



A Weekly Update For The Employees of North Central Health Care



NEWS YOU CAN USE

WEEKLY CONNECTION WITH OUR TEAM



Governor Evers Visit

On Wednesday I had the opportunity to visit our Pine Crest facility to attend Governor Evers press conference announcing a \$5 million grant opportunity to expand telehealth. The grant is designed to expand mental health services for children while additionally making telehealth appointment easier to access for people that have limited internet services in their homes. The announcement establishes 2 grants utilizing funds from the American Rescue Plan. DHS will use \$2.5 million of the investment to create a new grant program

for hospitals and health systems to expand and enhance child psychiatry telehealth services. This program will build on the governor's efforts to support youth mental health. Through the \$2.5 million program announced today, up to five one-year grants of approximately \$500,000 will be awarded to hospitals and health systems across the state.

Additionally, the remaining \$2.5 million of this investment will be used for a grant program for providers to partner with community organizations to establish neighborhood telehealth access points at food pantries, homeless shelters, libraries, long-term care facilities, community centers, and schools for people with limited access to technology and reliable internet service. One-year grants of up to \$100,000 each will be awarded to between 25 and 50 providers across the state.

This is exciting news!

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ADMINISTRATOR ON-CALL x4488 or 715.848.4488

In the event of Phone System Outage, reference the O:drive "On-Call Information Folder" for Schedule and Cell Phone #'s.

Monday, April 4 –
Sunday, April 8 (4:30 pm)

Dr. Robert
Gouthro



Monday, April 8 –
Sunday, April 18

Jarret Nickel



Shout out

Yuka
Yoshino
IMS

Why: Thank you for your help with the dashboards and weekly operations reports!!

