

A Weekly Update
For The Employees of
North Central Health Care



PHOTO OF THE WEEK 

"April is Child Abuse Prevention Month"
– Submitted by Rachel Ramer



WEEKLY CONNECTION WITH MICHAEL LOY

Community Input

This week we hosted our first of two Community Input Sessions in the NCHC Theater for our Wausau Campus renovations. Our next session is Thursday, April 11 from 5:30 to 8:00 in the NCHC Theater. We've made progress in listening to the neighborhood and moved the new CBRF and Youth Hospital back over 200 feet from the road. We've also put in a large berm and landscaping elements that will screen the view from Marshall Street. It appears this will be the compromise we need to keep moving forward. We will continue to keep you updated as we finalize our plans in the coming weeks. For now, checkout our most updated site development plan with the recent modifications.

Make it a great day,



View from the entrance at Marshall and Ethel Streets



PRELIMINARY DESIGN

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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

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, April 8 –
Sunday, April 14**

Laura Scudiere



View from further north on Marshall Street of CBRF and Youth Hospital and landscaping berm.



PRELIMINARY DESIGN



"April is Child Abuse Prevention Month"
- Submitted by Rachel Ramer

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.

Langlade County Citizen Review Panel displayed of more than 400 pinwheels on April 1st, 2019 at the Boys and Girls Club of Langlade County in celebration of national Child Abuse Prevention Month. Rachel Ramer and Jill Mattek-Nelson from Youth Community Treatment in Antigo attended the event in representation of NCHC.



North Central Health Care
Person centered. Outcome focused.

March 2019
Employee of the Month
★ ★ ★ ★ ★
TIFFANY PLUGER
RN, Outpatient Services

The NCHC Employee of the Month for March has been awarded to Tiffany 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!





WELCOME THESE NEW EMPLOYEES TO THE TEAM!



From left to right:

- Krista Vendetti**, Community Treatment Tech, Community Treatment Adult, Merrill
- Adam Diaz**, Behavioral Health Tech, Hospital BHS
- Makayla Schilling**, Crisis Tech, Crisis
- Frances Lee**, Behavioral Health Tech, Hospital BHS
- Dorothy Litchfield**, Hospitality Assistant, Reflections Long-Term Care, Northern Reflections
- Alexandra Juech**, CNA, Legacies By The Lake, Lakeview Heights
- Aleasha Feck**, Dietary Aide, Food Services
- Terry McCann Jr.**, Crisis Professional, Crisis
- Hope Fisher**, Case Manager, Birth to 3 Program
- Hannah Robenhorst**, Housekeeping Aide, Nursing Home Housekeeping
- Mykenna Voss**, CNA, Post-Acute Care, South Shore
- Mariah Raymond**, Developmental Disability Aide, Adult Day Services
- Joe Rauen**, Dietary Aide, Food Services



Carl Ruenger,
Hospitality Assistant,
Reflections Long-Term
Care, Northern
Reflections



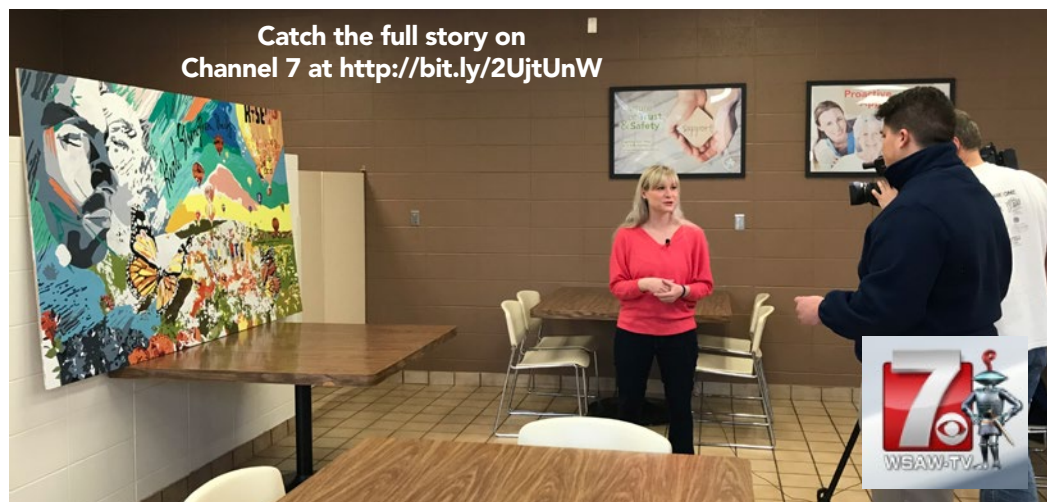
Kayla Durr, CNA,
Post-Acute Care,
South Shore

