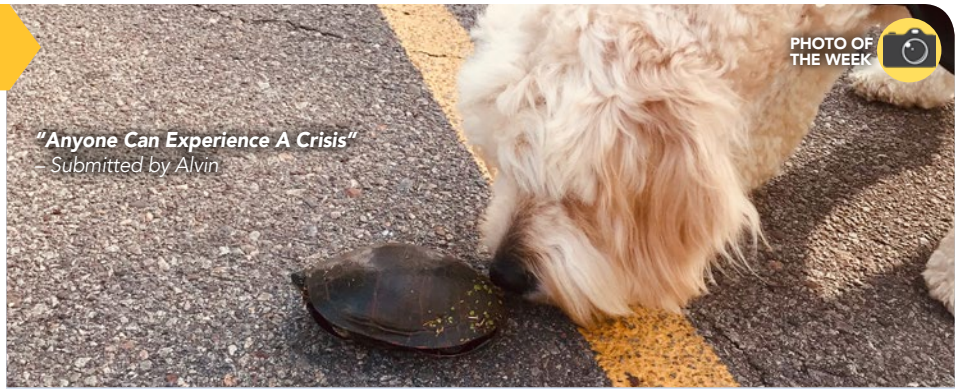


"Anyone Can Experience A Crisis"
Submitted by Alvin



NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

The Temperature is Rising

It is officially summer as the temperature and heat rises. Kind of feels like the heat is rising with all we have going on here at North Central Health Care. As I wipe the sweat from my brow, I think this is all worth it. What we are working on here, and there is a lot, matters. It matters for patients and residents. It matters for our future. It matters for our community's future. It is absolutely so fun to be part of what we are working on as an organization.

As we wrap up this week we are close to breaking ground on our new aquatic therapy pool, we are moving closer to hopefully working with Pine Crest nursing home on a long-term basis, and are bringing on a new team from Lincoln Industries into our Adult Day, Prevocational and Demand Transportation family.

The most rewarding thing in life is to work on something worthwhile. To work hard, make friends, and have fun in the process. I feel as though that is what we are all about here at NCHC.

Thank you for all you're doing to be part of that vision. A vision of *Lives Enriched and Fulfilled*. A vision for you, our patients and residents, and our entire community.

Make it a great day,

Michael Loy



WERE YOU UNABLE TO ATTEND 2ND QUARTER EMPLOYEE UPDATES?

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 2nd 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/zirSKVKmniA>

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

NCHC United Way Team
Basket Raffle 2

Groundbreaking 3

August 5, 2019!!!!

Hard Hat Updates 4

What You Need to Know Today!

Hmong Wausau
Festival Parking 5

July 27 – 28 - Get the Details!

New Professional
Development Opps.!..... 7

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, July 22 –
Sunday, August 4

Brenda
Glodowski



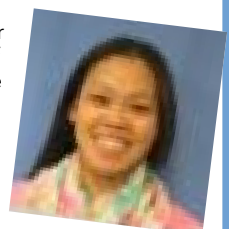
Person-Centered
Shout

out

Chue Xiong,
IMS

Why: Thank you for the endless hours of build you did for the ZeroSuicide project!

Submitted by:
Ashley Downing





DUTY CALLS

When duty calls at North Central Health Care, as a therapy dog, Alvin can help in tough situations to help calm patients. When they feel ready, they will be more willing to come out of their shells and talk to our professionals in the Crisis Center. We are so grateful he is here to help people. Recently, he even helped a turtle on his way into work. Anyone can experience a crisis.



"Anyone Can Experience A Crisis" – Submitted by Alvin

PHOTO OF THE WEEK



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.



INPATIENT SERVICES REQUEST GARDENING SUPPLIES

Can You Help?

