



A Weekly Update
For The Employees of
North Central Health Care



"Welcome to NCHC" – Submitted by Communications & Marketing



WEEKLY CONNECTION WITH MICHAEL LOY

Attorney General Kaul Visits NCHC

This past week, we hosted Wisconsin Attorney General Josh Kaul here at North Central Health Care. Following a quick tour, we were joined by a number of our community partners for a roundtable discussion. The Attorney General was interested in visiting NCHC to learn what we are doing here and out in the community. It was a very positive visit. Two of our Board Members, Theresa Wetzsteon and Ben Bliven participated in the discussion along with

representation from the Wisconsin Hospital Association, Brad Karger - Marathon County Administrator, Matt Barnes - Wausau Police Department and Chad Billeb - Marathon County Sheriff's Office.



What an honor it is to be recognized as an example to learn from because of the approach we are taking here at North Central Health Care. This would not be possible without the members of our NCHC team and the incredible work you do day-in and day-out. This is a great moment in time to take pride in NCHC as we continue to see our Vision come to life here in our communities and in working toward being a beacon for others to follow. AG Kaul asked great questions and was impressed with the success NCHC has achieved in recent history. He let us know that we will be used as a resource and example as he travels to other areas of the state that are also working on finding solutions to similar problems in their communities. His goal is to implement policies that support and expand access to treatment as well as encouraging community partners to connect with one another to improve each community's mental health system. The visit ended with local news and radio interviews about the topics at hand and reasons for the trip to North Central Health Care. Below are links to the media coverage.

- Welcoming Psychiatry Residents to NCHC! 3
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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, July 1 – Sunday, July 7

Michael Loy



Monday, July 8 – Sunday, July 14

Kim Gochanour



AG Kaul visits NCHC, talks lame duck lawsuits
<https://wsau.com/news/articles/2019/jun/25/ag-kaul-visits-nchc-talks-lame-duck-lawsuits/>

AG Josh Kaul stops in Wausau to discuss combating opioid epidemic
<https://www.wsaw.com/video/?vid=511805262>

Attorney General Josh Kaul discusses ways to help fight the drug epidemic
<https://waow.com/news/2019/06/25/attorney-general-josh-kaul-discusses-ways-to-help-fight-the-drug-epidemic/>

AG: Addiction Treatment, Trafficker Arrests Key To Fighting Wisconsin's Growing Meth Epidemic
<https://www.wpr.org/ag-addiction-treatment-trafficker-arrests-key-fighting-wisconsins-growing-meth-epidemic>

@WisDOJ
<https://twitter.com/WisDOJ/status/1143629845768921088>

– continued on page 2

Shout out

Person-Centered

Ashley Downing, Health Information

Why: For your spreading a positive outlook and your dedication to our Core Values!



AG Kaul hopes money from pharmaceutical lawsuit can generate funding for opioid addiction treatment, prevention
<https://www.wjfw.com/stories.html?sku=20190625185519>

keep the discussion at the forefront as we look to tackle this important challenge and enrich and fulfill lives in Central Wisconsin.

Educating our community, state and local officials about the issues we all share and experience on a daily basis, helps us approach solutions from different angles. No one single entity will solve these issues on their own, but all of us working together will make a difference. We were happy to host the event and

Make it a great day,

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

OVERCOMING ADDICTION *Together*

WORKSHOP 2

Building Resilient Families and Communities: Moving Beyond Trauma/ACEs and Addiction
July 18 | Wausau (NTC) or July 19 | Rhinelander (Nicolet College)
8:30 am Registration | 9:00 am - 1:00 pm

Keynote Speaker: The Honorable Rev. Everett Mitchell "Adverse Childhood Experiences (ACEs): From Trauma and Addiction to Hope and Resilience"
Judge Mitchell will share his own experience as a Dane County Circuit Court Judge and how overcoming childhood trauma helped shape his innovative trauma informed courtroom practices.

Scott Webb, "Building Resilient Communities"
Speaking on the significance of ACEs, prevention strategies, and tools for building resiliency.

