

A Weekly Update
For The Employees of
North Central Health Care



"Rib Mountain Sunset" – Submitted by Deanna Schertz, Marathon County Health Department



WEEKLY CONNECTION WITH MICHAEL LOY

A Walk to End Alzheimer's

On Friday January 10th, I had the privilege to present a check to the Alzheimer's Association from the NCHC Team for over \$6,000. During the presentation, NCHC received an award for the Team who raised the most during the campaign and our very own Jennifer Dixon was the highest Individual fundraiser during the campaign. This is not her first time leading the pack and she has personally raised thousands of dollars for this cause as part of our NCHC Team

over the years. Congratulations to Jennifer, the NCHC team, and Natasha Sayles who provided the Team Leadership on behalf of NCHC. Natasha helped make the walk event a success this year.

The Walk to End Alzheimer's is held annually in more than 600 communities nationwide, and is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. The funding that is raised supports a number of initiatives but most notably, the Association is currently investing over \$160 million in more than 500 active projects in 27 countries that is driving research toward treatment, prevention and, ultimately, a cure. Thank you again to the Team, to those who walk and all involved. Please consider joining our effort this upcoming year.



More Photos on page 2!

The celebration of this achievement is a clear example of our core value of Partnership where our staff and organization is actively working to make our community and world a better place. These are the things we are not required to do but rather the things we choose to do because our care extends farther than our four walls. We've entered a new decade in recent weeks, let's hope this decade is the one where we can be part of finding a cure and impact the lives of millions of people in the world.!

Make it a great day,

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, Jan, 13 –
Sunday, Jan. 19**

Laura Scudiere



**WATCH ENTIRE CHECK
PRESENTATION VIDEO
ONLINE NOW!**

@NorthCentralHealthCare

Walk to End ALZ **2**
Check Presentation & Awards

**Welcome to Our
New Employees**

Employee Updates **4**
1st Quarter 2020 Sessions!

Department Spotlight ... **5**
Health Information Management

Infection Prevention **6**
Heath Alert from Lincoln County

Family Matters **9**
2020 Program Listings

Person-Centered
**Shout
out**



**Mary McDougal,
Patient
Accounts**

Why: A big help to Jamie when I was off and always helping me and teaching me with PATIENCE!

**Submitted by:
Sheila Pyan**





**WALK TO
END
ALZHEIMER'S**
alzheimer's association



A check was presented to the Alzheimer's Association from NCHC for over \$6,097 to support Alzheimer's awareness and research. From left to right: Jennifer Dixon, Lori Plaza, Natasha Sayles and Michael Loy.

WALK TO END ALZHEIMER'S Check Presentation & Awards

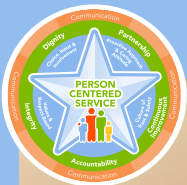
The North Central Health Care Alzheimer's Walk Team was recognized for being the largest contributing team in the region for 2019 after raising \$6,097.45, which benefits Alzheimer's awareness and research.

Jennifer Dixon, a NCHC employee at Mount View Care Center, was also recognized as the top individual fundraiser of 2019! Thank you her and those of you who supported the Walk to End Alzheimer's with the goal of ending Alzheimer. Together we can make a difference.



Jennifer Dixon was presented with an award for highest individual fundraising. Jennifer also presented the Alzheimer's Association with a check for \$100 as the initial seed money to kick off the 2020 Walk Campaign.

WELCOME THESE NEW EMPLOYEES TO THE TEAM!



From left to right:

