



HAPPY HALLOWEEN!! Wear Your Costume to Work on Halloween!
See details on Page 4

Issue 41 • Oct. 25 – 31, 2019


A Weekly Update
For The Employees of
North Central Health Care

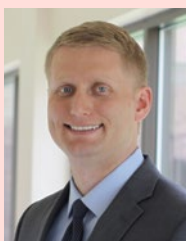


PHOTO OF
THE WEEK



"Llama Crossing" – Submitted by Ted Beres, Community Treatment

NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

800-Pound Gorilla

Now that I have your attention, I want to use my NYCU article this week to talk about health insurance. The use of the expression "800-Pound Gorilla" is used to describe something that is so dominating because of its great size or power. Health care spending is all of that. Health care spending in the United States is nearly 20% or 1/5th of the total economy each year. In 2018, total health care spending was over \$3.65 trillion. In a lot of respects, it's a broken system. Health care spending is truly an 800-Pound Gorilla for employers, individuals, the federal government, and each state government.

As we jump into open enrollment this year (make sure to do your enrollment by next Friday, Nov. 1) I want to share some facts about health care costs here at NCHC. People are probably not overly thrilled about their deductibles going up (\$100 for single plans, \$200 for other plans) or the employee contributions for premiums jumping from 12% to 15% but did you know that NCHC is increasing our health insurance budget in 2020 (before employee contributions) by \$1.5 million dollars? In 2020, 1 out of every 9 dollars we are budgeting to spend will go to pay for employee health care costs. Ouch!

Increasing health care costs takes all the air out of the room for choice to invest in other ways. For instance, a 2% wage increase for next year's budget would equate to about \$600,000. If you add that \$600,000 and the increased health care costs of \$1.5 million for next year together, the \$2.1 million total would equal the same amount as a 7% wage increase for employees.

Even though NCHC is contributing more in 2020, employee cost-sharing is impacted as well. For next year employee paid premiums will be 37.5% higher than this year for single and single plus children plans, and 56.3% higher for employee plus spouse and family plans.

- This equates to an annual premium increase for full-time employees on a single plan of an additional \$383.84, employee plus spouse an additional \$1,161.12, employee plus children \$691.08 and family an additional \$1,376.84 per year. These contributions are paid on a pre-tax basis so the actual cost to you is lower.



- The annual premium increase being paid next year by NCHC for full-time employees on a single plan equates to an additional \$469.26, employee plus spouse an additional \$3,139.32, employee plus children \$844.68 and family an additional \$3,722.56 per year.

We have a valuable health benefit. When benchmarked against other employers, we are above average with better coverage and lower employee

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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, Oct. 28 –
Sunday, Nov. 3**

**Brenda
Glodowski**



Person-Centered
**Shout
out**

**Jenny McKenzie
& Transportation
Team**

Why: Thank you for preventing a potential safety situation with notification about a partially blocked driveway at MVCC due to construction.

Submitted by: Jessica Meadows





cost sharing. We want to stay this way. But continued cost increases like this are unsustainable over the long-term and less than ideal for you and NCHC.

Here is what you can do to be part of the solution going forward. 1) Engage with a primary care provider to ensure you are working towards optimal health; 2) utilize our employee health clinic as your 1st choice when it's an option for your care needs; and 3) participate in the Employee Wellness program we are launching in 2020 to help improve employee health. The program will focus on preventative screening, increasing physical activity and building resiliency (mental-well-being). We have to be proactive in managing our health care spending.

Health care is important and it's there for you to use it when you need it. When we have options and can take an active and preventative approach to maintaining optimal health, that's when we bend the health care cost trend down. Here's to a happy, healthy year in 2020.

Make it a great day,

Michael By



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.

LLAMA CROSSING

**Community Treatment Provide
All Kinds of Assistance**

Last Friday, Nicki Raikowski and Ted Beres from Community Treatment were on the way to a consumers house when they encountered...a LLAMA in the road! They assumed he was coming back from the local coffee shop and took a wrong turn when trying to get home. With their assistance he was able to recognize the fastest and safest route home, where he was reunited with his family. Thankfully this was the only excitement Stratford had for Nicki and Ted that day!