WORKSHOP 3

Taking Care of Ourselves as We Care for Others
August 15 | Wausau or August 16 | Rhinelander

Keynote Speaker: Jeff VanVonderen from the TV series "Intervention" "Holding Onto Hope in the Addiction Epidemic"
Bonus Conversational Session with Jeff from 1:15-2:30 *Wausau event only

Self-Care Sessions Including: aromatherapy, yoga, meditation, stress reduction workshops, and more!

4 CEU'S PER SESSION

\$20/session (lunch included)
To learn more and register online:
<http://bit.ly/OvercomingAddictionTogether>
FREE for Students, Recovery Coaches, and Peer Specialists

Presented by:

Questions contact Nicole at nthill@nahec-wi.org or Gail at gkell@wnhahec.org



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
Coming July 10 AND Every 2nd Wednesday of the Month Until Dec.



\$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.*

All Proceeds Benefit Our Local United Way

Please submit completed NCHC Professional Development Request Form to Organizational Development. See www.norcen.org/ProfessionalDev for more opportunities!



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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.



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

GET SOCIAL! #IamNCHC

WELCOME OUR PROGRAM YEAR 3 PSYCHIATRY RESIDENTS Event Held This Week to Present White Coats

As tradition follows here at NCHC, this past week the third wave of psychiatry residents were donned their white coats in a ceremony and dinner at Peking Restaurant in Wausau. The residents were joined by community partners, faculty and NCHC staff to welcome them to Central Wisconsin and celebrate their arrival. Brittney Harding, MD, Luba Kats, DO and Kirubel Woldemichael, MD were welcomed with a warm reception lead by Medical College of Wisconsin's Dr. Edward Krall.



Dr. Steber, Dr. Butterworth and Dr. Zimany presented an award to Dr. Sweet for Teacher of the Year for exemplary contribution to both the professional and personal development of the Medical College of Wisconsin Psychiatry Residents. Dr. Sweet was unable to attend, but the team wanted to share a photo (above) sharing their appreciation.

We welcome our residents with open arms and hope they enjoy living, working and carrying out our Mission and Vision at NCHC.

Meet Our Psychiatry Residents!

Brittney Harding, MD

Undergraduate: Oakland University, Rochester Minnesota
Medical School: Central Michigan University College of Medicine
Currently lives in Saginaw, MI.
Brittney has a demonstrated commitment to community service and serving the unserved having worked in hospice and Habitat for Humanity and in Honduras and rural Africa. She has completed a sub-internship in child psychiatry and been a project manager in industry. She enjoys music and plays the sax and is a huge Styx fan. She is a self-described huge Pirates of the Caribbean enthusiast and owns every type of memorabilia, ranging from a life-size cutout of Jack Sparrow to a Deadman's Chest boom box. She enjoys bicycling, swimming, and baking various delicacies, including her favorite, chocolate cheesecake. Brittney will be starting at NCHC on November 1, 2019.



Luba Kats, DO

Undergraduate: University of Wisconsin Madison
Graduate Degree: Case Western in Medical Physiology
Medical School: West Virginia School of Osteopathic Medicine
Currently lives in Madison, WI.
Luba is driven to serve. She has been an autism therapist, done research with NAMI and is an advocate for women's health, serving as secretary for the Medical Students for Choice group. She is a second degree black belt in Taekwondo. She enjoys rally race car driving and has participated in official Sports Car Club of America Stateline Rally Cross Events. She enjoys the outdoors by hiking and camping getting to her destination via motorcycle. Luba will be starting at NCHC on July 1, 2019



Kirubel Woldemichael, MD

Undergraduate: Virginia Commonwealth University, Richmond, VA
Medical School: Medical College of Wisconsin
He currently lives in Milwaukee, WI.
Kirubel brings a wealth of experience to our program. He is acutely aware of the plight of immigrants having been an immigrant from Ethiopia himself. He has worked to give back with his involvement with the Saturday Free Clinic and the Warrior Project in Milwaukee, Catholic Refugee Resettlement, and with the Ethiopian Union. He also has been a scribe and worked in the Sebastian Family Clinic in Milwaukee. He enjoys cooking, running, volunteering watching history documentaries, as well as reading history. Kirubel will be starting at NCHC on September 3, 2019.





