**WEEKLY CONNECTION WITH MICHAEL LOY**

**It's Been an All-Star Week!**

I hope all of our Nurses had a wonderful Nurse's Week this past week. It was a really rewarding privilege for me to write about the special role nurses have in last week's News You Can Use. You truly are appreciated for all you do, thank you all. Earlier this week I took a break from my day to shoot some hoops. I would have liked to see a couple more go in, but it was a nice break and for a good cause. Our NCHC United Way Committee kicked off our annual campaign to support the United Way with a number of fun activities, including the Free Throw and Longest Shot competition. We ended the week with Nachos Days and a Tailgate Lunch! This year’s NCHC campaign theme is “All-Stars for United Way”. The United Way Committee, under the leadership of Laura Harder, Volunteer Services Coordinator, has a lot of energy into what already looks to be another great year for our NCHC Team. Thank you for all the fun activities and a great start to the campaign.

Supporting the United Way has always been an important aspect for NCHC. I didn't participate in the United Way prior to coming to NCHC. The United Way helps support the people we serve in many ways that we cannot. Without the United Way, many of the people we serve would have greater struggles with basic needs such as food, clothing and housing. One key thing the United Way does on behalf of the community if the Life Report. The report, which is published every two years, serves as a community assessment and tracking vehicle to show how the community is changing and responding to quality of life issues in Marathon County. Other Counties have similar initiatives. The Life Report has for a long-time identified Mental Illness and Substance Abuse as primary priorities for the community to address. That is where we come in. We are working together with the United Way to make this community a better place for you and me, the individuals we serve, and generally those with the most needs in our community. Personally, I am a Summit League Member and serve on the United Way Board of Directors as well as the United Way Campaign Committee for the entire community. There are a lot of generous organizations and individuals in our community. I've been impressed. The United Way does a great job using the campaign to make an impact and do the most good. There are always more needs than funding available but the United Way is very thoughtful and committed to using your donations in the biggest way possible. I've found my own involvement to be inspirational and ask you to consider joining us in this year's campaign.

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, May 13 - Sunday, May 19**

Michael Loy

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**Transportation Road-eo Announcements**

**United Way All-Star Week: May 6-10**

**Photos, Winners, Trivia Answers**

**What’s Up Alvin?**

**Community Events**

**Tidbits on Benefits**

**Fraudulent Activity**

**Associated Bank HSA Accounts**
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.

Good Samaritan Health Fair in Merrill
The awesome team from Community Treatment was back out in the Merrill Community at the Good Samaritan Health Fair. On Saturday, May 4, the team shared information, resources and played a trivia game with community members. Great work!

Above: Holly Westburg, Samantha Berndt, April Bayer and Haley Ellenbecker of Community Treatment took time out of their busy weekends to meet with people at the Good Samaritan Health Fair in Merrill. Your time and expertise is so appreciated!

PHOTO OF THE WEEK

“Community Outreach with Our Merrill Partners!”

TRANSPORTATION “ROAD-EO”
NCHC Mandatory Vehicle Training Event
Tuesday, May 21 | 8am-5pm
For all employees who drive NCHC vehicles and have not completed the Road-eo training in Fall 2018
Register on HealthStream

Four Stations - 4 hours Total Training
Required for MVCC Activities, Prevocational Services, Residential, Adult Day Services, and Lakeside Recovery.
1. Accident Protocol
2. Dutton Weave
3. Roof/Side Clearance (hands-on drill)
4. Serpentine/Backing Exercise

Brat & Hot Dog Cook Out
Noon each day
All participants invited to eat!

Two Stations - 2 hours Total Training
Just two stations required for those who only drive cars and mini vans including Community Treatment, Clubhouse, Antigo/Merrill Staff
1. Accident Protocol
2. Dutton Weave

IF YOU DO NOT ATTEND THIS REQUIRED TRAINING YOU WILL NOT BE ABLE TO DRIVE A NCHC VEHICLE.

Questions?
Contact Jenny McKenzie x5101

PARKING LOT CLOSURE
Tuesday, May 21
The parking lot between Gardenside Crossing & Lake View Professional Plaza will be closed during training.