RISE UP MURAL SPACE ANNOUNCED IN WAUSAU

Frontier Building Downtown

In collaboration with North Central Health Care, RISE UP is looking to help our community heal, strengthen and unify through team art creation and murals. A new site on the Frontier Building in downtown Wausau will display the largest mural in the area - an 80 x 40 foot mural!

After a year in planning and workshops with participants in the Lakeside Recovery program at North Central Health Care, RISE UP is taking the next steps to tell the story of addiction and the hope for recovery to the community.



RISE UP has been fortunate to have the financial support of Aspirus Community Benefit, The Community Foundation, Peoples Bank and the B.A. and Esther Greenheck Foundation. However, we need the support of the entire community to continue on the path of making this mural a reality. After the mural is finished on the plywood, pieces of the mural will be taken by Stefanie Sladky and added to a mural on the side of the Frontier building.

We look forward to seeing the progress of RISE UP and our Lakeside Recovery groups. For more information or to donate please visit riseupart.org



2019 TORNADO AND SEVERE WEATHER AWARENESS DRILLS

2 Drills Scheduled for Thursday, April 11, 2019

The 2019 Tornado Drill will consist of a mock tornado watch and a mock tornado warning issued for all of Wisconsin. This is a great opportunity for North Central Health Care staff to review our policies on this. Please log in and review your Severe Weather Policy and Procedure in myPolicies.



Managers: Please review policies with staff and "walk through" your response procedures.



Thursday, April 11 DRILL Afternoon SCHEDULE:

1:00 p.m. – National Weather Service issues a mock tornado watch for all of Wisconsin (a watch means tornadoes are possible in your area. Remain alert for approaching storms).

1:45 p.m. - National Weather Service issues mock tornado warning for all of Wisconsin (a warning means a tornado has been sighted or indicated on weather radar. Move to a safe place immediately). Alerts will be distributed through all NCHC Cisco Phones as well. An all-clear will be sent out 10 minutes after the warning for each drill.

2:00 p.m. – End of mock tornado watch/warning drill

Thursday, April 11 DRILL Evening SCHEDULE:

6:00 p.m. – National Weather Service issues a mock tornado watch for all of Wisconsin (a watch means tornadoes are possible in your area. Remain alert for approaching storms).

6:45 p.m. - National Weather Service issues mock tornado warning for all of Wisconsin (a warning means a tornado has been sighted or indicated on weather radar. Move to a safe place immediately). Alerts will be distributed through all NCHC Cisco Phones as well. An all-clear will be sent out 10 minutes after the warning for each drill.

7:00 p.m. – End of mock tornado watch/warning drill

The tornado drill will take place even if the sky is cloudy, dark and/or rainy. If actual severe storms are expected in the state on Thursday, April 11, the tornado drill will be postponed until Friday, April 12 with the same times. If severe storms are possible Friday, the drill will be canceled. Any changes will be issued to local media as well as posted on the ReadyWisconsin website, Facebook and Twitter pages.

Most local and state radio, TV and cable stations will be participating in the drill. Television viewers and radio station listeners will hear a message at 1:45 p.m. indicating that "This is a test." The mock tornado warning will last about one minute on radio and TV stations across Wisconsin and when the test is finished, stations will return to normal programming.