FUN IN FOOD SERVICES Realistic Job Preview Video Wrap Up

This past week, U.S. Workstories wrapped up a video shoot with Communications & Marketing that highlights the work and everyday life of a dietary aide. The crew followed Steffenie Quantance through her day, from punching in to work with residents to having some fun with her team. The videos are in the editing stage. If you made it to employee updates, you had the opportunity to see the first Realistic Job Preview of a Residential Assistant. Thank you to Steffanie and all the team in Food Services and Lake View Heights! The next video shoot will be in Crisis Services in July!



Make a "Basket" for United Way

Drop off baskets by **Monday, July 15** in HR or Communications & Marketing




Get your team together to donate a raffle basket.

NCHC United Way Summer Basket Raffle!

Please provide a list of contents along with the basket's value. Leave items containing alcohol out of sealed baskets to be stored separately.




All Proceeds Benefit Our Local United Way
Tickets will be on sale July 22 - 26th. More details coming soon!
Questions? Contact Jessica Meadows at jmeadows@nrcen.org or 715.848.4309

Refer and earn a **\$500 Referral BONUS!!**

VOLUNTEER UPDATES



North Central Health Care
Person centered. Outcome focused.

The residents of Mount View Care Center are heading to the Wisconsin Valley Fair and we need your help! We are looking for 15 volunteers on each of the following dates, no need to commit to both days.

- **Wednesday, July 31st ~ 11:00am – 3:00pm**
- **Friday, August 2nd ~ 10:00am – 2:30pm**

You will be assisting residents on their excursion to the fair. Volunteers must be able to push a wheelchair. Volunteers will be given a \$5.00 meal stipend (think cheese curds... mmm). If you are interested in this fun opportunity or would like more information please contact the volunteer office at 715.848.4450. Thank you for your support.



Reminder: The Heartfelt Gift Shop will be closed on the 4th of July holiday AND the evening of July 3rd.



tidbits on benefits

WELLNESS CORNER

By Sherry Gatewood, PA

Sports Physicals

Sports physicals, also called a pre-participation exam (PPE), help determine whether it's safe for a child or adolescent to participate in physical activity. Most schools require a sports physical, and some schools offer it to their students. But even if a PPE isn't required, it is still highly recommended for young athletes to have one completed.

Here are the top reasons why it's important for your child to get a sports physical:

- Maximize safe participation in physical activity
- Identify any life threatening medical conditions such as certain heart conditions
- Identify conditions that may limit participation such as a recent concussion
- Identify conditions that require a treatment plan, such as uncontrolled blood pressure, eating disorders or certain lung conditions
- Identifying and fully rehabilitating old musculoskeletal injuries, as previous injury is the strongest predictor of a future sports injury. Proper rehabilitation can lead to lower injury rates.
- Remove unnecessary restrictions on participation in sports
- Advise children and adolescents which sports would be appropriate for them to participate in
- Allows the doctor time to discuss important issues such as healthy eating habits, avoidance of drugs or alcohol, and the importance of wearing seat belts and helmets

During sports physicals, the physician will address conditions that may restrict athletic participation. These include the following:

- Knee instability
- Femur fracture
- Elbow dislocation
- Irregular heart beat
- Abdominal mass
- Fever: Children and adolescents with fever should be restricted from participation as fever may accompany other infections that may make exercise dangerous. Fever also increases the risk of heat illness.

Components of the Sports Physical Exam

- Medical history
- Injury history
- Cardiovascular history
- Vital signs
- General Exam

Getting a PPE once a year before the school year begins is recommended. The sports physical should be completed at least 6 weeks prior to the athletic season to allow enough time to follow up on any health issues that may be identified during the physical. Even if the physical doesn't detect any health problems, you should seek medical attention if new health problems emerge during the sports season. <https://share.upmc.com/2014/05/importance-sports-physicals/>

Many primary care providers will allow a Sports Physical exam with the annual Well Child Exam. Just ask about it when making the appointment.

