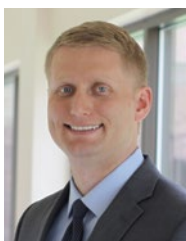


A Weekly Update  
For The Employees of  
North Central Health Care



PHOTO OF THE WEEK

"Need a Ride?" – Submitted by Laural Harder

## WEEKLY CONNECTION WITH MICHAEL LOY

### Moments of Truth

Today at our monthly Board meeting one of our Directors took the opportunity to talk about his recent experience when his wife came to Mount View Care Center for rehab. These are the moments of truth. Moments that are unanticipated. Moments already cast in the past tense. Moments that have already impacted the people we are caring for including our family, friends, neighbors and people we want to do well by. We rise or fall by the decisions we have made and the choices we all get to make everyday. We are defined each day anew. The choice to continue to do the right thing, even when it feels as if no one will notice, makes all the difference.

Today, in this particular moment...we shined. We've always heard amazing stories like these, although this is an experience I feel that I am having even more often these days. He said Mount View Care Center was the only choice when their needs came up, and we did not disappoint. He spoke about the compassion they received from all of our staff. Everyone. Think about that level of consistency. He heralded the excellent quality of care received as truly impressive. Then he went on to say something more inspiring. He said, "I am so proud to soon be able to provide a new building that is as high quality as the people working in it and the quality of care being given."

A vision of that possibility is upon us. In little over a week, we break ground on Phase 1 of our \$73 million reinvention of our main campus. Think about the trifecta we are working towards. Great staff, great quality of care and an environment of care to deliver amazing outcomes in. I personally have been working on this for over two years now and can't wait to see it become a reality. Get ready to build upon something already so special. Truly, thank you all for making this possible by being amazing where it most counts – with the person right in front of you each day.

Make it a great day,

*"Today is only one day in all the days that will ever be. But what will happen in all the other days that will ever come can depend on what you do today."*

– Ernest Hemingway

Cycling Without Age ..... 2

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Meet Kris Gage

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What You Need to Know Today!

HR Insights ..... 6  
New Position Posting!

### 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 22 –  
Sunday, August 4

Brenda  
Glodowski



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

GET SOCIAL!  
#IamNCHC

## Person-Centered Shout out



Shandah  
Stewart &  
Andrea  
Rebstock

**Why:** For planning and putting together and entire baby shower for a coworker. It's always nice to get together with co-workers and things like this wouldn't be possible without them!

Submitted by:  
Rachel Ramer





PHOTO OF THE WEEK



Submit A Great Photo From Your Week!

Submit your photo and description to: Email: [jmeadows@norcen.org](mailto: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.

NEED A RIDE?  
Cycling Without Age

CYCLING WITHOUT AGE



Shown to the left, Laural Harder from Volunteer Services transports Jamie Bolzak and Erika Koch in the Cycling Without Age trishaw. It was a hot day and these two ladies got a fun and safe ride in the vehicle. Cycling Without Age Marathon County was created in 2019 to enhance the lives of older adults and adults with differing abilities in Marathon County with the opportunity to remain an active part of the local community by allowing them to experience the joy and excitement of being outdoors in the fresh air on a trishaw, a 3 person rickshaw bicycle, in a social setting. Interested in becoming a pilot volunteer? Training is required. Contact Volunteer Services at [volunteer@norcen.org](mailto:volunteer@norcen.org) or 715.848.4450

"Need a Ride?" – Submitted by Laural Harder



WERE YOU UNABLE TO ATTEND 2ND QUARTER EMPLOYEE UPDATES?

The Video Recording is Now Available Online

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



You can now view the 2019 2nd Quarter Updates from March in full format by visiting the NCHC YouTube Channel. Check out some of the other great videos there, too!

<https://youtu.be/zirSKVKmniA>

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

BLUE JEANS FRIDAYS

Donate & Wear Jeans!

Employees in ALL departments can wear jeans on Fridays when you donate \$2/Friday or \$25 annually. If you choose to pay annually, you will save \$79 for the year!

Stop by or contact the Volunteer Services Office at 715.848.4450 to get set up! Each employee that participates will receive a card that indicates their Blue Jeans Fridays participation. All funds donated will benefit NCHC United Way Team community initiatives.

