Issue 43 • Nov. 8 - 14, 2019



A Weekly Update For The Employees of North Central Health Care



NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

We like to tell jokes in our family. Some are better than others. My 6-year old comes home with new ones all the time. One she loves to ask unsuspecting strangers is, "Why can't you give Elsa a balloon?"

"Because she'll Let it Go, Let it Goooooo!!!"

Finally, I've been able to get a joke into the NYCU. In my house, with three girls who are all six and under, the movie Frozen is a huge hit. If you have kids in your family you can probably understand the anticipation we're feeling with Frozen II coming soon to theaters.

With temperatures dropping this week, the word frozen is something we can all feel. Our construction workers on the Wausau Campus are creating tents to keep it warm enough to start laying bricks. In Antigo, we are hoping to get a new sewer lateral for our new Sober Living program installed before the frost gets too deep. And I hope everyone traveled safely on Wednesday as we had our first day of winter driving. Remember to go slow and stay safe. We want avoid employee accidents. This weather has you probably singing Olaf's "In Summer"!

Winter is part of life here in Wisconsin. The days are getting shorter, grayer and colder. Just remember, while our attitudes may be getting colder with the weather, the message from Frozen – "Love thaws a frozen heart." Try to stay warm out there.

Make it a great day,



For United Way Campaign Details & How to Win Prizes!







2019 WORKPLACE GIVING CAMPAIGN



Retirement News! Department Spotlight ... Lakeside Recovery MMT **Fund Raising** Opportunities..... Scrip Cards and Coupon Books! **Meet Our** New Employees..... New! Flu Shot Night Safety Snip-Its Holiday Appreciation.. 1





Make a Difference in Your Career





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.

JOB FAIR IN ANTIGO!

Community Treatment Team Shares Employment Opportunities & More!

> Earlier this week, Community Treatment staff shared NCHC employment opportunities with hundreds of students at Antigo High School. Thank you to Jill Mattek-Nelson, Tera Nicholson and Brook Kickhaver for their continual outreach efforts and connecting people with opportunities and services.

National Medical Staff Services Awareness Week

Medical Services Professionals: Gatekeepers of Patient Safety November 3-9, 2019

It's National Medical Staff Services Awareness Week. You may not know this because Medical Services Professionals are truly the behind-the-scenes gatekeepers of patient safety, ensuring quality care through the credentialing and privileging of healthcare providers in an ever-changing industry. At NCHC, Jessica Putrus is that person! She is a member of the National Association of Medical Staff Services and our State Chapter: WAMSS, Wisconsin Association of Medical Staff Services. Her daily work is all behind the scenes and before a doctor ever steps foot into our building. Thanks for all you Jessica!

Jessica Putrus



RETIREMENT NEWS **Congrats David Schroeder!**

After 19 years 1 month and 3 days of service as the In-House Transportation Coordinator David Schroeder will be retiring from North Central Health Care. In performing his duties, there probably isn't a department or employee that has not had contact with David in his duties as courier, ADS/PreVoc/Residential route driver, vehicle maintenance guy, medical driver, material delivery, furniture mover, transportation department scheduler, present delivery guy, and all-around go-to guy.

David is looking forward to some well-deserved time off to relax and spend time with family. His knowledge of the workings of NCHC and his work ethic will be missed. Congrats, David!



CATCH THE FULL RETIREMENT CELEBRATION **VIDEO ON FACEBOOK!**

GET SOCIAL!



