

A Weekly Update  
For The Employees of  
North Central Health Care




# NEWS YOU CAN USE



## WEEKLY CONNECTION WITH MICHAEL LOY

### Pine Crest Nursing Home

North Central Health Care is a multi-county organization representing Langlade, Lincoln and Marathon Counties. As part of the Joint County Agreement that creates our multi-county agency, each county can individually work with NCHC to have us manage other county operations that may or may not be delivered across all three counties. Over the years this has meant many different things such as managing Mount View Care Center (MVCC) and the Aquatic Therapy Pool on behalf Marathon County or starting a Sober Living program on behalf of Langlade County. We are always open to these opportunities if they fit within our mission and vision.

Recently, Lincoln County has asked NCHC to temporarily manage Pine Crest, their skilled nursing facility located in Merrill. Pine Crest is a 180 licensed bed skilled nursing facility that is very similar in structure and size to MVCC. Pine Crest has had a long-term Administrator who has done a number of great things for Lincoln County and has recently made the decision to retire at the end of May. We have agreed to manage Pine Crest in the interim until at least the end of August. In agreeing to do so we have agreed to a couple key things:

- 1) Kim Gochanour, our Nursing Home Operations Executive, will serve as Pine Crest's full-time Administrator and will spend the majority of her time in Lincoln County. She will be available to NCHC staff and will participate in a number of our activities over the summer but until further notice, Kristin Woller, our Assistant Administrator, will serve as MVCC's point of contact for day to day operations for MVCC. Kim and Kristin will continue to have an ongoing daily interaction and will coordinate activities over the summer. The plan is that Kristin is now leading the team at MVCC through the end of August.
- 2) We will be offering support, education and consultative services to Lincoln County representatives from a number of NCHC Management Team members but mostly the CFO, HR Director and Director of Nursing. We will not be sending any MVCC direct care staff to Lincoln County.
- 3) We will be providing Human Resources recruitment services to support the recruitment of hiring a full-time Nursing Home Administrator for Pine Crest by August 1, 2019.
- 4) We will be helping to update Pine Crest's budget format and financial reporting for 2019 as well as providing the Pine Crest Board of Trustees a proposed 2020 budget by early July.
- 5) I want to also be clear from the start, there will also be discussions throughout the summer on whether or not it makes sense for NCHC to enter into a long-term arrangement for ongoing management of Pine Crest past August of this year. I am not sure where that decision will land but it will be discussed actively. If working together long-term does not make sense for both entities then we will have proudly helped a partner county to get over a hurdle. If it does make sense, then there will be a lot of activity later this year to get into the details of making that change happen.

<b>Retirement News</b> .....	<b>2</b>
Congrats Kevin Long	
<b>Oh Baby!</b> .....	<b>3</b>
Birth Announcements at NCHC	
<b>Mental Health Month</b> .....	<b>4</b>
Fun with Chalk in Merrill	
<b>Community Outreach</b> .....	<b>5</b>
<b>June Anniversaries</b> .....	<b>8</b>
<b>Classic Car Show</b> .....	<b>10</b>
Call for Vehicles! June 4!	

## 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, June 3 –  
Sunday, June 16**

**Brenda  
Glodowski**



This opportunity is a great one for NCHC to be a regional skilled nursing provider and to work together across county lines to lead and advocate for the long-term viability of county nursing homes

– continued on page 2

## Person-Centered Shout out



### Morgan Bever, Food Services

**Why:** Morgan always does a good job!!

**Submitted By:**  
Trisha





in our region. Lincoln County is facing some tough choices going forward but they have a lot of good things going for them as well. Nursing homes all across the nation and Wisconsin are struggling with the same issues of staffing, regulations and reimbursements. Over the course of the summer we will be able to perform the analysis necessary to determine if we can successfully operate county nursing homes in a regional way. We have shown

the ability to successfully operate mental health, addictions and developmental disability services regionally for over 47 years.

When we take on a project like this it impacts normal day-to-day operations and we will need a number of people to contribute to successful ongoing operations. As always, but especially in the next few months, we will need to keep focused

on MVCC's and NCHC's success while a number of individuals are participating in this project. Thank you in advance for your assistance and support.

If you have any questions, please relay them through your Executive or by contacting Debbie Osowski.

Make it a great day,

*Michelle*



PHOTO OF THE WEEK



"Spring is officially here!" – Submitted by Ashley Downing



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 Officially Here!

