



MAY 15 2019
MENTAL HEALTH MONTH



A Weekly Update
 For The Employees of
 North Central Health Care



"Aquatic Therapy Pool Plans - Come Check Them Out May 28!"

NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

Campus Renovations

This past week we past a milestone in receiving approval from the Wausau City Plan Commission for the general and precise implementation plan for our Wausau Campus Renovation Plans. On May 28, 2019, we will be going to the City Council for final approval we need to get Phase 1 of the project off and running. Pre-qualifications for the contractors will start next week and the bidding process for Phase 1 will be released in June.

Later this summer we will have a virtual video of the project that will help bring a virtual walk through experience to the design. That will be exciting. Next week we will be hosting the pool supporters to give them a preview of the new Aquatic Therapy Center. The new pool is the furthest along with final design. I will let the pictures speak for themselves. It is all starting to feel real.

Make it a great day,

More Photos
 on Page 2!



Aquatic Therapy Pool Exterior updated drawing.

Aquatic Therapy Pool Supporters!
 Come and See the Plans for the
NEW NCHC Aquatic Therapy Pool!

NCHC Theater
Tues, May 28
4-6 pm

Get an update
 on the new pool
 construction project!

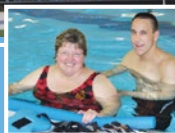


Additional view of Aquatic Therapy Pool Entrance with accessible parking to entrance for pool users



Entrance to Aquatic Therapy Pool

All are welcome including contributors and supporters of the new warm water therapy pool.



www.norcen.org/Renovations
 Renovations@norcen.org



- Employee of the Month ... 2**
Meet Sheila Pyan
- Meet Our New Employees 3**
- Wausau East Student Visit 4**
Thank You Staff!
- 2nd Quarter Employee Updates Schedule 5**
Updated Schedule
- Updates from HR..... 6-8**
New Position Postings & Short Term Disability Changes

Person-Centered
Shout

out



Tanya Zaloudek, Outpatient

Why: Tanya is an incredible co-worker. She is always willing to open and close the office in our absence and goes above and beyond in all she does for her clients and co-workers alike. Thanks Tanya!



Submitted By: Shandah Stewart

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.

Tuesday, May 28 – Sunday, June 2

Michael Loy



PHOTO OF THE WEEK



"Aquatic Therapy Pool Plans - Come Check Them Out May 28!"

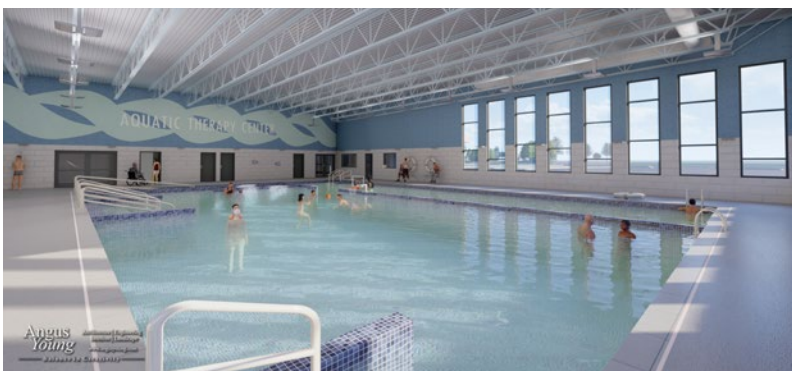


Submit A Great Photo From Your Week!

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.

Spring Is Finally Here!

Lots of photos of spring tulips and flowers were sent in this week. Keep them coming and sharing the beauty that surrounds us at NCHC! These beauties are growing all around the Wausau Campus and were originally donated several years ago by a local home improvement store as they were throwing them out!



North Central Health Care
Person centered. Outcome focused.

April 2019
Employee of the Month



SHEILA PYAN
Patient Accounts, MVCC



"She is so personable with our residents and families, using sincere empathy and lots of humor."