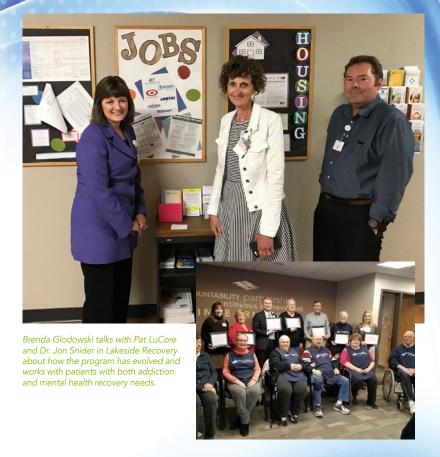


DEPARTMEN1

Lakeside Recovery, MMT

Lakeside Recovery MMT, which stands for Medically Monitored Treatment, is a program located on the Wausau Campus for clients over age 18 who are seeking alcohol and drug abuse (AODA) services. While the program originally focused on AODA, the population has changed and many clients being served also have a mental health diagnosis. To meet the needs of the clients, the programing evolved in July 2019 to meet the needs for both AODA and mental health diagnosis. This is a 21-day program, in which the clients stay in the facility 24/7 for the length of the program. After completion of the program, each client has an individualized plan as to what is appropriate for the next level of care. While the program focuses on recovery, it also assists with looking for housing and jobs and enrolling in insurance benefits.

People can be referred to the program through a number of ways including self-referral, or referral from family, physician, probation and parole, or internal NCHC programs. The program is voluntary, which means the clients can leave the program at any time. However, data indicates that most clients coming into the program do complete the program. At the end of the program, there is a graduation ceremony where family members and others that provide support are invited to attend. With the rate of substance abuse being high in our three county region, this is a significant program for the communities. Feedback from clients says they are grateful for the program and to be here. The clients are able to develop good support systems that assist with their success in the program.





Lakeside Recovery MMT

partners with local artists in RISE UP! to complement their recovery using art in a various ways.









Pre-Order by Wed., Nov. 13

Online: http://bit.ly/AquaticScrip2019



You receive the full value of the card while a percentage of your purchase goes to support the pool in purchasing new equipment and providing financial assistance for qualified pool users.

THESE CARDS AVAILABLE:
Mills Fleet Farm Subwa
Menards Walgre
Pick N'Save Kohls
Sam's Club / Walmart
Marcus Theaters

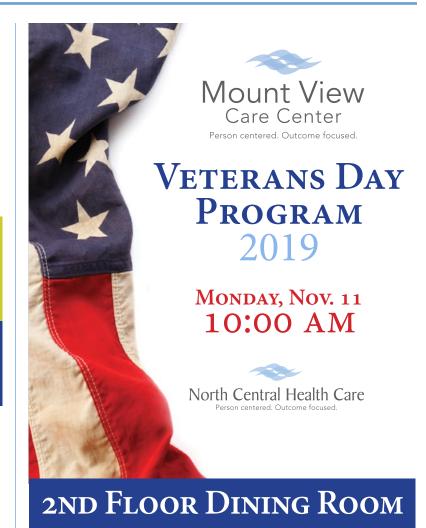


Please fill out an order form and return to Brenda Budnik in atic Services by Wednesday, Nov. 13 or complete form online http://bit.ly/AquaticScrip2019

Warm Water Works is expanding the scrip sales program again this Holiday Season. If interested, fill out a purchase form found at the pool or pre-order online by November 13th. You do not have to pay until the cards come in. We will only accept cash or check for payment. We will call when cards come in, sometime around the end of November.

REMEMBER with your purchase you do not lose any money!

Warm Water Works purchases the scrip cards at a discount of 4% to 10%. You still get the full scrip card price at time of purchase.



PLEASE USE ELEVATOR NEAR MAIN ENTRANCE

HELP SUPPORT OPPORTUNITIES FOR

My Local Deals Coupon Books Available!

KIDS IN COMMUNITY TREATMENT

Our NCHC Comprehensive Community Services (CCS) Team has started their annual coupon book fund raiser! Please help out kids with special needs by purchasing one of the 2020 My Local Deals coupon books. This year there are over 130 participating businesses (many with multiple coupons) in the Wausau, Stevens Point, Marshfield, Merrill, Mosinee, Wisconsin Rapids, Tomahawk and Rhinelander areas.

Books are \$20 each and \$14 from each book goes directly to help the youth in our programs!!

There are over \$5,000 worth of savings in each book!