"Llama Crossing" – Submitted by Ted Beres, Community Treatment



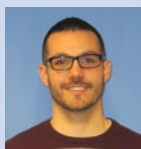
Patient Financial Services

sends out 2,200 billing invoices
out each month!

COMMUNITY TREATMENT BABY SHOWER

Best Wishes to Alex Derfus

This week the Community Treatment Youth Team held a baby shower for Alex Derfus. Best wishes to you and your family as you await the arrival of your little bundle of joy!





DEPARTMENT SPOTLIGHT

Volunteer Services

Did you know that there are 200 volunteers that make up part of our NCHC family? If you ever frequent the Heartfelt Gift Shop, Canteen, or Fashion Boutique you have met one of our wonderful volunteers. I had the opportunity to meet with Laural Harder a few days ago with NCHC Volunteer Services Department. I was amazed with all of the help our volunteers give to NCHC. As Laural and I walked around the facility, she explained to me the many different services they offer. During this time we continued to bump into volunteers walking the halls, running residents to and from appointments, or just helping out. They help our clients/consumers get the necessities to be self-sufficient with items like fans, bedding, towels, hygiene products, and much more.

Have you ever wondered who puts on the book sales, sold flowers for Alvin, manage all of the donations, made sure our residents had a gift for the holiday, decorated the lobbies, cafeteria, and main staff lounge with holiday decorations? If so, I would like to introduce you to the Volunteer Services Team.



Tom Boutain talks with Laural Harder as she explains some of the many wonderful things that volunteers do in and for many of our NCHC programs.



In the Heartfelt Gift Shop, Tom is greeted by a few volunteers who explain all about gifts and things that many people enjoy shopping for.



Tom and Laura ran into several volunteers in the hallways within MVCC on their trek through the building.



Inside the Fashion Boutique.



HALLOWEEN CANDY DONATIONS WANTED!

Can You Donate?

Halloween is quickly approaching, and the Activities Department is in need of small wrapped candies for our safe trick-or-treating taking place on Thursday, October 31 from 3:00 to 4:30pm.

Candy donations can be dropped off in the Mount View Care Center Information Station or 1st Floor Activity Office. Questions can be directed to Sandy at ext. 4305. We thank you for your donations!

TRICK-OR-TREATING AT MOUNT VIEW CARE CENTER

Thursday,
October 31, 2019

3 – 4:30 pm

Open to Public!



WEAR YOUR COSTUME TO WORK ON HALLOWEEN!

COSTUME GUIDELINES

Staff in all areas are encouraged to get creative and wear a Halloween costume on Thursday, Oct 31

Costumes **SHOULD** be:

- Fun and Good-natured
- Creative

Costumes **CANNOT** be:

- Culturally insensitive
- Grotesque or depict violence
- Sexually explicit
- Political

Please note: Due to the nature of patient, client or resident care or the nature of work, costumes may not be appropriate in some areas. Please talk with Department Managers to determine if costumes are appropriate for your area.

Text or email a picture of your or your crew in costume and we will share in NYCU and social media! Text 715-370-1547 or email NCHCMarketing@nrcen.org



It's A Halloween Haunting at Mount View Care Center

They are back!
Join the ghouls and goblins of Mount View Care Center for a Spook-tacular Haunted House!

NEW Location!
Former Evergreen Place Neighborhood
located off the Hub Hallway

Wednesday, October 30
1:00 - 6:30pm

Thursday, October 31
1:00 - 6:30pm

Employees, friends, family and community partners welcome!
Refreshments are provided.

*Haunted House arranged by Laura Heiser and her husband Jeff.
Thank you for all the time, effort and planning that goes into the Haunted House!*

It is a spooky experience for all those who enter!