In addition, alerts for both the mock tornado watch and warning will be issued over NOAA weather radios. Be sure your weather radio is turned on for this test. If the alarm on your weather radio does not go off for this test, check your weather radio's programming and quality of reception.

The drill will also occur at the same time in Minnesota and Michigan and will be broadcast on radio and TV stations in those states as well. According to the National Weather Service, Wisconsin averages 23 tornado touch downs per year. <https://dma.wi.gov/DMA/wemnews/2019wemnews/ready190327>

IMPORTANT REMINDERS

*This is a "verbal walk-through" drill only. We do not want you to evacuate patients/residents/clients, however, all staff should be able to articulate clearly where and how they would evacuate in a real situation.

*Make sure you are using the online policy system, badge buddies and Connections guide as your reference. Practice how you get on the Policy system and find these policies. Determine if the overall policy covers your staff's needs for information or if you need to develop a department-specific procedure to address any details.



To Our Code Zero Response Team

"Last Friday 3/29, MVCC called a Code Zero. The Code Zero was only a drill but the team was very impressed with the amount of people who showed up to help locate the missing resident. Much appreciation to everyone who stopped what they were doing to respond to the emergency situation. Again this was only a drill, but we would like to express our thanks to everyone involved in making sure our residents stay safe."

– From all of us at MVCC, Submitted by Cagney Martin



Person-Centered Shout out

To Taylor Peterson, Kelsey Trinkner, Christie Vachavake, Jalisa Hickman, Kathi Buckli, Steve Schuessler, Chuck Larson, Brandi McDonough, James Breneman, Jessica Aho and Kristi Newton



"I just wanted you all to know how awesome BHS was from the night of 4/4/19 to the morning of 4/5/19. Crisis was so busy during the PM shift that staffs Taylor Peterson, Kelsey Trinkner, Christie Vachavake and Jalisa Hickman overstayed their shifts by several hours NOT because they were mandated, but because they felt obligated in their work and roles. I also want to thank Crisis Business Manager Kathy Buckli for coming in the middle of the night and supporting crisis during this busy time. Furthermore, the inpatient unit also did wonders with the amount of admissions we had in such short amount of time. Inpatient staff included Steve Schuessler, Chuck Larson, Brandi McDonough, James Breneman (PRN), Jessica Aho (PRN) and Kristi Newton! This is the kind of compassion and dedication we need as individuals and as a team and organization. I am so proud of all of them and happy to have them as colleagues."

- Submitted by Kham Xiong, Crisis

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

Send your SHOUT OUTS to jmeadows@norcen.org.



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 humor.

ABOUT THE SPEAKER

Tamra 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 recovery "culture" that includes Trauma Informed Care, Person Centered Planning, Strength Based Approach, Motivational Interviewing, and Evidence Based Practices.

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 MATTER!!

SELF CARE FOR THE CARE PROVIDERS

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

REGISTER TODAY To register, please visit www.ntc.edu/ce/conferences



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

Northcentral Technical College does not discriminate on the basis of race, color, national origin, sex, disability or age in employment, admissions or its programs or activities. The following person has been designated to handle inquiries regarding the College's nondiscrimination policies: Equal Opportunity Officer, Northcentral Technical College, 1000 W. Campus Drive, Wausau, WI 54981. Phone: 715.803.1037

www.ntc.edu

WRITTEN OFF
"THE JOURNALS WILL EXPLAIN EVERYTHING"

Tuesday, April 9th from 6PM-8PM
DC Everest Middle School Village Theater
9302 Schofield Ave, Schofield, WI 54476
6:00-7:15 PM Film
7:15-8:00 PM Discussion Panel

Parents & community members are invited to attend this free event!

Community resource displays & information in the Commons area from 5:30 to 6:00 PM.

