



A Weekly Update  
For The Employees of  
North Central Health Care




# NEWS YOU CAN USE



## WEEKLY CONNECTION WITH MICHAEL LOY

### North Central Health Foundation

One of the things I get to do as the CEO is to be a member of the North Central Health Foundation, Inc. Board. Many people believe this an organization owned by NCHC, but it is an independent organization. The North Central Health Foundation was created in September of 1983 as a 501(c)(3) to operate exclusively for charitable, scientific, or educational purposes. More specifically, the North Central Health Foundation's Mission is to engage in all activities intended for the betterment of health care and its effect upon the physical and mental well-being of all individuals within Langlade, Lincoln and Marathon Counties.

Over the years, generous contributions to the Foundation and its Mission have benefited many important initiatives. The most high profile project the Foundation has been involved in was serving as the fiscal agent for the Aquatic Therapy Pool Campaign. The Foundation was part of many individuals and organizations in our community that pulled together over \$3 Million for the pool in under six months. In addition to that project, they have recently supported other initiatives such as the:

- Medical School scholarships for students interested in Psychiatry
- The Mental Health Systems Study by NCHC
- RISE UP's Downtown Mural
- Cycling Without Aging
- And many more....



The Foundation is a small one, but it has had a big impact. Their new initiative is to support Langlade County's Sober Living project where we are seeking to raise \$130,000 from the community to match the same contributions of \$130,000 from both Langlade County and the City of Antigo. The Foundation is supporting a \$25,000 matching grant to get the fundraising started. We will be active in the month of May in our fundraising campaign but if you are interested in supporting the project or know of an organization or person who would be interested, please have them contact Debbie Osowski at (715)848-4405 to find out how to contribute to this very important project.

We are looking forward to opening the new Sober Living facility in early 2020.

Make it a great day,

### 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 29 –  
Sunday, May 5

Laura Scudiere



# MAY IS 2 MENTAL 0 HEALTH 1 MONTH 9

Employee of the Month ...	2
Congrats Julie White	
Spring Has Sprung.....	3
Heartfelt Gift Shop News	
Community Recognition & Outreach.....	4
Spotlight Awards and Events	
Motivational Interviewing.....	5
On the Move! .....	8
Transfers & Promotions	



## Person-Centered Shout out

Jayne Waksmonski,  
Food Services

**Why:** Thanks for always making going through the lunch line positive and happy!

**Submitted By:**  
S. Lawrence





PHOTO OF THE WEEK



"Our Wonderful Volunteers – We Appreciate You!"



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.

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

Send your SHOUT OUTS to jmeadows@norcen.org.



TO THE ANTIGO STAFF!

"Shandah Stewart, Andrea Rebstock, and Julie Peterson would like to give a Shout Out and Thank You to the Antigo NCHC Staff for recognizing us with beautiful flowers on Administrative Professionals Day. We truly have the best team and are so grateful to be able to provide administrative support to such an appreciative group of people. We are blessed with amazing co-workers."

– Submitted by Shandah Stewart, Registration Specialist



North Central Health Care  
Person centered. Outcome focused.

April 2019

Employee of the Month



JULIE WHITE  
Housekeeping



"When Julie sees something wrong, she never overlooks it and always tries to fix it even when she is not responsible."

"Julie is excellent with residents, staff and families and is always friendly."

"Julie works around the building providing excellent work ethic and cooperation. She always makes sure residents feel safe."

The NCHC Employee of the Month for April has been awarded to Julie White of Housekeeping. The pride Julie takes in her work is obvious and never taken for granted. Housekeeping is not just about the appearance, it's the trust, compassion and the relationships built with residents, family and staff. True Person-Centered Service. Julie goes above and beyond every day always keeping a watchful eye on the residents for their safety and respects their privacy. Julie has a creative way to approach challenges. She involves others, as she knows their insights and opinions are all extremely important, as well as her own. Person-Centered Service just comes naturally for Julie.

Congratulations Julie!

The Employee of the Month Celebration for Julie will be held on Tuesday, April 30 at 2:00 pm in Wausau Campus Cafeteria.



NCHC VOLUNTEERS NEEDED FOR MAY 11

### VOLLEYBALL FUNDRAISER TO BENEFIT



Presented by Edgar Volleyball Booster Club!