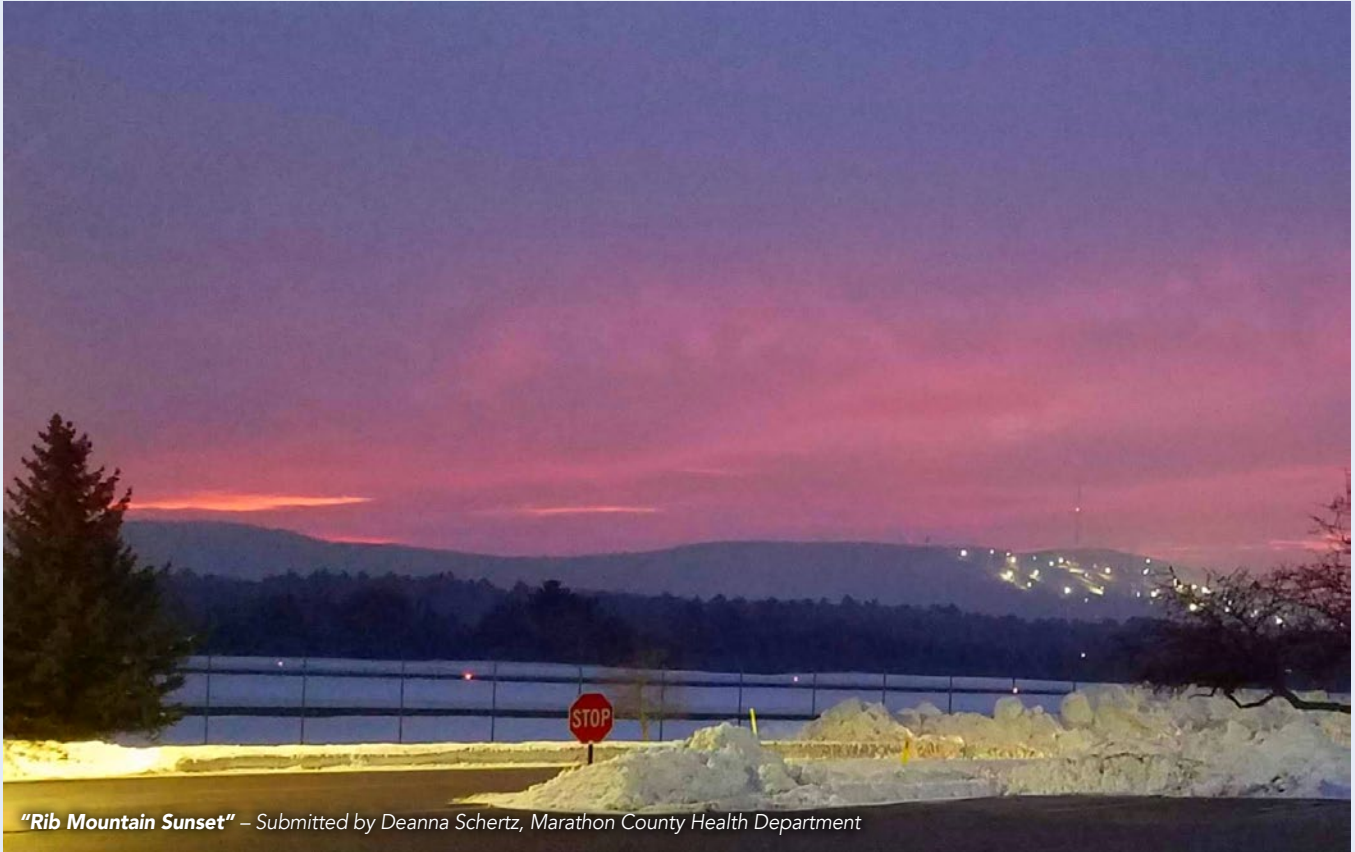
Cassidy Smith, CNA Nursing Home Rehab, Pine Crest
Desire Collins, Phlebotomist, Infection Control, Wausau

Jacquelyn Krause, HR Generalist, Pine Crest
Jean Tate, Crisis Professional, Crisis,
KatleeAn Gochanour, CNA, Nursing Home Rehab, Pine Crest
Cody Sunie, CNA, Northwinds Vent Community,

Alisha Bochman, OTA, Hospital-BHS
McKayla Pankow, Registered Nurse, Nursing Home Rehab, Pine Crest



PHOTO OF THE WEEK

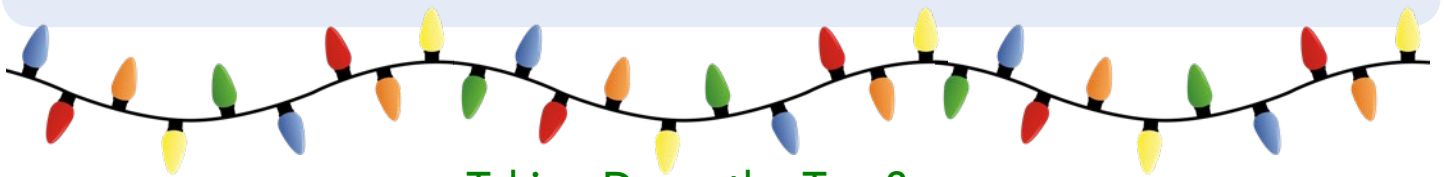


"Rib Mountain Sunset" – Submitted by Deanna Schertz, Marathon County Health Department

"I took this photo as I was leaving work on Friday, December 20th. I was one of the last people to leave the Health Department that night. The picture was taken from the employee parking lot outside the Health Department. The sun was setting, yet it was misty outside. I thought it was a neat picture with the lights of Rib Mountain glowing in the background." – Deanna Schertz, Environmental Health Lab Tech., Marathon County Health Dept.

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.



Taking Down the Tree?
Save Those Junk Lights!



**HOLIDAY LIGHT
RECYCLING**
to benefit Habitat for Humanity!

Bring in your old, junky, burnt out strings of lights. Habitat for Humanity of Wausau will recycle the materials and use the proceeds to benefit our local Habitat for Humanity efforts here in Central Wisconsin.

It's a WIN WIN!





