

MAY 15 2
 MENTAL 0
 HEALTH 1
 MONTH 9



A Weekly Update
 For The Employees of
 North Central Health Care



NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

4 Million Reasons

The week of May 6-12 is declared **National Nurses Week** by the American Nurses Association as the time of year we get to celebrate and elevate the nursing profession into the clear view of the public. Each year, the celebration ends on May 12, Florence Nightingale's birthday. At NCHC, we will be celebrating **Our Nurses** all week for the positive impact they make among the other 4 million registered nurses in America.

Nurses have a special place in my life as both my sister and aunt are nurses. I've watched my Sister, who has been one of the most important people in my life, build her nursing career through hard work, perseverance and dedication. Just last year she won an award for Exemplary Professional Practice from the health system she works at in Illinois. I'm really proud of her. She has always showed me the personal side of caregiving as a nurse, the dedication to the profession, and how important a good nurse is to high quality outcomes. Like her, we have many excellent nurses here at NCHC. Nearly all of our programs and services have a nurse or nursing component to them. I'm proud to work with our nursing team and we are very lucky to have so many wonderful nurses.

When I think about nurses, I immediately think about leadership. Leadership is a way of being. Leadership inspires, influences, and provides context to others in an ethical and professional manner. Nurses, more often than not, are seen as the leader in the care environment. Their perspective, commitment to quality and attitude drives the culture of care here at NCHC. Without productive Nurse Leadership on a daily basis, it would not be possible to have positive patient experience, clinical outcomes and an engaged workforce. I've heard so many stories of cultural heroes who are often the nurses on the floor that set the tone for excellence in the clinical environment. We have a number of these individuals in our organization.

Going forward, to achieve our strategy of having regionally unequaled behavioral health and skilled nursing quality and competence, we are looking for great nurses to help get us there. Nursing Excellence will be a source of focus and strength. As part of this commitment to Nursing Excellence, we will

be adding a Chief Nursing Officer to our Executive Management Team in the coming months to continue our work on advancing the profession here at NCHC. I'm very excited about having the perspective of nursing more strongly at the table as we continue to move this organization forward.

Please join me next week in celebrating **Our Nurses** for all of their wonderful and important contributions. Thank you!

Make it a great day,



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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, May 6 –
 Sunday, May 12

Brenda
 Glodowski



Person-Centered Shout out

Alvin, BHS

Why: Alvin has been upbeat and positive as he transitions to his new role here at NCHC.

Submitted By:
 Kyla Luther

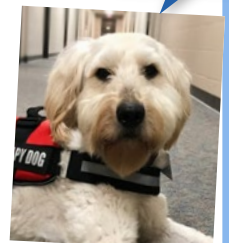
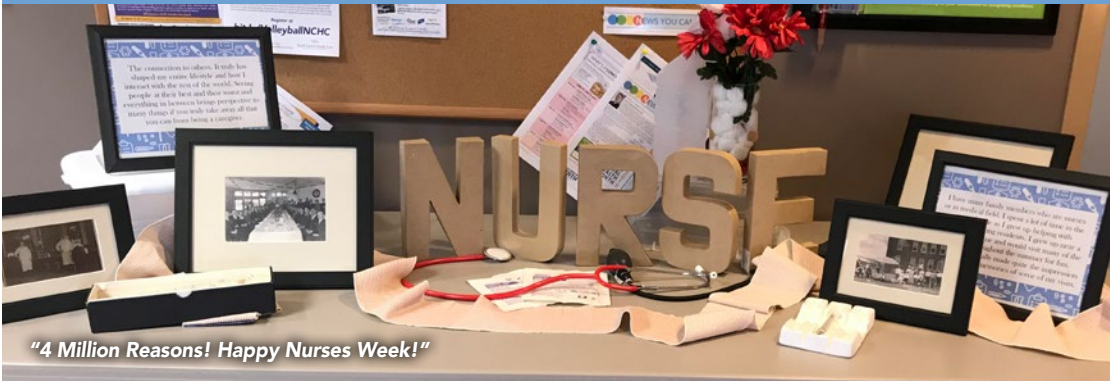




PHOTO OF THE WEEK



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.