The NCHC Employee of the Month for May 2019 has been awarded to Sheila Pyan of Patient Accounts. Sheila provides excellent support for residents and families at Mount View Care Center while assisting them in understanding and applying for benefit services. She cares about those she works with and always makes time to help find solutions to obstacles or to just listen. Everyone can rely on Sheila for her compassionate care and great sense of humor. Thank you for all that you do!!

Congratulations Sheila!

The Employee of the Month Celebration for Sheila will be held on Wednesday, May 29 at 2:00 pm in 2nd Floor Dining Room at Mount View Care Center.



WELCOME THESE NEW EMPLOYEES TO THE TEAM!



From left to right:

Joshua Monyok – Dietary Aide - Food Services

Laurie Scheidegger – Respiratory Therapist - Northwinds Vent Community

Marissa Imig – CNA – Post-Acute Care, South Shore

Stacey Haring – Case Manager - Community Treatment Adult, Merrill

Lindsay Krueger – In-Training Therapist - Outpatient Services, Merrill

Skye Mucha – Case Manager - Community Treatment Adult

Erin Achatz – NA - Post-Acute Care, South Shore

Jenna Vachowiak – Dietary Aide - Food Services

Morgan Rhyner – Dietary Aide - Food Services



Amy Myska
Crisis Professional - Crisis



Dutton weave!



David Schroeder explains the steps to take if you are involved in an accident and common emergency situations you may experience as a driver. Great job David!

TRANSPORTATION ROADEO Competencies For Safe Driving

This last week, 55 NCHC employees completed the Transportation ROADeo on the Wausau Campus rear parking lot. Completing competencies like driving large vehicles and parking maneuvers were just part of the fun. Thank you to the awesome trainers who made the day fun and educational!

There will be a make-up 2 hour ROADeo on Saturday, June 15 from 8 until 10 in the back parking lot. There will be space for 25 participants. Please see the registration in Health Stream if you have not completed this course and drive any NCHC vehicle.



A visit with Alvin!



Welcome sign made by ADS clients to welcome the students!

WAUSAU EAST STUDENTS LEARN ABOUT NCHC A 2-Hour Tour!

Twenty-eight Wausau East High School sophomores, juniors and seniors learned about NCHC in an educational, hands-on tour of the Wausau Campus. In addition to dipping their hands to feel the warmth of the aquatic physical therapy pool, students experienced TeleHealth with a psychiatrist, visited clients in Adult Day Services, donned hairnets in the kitchen and also talked with residents and learned what it was like to be elderly with a exercise provided by Mount View Care Center. Thank you to all the staff who participated in the experience including Jessica Suchomski, Kelly Raymond, Nicole Knoblock, Bo Johnson, Brad Beranek, Jessica Meadows, Dr. Susan Tran, Cagney Martin, Kristy Lemmer, Jennifer Gorman and Alvin-NCHC Therapy Dog!



Visiting the Outpatient Nurses Station



Learning about TeleHealth Psychiatry with Dr. Tran.



Learning about Community Treatment Services

THANK YOU TO NCHC A Letter from an Intern in Dietary Services

"Now that we are on our last week of final assignments and finishing things up, I would just like to send one last Thank You for all that you did for me during the internship!"

Thanks,
Jenna Tienor
University of Green Bay Dietetic Intern



Top photo: Spring Research Review group picture

Bottom left: Lunch after spring research review

Bottom right: Channel 5 cooking segment

I wanted to show my appreciation for all the things you did for me while I was with you during my internship. I was able to learn and grow in my profession as well as an individual. I know it can be difficult to have a student, but without your commitment to teaching and educating me I wouldn't be able to pursue my future career as a Dietitian. I hope you enjoyed my presents and continue to participate as a preceptor for future interns as well!

Thank You



MARK YOUR CALENDARS!