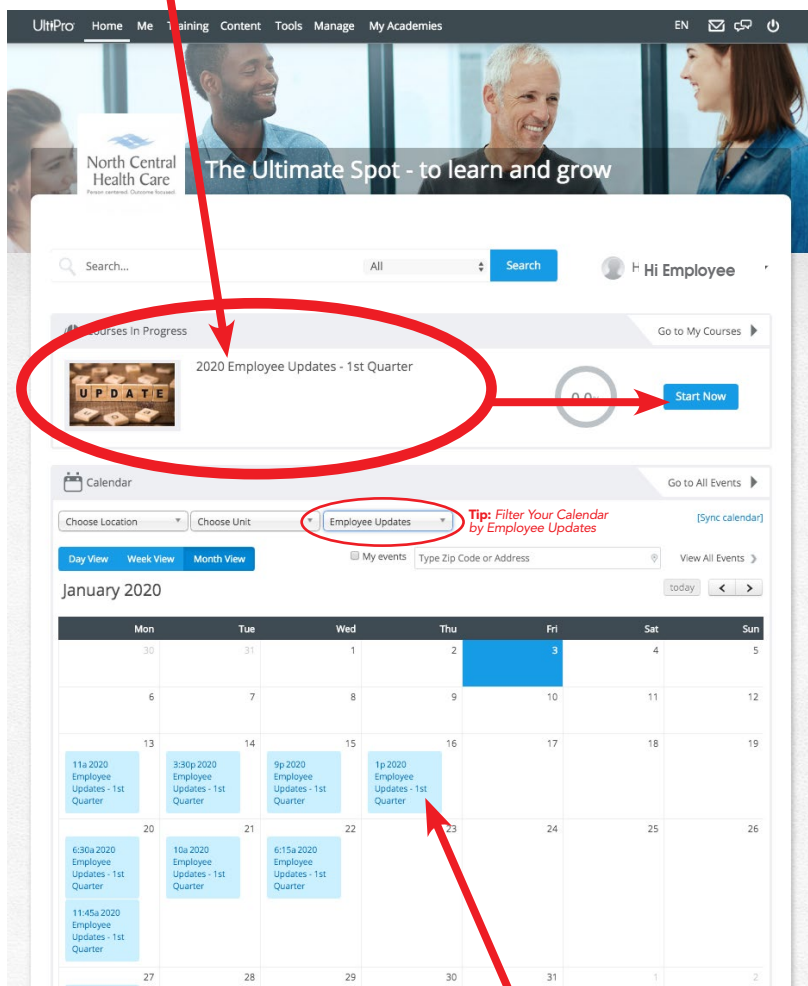
2020 EMPLOYEE UPDATES 1ST QUARTER

All employees should make arrangements to attend one of the following sessions.
Please Register in UltiPro Learning!

Choose Any Location, Any Time!
Employees do not have to attend the meeting at your home office location.

2020 EMPLOYEE UPDATES 1ST QUARTER

- Mon, Jan. 13** **WAUSAU CAMPUS**
11:00 am Theater
- Tues, Jan. 14** **WAUSAU CAMPUS**
3:30 pm Theater
- Wed, Jan. 15** **WAUSAU CAMPUS**
9:00 pm MVCC
1st Floor Dining Room
- Thurs, Jan. 16** **MERRILL**
1:00 pm Pine Crest
Dining Room
- Mon, Jan. 20** **MERRILL**
6:30 am Pine Crest
Dining Room
11:45 am Merrill Center
Conference Room
- Tues, Jan. 21** **WAUSAU CAMPUS**
10:00 am Theater
- Wed, Jan 22** **WAUSAU CAMPUS**
6:15 am Theater
- Mon, Jan. 27** **ANTIGO CENTER**
8:30 am Conference Rm



Or you can click on any of the desired dates offered in the calendar to begin your registration!



A registration email notification was sent to all-staff on Jan. 3.
Check your NCHC email to make registration even easier!



DEPARTMENT SPOTLIGHT

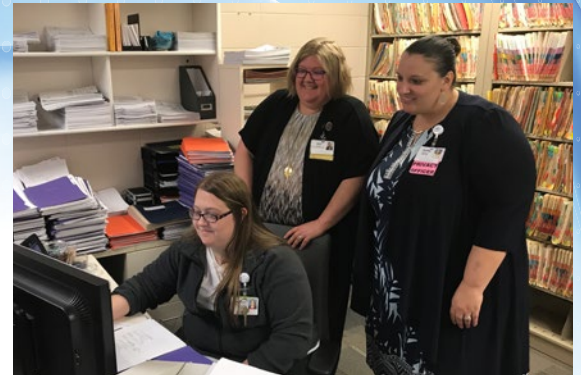
Health Information Management

Written by Kim Gochanour

I had the pleasure of spending some time in our Health Information Management Department. Did you know that they have five core functions that they perform at NCHC? **Analysis** to ensure charts have the documentation and signatures needed; **Scanning** all non-paperwork into our electronic medical record so staff can access charts to do their jobs; **Release of Information (ROI)** for handling any request for release of medical records; **Retention** of records which includes properly destroying records; and **Coding and Clinical Documentation** to make sure charts are complete and accurate.