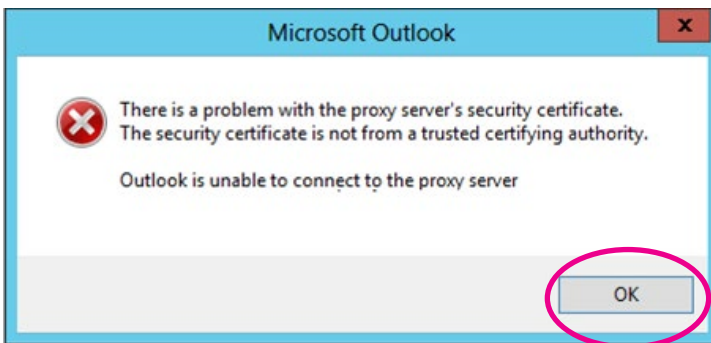


#WEARBLUE Child Abuse Prevention

Friday, April 5th, 2019 was Wear Blue Day! It's a day dedicated to celebrating child abuse prevention efforts across the country. The public was asked to take a picture of yourself and your colleagues all dressed in blue and share it using #WearBlue. Thank to our Community Treatment Youth Team for their support of kids in our community and for reminding us to #WearBlue.



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



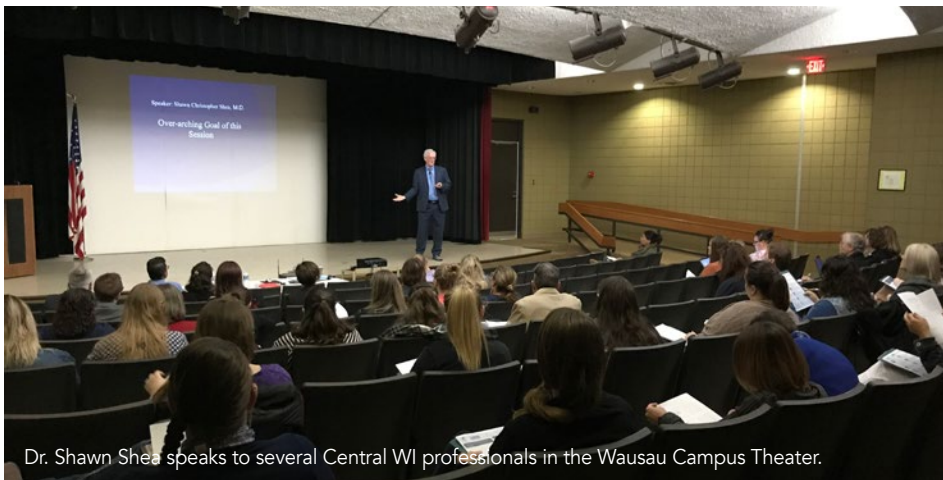
CCITC MAINTENANCE NOTIFICATION

April 9 at 8:00 am

Our email system will have a scheduled upgrade performed on Tuesday, April 9 beginning at 8:00 am. It is scheduled for 8 hours.

CCITC will be performing updates on our Exchange environment. Email flow will NOT be affected, however you may receive Microsoft Outlook Certificate Error popups throughout the day. This is expected. When the error message box pops up on Tuesday, just to click "OK" and proceed on.

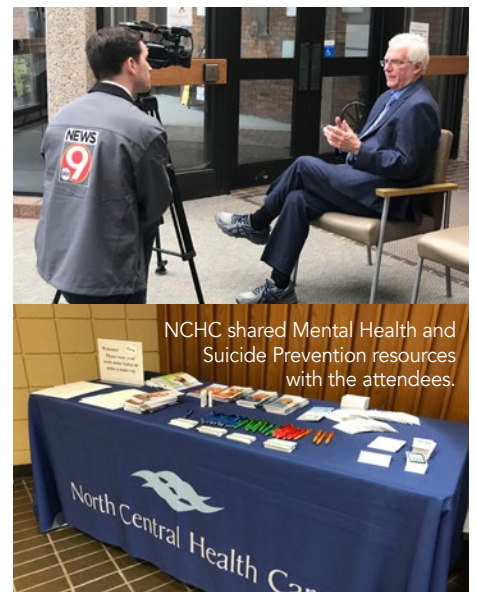
Please contact CCITC helpdesk at x6710 or 715.261.6710 with any questions concerning this maintenance.