Submitted By:
Jarret Nickel



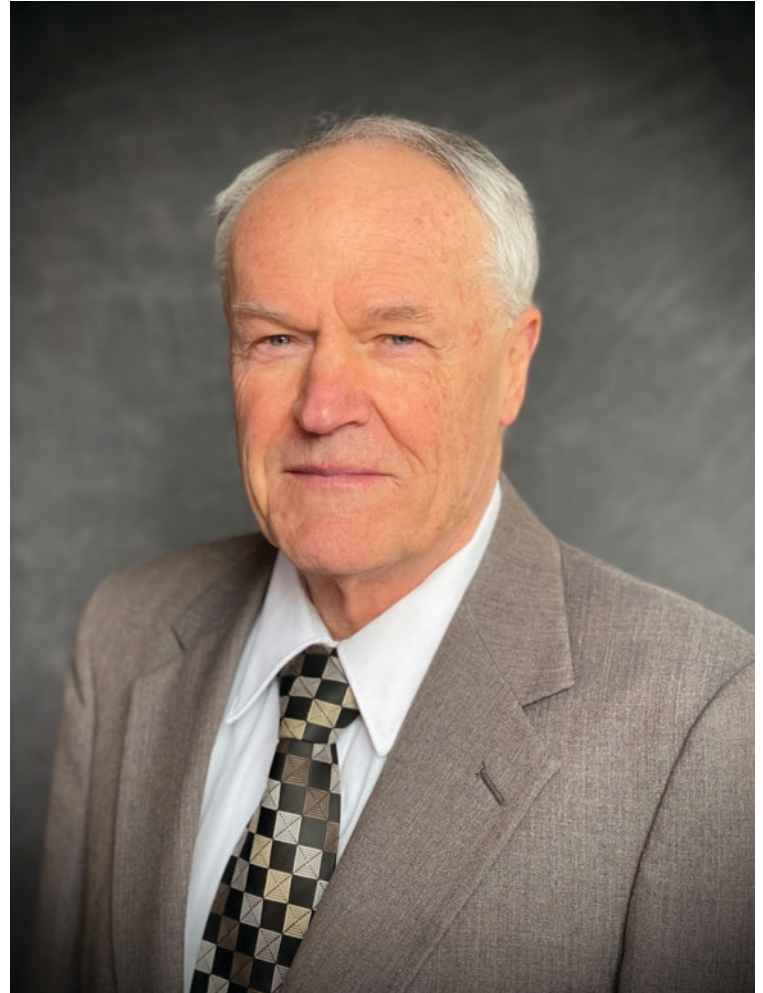


NCHC AND NORTH CENTRAL COMMUNITY SERVICES PROGRAM BOARD ANNOUNCE INTERIM EXECUTIVE DIRECTOR

Welcome Mort McBain

North Central Health Care (NCHC) and the North Central Community Services Program (NCCSP) Board announce the appointment of Mort McBain to serve as the organization's Interim Executive Director effective April 1, 2022. McBain's appointment follows the resignation of Jill Meschke, Interim Chief Executive Officer and Chief Financial Officer. The NCCSP Board will continue discussions regarding the recruitment of a permanent Executive Director.

McBain's 33 years of experience in county leadership roles, including 21 years as the County Administrator for Marathon County, provide a strong foundation for his leadership of NCHC. During his tenure as County Administrator, he oversaw the improvement of library facilities, creation of a county-wide 9-1-1 and combined dispatch system, implementation of justice alternatives, and a capital improvement program to update various county facilities. McBain has a Master's in Public Administration and Bachelor of Science in Psychology/Sociology from Idaho State University.



Mort McBain, NCHC Interim Executive Director

"I have great confidence in Mort's ability to lead the organization while we continue our recruitment efforts. His prior experience in county government, and familiarity with our tri-county service model, will help ensure a smooth leadership transition," states NCCSP Board Chair, Kurt Gibbs. *"I'm grateful for the employees of NCHC and their continued commitment to the NCHC mission and the patients and residents we serve in Marathon, Langlade, and Lincoln Counties."*

As the Interim Executive Director, McBain will be responsible for the oversight of administrative functions while ensuring continued commitment to patient care, quality, and safety.

"I'm honored to have the opportunity to lead the organization during this time of transition," shared Mort McBain. *"I look forward to meeting the employees and stakeholders of North Central Health Care and working together to continue providing compassionate and high-quality care for individuals and families with mental health, recovery and skilled nursing needs."*



PHOTO OF THE WEEK: GOVERNOR EVERS VISITS NCHC



Governor Evers outline the new grant that will provide opportunities for increased community partnership and telehealth resources.



Governor Evers and DHS Deputy Secretary Deb Standridge spent time talking with residents and employees during his visit.



Dr. Robert Gouthro, Chief Medical Officer at NCHC speaks about the need for more mental health resources and accessibility, especially in rural areas of Wisconsin.



ON THE MOVE
Congrats Cristy Maltbey

Cristy Maltbey of Residential poses with her Farewell cake from her team. Cristy transferred to the Accounting Team just recently and her team wanted to wish her the best in her new department at NCHC! – Submitted by Jamie Collins, Residential Manager

CELEBRATING A BIRTHDAY
Happy Birthday Jenny Kessen

Yesterday was Jenni Kessen's 40th birthday. She returned to work with fun and celebration! – Submitted by Jamie Collins, Residential Manager





RETIREMENT NEWS!

Congratulations Sue De Lisle, MHT

Sue De Lisle, Adult Community Treatment Tech in Wausau has announced her retirement after 17 years of providing support to those in our community.

Thank you for your years of dedication and commitment to our community! Employees joined her for a celebration this week in the Board Room. Enjoy your retirement Sue!



RETIREMENT NEWS

Congrats Cindy!

Cynthia Schreier, Pharmacy Tech, in Pharmacy celebrated her last day at NCHC with a retirement party at the Wausau Campus. Attended by her team and many others from programs across NCHC, including a virtual Facetime chat with Scott VanErmen, Pharmacy Director. Thank you for your 13 years of service Cindy. You will be missed! Best of luck to you and enjoy your retirement



Cindy Schreier and Dr. Robert Gouthro





tidbits on benefits

APRIL IS ALCOHOL AWARENESS MONTH

Submitted by Sherry Hughes, PA

Alcohol awareness month is a program organized by the National Council on Alcohol and Drug Dependence. It was started in April 1987. It has become a national movement to draw more attention to the causes and effects of alcoholism, as well as a resource to help family communities deal with drinking problems.