**NEW!! You can now use PAYROLL DEDUCTION to pay for a Year of Jeans on Fridays!!**

Visit [www.norcen.org/UnitedWay](http://www.norcen.org/UnitedWay) and download the form in the Jeans Sale section!



INPATIENT SERVICES REQUEST GARDENING SUPPLIES

Can You Help?

Inpatient Services is looking to gather some gardening supplies for some projects in the unit. If you are able to help and donate new or gently used items, please drop them off in the Mail room or interoffice mail them to Inpatient Services. They are looking for things like:

- Planting Soil
- Flower Seeds
- Tomato Seeds
- Herbal Seeds
- Cardboard Egg Cartons/Small Pots/plastic cups
- Spray Bottle/mini watering can





# Aquatic Therapy Pool Groundbreaking Event!

August 5, 2019 • 2:00 pm



We are on our way! The bids are in, the contractor is selected and on Monday, August 5 at 2:00 pm you are invited to attend the Aquatic Therapy Pool Groundbreaking event! Grab a hard hat and shovel and dig in!

Join us under the tent at the site of the new pool, located between Mount View Care Center and NCHC parking lots! Refreshments will be served with an opportunity to grab a shovel, move some dirt and celebrate!

All are welcome to join us as we begin to build the future of Aquatic Therapy at North Central Health Care!



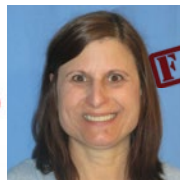
[www.norcen.org/Renovations](http://www.norcen.org/Renovations) • email: [Renovations@norcen.org](mailto:Renovations@norcen.org)

## INTRODUCING THE MOCK SURVEY TEAM!

### The Fake-O-JACHOS

Who are they?? >>>>>

## COMING TO A PROGRAM NEAR YOU!



Kathy Buckli



Judy Rannow



Jennifer Peaslee



Janelle Hintz



Ben Fischer



Chris Bleck

### What do they do??

In teams of two, we will be visiting your units (HSO) programs to conduct tracers on high risk and frequently surveyed items, provide education and get you ready for our Joint Commission Survey. You'll know it's us because we'll have bright yellow/gold clipboards and name badges

### When are they coming??

The Fake-O-JACHOS are starting with the inpatient unit, community treatment and outpatient beginning this month. We'll rotate through all accredited programs each month.

The (real) Joint Commission Surveyors can arrive anytime beginning the end of September through the end of March 2020.

Managers-Mock Survey Teams will be scheduling with you ahead of time.

### What's required of me??

Participate! This is to help you feel comfortable with the survey process as you are who the surveyors want to talk to. Feedback will be given in real time and results will be provided to the department manager/director. All participants will receive recognition and a small reward of unspeakable value.

### Did you know???

JACHO (pronounced Jay-Co) is a term no longer used-it's now The Joint Commission.



North Central Health Care  
Person centered. Outcome focused.

July 2019

## Employee of the Month

★ ★ ★ ★ ★  
**KRIS GAGE, Dietitian**



*"Kris is very patient and supportive with working with diet modifications."*

*—Resident Family Member*

*"Kris is a great part of the Legacies Team!"*

*"Kris has excellent rapport with her co-workers, families and more importantly, her residents. She goes above and beyond the call of duty."*

The NCHC Employee of the Month for July has been awarded to Kris Gage, Dietitian in Food Services. Kris demonstrates great partnership in her work with MVCC, Crisis CBRF and BHS programs and was nominated for always being up for the challenges that pop up. She is always giving residents and employees guidance and education on diet needs, even giving new staff tips on gluten-free diet options. No matter what challenges Kris faces, her patience and knowledge provide a winning outcome for all she serves!

**Congratulations Kris!**

**The Employee of the Month Celebration for Kris will be held on Tuesday, July 30 at 9:30 am in Wausau Campus Cafeteria.**

## HARD HAT UPDATE

Keeping you up to speed on construction around NCHC locations, so that we can communicate together with staff, visitors and those we serve.



