

A Weekly Update For The Employees of North Central Health Care



# NEWS YOU CAN USE



#### **WEEKLY CONNECTION WITH MICHAEL LOY**

#### **Volunteers Week**

Earlier this week I had the opportunity to thank our Volunteers at our annual Volunteer Breakfast which is part of our Volunteer Week recognition. I botched a good joke but recovered for a good laugh. It is always a pleasure to be with our Volunteers.

Volunteer Week occurs each year during the third week in April and gives us an opportunity to thank all of our volunteers who help keep our organization running, the people we serve safe, and provide services that otherwise would not exist without them. Here are a couple important facts about our volunteers:

- At the end of 2018 we had 223 volunteers (with 50 new volunteers just in last year)
- This group gave 11,169 hours of service which is an average of 215 hours a week or 30 ½ hours per day!! This equals almost 5.5 full time staff.

Volunteering is a choice - a remarkable choice - that these exceptional individuals have made on behalf of our organization for the people we serve. If it weren't for these caring individuals getting involved and giving their time, NCHC wouldn't be as successful as we are at providing person centered service. Our volunteers bring such a positive energy to our organization as they lead by example — not only by helping our patients and visitors, but by motivating others to give back as well. This is an especially important example for the younger generation.



If anyone here can think of someone who might be interested in a career in health care, then volunteering at NCHC is a great way to gain life experience and insight into the work we do. Additionally, highlighting volunteer work on a job application, resume or college application looks impressive. Most

of all, any volunteer will tell you that they get as much, if not more joy, when they serve.

**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 22 – Sunday, April 28

Michael Loy



Make it a great day,

Wich I b

Thank You Volunteers ...... Appreciation Breakfast

Laundry & Linen Week ..... Appreciation for Our Laundry Team

Employee Engagement .... 4
CCS State Conference Meeting

**2019 Business Expo** ...... **5** Get the Details! Join Us!



# Shout out

Cagney Martin, Mount View Care Center

Why: For always looking for creative, challenging and engaging ways to teach, learn and have FUN at work!

Submitted By: Jessica Meadows









## 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.



















#### 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



#### **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.

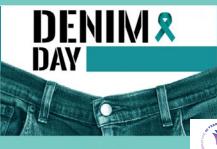
Children need to be of relation to a staff member here at NCHC (child/grandchild/niece/nephew etc.) Any questions can be directed to Melissa Stockwell at mstockwell@norcen.org or ext. 5104.

Join us on Wednesday, April 24, 2019 for Denim Day!

Rock your denim!

\$2 Payable to Volunteer **Services Office** 

All Proceeds Benefit the Women's Community



#NoMore

#### **NOTICE: WAUSAU OUTPATIENT SERVICES** Security Doors Installed - Badges Required

To increase security on the Wausau Campus in our care areas for both employees and those we serve, badge readers have been recently installed at the two doors near the reception and waiting room area in Outpatient Services, as well as the back hallway near the Dietary Office. Each door is badge-only to get in, and motion-activated to leave the area (this means it will unlock as you approach the door on the inside). All NCHC employees with a badge will have access to enter the Outpatient area.

Restroom use and Group Room use inside the Outpatient Services area on the Wausau Campus is now limited due to the security badge

Employees, thank you for your feedback!

We have received feedback about the noise created by the door locking mechanism and the potential impact on patients entering and exiting. We are working with Facilities and the vendor to improve upon the current installation as much as possible.

access door installation. Public and Outpatient Waiting Room Restroom use will now be directed to the hallways to the left and right of the Welcome Desk in the Locker Rooms. Blue directional signs now mark those restrooms. The women's restroom is on the right near Pharmacy and Men's is on the left near HR. Additionally, if a client or visitor needs to use a handicap-accessible restroom, please direct them to the restroom that is located near the Board Room. Blue signs have also been hung in the lobby area to assist with this wayfinding. We are aware that a changing table is only available in the Outpatient Services restrooms and are looking at installation in the restroom near the Board Room. Please watch for further updates on this. We are still working on the Group Room use procedures, so stay tuned.

