



Issue 18 May 5 – 11, 2025



A Weekly Update
For The Employees of
North Central Health Care



Sam Hable and Caitlin Jeske share valuable resources at the Raise Your Voice Mental Health Awareness Walk.

PHOTO OF THE WEEK



NEWS YOU CAN USE



WEEKLY CONNECTION WITH GARY OLSEN

As the saying goes, “April showers bring May flowers.” May offers us not only the season’s renewal and growth, but also an important opportunity to focus on a topic that touches every family, workplace, and community: mental health. Mental Health Awareness Month is a time to raise awareness, break down stigma, connect people with vital resources and support, and ensure that mental well-being remains a priority for all.

At the heart of this effort is our core value of partnership—and there is no better example than the work we do together with Marathon, Lincoln, and Langlade Counties. By collaborating across agencies, sharing resources, and aligning our goals, we are building a stronger safety net for everyone who calls our counties home. Together, we are expanding mental health supports and ensuring residents across our region have access to timely, compassionate care. Our joint initiatives include crisis response services, staff training programs, public education efforts, and enhanced referral networks.

Throughout May, we encourage employees and community members to participate in the many events and learning opportunities taking place across our counties. By raising awareness and supporting one another, we help build healthier, more resilient communities.

I also want to take this moment to sincerely thank all our employees for the critical role you play in supporting the individuals and families we serve every day. Your dedication, compassion, and hard work are at the heart of everything we accomplish—this month and all year long.

Gary D. Olsen

Gary Olsen
Executive Director



**NATIONAL
NURSES
Day!**

National Nurses Day is a time to show gratitude and appreciation for our nurses. It’s a day to celebrate the dedication and hard work of nurses, in all our NCHC programs in our counties of service.

**Wear BLUE & Jeans
to show support for
nurses this Tuesday,
May 6!**

Mental Health Awareness Month	2
Employee Recognition	3
Employee Benefits & Resources	4-5
Foodie Forecast	6-7



KC Graveen,
Mental Health
Therapist,
Outpatient

Big thank you to KC for always being an excellent collaborator with our mutual clients.

Shared By: Maggie Pagel



**Occurrence
Reporting Hotline**
x4488 or 715.848.4488

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





May is Mental Health Awareness Month, and North Central Health Care invites you to take small, meaningful steps toward improving your well-being. It's about making manageable shifts in your daily life that add up to real, lasting impact.

Mental health isn't just about diagnoses or treatment—it's about nurturing emotional wellness, building healthy habits, and finding tools that help you navigate life's challenges. Whether you're taking your first step or your hundredth, this month is about exploring what works for you.

Tools to Support You

Our goal is to make mental health support approachable and useful for everyone. That's why we've created accessible resources to help you build self-awareness, learn new coping skills, and take better care of your mind and body. Each topic encourages you to explore strategies in a way that feels safe, supportive, and realistic for your life.

You'll find content on:

- Grounding exercises
- Practicing mindfulness
- Gratitude techniques
- Affirmation building
- Setting healthy boundaries
- Recognizing unhelpful thoughts
- And more

Try them all—or start with the one that speaks to you the most.

Let's Take the First Step—Together

This May, we invite you to pause, reflect, and reconnect. Explore the Mental Health topics, listen to the podcasts, and try the simple practices that can bring a little more peace and presence to your day. Every mindful moment you make for yourself is a step forward.

**Mental health is for everyone—
and every small step matters.**

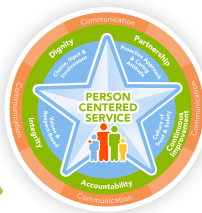


www.norcen.org/MentalHealthMonth



May 2025

Celebrating Employee Milestones



We would like to honor these employees celebrating a milestone anniversary.

Please take a moment to express your heartfelt gratitude and admiration for these employees and their remarkable achievements and loyalty. Their relentless pursuit of excellence has not only contributed to their personal growth but has also helped elevate North Central Health Care to new heights.

Thank you for all you do for NCHC, for those we serve and for our communities.

5 Years

Daphney Brandenburg Community Treatment Youth

Tara Renteria Pharmacy

Madelynne Van Ermen Mount View Care Center

10 Years

Naly Kue Food Services

Congratulations!



RETIREMENT

News!