This dedicated team of staff are truly the “keepers of our records”. As the health industry has changed so have the roles and responsibilities of this department. They have evolved from just proper retention of records to being a critical part of the care team in reviewing, auditing and making recommendations and improvements to our clinicians on documentation and coding for the best and most appropriate reimbursement. Along with increased insurance demands, record requests have increased. This team is highly trained in strong customer service skills. Along with supporting our programs internally, they also work with our families, clients, residents, providers, etc... to provide them access to their medical records as needed.

This team is a small but mighty team and they like to celebrate. One of their celebrations they have annually is the ‘Happy Unbirthday’. They pick a day and celebrate all of the birthdays in their department on that day.



Kim Gochanour gets a tour and sees the ins and outs of the HIM team with Director Ashley Downing.



DID YOU KNOW ?

Health Information Management

are the owners of the legal medical record and help to create a meaningful patient story throughout the continuum of care. HIM verifies that all areas of the medical record are complete so billing can be processed.



NATIONAL MUTUAL BENEFITS DONATION

NCHC Sober Living House in Antigo

Recently, National Mutual Benefits in Deerbrook, WI donated a Menards gift card to benefit the Sober Living House in Antigo.

NCHC announced plans in 2019 to move forward with Sober Living Programming in Antigo to open in 2020. Langlade County has purchased a building. The house will be 8 beds for women who are actively engaging with substance abuse treatment. In the coming months, the house will be renovated, and a sober living coordinator will be hired.

Photo (left): David Stilen presents gift card to Julie Peterson of NCHC.



HEALTH ALERT FROM LINCOLN COUNTY HEALTH DEPARTMENT

Acute Respiratory Outbreak - Respiratory Syncytial Virus (RSV) Type B

Earlier this week, all-staff received an email notice initially sent from the Lincoln County Health Department regarding the recently announced outbreak of **Respiratory Syncytial Virus (RSV) reported in a Tomahawk long-term care facility**. To protect and inform our employees, families and those we serve, some of whom may be at highest risk, we ask that you read the below information to become familiar with symptoms, transmission and prevention of this illness.

People at highest risk for severe disease include:

- premature infants
- young children with congenital (from birth) heart or chronic lung disease
- young children with compromised (weakened) immune systems due to a medical condition or medical treatment
- adults with compromised immune systems
- older adults, especially those with underlying heart or lung disease
- People of any age can get another RSV infection, but infections later in life are generally less severe.

RSV Symptoms

Symptoms of RSV infection usually include

- Runny nose
- Decrease in appetite
- Coughing
- Sneezing
- Fever
- Wheezing

These symptoms usually appear in stages and not all at once. In very young infants with RSV, the only symptoms may be irritability, decreased activity, and breathing difficulties.

RSV can also cause more severe infections such as bronchiolitis, an inflammation of the small airways in the lung, and pneumonia, an infection of the lungs. It is the most common cause of bronchiolitis and pneumonia in children younger than 1 year of age.

Almost all children will have had an RSV infection by their second birthday. People infected with

RSV usually show symptoms within 4 to 6 days after getting infected.

RSV Care

Most RSV infections go away on their own in a week or two. You can manage fever and pain with over-the-counter fever reducers and pain relievers, such as acetaminophen or ibuprofen. Talk to your healthcare provider before giving your child nonprescription cold medicines, since some medicines contain ingredients that are not recommended for children. It is important for people with RSV infection to drink enough fluids to prevent dehydration (loss of body fluids).

Healthy infants and adults infected with RSV do not usually need to be hospitalized. But some people with RSV infection, especially infants younger than 6 months of age and older adults, may need to be hospitalized if they are having trouble breathing or are dehydrated. In most of these cases, hospitalization only lasts a few days.

Visits to a healthcare provider for an RSV infection are very common. During such visits, the healthcare provider will evaluate how severe the person's RSV infection is to determine if the patient should be hospitalized. In the most severe cases, a person may require additional oxygen or intubation (have a breathing tube inserted through the mouth and down to the airway) with mechanical ventilation (a machine to help a person breathe).

There is no specific treatment for RSV infection, though researchers are working to develop vaccines and antivirals (medicines that fight viruses).

RSV Transmission

RSV can spread when an infected person coughs or sneezes. You can get infected if you get droplets from the cough or sneeze in your eyes, nose, or mouth, or if you touch a surface that has the virus on it, like a doorknob, and then touch your face before washing your hands. Additionally, it can

spread through direct contact with the virus, like kissing the face of a child with RSV.