Alcohol abuse contributes to higher rates of violence, sexual assault, and suicide. Millions of people in United States struggle with alcohol dependence, abuse, and alcohol addiction, or alcohol use disorder (AUD). Only 10 percent of people with diagnosed AUD get the help they need which means millions of people every year struggle with acute and chronic health problems from drinking too much. Binge drinking is a pattern of drinking which brings one's blood alcohol concentration (BAC) to 0.08. This is typically more than 4 or 5 alcoholic beverages in 2 hours, a dangerous practice that can cause acute physical and mental harm. https://www.cdc.gov/alcohol/pdfs/excessive_alcohol_use.pdf

Drinking too much in one sitting can cause acute harm to the body, but drinking too much over time can cause chronic physical and mental health issues. Liver damage, cardiovascular disease, and cancer are the most dangerous long-term side effects from heavy drinking; however, struggling with alcohol abuse or addiction can also trigger mental illness. (www.alcohol.org)

Relationships with Problem Drinkers

If you love someone who has a drinking problem, you may slowly acquire problematic ways of managing communications, social interactions, behaviors and uncertainties you experience. These are normal responses to addiction-affected relationships. As the disease advances and you find yourself managing these things more often and experiencing emotional stress, your health may be adversely affected. Physical symptoms like stomach problems, depression, and sleep problems are only a few that you might experience. In talking to a counselor or your employee assistance program, you can learn the steps to wellness and intervention.

Counselors are available through the Employee Assistance program for other services including

Relationship problems, workplace issues, critical incident stress management, conflict resolution, stress management, depression and anxiety, financial concerns, compassion fatigue short term, solution-focused counseling and more.

The North Central Health Care Employee Assistance Program is available to employees and their immediate family members at 1.800.540.3758 or email eap@ascension.org. For more information, go to <https://ascensionwieap.org/>

Participation is Private and confidential, available to immediate family members, a free company benefit and voluntary – you take the first step.

A MESSAGE FROM SHERRY HUGHES

Dear Patients of North Central Health Care,

It is with mixed emotions that I'm writing to inform you that I will be transferring to another Aspirus clinic at the end of April of this year. My last day seeing patients at the Employee Health and Wellness Center will be April 22, 2022. I am honored to have served you and your families over the last few years.

Aspirus Business Health is earnestly looking for a new provider to replace me and will ensure interim care through the Employee Health and Wellness Center with other Business Health providers. In the meantime, I will be seeing patients until my last day and continue to refill prescriptions requested until the new provider has taken over.

The Aspirus Welcome Center is a great resource if you so choose to establish care with another provider outside the Employee Health and Wellness Center. Please call them at 715-847-2613 and they would be happy to schedule you and your family.

The Aspirus Business Health team is available to answer questions you may have and assist with this transition.

I have enjoyed getting to know you all. Thank you for trusting me with your health care needs.

Sherry Hughes, PA-C



Employee Health & Wellness Center
 1100 Lake View Drive, Wausau, WI
 North Central Health Care Campus
 Door 25

Schedule an Appointment:
 715.843.1256 or MyAspirus.org

Updated Hours:
 Monday - Wednesday - Friday: 8:00 am - 4:30 pm
 Tuesday: 6:30 am – 3:00 pm
 Thursday: 9:30 am – 6:00 pm



Marathon County Employees Credit Union

There's Still Time to Take Advantage of Our Balance Transfer Offer!
Contact Us Today!

SOAR TO NEW Heights

Reach your financial goals this year with our low balance transfer rate

3.99% APR FOR 15 MONTHS

When you transfer an existing balance to our credit union credit card between February 14, 2022 and May 15, 2022.

Ask us about this special rate offer today!