Dr. Shawn Shea speaks to several Central WI professionals in the Wausau Campus Theater.

NCHC HOSTS DAY FOR PROFESSIONALS Suicide & Depression Screening

Joined by National Speaker, Dr. Shawn Shea, NCHC partnered with The Medical College of Wisconsin and The Charles E. Kubly Foundation to bring suicide and depression screening techniques and conversation to Central Wisconsin professionals. Kicked off by Dr. Shea speaking about the CASE Approach, the conference included NCHC and MCW speakers: Pat LuCore, Jennifer Peaslee, Dr. Dileep Borra, Dr. Amy Butterworth, Caitlin Baldauff, LPC, Dr. Albina Zimany, Dr. "Gabby" as well as Dr. Philip Sweet. Almost 80 people attended the conference. Thank you to NCHC Communications & Marketing as well as Food Services for their outstanding contributions and teamwork to make the day a great success.



NCHC shared Mental Health and Suicide Prevention resources with the attendees.



Wisconsin Medicaid Tobacco Cessation Benefits

Wednesday April 24, 2019 - Noon to 1 p.m.

Leanne Ketterhagen, Provider Communications Coordinator, Division of Medicaid Services, Wisconsin Department of Health Services

Vicky Murphy, ForwardHealth Field Representative, Division of Medicaid Services, Wisconsin Department of Health Services

Vicki Huntington, Chief, Tobacco Prevention and Control Program, Wisconsin Department of Health Services

Webinar Log-in: <http://wisc.adobeconnect.com/uw-ctrioutreachwebinar/>

Adobe Connect webinars are best viewed with Internet Explorer or Mozilla Firefox. Please test your connectivity: http://arcps.adobeconnect.com/common/help/en/support/meeting_test.htm

Your computer needs to have sound/speakers for you to hear the presentation. Make sure the volume is at an audible level. No registration required.

For more information, please contact Rob Adsit (ra1@ctri.wisc.edu)

1930 Monroe Street, Suite 200 • Madison, WI 53711 • 608-262-8673 • Fax 608-265-3102 • www.ctri.wisc.edu

NCHC IS A PROUD SPONSOR OF



Hike to Fight Suicide

2019 Antigo Hike for Hope

SATURDAY, MAY 18 • LAKE PARK • ANTIGO



Drug Impairment Training for Educational Professionals

Monday, May 6 & Tuesday, May 7, 2019

8:30am - 3:30pm

Location: North Ridge Church

1021 W McMillan St, Marshfield, WI 54449

Presented By

Brent Olson | Wausau Police Department

Tyler Tesch | Merrill Police Department

DITEP is designed for **case workers, educators, guidance counselors, school nurses, administrators, emergency medical service personnel and police school liaison officers** who will gain the skills needed to identify chemically impaired individuals and different types of drugs. **Participants must attend both days.** The training, manuals, Certificates of Attendance and food are provided at no cost. Registration is required.

Register Here

https://ntcfirms.formstack.com/forms/ditep_northwoods_coalition_marshfield

Register by Friday, April 26, 2019

Contact Marshfield Clinic Health System - Center for Community Health Advancement, Kayleigh Mengel at 715-221-8423 or mengel.kayleigh@marshfieldclinic.org with training related questions.

The 30th Annual Children Come First Conference November 11 & 12, 2019

www.ccfconference.org

The largest youth and adolescent mental health conference in Wisconsin.

The 30th Annual Children Come First Conference
"COOPERATION"
 November 11 - 12, 2019 • Glacier Canyon Lodge, Wisconsin Dells
www.ccfconference.org

Presented by: Wisconsin Family Ties

MONA DELAHOOKE
 Mona Delahooke, Ph.D., is a nationally-known licensed clinical psychologist with more than 25 years of experience caring for young children and their families. In her private practice she consults with parents, preschools, regional centers, and school districts in the areas of screening, assessment, intervention and support for families with young children. She is the author of the bestseller *Social and Emotional Development in Early Intervention, A Skills Guide for Working with Children*. Dr. Delahooke believes parents and professionals gain the strongest developmental roadmap possible by understanding how each child's unique, individual differences can guide treatment while cultivating joy in the parent-child relationship.

