



A Weekly Update
For The Employees of
North Central Health Care



"Community Treatment Plaid Power!" – Submitted by Ted Beres



WEEKLY CONNECTION WITH MICHAEL LOY

Friday Forward

Most of us think that Monday is the start of the week. As I write this piece of the newsletter each week, I do so on Friday knowing that most employees read it the week after. Often my message each is a reflection of the week we're finishing. Perhaps I should be thinking of this differently – a *Friday Forward* message versus a look back at the week that was.

It's true, I spend an enormous amount of my time thinking about the future.

I believe the work I have the privilege of doing is about the lives of our patients, employees and our community in the days ahead. I believe an intentional life leads to higher impact.

The future ahead remains compelling. The rest of the room might not see or feel that way, but I do. As you look around there is nothing that isn't changing. In the transition it may seem awkward, or not, where things should be at but that is point. Change is a constant. Change is disruptive. Our organization is changing in a big way. Our choice is we are either contracting or expanding. I see a bold future of huge opportunities for larger impact and success.

As you read this week's message, think *Forward Friday*. Think about the impact we can have in the days ahead. Think about the week of opportunities ahead. Think about making it a great day. As we wrap up this week I encourage all of you to have a huge week in the week ahead. It could really be something.

Make it a great day,

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Nominate a Coworker Today!

Nomination forms, selection criteria, award details and more are available online at

www.norcen.org/Recognition

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, Feb. 10 –
Sunday, Feb. 16**

Kim Gochanour



Person-Centered
Shout out

**Naly Kue,
Food Services**

Why: She helped me clean up a large water spill. She was an amazing helper!

Submitted by: McKenzie Larson





PHOTOS OF THE WEEK



"Community Treatment Plaid Power!" – Submitted by Ted Beres

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.

COMMUNITY TREATMENT'S PLAID POWER TEAM UP TO FIGHT AGAINST MENTAL HEALTH AND AODA ISSUES

Here's a picture of two employees wearing a similar shirt that many of us found hilarious. Thought it would be nice to submit. Great minds think and dress alike! – Ted Beres

COMMUNITY TREATMENT & OUTPATIENT SERVICES SPOTLIGHT AWARD

Congratulations to Monica Mynsberge

Monica Mynsberge, Peer Specialist from the Adult Team in Marathon County was selected as the Community Treatment & Outpatient Spotlight Award recipient for the month of December!



On two separate occasions during the Holiday season, Monica was able to recognize a Consumer's risk for imminent harm to themselves. Monica was able to utilize the rapport she had developed with the consumer to determine Consumer was at state of imminent harm. Monica validated Consumer's concerns and normalized Consumer's concerns about depression and suicidal ideations being a part of recovery. Monica collaborated with Case Manager and family in order to assist the Consumer with seeking support through Crisis, and ultimately Inpatient admission. On a separate occasion, Monica's utilized reflective listening with this Consumer to ascertain Consumer's suicidal intention. Consumer disclosed suicidal ideation and that she took medication the night before with intent to end her life. Monica met Consumer at their home and then transported Consumer to the hospital, where she was medically cleared and taken to NCHC by cab. Monica continued to be available with consumer through her contact with Crisis, normalizing Consumer's thought process and concerns as part of her depressive symptomology and encouraging Consumer to be honest with Crisis Staff in order for Consumer to receive the support they needed. Consumer was ultimately admitted inpatient. Monica was nominated by Michelle Carr & Matthew Deets.



WERE YOU UNABLE TO ATTEND 2020 1ST QUARTER EMPLOYEE UPDATES?

The Video Recording is Now Available Online

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

You can now view the 2020 1st Quarter Updates from January in full format by visiting the NCHC Website For Employees page!

www.norcen.org/ForEmployees



WELCOME THESE NEW EMPLOYEES TO THE TEAM!



