A Weekly Update For The Employees of North Central Health Care

NEWS YOU CAN USE

WEEKLY CONNECTION WITH MICHAEL LOY

Birth to 3 Services

In 1991, the State of Wisconsin implemented a statewide Birth to 3 Program by delegating the responsibility to provide these services to the counties. The County Boards we represent designated North Central Health Care as the agency to provide services of the Birth to 3 Program. The work of Birth to 3 is not only required, but essential to the health and well-being of our community. Research shows that work done in early childhood has positive impacts on the overall health of the individual in adulthood, especially in children with disabilities. Birth to 3 has brought countless families vital assistance and skill development for many years as a program operated by North Central Health Care.

Last year, we announced that NCHC was looking at whether or not we should continue to be the designated agency to provide Birth to 3 Services. We considered Birth to 3 as it fits within our service line structure and scope, whether it fits as an on-campus program and whether we can provide the expertise or guidance needed for the program to flourish going forward. As we examined the truly remarkable work of our Birth to 3 program and staff, we saw that a new partner, specifically Marathon County Special Education could take the program further. Marathon County Special Education is an agency that has been around for a long time and brings a wealth of knowledge, staff support, and training opportunities that will benefit the staff and families of Birth to 3. After a systematic evaluation and planning process and a lot of team work between agencies, the NCHC Birth to 3 program is in the process of officially being transferred to Marathon County Special Education. Staff are now actively moving to their newly renovated space in the Lake View Professional Plaza building and the initial transfer of responsibilities will be effective July 1, 2019. The entire transition still requires final County approval, and will likely take up to 18 months as we want to maintain continuity of the high quality services the program provides.

We are happy to report that the important work of Birth to 3 will continue across the region unchanged within the Marathon County Special Education as all the staff, policies and services will follow them into their new space. The program is literally being picked up out of NCHC as is and being set down as part of Marathon County Special Education. Patients in all three counties should have no discernible change in care and there will be no disruption of services to families. NCHC staff, families and partners will notice that a change of logo on Birth to 3 materials will occur as of January 1, 2020, but should experience no other change. This transition will ensure that Birth to 3 has opportunities and benefits far beyond what NCHC can currently provide, and will set them up for even more success in the future. We are excited to watch the program continue to make an incredible, positive, difference for our families and communities.

While change can be unsettling, we at North Central Health want to ensure that our core services and programs reflect the needs of our community, but that they also align with our mission and strategic direction. We must focus on our core programs and be excellent in them. Deciding that a program might have a better alignment with another agency is not a bad thing if the goal is to do the best thing for the community we serve. I firmly believe we are doing the best thing for all parties involved. Birds fly from the nest, but they will always have a special place in our heart, and in this case we will do everything to give them a chance to fly even higher.

As we go into the final stretches of the transfer, I want to thank our current and former Birth to 3 staff for their commitment to the organization, the kiddos they’ve served, the families they’ve impacted and for making the community a better place. You will always be a special part of the NCHC family and our history.

We will continue to provide updates as they become available. Make it a great day.
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.

Classic Cars Steal the Show at Mount View Care Center
This week the Mount View Care Center Activities Team organized a Classic Car Show and Ice Cream Sundae Sale. Not only did this annual event bring in new vehicles to the Wausau Campus, the Sundae Sale raised funds for the Walk to End Alzheimer’s. Residents and employees alike enjoyed viewing twenty one classics from their past. Stories were told and a good time was had by all who attended. Great work Mount View Care Center Team!
NCHC RETIREMENT NEWS:  
Congratulations to Kevin Long!

After 10 years of service, NCHC celebrated the retirement of Kevin Long from Mount View Care Center. Kevin was a Certified Nursing Assistant but also worked in the Crisis CBRF, was a homemaker. We were joined by Kevin’s wife, Louis, at the celebration. Enjoy your retirement Kevin!