DAVID ROMANO
 David Romano, works with children, adolescents and families as a social worker in Minneapolis, Minnesota, and has been a mental health advocate for the past 25 years. In his work as an Active Minds speaker and advocate, he has collaborated with many organizations including the National Institute of Mental Health. David lives with depression and, in high school, experienced the dark lows of self-injury and a suicide attempt. Now living in recovery, he has committed his life to letting others, especially men, know that it isn't a weakness to ask for help. David encourages audiences to embrace who they are and to support each other in eliminating the stigma attached to mental illness.

The CCF Conference is for those caring for, working with or interested in the well-being of children and youth with social, emotional or behavioral challenges. For more information, visit www.ccfconference.org or contact Alison at 262-617-6775; alison@wifamilyties.org

Call for Presenters:
<https://goo.gl/forms/3Zs0xbXr7PLseK0D3>

Deadline May 17th

Contact Alison with questions:
alison@wifamilyties.org or 262-617-6775



3 Part Workshop Series

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

OVERCOMING ADDICTION *Together*

Presented by:

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>

4 CEU'S PER SESSION

Community Partners:



Questions? Please contact Nicole Thill at nthill@nahec-wi.org -or- Gail Kell at gkell@wnhahec.org



Christopher shown with Dr. Dodson of MCW.

CONGRATS CHRISTOPHER GRANT! MCW Student Wins Award for Educating on Sober Living

Our NCHC Team has been working closely with, Christopher Grant, a Medical College of WI student. Christopher received an award for this assistance with research relating to the sober living environments in Langlade County that he did in collaboration with NCHC. It was the MCW-CW M1 Outstanding Service Award for 2019. His work really helped Langlade County understand the needs in their area and decide on a sober living model that will support recovery for their community.



ADVENTURE CAMP 2019 ANNOUNCEMENT Please Mark Your Calendars

Mount View Care Center Adventure Camp 2019 will be the week of August 5-9. Adventure Camp is an intergenerational day camp offered to children age 3 (and potty trained) through age 12.

Children need to be of relation to a staff member here at NCHC (child/grandchild/niece/nephew etc.) Any questions can be directed to Melissa Stockwell at mstockwell@norcen.org or ext. 5104.



A WHOLE LOTTA LOVE Rib Mountaineers Donated 582 Valentines to Residents

The Rib Mountaineers 4H group donated 582 Valentines to our residents to enjoy this year. The Rib Mountaineers have been supporting our residents in Mount View Care Center for over 20 years. They help with Bingo each March, support Elder Pals and bring Valentines each year. They also adopt several names for our Christmas gift collection at the Holidays. We have some kind and generous people in our Central WI Community! Thank you Rib Mountaineers!



Wausau UW-Stevens Point

ALL THINGS Senior!

Join Us!
May 20, 2019
 UW-Stevens Point at Wausau Campus

Our Mission Statement: Promoting educational opportunities for healthy life choices (60+) in Marathon County.

Nationally Known Presenters:



Zorba Paster, M.D. Family doc and radio host. Zorba's enthusiasm and contagious laugh have made him a favorite with health conscious public radio listeners for over a decade. The Chicago native first appeared on radio as a guest expert on Wisconsin Public Radio's statewide newsmagazine "Morning People" with Tom Clark. The two clicked, and Zorba became a regular guest on Clark's statewide, morning drive-time call-in show. They were so well received, WPR teamed the two for this weekly, national talk show "Zorba Paster on Your Health."