Front Row - Left to Right

- Amanda Olszewski** – Residential Care Assistant - Wausau
- Kelsie Meyer** - LPN - Wausau
- Kimberly Spigarelli** – Hospitality Assistant - Wausau
- Marie Musson** – Case Manager – Wausau
- Belinda Davidson** – Case Manager – Merrill
- Kathryn Garcia** – Employment Specialist – Wausau
- Jaxon Seeger** – Community Treatment Tech – Wausau
- Jonra Michalski** – Dietary Aide – Wausau
- Hartley Schildt** – Dev Disability Aide – Merrill

Back Row - Left to Right

- Sara Bergman** - CNA – Rehab – Merrill
- Ethan Krause** – Unit Clerk/Scheduling/MT - Merrill
- Matthew Karpinsky** – Registered Nurse - Wausau
- Larissa Schmoll** – CNA – Wausau
- Kim Rantanen-Day** – Executive Assistant – Wausau
- Claire Udell** – Psychologist - Wausau
- Dawn Clifton** – Housekeeping Aide - Wausau

WHAT AN AMAZING PLACE!

Orientation Group Fun & Learning

New employees participate in a group activity during their first few days here at NCHC call the NCHC Scavenger Hunt called the Amazing Place! The groups deploy around the Wausau Campus looking for fun facts and QR codes in departments to scan and learn about programs. Here are some fun selfies of the newbies during their hunt!



Can You Figure Out Where These Selfies Were Taken???





Wausau Campus Food Services



Pine Crest Food Services

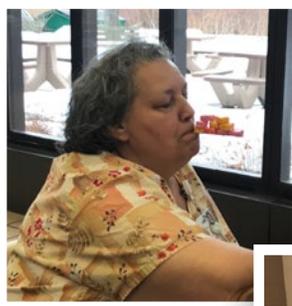
Pride in **Foodservice** Week
 ANFP 2020
 Proud ★ Dedicated ★ Celebrated

This past week, February 3-7, 2020 is designated "Pride in Foodservice Week" by the Association of Nutrition & Foodservice Professionals (ANFP). This recognition week applauds nutrition and foodservice professionals and other members of the nutrition services team for their hard work and dedication on the job. The week was filled with fun and activities focused on the Food Services staff at NCHC. Here are some fun facts:

- **Fully staffed, the Wausau Campus has 67 employees. Pine Crest has 33 employees. The teams are made up of a Director, Supervisor, Cooks, Dietary Aides, Dietitians, Administration Assistants/Cashiers.**
- **When the Wausau Campus serve fried eggs on the menu, we make approx. 35 dozen eggs!**
- **The Wausau Team goes through 3,300 bananas (150 in a box) in a month. 22 boxes last month x 12 months – so in 1 year that's 40,000 bananas – We could feed an entire zoo with may bananas!**
- **The Wausau Campus serves about 1000 meals a day Monday through Friday, this includes the cafeteria.**
- **The #1 Best Seller is NCHC Homemade Pizza!**
- **Most requested meals: Chili/grilled cheese, Beef tips mashed potatoes, Baked Chicken**
- **In the month of January, the Wausau Campus used 163 cases of juice (apple, orange, cranberry and tomato) that's 10,000 ounces or 78 gallons!**
- **We go through about 20,000 sticks of sting cheese in 1 year at the Wausau Campus!**



The Activities Team and the Mount View Care Center residents hosted a celebration in the Wausau Campus cafeteria for the dietary staff.



THANK YOU FOR ALL YOU DO!
 We Appreciate YOU!



National Activity Professionals Week was January 19-25, 2020. This week is set aside to honor the activity professionals at our nursing homes for their efforts in improving and enriching the daily lives of patients and residents. While these photos require explanation (you will have to ask the Activity Professionals) their everyday actions do not. Each and every day they provide experiences that enrich the lives of our residents and bring fun and heart into our workplace. Thank you for all that you do Activities Teams! We appreciate YOU!



Person-Centered Shout out



To Kevin Cooper!

"I just observed Kevin Cooper, RN, from South Shore giving a demonstration to three of our residents on how to do an acrylic pour painting or otherwise known as the "dirty pour. He just decided he would share with them how to do this."

- Submitted by Nancy Larson, MVCC

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

Send your SHOUT OUTS to recognition@norcen.org.





FAMILY-FRIENDLY WORKPLACE SURVEY

Help **TURN THE CORNER** on family-friendly workplace policies by taking our survey:



Scan **here** with your phone or visit: wipps.org/employee



This 15-minute anonymous survey about the workplace benefits you most value will be used by a coalition of businesses and nonprofits to help our community and workplaces become more family-friendly.

Any person working or self-employed in Marathon county is encouraged to participate in the survey.