This week Ashley Downing and her children came across a sure fire sign of Spring – Robin eggs! While the location is a secret, for the safety of these beauties, we can all take inspiration from this sign of spring that gives us all a fresh start. Hopefully we will see these little fellas jumping around the Campus soon!



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."

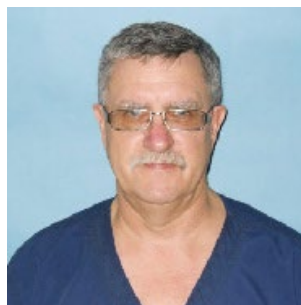
The NCHC Employee of the Month for May 2019 has been awarded to Sheila Pyan of Patient Accounts. Sheila provides excellent support for residents and families at Mount View Care Center while assisting them in understanding and applying for benefit services. She cares about those she works with and always 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!

NCHC RETIREMENT NEWS:

Congratulations to Kevin Long!

After 10 years of service, Kevin Long will be retiring from Mount View Care Center as a Certified Nursing Assistant. As we recognize and thank Kevin for his service, please join us for a retirement celebration in his honor, June 3 at 9:00 am in the Wausau Campus Cafeteria. Congrats, Kevin!





# Oh, BABY!



**Congratulations to Karissa Nelson and family as we welcome the birth of Kyzie Jo Nelson, 9lbs 11oz was born May 28. She is beautiful and healthy and the entire Nelson Family is doing wonderful. Karissa works in Community Treatment.**

Do you have a birth announcement you want to share with our NCHC Family? Send your announcement and picture (if desired) to your manager for sharing in the News You Can Use. Monthly, we will include all the newest members of our NCHC family. Be sure to include: Employee's Name, Department, any other family member names (spouse, partner, siblings) and the name and birth date of your little one. We love photos, too, but we respect your privacy, so share what you wish, if you wish!

## 2019 YWCA WOMEN OF VISION Congrats to Our Community Partners!

YWCA Wausau announced the 2019 Women of Vision: Eileen Eckardt, Connie Heidemann, and Christy Keele. Women of Vision is a longstanding YWCA tradition that celebrates women who help others and have a vision to make our community a better place.

Eckardt serves as the director of Family Health and Communicable Disease for the Marathon County Health Department. She has focused her life's work and volunteer time on supporting families and individuals with an emphasis toward reaching diverse and vulnerable populations.

Heidemann serves as executive director of the Marathon County Literacy Council, or McLit. Through her commitment and dedication toward literacy programming, she has changed the lives of many.

Keele works as a guardian ad litem, litigating civic and protection matters. She has a passion for helping others overcome trauma, mental health and substance abuse as evidenced by creating the organization RISE UP. Keele has worked closely with our Lakeside Recovery Team on several RISE UP projects.

Congratulations to all three recipients! We are so proud of your accomplishments and your vision to make our community a better place. Sheryl Hemp of NCHC Outpatient Services was a recipient of the Women of Vision Award. We are so proud to have these women as partners in our community!



## CHANGES TO CRISIS CENTER ENTRANCE AT THE WHITE FLAG MVCC Visitors Will No Longer Be Allowed Entry Through Crisis Center Doors

As you know, the North Central Health Care Wausau Campus shares space with a variety of health care programs in addition to Mount View Care Center skilled nursing. As we seek to continually improve our safety and security on the Wausau Campus, a letter is being sent to inform all Legacies by the Lake residents and families of some changes that have taken affect regarding visitor entrances on the Wausau Campus for Legacies by the Lake programs.

Our Crisis Center and Emergency entrance and parking areas can become quite busy at times, and to ensure that our emergency services are operating at optimum levels, non-emergency parking and visitors through the Crisis Center, all non-emergency visitors will need to use a different entrance.

**All visitors to Legacies by the Lake Dementia Care programs (Gardenside Crossing, Lakeview Heights and Evergreen Place) will no longer be able to access the neighborhoods using the Crisis Center parking area (white flag, door #55).**

To visit these neighborhoods, visitors may park in the main MVCC parking lot (purple flag) and use the main entrance doors or you may park in the large rear parking lot area near Gardenside and enter in a side door near the Cafeteria (doors marked #47 or #48).

Signs are being installed to assist with these changes at the parking lot areas in the rear of the building.

We need the help of all NCHC employees to assist visitors with this change. If you have questions, please feel free to call or email Kim Gochanour. Thank you for your help!