Employees may use the following parking lot areas: Lake View Center, Employee parking areas along the front of NCHC and MVCC, or along the grass, south side of the road (between NCHC and the airport). Please avoid parking in visitor designated spots for the consideration of those who use our services.

Any cars parked in the parking lot located next to the Lake View Professional Plaza after 6 am on May 21st WILL BE TOWED. Please plan accordingly.

Questions?
Contact Mike Brundidge at x4559 or Jenny McKenzie x5101

Please park in the front parking lots at NCHC as the back lots will be used for the training.
**Kick-Off Week • May 6-10, 2019**

Kicking Off Our Annual Campaign to Support United Way

**Monday, May 6** ................ Sports Trivia Day
Check Your Inbox for a Link to Trivia Contest! Enter to Win Prizes!

**Tuesday, May 7** ............... Get Your Peanuts & Popcorn! Snack Sale
$1 Popcorn & $1 Peanuts will be delivered to program areas!

**Wednesday, May 8** .......... Free Throw Contest at Wausau Campus Gym - 11:30 am to 1:00 pm
$1 Donation to Play! Leader Board - Best Out of 10 & Longest Shot!
Jeans/Sports Wear Day - $3 Donation to Wear Your Favorite Sports Team Apparel*
Pay & Pick Up A Casual for United Way Sticker from Any United Way Member or at these Locations: Volunteer Services, MVCC Information Station, Cafeteria, Front Welcome Desk, Cashier’s Office, Merrill & Antigo Centers
* Sports Apparel must adhere to NCHC Dress Code Policy. No hoodies or sleeveless shirts please.

**Thursday, May 9** ............. Nachos Day at Wausau Campus Cafeteria
10:30 am to 1:30 pm • $3 Gets You Some Nachos!

**Friday, May 10** ................. Tailgate Lunch! Hot Dogs, Chips & Cookie at the Wausau Campus Cafeteria
10:30 am to 1:30 pm • $4 to Get Your Game Day Lunch!

Wear Your Favorite Sports Team Apparel Monthly!
Pay $3 Per Month and You Can Wear Sports Apparel Every 2nd Wednesday of the Month Through December!
Pay in Advance or Monthly!

Brought to You by Your 2019 NCHC United Way Committee Members
Laural Harder, Sheryl Hemp, Jen Gruna, Kendra Eisner, Mike Brundidge, Melissa LaPorte, Jessica Putrus, Natasha Kelly, Angela Parker-Jensen, Dana Best, Bo Johnson, Jessica Meadows
Kathy Buckli, Jill Mattek Nelson, Michelle Gleason, Jen Gorman, Michael Loy, Stephanie Jewell

All Proceeds Benefit Our Local United Way

This Week Our All-Star Kick-Off Raised Over $600 to Benefit United Way Thanks to YOUR SUPPORT!

**All Proceeds From This Week Benefit United Way!**

**Lunch & Visits with Woody of WI Woodchucks**

**Ketchup & Mustard!!**

**Free Throw Contest Winner:** Katlyn Coles with 9/10 Shots!

**Woody is not a Beaver or a Squirrel! LOL!**

**Nacho Day!**

**Looooong Shot!!!**
Jessica Meadows Won the Long Shot!

**Nacho Dog!**

This Week Our All-Star Kick-Off Raised Over $600 to Benefit United Way Thanks to YOUR SUPPORT!
MONDAY’S ALL-STAR TRIVIA ANSWERS & WINNERS
127 Employees participated in the All-Star Sports Trivia this week. You can see the answers to the right as well as our “Team Stats”. Overall, our NCHC team scored 80/100 with almost 20 people having a perfect 10/10 questions correct. Great job team. Your sports and United Way knowledge is ALL-STAR quality!

TRIVIA WINNERS
Patricia Unseth, CBRF
Jennifer Rothmeyer, Prevoc. Services - Wausau
Shandah Stewart, Outpatient Services - Antigo
Melissa Stockwell, Life Enrichment MVC
Keesha Campbell, Lakeview Heights, MVC

Prizes will be delivered to you in your program areas next week!

What Green Bay Packers quarterback holds the team record for most passing yards in a single season?
111 / 127 correct responses

What phone number can you dial for United Way’s free, confidential information and referral service that helps people access information on health and human service resources 24 hours a day, 7 days a week.