Betsy Abramson, JD, Executive Director, Wisconsin Institute for Healthy Aging. Betsy oversees all program development and activities, budget, partner development and program advocacy. She also serves on the Executive Committee of the Community Academic Aging Research Network (CAARN), WIHA's research partner. A lifelong Wisconsin resident with both undergrad and a law degree from the University of Wisconsin-Madison, Betsy has over 30 years of experience in Wisconsin's aging network, previously as a public interest elder law attorney.



Objectives:

- Connect you to the many resources and options available on healthy lifestyles habits in our community.
- Educate and empower you with this new knowledge and allow them to gain confidence.
- Apply the steps from this new knowledge/information and build new self-management skills towards a healthy life choice.



Attend this one day event to expand your educational opportunities for Seniors. Begin the day with WPR, Zorba Paster. A senior himself - his enthusiasm and contagious conscious public radio listeners. At the end of the day, closing speaker, Betsy Abramson from WIHA will deliver her message of the importance of a positive image on aging which leads to overall better health for seniors. Participants have options to pick and choice from three different breakout sessions.

laugh have made him a favorite with health leaders to overall better health for seniors. Participants have options to pick and choice from three different breakout sessions.

\$25/person which includes box lunch

To register for this event <https://ce.uwc.edu/wausau/catalog/all-things-senior/7691>

Community Partners and Sponsors:



For more information: <http://uwmc.uwc.edu/community/continuing-ed/50-plus> or 715-261-6294



APRIL IS ALCOHOL AWARENESS MONTH

Alcohol awareness month is a program organized by the National Council on Alcohol and Drug Dependence. It was started in April 1987 with the intention of targeting college-aged students who might be drinking too much, as part of their newfound freedom. It has become a national movement to draw more attention to the causes and effects of alcoholism, as well as a resource to help family communities deal with drinking problems.

Alcohol Awareness Month is a chance for public health bodies, community centers and treatment facilities to increase their efforts to reach people who may not fully appreciate the dangers of unhealthy alcohol consumption. Alcohol abuse contributes to higher rates of violence, sexual assault, and suicide. Millions of people in United States struggle with alcohol dependence, abuse, and alcohol addiction, or alcohol use disorder (AUD). Only 10 percent of people with diagnosed AUD get the help they need which means millions of people every year struggle with acute and chronic health problems from drinking too much. Binge drinking is a pattern of drinking which brings one's blood alcohol concentration (BAC) to 0.08. This is typically more than 4 or 5 alcoholic beverages in 2 hours, a dangerous practice that can cause acute physical and mental harm.

Drinking too much in one sitting can cause acute harm to the body, but drinking too much over time can cause chronic physical and mental health issues. Liver damage, cardiovascular disease, and cancer are the most dangerous long-term side effects from heavy drinking; however, struggling with alcohol abuse or addiction can also trigger mental illness. (www.alcohol.org)

RELATIONSHIPS WITH PROBLEM DRINKERS

If you love someone who has a drinking problem, you may slowly acquire problematic ways of managing communications, social interactions, behaviors and uncertainties you experience. These are normal responses to addiction-affected relationships. As the disease advances and you find yourself managing these things more often and experiencing emotional stress, your health may be adversely affected. Physical symptoms like stomach problems, depression, and sleep problems are only a few that you might experience. In talking to a counselor or your employee assistance program, you can learn the steps to wellness and intervention. North Central Health Care Employee Assistance Program is available to employees and their immediate family members at 1.800.540.3758 or email eap@ascension.org. For more information, go to https://ascensionwieap.org/

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



Position Posting

Title: **Mental Health & Substance Abuse Therapist**

Status: Full-time

Location: Outpatient Services, Wausau, Merrill & Antigo Locations

Apply Online! www.norcen.org

Provides mental health and substance abuse assessment and psychotherapy for individuals, families or group and consultation and education for the community in a manner that most effectively meets the philosophy and goals of North Central Health Care, based on evidenced based practices.