Balance transfers completed 2/14/2022 through 5/15/2022 will receive 3.99% APR* for 15 months from date of transfer. After the promotional time frame expires, remaining balances will migrate to the standard APR applicable on your account. Contact the credit union for complete details. *APR=Annual Percentage Rate

Balance transfers completed 2/14/2022 through 5/15/2022 will receive 3.99% APR* for 15 months from date of transfer. After the promotional time frame expires, remaining balances will migrate to the standard APR applicable on your account. *APR = Annual Percentage Rate

Apply Online @ www.mccu.org or by using the Mobile App!

Peter.Wolf@co.marathon.wi.us
 715-261-7685
 400 East Thomas Street
 Wausau, WI 54403



2022 TORNADO AND SEVERE WEATHER AWARENESS DRILLS

2 Drills Scheduled for Monday, April 4, 2021

The 2022 Tornado Drill will consist of a mock tornado watch and a mock tornado warning issued for all NCHC locations. This is a great opportunity for North Central Health Care to review our policies on this. Please log in and review your Severe Weather Policy and Procedure in UltiPro/UKG Pro Learning.

What is new for the Tornado Awareness Drill in 2022?

This year looks a little different than years past. The event is on a Monday! Please review the attached critique worksheet. This will be used during the drill to provide discussion points. All managers will be completing this critique form and turning in.

MONDAY, APRIL 4 DRILL SCHEDULE:

1:15 p.m. – NCHC issues a mock tornado watch and warning for all of Wisconsin.

6:45 p.m. – NCHC issues mock tornado watch and warning for all locations

In Marathon County locations, there will be sirens heard at 1:15 and 6:45 pm in the community. On NCHC phones, there will be a mock Tornado Watch and Warning broadcast and all NCHC phones will have the Informacast message displayed. All staff are to “verbally walk through” in their departments what they would do during a live event and follow the information provided on the Informacast displayed.

In Langlade and Lincoln County locations, an overheard announcement will be made by NCHC staff in the locations. Sirens will not be heard. All staff are to “verbally walk through” in their departments what they would do during a live event.

IMPORTANT REMINDERS

*This is a “verbal walk-through” drill only. We do not want you to evacuate patients/residents/clients, however, all staff should be able to articulate clearly where and how they would evacuate in a real situation.

*Make sure you are using the online policy system in UKG Pro Learning, badge buddies and Connections guide as your reference. Practice how you get into the UKG Pro Learning system and find these policies. Determine if the overall policy covers your staff's needs for information or if you need to develop a department-specific procedure to address any details.

ALL NCHC MANAGERS will be required to complete Tornado Drill Sign-In Sheet and Critique and turn into Sarah Rothmeyer by Friday, April 8, 2022. If you have questions, please email srothmeyer@norcen.org.



Ethics and Boundaries: 2022-2023 Trainings

NEED ETHICS OR BOUNDARIES TRAININGS?

Contact your manager to register for one of the following UWGB Courses!



Ethics and Boundaries: Understanding Equity, Diversity and Inclusion to Leverage Cultural Humility:

This training focuses on appropriate ethics and boundaries in client-case manager and peer-to-peer relationships in everyday practice. Participants will engage in self-reflective activities related to race, ethnicity, gender, sexual orientation, different abilities, and intersectionality. Oppression, discrimination, power and control, and historical privilege will be featured as it relates to work with vulnerable populations.

4.0 Continuing Education Hours

Training dates listed below will be offered virtually via Zoom on Fridays from 8:30am to 12:30pm.

- June 3, 2022
- August 12, 2022
- October 7, 2022
- December 2, 2022

Ethics and Boundaries: Things That Make You Go Hmm...:

This training offers participants an opportunity to explore the difference between boundaries and barriers in peer-to-peer and client relationships. It explores personal boundaries, trust, shame, vulnerability, and use of self-assessment tools to understand stress. Participants learn new strategies in paradigm thinking, communication and conflict management in the workplace, conversations of quality; through examining challenges they face when colleagues are unethical or cross professional boundaries.