How many rings are there on the Olympic flag?
114 / 127 correct responses

The Emerging Leader’s Career Closet helps people prepare for a job interview with appropriate clothing and accessories. Last year they also provided more than 85 people with which item to start a new job.

Which is the only country to have played in each and every World Cup?
96 / 127 correct responses

Which team is more well-known for their comic antics as for their on-court skills?
123 / 127 correct responses

The United Way in Marathon County, which is locally governed by a volunteer board of directors, was established in what year?
56 / 127 correct responses

Which wizarding sport played on broomsticks does Harry Potter play?

The Marathon County Hunger Coalition met how many requests for food assistance in 2017.

Which one of these people is not a basketball player?
121 / 127 correct responses
TRIVIA ANYONE?
Community Treatment Team Fun

Members of Community Treatment Adult/ACT Team participate in weekly trivia at a local restaurant! The team took 1st last Tuesday night! Dare to compete with them!

Submitted by Heidi Angwall, Community Treatment ACT Case Manager

UNITED WAY ADOPT-A-CLASSROOM
NCHC Employees Connect with Kids in School

United Way Adopt-A-Classroom connects local businesses with kindergarten classrooms in the Wausau, DC Everest, Marathon, Newman Catholic, Mosinee and Edgar school districts. Companies adopt a classroom (or several), purchase materials and supplies, and assemble a literacy kit for each child in the class, reaching about 1,000 students in 2018. Volunteers deliver the kits and read the story to the class and then help with a gardening project focused on healthy eating. Each child receives a copy of the book, reading tips for their parents and a container garden of their very own. Thank you to the NCHC United Way Committee for volunteering their time to visit several classrooms, read and complete a great project with the kids!

WHAT’S UP ALVIN?
Adventures of a Therapy Dog

This week Alvin was able to have a reunion with his brother Theo and his friend Badge from Wausau Police Department. It was like looking in a mirror when Theo and Alvin got together. All three dogs specialize in therapy, and this meeting was a test to see how the three would get along at future events together. The future is bright!

Click here for this week’s Crime of the Week.
http://marathoncounty.crimestoppersinc.org/crimeoftheweek.aspx
Remember to Fill Out Your Professional Development Request Form for all education sessions you wish to attend. All registration for professional development and events are taken care of through Organizational Development! Talk with your manager for details!

The 30th Annual Children Come First Conference
November 11 & 12, 2019
www.ccfconference.org
The largest youth and adolescent mental health conference in Wisconsin.

This is Your Brain on Poverty:
Neuroscience, Ethics and Early Childhood Deprivation
Thursday, June 13, 2019
8:00 am - 3:30 pm
Alumni Center
Medical College of Wisconsin
8701 Watertown Plank Road
Milwaukee, WI 53226

The 30th Annual Children Come First Conference
“COOPERATION”
November 11 - 12, 2019 • Glacier Canyon Lodge, Wisconsin Dells
www.ccfconference.org

Mona Delahousse, Ph.D., is a nationally-known licensed clinical psychologist with more than 30 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 has the unique ability to work with a variety of clients and is recognized as an expert in the mental health of young children. Delahousse is the author of the best-selling book, The New Psychological Guide for Working with Children. Delahousse believes parents and professionals gain the greatest developmental insights possible to understanding how each child’s unique individual differences can guide treatment while cultivating joy in the parent-child relationship.

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 20 years. In his work as an Autism Mom speaker and advocate, he has collaborated with many organizations including the National Institute of Mental Health. David loves with expression and, in high school, experienced the dark times of self-injury and a suicide attempt. Now living in recovery, he has committed his life to helping others, especially men, that it is not a weakness to ask for help. David encourages audiences to embrace who they are and to support each other in alleviating the stigma attached to mental illness.

Call for Presenters:
https://goo.gl/forms/3Zs0xbXr7PLseK0D3
Deadline May 17th
Contact Alison with questions:alison@wifamilyties.org or 262-617-6775

Save the Date
HOPE Consortium Conference
Nicolet Technical College | Rhinelander
August 26-27, 2019
Join us for the 3rd annual HOPE Consortium Conference featuring at least 18 sessions on substance use disorder treatment and recovery with a focus on self-care for professionals.