### WAUSAU CAMPUS:

**Effective immediately:** All Wausau Campus staff who park in the front parking lots near the yellow flag will now need to park in the rear lots between the Gardenside Crossing and Lake View Professional Plaza. The 2 far back rows of parking in the Yellow Flag lot will be consumed by construction roads for truck and be fenced off. Even though construction has not begun, fencing, construction equipment and staging will begin at the end of July through early October. Get in the habit now of parking in back!

The majority of the Mount View Care Center front parking lot should remain open during construction however will be fenced. Marathon County F&CM will be working with Wausau Transit System on the bus routes and stops, as changes will need to be made. Contractor and construction traffic will be using Lake View Drive ONLY. There will be no construction traffic on Ethel, Marshall or Sturgeon Eddy streets.

Near Alexander Airport Park, Marathon County will be installing cross-walk signs which are solar powered and provide a push button flashing lights for pedestrians this will increase safety for those going to the park and maybe interacting with construction traffic.

### WALKING PATHS ON WAUSAU CAMPUS

Walking paths on the Wausau campus will remain open throughout the entire construction period.



## FILL A BACKPACK FILL A NEED

## SCHOOL SUPPLY DRIVE



**Collecting July 29th through Friday, August 9!**



Please drop off donations at Volunteer Services or place in a collection box on the Wausau Campus in the Cafeteria, MVCC entrance, Aquatic Services, NCHC entrance, Staff Lounge (near hub) or Community Treatment!

### SCHOOL SUPPLIES OF GREATEST NEED

- |                          |                             |
|--------------------------|-----------------------------|
| Colorful Backpacks (New) | Crayons (24 count box)      |
| Wide-lined Notebooks*    | Glue and Glue Sticks        |
| 2-Pocket Folders*        | Scissors (Blunt or pointed) |
| Wide-lined Filler Paper  | #2 Pencils                  |
| Plastic Pencil Boxes     | Yellow Highlighters         |
| Pencil Pouches           | Rulers (12 inch)            |
| Colored Washable Markers | Large Pink Erasers          |
| Colored Pencils          | Pens (Red)*                 |

\*Red, blue, yellow, or green

Donations will be collected until Friday, August 9. Fill A Backpack Fill A Need is a project of the Workplace Volunteer Council for Marathon County. All donations in Antigo/Merrill will be distributed to local schools in need.



2019 Professional Development Opportunities for NCHC Employees



NEW SESSIONS ADDED!! August 2019 Professional Development Sessions and Upcoming Conferences

Upcoming Conferences, Trainings & Seminars to help develop each employee's professional skills. These opportunities for continuous improvement include on-site internal and external trainings as well as off-site opportunities. Please submit completed NCHC Professional Development Request Form to Organizational Development or sign-up in HealthStream.

Manager Specific Professional Development Opportunities

Register through HealthStream

Topic: Behavioral Interviewing and Hiring for Managers
Time: 3 hours
Description: This session covers what managers need to know about interviewing and hiring new staff.

New Topic: Intergenerational Teams
Time: 2 hours
Description: For the first time in history, there may be as many as five generations in the workforce.

New Topic: Financial Reporting for Leaders
Time: 1 hour
Description: During this session, learn how each financial report should be interpreted; what fields mean; what to look for and what's important to know about financial reporting.

New Topic: Professional Development Coaching Conversations
Time: 2 hours
Description: How do you encourage and coach employees to develop their skills and grow in their role?

Topic: Delegation for Managers
Time: 1 hour
Description: Explore personal barriers to delegation as well as delegation best practices.

Open Session Professional Development Opportunities

Register through HealthStream

New Date, Time and Location!
Topic: Having Difficult & Crucial Conversations
Time: 2 hours
Description: If you dread or avoid having difficult conversations with others, you should attend this course.

Topic: Conflict Resolution
Time: 2 hours
Description: If you avoid conflict or want to learn how to better resolve conflict, this session is for you.

New Topic: Managing Multiple Priorities
Time: 2 hours
Description: We all want to become better at time management yet, can we really manage time?

Topic: So You Think You Want to be a Manager?
Time: 2 hours
Description: If you are interested in becoming a manager, attend this panel discussion to learn what managers at NCHC really do.

NCHC Ongoing Special Topic Professional Development Opportunities

\*These sessions are presented during the NCHC New Hire Orientation. Staff that have not yet attended are welcome to attend the sessions.