A display in the Volunteer Services/Staff Development Office in Mount View Care Center shares the appreciation for our nurses at NCHC! Nurses serve in so many capacities here at NCHC - WE THANK EACH AND EVERY ONE OF YOU!



North Central Health Care
Person centered. Outcome focused.

April 2019
Employee of the Month

★ ★ ★ ★ ★
JULIE WHITE
Housekeeping



"When Julie sees something wrong, she never overlooks it and always tries to fix it even when she is not responsible."

"Julie is excellent with residents, staff and families and is always friendly."

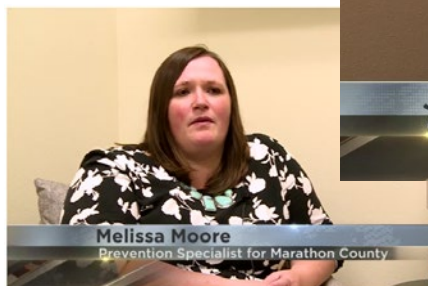
"Julie works around the building providing excellent work ethic and cooperation. She always makes sure residents feel safe."

The NCHC Employee of the Month for April has been awarded to Julie White of Housekeeping. The pride Julie takes in her work is obvious and never taken for granted. Housekeeping is not just about the appearance, it's the trust, compassion and the relationships built with residents, family and staff. True Person-Centered Service. Julie goes above and beyond every day always keeping a watchful eye on the residents for their safety and respects their privacy. Julie has a creative way to approach challenges. She involves others, as she knows their insights and opinions are all extremely important, as well as her own. Person-Centered Service just comes naturally for Julie.

Congratulations Julie!

NCHC IN THE NEWS
Meth in Marathon County

Thank you to NCHC Clinical Psychologist, Dr. Jon Snider, for taking time out of his day to talk to WAOW TV 9 about meth use in Marathon County. Jon provided key information about meth use and treatment as well as a reminder that we need to provide continual support to those recovering, even when recovery becomes difficult. Also, thank you our community partner at the Marathon County Health Department Prevention Specialist, Melissa Moore for her continual outreach and education efforts. Catch them both in the interview on WAOW TV 9 at <https://waow.com/news/2019/05/01/methamphetamine-continues-to-plague-central-wisconsin/>





Kick-Off Week • May 6-10, 2019

Kicking Off Our Annual Campaign to Support United Way

Monday, May 6..... Sports Trivia Day
Check Your Inbox for a Link to Trivia Contest! Enter to Win Prizes!

Tuesday, May 7 Get Your Peanuts & Popcorn! Snack Sale
\$1 Popcorn & \$1 Peanuts will be delivered to program areas!

Wednesday, May 8..... Free Throw Contest at Wausau Campus Gym - 11:30 am to 1:00 pm
\$1 Donation to Play! Leader Board - Best Out of 10 & Longest Shot!

Wear Your Fav Sports Team Apparel Monthly!
Pay \$3 Per Month and You Can Wear Sports Apparel **Every 2nd Wednesday of the Month** Through December!
Pay in Advance or Monthly!

Jeans/Sports Wear Day - \$3 Donation to Wear Your Favorite Sports Team Apparel*
Pay & Pick Up A **Casual for United Way Sticker** from Any United Way Member or at these Locations: Volunteer Services, MVCC Information Station, Cafeteria, Front Welcome Desk, Cashier's Office, Merrill & Antigo Centers

*Sports Apparel must adhere to NCHC Dress Code Policy. No hoodies or sleeveless shirts please.

Thursday, May 9 Nachos Day at Wausau Campus Cafeteria
10:30 am to 1:30 pm • \$3 Gets You Some Nachos!

Friday, May 10..... Tailgate Lunch! Hot Dogs, Chips & Cookie at the Wausau Campus Cafeteria
10:30 am to 1:30 pm • \$4 to Get Your Game Day Lunch!