Who Should Attend?
- Providers | Criminal Justice
- Human Services | Treatment
- Community & Tribal Leaders | Prevention Professionals

Hear on a variety of topics from experts (invited) including...
- Family Circles (Brian Jackson)
- Gang Activity in the Northwoods (Chris Caves)
- Grounding & Substance Abuse in Rural Areas (Lorie Goeser)
- Impact of Scarcity on the Brain (Tony Iniguez)
- Living on a Budget (Jean Yeater & Dr. Michael Larson)
- Mindfulness (David Nelson)
- Prescription Drug Monitoring Program (Andrea Magermans)
- Trauma and Law Enforcement (Ashley Drexler)
- Co-occurring Disorders
- Drug Trends And More!

Scholarships will be offered around May/June to individuals that work or reside in Oneida, Vilas, Forest, Price or Iron counties or Sokaogon Chippewa, Lac du Flambeau Chippewa or Forest Potawatomi Tribal Nations to cover the cost of registration valued at $50. Lunch included.

Spread the word! Registration available mid-June!

For more information, contact Danielle Luther, Project Manager, Family Health Center of Marshfield, Inc., a member of Marshfield Clinic Health System at: luther.danielle@marshfieldclinic.org or 715-387-9180.

Center for Bioethics and Medical Humanities
Institute of Health & Equity
Medical College of Wisconsin

This is Your Brain on Poverty:
Neuroscience, Ethics and Early Childhood Deprivation
Thursday, June 13, 2019
8:00 am - 3:30 pm
Alumni Center
Medical College of Wisconsin
8701 Watertown Plank Road
Milwaukee, WI 53226

Does Someone You Love Use Opiates?
Do You Fear for Their Life?
Naloxone Can Literally Save Their Life!
Free Naloxone Training!

When: Every third Thursday of the month
Where: Highland Commons
6700 West Beloit Road
West Allis, WI
Time: 5:30–6:30 pm

Please Note:
Following the training individuals have the option to be equipped, at no cost to them, an opiate overdose kit.

AIDS Resource Center of Wisconsin (ARCW)
LEARN MORE ABOUT ARC W: ARCW.ORG
www.arcw.org

ARC W
AIDS Resource Center of Wisconsin
Excellence in HIV Health care
UPCOMING COMMUNITY EVENTS OF INTEREST!

COME AS YOU ARE
WORLD EATING DISORDERS AWARENESS ACTION DAY
JUNE 5, 2019

Location: Marathon County Public Library-Wausau
300 North First Street, Wausau, Wisconsin 54403-5405

• Presentation and EDA Speaker Cathy V.
at 5:30-6:45pm
• Eating Disorder Anonymous (EDA)
Open meeting to follow at 7:00-8:00pm

Come hear the true story of one teacher’s struggle with an eating disorder and how she is working to overcome this disease that affects at least 30 million people in the U.S.

(Not affiliated with Marathon County Public Libraries)

American Foundation for Suicide Prevention
AFSP Tax ID# 13-3393329
afsp.org/AntigoHike

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

NCHC IS A PROUD SPONSOR OF

UPCOMING COMMUNITY EVENTS OF INTEREST!

The Highground Veterans Memorial Park
Helicopter, Military & Memorial Vehicle Expo
May 18, 2019
10 am - 4pm

To Exhibit Your Military or Memorial Vehicle
Call The Highground 715-743-4224
e-mail events@thehighground.us

UH-1H VIETNAM-ERA HELICOPTER scheduled to land at The Highground, weather permitting, approx. 10AM!

Hope is a function of struggle.