# MAY IS 2019 MENTAL HEALTH MONTH

## NCHC LINCOLN COUNTY TEAM AND HEALTHY MINDS COALITION PROMOTE MENTAL HEALTH AWARENESS

### Fun with Chalk!

The team in Lincoln County teamed up with the Healthy Minds Coalition to create chalk art messages promoting Mental Health Awareness along the River Bend Trail. They met on Wednesday, May 29 at the River Bend pavilion and spread out along the River Bend Trail.

**"We had so much fun!"** - Haley Ellenbecker

Shown in photos: Tristan Swiechowski, Jordan Hella, Jenn Staeven, Krista Vendetti, and Haley Ellenbecker





# MAY IS 2019 MENTAL HEALTH MONTH



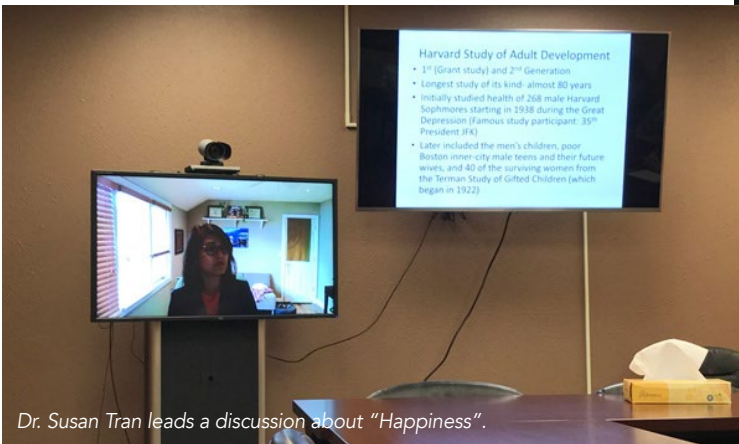
## NCHC PSYCHIATRY TEAM OUTREACH FOR MENTAL HEALTH MONTH

### Thanks Dr. Borra and Dr. Tran

Recently both Dr. Dileep Borra and Dr. Susan Tran participated in outreach to connect people with mental health awareness themes for Mental Health Month. Dr. Borra appeared on *The Doctor Is In* on WSAW for a segment on the "Connections Between Mental and Physical Health". Catch the full interview online at:

<http://bit.ly/2HPvExy> This topic is a big part of the "May is Mental Health Month" at a national level. Great job Dr. Borra! Thank you for your time and sharing your expertise with our community!

Dr. Susan Tran lead a discussion about "Happiness" in a Brown Bag Series lunch event on the Wausau Campus. Dr. Tran, who provide TeleHealth Psychiatry for NCHC, conducted her informative session on happiness via the TeleHealth Equipment. Attendees got to experience two-way dialogue with Dr. Tran, similar to how she conducts her TeleHealth Appointments. Thank you Dr. Tran for sharing your expertise and current research about happiness!



Dr. Susan Tran leads a discussion about "Happiness".



## AQUATIC THERAPY POOL INFORMATION SESSION

### Attendees got the first looks at the Aquatic Therapy Pool Drawings and Plans

On May 28, Aquatic Therapy Pool supporters and donors got their first look at the artistic renderings and plans for the new Aquatic Therapy Pool. About 65 attendees were able to see the new plans, ask questions and connect in a public meeting held in the Wausau Campus Theater. Later that evening, Wausau City Council approved the plans to move forward with the project. The bidding process will begin in June with construction of the new pool to begin later this year. Stay tuned for more news.

You can check out all the media coverage online at the NCHC Renovations Page! [www.norcen.org/Renovations](http://www.norcen.org/Renovations) Click on Media!



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

<b>MON, JUNE 17</b>	<b>WAUSAU CAMPUS</b> 10:00 am MVCC 1st Flr. Dining Room 3:30 pm Theater
<b>TUES, JUNE 18</b>	<b>WAUSAU CAMPUS</b> 2:30 pm Theater
<b>WED, JUNE 19</b>	9:00 pm MVCC 1st Flr. Dining Room
<b>TUES, JUNE 25</b>	<b>MERRILL CENTER</b> 12:00 pm <b>ANTIGO CENTER</b> 3:30 pm
<b>WED, JUNE 26</b>	<b>WAUSAU CAMPUS</b> 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](mailto: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

### Muscle Sprain Treatment and Prevention

Gardening can be mentally refreshing; however, it can also wreak havoc on the muscles of the neck, arms, back and legs. Having properly working equipment and stools to sit on can lessen the strains on your muscles and back. Proper lifting, frequently changing positions and stretching can help to ward off some injuries as well. Symptoms of a muscle strain include pain and or tightness in a muscle group that has been overworked. There could also be swelling and bruising. Most muscle strains heal on their own, but it may take a few days to a couple weeks.