Education/Experience Requirement

Master's degree in specialty field in Human Services

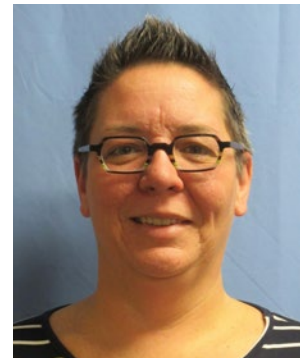
State of Wisconsin Licensed Clinical Social Worker, Professional Counselor, Marriage & Family Therapist or Licensed Psychologist

State of Wisconsin Substance Abuse Counselor certification or Substance Abuse Specialty designation

ON THE MOVE!!

Congrats Sarah Ellis!

Congratulations to Sarah Ellis for a recent transfer from Dietary Aide

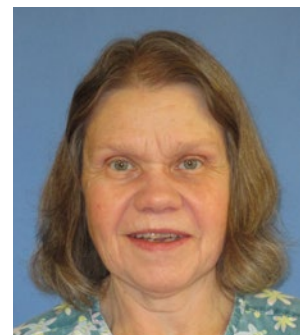


RETIREMENT NEWS!

Congrats Jane Uekert

Jane Uekert has announced her retirement from NCHC after 10 years in the Housekeeping Department.

A celebration for Jane will be held on Friday, April 12th at 10am in the Wausau Campus Cafeteria.





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.

NORTH CENTRAL HEALTH CARE IS A PROUD EVENT PARTNER

GHIDORZI
green 2019
+
clean

REGISTER ON THE NORTH CENTRAL HEALTH CARE TEAM BEFORE APRIL 19 FOR FREE T-SHIRT

PRESENTED BY THE GHIDORZI FOUNDATION

REGISTER ONLINE: www.ghidorzigrreenandclean.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.



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



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

Make a world of difference.

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 Kalloway 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

Marathon County Crime Stoppers Inc.

Click [here](#) for this week's Crime of the Week.
<http://marathoncounty.crimestoppersweb.com/crimeoftheweek.aspx>



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](http://www.LAUNCH-LEADERSHIP.com)



VOLLEYBALL FUNDRAISER TO BENEFIT



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 are \$.35/ounce.

Soup: \$1.25 Cup | \$2.00 Bowl



APRIL 8 – 12, 2019

MON 4/8**Cheese Soup**

Monterey Ranch Chicken

Chili Entrée

Chex Mix

String Cheese

Oatmeal Raisin Cookie

TUES 4/9.....**Tomato Barley Soup**

Egg Rolls

Baked Ham

Rice & Broccoli Au gratin

Broccoli

Chocolate Drizzle Cheesecake

WED 4/10**Chicken Dumpling Soup**

Hot Beef on a Bun

Breaded Chicken Breast

Brown Rice

Squash

Peanut Butter Bar

THUR 4/11**California Medley Soup**

Flat Chicken Taco

Roast Pork

Mashed Potatoes

Red Cabbage

Mango Upside-down Cake

FRI 4/12.....**Wild Rice Soup**

Grilled Cheese Sandwich

Vegetable Lasagna

Zucchini & Tomatoes

Garlic Bread

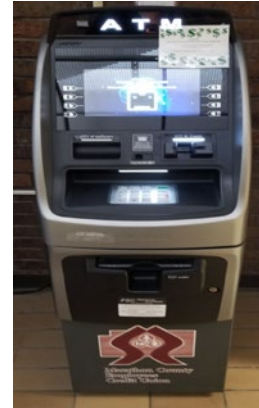
Creamy Fruit Salad



Marathon County
Employees Credit Union

Have You Heard the News???

There is a New ATM Right at Your Fingertips!



This ATM is located next to the vending machines by the cafeteria on the Wausau Campus.

We are pleased to offer the convenience of our ATM at NO COST to our members using their MCECU debit cards.

Need cash before heading home? What about a quick snack or beverage from the vending machines? ATM dispenses both \$5 and \$20 bills.

Already a Member? Thank You!

Not a Member? Contact us today so you too can access this ATM at NO COST!

www.mcecu.org

715 261-7680

cuteller@co.marathon.wi.us

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.