New Hire Orientation - August 19 - 22

Topic: NCHC: Who We Serve Trauma & Trauma Informed Care Overview
Time: 1/2 hour
Date: Tuesday (Day 2 NHO)

Topic: NCHC: Who We Serve Diversity
Time: 1/2 hour
Date: Tuesday (Day 2 NHO)

Topic: NCHC: Who We Serve Dementia Care
Time: 1 hour
Date: Tuesday (Day 2 NHO)

Topic: NCHC: Who We Serve Mental/Behavioral Health & NCHC Continuum of Care
Time: 1 hour 15 min
Date: Tuesday (Day 2 NHO)

Topic: Situational Awareness & CART Team
Time: 2 hours
Date: Thursday (Day 2 NHO)

Additional Outside Professional Development Opportunities

Submit completed NCHC Professional Development Request Form to OD

Topic: Mental Health First Aid
Target Audience: All Staff
Date: Saturday, July 27, 2019
Location: St. John's Lutheran Church//B3750 Hwy 13, Spencer, WI

Topic: Now Is The Time Conference
Target Audience: All Staff
Date: Tues & Wed, August 13-14, 2019
Location: UW-Whitewater

Topic: Overcoming Addiction Together - Taking Care of Ourselves as We Care for Others (Workshop 3)
Target Audience: Behavioral Health Professionals, Social Workers
Date: Thursday, August 15, 2019

Topic: Children Come First Conference
Target Audience: Behavioral Health Professionals, Social Workers of Children & Young Adults
Date: November 11-12, 2019

As additional professional development opportunities become available, managers and staff will be notified via email and the News You Can Use.

UPDATE! Sexual Harassment: This course will not be offered as an elective Professional Development training opportunity. Instead, will be assigned as new online training to all staff.

IT'S A SHOWER! Congrats Lauren!

Outpatient and Community Treatment in Antigo Center held a baby shower for Lauren Bessa, Outpatient Therapist. Lauren is expecting a baby boy in September and the team was able to celebrate together!







## Starla's Seasonings & Mixes

www.StarlaSeasonings.com

Seasoning, Dip, Cheesecake, Beer Bread & More!

**NEW! Garlic Cheddar Beer Bread**  
Just add a carbonated soda or beer mix, bake, and you have bread! Mix can also make Garlic Cheddar Sticks, Biscuits or Hush Puppies.  
Use with your favorite dip or as a quick addition to any meal.

### HERBY

**Grandma's Garden**  
Indulge your taste buds in a perfect harmony of garden delights. Great sprinkled on chicken, tenderloin, steaks, fish, veggie packets, add to soups and breads. Easy olive oil bread dip too!

**Citrus Dill**  
Your pallet will experience the exhilarating flavor of dill, and then a blissful zing of orange and lemon.  
Great on fish, chicken, tenderloin, vegetables, eggs or pork.

**Glorious Garlic**  
A fabulous combination of garlic, onion and spices makes this seasoning a glorious cooking companion.  
Add to ground beef or turkey to make tasty meatloaf or hamburgers. It also makes a wonderful garlic bread.

**Peppercorn Ranch**  
A satisfying seasoning blend of ranch, cracked peppercorn and garlic.  
Makes an easy salad dressing, dip, pasta or potato salad, meat rub, chicken, chex mix, popcorn and potato topping.

### CHEESY

**BLT**  
Our customers' favorite seasoning! Layered flavors of cheese, bacon, tomato then a hint of garlic.  
Add into hamburgers, Mac & Cheese & potatoes. Great sprinkled on steaks, pork chops and chicken. Makes a flavorful fondue.

**Cheesy Bacon Ranch**  
This combination tastes as good as it sounds! This is a kids' first choice, but definitely a purry pleasure!  
Add into mashed potatoes, noodles or hamburger meat. Great sprinkled on chicken, pork chops, steaks, or make a cheese-ball.

**Pesto Parmesan**  
A perfect blend of Italian herbs, spices & Parmesan cheese makes this one of our most delicious and versatile mixes.  
Great sprinkled in pasta and Italian dishes, a bread dipping oil or add into cottage or cream cheese.