Inpatient Services is looking to gather some gardening supplies for some projects in the unit. If you are able to help and donate new or gently used items, please drop them off in the Mail room or interoffice mail them to Inpatient Services. They are looking for things like:

- Planting Soil
- Flower Seeds
- Tomato Seeds
- Herbal Seeds
- Cardboard Egg Cartons/Small Pots/plastic cups
- Spray Bottle/mini watering can

NCHC United Way "Basket" Raffle

Tickets
\$1 ea. or 6/\$5

July 22-26th
Wausau Campus Cafeteria



Tickets Available
9am - 3pm / Mon-Thur
9am - Noon/ Fri

Raffle Drawing @ Noon Friday



Funds raised will be used to purchase food
for local United Way supported food pantries.

You can view baskets online at www.norcen.org/UnitedWay

*All off-campus tickets need to be received by 10am on Friday, July 26 to be included in raffle drawing.

DO YOU WORK OFF-CAMPUS?

You Can Still View All the
Raffle Baskets Online!!!!

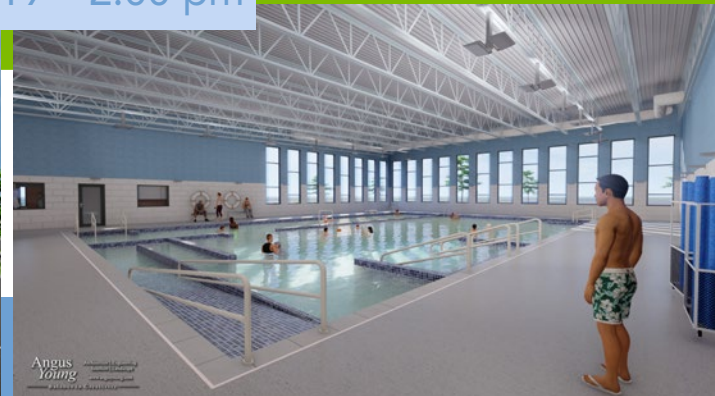
Visit

www.norcen.org/UnitedWay
and click on Basket Raffle!



Aquatic Therapy Pool Groundbreaking Event!

August 5, 2019 • 2:00 pm



We are on our way! The bids are in, the contractor is selected and on Monday, August 5 at 2:00 pm you are invited to attend the Aquatic Therapy Pool Groundbreaking event! Grab a hard hat and shovel and dig in!

Join us under the tent at the site of the new pool, located between Mount View Care Center and NCHC parking lots! Refreshments will be served with an opportunity to grab a shovel, move some dirt and celebrate!

All are welcome to join us as we begin to build the future of Aquatic Therapy at North Central Health Care!

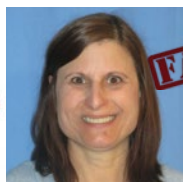


www.norcen.org/Renovations • email: Renovations@norcen.org

INTRODUCING THE MOCK SURVEY TEAM!

The Fake-O-JACHOS

Who are they?? >>>>>



Kathy Buckli



Judy Rannow



Jennifer Peaslee



Janelle Hintz



Ben Fischer



Chris Bleck

What do they do??

In teams of two, we will be visiting your units (HSO) programs to conduct tracers on high risk and frequently surveyed items, provide education and get you ready for our Joint Commission Survey. You'll know it's us because we'll have bright yellow/gold clipboards and name badges

When are they coming??

The Fake-O-JACHOS are starting with the inpatient unit, community treatment and outpatient beginning this month. We'll rotate through all accredited programs each month.

The (real) Joint Commission Surveyors can arrive anytime beginning the end of September through the end of March 2020.

Managers-Mock Survey Teams will be scheduling with you ahead of time.

What's required of me??

Participate! This is to help you feel comfortable with the survey process as you are who the surveyors want to talk to. Feedback will be given in real time and results will be provided to the department manager/director. All participants will receive recognition and a small reward of unspeakable value.

Did you know???

JACHO (pronounced Jay-Co) is a term no longer used-it's now The Joint Commission.