4.0 Continuing Education Hours

Training dates listed below will be offered virtually via Zoom on Fridays from 8:30am to 12:30pm

- May 6, 2022
- July 8, 2022
- September 9, 2022
- November 4, 2022
- January 6, 2023



Join the Wisconsin Department of Agriculture, Trade and Consumer Protection, and the City of Wausau for the Wausau Area Consumer Protection Summit "Know your Rights"

Covered Topics Include:

- Mobile Home & Apartment Rental Rights
- Consumer Lending, Quick Cash & Payday Loans
- Identity Theft - Protect & Prevent

topics 30 min each, 10 min break between each, come for one or more topics

Wednesday, April 20, 2022

9:30-11:30 am OR 5:15-7:15 pm

North Central Health Care Center Theater

1100 Lake View Dr., Wausau, WI

Use the entrance marked Marathon Health Department (door #19)

or watch live on YouTube at tinyurl.com/waamedia

Questions? Contact Michelle Reinen, Michelle.Reinen@wisconsin.gov

or Jean Frankel, jean.frankel@cl.wausau.wi.us



FREE COMMUNITY WELLNESS EVENT

Kevin Hines — best-selling author, globally recognized speaker and award-winning documentary filmmaker — will share his compelling personal story about survival. In 2000, Kevin attempted to take his life by jumping off the Golden Gate Bridge. He now travels the world sharing his story of hope, healing, and recovery. Join us as he shares that story with our community.

Learn more about Kevin Hines' story at:



JOIN US!

April 14, 2022

D.C. EVEREST SENIOR HIGH AUDITORIUM

5:00 - 6:00 pm — Visit with local counseling agencies and organizations to learn more about wellness resources available in our community.
6:00 - 7:00 pm — Kevin Hines shares his story.

We would like to thank the following for sponsoring our day-long wellness event at the DCE Senior High and the free community event in the evening.



MARATHON COUNTY SCHOOL-BASED COUNSELING CONSORTIUM (MCS-BCC)

Current co-chairs: Noreen Salzman, Centre for Wellbeing; Lori Thompson, Charis Counseling
Current MCHD liaisons: Hannah Schommer, Marathon County Health Department



MOSINEE SCHOOL DISTRICT

Mental Health Awareness Event

Thursday, April 28th || 4:30-7:30pm
MOSINEE HIGH SCHOOL CAFETERIA

Resource Fair – 4:30-7:30 pm Open the Entire Event!

- FREE child care & light refreshments will be available
- Resource tables with community and school-based supports

Small Group Sessions (optional)

5:00-5:30 pm | 5:40-6:10 pm | 6:20-6:50 pm

Learn more about the following mental health topics:

(Each session listed will run during each time slot.)

- **Wellness Related to Mental Health**
Presenter: Alyssa Kress, MSW, APSW
Compass Counseling
- **Managing Behaviors in the Home**
Presenter: Julette Higuera, MSW, LCSW
Compass Counseling
- **Coping Skills**
Presenter: Heather Sann, Mental Health District Manager
Innovative Services Inc.
- **Trauma**
Presenter: Amanda Neta, LCSW
Compass Counseling
- **Anxiety and Depression**
Presenter: KC Graveen, LPC, ATR
North Central Health Care

Featuring:
Small Group Learning Sessions

Community & School-based Resource Fair

Families, Students, and Community Members are invited.

(Students must be accompanied by an adult.)

Questions? kkolodziej@mosineeschools.org

Purpose: Provide affordable, direct counseling services to the students and families that attend Marathon County public school districts in grades K-12. Provide training for school staff (teachers, administration, nurses, social workers, psychologists, counselors, paraprofessionals) on mental health topics.