We are taking appointments for Sports Physicals at the Employee Health and Wellness Center. Call 715-843-1256 to schedule.



Sherry Gatewood

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



PERTUSSIS ALERT

From NCHC Infection Prevention

A letter released by Marathon County Health Department reported a case of Whooping Cough (Pertussis) was diagnosed at John Muir Middle School. Children may have been exposed to Pertussis while at school from 5/6/19 - 6/10/19. Because this illness can be serious for small children and elderly, we want our team to pay special attention to any symptoms that they could be experiencing or see others to have.

Please be advised if you or anyone else you know has the following symptoms:

- Early Symptoms
- Runny Nose
- Occasional Cough

Later Symptoms

- Fits of violent coughs that may be followed by a deep breath that makes a "whoop" sound or vomiting
- Coughing fits that make it difficult to breath

Pertussis bacteria spreads easily from person to person - traveling in aerosolized droplets of saliva and nasal drippings that are spread by coughing or sneezing. People infected with Pertussis can spread the bacteria for up to three weeks after their cough begins if they are not treated.

If you are symptomatic, please stay home, see a doctor, and report back to your supervisor and call Renee in Employee Health at 715.848.4396 to determine your return to work and follow-up.

If you have any questions please use the materials sent to all staff via email, and if you have any further questions please contact me either by email or my extension (x4523). tholzem@norcen.org



NEW Position Posting

Title: Administrative Assistant II

Status: Full Time

Location: Adult Protective Services

<http://bit.ly/APSAssistant>

The Administrative Assistant II is responsible for complete knowledge of the Adult Protective Services system, responsible for contacting placement locations, guardians, probate court, and provides assistance with general access/intake for the APS Department. This is a Full-time Position regularly scheduled for 32 hours per week. Monday thru Friday.

Education and Experience Requirement

One – three years experience working in a human service area, with documented increase in responsibility.

Working knowledge base in business administration and Microsoft office

Preferred:

Associate degree in an area of human services.

Analytical skills in determining prioritization of services.

Position Posting

Title: BHS Nurse Manager

Status: Full Time

Location: BHS, Wausau Campus

<http://bit.ly/BHSNurseManager>

The BHS Nurse Manager provides support and direction to BHS Registered Nurses while carrying out clinical duties appropriate to their role. The Nurse Manager ensures regulatory compliance with all organizational, professional, governmental and certifying agencies standards in the delivery and coordination of providing high quality patient care. Responsible for providing leadership to and 24-hour accountability for the operational outcomes of assigned nursing unit and patients.

Education and Experience Requirement:

Bachelors degree in Nursing earned at an accredited four year college or university. Two years of progressively responsible nursing experience of 5 years of healthcare or social services management experience.

NEW Position Posting

Title: Safety & Environmental Coordinator

Status: Full Time

Location: Human Service Operations

<http://bit.ly/SafetyJob>

The Safety and Environmental (SE) Coordinator is responsible for performing and initiating all activities in support of environmental health and safety initiatives, New Employee Orientation and Quality Management System training; ensuring effective and efficient compliance with local, state and federal regulations and agencies, managing facility safety processes to protect employees, North Central Health Care, the environment, and provide a safe and healthy work place. The SE is also the liaison to Marathon County Facilities Capital Management and contractors.



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

GET SOCIAL!
[#lamNCHC](https://twitter.com/lamNCHC)



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Person centered. Outcome focused.

June 2019

Employee of the Month



JACKIE KRZNARICH & KATHRYN MORRISON

Patient Access, Merrill Center

The NCHC Employees of the Month for June has been awarded to Jackie Krznarich and Kathryn Morrison. They work in partnership with other departments across NCHC. Jackie and Kathryn have been very willing to help with coverage by traveling and also taking on the task of placing reminder calls for the Wausau Patient Access staff. They know their clients when they come in and make sure they are taken care of before they leave. Working as a team is evident with Jackie and Kathryn.