CONGRATULATIONS TO LORI KLATT

Retiring from Laundry Services

Congratulations to Lori Klatt on her retirement from NCHC. Lori worked in Laundry on the Wausau Campus. Thank you for your service, Lori. Enjoy your retirement.



TALK TO A MEDICATION EXPERT

Tria Health is a free and confidential benefit available through your health plan. If you have a chronic condition or take multiple medications, Tria Health's pharmacists are ready to support you in managing your health.

Pharmacists at Tria Health ensure that your medications work as intended and that you are on the right medications. They can also support you by creating a care plan specific to your needs and contacting your physician. Talk to a Tria pharmacist over the phone and receive the personalized care you deserve.



WWW.TRIAHEALTH.COM | 913.322.8456

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_Bf8IA





Marathon County
Employees Credit Union

Last Chance for Our VISA Balance Transfer Special

Stop Paying High Interest Rates and Let Us Help You Reduce Your Balance Faster with a Lower Rate

ACCELERATE
Your Financial Journey

Bump up the pace of your financial success with our new balance transfer rate.

2.99% APR FOR 12 MONTHS

When you transfer an existing balance to our credit union credit card between February 15, 2025 and May 15, 2025.

Ask us about this special rate offer today!

Balance transfers completed 2/15/25-5/15/25 will receive 2.99% APR for 12 months. 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 is most Percentage Rate

Ready to accelerate your financial journey? Bump up the pace of your financial success with a low interest rate of only 2.99% APR for 12 months when you transfer an existing balance to our credit union credit card between February 15, 2025 and May 15, 2025.

Don't already have a MCECU Credit Card? Contact Us to Apply!
culoans@co.marathon.wi.us

715-261-7680 • 400 East Thomas Street • Wausau, WI 54403

Proudly Serving NCHC Employees and Their Family Members Since 1965.



NURSES WEEK 2025

Nurses Make a Difference

Join Rasmussen University in celebrating the healthcare heroes committed to bettering the lives of patients every day. Nurses showcase an inspiring level of dedication and perseverance for the health of their patients and community. What better time to recognize their continuing commitment than Nurses Week - and all month long!



NO-COST CNE WEBINAR

Overcoming Imposter Syndrome and Thriving in Mentally Healthy Workplaces

Mark your calendars for Tuesday, May 20 at 12 p.m. (Central) for an educational and inspiring exploration into how to overcome self-doubt, build confidence in your abilities as a healthcare worker, and help create an environment where others can thrive.

Register now: rasmussen.co/ImposterSyndrome



Presented by
**Kim LaMontagne, Speaker,
Corporate Trainer, Author
MBA, CPC, CFAA**

This webinar offers one CNE unit sponsored by HCA Healthcare.

SCRUBS & BEYOND® GIVEAWAY

Nominate a Nursing Colleague*

As a dedicated nurse, you know what it takes to make a difference. Shine a light on a colleague who inspires you by nominating them to win a gift card of up to \$100 to Scrubs & Beyond®!

Nominate here:
rasmussen.co/NursesMonthGiveaway25

Learn more about how Rasmussen University is celebrating our nurses by scanning the QR code or visiting rasmussen.edu/NursesMonth



Scrubs & Beyond is a registered trademark of Scrubs & Beyond, LLC.
*For full giveaway rules, terms and conditions, please visit rasmussen.co/NursesMonthGiveaway25

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/

WDC Helping You Turn Over a New Retirement Leaf

Let's talk retirement

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

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

EAP HERE FOR YOU!

We won't spill the beans! We're your confidential and free short term counseling benefit.

We don't want to be cheesy, but lettuce sit down and break through that hard shell. Ascension's Employee Assistance Program is here for you and your immediate family members.

Call 1-800-540-3758

www.ascensioneap.org

Email eap@ascension.org



Ascension

FrontLine

Frontline | May 2025

Employee Assistance Program | ascensionwieap.org | eap@ascension.org | 800.540.3758

Develop a Perseverance Mindset

Have you ever interacted with a coworker so focused on work that they didn't know when to quit? You may have been witnessing the work trait of perseverance—the ability to demonstrate sustained effort despite obstacles and setbacks. Any worthwhile goal will face obstacles. While perseverance may appear like workaholicism, it's goal-directed rather than pathological. Many people are ambitious, possessing the desire, motivation, and excitement to achieve a goal. However, they lack the perseverance needed to make it happen. Perseverance is the bridge to the goal. Research shows perseverance is the #1 predictor of work success and personal achievement. To create this driving force within yourself, spend time on the first step: Create a powerful “why” so compelling that you'll laugh in the face of obstacles. Really dig deep. When you reach the “big why,” it will feel like rocket fuel. The rest is mechanics: create steps to the goal, track progress, anticipate and embrace challenges, practice positive self-talk, shun distractions, stay inspired, and reward yourself for progress.