406 BOOKS COLLECTED TO DONATE TO UNITED WAY READY TO READ PROGRAM!  
Thank you for your support!

Kids books were donated in boxes all around our NCHC locations. It left the NCHC United Way committee cleaning, sorting and sticker 406 books. Ready to Read is a United Way project to encourage and increase reading to and with babies and young children. A family visiting an immunization clinic, for example, would receive a free book, and even more importantly, information on the benefits of reading to their baby or young child daily. These books will be distributed to local schools and organizations so that children get the opportunity to take a book home. Thank you to all the employees, visitors, clients and patients who donated books for the collection. Your generosity and kindness will surely give a children a book in their hand and a smile on their face. Thank you!

CHANGES TO CRISIS CENTER ENTRANCE AT THE WHITE FLAG  
MVCC Visitors Will No Longer Be Allowed Entry Through Crisis Center Doors

As you know, the North Central Health Care Wausau Campus shares space with a variety of health care programs in addition to Mount View Care Center skilled nursing. As we seek to continually improve our safety and security on the Wausau Campus, a letter is being sent to inform all Legacies by the Lake residents and families of some changes that have taken affect regarding visitor entrances on the Wausau Campus for Legacies by the Lake programs.

Our Crisis Center and Emergency entrance and parking areas can become quite busy at times, and to ensure that our emergency services are operating at optimum levels, non-emergency visitors will need to use a different entrance. All visitors to Legacies by the Lake Dementia Care programs (Gardenside Crossing, Lakeview Heights and Evergreen Place) will no longer be able to access the neighborhoods using the Crisis Center parking area (white flag, door #55).

To visit these neighborhoods, visitors may park in the main MVCC parking lot (purple flag) and use the main entrance doors or you may park in the large rear parking lot area near Gardenside and enter in a side door near the Cafeteria (doors marked #47 or #48).

Signs are being installed to assist with these changes at the parking lot areas in the rear of the building.

We need the help of all NCHC employees to assist visitors with this change. If you have questions, please feel free to call or email Kim Gochanour. Thank you for your help!
FIBROMYALGIA SUPPORT GROUP MEETING

Next Meeting: Tuesday, June 11th • 6 – 8 pm

A local Fibromyalgia Support Group meets monthly on the 2nd Tuesday of each month at the Marathon County Public Library, Wausau Branch, from 6-8 pm in the 2nd floor meeting room. They have over 150 Fibromyalgia contacts from Merrill to Plover and have been holding meetings in Wausau for at least 30 years.

As Chair of the group for the past 4 years, Donna Krause, B.S. Ed., MBA plans the monthly topics and speakers, meeting sponsors, send out monthly email newsletters and create the meeting flyers which are posted locally. Donna would like to invite all NCHC and MVCC employees such as caregivers, health assistants, physicians, crisis workers, addiction counselors, psychiatrists, etc. to attend any of the meetings.

Fibromyalgia is a syndrome involving chronic, centralized pain sensitivity. The most prevalent symptoms of fibromyalgia are:

1.) chronic pain which can be constant or intermittent,
2.) low mood, anxiety or depression,
3.) brain fog, forgetfulness and difficulty focusing,
4.) fatigue, lethargy and low energy,
5.) difficulty sleeping and inability to go into stage 4 sleep, the regenerative sleep cycle.

The recent issue of “Pain-Free Living” quotes Dr. Arya Mohabbat, MD, practice chair of the Fibromyalgia and Chronic Fatigue Clinic at Mayo Clinic in Rochester, Minnesota that “Fibromyalgia, a common condition, affects about 8% of the U.S. population. One out of every 12 people that you see every day has fibromyalgia” It can run in families and can also be caused by trauma. Also many veterans, they are now finding out, have fibromyalgia caused by war trauma.