People infected with RSV are usually contagious for 3 to 8 days. However, some infants, and people with weakened immune systems, can continue to spread the virus even after they stop showing symptoms, for as long as 4 weeks. Children are often exposed to and infected with RSV outside the home, such as in school or child-care centers. They can then transmit the virus to other members of the family.

RSV can survive for many hours on hard surfaces such as tables and crib rails. It typically lives on soft surfaces such as tissues and hands for shorter amounts of time.

RSV Prevention

There are steps you can take to help prevent the spread of RSV. Specifically, if you have cold-like symptoms you should

- Cover your coughs and sneezes with a tissue or your upper shirt sleeve, not your hands
- Wash your hands often with soap and water for 20 seconds
- Avoid close contact, such as kissing, shaking hands, and sharing cups and eating utensils, with others

In addition, cleaning contaminated surfaces (such as doorknobs) may help stop the spread of RSV.



For More information about RSV:
<https://www.nfid.org/infectious-diseases/rsv/>



tidbits on benefits

WELLNESS CORNER

Submitted by Sherry Gatewood, PA

With Hospitalizations on the Rise, DHS Wants to Avoid a More Deadly Flu Season. Residents encouraged to get flu shots and take other precautions to avoid serious illness

The Wisconsin Department of Health Services (DHS) today announced our state has seen 459 hospitalizations for influenza this season, more than three times as many than at this time last year. Admissions to intensive care units for respiratory illnesses are also on the rise. And already, 11 Wisconsinites have died due to complications from influenza.

"These hospitalizations and deaths are a sober reminder that flu is not only dangerous; it can be deadly," said State Health Officer Jeanne Ayers. "That's why we urge all Wisconsinites to get flu shots, not only to protect themselves, but also everyone around them from serious illness. If you have yet to get your flu shot, it is not too late."

The flu shot can help prevent the virus, and greatly reduce symptoms if you do get it, shortening time away from work or school. The flu vaccine finder (<https://vaccinefinder.org/>) will help you locate a pharmacy near you that is providing flu shots.

Everyday habits can also help you avoid catching or spreading the flu:

- Stay home if you're sick. You can pass the flu to friends or family before you even know you have it. See a health care provider if your symptoms persist or get worse.
- If you're visiting a loved one in a hospital, nursing home, or other assisted living facility, ask a nurse for a mask and be sure to wash your hands or use hand sanitizer. Some facilities may put restrictions on visitors. Check before you go.
- Don't hold or kiss a baby if you're sick. Babies under six months old cannot get the flu shot.
- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer.
- Cover your cough or sneeze with your upper sleeve, and try to avoid touching your face with your hand. If you use a tissue, throw it away after one use.
- Use your own drinking cups, straws, and utensils.
- Eat nutritious meals, get plenty of rest, and don't smoke.
- Frequently clean commonly touched surfaces (e.g., doorknobs, refrigerator handles, telephones, faucets).

The DHS Weekly Respiratory Report provides up-to-date information about the current flu season, including case counts. <https://www.dhs.wisconsin.gov/publications/p02346.pdf>



Sherry Gatewood, PA

Flu Shots Are Still Available in the Employee Health & Wellness Center

Type B Influenza is being reported locally! It's not too late for your family to get their flu shot!

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



North Central Health Care Employee Health & Wellness Center

Great News!!

The onsite Health & Wellness Center continues to be available for your immediate health care needs and now, if preferred, you can also choose to designate your Onsite Care Provider as your Primary Care Provider to take care of all of your annual and ongoing health care needs.

Convenient Clinic Location

Services provided to you

- Primary Care Services
- Acute Care Services
- Medical Care Services
- Chronic Condition Support
- Physical Examinations
- Wellness Care
- Lab services available



North Central Health Care
Person centered. Outcome focused.



ASPIRUS
Passion for excellence.
Compassion for people.



Avoid the \$4 Monthly FEE in your Associated Bank HSA Account! If you have not taken action yet, you have until February 1!

ASSOCIATED BANK HSA PLUS ACCOUNT HOLDER NOTICE

Associated Bank is Making Improvements

If you are an Associated Bank HSA Plus Account Holder, please read this important communication, and take action appropriately. This posting is being placed here, in case you miss the communications that are being sent to you directly by Associated. Associated Bank is making improvements to enhance your HSA account security and support their commitment to sustainability.

Account Statement Preferences

If you receive paper statements for your HSA Plus account, there will be a \$4 monthly statement fee starting February 1, 2020. This fee is waived for customers who are signed up for electronic statements and are not receiving paper statements.

Take Action to Avoid The Paper Account Statement Fee

For those who receive paper statements, to avoid this fee after February 1, 2020, changing to e-statements is free, and easy! To the right you'll find step-by-step instructions on how to change your statement preferences in the HSA Plus Consumer Portal. For assistance with changing your preferences, or with logging into the [Consumer Portal](#), you may also contact Customer Care at 800-270-7719, Monday-Friday 7 a.m. to 7 p.m., for assistance.