The Edgar Girls Volleyball Booster Club is partnering with North Central Health Care to raise funds to support the care of Alvin, our NCHC Therapy Dog. On May 11, Edgar High School will be hosting a 15-team volleyball tournament. 50% of the proceeds from the concession stand sales will go toward supporting Alvin, as long as NCHC staff will help volunteer to work at the concession stand for the day! It's pretty simple and no advanced experience is required. Teens and kids are welcome to help out as long as they can count change.

We are looking for volunteers from NCHC staff and family to work in 2-hour shifts helping to sell concessions at Edgar High School. We will need 3-4 volunteers per shift. Shifts will run from 7:00 am to 5:00 pm. We appreciate any and all volunteer help!

Alvin has already proven to be an important part of our NCHC Behavioral Health Team and this is a great opportunity to educate our communities on mental and behavioral health as well. Thank you for considering a volunteer spot! All volunteers will receive NCHC Shirt to wear for the event. We will contact you for shirt sizing!

Register Today at [bit.ly/VolleyballNCHC](http://bit.ly/VolleyballNCHC)

### A NOTE FROM PHARMACY

#### Employees Refilling Maintenance Medications

To improve our service to ALL the patients we serve, Pharmacy Services would like all employees to be considerate and request refills on maintenance medications at least 24 hours in advance. Maintenance medications are meds you take every day. This allow us time to process and fill these orders and allows us time to focus on the patients with immediate needs who are in our care (MVCC, BHS Inpatient, CBRF, MMT, Residential and Community Treatment). We are here to serve you and ask for your cooperation and consideration. Thank you! If you have questions, please call the Pharmacy at x4497.



### VOLUNTEER SERVICES UPDATES

#### Heartfelt Gift Shop News

Spring has sprung in the Heartfelt Gift Shop! Stop down and see what's new. We have Mother's Day items, baby gifts, American items, birthday gifts and a new line of therapeutic gifts, including essential oils and body wraps, plus other Springtime items to brighten your desk or home. Come check it out. The Heartfelt Gift Shop is open Monday - Friday, 9 am to 3 pm and operated by Volunteers.

### THE DOCTOR IS IN: WHAT'S BEHIND ADDICTION? With Dr. Dileep Borra

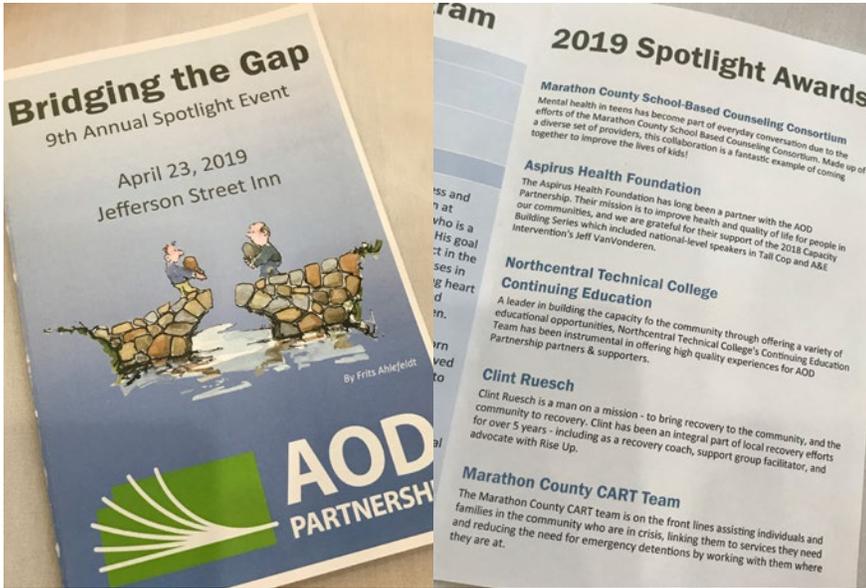


Dr. Dileep Borra, psychiatrist in NCHC's Outpatient Services explained to WSAW TV 7 on the Morning Show, that "addiction is not a moral failing, but a medical disease. They need our support." In the monthly segment of *The Doctor Is In*, Dr. Borra tackled *What's Behind Addiction?* Thank you for your time, effort and experience in sharing these important topics with our community. You can catch the segment on WSAW TV's website at <http://bit.ly/2DyYQpS>



NEWS, UPDATES, LINKS, STORIES, PHOTOS, VIDEOS!