A few examples of the coupons include \$10 in Kwik Trip gas coupons, buy one get one for WOW laser tag (\$17 value), buy one get one water park passes at the Grand Lodge, free cheese curds at Milwaukee Burger, golfing, spa services, pizza, oil changes, and tons of restaurant coupons!

Cash or check only and please make any checks out to Gina Lenz. Thank you so much for helping us to improve the lives of the children we serve. These funds are used to send children to camps that they wouldn't otherwise have the opportunity to attend, incentives to help them meet their goals, and basic needs items. Please contact Gina Lenz at glenz@norcen.org to get your Coupon Book today!

Your support is greatly appreciated!

UPCOMING NEWS YOU CAN USE Holidays Editions 2019

Looking ahead to upcoming holidays and *News You Can Use* editions, below is information to help plan any submissions you may have:

- The November 22 edition will be a 2-week edition. There will not be a Nov. 29 edition during Thanksgiving week.
- The Dec. 20 edition will be a 2-week edition.
 There will <u>not</u> be a Dec. 27 edition during the week of Christmas.
- There <u>will</u> be a January 3 edition and back to regular weekly editions.

Just a friendly reminder to have all submissions to Jessica Meadows by end of the day on Wednesdays to be included. Thank you again for all the great thing you share each week to communicate out to employees and board members!





WELCOME THESE NEW EMPLOYEES TO THE TEAM!



From left to right:

Tyler Mathews, Dietitian/Dietary Director, Pine Crest

Tyler Peer, Intern at MVCC

Trevor Copeland, Case Manager, Community Treatment Adult, Merrill

Jill Moore, Assistant Director of Nursing, Pine Crest

Sara Sedo, Social Services Director, Pine Crest

Kevin Traeder, Employment Specialist, Community Treatment Youth Ce Ce Upton, Employment Specialist, Community Treatment Youth

Amanda Rivera, Behavioral Health Tech, Hospital BHS

Samantha Jaeger, Central Supply/Restorative Nurse Manager, Pine Crest

Stacey Frisch, MDS Coordinator, Pine Crest

Carrie Sarazin, Billing Specialist, Pine Crest

Sara Carlson, Assistant Director of Nursing, Pine Crest

Ginger Osness, Clinical Nurse Liaison, Pine Crest Alice Heglund, Medical

Records, Pine Crest

Nikole Lemmer, CNA, Reflections Long-Term Care,

Tama Paszek, CNA, Legacies by the Lake, Lakeview Heights

Amanda Meyer, Residential Care Assistant, Bissell St.

Cory Resch, Dietary Aide, Food Services

Dr. Robert Gouthro, Chief Medical Officer, Corporate Administration

Tara Rhode Southern Reflections Peer Specialist - Community Treatment Adult,

Libby McKenna Dietary Aide -**Food Services** Merrill



MOUNT VIEW CARE CENTER NACHOS SALE!

Build Your Own Nachos Sale



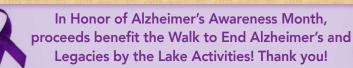
When: Wednesday, November 13th

Where: Link Hallway Breakroom (10:30 am -1 pm) and MV 1st Floor Activities Room (3:30 pm-5 pm)

Cost: \$4.50-nachos and cookie \$5.00-nachos, cookie, & soda

Toppings: > ground beef

- > nacho cheese
- > chopped onions
- > sour cream
- > shredded cheese
- > shredded lettuce
- > black olives













2019 WORKPLACE GIVING CAMPAIGN

NCHC employees, please consider a pledge through payroll deduction to United Way. With your gift, you will make a difference for thousands of people in our community, including many people that we provide care and support for at North Central Health Care.

*Your Gift	Entries	Double your Chances!!!	
\$52	1	Make a new gift or	
578	2	increase your gift by	
\$104+	3	\$13= entries x 2	



A gift of \$52 or more annually qualifies you for the Fiat Sweepstakes.

Any Donation in the Workplace Giving Campaign Qualifies You to WIN 6 Additional Prizes!