OUTPATIENT/COMMUNITY TREATMENT SPOTLIGHT AWARD RECIPIENT

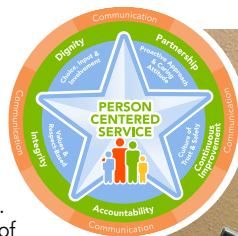
Congratulations to Lindsey Gile

Congratulations to Lindsey Gile, Case Manager in Community treatment, for being selected as the Community Treatment & Outpatient Spotlight Award recipient for the month of September. Lindsey is an extraordinary case manager and excels at engaging with her consumers. She is often searching for ideas on how to engage with them and provide the highest quality of services. She has built solid relationships by being person-centered and using her motivational interviewing skills. One family she worked with said that was a "god send" and that she helped them find hope in their darkest times. In September, Lindsey transferred a very complex family to DSS for CLTS and CCS services, but during the time she worked with them she was able to connect with the mother and her three boys in a very meaningful way. She worked tirelessly to advocate for the boys needs and to get the mother the much needed supports that she deserved. She met with the police department in their neighborhood to explain their needs and to develop safety plans that they could follow to make crisis interventions more successful. She helped mom develop a large team of providers and natural supports to help the boys be as successful as possible and as a result they improved and had less diversions and crisis contacts. She collaborated daily with team members and the family due to their intense needs and she kept a positive attitude regarding the family even through the most trying times. She assisted in the crisis center numerous times and was always there to assist during psychiatry appointments, since these were a trigger for the boys. I was amazed at her capabilities and the skills she demonstrated in handling this case.

Lindsey has shown great determination and progress in her Motivational Interviewing learning process. She is motivated and excited to learn and this definitely shows in her coaching sessions and in use with her clients.

Lindsey took the initiative to be on the transition committee in the community and volunteers to do outreach and events associated with this. She is also starting a wellness initiative on our team to address the whole person-by focusing on staff's physical and emotional needs.

Lindsey is a great co-worker, she is well-liked in the office and always has a great attitude. She has great ideas and clinical skills and we are so lucky to have her on our team! (Nominated by: Gina Lenz)



Wisconsin Deferred Compensation (WDC) Program Offered By Your Employer, North Central Health Care Facility



Meet with your WDC Advisor, Shawn Bresnahan

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 in the WDC, go to www.wdc457.org and click REGISTER or click [here](#). Use the Plan Number 98971-01 and the Plan Enrollment Code [UaNeJ3pb](#) 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.

WDC Program Meeting Schedule

| Date | Time | Topic | Location |
|--------------------------------|--------------------|-------------------------|---|
| Wednesday, November 6, 2019 | 11:00 am - 1:30 pm | Account Review Sessions | North Central Health Care Facility 1100 Lake View Drive Badger Room Wausau, WI 54403 |

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. RO903093-0719



Where: Marathon County Public Library

300 1st St Wausau

When: Saturday, November 9th, 1:00 - 4:30 pm.

NAMI Family & Friends is a free seminar that informs people who have loved ones with a mental health condition how to best support them. It's also an opportunity to meet other people in similar situations and gain community support.

Register online by Nov 1st @ NAMINorthwoods.org
715-432-0180 or email naminorthwoods@gmail.com

This program is not sponsored by the MCPL. There is a 2-hour parking limit at the library, but there is parking available across the street.





Medical Assistants Week recognizes the contributions and important work of our nation's over 190,000 medical assistants according to the American Association of Medical Assistants (AAMA). It's hard to believe that there was a time when all the work that medical assistants do, both administratively and clinically, was not considered a credentialed profession. But in 2016, the AAMA celebrated 60 years of achievements in the groundbreaking field of medical assisting.

Thank you to all the Medical Assistants at NCHC for all the great work that you do in our programs!

10/25 PAYROLL TRANSMITTED TWICE

Please Read Notice Below

Please be aware your 10/25 pay check was incorrectly transmitted into your bank/credit union TWICE. To resolve this, you may see a bank/credit union account entry subtracting the SECOND transmission. No action is required from you.

We understand your bank/credit union account entries may look odd this week, but rest assured, your pay check will be deposited on Friday, October 25!

Thank you for your understanding as we work with our vendor and bank to prevent this from happening again. If you have questions, please contact Payroll at x 4409 or 715-848-4409 or Human Resources at x4419 or 715-848-4419.



North Central Health Care

TAKE-N-BAKE



PIZZA FUND RAISER

SUPPORT COMMUNITY CORNER CLUBHOUSE!

COMMUNITY CORNER CLUBHOUSE
Opening the Door for Hope, Recovery & Opportunity for People with Mental Illness

16" NCHC Homemade Take-N-Bake Pizza just in time for Thanksgiving!