Full installation of the Security Door will be finished by the Dietary Office very soon, but the doors near the Outpatient reception area are already fully operational.

Please contact your manager with any questions you may have and we will help answer questions as quickly as possible. Thank you for your patience and willingness to be flexible with these changes to make our work and service areas more secure.

#### A NOTE FROM PHARMACY **Employees Refilling Maintenance Medications**

To improve our service to ALL the patients we serve, Pharmacy Services would like all employees to be considerate and request refills on maintenance medications at least 24 hours in advance. Maintenance medications are meds you take every day. This allow us time to process and fill these orders and allows us time to focus on the patients with immediate needs who are in our care (MVCC, BHS Inpatient, CBRF, MMT, Residential and Community Treatment). We are here to serve you and



ask for your cooperation and consideration. Thank you! If you have questions, please call the Pharmacy at x4497.





#### LET'S TALK EMPLOYEE ENGAGEMENT

#### Michelle Gleason Gives Presentation at CCS State Meeting

The Comprehensive Community Services (CCS) State Meeting was held this month. Michelle Gleason, Clinical Coordinator in Community Treatment, presented to attendees about Employee Engagement. Thank you Michelle for teaching others about a very important part of any great workplace and representing NCHC so well! Great job!







#### **HEALTHSTREAM ALERTS**

#### An Update from Organizational Development

#### **Supervisors/Managers**

Will receive a summary of all past due assignments for staff on the 15th of every month, at 8:00am

- o Student Assignments Approaching the Due Date.......Alerts sent daily starting 2 days before due date
- Student Assignment Past Due......Alerts sent daily starting 1 day past due
- o Student Certification Expiration Date Approaching ......Alerts sent daily starting 2 days before due date

#### Staff

Will receive a summary of all past due assignments for staff on the 15th of every month, at 8:00am

- o Student Assignment Approaching Due Date......Alerts sent daily starting 7 days before due date
- Certification Expiration Date Approaching ......Alerts sent daily starting 7 days before due date
- Class cancellation
- o New Assignment Available......Included in weekly Summary only
- Student Class Reminders......Alerts sent daily starting 7 days before class date
- o Student Moved from Waitlist to Registered......Included in Weekly Summary only

While ideal, it is not an option to have alerts sent when a new module is assigned. Be sure to remind staff to check their "To Do" list in HealthStream weekly (or more often) to see if anything new has been assigned.

#### **HealthStream Reminder**

The following Healthstream module is coming due for ALL staff:

• NCHC Corporate Compliance: Code of Conduct Due: April 30, 2019

#### **SAFETY SNIP-ITS Security Guard Wausau Campus**

The Wausau Campus has Per Mar Security available on Campus. They operate from 3:00 pm to 7:00 am daily - 7 days a week.

#### **How to Reach Wausau Campus Security**

Call Crisis: Non-Emergency: (715) 848-4366; x4366,

In an Emergency: (715) 848-4599; x4599

Crisis staff will be in contact with Per Mar by the use of the cell phone when they are away from the Crisis Services area.

Per Mar Shift Cell: (715) 581-8887





## **MEET NCHC'S NEW HIPAA SECURITY AND** PRIVACY OFFICER

**Ashley Downing** 

## PRIVACY OFFICER

**Employees** are required to Contact for Potential **Violations** regarding

**Privacy** or for **Any HIPAA** Questions





**NCHC PRIVACY OFFICER ASHLEY DOWNING** 715.848.4473







## **Family** Matters

Ask the Experts:

June - August 2019

#### Ongoing Programs:

Bike Rodeo Thursday, June 20th, 1pm - 2:30pm at Hatley Elementary School, 417 Emmonsville Rd, Hatley

Cowboys and cowgirts of bicycles come ready for a rootin' tootin' good time to learn about safety! Wrangle your bicycle and stop by for some pedaling flu with instructions on road safety from local police officers as well as helmet education and requirements from certified staff. Children of all ages and their families can stop by throughout the hour for family bonding on bike-back. All bikers are required to wear a helmet and bring their own bike to participate. In the event of bad weather, activities will be rescheduled.