8-Hours of PLT (2 winners) \$50 Gift Basket (3 winners) \$100 VISA Gift Card (1 winner)

A drawing will be held at the Holiday Celebration Chili Lunch on the Wausau Campus on Wednesday, December 11 at Noon.

what NCHC stands for. Thank you for your Generosity!

Check your NCHC email for your personal link to participate! Hurry! Campaign Ends December 6 at 5:00 PM!

*If you have a current payroll deduction pledge and not changing your donation amount, it will automatically continue in January. Make sure to check your pay stub to verify that you are currently contributing through payroll deduction. All donations can be designated to the local United Way of your Choice.

> 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 n2HuviZO expiration date 2/1/2020.

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 preretirement group meetings near you!

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)

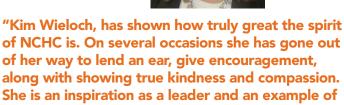
Please bring all of the above information for your spouse/ partner (if applicable).

click here. If none of the listed meeting times work for your schedule, please look for additional meetings on other dates and/or other locations by clicking here.

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 ques Wisconsin Retirement System (pension)? Please call WRS directly at (877) 533-5020

WDC Program Meeting Schedule						
Date	Time	Topic	Location			
Wednesday, December 4, 2019	11:00 am – 1:30 pm	Account Review Sessions	North Central Health Care Facility Badger Room			
Go to www.wdc457.org to schedule your appointment.						





Person-Centered

With the reductions of rooms to take clients in for meetings, Kim was present when a client showed up anxious and wanted my assistance. Kim was in the hallway as I was trying to figure out a safe and secure place to meet with this client. She immediately jumped in an offered us the use of her office. As my client showed signs of relief with the matter as there is a lot of anxiety and paranoia with the reason for the visit. Kim afforded me the opportunity to relieve stress for the client and myself. I can't thank her enough for how she stepped in and that allowed me to assist my client with her financial issues."

- Submitted by Jessica Serfontin, Financial Services Benefits Counselor

Give someone a big shout out and thank them for their Person-Centered Service!

Send your SHOUT OUTS to jmeadows@norcen.org.









NEW! NCHC IS SPONSORING A "FLU SHOT NIGHT" For Spouses and Dependents on the NCHC Aspirus Arise Health Plan

The Flu Shot Night will be on Thursday, November 21 from 2:30 pm to 6:30 pm at the North Central Health Care Employee Health and Wellness Center located on the Wausau Campus.

Since flu shot supplies are limited, please call the Employee Health and Wellness Center at 715-843-1256 to schedule appointments for spouses or dependents on the health plan.

Since there is a high demand and supplies are limited, Aspirus cannot guarantee flu shots for walk-ins.

There is no charge for the flu shots at this event.

Please call 715-843-1256 to reserve your flu shots!



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









SAFETY SNIP-ITS Winter Weather Reminders

We'd like to remind everyone to think ahead and be prepared for the upcoming winter weather conditions. Here's some obvious tips that we all can use a reminder on:



- Walk slowly and cautiously, watching for slippery areas.
- Wear proper footwear when walking to and from your vehicle.
- Dress appropriately for winter conditions.
- Use clear walking paths if possible.
- Drive cautiously

Plan ahead. Leave early when traveling to avoid the need to rush or make lodging arrangements to report to work if necessary.

Clear your vehicle of snow and ice. Be sure you can visual hazards all around you. Take the extra time to see clearly.

Give yourself adequate room between you and other drivers. Remember snow and ice can affect your ability to break safely, Increase your breaking time for slippery conditions. Try to keep at least three car lengths or greater between you and other drivers.

Avoid unnecessary distractions such as cell phones, eating, etc

Be considerate of large commercial vehicles and snow plows. Never pass a plow on the right.

Consider putting a winter emergency kit in your vehicle.

Suggested items include: a blanket, warm boots, socks, gloves and winter hat, hand warmers, flashlight, jumper cables, small bag of kitty litter, and a small shovel.