Congratulations Jackie and Kathryn!



*"Thank you for all your help when I was sick and you came to help cover for me. You also helped when we were short staffed due to vacations."
– Antigo Staff*

"I can count on them to always do an excellent job for clients and their coworkers."



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 UoNeJ3pb expiration date 10/1/2019.

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

Table with 4 columns: Date, Time, Topic, Location. Rows include meetings on July 10th and July 31st.

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

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.



EMPLOYEE LIFE INSURANCE PREMIUM ADJUSTMENT

News from Human Resources

Each year, as of July 1st, our life insurance carrier, Securian, updates the life insurance premiums for employees. If you are enrolled in the life insurance plan, the amount of coverage is based on your annual earnings and the premiums are based on your age.

The News You Can Use is a 2-Week Edition this week!

A New Edition will Return on July 12!

Reminder: Offices are closed on Thursday, July 4 in observance of Independence Day!



Balance Transfer Special Going On Now!

Explore a New Direction 4.99% APR* FOR 18 MONTHS when you transfer an existing balance to our credit union credit card between June 1, 2019 and August 31, 2019

Balance transfers completed 6/1/19 through 8/31/19 will receive 4.99% APR* for 18 months from the date of the first balance transfer. After the promotional time frame expires, remaining balances will migrate to the standard APR applicable on your account. *APR = Annual Percentage Rate

Contact Us Today for Details! Apply Online @ www.mcecu.org or by using the New Mobile App! Peter.Wolf@co.marathon.wi.us www.mcecu.org • 715 261-7680 Peter.Wolf@co.marathon.wi.us 400 East Thomas Street Wausau, WI 54403





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



JULY 1 – 5, 2019

MON 7/1 Clam Chowder
Grilled Ham & Swiss
Turkey Parmigiana
Diced Beets
Buttermilk Biscuit
Snicker Doodles

TUES 7/2..... Chicken Dumpling
Bratwurst on a Bun
Chicken Breast Strips
Rice Stuffing
Broccoli
Lemon Pie

WED 7/3 Hearty Beef Soup
Homemade Pizzas
Beef & Rice Stuffed Pepper
Tomato Sauce
Corn
Peanut Butter Bar

THUR 7/4..... 4th of July Holiday Cafeteria Closed



FRI 7/5..... Turkey Rice Soup
Tuna Melt
Beef Stroganoff
Egg Noodles
Carrots
Mint Frosted Brownie

WAUSAU CAMPUS CAFETERIA

Ice Machine "Retirement"

We would like to announce the retirement of the ice machine in the Wausau Campus Cafeteria. Over the many years of committed service, it has finally decided to retire and make ice no more. Not to worry, we expect a replacement ice machine to be installed within 2-4 weeks. We apologize for any inconvenience this may cause. Thanks you, ice machine, for your many years of cold service.

JULY 8 – 12, 2019

MON 7/8 Cheesy Tortilla Soup
Chicken Bacon Ranch Wrap
Pork Chop Suey
Chow Mein Noodles, Rice
Pineapple
Fortune Cookie

TUES 7/9..... Chili
Burgers
Polish Sausage
Mashed Potatoes
Sauerkraut
Polish Drumstick Square

WED 7/10 Cream of Broccoli
Pasta Bar: Marinara, Alfredo, Chicken Strips and Meatballs
Breaded Chicken Breast
Dressing, Creamy Cole Slaw
Pecan Pie Bar

THUR 7/11 Chicken Vegetable Soup
Monterey Ranch Chicken on Kaiser Roll
Roast Beef
Boiled Potatoes
Carrots
Strawberry Sauce Topped Pound Cake

FRI 7/12 Beef Noodle
Grilled Turkey and Cheddar
Hot Ham Slice
Hollandaise Sauce
Croissant, Corn
Peanut Butter Cookie