## Baby Sign Language Monday, July 29th, 9am - 10:30am

sented by Marisa Doll, Marshfield Family Resource Cen-

ter Coordinator
Baby sign language allows babies as young as 6 months old
to begin to communicate their needs without crying. Spend
this hour and a half at the Children's hospital of Wisconsin,
705 S 24th Ave, Suite 400, Wausau to learn more about
effective communication with your child. Babies of all ages
are welcome to attend with their caregiver. Cheat sheets will
be available to take home for other family members or caregivers to use when interacting with your baby!

Tuesday, July 16th, 10:30am - 12pm at the Athens Community Hall, 221 Caroline St., Athens

Wednesday, July 31st, 10am - 11:30am at the Mosinee Library, 123 Main St, Mosinee

Tuesday, August 6th, 4pm - 6pm at the Children's Hospital of Wisconsin, 705 S 24th Ave, Suite 400, Wausau

Is your child getting ready to start the exciting merge into kinder garten? Join us at any (or all!) locations above, regardless of school district placement, for hands-on school readiness activi-ties that address every aspect of child development. Feel free to drop in any time throughout the program to participate. Program is suitable for children 3 years and up, but families are welcome to bring older or younger siblings to work on crafts while their brother or sister works through school readiness stations.

All Programming is FREE but registration is required! Childcare may be available, ask when you register.

Register: Call: 715-848-1457, Email: ENowicki@CHW.org, or Text: 715-937-8910

LEAP — (Learning Essentials about Parenting) Sit back and relax with us for this 9-week series of frank discus-sions about the joys and trials of parenthood. Topics include building self-esteem, child growth and development, communi-cation skills, media, and positive discipline techniques. 9 weeks, 6 pm — 7:30 pm Mondays. Call to register. Childcare is avail-

Teen LEAP (Learning Essentials about Parenting) for Parents and Teens Together
This 10-week ongoing parenting class will provide parents with tools to successfully set limits for their teens and to open the innes of communication. This program is for parents and their teenage children, no child care is available at this program. If of weeks, 5pm — 7:30 pm Thursdays. Call to register. Must start on week 1 or week 5.

This is your connection to parenting information. It is a link to expert, non-emergency advice on the day-to-day trials of child rearing. Call 715-848-1457.

One-To-One Parenting Sessions
Trained staff will provide parenting information and support to
families. If you would like an individualized parenting consultation, call 715-848-1457.

This 3-month in-home program provides visits with a parent educator to help improve parenting skills and teach positive discipline techniques. The program is tailored to meet individual needs. Call to register 715-848-1457.

LENA Start Marathon County
Jump start your 0 - 32 month old for success in school and in life
with this free 10 - week program that emphasizes the importance
of early communication. Enjoy a free meal each week while engaging about the importance of early talk. Includes FREE childcare, books, and incentives. Summer group will be held at Marathon County Public Library from June 19th through August
21st from 12:30 - 1:30pm. Must start June 19th. Sign up at
LenaStartMc.org or by texting 715-660-0397. More sessions
starting September 2019.

Visit us at Chw.org/communityservices

Children's Hospital of Wisconsin 705 S. 24th Ave., Suite 400 Wausau, WI 54401 715-848-1457

Hours: Monday-Friday 8:30 am - 5pm

#### Play and Learn Family Events:

End of School Extravaganza
Tuesday, June 11th, 10am - 11:30am
Presented by Deborah Smith and Emily Nowicki
Celebrate the end of the school year with an outdoor bash at
Machmueller Park, 7200 Quentin 5t, Weston. Take part in
free play on the playground, a seavenger hunt, squirt bottle
painting, a water balloon piñata party, and more!
In the event of bad weather, activities will be rescheduled for June 18th.