For more information, call **715-261-6368** or email info@wipps.org

MARATHON COUNTY EARLY YEARS COALITION

WIPPS RESEARCH PARTNERS
WISCONSIN INSTITUTE for PUBLIC POLICY and SERVICE

COMMUNITY TREATMENT/OUTPATIENT DEPARTMENT PHOTO CONTEST

Winners!

Community Treatment and Outpatient hold a quarterly picture contest. This last quarter it was a Winter theme. Below are the winners and the pictures submitted.



1st Place: Gianna Zubke Brubacher



2nd Place: Jill Matteck Nelson



3rd Place: Michelle Carr

PHISHING AND SPEAR PHISHING

Know What Not to Click On!

Phishing and spear phishing are the most common ways that computers get viruses and ransomware on them. While our security tools block many of these emails (as well as junk and spam), there's still a risk that some dangerous emails will get through. It's important that all of us know how to recognize phishing emails. The best practice for you is, once you recognize an email as phishing or spam, simply delete it without opening it. If you do open one of these emails, the MOST important thing is to not click on any link in it or open any attachment. Close it and block the sender (right click, select junk, block sender).

You might ask, "how would I know an email is phishing if I don't even open it?". That's a good question. Here's an example, suppose the Subject is, "Information about you BMO Harris account". Let's suppose that you do not have a BMO Harris bank account – This would be a good one to not even open and then, right click, Junk, Block Sender.

More training on how to recognize phishing is available on the Intranet. Go to CCITC, Documentation and Training, Cyber Security (<http://intranet/CCITC/DocumentationTraining/CyberSecurity.aspx>). We have links to a variety of training material.

InfoSec

CCITC began using a new product to help teach all of us how to recognize phishing emails. This product is from InfoSec. The tool sends out fake phishing emails. If you accidentally opened one and clicked on it, you would have been taken to a white screen. Starting soon, the Email links when clicked on, will notify you that you just clicked a fake email. You'll see our CCITC logo Description: ccitc-logo-notext_Medium.bmp as well as the name of your organization and it will recommend that you watch a short video training you on how to recognize phishing scams. Please DO take the training. It's only a few minutes long.

In December 2019, one of the InfoSec tests was an Email from Apple confirming your purchase of a new iPhone. In that test, the sender's email address was @authorizedtransactions.com. It was not @apple.com which is the legitimate Apple email domain. That's the type of scrutiny that we hope you utilize. Our Email protection tools are good, but no tool is perfect. Some phishing will get through so it's important that you are paying attention. InfoSec has other training videos that we'll be making available on the Intranet as well as on NCHC's learning management tool.

Our goal in this is to educate all of us on how to recognize phishing and spear phishing scam emails to better protect our critical information systems. If you have any questions – please feel free to contact Gerry Klein at CCITC.

One last note, if you do accidentally open a real phishing email (not the InfoSec tests) and click on anything in it, please call the helpdesk and ask them to help you run a local virus scan. A helpdesk person can remote into your computer and run a Trend Micro scan of your computer.



DEPARTMENT SPOTLIGHT

Residential Services Community Based Residential Facility (CBRF)

Written by Brenda Glodowski

North Central Health Care has four CBRF's (Community Based Residential Facilities) throughout the community. They are located on Andrea Street, Chadwick Street, Heather Street and Bissell Street. The CBRF's are homes for residents with developmental disabilities or traumatic brain injury and have 7 to 8 residents in each home. The individuals are not able to stay at home on their own or with family due to the level of care needed. NCHC operates the only CBRF's of this type locally. Most of the settings in the area are Adult Family Homes (ADF), which will have 1 to 4 residents each and the needs are not as high of a level. The CBRF settings have 7 hours of nursing time per week compared to 3.5 hours of nursing time per week in the ADF. Like other NCHC programs, the CBRFs are subject to surveys. They have had cite-free surveys for the past several years.

The CBRF is a home to the resident that allows them to be part of the community while still being in a home. Many of the residents in these homes are long term residents and develop a family among themselves. The homes have a family environment and staff is part of the family. In addition to caring for the residents and providing medication administration, the staff does cleaning, laundry, cooking and shopping. Meal time is important and meaningful, so meals are done family style. Each home has a care coordinator that focuses on the home and provides a model of care. The coordinator will also go with the residents to their appointments. The homes provide activities for the residents, depending on what the residents would like to do. While there are a variety of activities included at home that the residents can chose from, they also can sign up for outside activities. These activities can include such events as the Special Olympics, looking at Christmas lights, shopping, going out to eat, going to the hair or nail salon, attending the 400 Block events, or going to the fair.