“We always have professional community speakers on topics related to health care and health issues. This month, on Tuesday June 11th at 6 pm, at the Marathon County Public Library Wausau Branch, 2nd floor meeting room, we will have UW Extension Horticulture Educator Brianna Wright presenting on “Historical Therapeutic and Healing Gardens”. After her color slide presentation covering historical and present day therapeutic, healing, meditation, etc. gardens, there will be time for discussion and questions and answers. I will also give out information on events such as tours, yoga, walks, etc. at the Monk Gardens, the Leigh Woodson Art Museum’s Botanical Gardens exhibit, their 5 Koshas Yoga in the Sculpture Gardens, and the Healing Nature Trail in Three Lakes, WI.” – Donna Krause, B.S. Ed., MBA

Meetings are open to the public. You do not have to be diagnosed with fibromyalgia to attend any of the monthly speaker meetings. This group provides important information on fibromyalgia for those who are finding it difficult to know what’s affecting them physically, mentally and emotionally, as presently there’s no test to determine the absolute presence of fibromyalgia in a person’s body. Scientists are just a few years away from blood tests to confirm the presence of fibromyalgia.

Thank you for your time and interest in this awful condition and empathy for those who are suffering with fibromyalgia knowing the pain, confusion and frustration many women can feel not having the knowledge about fibromyalgia symptoms and also not being able to have a sure scientific diagnosis or cure available to them. Donna can be reached by email, phone or text for any questions and would be pleased to hear from you.

Submitted by:
Donna Krause, B.S. Ed., MBA, Fibromyalgia Support Group Chair
Marathon County Board Supervisor, Health and Human Services Committee
715-302-3851, dkjustintime@gmail.com

ARE YOU A “TOUGH MUDDER?”

Have you heard of the Tough Mudder Races? Interested in participating? Jessica Serfontine, Financial Services Benefit Counselor at NCHC, would like you to join her team for the upcoming July 13 & 14 race in the Twin Cities! If there are enough people interested, there is a team discount! Details found at www.toughmudder.com

Contact Jessica at JSerfontine@norcen.org or 715.848.4383

*This event is not sponsored or associated with NCHC and participation is at your own discretion and risk.
NCHC COMMUNITY TREATMENT IPS TEAM RECEIVES EXEMPLARY FIDELITY AWARD AT STATE CONFERENCE

IPS Team Helps Those with Persistent Mental Illness Find and Secure Employment and Education

On May 30 and 31st, the Community Treatment Individual Placement & Support Team (IPS) Team attended the WI Annual IPS Learning Collaborative and were presented with an award for reaching “Exemplary Fidelity” during their recent Fidelity Review performed by the WI IPS State Team. This means that the CT IPS team provides the highest quality of services recognized by the International IPS Learning Community, who researched and developed this practice.

IPS (Individual Placement and Support) is an evidence-based practice that supports individuals with severe and persistent mental illness with finding and securing employment and/or career based education.

“Working helps further recovery more than any other single thing – more than therapy, case management or medication alone.” – Dartmouth Psychiatric Research Center

Shown in photo (above):
Bob Meyer, WI IPS State Trainer
Christian Halbach, IPS Employment Specialist, Marathon
Nanette Griese, IPS Employment Specialist, Langlade
Mandy Schmidt, IPS Employment Specialist, Marathon/Lincoln
Kristin Verhulst, IPS Employment Specialist, Marathon
Ted Beres, IPS Employment Specialist, Marathon
Chrissy Seidler, IPS Employment Supervisor
Krisy Neyrinck, Division of Vocational Rehabilitation Counselor/IPS Partner
Laleñia Lampe, Department of Health Services/WI IPS State Team
Kathleen Enders, Division of Vocational Rehabilitation/WI IPS State Team
Stephanie Jewell, IPS Employment Specialist, Lincoln

KIDS IN CRISIS
NCHC Joins the Conversation

North Central Health Care joined our community partners at the Marathon County Public Library in Wausau this week for the screening of “You’re Not Alone,” a documentary about youth mental health presented by Milwaukee PBS and USA TODAY NETWORK-Wisconsin. This was followed with a conversation with community members and about 65 attendees. Watch the video at: https://www.facebook.com/wausaudailyherald/videos/285023198932786/
EMLOYEE UPDATES BEGIN JUNE 17

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

2019 – 2ND QUARTER EMPLOYEE UPDATES

MON, JUNE 17
WAUSAU CAMPUS
10:00 am MVCC 2nd Flr.
Dining Room*
3:30 pm Theater
MERRILL CENTER
12:00 pm*

TUES, JUNE 18
WAUSAU CAMPUS
2:30 pm Theater*

WED, JUNE 19
9:00 pm MVCC 1st Flr.
Dining Room*

TUES, JUNE 25
ANTIGO CENTER
3:30 pm

WED, JUNE 26
WAUSAU CAMPUS
6:15 am Theater
12:00 pm Noon Theater

Please Register in HealthStream!
* Change to original time, date or location.