NEWS, UPDATES, LINKS, STORIES, PHOTOS, VIDEOS!
GET SOCIAL!
#IamNCHC

www.norcen.org • Lives Enriched & Fulfilled.
Person centered. Outcome focused.
**SUNBURN PREVENTION**

**Department of Health & Human Services**

The sun is finally coming out. Protect yourself from sunburn despite the cool temperatures. Avoid prolonged exposure to the sun when possible. Here are a few more tips:

- Wear sunscreen with a minimum of SPF 15.
- SPF refers to how long a person will be protected from a burn. (SPF 15 means a person can stay in the sun 15-times longer before burning.) SPF only refers to UVB protection.
- To protect against UVA, look for products containing: Mexoryl, Parsol 1789, titanium dioxide, zinc oxide, or avobenzone.
- Sunscreen performance is affected by wind, humidity, perspiration, and proper application.
- Throw away sunscreens after 1–2 years (they lose potency).
- Apply liberally (minimum of 1 oz) at least 20 minutes before sun exposure.
- Apply to ears, scalp, lips, neck, tops of feet, and backs of hands.
- Reapply at least every 2 hours and each time a person gets out of the water or perspires heavily.
- Some sunscreens may lose their effectiveness when applied with insect repellents. You may need to reapply more often.
- Wear clothing with a tight weave or high-SPF clothing.
- Wear wide-brimmed hats and sunglasses with UV protection and side panels.
- Take breaks in shaded areas.

Centers for Disease Control and Prevention • National Institute for Occupational Safety and Health • www.cdc.gov/niosh/topics/outdoor/

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**MARK YOUR CALENDARS!**

**EMPLOYEE UPDATES BEGIN JUNE 17**

All employees should make arrangements to attend one of the following sessions.

**2019 – 2ND QUARTER EMPLOYEE UPDATES**

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON, JUNE 17</td>
<td>WAUSAU CAMPUS</td>
<td>10:00 am</td>
<td>MVCC 1st Flr.</td>
<td>3:30 pm Theater</td>
</tr>
<tr>
<td>TUES, JUNE 18</td>
<td>WAUSAU CAMPUS</td>
<td>2:30 pm Theater</td>
<td>MVCC 1st Flr.</td>
<td>9:00 pm</td>
</tr>
<tr>
<td>TUES, JUNE 25</td>
<td>MERRILL CENTER</td>
<td>12:00 pm</td>
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</tr>
<tr>
<td>WED, JUNE 26</td>
<td>WAUSAU CAMPUS</td>
<td>6:15 am Theater</td>
<td></td>
<td>12:00 pm Noon</td>
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</tbody>
</table>

Please Register in HealthStream!

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**BOOKS ARE FUN BOOK FAIR**

**Friday, May 22 9:00 a.m. – 3:00 p.m. at the Wausau Campus Cafeteria**

Come to the book fair! We offer gifts and books at 40-70% off retail prices. We accept: Post Dated Checks (for up to three weeks past book fair date); Checks, and Credit Cards (MasterCard, Discover, Visa, American Express)

Fill this out for a chance to win a gift certificate for the next book fair:

Name: _________________________________

Personal Email: _________________________________

Or Address: _________________________________

Update me about future public book fairs in this area?????? (This will only be sent two/three times each year).

_________ Yes or ________ No
Meet with your WDC Advisor

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 and click on the Schedule a Meeting tile.

Changing your payroll contribution or updating your beneficiary is easy! Log in at 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.

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

Go to www.wdc457.org to schedule your appointment.

KNOw YOUR WRS BENEFITS

Q: I received my WRS Annual Statement of Benefits. What are the top things I should know?

A: Take a few minutes to review your statement, an important year-end summary of your pension account, including balances and interest earned. Sign up for one of our webinars in May to learn more about your statement and WRS benefits. http://etf.wi.gov/news/WRS_news_04292019/WRS_Benefits_04292019.asp#art4

Find Webinars: https://register.gotowebinar.com/rt/4120448810300254467

Were you previously in the Variable Trust Fund? Be in the know about how previous participation has affected your WRS account. http://etf.wi.gov/news/WRS_news_04292019/WRS_Benefits_04292019.asp#art20
In April 2019, Associated Bank’s Health Savings Accounts (HSA) service provider identified a limited number of fraudulent attempts to obtain access to account information.

Associated Bank takes the privacy and security of customer information very seriously, and contacted affected account holders directly. Affected account holders also received notice via mail advising them of the protections being offered to them and their account beneficiaries, as well as next steps.

This communication is designed to assist Associated Bank customers in understanding the situation and what resources are available to them.