The staff indicates working in the homes is very rewarding. It puts into perspective what's important in life. One staff said "it's the only place you get to work and play and have fun". The settings are smaller, so staff can enjoy more time with the residents. The staff works hard to make sure the residents live life to fullest.



DID YOU KNOW?

NCHC Residential Services

provides each individual in our program the support they need based on their unique strengths and challenges. Every day staff works with individuals with developmental disabilities, mental illness, addiction issues or physical disabilities to help them assert as much control over their lives as possible.





FASHION BOUTIQUE WAUSAU CAMPUS IS NOW OPEN

New Location in Hub Hallway!

The Fashion Boutique on the Wausau Campus is now open in Room D153 located in the Hub area. Due to renovations, the Fashion Boutique had to relocate. The Fashion Boutique, operated by Volunteer Services, is available to staff 24/7 in order to provide needed clothing or personal items for residents, patients or clients as the need arises. Programs with appropriate key access can enter the room and connect clients with items of need. All items have been donated by employees, volunteers and guests. We are continually grateful for their thoughtful gifts. Items most needed: sweat pants, lounge pants, cotton t-shirts, socks and underwear. Item not accepted: dresses, sport coats or men's suits. **Please do not leave donations in the Fashion Boutique. Drop them off in Volunteer Services so they can be sorted and laundered.** If you have questions or need key access please contact Volunteer Services at 715.848.4450.



FIBROMYALGIA SUPPORT GROUP MEETING

February 11, 5:45 pm to 7:30 pm
Marathon County Public Library

This coming Tuesday, Feb. 11 the Wausau Area Fibromyalgia Support Group will discuss "The 100th Anniversary of the 19th Amendment to the US Constitution: The Suffragettes and Women's Right to Vote!". Interestingly, Wisconsin was the very first state to ratify women's right to vote in 1820! Yea, On Wisconsin! Learn about the Wisconsin suffrage leaders who made our voting possible!

They will also cover a few Fibromyalgia health issues. The libraries throughout Marathon County are now closed on Sunday and are closing 1/2 hour earlier on Monday through Thursday. Because of that, the Fibromyalgia meetings will close at 7:30 pm instead of 8:00 pm.

If you have questions, please contact group organizer Donna Krause, BS Ed., MBA, Chair, Fibromyalgia Support Group at 715-302-3851.

WAUSAU CAMPUS COURIER SCHEDULE CHANGE NOTICE

Beginning March 4

The Antigo/Merrill/Tomahawk Courier run from the Wausau Campus will be moving from Fridays to Wednesdays beginning March 4. Any comments or concerns regarding the change can be directed to Jenny McKenzie @ jmckenzie@norcen.org or 715-841-5101.

SAFETY SNIP-ITS

Parking Problems?

The Wausau Campus is in full swing with our renovations. This means some of our parking lots have been taken up by construction crews and fencing. Here are some tips to help your with your daily parking routines that are safe and effective so we all have a great parking lot experience.

Bad Parking is:

- Making up your own parking spaces in fire lanes, next to snow banks and anywhere creative.
- Parking crooked in the lines so another visitor or employee can't open a door or even back out.
- Letting your vehicle stick out into the lane of parking lot traffic.

Good Parking is:

- Parking between the designated parking lines
- Pulling in straight and even
- When parking near snow banks, parking so that your vehicle doesn't stick out into the lane of traffic, or block others from passing.





NCHC ORGANIZATIONAL DEVELOPMENT 2020 Training Topics Calendar



Employees will notice changes in how training is being delivered in 2020. We are now using our new Learning Management System (LMS) for all online training called UltiPro Learning. As people become more comfortable with the system, we will slowly introduce new features. Another change is that beginning in 2020, we are assigning training around different topics each month. During the month, you may be assigned online training modules, participate in discussions with your manager and teams, read articles in the *News You Can Use*, and be provided additional information via emails around the monthly topics.