Order through November 8, 2019

Order in NCHC Cafeteria, Clubhouse or Online at
<http://bit.ly/PizzaForClubhouse>

Cheese \$15 • Meat \$17 • Deluxe \$19

No special requests for toppings.

Sausage and Pepperoni

Sausage, Pepperoni Mushroom, Black Olives, Green Peppers and Onions.

Pick-Up* in Wausau Campus Cafeteria
Wed., Nov. 20th or Thurs., Nov. 21st
1:30 – 5:00 pm

*Pizzas will be frozen for pick-up.

PAYMENT OPTIONS!

- Cash or Check to NCHC
- Credit Card
- QuickCharge (for NCHC Employees)

No Prepayments Accepted.
Pay at pick-up only.

The Neighbors' Place
"People helping people"

THE 12TH ANNUAL

EMPTY BOWLS

AN EVENT TO FIGHT HUNGER IN NORTH CENTRAL WISCONSIN

SATURDAY, NOVEMBER 23, 2019
11 AM – 2 PM, WAUSAU WEST

Silent Auction – Soup To Go
Raffles – Live Music

TICKETS:

ALL AGES: \$12 (meal and bowl)
AGES 6-12: \$5 (meal only)
5 & UNDER: FREE (meal only)

Advance Ticket Sales Available at
The Neighbors' Place
745 Scott Street • Wausau, WI 54403
www.neighborsplace.org • 715-845-1966

Presented by:
 **Ascension**

This is not a school district sponsored activity and the opinions expressed are not necessarily those of the school district or its personnel.





YOU ARE INVITED

Partnership for Tobacco Free Wisconsin Regional Coalition Meeting

WAUSAU
Tuesday, October 29th | 11:00 a.m. – 2:00 p.m.
Marathon County Health Department
Maple & Oak Rooms
1000 Lake View Drive
Wausau, WI 54403

Free to attend, lunch will be included

RSVP HERE

Thank You to Our Sponsors
Marshfield Clinic & Central WI Tobacco Free Coalition

WHAT TO EXPECT

- Rollout of the Tobacco Prevention and Control State Plan 2020-2025
- Participatory exercises to achieve Statewide Action Plan objectives and goals
- Current policy and advocacy updates
- Presentations of high impact activities, projects, and partnerships impacting tobacco prevention and control
- Networking opportunities

All tobacco prevention supporters are encouraged to attend

For questions contact jenna.flynn@co.marathon.wi.us or darcie.warren@lung.org

WAUSAU CAMPUS PARKING ON TUESDAY, OCT. 29

Campus Event

On Tuesday, October 29, the Health Department is holding a Partnership for Tobacco Free Wisconsin Regional Coalition Meeting at the Red Flag Entrance for Aquatic Services/Health Department. The meeting begins at 11 am and ends at 2:00 pm. They are anticipating an additional 30-40 vehicles arriving to the Yellow Flag Parking lot.

To ensure that our clients, patients and visitors have adequate parking, we are asking staff to avoid parking in the Yellow Flag Lot that day if possible. Please assist any people who may arrive at the wrong entrance or need assistance finding the Health Department.



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

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



red eye
brewing company



**Slices for Sharing to Benefit
Community Corner Clubhouse
in Month of October**

Each month Red Eye Brewing Company in Wausau selects a local non-profit to benefit from Slices For Sharing. Customers can order a Slices for Sharing Specialty Pizza and for the entire month, \$2 from each pizza purchase is donated directly to that organization!

**Ask for the October
"Slices for Sharing Pizza"**

Red Eye Supreme Pizza

**\$2 from each Pizza
will be donated to**



*Opening the Door to Hope, Recovery & Opportunity
for People with Mental Illness*



BENEFIT OPEN ENROLLMENT PERIOD OPEN THROUGH **NOV 1ST!**

Make Your Selections and Changes for 2020 Benefits

Every year you have the opportunity to review your benefit choices and make changes to your benefits for the following year. That time is now. **The 2020 Open Enrollment runs from October 21 until November 1.** It's important that you take the time to consider all your options so you can make the right choice for you and your family.