**Pizza**  
This dip erupts with the flavors of a cheesy pizza. It is sure to satisfy all!  
Fantastic done warm with cream cheese. Heavenly seasoning for burgers, pasta, vegetables, chicken, steaks, flavored butters.

**NEW FLAVOR! Nacho Mama**  
Nacho Mama is a tasty cheesy blend with a hint of nacho.  
Fantastic as a dip, cheese-ball, warm fondue or Chex mix. Add it to Mac & Cheese, hamburgers, chicken, pasta, omelets, sprinkle on steaks, roasts cottage cheese and more.

**NEW FLAVOR! Cheesy Spinach**  
A perfect blend of spinach, onion, garlic and Parmesan Cheese.  
Can be a hot Cheesy Spinach Artichoke Dip, Quiche, cream cheese spread, baked fish, or easy seasoned crackers.

### ZIPPY

**Twisted Tomato**  
Enjoy a tangy twist of tomato with the zip of horseradish. This blend complements Bloody Mary's, chicken breasts, ham, beef roasts, tenderloins, flavored mayo's and deli sandwiches.

**Mustard Horseradish**  
Add a kick to any party with a fabulous fusion of mustard and horseradish.  
Tasty gourmet flavoring on mashed potatoes, chicken, steaks, tenderloin, or make a zippy cheese-ball.

**Mango Chipotle**  
An unbelievable partnership of sweet and spicy.  
Season chicken, steaks, roasts, vegetables, pork, and fish. Shake onto popcorn for a flavorful change!

**Buffalo Wing Ranch**  
The spice of the Buffalo Wing is complemented by the creamy cooling flavor of ranch.  
Great addition on pizza, chicken, hamburgers, tenderloin, steaks, or sprinkle it onto popcorn or fries.

**HOT Habanero**  
If you relish the hotter things in life- this seasoning is for you! It is a blazing combination of fiery spices.  
Zip up tacos, pork chops, ribs, hamburgers, chicken, vegetables, steaks, tenderloin, or make a spicy hot cheese-ball.

### SWEET

**NEW FLAVOR! Key Lime Pie**  
It is like a vacation in a dessert and the perfect blend of tart and sweet.  
This mix can be used as a cheesecake, fruit dip, cheese ball, flavored cottage cheese or cream cheese. Make a tasty Chex mix or seasoned pretzels. Add into your pancakes or muffins.

**Cinnamon Apple Spice**  
This mix can be used as a sweet fruit dip, cheese ball, cheesecake, flavored Texas cinnamon butter or flavored cream cheese. Make easy campfire donuts, pancakes, waffles or muffins. Sprinkle on toast, bagels and coffee cakes, make a gourmet whipping cream and more!

**Caramel Pumpkin**  
A classic favorite with a delicate hint of caramel.  
Make easy seasoned nuts, pretzels, Chex mix, fruit, quick cheesecake, sweet fruit dip and more.  
Create tasty Caramel Pumpkin grilled peaches, and pineapple.

**NEW FLAVOR! Sweet Strawberry**  
A sweet combination of berry goodness makes up my newest blend.  
Make it into a fruit dip, cheesecake, cheese ball, frosting, gourmet cream cheese or a Greek Yogurt Dessert Delight!

**Chocolate Java**  
A perfect combination of flavors makes up this blend.  
Make it easily into a fruit dip, cheesecake, cheese ball, frosting, gourmet cream cheese or a Greek Yogurt Dessert Delight!  
Fantastic added to pancakes, French toast and muffins.

## YOUTH COMMUNITY TREATMENT FUNDRAISER

Starla's Seasonings & Mixes

Taking Orders Through July 31, 2019

Marathon County Youth Community Treatment is committed to serving youth with special needs throughout Marathon County by offering a variety of services that allow kids to overcome their challenges & live satisfying lives in the community. With financial support, kids have the opportunities to attend specialized camps, participate in activities and to receive the care they need. Proceeds from each dip sold will go directly to the kids and their families served by Community Treatment.

Starla's Seasonings & Mixes are seasonings mixes and packets that can be used for meat, fish, burgers, vegetables, bread, butter, cheesecake, or even as an easy dip during a holiday party or while tailgating. Starla's Seasonings contain no MSG and no Gluten (except the Garlic Cheddar Beer Bread), and require no refrigeration prior to being made.