January 2020: Human Resources and Performance Evaluations

February 2020: Corporate Compliance, Code of Conduct, Patient Rights, Caregiver Misconduct and Zero Suicide

March 2020: HIPAA, Privacy, Confidentiality and Release of Information

April 2020: Emergency Preparedness, Continual Readiness and Advanced Directives

May 2020: Mental/Behavioral Health and Suicide Prevention

June 2020: Workplace and Personal Safety

July 2020: Coaching, Mentoring, Process Improvement and Change Management

August 2020: Communication, Cultural Competence, Trauma Informed Care and Person Centered Service

September 2020: Cyber Security, Suicide Prevention, Substance Abuse/Recovery and Dementia

October 2020: Standard Precautions, Vaccinations, Infection Prevention and Antibiotic Stewardship

November 2020: Caregiver/Employee Wellness, Ethics and Boundaries

December 2020: Employee Engagement, Professional Development Plans & Performance Evaluations



If you have ideas or information that you would like to share around any of the listed topics, have questions about training and professional development or need help with anything in the UltiPro Learning please contact Curt in Organizational Development at 715.848.4529 or CMatsche@norcen.org



ADULT DAY SERVICES IN ANTIGO THANKS POSTAL CARRIERS Showing Appreciation

Tuesday February 4th, was "national thank your postman day" so the clients in Adult Day Services in Antigo made a few Thank You cards for our local postal carriers. They then hand delivered them to the post office here in town.

"It was a really cute idea, and just little thank you to the men and women, weather its warm or cold, raining, snowing or sun shining, deliver our mail no matter what."
- Melissa Chrudimsky





tidbits on benefits

WELLNESS CORNER

Sleep

Submitted by Lindi Jusufi, 4th Year Pharmacy Student, NCHC Pharmacy
University of Wisconsin – Madison School of Pharmacy

As much as 30% of adults in the United States report sleeping 6 or fewer hours per day. Poor sleep can adversely affect our health and has been linked with cardiovascular disease, obesity, and increase in all-cause mortality. Without proper rest it can be hard to tackle on each and every day both physically and mentally. While certain causes of sleeplessness or insomnia are caused by medical conditions such as obstructive sleep apnea or restless legs syndrome, a lot of it has to do with our behaviors throughout the day that inhibit our ability to fall asleep later at night. By targeting these bad habits and in certain cases utilizing some over the counter medications sparingly, we all have the ability to get a good night's rest.



Sleep Habits

Even if you feel tired during the day, daytime naps should be avoided since this keeps feeding the cycle of poor nighttime rest and daytime sleepiness. The bedroom should also be made conducive to sleep. This includes taking out clocks, televisions, or other distractions. The bed should be reserved for sleep only. Other activities such as reading, watching tv, or texting should be done in another area of the home. During the night if you find that you are unable to sleep, it is important to get out of bed and do something else until you are tired again. Fixating on the inability to sleep leads to less sleep, which can further frustrate us psychologically.

Diet

Going to bed too hungry or too full can have negative impacts on sleep and prevent us from being comfortable at night. Alcohol may also seem like a good sedative, but it actually decreases the amount of time we are able to sleep and cause nighttime awakenings. Caffeine and nicotine should also be avoided at least 4 hours before bedtime depending on how sensitive you are to these substances.

Exercise

There are many benefits to regular exercise and improved sleep is one of them. However, exercising too close to bedtime (within 4 hours) can leave a person too alert to settle down and fall asleep.

Medications

There are some over the counter medications available that can be used to help with sleep. Melatonin is a natural hormone our body makes to regulate our circadian rhythm. Melatonin is available in many over the counter products and can be used in people ages 4 and up with doses ranging from 0.3-5 mg 1-2 hours before bed. People with disturbances in their circadian rhythm such as shift work or jet lag can benefit most from this supplement since it helps to reset the sleep cycle to the desired time. Melatonin has been studied in adults for use up to 2 years safely. Some possible side effects include headache, dizziness, stomach cramps, irritability, and daytime sleepiness. Diphenhydramine (Benadryl) is an antihistamine with sedating properties that can also be taken for occasional insomnia but not for long term use. It should only be used in people ages 12 and up for no more than 7 days. After 7 days the sedating effect tolerates out and the medication stops working. Usual doses of diphenhydramine are 12.5-50 mg 1-2 hours before bed. Diphenhydramine should be used with caution in older adults and those taking other sedating medications. Possible side effects include dry mouth, blurred vision, urinary retention, constipation, and decreased alertness. Since they work in different ways melatonin and diphenhydramine can be taken together. You should start with a low dose in order to see what effect the medication has. They should also be used in conjunction with behavioral modifications in order to achieve long term improvement in sleep.