NAMI Northwoods April-June 2022

Serving the counties of Marathon, Lincoln & Langlade

P.O. Box 262, Wausau, WI 54402
naminorthwoods@gmail.com • 715.432.0180

NAMI Northwoods

Officers

Executive Director
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President
Kevin Hinking
Vice President
Pamela Anderson
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Pamela Czerwinski
Secretary

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Terry Ryan
Laura Held
Brandon Krautkramer

Facilitators

Family Support Meetings
Michelle Gleason

Peer Support Meetings

Terry Ryan
Emily Peterson

Family to Family Class

Bernie Corsten
Sharon Krett

Peer to Peer Class

Terry Ryan
Melissa Kalin-Leininger

Crisis Hotline

(715)845-4326
1(800)799-0122

National Suicide Prevention –

1(800)273-8255

NAMI Helpline

1(800)950-6264

Wisconsin Hopeline

Text: Help to 741741

NAMI CLASSES AND SUPPORT GROUPS

Contact Naminorthwoods@gmail.com for information on how to attend

Family Support Meeting

4th Monday at 7:00 p.m. at Grace United Church of Christ 535 S 3rd Ave Wausau, WI

Family Support Group - a peer-led support group for family members, caregivers of individuals living with a mental illness. Support group offers education, resources and advocacy for those living with a mental health condition

Peer Support Meeting

2nd Monday at 2: p.m. at Grace United Church of Christ 535 S 3rd Ave Wausau, WI 4th Wednesday at Biggby's Rib Mt 5:30

Nami Peer Support is a peer led group for anyone concerned about their own mental health. Discuss successes, strategies, challenges, and resources. Group is facilitated by two trained NAMI members who recognize the challenges and are in their own recovery.

Family to Family Class – tbd (fall)

Grace United Church of Christ 535 S 3rd Ave Wausau, WI

Registration at NAMInorthwoods@gmail.com

An 8-week educational course for families, caregivers and friends of individuals with a mental illness. It is designed to facilitate a better understanding of mental illness, coping skills and empowers participants to become advocates for their family members.

Peer to Peer Class

TBD at Grace United Church of Christ 535 S 3rd Ave Wausau, WI

An 8-week educational course focused on mental health, wellness and recovery for adults 18 and older experiencing a mental health challenge.

Raise Your Voice Club

A school club – A welcoming, supportive and safe environment for ALL students whether you live with a mental illness, know someone with mental illness or have a general interest in advocating for mental health.

If you have an interest in starting "A Raise Your Voice Club" in your school, contact Naminorthwoods@gmail.com

"RAISE YOUR VOICE" AWARENESS WALK

Sunday, May 1, 2022 – 1100 Marc Dr. Merrill

Sunday, May 1, 2022

11:30 - Registration Opens

1:00 - Walk Begins

2:00 - Silent Auction Ends

Want to register or make a donation?



Including!

- Yard Games
- Face Painting
- Coloring Station
- Silent Auction
- DJ/Live Music
- Food Truck
- Concessions



Raise Your Voice AWARENESS WALK



The December and February Star of the Month recognition was not included in the newsletter, so we are sharing these now!

Pine Crest December Star of the Month

CONGRATULATIONS CORALIE BENSON!

Coralie was recognized here at Pine Crest by receiving the Pine Crest Star award in December. She always goes above and beyond for our resident's making their day. She Picks up shifts often on PM shift and NOC shift and is very flexible willing to work anywhere in the building that she is needed. She is a leader and a great team player, and so easy to get along with. She makes the resident's feel special and appreciated by keeping a calm and caring attitude. She is a true team player and we are thankful to have her as part of our team!




Pine Crest February Star of the Month

CONGRATULATIONS GRACE CRASS!

