

Issue 17 April 28 – May 4, 2025



A Weekly Update
For The Employees of
North Central Health Care



PHOTO OF THE WEEK

NEWS YOU CAN USE



WEEKLY CONNECTION WITH GARY OLSEN

Draft Day Excitement — On and Off the Field

What an exciting time for Green Bay! Hosting the 2025 NFL Draft at Lambeau Field was nothing short of incredible. As a proud Green Bay Packers fan, I couldn't have been more thrilled to see our city shine on the national stage. The energy was electric and watching our first-round pick receive a booming "Go Pack Go" chant as he walked across the stage was a moment I'll never forget. There's just something special about seeing fresh talent welcomed into a team

with so much pride and passion.

It got me thinking about how this mirrors what we do right here in our organization.

Just like the NFL Draft, every time we bring on a new team member, it's a big moment. We're not just filling a position—we're welcoming someone into a community built on excellence, compassion, and collaboration. And just like the Packers count on their seasoned players to help new talent grow, we rely on you, our incredible employees, to guide, support, and inspire those stepping into new roles.

Our success doesn't come from one person or one decision—it comes from a team effort. Because of your dedication, we're able to provide truly Person-Centered service. That kind of care doesn't happen by chance—it's built through shared values, mutual respect, and an ongoing commitment to getting better every day.

That brings me to one of our Core Values: **Continuous Improvement**. Just as NFL teams spend months analyzing, training, and preparing to make the best draft picks, we also invest in growing our talent. Whether it's onboarding, mentorship, professional development, or simply sharing your knowledge day-to-day, you all play a role in making our workplace stronger.

Let's keep that "Go Pack Go" energy going—not just for the draft picks, but for every new teammate we welcome into our organization. Because when we support each other and commit to growth, we all win.

Gary D. Olsen

Gary Olsen
Executive Director

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Wendy Kelch, Adult Behavioral Health Hospital

Thanks for taking the first admit tonight. Your confidence and leadership as a nurse is one to learn. You do your job well with no complaints. Your care for the patients does not go unnoticed.

Shared By: Mindy Yang



Occurrence Reporting Hotline

x4488 or 715.848.4488

Only significant or sentinel events requiring immediate notification to this hotline.



**MENTAL
HEALTH**
AWARENESS MONTH
— MAY —



**Thursday
May 1**
**Wear Your NCHC
Shirt & Jeans**



How Physical Activity Helps Calm Your Mind

April is Stress Awareness Month—Did you know physical activity isn't just good for your body—it's great for your mind too? Regular exercise helps reduce stress by releasing endorphins, improving your mood, and increasing your resilience to stress. Whether it's a walk in the park, a yoga session, or an intense workout, physical activity has a profound impact on our mental well-being. Here's how exercise works as a stress buster, and why it should be a part of your stress management toolkit.

Incorporating Exercise into Your Stress-Relief Routine Can Be Simple:

Start Small - You don't need to run marathons to reduce stress. Even just 10–15 minutes of light physical activity can make a difference in your stress levels.

Find an Activity You Enjoy - Exercise should feel like something you look forward to, not a chore. Find activities you enjoy, whether it's hiking, dancing, or swimming, and make them a regular part of your routine.

This Stress Awareness Month, take time to get moving and experience the calming effects of physical activity.

Learn more about [Exercise as a Stress Buster](#) and additional information on managing stress on our website.

www.norcen.org/StressLess

Thursday
May 1
Wear Your NCHC
Shirts & Jeans

**MENTAL
HEALTH**
AWARENESS MONTH
— MAY —



Check out the latest
resources available
online coming
in May!

**COMMUNITY TREATMENT
SPOTLIGHT AWARD MARCH 2025**

Stacy Metko

Marathon Adult & ACT Team Intake Specialist

NCHC Community Treatment is pleased to announce Stacy Metko was awarded the March Spotlight Award!

"Stacy embodies the Core Values at North Central Health Care. In 2024 she processed over 470 referrals and was still willing to take on more tasks and/or help in other areas all with a smile on her face. Despite the volume of her workload, Stacy is always readily able to answer questions or can quickly get needed information."

"She is knowledgeable about our organization and programs as well as the resources in the surrounding area."

"Stacy is very approachable with a warm demeanor that allows her to effectively form relationships with consumers, coworkers, and community partners. She provides education to community partners about what CCS provides and the eligibility process. She helps with training and supports in other counties when needed."



Congrats Stacy!