EMPLOYEE UPDATES BEGIN JUNE 17

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

2019 – 2ND QUARTER EMPLOYEE UPDATES

MON, JUNE 17	WAUSAU CAMPUS 10:00 am MVCC 1st Flr. Dining Room 3:30 pm Theater
TUES, JUNE 18	WAUSAU CAMPUS 2:30 pm Theater
WED, JUNE 19	9:00 pm MVCC 1st Flr. Dining Room
TUES, JUNE 25	MERRILL CENTER 12:00 pm ANTIGO CENTER 3:30 pm
WED, JUNE 26	WAUSAU CAMPUS 6:15 am Theater 12:00 pm Noon Theater

Revised Date!

Please Register in HealthStream!



Marathon County Crime Stoppers Inc.

Click [here](#) for this week's Crime of the Week.

<http://marathoncounty.crimestopper-web.com/crimeoftheweek.aspx>

The NCHC United Way CHILDREN'S BOOK DRIVE!

Bring in new or gently-used toddler, children or teen books to fill Ready to Read bookshelves at local non-profits.

Together we can help improve literacy in Our Community!



Hurry, Book Collection Ends May 31 in Merrill/Antigo and June 5 in Wausau.

Questions? Email jmeadows@norcen.org or call 715.848.4309

Jeans/Sports Wear Day

Every 2nd Wednesday of the Month Until December

\$3 Donation to Wear Your Favorite Sports Team Apparel*

Pay & Pick Up A **Casual for United Way Sticker** from Any United Way Member (listed above) 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.*



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!

All Proceeds Benefit Our Local United Way



tidbits on benefits

WELLNESS CORNER

By Sherry Gatewood, PA

Effects of Commuting

Commuting affects your health- read to the end to find ways to combat those health effects. This is interesting information I wanted to share.

Do you spend over an hour or more commuting to work each day?

Your commute might not be quite this long, but we all know that too much sitting is bad for your body, in many ways. Add travel time to hours spent sitting at a desk, at a table for meals, and on the couch in the evening, and we spend a huge chunk of our days inactive.

Sitting is the new smoking.

According to the Mayo Clinic, people who sit for more than eight hours a day with no physical activity risk dying younger, to the same degree as people who smoke or suffer from obesity (1). Additionally, a study by the American Cancer Society found that people who spend prolonged periods of time sitting were 19% more likely to die sooner than those who sit less than three hours a day (2).

Weakening Muscles.

Sitting too much can weaken your muscle tone and your flexibility. Certain muscle groups are more severely affected by immobility and the poor posture that often accompanies prolonged sitting, including:

- The muscles that hold your spine in place, weakening causes back pain and damage to spinal structures.
- Leg muscles, including your quads and hamstrings, can weaken and shrink from prolonged sitting.
- Glutes, (buttocks) can flatten and atrophy which also contributes to lower back pain.
- All the abdominals can weaken and affect your posture, increase back pain.

Don't break your heart.

Sitting is linked to spikes in triglycerides (cholesterol), blood sugar, and blood pressure, which all contribute to weakening your heart and can cause heart disease (1).

For most of us, there's not much we can do about our commutes. We've got to get to work, and that's that. But there are a couple of things to consider that could help counteract all that sitting and improve your heart health.

Try alternative transportation.

It's better for the environment (less car pollution) and, generally, taking public transportation means you'll need to walk at least a little to the train or bus stop. In some places in the country, biking (or scootering) could actually get you to the office faster!



Sherry Gatewood

Exercise when you arrive.

Livestrong® (3) and Weight Watchers® (4) recommend several exercises you can actually do while sitting in your desk chair and even riding in the car.

1. Inner thighs: Hold a tennis ball between your knees, squeeze and hold for a few seconds, then slowly relax.
2. Abs and core: Sitting with good posture is the first step. Even if that's the only thing you do when sitting, it's definitely beneficial. Some other exercises you can try are tightening your core and holding for a count of five, then slowly relaxing; slowly drawing your stomach in toward your spine while keeping your chest and pelvis stationary; and a pelvic tilt, pressing your lower back into the seat.
3. Arms: Squeeze a tennis ball in your fist as hard as you can, then slowly relax. Alternate hands.
4. Glutes: Similar to one of the core exercises, simply squeezing your bottom muscles tightly, holding for a count of five, and slowly relaxing can help get you buns of steel, even while you're sitting on them.