All Proceeds Benefit Our Local United Way

Brought to You by Your 2019 NCHC United Way Committee Members

Laurel Harder, Sheryl Hemp, Jen Gruna, Kendra Eisner, Mike Brundidge, Melissa LaPorte, Jessica Putrus, Natasha Kelly, Angela Parker-Jensen, Dana Best, Bo Johnson, Jessica Meadows, Kathy Buckli, Jill Mattek Nelson, Michelle Gleason, Jen Gorman, Michael Loy, Stephanie Jewell



WELCOME THESE NEW EMPLOYEES TO THE TEAM!



From left to right:

- Rachel Davis** – Recovery Technician – Lakeside Recovery
- Randi Wanless** – Crisis Professional – Crisis
- Julie Behnke** – Crisis Professional – Crisis
- Adam Jacobson** – Dietary Aide – Food Services
- Yessa Anderson** – Hospitality Assistant – Legacies By The Lake, Evergreen Place
- Vicki Sheehan** – Residential Care Assistant – Bissell Street Group Home
- Ashley Dornstreich** – CNA – Vent Services
- Lisa Henkelman** – Registered Nurse – Vent Services
- Heidi Uttecht** – Registered Nurse – Post-Acute Care, Southshore
- Jamie Cherek** – LPN – Post-Acute Care, Southshore

- Paula Thomsen** – Residential Care Assistant – Riverview
- Samantha Nicewander** – Residential Care Assistant - Jelinek Road Apt

- Tatiana Garduno** – Dietary Aide – Food Services



MONDAY SCRUB CLUB!

Just for Fun in BHS

Check out these ladies in BHS called the Monday Scrub Club in the Inpatient Hospital. Nice job team! Allison F, Brandi M and Sheri L.

Submitted by Trina Sorce

NCHC VOLUNTEERS WANTED FOR THE SMACK HUNGER EVENT ON MAY 15

Join the United Way Committee!
All Are Welcome



United Way Emerging Leaders is hosting the 5th annual Smack Hunger event on May 15. For the second year in a row, they will be preparing bags of trail mix to be distributed to local food pantries. The event will be held on Wednesday, May 15, from 5:00-8:00 p.m. in Multi-Purpose Building 2 at Marathon Park. If you would like to support the effort to provide a healthy snack to children and families in our community, please make a donation to help pay for supplies and materials. The top fundraising team will receive a trophy and recognition at the event! Contact Laural Harder at 715.848.4449 or lharder2@norcen.org to join the team. All are welcome.



Remember to Fill Out Your Professional Development Request Form for all education sessions you wish to attend. All registration for professional development and events are taken care of through Organizational Development! Talk with you manager for details!

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

www.ccfconference.org

The largest youth and adolescent mental health conference in Wisconsin.

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

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@wifamilies.org

Call for Presenters:

<https://goo.gl/forms/3Zs0xbXr7PLseK0D3>

Deadline May 17th

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



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 (Jean 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: luther.danielle@marshfieldclinic.org or 715-387-9180.

NCHC IS A PROUD SPONSOR OF

HIKE FOR HOPE

Hike to Fight Suicide

2019 Antigo Hike for Hope

SATURDAY, MAY 18 • LAKE PARK • ANTIGO

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



Questions? Please contact Nicole Thill at nthill@nchcwi.org or Gail Kell at gkell@nchcwi.org



UPCOMING COMMUNITY EVENTS OF INTEREST!



Helicopter, Military & Memorial Vehicle Expo

May 18, 2019



FREE ADMISSION!!

10am - 4pm

At The Highground!

To Exhibit Your Military or Memorial Vehicle
Call The Highground 715-743-4224
email events@thehighground.us

UH-1H VIETNAM-ERA HELICOPTER scheduled to land at The Highground, weather permitting, approx. 10AM!