IMPORTANT PASSWORD REMINDERS

From the HelpDesk

The CCITC Help Desk has been receiving numerous calls from users whose password reset attempts have been unsuccessful. We'd like to take this opportunity to remind you of the updated password requirements that went into effect on March 13. In some instances, the new password—while long enough—is still being rejected due to specific restrictions.

Here's What You Need to Know:

Updated Password Requirements (Effective March 13, 2025):

- Passwords must be a minimum of 15 characters
- There are no complexity rules (you don't need to include special characters, numbers, or capital letters)
- Passwords will no longer need to be changed every 90 days. Passwords will only be required to be changed if they are suspected of being compromised.

Important Tips to Ensure Your Password is Accepted:

- Even if your password is 15+ characters, it may still be rejected if:
 - It includes your name or other personal information
 - It has been used by you before
 - It includes common or easily guessed phrases, like:
 - "I love the Packers"
 - "Go Milwaukee Brewers"
 - "123456789" or "ABCDEFGH12345"
 - It contains consecutive or predictable patterns (e.g., "abcde12345" or "passwordpassword")

Instead, choose something unique and memorable to you—a phrase that only you would know and that isn't associated with public interests, local teams, or easily searchable personal details.

Need Assistance?

If your password continues to be rejected or you need guidance, please reach out to the Help Desk at 715-261-6710, x6710, or email IT_Helpdesk@co.marathon.wi.us.

Other Helpful Resources:

Self-Service Password Reset – Resetting Your Password

<https://teamdynamix.co.marathon.wi.us/TDClient/298/Portal/KB/ArticleDet?ID=24423>

Self-Service Password Reset – Unlock Your Account

<https://teamdynamix.co.marathon.wi.us/TDClient/298/Portal/KB/ArticleDet?ID=24424>





HIP WEEK FUN!

Last week, our Health Information Management Team played trivia, guess who with each other's baby pictures, Family Feud, and more. They also had snacks each day including ice cream and a pizza party. We are so thankful for the work the HIM team does each day!



Protecting Our Youth: Understanding Sextortion Knowledge is Protection

Education Shared by:

- Department of Justice Division of Criminal Investigation
- Local Law Enforcement
- Mental Health Professionals

Featured Presenter

John DeMay will share "A Father's Story, Suicide By Sextortion" — introduced by Brittney Bird.

John DeMay, father of Jordan DeMay, who was a typical and outgoing 17-year-old, highlights the growing dangers of online sextortion plots. John DeMay is a former law enforcement officer, husband, and community member. Hear how his son spent the last few hours of his life going down a dark road in fear, lost in his own thoughts and regret, feeling humiliated and alone and afraid to ask for help. DeMay will educate you and equip you with shareable knowledge.

FREE Community Event Everyone Welcome

- **Wednesday, April 30, 2025**
 - Resources Fair: 5:30 pm
 - Program: 6:00-8:00 pm
- **The Grand Theater**
 - 401 N 4th St, Wausau

Parental Discretion is Advised: Not recommended for children under the age of 10

Program registration appreciated but not required.



Organized by Mental Health Collaborative

**MARATHON COUNTY
EMPLOYEES CREDIT UNION**

PLEASE JOIN US
Annual Meeting
INVITATION

WEDNESDAY, MAY 14 2025

CEDAR CREEK HOTEL
1100 IMPERIAL AVE, ROTHSCILD

RSVP 715-261-7680
Dinner to Follow Meeting
Cost \$15 per person

**ALL ATTENDEES WILL RECEIVE A GIFT JUST FOR JOINING US!
PLUS A CHANCE FOR WINNING ADDITIONAL DOOR PRIZE DRAWINGS**



MOUNT VIEW CARE CENTER Scrub Sale!

Monday, May 5
02:00pm - 04:00pm

Payroll Deduction - Cash - Credit Card



Sign-up to get email & text reminders with a coupon to use on our next visit!



Can't scan the code above? Go to scrubsonwheels.com/remind-me and use the code below to sign up:

UCZWR4Q



Phone: 866-727-8273 Fax: 574-970-0382 www.scrubsonwheels.com

WISCONSIN DEFERRED COMPENSATION PROGRAM

Talk with a Retirement Plan Advisor about the WDC Program!

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 at <https://nc-wisconsin.timetap.com/#/>.