Sherry Gatewood

If you do get a muscle strain, remember R-I-C-E: Rest- Ice-Compression -Elevation. Rest the affect part. Apply ice packs to the area over clothing or a towel for 15 minutes every 1-2 hours. Elevate the affected part. If needed, apply an elastic bandage to help relieve pain and swelling”.

Over the counter analgesics such as ibuprofen (Aleve) and Acetaminophen (Tylenol) may also help. Avoid strenuous activity that may reinjure. Please call the Employee Health and Wellness Center and make an appointment if your symptoms are not improving as expected.

### June 3-7 • Employee Health & Wellness Center Clinic

Sherry Gatewood PA-C will be out of the office for the week of June 3. Sherry will be back in the Employee Health and Wellness Center on Monday, June 10.

During that time our clinic will be staffed with our medical assistant and administrative specialist. We will be able to perform nurse type visits including blood pressure checks, lab draws, weight checks, immunizations, and drug screens. Also, we will be able to schedule appointments for Sherry when she returns from vacation.

We are taking appointments for Sports/Camp Physicals. Please call the Employee Health and Wellness Center for an appointment at 715-843-1256.

## 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](http://www.wdc457.org) and click REGISTER or enroll now [here](#). Use the Plan Number **98971-01** and the Plan Enrollment Code **VvxJ6vuE** 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](http://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](http://www.wdc457.org) and click on the *Schedule a Meeting* tile.

## WDC Program Meeting Schedule

Wednesday, June 12 <sup>th</sup>	11:00am-1:30pm	Account Review Sessions	NCHC Campus-Badger Room
Go to <a href="http://www.wdc457.org">www.wdc457.org</a> to schedule your appointment.			

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# HAPPY ANNIVERSARY

## JUNE EMPLOYEE ANNIVERSARIES

Thank you for your service!

RACHEL HOCKIN ..... 6/17/13  
 JODI BORUCH..... 6/19/00  
 KRISTA JANZ..... 6/17/02  
 GINA WOODWARD..... 6/25/01  
 APRIL STARR ..... 6/27/16  
 KATHERINE NIGH..... 6/12/17  
 MITCHAEAL BORNEMAN ..... 6/4/18  
 LYNN KELLY ..... 6/4/18  
 ERIN VERLEY..... 6/4/18  
 MARIANNE WUNSCH..... 6/1/98  
 KAITLIN HAASE ..... 6/27/16  
 CINDY RIEDEL ..... 6/4/18  
 JENNIFER THOMPSON ..... 6/22/92  
 SUE SATTLER ..... 6/22/98  
 WENDEE COX..... 6/27/16  
 JORDAN HELLA ..... 6/4/18  
 SARAH VEN ROOY ..... 6/12/17  
 CONSTANCE GLINIECKI ..... 6/12/17  
 LAURAL HARDER..... 6/29/15  
 MICHAEL FRANKEL..... 6/6/88  
 PAIA YANG..... 6/12/17  
 HAYDEN CLARK ..... 6/27/16  
 MIKAYLA FECK ..... 6/12/17  
 KRISTINE GAGE..... 6/13/11  
 ELIJAH KULPINSKI..... 6/13/17  
 PANG LOR ..... 6/5/18  
 CAROLYN MCDONNELL..... 6/5/18  
 CHLOE NYLUND ..... 6/29/16  
 NICOLE WOITULA..... 6/12/17  
 TRINA SORCE..... 6/12/17  
 KRISTOFFER LAFFIN ..... 6/2/14  
 MIKE BRUNDIDGE..... 6/4/18

