50
Juice	\$.50
Dressing packets	\$.30
Cup of soup	\$1.50
Bowl of soup	\$2.25

ECO-FRIENDLY STRAWS HAVE ARRIVED! Going Greener!

The Wausau Campus Cafeteria now has the "eco-friendly" biodegradable straws available! They are green and "unwrapped", they will be available in the Cafeteria and all units and neighborhoods.