While commuting is just a part of life for most of us, it doesn't have to be so hard on your body.

1. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005>
2. <https://www.cancer.org/latest-news/sitting-too-much-increases-cancer-risk-in-women.html>
3. <https://www.livestrong.com/search/?search=exercises%20while%20sitting&mode=standard>
4. <https://www.weightwatchers.com/us/article/lower-body-chair-workout>

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





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 **VxxI6vuE** 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
June Session			
Wednesday, June 12 th	11:00am-1:30pm	Account Review Sessions	NCHC Campus-Badger Room

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



NEW Position Posting

Title: Medication-Assisted Treatment Coordinator (MAT)

Status: Full Time

Location: BHS/Crisis, Wausau Campus

<http://bit.ly/MAT-NCHC>

The Medication-Assisted Treatment (MAT) Coordinator is a licensed substance abuse professional that works with internal NCHC staff, community, and county-partners to build a safe, effective, and high-quality MAT program. This position is grant funded by DHS.

Education and Experience Requirement: See Job posting

NEW Position Posting

Title: MMT Operations Manager

Status: Full Time

Location: Human Services Operations

<http://bit.ly/MMTManager>

The MMT Manager is responsible for the supervision of the patient experience, employee engagement financial concerns of the and daily operations of the medically monitored treatment (MMT) program, the supervision of the employees working within the MMT, and the coordination of the general operation of MMT to ensure that all health, safety, and sanitation standards are met. This position would work in collaboration with a clinical partner to ensure overall quality and excellence for this service.

Education and Experience Requirement: See Job posting

NEW Position Posting

Title: Youth Crisis Services Director

Status: Full Time

Location: BHS & Crisis

<http://bit.ly/YouthCrisisDir>

The Youth Crisis Services Director is responsible for daily operations; staff recruitment and supervision, fiscal management; marketing oversight; clinical programming; strategic planning; regulatory compliance and survey readiness; physician/community partner relations and patient/client satisfaction.

Education and Experience Requirement: See Job posting

ON THE MOVE!

Congrats Becky Lor!

Congratulations to Becky Lor for a recent transfer from Food Services Dietary Aide to CNA in Legacies by the Lake!



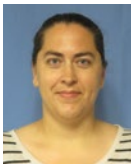
Congrats Casandra Lipke!

Congratulations to Casandra Lipke for a recent transfer from Behavioral Health Tech to Community Treatment Tech.



Congrats Holly Westberg!

Congratulations to Holly Westberg for her recent promotion from Community Treatment Service Facilitator to Community Treatment Team Lead!



NEW Position Posting

Title: Certified Medical Assistant

Status: Full Time

Location: Outpatient Services

<http://bit.ly/CMAOutpatient>

The CMA will perform general, clinical, and administrative skills as certified medical assistant in an outpatient setting. Two Full Time 1.0 FTE (80 hours per pay period) Monday-Friday 8:30am-4:30pm Monday-Friday

Education and Experience Requirement: See Job posting



IMPORTANT: NOTIFICATION OF VOLUNTARY BENEFITS CARRIER CHANGE

After a thorough review process of voluntary benefit providers, North Central Health Care has selected Standard Insurance Company (The Standard) as our new carrier for the Voluntary Short Term Disability (STD), Accident and Critical Illness Insurances. This change will take effect on July 1, 2019.

IMPORTANT: All benefit eligible employees will automatically be enrolled in the new short-term disability plan and premiums for this plan will be deducted from pay checks starting in July 2019.

If you wish not to be enrolled in the new plan you are required to log into The Standard Insurance enrollment portal during the open enrollment period listed above to waive the coverage.