In addition to cost savings, with electronic statements, you enjoy:

- Peace of mind that paper statements (and account information) won't end up in the wrong hands.
- More timely information.
- No statements to shred or take up space in files.

Frequently Asked Questions

Question: How will Associated be communicating this change to HSA Plus account holders?

Answer: HSA Plus account holders will be notified of this change and encouraged to update their statement delivery preference if they do not already receive paperless statements. The November statement will include an updated HSA Plus Fee Schedule, and the following notice will appear on their November, December and January statements:

If you receive paper statements for your Associated Bank HSA Plus, there will be a \$4 monthly statement fee starting February 1, 2020. This fee is waived for customers who are signed up for electronic statements. To receive your statement electronically, log into the HSA Plus Consumer Portal at [Client.HSAPlus.AssociatedBank.com/Login](#) and go to 'Message Center > Update Notification Preferences' to select online statements. You may also contact Customer Care at 800-270-7719, Monday-Friday 7 a.m. to 7 p.m., for assistance.

Account holders who have an email address on file will also receive an email in December.

Question: If I choose to continue to receive paper statements, how will the fee be assessed?

Answer: Each month, the \$4 fee will automatically be withdrawn from your HSA Plus Account. If you have a zero balance in your account, the fee will not be assessed.

Question: Can our HR team make the change to e-statements on my behalf?

Answer: Unfortunately, no. Your HSA is an individually owned account, and as such, changing your statement preferences is an action that can only be made by your or with the assistance of HSA Plus Customer Care.

Question: What if I don't have access to a computer/internet to make the change to electronic statements?

Answer: Contact HSA Plus Customer Care, and they can make the updates to your account preferences on your behalf.

MAKE THE SWITCH TO E-STATEMENTS

Help secure your account information.

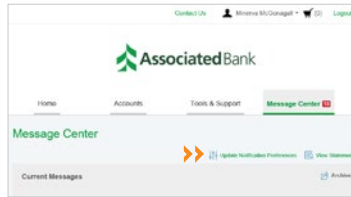
GET STARTED

Take advantage of going paperless today!

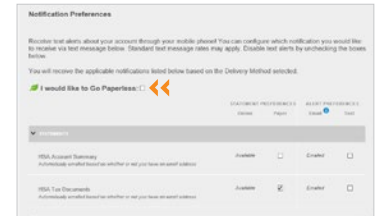
STEP 1: Log in to the HSA Plus portal, navigate to the Message Center.



STEP 2: Select the Update Notification preferences.



STEP 3: Select the option to Go Paperless, scroll to the bottom of the page and hit submit.



For questions about going paperless, contact HSA Plus Consumer Care at:

800-270-7719

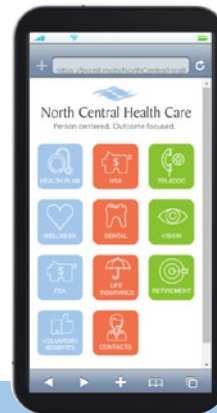
Email: HSAPlusConsumer@HealthAccountServices.com

Web: associatedbank.com/HSAPlus

If you do not have an online HSA account, please call Customer Care at 1-800-270-7719.

Benefits information when and where you need it!

With our new mobile benefits site, you have access to information you need when you need it—at the doctor's or dentist's office, at home with your spouse, or anytime you want to find information easily!



Through the mobile site you can access:

- A Benefits Overview
- Contact information for all carriers
- Medical information
- Dental information
- Life insurance overview
- Disability information
- Earned time/paid holidays information
- 401(k) plan details
- Employee Contributions

Text NCHC to 56512 to get access, and bookmark the site on your phone or tablet!



Family Matters

Ask the Experts: January - May 2020 Ongoing Programs:

Drafting a Discipline Blueprint

Tuesday, February 18th, 6pm - 7:30pm
Presented by Emily Nowicki, Family Support Worker
Disciplining children brings many unique questions and challenges. Attend this informational, hands-on session to create a working document that communicates the discipline you want used in your home. Come ready to address the influences your own childhood has had as well as understand more about your specific parenting style.

Reactive Attachment Disorder

Tuesday, March 10th, 6pm - 7:30pm
Presented by Stacy Stefaniak-Luther, PsyD, LPC
Children who learned from an early age that caregivers will not consistently meet their needs may struggle with RAD. Join us for an evening of discussion to further explain what RAD is and how parents can best support their children who have it.

Autism 101

Tuesday, April 14th, 6pm - 7:30pm
Presented by Stacy Stefaniak-Luther, PsyD, LPC
This informational workshop will further your understanding on Autism Spectrum Disorder, as well as offer tips and hints for preparing your kiddo for adulthood, advice on raising neurotypical siblings alongside their brother or sister with autism, and guidance for increasing functioning within your entire family.