Next meeting:

Individual Retirement Readiness Review with Shawn Bresnahan

Wausau Campus, Robin Room #1206 in Administration by HR
Wednesday, May 7th • 10am-3pm
2400 Marshall Street
Wausau, WI 54403

Register Online at <https://nc-wisconsin.timetap.com/>

What to bring to your one-on-one meeting once enrolled:

- Wisconsin Retirement System statement
- Social Security statement
- Other retirement account information
- Current paycheck stub (if applicable)



Helping You Turn Over a New Retirement Leaf

Let's talk retirement

Spring 2025 EMPLOYEE UPDATES

Did You Miss Employee Updates?

It's OK. We've got you covered!

We know schedules and availability can make it tough to attend in-person, so we recorded the presentation. Go online and watch the full presentation on YouTube or Log into UKG Learning.

https://youtu.be/euvxa_Bf8lA



ANTS ARE NO PICNIC!

What to Do If You Spot Ants

We have reports of several areas in our buildings where ants have been spotted. Employees are asked to be sure to clean up crumbs and spills on or around workstations, refrain from leaving food out on a desk or in small break areas in departments, and to clean up thoroughly after potlucks by emptying desk garbages frequently.



If you spot ants, please contact:

- Wausau Housekeeping at 715-581-0832 or email Jackie Aschebrock and Mat Beyer
- Pine Crest Housekeeping at 715-539-2551 or email Tonya Hart.

Please provide your department, room number, and locations in room where ants were seen. Thank you for your help in advance!



APRIL 28 – MAY 2, 2025

MAIN ENTRÉE
SOUP
SANDWICH
DESSERT

MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
Roast Beef Mashed Potatoes Gravy Green Bean Casserole	Chicken Pasta Alfredo Beets Breadstick	Smoked Pork Loin Baked Sweet Potato Buttered Peas	Ranch Meatloaf Garlic Pasta Zucchini & Tomatoes	Battered Fish & Tartar Sauce Country-Style Fried Potatoes Creamy Coleslaw
Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Strawberry Applesauce	Chocolate Peanut Butter Bar	Chocolate Eclair Torte	Monster Cookie	Blueberry Delight

MAY 5 – 9, 2025

MAIN ENTRÉE
SOUP
SANDWICH
DESSERT

MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
Beef Stroganoff Noodles Broccoli	BBQ Ribs Mac & Cheese Glazed Carrots	Beef Liver & onions Mashed Potatoes & Gravy Corn	Spaghetti with Meatsauce Green Beans Garlic Toast	Country-Fried Steak & Gravy Mashed Potatoes Steamed Cabbage
Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
Banana Cream Cheesecake	Ritzy Strawberry Dessert	Shirley Temple Poke Cake	Fresh Melon	Strawberry Bavarian Cream

WHAT'S FOR LUNCH?

**WAUSAU CAMPUS
EMPLOYEE
CAFETERIA**
OPEN TO ALL NCHC
& WAUSAU CAMPUS
EMPLOYEES

MONDAY – FRIDAY

Grab-N-Go 8 am – 6:30 pm

Lunch 10 am – 2 pm
**Soup, Salad Bar
& Hot Food Bar**

Soup Served until 6:30 pm
or until sold out.

WEEKENDS

**The Employee Cafeteria
is Closed.**

WEEKDAY SALAD BAR &
HOT FOOD BAR \$.45/OUNCE

Daily Hot Sandwich Menu

**FEATURING DAILY SPECIALS
LIKE GRILLED BEEF & CHEDDAR,
CHEESEBURGERS, BBQ
SANDWICHES, TUNA MELTS,
PIZZA & MORE!!**

Make your own cold or hot sandwich
with fixins' **OR** self-serve
at the salad bar.





THE BISTRO

NOW OPEN 7 DAYS A WEEK! | WEEKDAYS 7:30AM - 3PM | WEEKENDS: 9:30AM - 5PM

THE BISTRO WILL BE CLOSED ON WEEKENDS FROM 1-1:30PM TO ACCOMMODATE STAFF BREAKS

*HOT FOOD IS AVAILABLE AT THE BISTRO DAILY UNTIL 2:30PM *



SPECIAL OF THE WEEK

Patty Melt

GRILLED BEEF | CHEDDAR | FRIED ONIONS
1000 ISLAND DRESSING

BACK FOR THE SEASON!

Ice Cream

ICE CREAM CONE1.50
ICE CREAM SUNDAE2.25



SUNDAE OF THE WEEK

S'MORE SUNDAE

Ice cream piled high with mallow fluff, chocolate sauce, and a sprinkle of mini marshmallows – all crowned with crunchy graham cracker crumbs.

It's a campfire classic, no fire needed!

SHARE SOME LOVE WITH BISTRO BUCKS!