There will be an open enrollment period for the voluntary benefits beginning June 3, 2019 continuing through June 14, 2019. Please plan on attending a meeting to learn about the new provider and the voluntary benefits being offered.

All benefit eligible employees will be receiving a mailing at their home address with additional information regarding the new voluntary short-term disability plan.

The link to The Standard's Ready Enroll enrollment portal can be accessed via the internet at <https://standard.benselect.com/NCHC> or at North Central Health Care's public website at www.norcen.org/careers/employee-benefits/ or via the NCHC intranet under the Employee Benefits link. <http://intranet/NCHC/Departments/HumanResources/BenefitInformation.aspx>. The enrollment portal will open on Monday, June 3rd.

Voluntary Benefits Open Enrollment Meetings

Below are the Voluntary Benefits Open Enrollment meeting times and locations:

Location	Date	Time
Merrill Office	Monday, June 3, 2019	9:00 - 10:00 am 10:00-11:00 am
Antigo Office.....	Monday, June 3, 2019	2:00-3:00 pm 3:00-4:00 pm
Wausau Campus Theater.....	Tuesday, June 4, 2019	9:00-10:00 am 12:00-1:00 pm 2:00-3:00 pm
	Wednesday, June 5, 2019	8:30-9:30 am 1:00-2:00 pm 3:00-4:00 pm
	Friday, June 7, 2019	12:30-1:30 pm
	Monday, June 10, 2019	12:00-1:00 pm 1:30-2:30 pm
	Tuesday, June 11, 2019	9:00-10:00 am 11:30-12:30 pm
MVCC 1st Floor Dining Rm...	Friday, June 7	2:00-3:00 pm

WebEx Presentations

There will also be two WebEx Presentations:
Thursday, June 6, 2019 8:30-9:30 am
Tuesday, June 11, 2019 6:00 pm- 7:00 pm

The web link and the phone number to join the WebEx is listed below:
Please click this URL to join: <https://zoom.us/j/799429910>
or join by phone:
Dial (for higher quality, dial a number based on your current location):
US: +1.669.900.6833 or + 1.929.205.6099 or 877.853.5247 (Toll Free)
or 888.788.0099 (Toll Free)
Webinar ID: 799 429 910

Computer Training Lab

Finally, Human Resources will be available during the following time in the NCHC Computer Training Lab to assist with the on-line enrollment through The Standard Ready Enroll portal.

Date	Time
Wednesday, June 5, 2019.....	1:00-4:00 pm
Friday, June 7, 2019	2:00-4:00 pm
Monday, June 10, 2019	8:00-10:00 am
Tuesday, June 11, 2019.....	12:00-4:00 pm

Please note: If you currently are not enrolled in any of NCHC's Voluntary Benefits, however you are benefit eligible (0.5 FTE or greater), the information on this page still applies to you. Please read this entire notice. A letter will be sent to your home as well outlining the steps you need to take.



Why You Need Disability Insurance

The Risk of Disability is Real

MORE THAN 25% of today's 20-year-olds will become disabled during their career.¹

Top 5 Causes of Long Term Disability Claims²

- Muscle/bone disorders: 28.6%
- Accidents: 10.3%
- Mental disorders: 8.3%
- Cancer: 15.1%
- Cardiovascular: 8.7%

Over half of Americans are Financially Unprepared for a Period of Disability

52% of adult Americans have no savings set aside for emergencies.³

Disability Insurance Helps You Pay for Things That Health Insurance Doesn't Cover

- Utilities
- Rent/mortgage
- College loans
- Child care

¹ U.S. Social Security Administration, Facts. <https://www.ssa.gov/disabilityfacts/facts.html>. Accessed June 2, 2017.
² Council for Disability Awareness, 2014 Long Term Disability Claims Review.
³ U.S. Federal Reserve Board, Report on the Economic Well-Being of U.S. Households in 2016, May 2017.