Charge your cell phone. Always make sure your cell phone is adequately charged or you have the equipment to do so.

Please note: Grounds and Maintenance staff does its best to monitor and keep the parking lots and walkways clean to reduce slippery conditions. If winter weather conditions change and there are areas that need extra attention, please notify your supervisor, manager, maintenance or housekeeping team member.

Stay warm and safe everyone!



Would you recognize human trafficking? Are your family, friends, students, or someone you know at risk?

Come for a powerful presentation by Celine Goessl & Kathy Lange, in full-time ministry of Anti-Human Trafficking

Ask questions. Learn what we can do to help STOP this crime.



Thursday

First United Methodist Church \mid 903 3rd St., Wausau \mid 715-842-2201 \mid fumcwausau.org

UltiPro

ULTIPRO SYSTEM UPGRADE SCHEDULED 1:00 am Saturday, November 9th

Starting at 1:00 am Saturday, November 9th UltiPro will be undergoing a scheduled release upgrade. The upgrade is expected to take up to 6 hours.

ACTION REQUIRED: If you enter time at a physical time clock, CONTINUE to punch as you normally do.

UltiPro Time Management will not be available on the computer or mobile application until the upgrade is complete (e.g. punching via desktop application, timesheet review/modification). The ability to desktop and mobile application punch is expected to return by 7:00am Saturday, November 9th.

If you have any questions, please contact Human Resources at x 4419 or 715.848.4419.

NCHC EMPLOYEES: DUAL PUNCH NOTICE **Punch in Kronos and UltiPro Time Keeping Systems**

North Central Health Care continues the process of transitioning to UltiPro, our web-based and fully integrated Human Resources/Learning Management system. The next phase of our transition will be to implement UltiPro Time Entry for timekeeping.

ACTION REQUIRED: Sunday, November 3 through Saturday, November 16 staff who punch in/out must record time in BOTH Kronos and UltiPro time keeping systems. In addition to punching in/out using a timeclock, you may now use the UltiPro Time Entry function from a desktop computer. This requires you to log into UltiPro from a computer.

As we prepare to implement UltiPro Time, recording your time in BOTH Kronos and UltiPro time keeping systems allows for important testing to be completed. Your participation is necessary and greatly appreciated.

For instructions on how to Log In to UltiPro, Punch In/Out on UltiPro Time Clocks, Access UltiPro Time Entry from desktop computer, and perform other UltiPro functions, visit www.norcen.org/ForEmployees and select topic appropriate link.

Please note:

- To help avoid potential errors on your paycheck, staff who punch in/out must record time in BOTH Kronos and UltiPro
- Managers approve time in Kronos as usual
- Open labs will be scheduled towards the end of next week and/or into the following week for Managers to practice reviewing/approving UltiPro time cards
- Materials on how to review/approve UltiPro time cards will also be shared with Managers in the upcoming weeks

If you have any questions, please contact Human Resources at x 4419 or 715.848.4419.





iii Rinsights •

New Position Posting

Title: Mental Health & Substance Abuse Therapist Status: Full Time Location: Antigo Center

http://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.

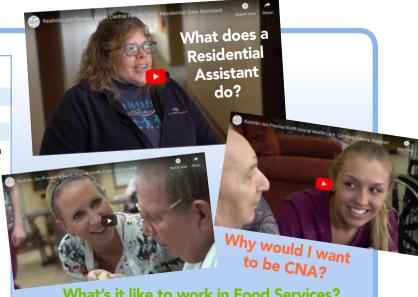
Requirements

- 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.



What's it like to work in Food Services? What does a Dietary Aide do?

Find out with a realistic job preview of some amazing opportunities at NCHC!

www.norcen.org/RJP



Featured Realistic Job Preview: Employment Specialist in Community Treatment

Meet Stephanie Jewell! She shares her experience working with those with mental illness and addiction challenges as an Employment Specialist for North Central Health Care. Find out what makes this experience a great fit for her. Is this the career for you or someone you know?

Watch the full Realistic Job Preview at www.norcen.org/RJP or Facebook!



