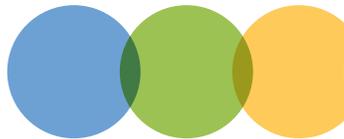





 A Weekly Update
 For The Employees of
 North Central Health Care



 **NEWS YOU CAN USE**

WEEKLY CONNECTION WITH OUR TEAM



Dr. Robert Gouthro
 Chief Medical Officer

North Central Health Care has an amazing wealth of wisdom hidden away at the end of Lake View Drive. Few organizations in the state can match the breadth of specialty knowledge we have roaming the halls here every day. Without fail, I learn something new about a service we provide, a resource in the community, or a new treatment intervention that I would not know if it were not for engaging with our staff.

As we continue to move forward with developing our 5-year strategic plan, finding more ways to share this knowledge base with the community is near the top of our list. Although many organizations work to improve themselves, we are charged not only with improving our processes and care, but also with engaging local partners to address

care disparities, mental health issues before they become a crisis, and to educate others to do the work we simply cannot do alone.

Many within our organization spend their time and energy engaging community partners in ways that extend beyond their job descriptions, and do so with little fanfare. The efforts put forth may not always be heralded, but they absolutely mean so very much to the community and those that live within it. A number of you in Crisis, the nursing homes, the pool, the training programs, and throughout our facilities have already been engaging in such activities, and we look forward to finding more ways for people to be involved.

One upcoming event exemplifies the work staff are involved in; NCHC will assist in presenting a Wellness Day on April 14th for the DC Everest School District students, staff, and the community at large. An offshoot mini-documentary produced by WAOW TV9 will also be airing on April 21st, and will focus on the topic of youth behavioral health. Carrie Paisar, Jessica Dotson, Gina Lenz, Kimberly Moore, and others played a significant role in helping this event, and the tv special, come to life. Youth Behavioral Health concerns are at an all time high, and activities such as these can aid families and children which struggle to find help.

Thank you all that participate in these events, all that work a little harder to cover a peer when they participate, and all that are willing to put themselves out there to improve the health of the community. Your time and work is appreciated!

ADMINISTRATOR ON-CALL x4488 or 715.848.4488

**Friday, April 8 –
 Monday, April 11**



Dr. Gouthro

**Tuesday, April 12 –
 Monday, April 18**



Jarret Nickel

Welcome to the Team! 2
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Bistro Updates 10

Person-Centered
Shout out



Jennifer Peaslee
 Compliance

Why: For the wonderful speech she made on my behalf. It was one of the most heart-warming recognitions I ever received.

Submitted By:
 Sue De Lisle





PHOTO OF THE WEEK: MENTAL HEALTH AWARENESS INTERVIEWS



WELCOME THESE NEW EMPLOYEES TO THE TEAM!

These employees were welcomed in April Orientation!

IMS



Angela Marquardt
Informatics Analyst I

MVCC



Holly Milbeck
RN

Patient Access



Jodi Ravey
Registration Specialist

Post Acute Care



Megan Mohr
CNA



Amanda Salawater
CNA

Protective Services



Jennifer Gher
Protective Services Rep

Residential



Ashley Urmanski
Residential Care Assistant

Safety & Security



Thomas Onan
Safety & Security Officer

Volunteer & Guest Services



Katrina Meyer
Administrative Assistant

We are so excited to have you on our team!



National Prescription Drug Take Back Day addresses a public health and safety issue. Too often, unused and expired prescription medications get into the wrong hands. Disposing of medications safely can help protect your family from getting or using medications that are expired or out of date; prevent the illegal use of unused medications, and minimize any potential negative impact on the environment.

What You Need to Know:

The DEA can **ONLY** accept pills or patches.
The DEA **CANNOT** accept liquids, needles, or sharps.
The DEA now advises against “usual methods” for disposing of unused medications.

For more information about the disposal of prescription drugs, visit:
[National Prescription Drug Take Back Day \(usdoj.gov\)](https://www.usdoj.gov/nprdt).