GET SOCIAL! #IamNCHC



## NCHC SHINES AT THE AOD PARTNERSHIP SPOTLIGHT AWARDS

So Proud of Our NCHC Team and Partners

At the recent AOD Partnership Spotlight Awards, NCHC staff and Community Partners were recognized for their efforts to support a recovery community and also for their efforts to help those with addiction and recovery needs. Daniel Shine, Lakeside Recovery Manager and former Spotlight recipient, presented the Marathon County Crisis Assessment Response Team (CART) with a Spotlight Award for their work on the front lines assisting individuals and families in the community who are in Crisis. NCHC was also part of the Marathon County School-Based Counseling Consortium that was presented with a Spotlight Award for the group's efforts to bring school-based mental health counseling to kids in our local schools. So proud of all our employees and our community partners for their unwavering efforts to support our community and help those in need. Congrats to all the Spotlight recipients!



## DC EVEREST HOSTS TRANSITION FAIR

NCHC Represented by Staff Across the Organization

DC Everest High School hosted a Transition Fair this past week, to connect students with services and programs in the area that will assist them in adulthood. It was also an opportunity to connect educational staff with resources available for current students. Thank you to all the programs at NCHC that represented, gave presentations and talked with students and staff at the event. Programs included: Adult Day Services, Pre- Vocational Services, Adult Protective Services, Community Corner Clubhouse, Outpatient Services and Community Treatment. Thank you to all staff who took time out of their evening to attend!



## 2019 CHAMBER BUSINESS EXPO

A Day of Connections and Networking

The NCHC Marketing Team spent a day connecting with our community and sharing information about NCHC programs and services as well as the upcoming renovations to the Wausau Campus. NCHC had two booth spaces and welcomed hundreds of information seekers to them. There were lots of positive comments about services and also plenty of job seekers. Thank you to Angela Parker-Jensen and Jessica Meadows for all their work setting up the booths and talking with our community. Thanks to Michael Loy for attending and spending a few hours connecting with our community members as well!





## MOTIVATIONAL INTERVIEWING IMPLEMENTATION PROJECT

### Community Treatment Completes Their Fourth 3-Day Workshop

As part of the Motivational Interviewing Implementation Project, sixteen Community Treatment team members completed our fourth 3-day, Motivational Interviewing workshop. Trainers included Michelle Carr, Scott Caldwell-WI Department of Health and Human Services, Matthew Deets, Jennifer Peaslee, and Michelle Gleason.

Motivational Interviewing (MI) is a well-established evidence-based practice for delivery in human services. Designed to promote positive consumer change, MI has proven effectiveness across a range of clinical problems.

#### Why MI in CT?

First, there are over 500 randomized clinical trials, MI has a broad base of evidence for effectiveness. Second, MI is effective across a range of clinical problems that consumers frequently present in Community Treatment (e.g., risky alcohol use, illicit drug use, mental health), thus allowing staff to flexibly use the practice in routine work. Third, the strong relational foundation of MI fits with the NCHC emphasis on providing person-centered care. And finally, MI can be learned by anyone regardless of field, years of education, or years of experience, thus making the practice accessible to multidisciplinary Community Treatment staff.

Back row: Scott Caldwell, Michelle Carr, Mitch Borneman, Erin Verley, Shana Thome, Jamie Collins, Stephanie Jewell, Nanette Griese, Randy Krueger, Giana Zubke-Brubacher, Jennifer Peaslee.  
Middle row: Aaron Glenn, Stephany Tatro, April Bayer, Leah Vanderloop, Lindsey Gile, Kayla Erdman.  
Front row: Lynn Kelly, Jordan Hella, Michelle Gleason.

## WERE YOU UNABLE TO ATTEND 1ST QUARTER EMPLOYEE UPDATES OR WANT TO SEE THE PRESENTATION AGAIN?

### 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 2019 1st Quarter Updates from March in full format by visiting the NCHC YouTube Channel. Check out some of the other great videos there, too!