CRIME STOPPERS
Marathon County Crime Stoppers Inc.

Click here for this week’s Crime of the Week.
http://marathoncounty.crimestoppersweb.com/crimeoftheweek.aspx

Get Social!
#IamNCHC

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

**Bee Stings – Ouch!**

I have seen a lot of bee stings for treatment in the clinic due to large local reactions. Here is a reminder for first aid tips:

- When a bee stings, it may leave the stinger in the skin, quickly flick the stinger away to lessen the amount of venom released into the skin. Wasps do not leave a stinger.

- A typical local reaction to a sting is redness and an area of painful swelling up to 2.5 inches at the site of the sting that develops within minutes and resolves within a few hours. Occasionally, swelling may last one to two days. Uncomplicated local reactions may be treated with cold compresses.

- If the redness from the sting extends to a larger area over 1-2 days, a dose of steroids may be required to get the reaction under control.

- There is always a potential for secondary infection to any break in the skin. If redness and swelling become dramatically worse over 3-5 days, antibiotic may be needed.

- If there are any symptoms of swelling of the face and lips, feeling like the throat is swelling, wheezing, or difficulty breathing, call 911 for an ambulance.

- If there is a history of severe allergy to bee/wasp stings, called anaphylaxis, please be sure to get the prescription EPI-Pen. If one is available, check the expiration date and carry it at all times that there is a risk for a bee sting.

- If there is a bee sting on a finger wearing a ring, remove the ring right away. There is a possibility for finger swelling to the point that the ring may not be able to be removed. The ring may need to be cut off. This is also true of any hand injury, if there is finger swelling, take rings off right away.

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**WDC Program Meeting Schedule**

**Wednesday, June 12th**

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00am</td>
<td>Account Review Sessions</td>
</tr>
<tr>
<td>1:30pm</td>
<td>NCHC Campus-Badger Room</td>
</tr>
</tbody>
</table>

**Wisconsin Deferred Compensation (WDC) Program**

Offered By Your Employer, North Central Health Care

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](http://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](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.

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**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

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Now as never before, attention is being directed to care of our elder and disabled citizens and greater attention also is directed to the workers who provide hands-on-care and caring. The 42nd annual National Nursing Assistants’ Week provides a timely opportunity to foster and showcase the wonderful things that can happen for residents and workers in the nursing field. During this week we honor and thank CNA’s • Direct Care Workers • Care Assistants • Home Care Assistants Personal Care Workers • PTAs • Geriatric Aide/Assistants Resident Assistants • Restorative Aides

These great employees work at nursing homes, home care, hospice, hospitals, correctional institutions, schools and other long term care settings, but we especially would like to thank our amazing employees here at NCHC! Watch for fun activities that are planned in departments across the organization to honor and thank these employees!

Refer and earn a $500 Referral BONUS!!
IMPORTANT: NOTIFICATION OF VOLUNTARY BENEFITS CARRIER CHANGE

After a thorough review process of voluntary benefit providers, North Central Health Care has selected Standard Insurance Company (The Standard) as our new carrier for the Voluntary Short Term Disability (STD), Accident and Critical Illness Insurances. This change will take effect on July 1, 2019.

IMPORTANT: All benefit eligible employees will automatically be enrolled in the new short-term disability plan and premiums for this plan will be deducted from pay checks starting in July 2019.

If you wish not to be enrolled in the new plan you are required to log into The Standard Insurance enrollment portal during the open enrollment period listed above to waive the coverage.

There will be an open enrollment period for the voluntary benefits beginning June 3, 2019 continuing through June 14, 2019. Please plan on attending a meeting to learn about the new provider and the voluntary benefits being offered.