MARY JO MONDAY ..... 6/27/16  
 JAMIE SPARLING..... 6/12/17  
 LOTTI DRAKE..... 6/16/03  
 TRACY MCDONNELL..... 6/27/16  
 GLENDA PETERSON ..... 6/19/95  
 GINA REED ..... 6/2/14  
 ALAN WILTZIUS ..... 6/17/13  
 SARAH BURNS..... 6/13/11  
 JENNIFER FLATH..... 6/10/96  
 LINDSEY NAPIERALA ..... 6/29/09  
 DUKE PENDELTON ..... 6/17/13  
 SHANA WIESMAN..... 6/23/14  
 SHYLAH WRIGLEY ..... 6/29/16  
 KEELY ZYNDA..... 6/12/17  
 JOSEPH PETERSON ..... 6/4/18  
 SHEILA JOHNSON ..... 6/4/18  
 BRANDI MCDONOUGH ..... 6/6/16  
 RACHEL RIEHLE..... 6/25/12  
 BRITTANY BLUNT ..... 6/11/18  
 ROXANNE JAGER ..... 6/12/17  
 KATHRYN MORRISON ..... 6/8/15  
 SHEILA PYAN ..... 6/3/02  
 SHANDAH STEWART ..... 6/4/18  
 KELLY HENKE-KAISER ..... 6/20/05  
 MELISSA LAPORTE..... 6/8/15  
 CAGNEY MARTIN..... 6/3/02  
 TINA CARLSON..... 6/5/95  
 ANDREW DALLMAN ..... 6/16/03  
 CHRISTINA HARRIS ..... 6/23/97  
 GIANNETTA PEDERSEN ..... 6/4/18  
 DAVID PETERSON ..... 6/16/08



### NEW Position Posting

**Title:** Compliance Auditor

**Status:** Full Time

**Location:** Administration,  
Wausau Campus

<http://bit.ly/CompAuditor>

The Compliance Auditor supports the Quality and Clinical Transformation Director with the facilitation and administration of compliance and auditing activities related to the operation of the compliance program. Performs audits, reviews, research, tracks and analyzes compliance activities.

**Education and Experience**

**Requirement:** Associate degree in healthcare administration, health information management, or related field.

### NEW Position Posting

**Title:** Youth Crisis Services Director

**Status:** Full Time

**Location:** BHS & Crisis, Wausau Campus

<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:** Master's degree in Healthcare Administration or related specialty of Healthcare with a minimum of 5 years of healthcare or social services management experience.



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

GET SOCIAL!  
#IamNCHC



Refer and earn a \$500  
Referral BONUS!!





### 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/](http://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.<sup>1</sup>

**Top 5 Causes of Long Term Disability Claims<sup>2</sup>**

- 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.<sup>3</sup>

**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.



**Classic  
CAR SHOW**

**MOUNT VIEW CARE CENTER FRONT ENTRANCE  
TUESDAY, JUNE 4TH FROM 2:30-4 PM  
BUILD YOUR OWN SUNDAE SALE- \$3**

**IT'S TIME FOR OUR CLASSIC CAR SHOW AND ICE CREAM SUNDAE SALE AT MVCC**

**These Events Will Happen Simultaneously on Tuesday, June 4th!**

Yummy, ice-cream sundaes will be sold by the Mount View Information Station from 2:30-4:00 pm. Residents, staff, and family members can build their own sundae for a \$3 donation to the Walk to End Alzheimer's!

The Classic Car Show will begin at 2:30 pm! All employees, families, friends and public are welcome to show their classic cars, tractors, or motorcycles. Anyone wanting to show their automotive should come for parking between 2 and 2:30 pm.

Please, enter via the Marshall Street entrance, go toward the front entrance, and staff will guide you with parking.

The show is open to all residents, staff, family members, and friends between 2:30 and 4 pm. If you are showing your vehicle and need to leave early, that is ok. We will guide you out safely. Feel free to display a large print write up about your auto (make, model, year, and if won any trophies), because the residents really enjoy reading them.

A prize drawing, cookies, and fruit punch will be available for all of the Classic Car Show participants. Thank you!

We look forward to sharing this fun event with all of you!

If you have questions, please call Rachel Riehle, Life Enrichment Coordinator at 715.848.4354

*The Car Show will be canceled in the event of rain. The Ice Cream Sundae Sale will take place, rain or shine!*



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

**GET SOCIAL!  
#IamNCHC**



## Veterans Art & Business Expo & Exhibit



Sponsored by

### The Highground Veterans Memorial Park

W7031 Ridge Rd. Neillsville, WI

Saturday, June 15, 2019

10 AM - 4 PM

**Veteran Artists and Crafters will display and sell a variety of products including: Book signings, Wood crafts, Glass art, wooden flags, metal art, Center, Small Business Admin., CC Young Professionals, Veterans Business Admin.**