<https://youtu.be/ljzkAZOGltw>

The video is also available here:  
O'drive: Employee Updates folder contains the complete slide shows and videos for all Employee Update sessions.



## #NOMORE

### Women's Community Fundraiser – A Day of Denim

On Wednesday, April 24, NCHC staff wore denim to support efforts in our community for Domestic Abuse and Child Abuse Prevention. Staff who wore jeans donated \$2. Almost \$160 has been collected so far, and the money keeps coming in from all locations. Thank you to all those who wore denim. All proceeds will go directly to our local Women's Community efforts to prevent domestic violence.

Top Photo: Shandah Stewart- Registration Specialist, Brook Kickhaver- youth CCS, Tera Nicholson- vocational consultant, Jill Mattek Nelson- youth CCS, Julie Peterson- referral coordinator, and Jessica Pyke- ADS Prevocational coordinator

Bottom Photo: Tanya Zaloudek - Outpatient Therapist, Rachel Ramer - Referral Coordinator, Wendee Cox - Youth CCS



### The 30th Annual Children Come First Conference November 11 & 12, 2019

[www.ccfconference.org](http://www.ccfconference.org)

The largest youth and adolescent mental health conference in Wisconsin.

Save the Date! The 30th Annual Children Come First Conference  
**“COOPERATION”**  
 November 11 - 12, 2019 • Glacier Canyon Lodge, Wisconsin Dells  
[www.ccfconference.org](http://www.ccfconference.org)

Presented by Wisconsin Family Ties

**MONA DELAHOKEE**  
 Mona Delahooke, Ph.D., is a nationally-known licensed clinical psychologist with more than 25 years of experience caring for young children and their families. In her private practice she consults with parents, preschools, regional centers, and school districts in the areas of screening, assessment, intervention and support for families with young children. She is the author of the bestseller *Social and Emotional Development in Early Intervention: A Skills Guide for Working with Children*. Dr. Delahooke believes parents and professionals gain the strongest developmental roadmap possible by understanding how each child's unique, individual differences can guide treatment while cultivating joy in the parent-child relationship.

**DAVID ROMANO**  
 David Romano, works with children, adolescents and families as a social worker in Minneapolis, Minnesota, and has been a mental health advocate for the past 25 years. In his work as an Active Minds speaker and advocate, he has collaborated with many organizations including the National Institute of Mental Health. David lives with depression and, in high school, experienced the dark lows of self-injury and a suicide attempt. Now living in recovery, he has committed his life to letting others, especially men, know that it isn't a weakness to ask for help. David encourages audiences to embrace who they are and to support each other in eliminating the stigma attached to mental illness.

The CCF Conference is for those caring for, working with or interested in the well-being of children and youth with social, emotional or behavioral challenges. For more information, visit [www.ccfconference.org](http://www.ccfconference.org) or contact Alison at 262-617-6775; [alison@wifamilies.org](mailto:alison@wifamilies.org)

Call for Presenters:

<https://goo.gl/forms/3Zs0xbXr7PLseK0D3>

Deadline May 17th

Contact Alison with questions: [alison@wifamilies.org](mailto:alison@wifamilies.org) or 262-617-6775

### NCHC IS A PROUD SPONSOR OF

# HIKE FOR HOPE

## Hike to Fight Suicide

2019 Antigo Hike for Hope  
 SATURDAY, MAY 18 • LAKE PARK • ANTIGO



### Drug Impairment Training for Educational Professionals

Monday, May 6 & Tuesday, May 7, 2019

8:30 am - 3:30 pm

Location: North Ridge Church

1021 W McMillan St, Marshfield, WI 54449

#### Presented By

Brent Olson | Wausau Police Department

Tyler Tesch | Merrill Police Department

DITEP is designed for **case workers, educators, guidance counselors, school nurses, administrators, emergency medical service personnel and police school liaison officers** who will gain the skills needed to identify chemically impaired individuals and different types of drugs. **Participants must attend both days.** The training, manuals, Certificates of Attendance and food are provided at no cost. Registration is required.