If you are interested, stop in to the Wausau Campus Community Treatment Main Office kitchen area to view the flavor descriptions or to fill out the order form and pay (cash or check - payable to Gina Lenz). Please note payment must be received prior to order placement. We will be taking orders through July 31. Contact Jennie Comfort at [jcomfort@norcen.org](mailto:jcomfort@norcen.org) with questions.

**Dips are \$5 and bread is \$6 and we get 50% of all sales proceeds which go directly to help the youth we serve attend camps.**

**Herby Mixes:** Grandma's Garden, Citrus Dill, Glorious Garlic, and Peppercorn Ranch

**Cheesy Mixes:** BLT, Cheesy Bacon Ranch, Pesto Parmesan, Pizza, Nacho Mama, and Cheesy Spinach

**Zippy Mixes:** Twisted Tomato, Mustard Horseradish, Mango Chipotle, Buffalo Wing Ranch, and HOT Habanero

**Sweet Mixes:** Key Lime Pie, Cinnamon Apple Spice, Caramel Pumpkin, Sweet Strawberry, and Chocolate Java

Garlic Cheddar Beer Bread Mix is also available!



### NEW Position Posting

**Title:** Behavioral Health Technician - CNA

**Status:** Full Time

**Location:** Wausau BHS & Crisis <http://bit.ly/BHSCNA>

The Behavioral Health Technician is responsible for assisting the RNs and LPNs in providing individualized psychiatric nursing care for mental health inpatients and Ambulatory Detoxification Unit patients, provide crisis stabilization and personal care to residents of Crisis CBRF who may have mental health, advanced age, TBI, Alzheimer's, developmental disabilities or substance abuse issues. Full Time and Part Time positions available.

#### Education and Experience Requirements

##### Required:

- Certified Nursing Assistant certification
- Current CPR certification
- Valid Wisconsin driver's license and appropriate auto insurance coverage as required by North Central Health Care

##### Preferred:

- One to three years experience

### 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 **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](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

| Date                             | Time          | Topic                   | Location                           |
|----------------------------------|---------------|-------------------------|------------------------------------|
| Wednesday, July 31 <sup>st</sup> | 1:00pm-2:00pm | Account Review Sessions | Merrill Office<br>607 N. Sales St. |
|                                  | 3:00pm-4:00pm |                         | Antigo Office<br>1225 Langlade Rd  |

Go to [www.wdc457.org](http://www.wdc457.org) to schedule your appointment.



# 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 29 – AUGUST 2, 2019

#### MON 7/29 ..... Clam Chowder

Grilled Ham & Swiss

#### Turkey Parmigiana

Diced Beets

Buttermilk Biscuits

Snicker Doodles

#### TUES 7/30..... Chicken Dumpling Soup

Bratwurst on a Bun

#### Chicken Breast Strips

Rice Stuffing

Broccoli

Lemon Pie

#### WED 7/31 ..... Hearty Beef Soup

Homemade Pizzas

#### Beef & Rice Stuffed Pepper

Tomato Sauce

Corn

Peanut Butter Bar

#### THUR 8/1 ..... Tomato & Rice Soup

Turkey, Ham, Beef 7 Cheese Wraps

#### Country BBQ Ribs

Potato Salad

Creamy Cole Slaw

Ice Cream

#### FRI 8/2 ..... Turkey Rice Soup

Tuna Melt

#### Beef Stroganoff

Egg Noodles

Carrots

Mint Frosted Brownie



Marathon County  
Employees Credit Union

**There's Still Time to Take Advantage  
Of Our Balance Transfer Special!**



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 6/1/2019 through 8/31/2019 will receive 4.99% APR\* for 18 months from date of transfer. After the promotional time frame expires, remaining balances will migrate to the standard APR applicable on your account. Contact the credit union for complete details. \*APR = Annual Percentage Rate

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](http://www.mcecu.org) or by using the New Mobile App!**

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

**715-261-7685**

**400 East Thomas Street • Wausau, WI 54403**

**MARK YOUR CALENDAR!**



# EMPLOYEE CELEBRATION WEEK!

**AUGUST 19 – 23, 2019**