ON THE MOVE! Transfers & Promotions



transition from Inpatient Hospital Therapist In-Training to Substance Abuse Therapist!



< Congrats Kelly Kasprzycki!
Congratulations to Kelly Kasprzycki for her recent transition from Residential Care Assistant to Residential Care Coordinator!



< Congrats Dawn Rustick! Congratulations to Dawn Rustick for her recent transition to Laundry Coordinator in Laundry Services!

Congrats Betty Bresnahan!> Congratulations to Betty Bresnahan

for her recent transition from Food Services Dietary Aide to Cook!





< Congrats Debra Lamboley! Congratulations to Debra Lamboley for her recent transition Residential Care Coordinator to Adult Case Manager in Community Treatment.





NCHC Employees,

as cold weather approaches, we begin to reflect upon the growth and success of this past year.

In appreciation of your hard work and dedication. now is the time to place your order for the 2019 Holiday Gift!



How Do You Order? Find Your Employee Holiday Gift Order Link In Your NCHC Email Inbox!

Please make your selection before November 18, 2019 at 5:00 pm so that your gift can be delivered to you in your department before the holidays! Each employee will receive a choice from four different items.

Note: Employees who miss the ordering deadline above will receive the Chamber Gift Certificate selection. Orders will not be accepted after Nov. 18, 2019 at 5:00 pm. Greater Wausau Chamber Certificate Participating Businesses: https://www.wausauchamber.com/list/ql/accepts-chamber-gift-certifcates-26

Wishing you a season of joy and looking forward to continued success in 2020.

If you have any questions specific to your holiday order, contact Jessica Meadows jmeadows@norcen.org 715.848.4309.



Mark Your Calendar for the Annual NCHC Holiday Celebration Chili Dinner

Wednesday, December 11

Details to come!





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



Aquatics Fall Bake Sale at Pool!

Nachos Sale

at MVCC!

NOVEMBER 11 - 15, 2019

MON 11/11 ... Cream of Potato Soup

Chicken Strips

Sliced Ham

Steamed Broccoli Baked Potato Fruited Gelatin Dessert

TUES 11/12.... Navy Bean Soup

Nachos Supreme

Roasted Chicken

Cream Style Corn Rice Pilaf Cheesecake

WED 11/13 Chicken & Rice Soup

Pizza

Meatloaf

Stewed Tomatoes Parslied Noodles

Carrot Cake with Icing

THUR 11/14...Tomato Soup

Grilled Cheese Sandwich

BBQ Pork on a Bun

Fried Potatoes Creamy Coleslaw Mandarin Oranges

FRI 11/15..... Cream of Broccoli Soup

Reuben

Baked Cod

Baked Butternut Squash Potato Salad Banana Pudding



Marathon County **Employees Credit Union**

There's Still Time to Take Advantage of **Our Fall Special**



Accounts opened between 10/1/19 and 11/30/19 will receive 1.99% introductory APR* until 5/31/2020. After promotional time frame expires, remaining balance will migrate to standard APR applicable on your account. *APR = Annual Percentage Rate

Don't Get Trapped With Your High Interest Rates - Contact Us Today!

Peter.Wolf@co.marathon.wi.us

715 261-7685

400 East Thomas Street • Wausau, WI 54403

REMINDER: WINTER PARKING NOTICE ON THE WAUSAU CAMPUS

When the Snow Falls - Know Where You Need to Park!

With winter and snow removal season fast approaching, we look for each employee's cooperation in making our lots safer and also giving our snow removal crew the best opportunity to keep our lots clear.

On the Wausau Campus specifically, we ask that all 3rd shift employees park $\,$ in the first two rows of Mount View Care Center only, so that the back lot, front yellow flag and the rear of MVCC can be plowed in the middle of the night. There should be no parking in other lots for safety of snow removal. Please allow yourself additional time, slow down and watch for plows and grounds staff outside.

Thank you in advance for your attention! Watch for more parking notices as winter comes along.