Our name and logo has changed, but our dedication and services to families has not! Visit <https://chw.org/newsroom/stories/we-are-now-childrens-wisconsin> to learn more about the evolution of our name!



All Programming is FREE but registration is appreciated. Childcare may be available, ask when you register.

Register: Call: 715-848-1457, Email: ENowicki@CHW.org, or Text: 715-937-8910

LEAP - (Learning Essentials about Parenting)

Sit back and relax with us for this 9-week series on relevant issues about the joys and trials of parenthood. Topics include building self-esteem, child development, communication skills, media, positive discipline techniques and more. 9 weeks, 6 pm - 7:30 pm Mondays. Call to register. Childcare is available.

Warmline

This is your non-emergency connection to speak with an expert on the day-to-day trials of child rearing and receive practical parenting information, tools, and advice. Call 715-848-1457

One-To-One Parenting Sessions

Trained staff will provide parenting information and support to families. If you would like an individualized parenting consultation, call 715-848-1457.

In-Home Parent Education

This 3-month in-home program provides visits with a parent educator to help improve parenting skills and teach positive discipline techniques. The program is tailored to meet individual needs. Call to register 715-848-1457.

LENA Start Marathon County

Jump start your 0 - 32 month old for success in school and in life with this free 10 - week program that emphasizes the importance of early communication. Enjoy a free meal each week while learning more about the significance of early talk. Includes FREE childcare, books, and incentives. Spring groups begin February 16th: MCPL-Wednesdays 12:30-1:30, MCPL-Thursdays 5:30-6:30, WIC-Thursdays 12:30-1:30, Achieve Center-Thursdays 8:45-9:45. Other locations and times may be available. **Must start on Class 1.** For more information and to register visit LenaStartMC.org or by texting 715-860-0397.

Visit us at Chw.org/communityservices

Unless otherwise noted, programs are held at: Children's Wisconsin 705 S. 24th Ave., Suite 400 Wausau, WI 54401 715-848-1457 Hours: Monday-Friday 8:30 am - 5pm

Play and Learn Family Events:

Story-Telling Yoga

Tuesday, February 4th, 10:30am - 11am at the Athens Community Hall, 221 Caroline St, Athens

Thursday, February 27th, 10:30am - 11am at the Edgar Village Hall, 224 S 3rd Ave, Edgar

Wednesday, April 15th, 10:30am - 11am at the Mosinee Public Library, 123 Main St, Mosinee

Back by popular demand! Spend the first half hour of play and learn with a stretchable story time led by registered yoga teacher, Jessica Halvorsen. Caregivers and children of all ages are welcome to attend any (or all) locations above to take part in posing and centering. Comfortable workout shoes and clothes encouraged; no yoga mats necessary.

A Sock-tastic Nature Walk

Wednesday, May 20th, 12:30pm - 1:30pm
Welcome summer with a nature walk full of socks and hopefully some sun! Meet us at Big Eau Pleine County Park at 3301 Eau Pleine Rd, Mosinee at the Park Manager station to enjoy a leisure stroll through the woods. Bring some socks from home to wear over your hiking shoes - we'll start the day discussing what we think might happen to our socks by the end of the trip. When our hike is over, recharge with a light snack while carefully placing your socks in a Ziploc bag to observe at home. In the event of bad weather, activities will be rescheduled. Please bring your own socks to participate.

COMING SOON!

End of School Extravaganza

Tuesday, June 9th, 10am - 11:30am
Join us in an end of school celebration at Machmueller Park, 7200 Quentin St, Weston with games and good times galore! Bring the entire family to take part in this summer-welcoming event with free play, stories, and a snack. In the event of bad weather, activities will be rescheduled.

Look for us on Facebook!



All programs are funded by Marathon County and Marathon County United Way and are provided free of charge. Programs are not an Athens, Abbotsford, Edgar, DCE, Marathon, Wausau, Spencer, Stratford or Newman Catholic School District sponsored activity and the opinions expressed are not necessarily those of the school district or their personnel.



Some Play and Learn times have changed! Check out our updated schedule below!

Play and Learn Schedule and Locations:

Caregivers are a child's first and most important teachers. Take this opportunity to connect with others who have young children while participating in early learning activities that enhance your child's development and promote school readiness. All play and learns are free and open to the public. Stop by at any location listed below to enjoy!

Monday

Marathon City Village Hall
311 Walnut St., Marathon
10am - 11:30am

Tuesday

Athens Community Hall
221 Caroline St., Athens
10:30am - 12pm

Rothschild Public Library
211 N Grand Ave.,
Rothschild
10:30am - 12pm

Thursday

Edgar Village Hall
224 S 3rd Ave.,
Edgar
10:30am - 12pm

Hatley Public Library
435 Curtis Ave., Hatley
10am - 11:30am

Wednesday

Mosinee Public Library
123 Main St., Mosinee
10:30am - 12pm

Village Building
105 Park St., Spencer
Rothschild
10:30am - 12pm

Stratford Public Library
213201 Scholar St
Stratford
10:30am - 12pm

Friday

Marathon County Public Library
300 N. First St., Wausau
9:30am - 11am

If the school district your Play and Learn is located in is cancelled due to poor weather, play and learn is also cancelled.