“Poor sleep can adversely affect our health and has been linked with cardiovascular disease, obesity, and increase in all-cause mortality.”

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

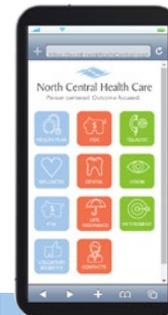
Clinic Hours

Monday - Wednesday - Friday: 8:00 am - 4:30 pm
Tuesday: 6:30 am – 3:00 pm
Thursday: 10:00 am – 6:30 pm



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!



HRinsights

Position Posting

Title: Registered Nurse, Behavioral Health

Status: Full Time **Location:** Wausau

<http://bit.ly/BHSNurse>

The Registered Nurse in BHS is involved in the delivery and supervision of patient care under the direction of the Nurse Manager. This employee performs the full scope of professional nursing functions within the parameters of professional licensure and standards of practice.

Requirements

- Current Professional Nurse Registration from the Wisconsin State Board of Nursing
- Current BLS (CPR) Certification
- Less than one year experience
- Ability to use a computer-based system for data entry, planning, and documenting care
- Effective oral and written communication skills

Preferred:

- Bachelor's degree in Nursing earned at an accredited four year college or university.
- Certification in psychiatric nursing

88.5FM Wausau / Marathon County

Feb. 16 – March 8

Personal Care Items for LOCAL MARATHON COUNTY Crisis Programs!

Peyton's Promise, The Neighbors' Place, Community Corner Clubhouse, The Salvation Army of Marathon County, Community Center of Hope,

Most Needed Items:

- Cleaning Supplies
- Hair Care
- Laundry Soap
- Feminine Needs
- Deodorant
- Kitchen Trash Bags
- Bathroom Tissue
- Dental Care
- Paper Towels
- Diapers/Baby Care
- Body Lotion
- Face/Bath Soap

Donations Remain in the Communities Where They are Collected!

Thanks to our sponsor!



More information at TheFamily.net or call The Family at 800-236-9364



In Need of An Affordable Housing Solution?

- Are you currently living in substandard or inadequate housing?
- Are you willing to partner with Habitat for Humanity in the construction of a new home and promotion of the organization?
- Are you seeking housing that will not exceed 30% of your income?

HABITAT FOR HUMANITY OF WAUSAU may be able to help!

Approved applicants can purchase a home, with a not for profit home mortgage and payments over 25-30 years, including taxes and insurance. Eligible income limits are between \$25,450 - \$57,600 based on family size. Each application reviewed on a case by case basis.

Register to attend an orientation meeting to find out more:

Tuesday, February 25, 2020 @ 5:30 pm

Habitat for Humanity of Wausau Office
1810 Schofield Ave. Weston, WI 54476

OR

Saturday, February 29, 2020 @ 10:00 am

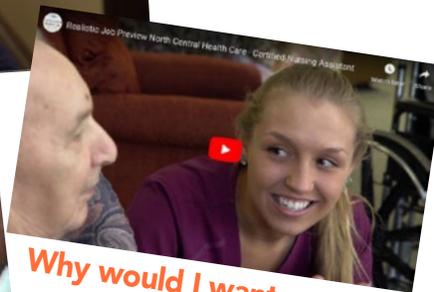
Marathon County Public Library - Wausau Community Room
300 N 1st St. Wausau, WI 54403

This is not a Marathon County Public Library sponsored event.

Call to register: (715) 848-5042

Open application period: January 24, 2020 - March 20, 2020

www.habitatwausau.org



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



HARD HAT UPDATE

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



WAUSAU CAMPUS RENOVATIONS:

Aquatic Therapy Pool

- Progress continues to move forward to the Spring 2020 grand opening.
- The pool room (lobby, locker rooms, hallway) will have concrete poured starting the week of February 10.
- Pool Deck area is being painted next week and then concrete pours for the pool deck will follow.

Youth Hospital

- Late summer 2020 opening still on track!
- Roof trusses are all set for Youth Hospital. Roof sheathing has started and is in progress.

CBRF

- Exterior walls are set and roof trusses will begin to arrive later February.
- Late Summer 2020 completion is scheduled.