LEGIONELLA CASES RISING IN WISCONSIN Predominantly in Elderly Population

NCHC received a memo from DHS this week about the rise in Legionella cases across the state and all-staff received information via email. The median age of those affected is 63 which poses as a potential risk, especially for our residents in MVCC, but also for all of our consumers throughout NCHC. In long-term care facilities and hospitals, the most likely sources for spreading water droplets contaminated with Legionella are:

- Showers and faucets
- Hot Tubs
- Cooling towers, which are parts of large centralized air conditioning systems
- Decorative fountains and water features

From the resources I gathered from APIC, CDC, and DHS, the best way for our staff to limit the chance of exposing our consumers, residents, and staff is to:

- Limit water stagnation in pipes and plumbing
- Hang shower heads down to allow excess water to drain from shower heads
- Flush toilets not frequently used and faucets daily to prevent stagnation that assists Legionella colonization
- Routine maintenance of central air cooling towers to limit chances of Legionella colonization
- Cleaning/disinfection of water features and fountains to limit chances of Legionella colonization
- Remind residents, staff and visitors (who can be children) to not put hands in, or drink water from water features and fountains

We all play in active role in preventing the spread of infectious diseases. That first step is educating one another and sharing the information with others. If you have any questions please let me know.

Tim Holzem, Infection Preventionist
Laboratory Supervisor 715-848-4523
THolzem@norcen.org



HARD HAT UPDATE

Keeping you up to speed on construction around NCHC locations, so that we can communicate together with staff, visitors and those we serve.



WAUSAU CAMPUS:

Effective immediately: All Wausau Campus staff who in the front parking lots near the yellow flag will now need to park in the rear lots between the Gardenside Crossing and Lake View Professional Plaza. The 2 far back rows of parking will be in the Yellow Flag lot will be consumed by construction roads for truck and be fenced off.

Even though construction has not begun, fencing, construction equipment and staging will begin at the end of July and early October. Get in the habit now of parking in back!

The majority of the Mount View Care Center front parking lot should remain open during construction however will be fenced. Marathon County F&CM will be working with Wausau Transit System on the bus routes and stops, as changes will need to be made.

Contractor and construction traffic will be using Lake View Drive ONLY. There will be no construction traffic on Ethel, Marshall or Sturgeon Eddy streets.

Near Alexander Airport Park, Marathon County will be installing cross-walk signs which are solar powered and provide a push button flashing lights for pedestrians this will increase safety for those going to the park and maybe interacting with construction traffic.

WALKING PATHS ON WAUSAU CAMPUS

Walking paths on the Wausau campus will remain open throughout the entire construction period.



FILL A BACKPACK FILL A NEED

SCHOOL SUPPLY DRIVE



**Collecting July 29th through
Friday, August 9!**

Please drop off donations at Volunteer Services or place in a collection box on the Wausau Campus in the Cafeteria, MVCC entrance, Aquatic Services, NCHC entrance, Staff Lounge (near hub) or Community Treatment!

SCHOOL SUPPLIES OF GREATEST NEED

Colorful Backpacks (New)

Wide-lined Notebooks*

2-Pocket Folders*

Wide-lined Filler Paper

Plastic Pencil Boxes

Pencil Pouches

Colored Washable Markers

Colored Pencils

*Red, blue, yellow, or green

Crayons (24 count box)

Glue and Glue Sticks

Scissors (Blunt or pointed)

#2 Pencils

Yellow Highlighters

Rulers (12 inch)

Large Pink Erasers

Pens (Red)*

Donations will be collected until Friday, August 9. Fill A Backpack Fill A Need is a project of the Workplace Volunteer Council for Marathon County. All donations in Antigo/Merrill will be distributed to local schools in need.



HMONG WAUSAU FESTIVAL 2019 **PARKING**

At North Central Health Care Wausau Campus

1100 Lake View Drive, Wausau, Near the Downtown Wausau Airport

As a Proud Partner of the Event, Shuttle Buses will run all weekend, to and from the Event to our Campus!

Saturday, July 27 and Sunday, July 28

The Wausau Hmong Festival begins Saturday, July 27 through Sunday, July 28. We are very supportive of our local events, and as a health care provider, NCHC also needs to ensure that there is open access to our Wausau Campus and continued operations during this event. To ensure our patients, clients, service providers and visitors have open and easy access to our building, and in collaboration with our community partners at the Hmong Wausau Festival, North Central Health Care has taken proactive steps to ensure the proper use of our parking facilities during this event.