**About the Situation**

**What occurred?**

Associated Bank’s Health Savings Account (HSA) service provider identified a limited number of fraudulent attempts to obtain access to account information. This activity included spoofing of account owner and company phone numbers and using account owners’ personal information such as name, street address, email address and place of employment. The objective of this activity appears to have been attempts to gain access to Health Savings Account funds.

**How do I know if my Health Savings Account information was accessed?**

Associated Bank contacted all identified account holders affected by this activity. Affected account holders received additional notice from Associated Bank via mail advising them of the protections being offered to them and their account beneficiaries, as well as next steps.

**What actions are being taken to resolve the situation?**

Once the fraudulent activity was discovered, Associated Bank and its Health Savings Account service provider conducted a thorough review of account activity and implemented additional security measures. They continue to monitor the situation closely.

**What actions are being taken to protect affected account holders?**

- Where fraud attempts were suspected, a customer care representative reached out to the account holder to verify account activity.
- Additional security has been placed on the accounts of affected account holders.
- Associated Bank is working with affected account holders to restore funds, where applicable.
- Affected account holders, as well as anyone listed on the account holders’ account, have been offered free identity protection services. Associated Bank sent information regarding these services via mail.

**What should I do if I think my account may have been compromised?**

As a normal practice, Associated Bank recommends all individuals regularly review account activity, closely monitor your HSA account activity regularly.

If you need additional assistance, please contact Lynn Wengelski in Human Resources at 715.848.4438 or lwengelski@norcen.org.

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**What can I do to help prevent fraudulent activity on my account?**

Fraud and attempted fraud can come in many forms. Here are a few basic things to remember:

- Understand that Associated Bank and other financial institutions will not contact you asking for your password, PIN, or security codes.
- Exercise caution when you receive calls requesting your personal information. A good rule of thumb is to never disclose personal information unless you initiate the call.
- Avoid clicking on links in emails, especially if the email is not from a known source and is not expected. If you are in doubt about the authenticity of an email message, you should delete it immediately.

**What can I do to protect my personal information, including financial accounts?**

As a best practice, remember to:

- Always use a unique password for each banking and confidential system.
- Choose a strong password which includes a mixture of letters (upper and lower case), as well as numbers and signs.
- Routinely change your passwords.
- Be vigilant and review your financial accounts regularly. Any unusual activity should immediately be reported to your financial institution, credit card company or credit monitoring bureau.
- Be aware of phishing scams that may try to take advantage of security concerns. Don’t respond to or click links in emails claiming your account is in jeopardy.
- Set up and utilize text message alerts for awareness of changes to personal details, log ins and transaction activity.
- Keep your contact information up-to-date to ensure Associated Bank can reach you, if needed.

**Where can I find more information about protecting my personal and financial information?**

Additional information about protecting personal and financial information is available on the Associated Bank website at AssociatedBank.com/Security.
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

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MAY 13 – 17, 2019

MON 5/13 .....Cheesy Chicken Tortilla Soup
Chicken Bacon Ranch Wrap
Pork Chop Suey
   Rice
   Pineapple
   Fortune Cookie

TUES 5/14......Chili
   Burger
   Polish Sausage
   Mashed Potatoes
   Sauerkraut
   Polish Drumstick

WED 5/15 .....Cream of Broccoli
   Pasta Bar
   Bread Chicken Breast
   Chicken Gravy & Dressing
   Creamy Cole Slaw
   Pecan Pie Bar

THUR 5/16 .....Chicken Vegetable Soup
   Monterey Ranch Chicken/Petite Kaiser
   Roast Beef
   Boiled Potatoes
   Carrots
   Strawberry Sauce & Pound Cake

FRI 5/17 ……..Beef Noodle
   Grilled Turkey and Cheddar
   Hot Ham Slice
   Hollandaise Sauce
   Croissant
   Corn
   Peanut Butter Cookie

Come Find Us!
MCECU Continues to be On-Site at the Wausau Campus
Every Thursday, But Our Location is Changing!

When: Thursdays from 9-11 am
Where: Office #1416
(Just down the hall from the Gym & Rec Center)

Stop in and See Us!
We Are Available for Both New and Existing Members.

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Stop in and See Us!
We Are Available for Both New and Existing Members.

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