Open Enrollment is the time to add, change, or cancel any of your current insurance plans for the upcoming plan year (January 1, 2020 – December 31, 2020).

A **2020 Benefits at a Glance Guide** will be available at the Benefit Enrollment Meetings and emailed out to all-staff. The **YOU Benefit 2020: A Comprehensive Benefit Resource Guide** for North Central Health Care Employees will be available electronically this year. Watch your NCHC email for how you can get a printed copy if needed.*

Benefit Information Meetings Held Through October 30th

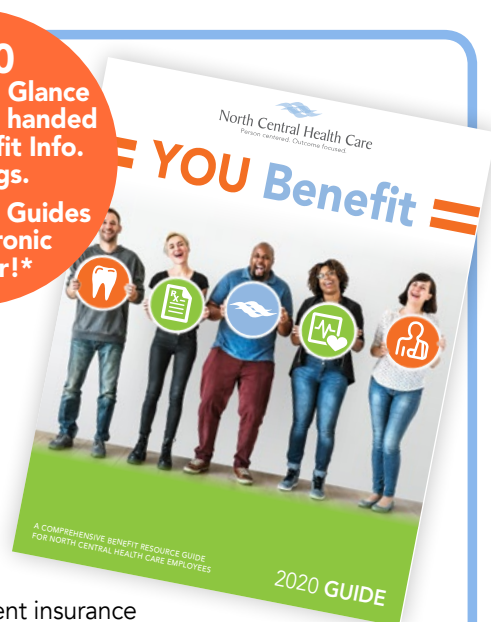
To further assist employees in understanding benefits that are available, a series of Open Enrollment Benefit Information Meetings are scheduled. We strongly encourage employees to attend one session and take advantage of the opportunity to ask questions and speak with representatives.

**MARK YOUR
CALENDAR
TO ATTEND A
BENEFIT INFO
MEETING!**

| | | |
|-------|--------------------------------|---|
| 10/28 | Antigo Center Antigo Center | 12:00 pm - 1:00 pm 1:00 pm - 2:00 pm |
| 10/29 | Wausau Campus Theater | 10:00 am - 11:00 am |
| 10/30 | Wausau Campus Theater | 3:00 pm - 4:00 pm |

OPEN ENROLLMENT INFORMATIONAL MEETING RECORDING AVAILABLE ONLINE!

Unable to make it to an informational meeting to hear about the 2020 Employee Benefits or want to watch the presentation again from anywhere, 24/7? The video is now available online at <http://www.norcen.org/EmployeeBenefits> or on the intranet on any network computer.



UltiPro®

**Log Into UltiPro to
Complete Your
Benefits Enrollment**

* In an effort to conserve our resources, the YOU Benefit Guides will be available electronically this year and employees will receive a smaller concise version. Employees will receive a link to the full YOU Benefit Guide electronically. If you prefer a printed copy, watch your NCHC email for notices of YOU Benefit Booklet availability.

**New Position Posting****Title:** Phlebotomist**Status:** Limited Part Time **Location:** Mount View Care Center<http://bit.ly/PhlebotomistNCHC>

Under general supervision, performs the manual and technical tasks involved with the proper collection, labeling, processing and distribution of biological specimens for laboratory testing to include microbiological, hematological and chemical analysis, from clients, residents and patients of all ages. This person is responsible for utilizing relevant computer programs, performing data entry, canceling and crediting tests, and accurately distributing the results. One 0.25 FTE (20 hours per pay period) 6am-10am Monday-Friday

Requirements

- Certification as a Phlebotomist by a national accrediting agency, i.e. ASCP, NCA, etc, or certification by a national accrediting agency in a related field whose training includes phlebotomy instructions and satisfies the requirements for certification as a Phlebotomist as the national level.
- Valid Wisconsin driver's license and appropriate auto insurance coverage as required by North Central Health Care.

Preferred

- 1 year of experience as a phlebotomist

**New Position Posting****Title:** Mental Health & Substance Abuse Therapist**Status:** Full Time **Location:** Antigo Centerhttp://bit.ly/MHSATherapist_Antigo

The Mental Health & Substance Abuse Therapist provides mental health and substance abuse assessment and psychotherapy for individuals, families or group and consultation and education for the community in a manner that most effectively meets the philosophy and goals of North Central Health Care, based on evidenced based practices.