The Standard is a marketing name for StanCorp Financial Group, Inc. and subsidiaries. Insurance products are offered by Standard Insurance Company of Portland, Oregon, in all states except New York. Product features and availability vary by state and are solely the responsibility of Standard Insurance Company.



North Central Health Care
Person centered. Outcome focused.

MAY 15 2
MENTAL 0
HEALTH 1
MONTH 9

BROWN BAG LUNCH SERIES



Happiness: How Does Research Guide Us to It?

A Talk with Susan Tran, M.D.

Dr. Tran will survey the latest research on human happiness and will speak to her years of practice in helping people develop happier lives. Dr. Tran provides Telepsychiatry Services in Outpatient at NCHC. To introduce attendees to this technology, Dr. Tran will be using NCHC's TeleHealth Equipment and presenting remotely.



Wednesday, May 29, 2019
Wausau Campus Outpatient Services
DeSantis Room 12:00 – 1:00 pm

FREE
LEARNING
EVENT

All are welcome including employees and community partners.

Free Admission. Please email info@norcen.org to reserve your seat and for venue planning purposes. NCHC employees should sign up via HealthStream. This is a lunch and learn opportunity for NCHC Employees and community partners to connect and work together to share information to improve the lives of people in North Central Wisconsin...together.

NCHC WAUSAU CAMPUS NOTICE

Food Services "Spring Cleaning" Requests Return of Utensils and Dishes

Food Services on the Wausau Campus needs your help with some "Spring Cleaning"! Several commonly used utensils and dishes have not been returned to the Kitchen after use or are being borrowed in various program areas. As part of some "Spring Cleaning", please go through your areas and return items that would not belong to your program areas. Some common missing items include:

- Platters
- Utensils
- Bowls
- Spatulas
- Coffee Pots
- Other miscellaneous items used for catering

To ensure we are all practicing fiscal responsibility, simple "Spring Cleaning" and regular return of items to Food Services, prevents NCHC from making unnecessary purchases.

We appreciate all your help! If you have any questions, please contact Jennifer Gorman at 715-848-4511 or jgorman@norcen.org

THANK YOU TO NCHC

A Letter from an Intern in Dietary Services

"Graduation is only three days away! I've been blessed with the most amazing, talented, and giving preceptors, so I wanted to send out one more THANK YOU to you for offering me your time and effort - and making this year possible. I look forward to getting my credentials soon, and I'm so excited to be joining the field as a dietitian! I will definitely be in touch and make sure you know where I end up! And I hope you always feel free to keep in touch with me too."

Sincerely,
Tori Kusiak
University of Wisconsin-Green Bay Dietetic Intern





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 your manager for details!



Treating Smokers Who Are Unwilling to Quit: Innovative Approaches

Wednesday June 19, 2019 - Noon to 1 p.m.

Learn about the latest research on effective interventions for smokers unwilling to quit and how you can integrate these treatments into your health care setting.

Jessica W. Cook, PhD, Associate Professor

UW-Center for Tobacco Research and Intervention
University of Wisconsin School of Medicine and Public Health
William S. Middleton Memorial VA Hospital

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 Allison Gorilla (agorilla@ctri.wisc.edu)

Fruit Tree Establishment Project Coming to Wausau

Please Join Us!

When: June 1st, 2019

Where: North 3rd Street between Langsdorf St & Fulton St (current location of the Community Gardens)

Time: 9 a.m. to 1 p.m.

History:

The idea for this project was conceived by Chris Wilke, who is also one of the co-founders of Open Door. Mr. Wilke has become passionate about this project due to his own struggles with addiction. He thought of this project as a way to benefit community residents. Mr. Wilke is a professional landscaper and has accomplished similar community projects in the inner City of Chicago when he worked in a supervisory/landscape worker for large work contracts. His Gardens in the Chicago Inner City are reportedly still reaping benefits for the residents to this day.