Fire Safety at the Library
Wednesday, July 17th, 10am - 11:30am
Presented by Stephen Hass, Mosinee Fire Chief and Ashley
Colstad, Mosinee Librarian
Spend this special summer story time at the Mosinee Library,
123 Main St. Mosinee learning about fire safety from an
expert Start the session with Ashley Colstad reading special
fire safety books, before moving on to an ask the firefighter
session where Stephen Hass will discuss what firefighters
wear and how to stay safe in the event of a fire. Work on
crafts and create your own fire safety plan before the day is
done!

#### Life's a Picnic

Friday, July 19th, 9:30am - 11am ented by Emily Nowicki

Pack a lunch and join us for a morning of outdoor play at Doepke Park, 2200 S Mountain Rd, Wausau in place of our usual Wausau library play and learn! Enjoy running, climbing, and sliding on the playground before settling down to finish our session with a story, your self-packed snacks,

In the event of bad weather, activities will be resched-uled for July 26th.

#### You've Got Mail

You've Got Mail
Thursday, August 29th, 10am - 11:30am
Presented by Emily Nowicki
John Start Star cents for a stamp and your walking shoes. In the event of bad weather, we will drive to the post office.

All programs are funded by Marathon County and Marathon County United Way and are provided free of charge.

rams are not a DCE, Wausau, Spencer, Stratford or Newrolic School District sponsored activity and the opinions e sed are not necessarily those of the school district or their

#### Play and Learn Schedule and Locations:

Caregivers are a child's first and most important teachers. Take this opportunity to connect with others who have young children while participating in early learning activities that enhance your child's development and promote school readiness. All play and learns are free and open to the public, stop by at any location listed below to enjoy!

GD Jones School 1018 S. 12th Ave., Wausau 9:00 - 10:30am

#### Tuesday

Athens Community Hall 221 Caroline St., Athens 10:30 am - 12:00 pm

> Machmueller Park 7200 Quentin St... Weston 10:00 - 11:30 am

Mosinee Public Library 123 Main St., Mosinee 10:00 am - 11:30 am

Village Building 105 Park St., Spencer 2nd and 4th Wednesday 10:00 - 11:30 am

> 213201 Scholar St Stratford 10:15 am - 11:45 am

Thursday Oak Street Park N 3rd Ave., Edgar 10:00 am - 11:30 am

Hatley Public Library 435 Curtis Ave., Hatley 10:00am - 11:30 am

Friday Marathon City Village Hall 311 Walnut St., Marathon 1st and 3rd Fridays 10:00 am - 11:30 a

Marathon County Public Library 300 N. First St., Wausau 9:30 am - 11:00 am

Look for us on Facebook! facebook







# **BRANCH DEMO DAY**

Join us to learn about our collaborative initiative to develop and retain talent in central Wisconsin.

#### You are invited:

6 p.m., Thursday, May 2, 2019 Timberwolf Conference Center, Northcentral Technical College, 1000 W. Campus Dr., Wausau WI 54401

RSVP to Brian Otten: botten@wausauchamber.com by April 27, 2019

The event will include a presentation by students in the program's spring session on their corporate innovation projects for Church Mutual Insurance Company and M3 Insurance.

















## WERE YOU UNABLE TO ATTEND 1ST QUARTER **EMPLOYEE UPDATES OR WANT TO SEE** THE PRESENTATION AGAIN?

#### The Video Recording is Now Available Online

We want all employees to be able to attend the Employee Updates Sessions to connect with leaders, ask questions, and meet with team members you may not regularly have the opportunity to. However, we do know that there are instances in which you are just not able to make it or wish to view the presentation over again.

You can now view the 2019 1st Quarter Updates from March in full format by visiting the NCHC YouTube Channel. Check out some of the other great videos there, too!

## https://youtu.be/ljzkAZOGltw



The video is also available here: O'drive: Employee Updates folder contains the complete slide shows and videos for all Employee Update sessions.









#### Come visit Booth NCHC & MVCC at Booths 47 & 48 on Success Street! The first 1,000 attendees will receive a complimentary Business EXPO tote bag.