All benefit eligible employees will be receiving a mailing at their home address with additional information regarding the new voluntary short-term disability plan.

The link to The Standard's Ready Enroll enrollment portal can be accessed via the internet at https://standard.benselect.com/NCHC or at North Central Health Care’s public website at www.norcen.org/careers/employee-benefits/ or via the NCHC intranet under the Employee Benefits link.

Voluntary Benefits Open Enrollment Meetings

Below are the Voluntary Benefits Open Enrollment meeting times and locations:

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Merrill Office</td>
<td>Monday, June 3, 2019</td>
<td>9:00 - 10:00 am</td>
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<tr>
<td></td>
<td></td>
<td>10:00 - 11:00 am</td>
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<tr>
<td>Antigo Office</td>
<td>Monday, June 3, 2019</td>
<td>2:00 - 3:00 pm</td>
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<td></td>
<td></td>
<td>3:00 - 4:00 pm</td>
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<tr>
<td>Wausau Campus Theater</td>
<td>Friday, June 7, 2019</td>
<td>12:30 - 1:30 pm</td>
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<td></td>
<td>Monday, June 10, 2019</td>
<td>12:00 - 1:00 pm</td>
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<tr>
<td></td>
<td></td>
<td>1:30 - 2:30 pm</td>
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<tr>
<td></td>
<td>Tuesday, June 11, 2019</td>
<td>9:00 - 10:00 am</td>
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<tr>
<td></td>
<td></td>
<td>11:30 - 12:30 pm</td>
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<tr>
<td>MVCC 1st Floor Dining Rm</td>
<td>Friday, June 7</td>
<td>2:00 - 3:00 pm</td>
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WebEx Presentations

There will also be two WebEx Presentations:

- Thursday, June 6, 2019 8:30-9:30 am
- Tuesday, June 11, 2019 6:00 pm - 7:00 pm

The web link and the phone number to join the WebEx is listed below:

Please click this URL to join: https://zoom.us/j/799429910

or join by phone:

Dial (for higher quality, dial a number based on your current location):

US: +1.669.900.6833 or +1.929.205.6099 or 877.853.5247 (Toll Free)

or 888.788.0099 (Toll Free)

Webinar ID: 799 429 910

Computer Training Lab

Finally, Human Resources will be available during the following time in the NCHC Computer Training Lab to assist with the on-line enrollment through The Standard Ready Enroll portal.

<table>
<thead>
<tr>
<th>Date</th>
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<tr>
<td>Friday, June 7, 2019</td>
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<td>Tuesday, June 11, 2019</td>
<td>12:00-4:00 pm</td>
</tr>
</tbody>
</table>

Please note: If you currently are not enrolled in any of NCHC's Voluntary Benefits, however you are benefit eligible (0.5 FTE or greater), the information on this page still applies to you. Please read this entire notice. A letter will be sent to your home as well outlining the steps you need to take.
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

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.
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JUNE 10 – 14, 2019

MON 6/10 .....Cheesy Chicken Tortilla Soup
Chicken Bacon Ranch Wrap
Pork Chop Suey
Rice
Pineapple
Fortune Cookie

TUES 6/11......Chili
Burger
Polish Sausage
Mashed Potatoes & Gravy
Sauerkraut
Polish Drumstick

WED 6/12 ......Cream of Broccoli Soup
Pasta Bar
Breaded Chicken Breast
Dressing
Creamy Cole Slaw
Pecan Pie Bar

THUR 6/13 .....Chicken Vegetable Soup
Monterey Ranch Chicken/Petite Kaiser
Roast Beef
Boiled Potatoes
Strawberry Sauce
Pound Cake

FRI 6/14 ..........Beef Noodle Soup
Grilled Turkey and Cheddar
Hot Ham Slice
Hollandaise Sauce
Corn
Reese’s Peanut Butter Cookie

www.mcecu.org • 715 261-7680
cuteller@co.marathon.wi.us
400 East Thomas Street Wausau, WI 54403