Controlled Substance Public Disposal Locations

Aspirus, 333 Pine Ridge Blvd Walgreens, 105 Central Bridge St. CVS, 102 Central Bridge Street



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@ci.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:



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, custodians, 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
Bernie Corsten
President
Kevin Hainking
Vice President
Pamela Anderson
Treasurer
Pamela Czerwinski
Secretary

Board members

Pat Bacher
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

Peer to Peer Class

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 focused on mental health, wellness and recovery 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





TALK WITH A RETIREMENT ADVISOR ABOUT THE WDC PROGRAM!



WISCONSIN DEFERRED COMPENSATION PROGRAM

JOIN THE CONVERSATION!

Meeting with your WDC Retirement Plan Advisor is an easy way to help make sure your savings and spending strategy fits you and your future. Schedule a one-on-one appointment. Additional virtual meeting dates and times can be found online.

INDIVIDUAL RETIREMENT READINESS SESSIONS

with Shawn Bresnahan

- Tuesday, May 17th | Wausau, Badger Room | 10am-2pm
- Thursday, June 2nd | Wausau, Badger Room | 10am-2pm
- Thursday, July 7th | Antigo, Conference Room | 9am-11am
- Thursday, July 7th | Wausau, Badger Room | 1-4pm
- *Thursday, Aug. 4th | Pine Crest, Admin Conference Rm | 9-11am
- *Thursday, Aug. 4th | Wausau, Conference Room | 1-4pm
- Thursday, Sept. 1st | Wausau, Badger Room | 10am-2pm
- *Thursday, Oct. 6th Antigo | Conference Room | 9am-11am
- *Thursday, Oct. 6th Wausau | Badger Room | 1-4pm
- *Thursday, Nov. 3rd Wausau | Badger Room | 9am-11am
- *Thursday, Nov. 3rd Pine Crest | Admin Conference Rm | 1-2:30pm
- *Thursday, Dec. 1st Wausau | Badger Room | 10am-2pm
- *registration available 90 days before session date

REGISTER HERE!



BRING TO YOUR ONE-ON-ONE MEETING:

- ✓ WRS statement
- ✓ Social Security statement
- ✓ Other retirement account info
- ✓ Current paycheck stub (if applicable)
- ✓ WDC login information (if known)



INTERESTED IN JOINING THE NCHC UNITED WAY COMMITTEE?



The United Way Committee consists of representatives from across NCHC working collaboratively to educate staff on the role of United Way in our communities. The United Way Committee serves as a fundraising group to support and maintain United Way initiatives and foster relationships and support for partner programs and services offered by the United Way that may assist in aiding our clientele, fellow staff and community members.

IF YOU'D LIKE ADDITIONAL INFORMATION, OR WOULD LIKE TO JOIN THE NCHC UNITED WAY COMMITTEE CONTACT ALEX AT AEICHTEN@NORCEN.ORG



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.

REGISTRATION STEPS ON NEXT PAGE



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> Beef Stroganoff Wax Beans Noodles	Roast Pork Corn O'Brien Mashed Potatoes	Meat Lasagna Green Peas Garlic Breadsticks	Roast Turkey Veggie Blend Mashed Potatoes	Baked Fish Brussels Hash Browns
<i>dessert</i> Fruited Gelatin	Carrot Cake	Pineapple Upside Down Cake		Cherry Delight
<i>soup of the day</i> Pasta Fagolio Soup		Vegetable Beef Soup	Cheddar Cheese Soup	Chili



THE BISTRO

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

SPECIALS

PANINI OF THE WEEK

TUNA MELT PANINI \$5.00

TUNA SALAD | CHEDDAR | TOMATOES



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

ALSO AVAILABLE

BREAKFAST PANINI	5.50
BREAKFAST SANDWICH	3.00
BREAKFAST SANDWICH W/MEAT	4.00
CALZONE	5.00
AVOCADO TOAST	

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