#### **Date and Time**

Thursday Apr 25, 2019 10 am - 5 pm - Show Open to Public

#### Location

Central WI Convention + Expo Center 10101 Market St Ste A20 Rothschild, WI 54474

#### Fees

Your business card or \$10/person. No registration required. Business card must be legitimate, otherwise attendee is subject to the admission fee.

#### MOUNT VIEW CARE CENTER HOLDS FIRST **CNA COMPETENCY DAY OF THE YEAR**

"I Love the 90's" Theme Highlights Partnership and Continuous Improvement

The Spring snow storm last week didn't stop any of the MVCC CNAs and Nurses from attending the first competency day of the year. The theme this year, I Love the 90s, is "da bomb" and was chosen by the CNAs. Topics include ADL coding, Speech Therapy, Core Values, Conflict Resolution, Safe Patient Handling, Pressure Injuries, Quality assurance and process improvement, CPR, Addiction and Recovery and so many more! CNAs attend this educational day as a part of their required in-service hours each year.

This event really highlights all of NCHC's dedication to Partnership as man departments took part in presentations and sharing knowledge. Competency training is a huge part of our commitment to **Continuous Improvement**. What we know and how we provide care directly impacts each and every person we serve. Great job to all those who attended and presented!



No Better Way to Learn than to Have **FUN While Doing It!** 





**Dezirae Baeten** 





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

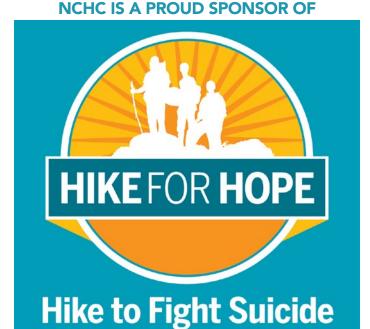
## www.ccfconference.org

The largest youth and adolescent mental health conference in Wisconsin.



Call for Presenters: https://goo.gl/forms/3Zs0xbXr7PLseK0D3 Deadline May 17th

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



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 - 3:30 pm Location: North Ridge Church 1021 W McMillan St, Marshfield, WI 54449

#### Presented By

Brent Olson | Wausau Police Department

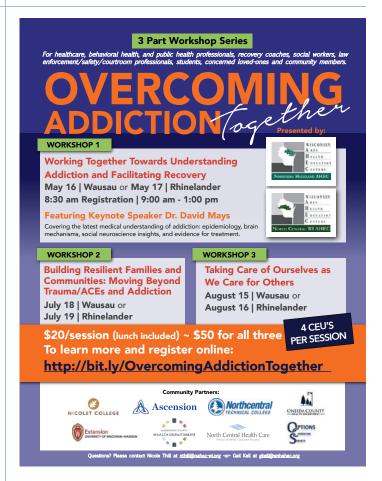
Tyler Tesch | Merrill Police Department

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**

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.









## SHERRY GATEWOOD **AVAILABILITY AT EMPLOYEE HEALTH &** WELLNESS CENTER

#### **Few Days Out of Office**

Sherry Gatewood will be not be available at the Employee Health & Wellness Center at the Wausau Campus in the afternoon on Wednesday, April 24 and all day on Thursday, April 25 and Friday, April 26. During that time the Medical Assistant and Administrative Specialist will be at the clinic and we will be able to provide nurse only type visits (blood pressure, labs, drug screens, weight check,

Also in May, Sherry will not be available on Friday, May 17 and Monday, May 20. On those dates our support staff will be able to provide nurse visits as well as assistance in scheduling of appointments when Sherry is

#### **EMPLOYEE HEALTH & WELLNESS CENTER**

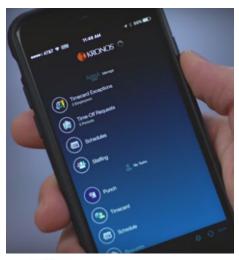
1100 Lakeview Drive, Wausau, WI North Central Health Care Campus Door 25

#### **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







## **READY MOBILE APP Kronos Update**

An updated version of the Workforce Ready app will be available beginning April 19, 2019. Updates will be beneficial and allow for more functionality



Save the Date

#### **HOPE Consortium Conference**

Nicolet Technical College | Rhinelander

#### August 26-27, 2019

Join us for the 3rd annual HOPE Consortium Conference featuring at least 18 sessions on substance use disorder treatment and recovery with a focus on self-care for professionals.