Pop up Play and Learns:

Paint Splatter Kind of Play and Learn

Wednesday, February 5th, 3:30pm - 5pm
Leave your good clothes at home and join us for a messy play and learn at the Children's Hospital of Wisconsin, 705 S 24th Ave, Suite 400, Wausau! We'll enjoy some typical toy play time before getting our hands dirty and taking turns at stations filled with shaving cream art, cloud dough molding, bubble painting, and pom-pom splattering. Take home some of your messy masterpieces at the end of the session!

Musical Tot Shoppe

Thursday, March 19th, 10:30am - 12pm at the Edgard Village Hall, 224 S 3rd Ave, Edgar

Tuesday, April 7th, 10:30am - 12pm at the Athens Community Hall, 221 Caroline St, Athens

Bring your toddler and your love of music for these mornings of dancing and singing! Join us at any (or all!) of the locations above to join in on finger plays, classic children's songs, and new tunes to sing long after the session is over.

Space is limited! Register today!

FREE Live-streamed Event! Watch from the Wausau Campus event site in the Oak Room by the NCHC Theater!



children.wi.gov
Office of Children's
Mental Health

Vicarious Trauma | Secondary Trauma | Self Care

Monday, February 3, 2020 • 9 am – 12 pm

AGENDA

Panel Presentation/Discussion (originates in Madison and live-streamed to other locations)
Panel Q&A | Facilitated Local Discussions

NCHC EMPLOYEES REGISTRATION:

To Register for this event, please log into UltiPro and visit UltiPro Learning.

Staff must be logged into UltiPro Learning, then click on the link below to access and download the form.

<https://learning.ultiopro.com/academies/library2.php?acadId=572293311&id=2859299>

NCHC staff should then submit the completed form to their supervisor for signature approval before submitting to Organizational Development for final approval and registration.

Non-NCHC Employees can register at www.children.wi.gov



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 \$.40/ounce.

Soup: \$1.50 Cup | \$2.25 Bowl



JANUARY 13 – 17, 2020

MON 1/13Chili

Hot Ham on a Bun

Swedish Meatballs

Green Peas

Boiled Parslied Potatoes

Dinner Roll

TUES 1/14.....Cheesy Cauliflower Soup

French Dip on Hoagie with Au Jus

Baked Pork Chop

Mixed Vegetables

Scalloped Potatoes

Cinnamon Baked Apple

WEDS 1/15Corn Chowder

Breaded Fish on Kaiser

Meatloaf

Stewed Tomatoes

Parslied Noodles

Carrot Cake

THUR 1/16French Onion Soup

Hamburger with ALL the Fixins'

Baked Chicken Legs

Cream Style Corn

Mashed Potatoes

Fruit Medley Crisp

FRI 1/17Campbell's Tomato Soup

Grilled Cheese Sandwich

Herb Baked Fish

Vegetable Blend

Couscous

Fruit Ambrosia Salad



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Employees Credit Union



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715 261-7685

400 East Thomas Street • Wausau, WI 54403



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

COMMUNITY CORNER CLUBHOUSE

Change to Hours of Operation Beginning February 1

Starting Feb 1, Clubhouse will be changing their hours of operations. Please inform clients and those who access Clubhouse of the change:

9:00 am – 5:00 pm • Monday – Friday

Tuesdays – Open Late until 6:00 pm

What is Clubhouse?

Clubhouse helps adults with persistent mental illness and AODA issues realize their potential by providing them with a Clubhouse where they can meet friends, build self-confidence, learn valuable life skills and discover untapped talents. Community Corner Clubhouse is an internationally-certified, psycho-social rehabilitation community that provides accessible, low-cost services in a supportive environment. Clubhouse membership is voluntary and without time limits. Clubhouse is located at 811 N. 3rd Avenue in Wausau. Visit our website at www.norcen.org/Clubhouse for a great walk-through video and more information!

FOOD SERVICES NOTICE:

NCHC CAFETERIA FOOD PRICE CHANGE

Hot Sandwich, Hot Foods and Cold Bar Price Increase

NCHC Food Services is announcing a price change to food offered in the Wausau Campus cafeteria. Prices have not changed in the last 6+ years, however the prices of food from vendor steadily increases each year. All hot sandwiches, hot foods and cold bar items will increase from \$.35/ounce to \$.40/ounce. Soup prices will remain at the current rate of \$1.50/Cup and \$2.25/Bowl.