**We are still looking for more Veterans to join us.**

**What will you bring?**



Other Events That Day include  
Flag Day & MWD Stone Ceremony @ 10AM  
Legacy Stone Ceremony @ 1PM,

**for more info or to register  
Call 715-743-4224 or**

**[learningcenter@thehighground.us](mailto:learningcenter@thehighground.us)**



<http://www.thehighground.us>



Anti-Human Trafficking Awareness Program  
& Hotel/Motel/Gas Station Outreach

Saturday, June 15, 2019  
Awareness program and Volunteer Outreach

Location: Covenant Community Presbyterian Church (CCPC)  
1806 Weston Ave., Schofield WI 54476

**Program and Schedule:**

8:30, Registration and coffee  
9:00-11:15, Awareness, prevention, and training program about Human Trafficking  
Lunch: at CCPC  
12:00-2:00, Distribution of Anti-Human Trafficking materials and a missing children's poster to local businesses

**Attend the Morning Program:** Human Trafficking happens in WI, Marathon County, and in our community. What should you know to help keep you, your family, and community safe? How are our children at risk because of social media? How are victims recruited and groomed? What can you do to help combat this crime? What are the Red Flags that you should recognize and how should you report a suspected incident?  
**Presenters:** Lisa Sennholz and Terra Koslowski from Damascus Road, an anti-trafficking organization that raises awareness and helps trafficked victims. Brenda Bayer, presenter and advocate for trafficked victims, from The Women's Community. Sarah D'Acquisto from the Wausau Police Dept., Tracy Fremming RN, and other professionals from the community that work with trafficked victims.

**Volunteer to distribute materials for the Afternoon outreach:** Volunteers, in groups, distribute Anti-Human Trafficking awareness materials and a missing children's poster to local businesses. The businesses will have been contacted and are expecting these materials. The businesses include: hotels, motels, and gas stations in the area. The morning programming will prepare you to make this short stop.

**Please register. Volunteers needed. Ask what you can do to help.**  
Covenant Community Presbyterian at 715-359-6467  
Questions and register, Ruth Wrynski at 715-842-8410

**Intended Audience:** This outreach program is intended for all adults from the community; individuals, parents, church members and leaders, business leaders, teachers, and counselors who want to help make our community a safer place. We are the eyes and ears and heart of our community and our awareness of the terrible crime of Human Trafficking can make a difference in someone's life.



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 Goesser)
- 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](mailto:luther.danielle@marshfieldclinic.org) or 715-387-9180.

## COME AS YOU ARE

## WORLD EATING DISORDERS AWARENESS ACTION DAY

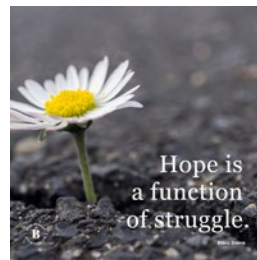
JUNE 5, 2019

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



### JUNE 3 – 7, 2019

**MON 6/3 ..... Clam Chowder**  
Grilled Ham & Swiss

**Turkey Parmigiana**  
Diced Beets  
Buttermilk Biscuits  
Snicker Doodles

**TUES 6/4..... Chicken Dumpling Soup**  
Bratwurst on a Bun

**Chicken Breast Strips**  
Rice Stuffing  
Broccoli  
Lemon Pie



2:30-4pm  
Build Your Own  
Ice Cream Sundaes

**WED 6/5 ..... Hearty Beef Soup**  
Homemade Pizza

**Beef & Rice Stuffed Pepper**  
Tomato Sauce  
Corn  
Peanut Butter Bar

**THUR 6/6 ..... Tomato & Rice Soup**  
Turkey, Ham, Beef, and Cheese Wraps

**Country BBQ Rib**  
Creamy Hashbrowns  
Wax Beans  
Applesauce

**FRI 6/7 ..... Turkey Rice Soup**  
Tuna Melt

**Beef Stroganoff**  
Egg Noodles  
Carrots  
Mint Frosted Brownie



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cuteller@co.marathon.wi.us  
400 East Thomas Street Wausau, WI 54403



Healthy meals for kids and teens. **FREE!**

No need to sign up or apply—just show up and enjoy!

#### Location and Time(s) of Meals:

June 11<sup>th</sup> – July 18<sup>th</sup>  
(No Meal Service July 4<sup>th</sup>)  
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:

wsummerfood.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