Requirements

- Master's degree in specialty field in Human Services
- State of Wisconsin Licensed Clinical Social Worker, Professional Counselor, Marriage & Family Therapist or Licensed Psychologist
- State of Wisconsin Substance Abuse Counselor certification or Substance Abuse Specialty designation

Preferred

- Three to five years' experience

Any combination of education and experience that provides equivalent knowledge, skills and abilities may be considered.

Find out with a realistic job preview of some amazing opportunities at NCHC!
www.norcen.org/RJP

2019 Professional Development Opportunities for NCHC Employees



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.

New Topic: Creating Professional Development Plans**Time:** 2 hours

Description: If you want to take charge of your professional development, come to this session, learn what professional development plans are and start creating one of your own.

Date: Thursday, October 24, 2019**Time:** 9:30am – 11:30am**Room:** Iris Room**Target Audience:** All Staff**Presenters:** Ashley Downing & Judy Rannow**NEW Topic: FISH! Philosophy****Time:** 2 hours

Description: Compassionate health care starts with being full present for people who need you. Show you value them. Offer a smile to lift their spirits. Learn how FISH! Philosophy helps improve patient satisfaction, trust and teamwork, morale and retention, awareness and creativity.

Date: Wednesday, November 6, 2019**Time:** 1:00pm – 3:00pm**Room:** DeSantis Room**Target Audience:** All Staff**Presenters:** Kathy Buckli and Judy Rannow**New Topic: Person Centered Customer Service****Time:** 2 hours

Description: This session will focus on providing excellent customer service using FISH! Philosophy principles and NCHC Person-Centered Service.

Date: Wednesday, December 4, 2019**Time:** 1:00pm – 3:00pm**Room:** DeSantis Room**Target Audience:** All Staff**Presenters:** Pam Weinfurter, Judy Rannow



2019 INFLUENZA VACCINATIONS REQUIREMENTS BY ALL NCHC STAFF

Did YOU Get Your Flu Shot Yet?

1. All NCHC employees are required to complete the Annual Employee Health Questionnaire and receive an Influenza Vaccination by November 1st, 2019
2. The forms will be sent to you via email are fillable. Please complete and print off both before receiving influenza vaccine. The Vaccine Information Sheet (VIS) is for your information only and does not need to be printed.
3. Employees that DO NOT complete, by November 1st 2019 are to be removed from the schedule until both items have been completed and this can also affect your Performance Evaluation Merit Increase.
4. Employees that are unable to receive the vaccination due to exemptions, please contact Renee Erickson during her flu shot office hours. (Please see below)
5. If your program is listed below, please see the designated person for your flu shot.
 - ADS/Pre-Voc./Group Homes..... Jenni Kessen, RN
 - BHS/Crisis/MMT..... Kathy Buckli and John Ward
 - Community Treatment/Outpatient Services
..... Linda Handrick, Nurse Manager
 - Nursing Home (MVCC)..... Amiee Muraski, RN
Cheryl Rye, Nurse Manager
Deanna Johnson, PM Supervisor
Natasha Sayles, Nurse Manager
Connie Glinieki, Director of Nursing
6. Employees that have received the influenza vaccination from another provider MUST PROVIDE documentation. The Employee Health Questionnaire will still need to be completed and returned to either, Renee Erickson, Employee Health Nurse or your Program Manager

All staff are required to participate in the influenza program by either getting the flu shot or declining the flu shot.



**ALL
EMPLOYEES
HAVE UNTIL
NOV. 1 TO
PARTICIPATE IN
THE FLU SHOT
PROGRAM!**

**TIME IS RUNNING OUT
TO MEET THE FLU SHOT
PARTICIPATION
REQUIREMENT!**



Renee Erickson,
Employee Health Nurse

North Central Health Care
Person centered. Outcome focused.