All proceeds benefit Special Olympics Wisconsin

Saturday, May 11th

REBEL RIDE

Friday, May 10th 6:00-9:00 pm
Pre Registration @ Kurt-N-Jo's Eats-N-Treats, 668 Maratech Ave, Marathon

Saturday, May 11th 7:30-10:00 am
Registration @ Kurt-N-Jo's Rebel Ride

10:30 am— Ride Leaves Marathon City, route through Marathon and Portage Counties. \$25 minimum pledge for all participants

All Participants will receive an event t-shirt, lunch and supper

Incentive prizes for participants who raise over \$200/\$1000 for Special Olympics Wisconsin

Special prizes for event participants with MOST PLEDGES RAISED

Raffle and evening festivities @ Kurt N' Jo's

Entertainment provided by: Rick & Rick from 7:00-11:00pm

PUBLIC WELCOME!

5K RUN/WALK

7:30-8:15 am
Registration at Kurt-N-Jo's Eats-N-Treats, Marathon

8:30am - 5K Run/Walk Begins
\$25 minimum pledge for all participants
First 3 male and female participants in each age bracket will receive an award.

BE STRONG EVENT

Franck's Gym, Wausau
4309 Stewart Ave., Wausau

11:00 am-12:15 pm - Registration
12:30 pm - Competition Begins

ORDER OF EVENTS:
Truck-Pull Competition – Teams of (5) & (10)
Strongman, Strongwoman, Jr. Be Strong, Bench Press & Deadlift

More information/register at:
www.specialolympicswisconsin.org/events/be-strong2019
or call Miranda at Special Olympics - Region 2 715-848-0550, Colleen 715-302-3435, Chris 715-581-5356 or Bob 715-581-8353

More information/register at:
www.specialolympicswisconsin.org/events/be-strong2019
or call Special Olympics Office 715-848-0550, Colleen 715-302-3435, Chris 715-581-5356, Bob 715-581-8353 or Jim 715-573-1473



You are invited to the annual Highland Community Church **FREE SALE** A rummage sale where everything is FREE!

Clothing
Baby Items
Toys & Games
Kitchen Misc
Household Items
Sporting Goods
Books & Movies

And so much more!!

Friday, May 10th
8:00 a.m. to noon



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

GET SOCIAL!
#IamNCHC



Don't just sit there!

We know sitting too much is bad, and most of us intuitively feel a little guilty after a long TV binge. But what exactly goes wrong in our bodies when we park ourselves for nearly eight hours per day, the average for a U.S. adult? Many things, say four experts, who detailed a chain of problems from head to toe.

REPORTING BY BONNIE BERKOWITZ; GRAPHIC BY PATTERSON CLARK

ORGAN DAMAGE

Heart disease

Muscles burn less fat and blood flows more sluggishly during a long sit, allowing fatty acids to more easily clog the heart. Prolonged sitting has been linked to high blood pressure and elevated cholesterol, and people with the most sedentary time are more than twice as likely to have cardiovascular disease than those with the least.

Overproductive pancreas

The pancreas produces insulin, a hormone that carries glucose to cells for energy. But cells in idle muscles don't respond as readily to insulin, so the pancreas produces more and more, which can lead to diabetes and other diseases. A 2011 study found a decline in insulin response after just one day of prolonged sitting.

Colon cancer

Studies have linked sitting to a greater risk for colon, breast and endometrial cancers. The reason is unclear, but one theory is that excess insulin encourages cell growth. Another is that regular movement boosts natural antioxidants that kill cell-damaging — and potentially cancer-causing — free radicals.

MUSCLE DEGENERATION

Mushy abs

When you stand, move or even sit up straight, abdominal muscles keep you upright. But when you slump in a chair, they go unused. Tight back muscles and wimpy abs form a posture-wrecking alliance that can exaggerate the spine's natural arch, a condition called hyperlordosis, or swayback.

Tight hips

Flexible hips help keep you balanced, but chronic sitters so rarely extend the hip flexor muscles in front that they become short and tight, limiting range of motion and stride length. Studies have found that decreased hip mobility is a main reason elderly people tend to fall.