#### Register Here

[https://ntcfirms.formstack.com/forms/ditep\\_northwoods\\_coalition\\_marshfield](https://ntcfirms.formstack.com/forms/ditep_northwoods_coalition_marshfield)

Register by Friday, April 26, 2019

Contact Marshfield Clinic Health System - Center for Community Health Advancement, Kayleigh Mengel at 715-221-8423 or [mengel.kayleigh@marshfieldclinic.org](mailto:mengel.kayleigh@marshfieldclinic.org) with training related questions.

**3 Part Workshop Series**  
 For healthcare, behavioral health, and public health professionals, recovery coaches, social workers, law enforcement/safety/courtroom professionals, students, concerned loved-ones and community members.

# OVERCOMING ADDICTION *Together*

Presented by:

#### WORKSHOP 1

**Working Together Towards Understanding  
Addiction and Facilitating Recovery**  
 May 16 | Wausau or May 17 | Rhinelander  
 8:30 am Registration | 9:00 am - 1:00 pm

Featuring Keynote Speaker **Dr. David Mays**

Covering the latest medical understanding of addiction: epidemiology, brain mechanisms, social neuroscience insights, and evidence for treatment.



#### WORKSHOP 2

**Building Resilient Families and  
Communities: Moving Beyond  
Trauma/ACEs and Addiction**  
 July 18 | Wausau or  
 July 19 | Rhinelander

#### WORKSHOP 3

**Taking Care of Ourselves as  
We Care for Others**  
 August 15 | Wausau or  
 August 16 | Rhinelander

**\$20/session (lunch included) ~ \$50 for all three**  
 To learn more and register online:

**4 CEUs  
PER SESSION**

<http://bit.ly/OvercomingAddictionTogether>



Questions? Please contact Nicole Thill at [nthill@nhabac.org](mailto:nthill@nhabac.org) -or- Gail Kell at [gkell@nhabac.org](mailto:gkell@nhabac.org)



# tidbits on benefits

## WELLNESS CORNER

By Sherry Gatewood, PA

### Allergy Season!

Now that the Flu season is ALMOST over, allergy season is approaching. If you have seasonal allergies due to weather changes, start taking a non-drowsy antihistamine soon. Loratadine (Claritin), Cetirizine (Zyrtec) and Fexofenadine (Allegra) provide 24 hour relief and is available over the counter without a prescription. Signs of seasonal allergies, also known as hayfever, include; itchy, watering eyes, runny nose, sneezing, and often post nasal drip (drainage down the back of the throat). This can lead to symptoms of a sore throat and dry cough. Over the counter throat lozenges and or cough drops can relieve these symptoms. Gargling warm salt water mixture can also help to relieve a sore throat.

A productive, or phlegm producing cough should be treated with an expectorant, one that loosens the mucus so that it can come up. Mucinex is the name brand for Guaifenesin. This is the active ingredient listed on the back of the box of several cough medicines used to treat a productive cough. If a dry cough is bothersome or not relieved by drops, a cough suppressant such as Dextromethorphan, the active ingredient in Delsym can help to relieve the cough. Be aware, cough suppressants are not suggested in children under 4 years old. A teaspoon of honey can help relieve a cough in children and adults. Do not give raw honey to children under one year old.

Sinus congestion can be relieved with a saline wash. Also known as a neti pot or nasal rinse, a saltwater mixture is sprayed into the sinuses through the nose. This is best to do when coming in from outdoors during the allergy season. Phenylephrine, the active ingredient in Sudafed brand decongestants, is a tablet that can be taken for congestion. It is available over the counter. Do not take if you have high blood pressure that is not controlled. Afrin nasal spray, an over the counter decongestant works well, but can only be used for 3 days. I have used the generic Oxymetazoline, store-brand and it burned, so I use the name brand myself.

Many cold medicines have multiple ingredients to soothe cold symptoms. Check the active ingredients on the back of the box to avoid doubling up on medications. If you have questions about any over the counter medicine, feel free to speak to me at the Employee and Health and Wellness Center.



Sherry Gatewood

### 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



## HRinsights

### Position Posting

**Title:** Coding & Documentation Specialist

**Status:** Full Time

**Location:** Financial & Information

<http://bit.ly/2GI6Ci6>

The Health Information Coding and Documentation Specialist is responsible for utilizing their expertise to ensure accurate coding and optimal clinical documentation workflows are followed at NCHC. They are also responsible for working with the Director of Health Information to build a clinical documentation education program with validation and auditing of charts for effective revenue cycle integrity.