Saturday and Sunday - The Mount View Care Center parking lot AND access to the rear of the building and parking areas will be restricted to Employees and Visitors ONLY. An official NCHC or Wausau Campus employee ID badge will be required to enter both of these areas. Without an employee ID badge, you will not be admitted. **Please see map below.** Throughout the event, NCHC will be allowing event participants to use the Main Campus entrance parking area, however **parking on the grass areas will not be permitted.**



North Central Health Care

Person centered. Outcome focused.

3rd Annual Hmong Wausau Festival 2019

Eastbay Sports Complex
602 E. Kent Street, Wausau

A weekend of music, competition, sports, food, and FUN! There will be sports, games for kids, amazing vendors, dance and singing competitions and much more!!

Admissions: \$7.00,
(price includes the Night Festival)

 @hmongwausaufestival

**1100 Lake View Drive, Wausau,
Near the Downtown Wausau Airport**



A Shuttle Bus will be available for transport to/from the bus stop on the Wausau Campus to the Eastbay Sports Complex.



HRinsights

NEW Position Posting

Title: Administrative Assistant**Status:** Full Time**Location:** Community Treatment Wausau<http://bit.ly/AdminAsstCTx>

The purpose of this position is to perform administrative support duties associated with Community Treatment programs.

Education and Experience Requirement

High school diploma or equivalent

Less than one year experience

Thorough knowledge of Microsoft Office, including Word & Excel.

Preferred: Associate's degree in Administrative Professional or related

One to three years clerical and administrative/management support experience

For a realistic job preview of this opportunity please visit:
www.norcen.org/RJP

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 and click REGISTER or enroll now [here](#). Use the Plan Number **98971-01** and the Plan Enrollment Code **UoNeJ3pb** expiration date 10/1/2019.

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!

Login 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**.

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.

WDC Program Meeting Schedule

Date	Time	Topic	Location
Wednesday, July 10 th	11:00am-1:30pm	Account Review Sessions	NCHC Campus-Badger Room
Wednesday, July 31 st	1:00pm-2:00pm		Merrill Office 607 N. Sales St.
	3:00pm-4:00pm		Antigo Office 1225 Langlade Rd

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

EMPLOYEE LIFE INSURANCE PREMIUM ADJUSTMENT

Each year, as of July 1st, our life insurance carrier, Securian, updates the life insurance premiums for employees. If you are enrolled in the life insurance plan, the amount of coverage is based on your annual earnings and the premiums are based on your age. The pay check dated, July 5, 2019, will include a premium increase, only if you have moved into a new age bracket and/or your annual earnings have increased. If your earnings have not increased and you have not moved into a new age bracket, you will not experience a premium change. If you have any questions regarding your life insurance premiums or the amount of coverage please contact, Lynn Wengelski, in Human Resources at ext. 4438.



tidbits on benefits

WELLNESS CORNER

By Sherry Gatewood, PA

UPDATE on E Cigarettes

E-cigarettes are battery-operated devices that heat a liquid containing nicotine. This fluid is heated in the device, then inhaled to deliver the nicotine and exhaled like a cigarette. The use of E cigarettes has become a fad amongst youth and other non-smokers. In 2018, 4.9% of middle schoolers and 20.8% of high schoolers reported having used e-cigarettes within 30 days. There are studies and reports showing that nicotine can affect the development of the youth brain. This must be where the old saying "smoking stunts your growth" come from. Our parents really were not lying.

Some facts about E cigarettes, or vaping:

The liquids contain nicotine, flavoring and can be used to deliver marijuana and other drugs.

They can look like regular cigarettes, pipes, pens, USB sticks and other everyday items.