Limp glutes

Sitting requires your glutes to do absolutely nothing, and they get used to it. Soft glutes hurt your stability, your ability to push off and your ability to maintain a powerful stride.

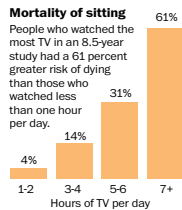
LEG DISORDERS

Poor circulation in legs

Sitting for long periods of time slows blood circulation, which causes fluid to pool in the legs. Problems range from swollen ankles and varicose veins to dangerous blood clots called deep vein thrombosis (DVT).

Soft bones

Weight-bearing activities such as walking and running stimulate hip and lower-body bones to grow thicker, denser and stronger. Scientists partially attribute the recent surge in cases of osteoporosis to lack of activity.



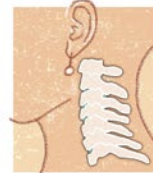
TROUBLE AT THE TOP

Foggy brain

Moving muscles pump fresh blood and oxygen through the brain and trigger the release of all sorts of brain- and mood-enhancing chemicals. When we are sedentary for a long time, everything slows, including brain function.

Strained neck

If most of your sitting occurs at a desk at work, craning your neck forward toward a keyboard or tilting your head to cradle a phone while typing can strain the cervical vertebrae and lead to permanent imbalances.



Proper alignment of cervical vertebrae

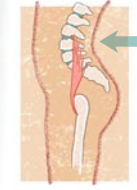
Sore shoulders and back

The neck doesn't slouch alone. Slumping forward overextends the shoulder and back muscles as well, particularly the trapezius, which connects the neck and shoulders.

BAD BACK

Inflexible spine

Spines that don't move become inflexible and susceptible to damage in mundane activities, such as when you reach for a coffee cup or bend to tie a shoe. When we move around, soft disks between vertebrae expand and contract like sponges, soaking up fresh blood and nutrients. When we sit for a long time, disks are squashed unevenly and lose sponginess. Collagen hardens around supporting tendons and ligaments.



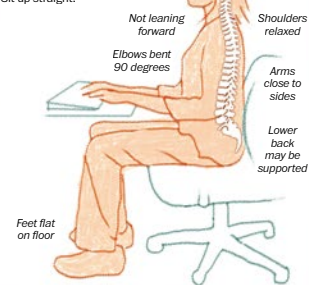
Lumbar region bowed by shortened psoas

Disk damage

People who sit more are at greater risk for herniated lumbar disks. A muscle called the psoas travels through the abdominal cavity and, when it tightens, pulls the upper lumbar spine forward. Upper-body weight rests entirely on the ischeal tuberosity (sitting bones) instead of being distributed along the arch of the spine.

THE RIGHT WAY TO SIT

If you have to sit often, try to do it correctly. As Mom always said, "Sit up straight."



So what can we do? The experts recommend . . .

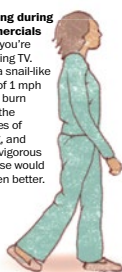
Sitting on something wobbly such as an exercise ball or even a backless stool to force your core muscles to work. Sit up straight and keep your feet flat on the floor in front of you so they support about a quarter of your weight.



Stretching the hip flexors for three minutes per side once a day, like this:



Walking during commercials when you're watching TV. Even a snail-like pace of 1 mph would burn twice the calories of sitting, and more vigorous exercise would be even better.



Alternating between sitting and standing at your work station. If you can't do that, stand up every half hour or so and walk.



Trying yoga poses — the cow pose and the cat — to improve extension and flexion in your back.



The experts

Scientists interviewed for this report:

James A. Levine, inventor of the treadmill desk and director of Obesity Solutions at Mayo Clinic and Arizona State University.

Charles E. Matthews, National Cancer Institute investigator and author of several studies on sedentary behavior.

Jay Dicharry, director of the REP Biomechanics Lab in Bend, Ore., and author of "Anatomy for Runners."

Tai Amasay, biomechanist at Barry University's Department of Sport and Exercise Sciences.