RENEE'S FLU SHOT OFFICE HOURS

| | |
|----------------------------|-----------------------------------|
| Monday, October 28..... | 1pm to 2pm, 3pm to 4pm |
| Tuesday, October 29..... | 11:30am to 12:30 pm 2pm to 4pm |
| Wednesday, October 30..... | 10am to 11am 1:30pm to 3pm |
| Thursday, October 31 | 9am to 10:30am 2pm to 4pm |

get your flu shot here!

**LAST WEEK OF FLU
SHOT OFFICE HOURS!**

**Get
vaccinated**

Influenza or "flu" can cause serious illness. Vaccination is the best way to protect yourself and your family.



**Cover your
cough or sneeze**

Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.

**Fight
the
Flu**
It starts
with you



**Wash your
hands**

Wash your hands often with soap and water or use an alcohol-based hand cleaner.



**Avoid touching
your eyes, nose,
and mouth**

If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.



**Stay home if
you are sick**

Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.





"NEVER TAKE A SINGLE BREATH FOR GRANTED"

MOUNT VIEW CARE CENTER * CELEBRATING RESPIRATORY THERAPY WEEK * OCTOBER 20-26 2019

Hi Steve,
I want to thank and commend you and your department for the care, kindness, and encouragement they have shown and given me and I have seen them also give other residents here.

There were times when I struggled to breath or times you just feel like giving up that they helped me.

Please forward this up the ladder so others know how I feel about my stay here. Mount View is to best facility I have ever been at. All of the depts. have been great from P.T., O.T., CNA's, ATN's, and especially yours, R.T. I have given a similar letter to Kevin Nelson to also be passed up the ladder.

The care I received from Carrie, Laurie Vicky was beyond great. Hope I did not miss someone.

Korby
Maddy
Amanda

I especially want to commend Carrie, Kari, and Mary who works the night shift. Their work ethics are fantastic.

Mary should get a commendation. Her cheerfulness, kindness and concern for the residents is super. She is always checking on us to see if we are alright, asking if we need anything.

I want you to know I have talked to the VA twice and told them about

the great care I have received. I got a phone number from the last one and will be calling her to once again tell her about the great care here at Mount View Health Care and all the help they have been in my recovery. I can never thank you enough

God Bless You All
My Best Wishes Always
M

P.S. Steve thank you for everything you have done for me.

Respiratory Care Week October 20-26

is a week set to honor and recognize respiratory therapists. Respiratory Care Week is celebrated internationally but most notably in Canada and the United States.

Respiratory Care Week is usually the last full week of October.

United States President Ronald Reagan proclaimed the first week dedicated to honoring respiratory therapists in 1982.

Thank YOU to All Our Respiratory Therapists at NCHC!

You Make Us All Breathe a Little Easier!





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: \$1.50 Cup | \$2.25 Bowl



OCTOBER 28 – NOV 1, 2019

MON 10/28 ...Chicken Noodle Soup

Baked Potato Bar - Ham, Broccoli,
and Cheese

Vegetable Lasagna

Carrots, Garlic Bread
Ice Cream

TUES 10/29....Potato Soup

Egg Rolls-Sweet/Sour Sauce

Beef Tips, Peppers, & Onions

Broccoli
Mashed Potatoes
Dinner Roll

WED 10/30Minestrone Soup

Chicken Bacon Flatbread Pizza

Country Fried Steak

Savory Spinach
Baked Potato
Apple Crisp

THUR 10/31 ...Turkey Dumpling Soup

Baked Turkey Berry Wrap

Baked Polish Sausage

Vegetable Blend
Scalloped Potatoes
Coconut Cream Pie

FRI 11/1Split Pea Soup

Taco Bar

Parmesan Baked Fish

Scalloped Tomatoes
O'brien Potatoes
Lemon Bar



Marathon County
Employees Credit Union

**Don't Forget to Stop by MCECU on
Thursday, October 31st for a Treat!**



**MCECU Is a Full-Service Credit Union and
Offers Products to Fit
All Your Financial Needs.**

715-261-7680
cuteller@co.marathon.wi.us
www.mcecu.org



SHOW US YOUR HALLOWEEN SPIRIT!

We would love to see what employees and their families are dressing up like for Halloween! Send us your spookiest (or most adorable) Halloween photos. We will post them in the News You Can Use next week!

Email NCHCMarketing@norcen.org or Text 715.370.1547