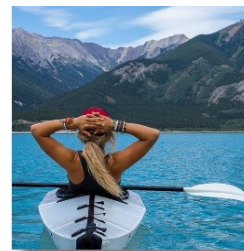
Mental Health Awareness Month

It's “Mental Health Awareness Month.” Celebrate it by experimenting with this 30-day positivity exercise. Instructions: At night, before falling asleep, take a few moments to jot down one positive moment from the day, and take 60 seconds to really feel it again. Research demonstrates this exercise shows “neuroplasticity of the brain.” This refers to its ability to “rewire” itself and, in this case, nurture a more positive mental attitude—one that is more optimistic, resilient, and emotionally balanced.

Supportive research: pmc.ncbi.nlm.nih.gov/articles/PMC8640953/

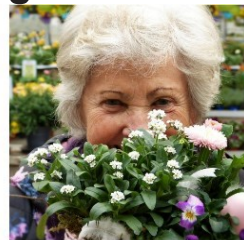
Discover JOMO—the Joy of Missing Out

FOMO—the “fear of missing out”—is anxiety caused by the perception that others have more exciting lives. Social media often triggers it, but there's a flip side called “JOMO”—the joy of missing out. It's a conscious reaction to feeling controlled by social media, encouraging turning it off, reclaiming time, and focusing on mental health benefits. When hit by FOMO, stop. Take a break. Recognize it, then identify the positives in your life and be thankful. If possible, try a “technology-free” trip to the store or outing to feel fully present in the real world.

Source: babel.com/en/magazine/the-meaning-of-fomo-yolo

Avoid Common Regrets with Elderly Loved Ones

When an elderly family member passes away, it's common to regret missed chances for a deeper connection. Research reveals common regrets that, if understood, can help family members be more proactive and later more thankful for the time spent together. May is “Older Americans Month.” Consider taking steps inspired by the following regrets to engage more deeply with your elderly loved one: 1) not spending enough time to hear their unique stories, wisdom, and perspectives; 2) not trying to resolve past conflicts and rifts; 3) unspoken words of affection, along with a lack of appreciation and gratitude; 4) assuming there will always be time to connect or repair issues, taking time for granted; 5) not providing caregiving, emotional support, or help with difficult issues as an advocate; 6) not asking about their life experiences, childhood, family history, faces in photos, or personal wisdom.

Source: www.samaritannj.org/hospice-blog-and-events/hospice-palliative-care-blog/end-life-regrets/



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

MAY 12 – 16, 2025

MAIN ENTRÉE
SOUP
SANDWICH
DESSERT

MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
Bratwurst on a Bun Potato Salad Creamy Cucumber Salad	BBQ Beef Buttered Diced Potatoes Green Beans	Cowboy Stew Dinner Roll Country Trio Vegetables	Salisbury Steak Mashed Potatoes Steamed Rutabagas	Baked Cod Baked Potato Mixed Vegetables
Turkey Dumpling Soup	Taco Soup	Cheddar Baked Potato Soup	French Onion Soup	Garden Vegetable Soup
Chef's Choice	Chicken Strips	Pizza	Nachos Supreme	Grilled Ham & Cheese
Diced Watermelon	Brownie	Glazed Lemon Cake	Fruit Pizza	Strawberry Poke Cake

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.



Chrissy Seidler and
Cecelia Upton joined Executive Director
Gary Olsen for a gab session.



A Monthly Gab Session with
Executive Director, Gary Olsen

**MAY GAB SESSION:
EMPLOYMENT SERVICES**



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

Meatloaf Panini

MEATLOAF | CHEDDAR | GRILLED ONIONS
KETCHUP BBQ GLAZE



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!

BACK FOR THE SEASON!

Ice Cream

ICE CREAM CONE1.50

ICE CREAM SUNDAE2.25



**SHARE SOME LOVE
WITH BISTRO BUCKS!**