Who Should Attend?

Providers | Criminal Justice Human Services | Treatment

Community & Tribal Leaders | Prevention Professionals

Hear on a variety of topics from experts (invited) including...

- ♦ Family Circles (Brian Jackson)
- Gang Activity in the Northwoods (Chris Cuetas)
- ♦ Grounding & Substance Abuse in Rural Areas (Lorie Goeser)
- Impact of Scarcity on the Brain (Tony Iniguez)
- Living on a Budget (lean Yeater & Dr. Michael Larson)
- Mindfulness (David Nelson)
- Prescription Drug Monitoring Program (Andrea Magermans)
- Trauma and Law Enforcement (Ashley Drexler)
- ♦ Co-occurring Disorders
- Drug Trends And More!

Scholarships will be offered around May/June to individuals that work or reside in Oneida, Vilas, Forest, Price or Iron counties or Sokaogon Chippewa, Lac du Flambeau Chippewa or Forest Potawatomi Tribal Nations to cover the cost of registration valued at \$50. Lunch included.

Spread the word! Registration available mid-June!

For more information, contact Danielle Luther, Project Manager, Family Health Center of Marshfield, Inc., a member of Marshfield Clinic Health System at: <a href="mailto:luther.danielle@marshfieldclinic.org">luther.danielle@marshfieldclinic.org</a> or 715-387-9180.



## **Position Posting**

Title: Physical Therapy Aide

Status: Part Time

**Location:** Aquatic Services Wausau

#### http://bit.ly/2ltKrP5

The Physical Therapy Aide provides a safe, clean and friendly environment to North Central Health Care consumers. Primary duties are to provide administrative support for aquatic services consumers

One 0.7 FTE (56 hours per pay period) with an Occasional Saturday

#### **Education and Experience** Requirement

- Current lifequard certification
- Current CPR certification





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



#### **Meet with your WDC Advisor**

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

If You're Just Starting to Save ... and need to enroll, go to www.wdc457.org and click REGISTER or enroll now here. Use the Plan Number 98971-01 and the Plan Enrollment Code VvxI6vuE expiration date 6/1/2019.

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

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

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

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

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

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

Changing your payroll contribution or updating your beneficiary is easy! Log in at www.wdc457.org or call the WDC Service Center at (877) 457-9327. Do you have questions about Wisconsin Retirement System (pension)? Please call WRS directly at (877) 533-5020.

| WDC Program Meeting Schedule                       |                 |                            |                              |  |
|--|-----------------|----------------------------|------------------------------|--|
| Date   | Time            | Topic                      | Location                     |  |
| Tuesday,<br>April 30 <sup>th</sup>                 | 12:00pm-1:00pm  | Account Review<br>Sessions | Antigo Office                |  |
|  | 2:00pm-5:00pm   |                            | NCHC Campus-<br>Granite Room |  |
| Tuesday,<br>May 28 <sup>th</sup>                   | 11:30am-12:30pm |                            | Merrill Office               |  |
| Go to www.wdc457.org to schedule your appointment. |                 |                            |                              |  |

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#### 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.







**NEWS, UPDATES, LINKS,** STORIES, PHOTOS, **VIDEOS!** 

**GET SOCIAL!** #lamNCHC

#### ON THE MOVE! **Transfers & Promotions**



Congrats Heidi Angwall! Congratulations to Heidi Angwall for her recent promotion from Community Treatment Tech to Community Treatment Adult Case Manager!



**Congrats** Casondra Young! Congratulations to Casondra Young for her recent transfer from Developmental Disability Aide to CNA on Gardenside Crossing!



**Congrats Tracey Gusman!** Congratulations to Tracey Gusman for her recent promotion from Outpatient Services Therapist in-Training to Mental Health Therapist!