#### Education and Experience Requirement

- Must be RHIT, CCS, or CCA within 6 months of hire.
- Medical terminology course completion.
- Associates degree or higher completed.



The 2018 Smack Hunger NCHC Team



### NCHC VOLUNTEERS WANTED FOR THE SMACK HUNGER EVENT ON MAY 15

Join the NCHC United Way Committee!  
All Are Welcome

United Way Emerging Leaders is hosting the 5th annual Smack Hunger event on May 15. For the second year in a row, they will be preparing bags of trail mix to be distributed to local food pantries. The event will be held on Wednesday, May 15, from 5:00-8:00 p.m. in Multi-Purpose Building 2 at Marathon Park. If you would like to support the effort to provide a healthy snack to children and families in our community, please make a donation to help pay for supplies and materials. The top fundraising team will receive a trophy and recognition at the event! Contact Laural Harder at 715.848.4449 or lharder2@nrcen.org to join the team. All are welcome.



Wisconsin Deferred Compensation (WDC) Program  
Offered By Your Employer, North Central Health Care



### Meet with your WDC Advisor

The Wisconsin Deferred Compensation (WDC) Program is a powerful tool to help you reach your retirement goals. Join a WDC Retirement Plan Advisor at an upcoming meeting.

**If You're Just Starting to Save ...** and need to enroll, go to [www.wdc457.org](http://www.wdc457.org) and click REGISTER or enroll now [here](#). Use the Plan Number **98971-01** and the Plan Enrollment Code **VxxI6vuE** expiration date 6/1/2019.

**If You've Been Saving for a While ...** you may want to review your income projections, savings rate and investment strategy. For a portfolio review, meet with your local Retirement Plan Advisor or call **(877) 457-9327**.

**If Retirement Is Just Around the Corner ...** we are here to assist you in making a smooth transition to retirement. Remember, when you stay informed and engaged, you can make your WDC account a more powerful retirement planning tool. Watch for pre-retirement group meetings near you!

**Changing your payroll contribution or updating your beneficiary is easy!**

Log in at [www.wdc457.org](http://www.wdc457.org) or call the WDC Service Center at **(877) 457-9327**. Do you have questions about Wisconsin Retirement System (pension)? Please call WRS directly at **(877) 533-5020**.

**Have an appointment and want a retirement strategy designed just for you? The more information you share with us, the more personalized your experience can be. Please bring the following to your appointment:**

- ✓ Current Wisconsin Retirement System (WRS) statement
- ✓ Social Security statement
- ✓ Other retirement account statements
- ✓ Current paycheck stub
- ✓ WDC username, password and PIN (if known)

**Please bring all of the above information for your spouse/ partner (if applicable).**

**If You Need an Appointment ...** schedule a consultation with a Retirement Plan Advisor or register for a group meeting by going to [www.wdc457.org](http://www.wdc457.org) and click on the *Schedule a Meeting* tile.

### ON THE MOVE! Transfers & Promotions



**Congrats Samantha Berndt!**

Congratulations to Samantha Berndt for her recent promotion from Community Treatment Tech to Community Treatment Youth Case Manager!



**Congrats Morgan List!**

Congratulations to Morgan List for her recent promotion from Hospitality Assistant to CNA on Evergreen Place!



**Congrats Kathy Buckli!**

Congratulations to Kathy Buckli for her recent promotion from Crisis Business Manager to Crisis Operations Manager!



**Congrats Joseph Peterson!**

Congratulations to Joseph Peterson for his recent transfer from Behavioral Health Tech in Crisis to Behavioral Health Tech in Lakeside Recovery!

### WDC Program Meeting Schedule

Date	Time	Topic	Location
Tuesday, April 30 <sup>th</sup>	12:00pm-1:00pm	Account Review Sessions	Antigo Office
	2:00pm-5:00pm		NCHC Campus-Granite Room
Tuesday, May 28 <sup>th</sup>	11:30am-12:30pm		Merrill Office

Go to [www.wdc457.org](http://www.wdc457.org) to schedule your appointment.