Additional sources: "Amount of time spent in sedentary behaviors and cause-specific mortality in U.S. adults," by Charles E. Matthews, et al, of the National Cancer Institute; "Sedentary behavior and cardiovascular disease: A review of prospective studies," by Earl S. Ford and Carl J. Caspersen of the Centers for Disease Control and Prevention; Mayo Clinic.



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 **Vvx16vuE** 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 pre-retirement group meetings near you!

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**.

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.

WDC Program Meeting Schedule

Date	Time	Topic	Location
Tuesday, April 30 th	12:00pm-1:00pm	Account Review Sessions	Antigo Office
	2:00pm-5:00pm		NCHC Campus-Granite Room
Tuesday, May 28 th	11:30am-12:30pm		Merrill Office

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

Securities offered or distributed through GWFS Equities, Inc., Member FINRA/SIPC and a subsidiary of Great-West Life & Annuity Insurance Company. GWFS Equities, Inc. registered representatives may also be investment adviser representatives of GWFS affiliate, Advised Assets Group, LLC. Representatives do not offer or provide investment, fiduciary, financial, legal or tax advice or act in a fiduciary capacity for any client unless explicitly described in writing. Retirement products and services provided by Great-West Life & Annuity Insurance Company, Corporate Headquarters: Greenwood Village, CO; Great-West Life & Annuity Insurance Company of New York, Home Office: New York, NY, and their subsidiaries and affiliates, including registered investment advisers Advised Assets Group, LLC and Great-West Capital Management, LLC. 98971-01-PDF-6003-1707 AM505068-0618



Position Posting

Title: Coding & Documentation Specialist

Status: Full Time

Location: Financial & Information

<http://bit.ly/2GI6Ci6>

The Health Information Coding and Documentation Specialist is responsible for utilizing their expertise to ensure accurate coding and optimal clinical documentation workflows are followed at NCHC. They are also responsible for working with the Director of Health Information to build a clinical documentation education program with validation and auditing of charts for effective revenue cycle integrity.

Education and Experience Requirement

- Must be RHIT, CCS, or CCA within 6 months of hire.
- Medical terminology course completion.
- Associates degree or higher completed.

KNOW YOUR WRS BENEFITS

Q&A

Q: I received my WRS Annual Statement of Benefits. What are the top things I should know?

A: Take a few minutes to review your statement, an important year-end summary of your pension account, including balances and interest earned. Sign up for one of our webinars in May to learn more about your statement and WRS benefits. http://etf.wi.gov/news/WRS_news_04292019/WRS_News_04292019.asp#art4



Find Webinars: <https://register.gotowebinar.com/rt/4120448810300254467>

Were you previously in the Variable Trust Fund? Be in the know about how previous participation has affected your WRS account. http://etf.wi.gov/news/WRS_news_04292019/WRS_News_04292019.asp#art20

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.



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



MAY 6 – 10, 2019

MON 5/6Calm Chowder
Grilled Ham & Swiss

Turkey Parmigiana
Diced Beets
Buttermilk Biscuits
Snicker Doodles

TUES 5/7.....Chicken Dumpling
Bratwurst on a Bun
Chicken Breast Strips
Rice Stuffing
Broccoli
Lemon Pie

WED 5/8Hearty Beef Soup
Homemade Pizzas
Beef & Rice Stuffed Pepper
Tomato Sauce
Corn
Peanut Butter Bar

THUR 5/9.....Tomato & Rice Soup
Turkey, Ham, Beef and Cheese Wraps



NACHOS DAY \$3

Country BBQ Rib
Creamy Hashbrowns
Wax Beans
Applesauce

FRI 5/10.....Turkey Rice Soup
Tuna Melt



TAILGATE LUNCH \$4

Beef Stroganoff
Egg Noodles
Carrots
Mint Frosted Brownie



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Employees Credit Union



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**MAY IS 2
MENTAL 0
HEALTH 1
MONTH 9**



Be sure to like and share posts all month long about important mental health topics!