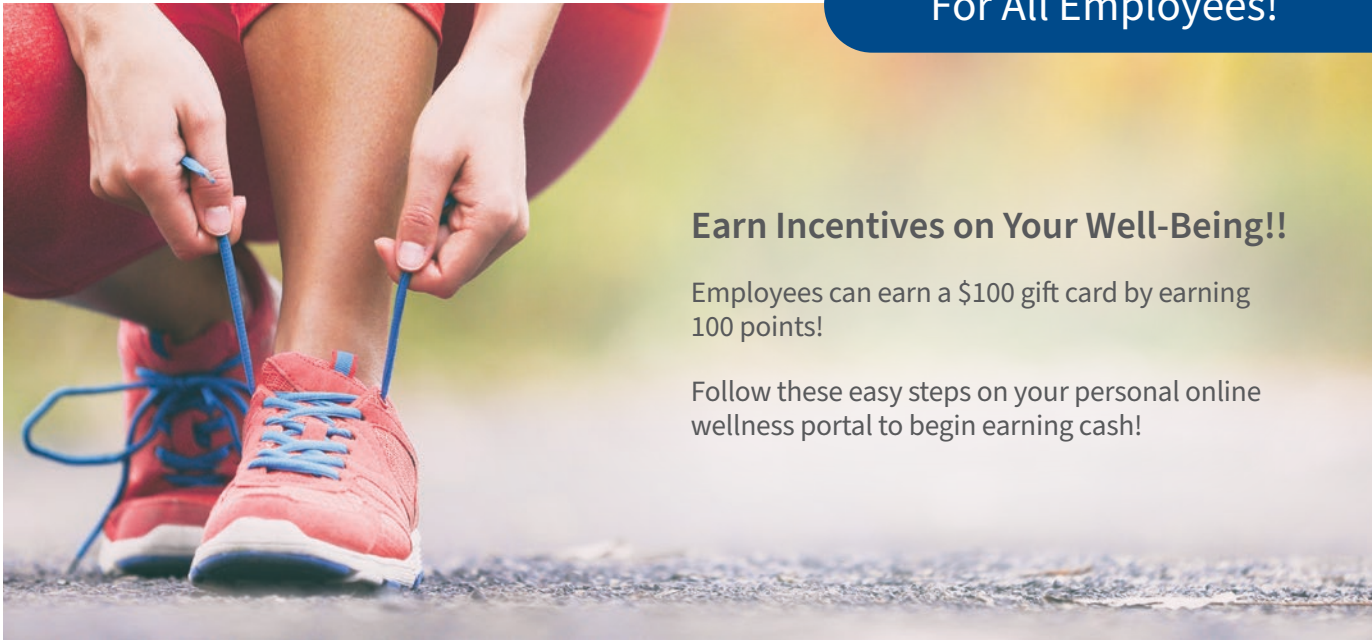
Grace is a wonderful asset to Pine Crest! She has been working hard as a C.N.A and spreading positivity for 9 years now. Grace has a wonderful rapport with her residents and knows their routines and preferences inside and out. She provides very personalized care and often gives good updates and suggestions for their care plans. She's not afraid to sing and be silly to make them smile and it make cares fly by. She is extremely flexible and even worked NOC's for awhile recently simply because we needed the help. She is a true team player and works well with staff of all personalities. Staff, residents and families have wonderful things to say about Grace and she is happy to help with things outside of her role as well.






North Central Health Care Well-Being Program 2022

For All Employees!



Earn Incentives on Your Well-Being!!

Employees can earn a \$100 gift card by earning 100 points!

Follow these easy steps on your personal online wellness portal to begin earning cash!

Step 1

Log into your personal wellness portal. If you have already created an account in 2021, you will not need to register again. For those that have not registered in the wellness portal, please follow the steps shown on page 2.

Step 2

Earn 100 points by November 30th, 2022, by completing a variety of the activities shown on page 2.



North Central Health Care
Person centered. Outcome focused.

BH-326



How to Register for The Aspirus Well-Being Portal

Aspirus Business Health-Wellness is excited to partner with North Central Health Care to provide you with access to a wellness resource, www.managewell.com. This website features valuable health programs and tools as well as a central location for storing and tracking your wellness efforts.

To participate in the wellness program, go to the website www.managewell.com or download the Managewell 2.0 App and follow the instructions below to register:

1. Click “Sign up”.
2. Enter your “Unique ID.” This Unique ID is the first few letters of your company, “NCHC”, followed by your employee ID number. An Example is: NCHC123456.
3. Enter your date of birth and select “Continue”.
4. Confirm your name.
5. Read through and accept “Terms”.
6. Enter a unique and valid email address and password. Remember these for the next time you log in to the website.
7. Select “Continue” and it will take you to your Home/Dashboard page.