Congrats Makayla Schilling! Congratulations to Makayla Schilling for her recent transfer from Crisis Tech to Behavioral Health Tech!







## WEB RESOURCES AVAILABLE TO HELP EMPLOYEES TO REVIEW THEIR STATEMENT OF BENEFITS **NCHC Wisconsin Retirement System (WRS) Employee Statements Mailed Out This Week**

ETF's online resources are available to assist members in reviewing their Wisconsin Retirement System annual Statement of Benefits, which are being distributed this month. http://etf.wi.gov/members/statement/index.htm

The statement is a summary of a member's WRS pension account, including year-end balances, beneficiary designations and other important account information as of January 1, 2019. Statements are being distributed via either a member's most recent WRS employer or mailed.

Be sure to carefully review your statement. Do you have any questions? This is also a good time to assess your financial plan. How can you grow your retirement income?

In the Statement of Benefits section of the website, you'll find easyto-use resources:

http://www.etf.wi.gov/members/statement/index.htm

- Interactive sample statements provide explanations of content and links to other information http://www.etf.wi.gov/members/statement/interactive-statement.html
- Frequently asked questions on how to update your name or address, change your beneficiary(ies), calculate a benefit, make additional contributions and more http://www.etf.wi.gov/faq/statement-faq.asp
- Quick links to forms, online calculators and related webinars

#### **Need Assistance?**

- Active employees (currently working for a WRS employer): If you believe your statement is incorrect, contact your employer's payroll office.
- Inactive employees (no longer working for a WRS employer) and alternate payees: If you believe your statement is incorrect or have questions, contact us.
- Register for the webinar, Understanding Your Annual WRS Statement of Benefits

#### **Account Contact Information**

Please keep your contact information (name and mailing address) current to ensure you continue to receive important communications from ETF.



### **VETERANS LEARN ABOUT** FREE TRANSPORTATION SERVICE

#### **Morning Cup of Coffee**

Jenny McKenzie, Transportation Manager at North Central Health Care, spoke at the Veterans Weekly Cup of Coffee group meeting at Denny's on April 10, 2019. She talked about the DAV Transportation service for Veterans.

The DAV Van travels to all the Veterans Affairs hospitals in Wisconsin, including Madison, Milwaukee and Tomah as well as VA clinics and other medical facilities that have been approved for Veterans who need a ride. There is no cost to use the van but it is not wheelchair accessible.

The Veterans Weekly Cup-of-Coffee meets every Wednesday at Denny's in Rothschild from Veterans Weekly 10am to 11:30am. All Veterans of any age or



era are welcome. The group provides support for each other and information of interest to Veterans. Our motto is "No agenda, No questions, No affiliations. Just Veterans. Grab a chair and say hello. For more information contact Mike at 715-846-0166 or mikeheil123@gmail.com.



#### 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



#### 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 GARBAGE BAGS KID-SAFE TRASH PICK-UP ZONES



## 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 22 - 26, 2019**

MON 4/22 ..... Swedish Bean & Bacon Soup

**Burgers & Fried Onions** 

**Country BBQ Rib** 

Bakes Potato Lettuce with Ranch Dressing **Brownies** 

TUES 4/23..... Cheesy Chicken Salsa Soup

Grilled Ham & Cheese

**Chicken Breast Strips** 

AuGratin Potatoes Wisconsin Blend Coconut Cream Pie

WED 4/24 ..... Hearty Beef Soup

Chicken & Cheese Quesadilla

**Breaded Pork Cutlet** 

Mini Dumplings Sauerkraut Fruit Turnover

THUR 4/25 ..... Creamy Vegetable Soup

Baked Potato Half & Toppings

**Roast Beef** 

**Mashed Potatoes** Carrots Monster Cookie

FRI 4/26 ..... Cream of Broccoli Soup

Grilled Tuna Melt

Ravioli

Garlic Bread Corn

Mango



Marathon County **Employees Credit Union** 

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**Peter Wolf** culoans@co.marathon.wi.us

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## **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 |