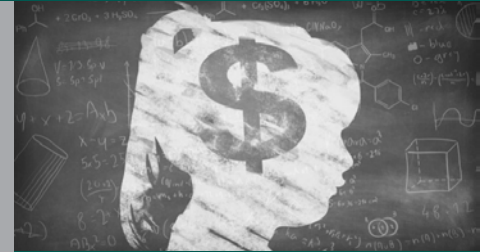
Mayor Mielke, upon his own initiative, organized a meeting with His City Staff members to meet with Mr. Wilke and Mr. Timken (another co-founder of Open Door) and encouraged Mr. Wilke and Mr. Timken to move forward with this event.

Startup funds for the orchard will be provided in part by a Thrivent Action Event Grant. Greater Wausau Christian Services is helping to facilitate the work and encouraging involvement with current inmates of the Marathon County Jail to be involved in the work of the project. This project will be a work of restorative justice and for the benefit of the general public.



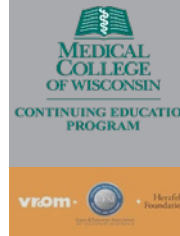
CENTER FOR BIOETHICS AND MEDICAL HUMANITIES
INSTITUTE OF HEALTH & EQUITY
MEDICAL COLLEGE OF WISCONSIN

This is Your Brain on Poverty: Neuroscience, Ethics and Early Childhood Deprivation



Thursday, June 13, 2019
8:00 am - 3:30 pm

Alumni Center
Medical College of Wisconsin
8701 Watertown Plank Road
Milwaukee, WI 53226



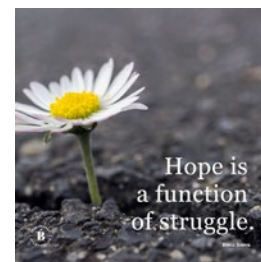
COME AS YOU ARE

WORLD EATING DISORDERS AWARENESS ACTION DAY JUNE 5, 2019

Location: Marathon County Public Library-Wausau
300 North First Street, Wausau, Wisconsin 54403-5405*

- Presentation and EDA Speaker Cathy V. at 5:30-6:45pm
- Eating Disorder Anonymous (EDA) Open meeting to follow at 7:00-8:00pm

Come hear the true story of one teacher's struggle with an eating disorder and how she is working to overcome this disease that affects at least 30 million people in the U.S.



(Not affiliated with Marathon County Public Libraries)



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 27 – 31, 2019

MON 5/27 Memorial Day - Cafeteria Closed

TUES 5/28..... Corn Chowder
Grilled Chicken Breast w/Balsamic Vinegar, Garlic and Fresh Mushrooms
Hot Ham
Yams
Green Bean Deluxe
Rhubarb Cake

WED 5/29 Chicken Noodle Soup
Chicken Bacon Ranch Wrap
Hand-Breaded Cod
Fried Potatoes
Creamy Cole Slaw
Luscious Lemon Bar

THUR 5/30 Baked Potato Soup
Nachos Supreme
Meatloaf
Mashed Potatoes
Peas
Strawberry Sauce

FRI 5/31 Vegetable Soup
Gyros
Sweet & Sour Glazed Chicken
Twice Baked Mashed Potatoes
Carrots
Chocolate Cake with Fudge Icing



Wishing You a Safe and Happy Memorial Day From The Staff at Marathon County Employees Credit Union



Proudly Serving NCHC Employees and Their Family Members Since 1965.

**Already a member: Thank you!
Not a member: Contact us today!**

www.mcecu.org • 715 261-7680
cuteller@co.marathon.wi.us
400 East Thomas Street Wausau, WI 54403



Location and Time(s) of Meals:
June 11th – July 18th
(No Meal Service July 4th)
Wausau West High School (Mon – Thur)
Breakfast 7:15 – 8:15 a.m. Lunch 11:00 – 11:30 a.m.

Contact:
Wausau School District
Nutrition Services
715-261-0806

More Info:
wisummerfood.org or call 211
Text: 'food' to 877-877 for meals near you.

This institution is an equal opportunity provider.

Summer Food Service Program
Wisconsin Department of Public Instruction