Activity	Points
Biometrics and Health Assessment (both must be completed to earn points)	30
Preventative Visit with Primary Care Provider	20
Preventative Visit at Onsite Clinic Bonus Points	15
Health Coaching (includes Care Management) (can earn up to 2 times)	15
Mental Health Visit	15
COVID-19 Booster	15
COVID-19 Initial Vaccine	10
Wellness Challenges	10
Health Pursuit Online Activity	10
Onsite Clinic Activities (Blood Pressure Monitoring, Diabetes Management, Skin Cancer Screening, Non-preventative Health Visit)	10
NCHC Sponsored Events (events added throughout the year)	5 - 20
Flu shot	5
Mini-Challenges	5
Monthly Online Educational Activities	5
Dental Exam	5
Eye Exam	5
Online Tracker for Physical Activity (points per week)	5
Online 5-A-Day Fruit & Veggie Nutrition Tracker (points per week)	5

More information can be found on the Aspirus Well-Being Portal at www.managewell.com

Contact Aspirus Business Health-Wellness if you have any questions or need help.
844.309.1269 | wellness@aspirus.org



In the NEW Mount View Building WAUSAU CAMPUS CAFÉ Grab-N-Go



Monday – Friday

9 am – 5:30 pm

Breakfast 9:00 am



Lunch 11 am – 1:30 pm

Hot Food Bar \$.45/ounce

9 am – 5:30 pm

Grab 'n Go Sandwiches, Soups & Salads, Juice, Water, Snacks

What's For Lunch?

APRIL 4 – 8, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>main course</i> Oven Fried Chicken Steamed Broccoli Cheesy-Mashed Potatoes	Roast Beef with Gravy Peas & Carrots Scalloped Potatoes	Cranberry Glazed Turkey Seasoned Carrots Bread Dressing	Roast Pork with Gravy Green Beans Rice Pilaf	Fettuccine Alfredo Broccoli Garlic Breadsticks
<i>dessert</i> Diced Pears	Frosted Spice Cake	Peaches	Fruit Fluff	Applesauce Gelatin
<i>soup of the day</i> Vegetable Beef Soup	Cheddar Cheese Soup	Beef Bowtie Noodle	Navy Bean Soup	Chicken Dumpling Soup



THE BISTRO

MONDAY – FRIDAY | 7:30AM – 3PM
HOT FOOD AVAILABLE UNTIL 2:30PM

SPECIALS

PANINI OF THE WEEK



GARLIC CHEESE & BACON \$5.00

GARLIC BUTTER | CHEDDAR CHEESE
AMERICAN CHEESE | DOUBLE BACON



3 CHEESE QUESADILLA \$4.50

TRIPLE CHEESE BLEND | ROASTED ONIONS
SOUR CREAM | SALSA | ADD CHICKEN FOR \$1



***NEW* PANINI COMBO \$5.00**

1/2 PANINI (SORRY, NO WRAPS) | CHIPS | WATER

**GIFT CERTIFICATES & PUNCH CARDS
AVAILABLE NOW!**



WE NEED YOUR HELP!

THE BISTRO'S IMPROVEMENT SURVEY IS LIVE.

Scan the QR code below and share your opinions on things like :

- Panini flavors you'd like on the menu
- Side option preferences
- Modifications to hours
- Grab-n-go additions
- Weekend hours
- Misc. improvements



SCAN ME! ↗

UPCOMING WEEKLY SPECIALS

APRIL 11 | TUNA MELT PANINI | \$5.00

TUNA SALAD | CHEDDAR | TOMATOES

APRIL 18 | TURKEY PESTO PANINI | \$5.50

SLICED TURKEY | PROVOLONE | PESTO | RED ONION | SPINACH

APRIL 25 | CAPRESE PANINI | \$5.00

FRESH MOZZ | HOUSE VINAIGRETTE | TOMATO

CASH, CREDIT OR QUICKCHARGE PAYMENTS ACCEPTED | ALL SALES SUBJECT TO SALES TAX