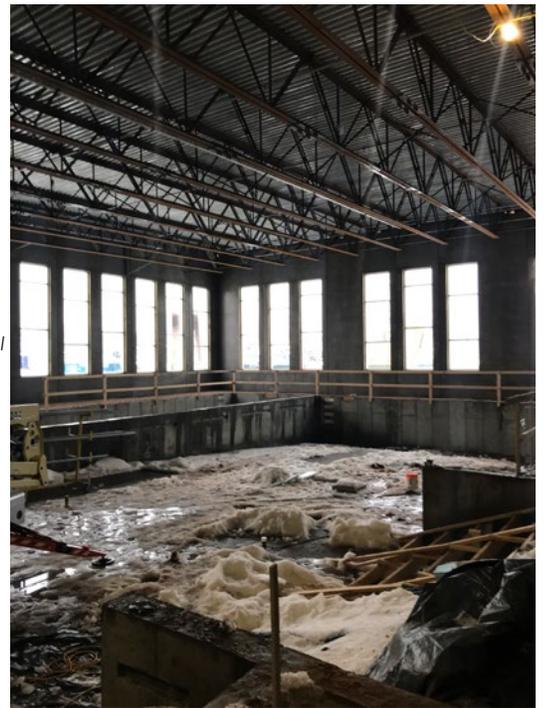
Skilled Nursing Tower

- The fencing is up for the contractor lay down area – **part of MVCC parking lot is now in the construction zone.** We will be closing off the East entrance in the link hallway from MVCC to NCHC, this would be the entrance that is near the former Evergreen Place sun-porch that is near Volunteer Services. The West exit, that opens to the lake and the covered area outside, is still open.
- E-Wing interior demolition is underway and E-wing is closed off for the demolition to begin in Mid-February.
- Storm water management will begin in late spring – the MVCC parking lot will be under construction starting late spring also.
- The concrete footings and foundations will begin late spring 2020 for the Skilled Nursing Tower.



Top: Troy Torgerson, Marathon County Project Manager, leads a group of NCHC employees from the pool through a tour of the Aquatic Therapy Pool work to date.

Right: That is the pool deck and interior! The snow is being melted and painting takes place soon!



Above: This is the lobby entrance to the Pool and the Locker Room areas.



Left: It is really taller than it appears from the parking lot. This photo gives you a sense of height of the building.

Right: The front entry and office area is taking shape.





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



FEBRUARY 10 – 14, 2020

MON 2/10Chili

Hot Ham on a Bun

Swedish Meatballs

Green Peas

Parsley Potatoes

Caramel Apple Cookie

TUES 2/11.....Cheesy Cauliflower Soup

French Dip on a Hoagie

Baked Pork Chop

Mixed Vegetables

Scalloped Potatoes

Iced Chocolate Cake

WEDS 2/12Corn Chowder

Breaded Fish on a Kaiser

Salisbury Steak

Bakes Tomatoes

Rice Pilaf

Cinnamon Baked Apple

THUR 2/13.....French Onion Soup

Hamburger with the Fixins!

Baked Chicken Leg

Cream Style Corn

Mashed Potatoes

Fruit Medley

FRI 2/14.....Campbell's Tomato Soup

Grilled Cheese Sandwich

Herb Baked Fish

Vegetable Blend

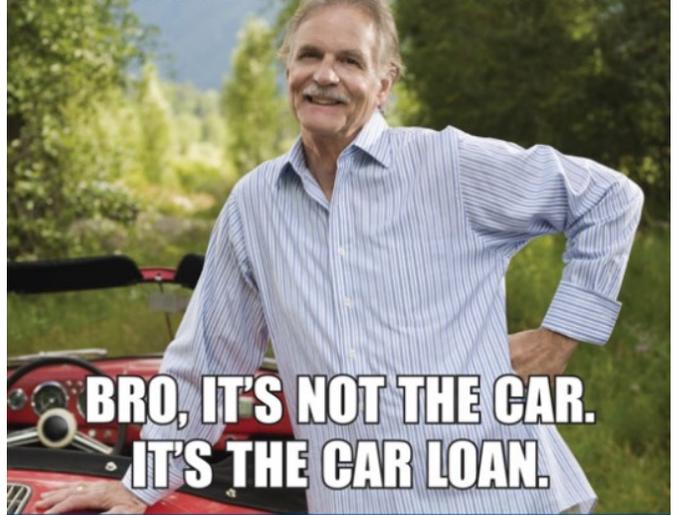
Couscous

Fruit Ambrosia Salad



Marathon County
Employees Credit Union

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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.