Securities offered or distributed through GWFS Equities, Inc., Member FINRA/SIPC and a subsidiary of Great-West Life & Annuity Insurance Company. GWFS Equities, Inc. registered representatives may also be investment adviser representatives of GWFS affiliate, Advised Assets Group, LLC. Representatives do not offer or provide investment, fiduciary, financial, legal or tax advice or act in a fiduciary capacity for any client unless explicitly described in writing. Retirement products and services provided by Great-West Life & Annuity Insurance Company, Corporate Headquarters: Greenwood Village, CO; Great-West Life & Annuity Insurance Company of New York, Home Office: New York, NY, and their subsidiaries and affiliates, including registered investment advisers Advised Assets Group, LLC and Great-West Capital Management, LLC. 98971-01-PDF-6003-1707 AMS05068-0618



### SEMINAR FOR NCHC EMPLOYEES NEARING RETIREMENT Wednesday, May 8, 2019 • Wausau Campus Theater

9:00 am – 12:00 noon and 1:00 pm – 4:00 pm (two separate sessions covering the same material in each)

Presented By:

**Employee Trust Funds/Wisconsin Retirement System (ETF/WRS)**

**Social Security Administration (SSA)**

**Wisconsin Deferred Compensation Program (WDC) – Shawn Bresnahan**

The ETF presentation will last one hour, followed by 45 minutes for both SSA and WDC. Time will be provided at the end of the presentations for questions from the attendees.



**NEWS, UPDATES, LINKS,  
STORIES, PHOTOS,  
VIDEOS!**

**GET SOCIAL!  
#IamNCHC**



## WEB RESOURCES AVAILABLE TO HELP EMPLOYEES TO REVIEW THEIR STATEMENT OF BENEFITS

### NCHC Wisconsin Retirement System (WRS) Employee Statements Mailed Out This Week

ETF's online resources are available to assist members in reviewing their Wisconsin Retirement System annual Statement of Benefits, which are being distributed this month.  
<http://etf.wi.gov/members/statement/index.htm>

The statement is a summary of a member's WRS pension account, including year-end balances, beneficiary designations and other important account information as of January 1, 2019. Statements are being distributed via either a member's most recent WRS employer or mailed.

Be sure to carefully review your statement. Do you have any questions? This is also a good time to assess your financial plan. How can you grow your retirement income?

In the Statement of Benefits section of the website, you'll find easy-to-use resources:  
<http://www.etf.wi.gov/members/statement/index.htm>

- Interactive sample statements provide explanations of content and links to other information  
<http://www.etf.wi.gov/members/statement/interactive-statement.html>
- Frequently asked questions on how to update your name or address, change your beneficiary(ies), calculate a benefit, make additional contributions and more  
<http://www.etf.wi.gov/faq/statement-faq.asp>
- Quick links to forms, online calculators and related webinars

### Need Assistance?

- Active employees (currently working for a WRS employer): If you believe your statement is incorrect, contact your employer's payroll office.
- Inactive employees (no longer working for a WRS employer) and alternate payees: If you believe your statement is incorrect or have questions, contact us.
- Register for the webinar, Understanding Your Annual WRS Statement of Benefits

### Account Contact Information

Please keep your contact information (name and mailing address) current to ensure you continue to receive important communications from ETF.

Marathon County Crime Stoppers Inc.

Click [here](#) for this week's Crime of the Week.  
<http://marathoncounty.crimestoppersweb.com/crimeoftheweek.aspx>



## May 4, 2019 – Mental Health Awareness Workshop

by NAMI Northwoods | Apr 12, 2019

**10:00 AM to 4:00 PM**

Sponsored by  
**NAMI Northwoods**

Hosted by  
**St. Anthony Spirituality Center**  
300 East Fourth Street – Marathon

<https://sarcenter.com/retreats-and-events/>

To register, call 715-443-2236 or e-mail [info@sarcenter.com](mailto:info@sarcenter.com)

Come for one or more of the following sessions – each session will include time for Q&A.

Lunch is available for \$15. When you register, please indicate whether or not you will join us for lunch.

### 10:00 AM Session Lived Experiences of Mental Illness

Introduction to NAMI. Members of NAMI will share their stories and speak about the stigma surrounding their illness, describing not only the ways that mental illness affects their daily lives but also the struggles they face in the recovery process.

### 11:00 AM Session Crisis Intervention Team (CIT) Training and the Crisis Assessment Response (CART)

Bob Wilcox, Law Enforcement Liaison at NCHC (North Central Health Care) will present new options for law enforcement officers to consider when responding to crisis situations in which mental health concerns play a role.

### 12:00 PM to 1:00 PM Lunch

\$15 per person. Please indicate at registration if you will be joining us for lunch.

### 1:00 PM Session Promoting Brain Health for Ourselves and those around us

Licensed professional counselors Ashley Miller and Judy Lemke will be joined by Clinical Pharmacist and advocate for mental health education Katie Scarpace in presenting this session. The presenters will not only explore the symptoms of depression and anxiety but will also discuss the coping mechanisms and medication that are available for treatment.

### 2:00 PM Session Review of Statutes affecting Emergency Detention

Presented by Scott Corbett, Attorney – Marathon County Corporation Counsel for Civil Matters



# 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 \$.35/ounce.

Soup: \$1.25 Cup / \$2.00 Bowl



### APRIL 29 – MAY 3, 2019

#### MON 4/29 ..... English Garden Soup

Hot Roast Beef Sandwich w/  
Mashed Potatoes

#### Vegetable Lasagna

Zucchini & Tomatoes, Garlic Bread  
Oatmeal Raisin Cookie

#### TUES 4/30..... Corn Chowder

Grilled Chicken Breast w/Balsamic Vinegar,  
Garlic & Fresh Mushrooms on a Kaiser

#### Hot Ham

Yams, Green Bean Deluxe  
Rhubarb Cake

#### WED 5/1 .....Chicken Noodle Soup

Chicken Bacon Ranch Wrap

#### Hand Breaded Cod

Fried Potatoes  
Creamy Cole Slaw  
Luscious Lemon Bar

#### THUR 5/2.....Baked Potato Soup

Nachos Supreme

#### Meatloaf

Mashed Potatoes  
Peas  
Strawberry Sauce

#### FRI 5/3 .....Vegetable Soup

Gyros

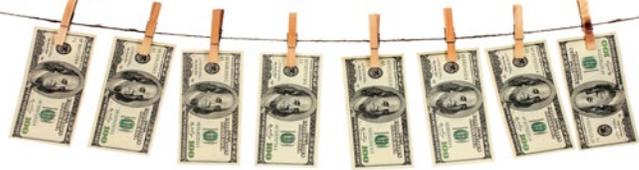
#### Sweet/Sour Glazed Chicken

Twice Baked Mashed Potatoes  
Carrots  
Chocolate Cake with Fudge Icing



Marathon County  
Employees Credit Union

## Spring Clean YOUR FINANCES



#### CLEAN UP YOUR CREDIT

Get a free annual credit report from each of the 3 major credit reporting companies through [annualcreditreport.com](http://annualcreditreport.com). Review each to see if there are errors and clear them up with the credit reporting companies.



#### SHRED DOCUMENTS YOU DON'T NEED

Keep receipts until the warranties expire or the credit card statement arrives. Keep account statements and paystubs for one year, then shred them.



#### REVIEW REGULAR EXPENSES & PURGE

Do you really need all those online subscriptions? Do you eat out more often than you need to? See where you can eliminate expenses on things you don't really use or can do without.



#### UPDATE BENEFICIARIES

If there have been changes to your family, update your retirement and insurance accounts and review your will.

**Proudly serving Government Employees and their Families**

[www.mcecu.org](http://www.mcecu.org)

715-261-7685 • 400 East Thomas Street • Wausau, WI 54403

## PRICE INCREASES IN WAUSAU CAMPUS CAFETERIA

Beginning May 1, 2019

Due to market price increases we need to make some price increases in the Wausau Campus Cafeteria. Starting May 1, 2019 increases will be as follows:

Cookies .....	\$.50
Milk.....	\$.50
Juice .....	\$.50
Dressing packets.....	\$.30
Cup of soup .....	\$1.50
Bowl of soup .....	\$2.25

# MAY IS 2019 MENTAL HEALTH MONTH



Be sure to like and share posts all month long about important mental health topics!