The aerosol inhaled and exhaled is potentially harmful to the lungs. Heavy metals such as nickel, tin, and lead are contained. The E cigarette is not FDA approved so there is no certainty in what is contained. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

Nicotine is highly addictive. (Ask anyone who wishes they could quit smoking or using smokeless tobacco). Nicotine is toxic to developing fetuses, can harm

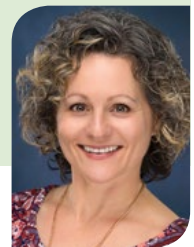


NOTICE: Sherry Gatewood will be out of the office from July 22-26. During that time our clinic will be staffed with our medical assistant and administrative specialist. We will be able to perform nurse type visits including blood pressure checks, lab draws, weight checks, immunizations, and drug screens. Also, we will be able to schedule appointments for Sherry when she returns from vacation.

adolescent brain development (which continues into the early to mid 20s.) It is a health danger for pregnant women.

There have been reports of nicotine poisoning.

There have been reports of un-intentional injuries including fires and burn from E cigarettes due to batteries exploding. Some instances occurred while the E-cig was being charged.



Sherry Gatewood

**THE BOTTOM LINE**

- E-cigarettes have the potential to benefit adult smokers who are not pregnant if used as a complete substitute for regular cigarettes and other smoked tobacco products.
- E-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.
- While e-cigarettes have the potential to benefit some people and harm others, scientists still have a lot to learn about whether e-cigarettes are effective for quitting smoking.
- If you've never smoked or used other tobacco products or e-cigarettes, don't start.
- Additional research can help understand long-term health effects.

For more information, go directly to the CDC website. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html



2019 Professional Development Opportunities for NCHC Employees



NEW SESSIONS ADDED!! July and August 2019 Professional Development Sessions and Upcoming Conferences

Upcoming Conferences, Trainings & Seminars: to help develop each employee's professional skills. These opportunities for continuous improvement include on-site internal and external trainings as well as off-site opportunities. Please submit completed NCHC Professional Development Request Form to Organizational Development or sign-up in HealthStream.

Manager Specific Professional Development Opportunities

Register through HealthStream

New Topic: Competencies for All

Time: 1 hour

Description: As a manager, you have heard quite a bit about competencies. In this session we will cover the need for competencies and how to develop, use and validate competencies to drive service excellence and employee engagement.

Date: Tuesday, July 23, 2019

Time: 9:00pm - 10:00pm

Room: DeSanctis Room

Target Audience: Managers

Presenters: Judy Rannow &

Chris Bleck

Room: DeSanctis Room

Topic: Behavioral Interviewing and Hiring for Managers

Time: 3 hours

Description: This session covers what managers need to know about interviewing and hiring new staff. If you hire or need to hire staff, this session is a great place to learn the ins and outs of interviewing and hiring at NCHC.

Date: Monday, August 5, 2019

Time: 1:30pm - 4:30pm

Room: Wausau Board Room

Target Audience: Managers

Presenters: Chris Bleck

Room: Wausau Board Room

New Topic: Intergenerational Teams

Time: 2 hours

Description: For the first time in history, there may be as many as five generations in the workforce. Managing work expectations is hard enough without having to know and understand what every generation needs. In this session we will focus on intergenerational differences, the reason for those differences and how to lead intergenerational teams.

Date: Wednesday, August 7, 2019

Time: 8:00am - 10:00am

Room: DeSanctis Room

Target Audience: Managers

Presenters: Judy Rannow

Room: DeSanctis Room

New Topic: Financial Reporting for Leaders

Time: 1 hour

Description: During this session, learn how each financial report should be interpreted; what fields mean; what to look for and what's important to know about financial reporting.

Date: Thursday, August 8, 2019

Time: 2:00pm - 3:00pm

Room: Iris Room

Target Audience: Managers

Presenters: Kim Wieloch

Room: Iris Room

New Topic: Professional Development Coaching Conversations

Time: 2 hours

Description: How do you encourage and coach employees to develop their skills and grow in their role? In this session, you will learn to use professional development plans and career maps to coach employees toward development opportunities.

Date: Wednesday, August 14, 2019

Time: 8:30am - 10:30am

Room: DeSanctis Room

Target Audience: Managers

Presenters: Judy Rannow

Room: DeSanctis Room

Topic: Delegation for Managers

Time: 1 hour

Description: Explore personal barriers to delegation as well as delegation best practices. After this session, you will have the tools to confidently delegate without micromanaging.

Date: Thursday, August 22, 2019

Time: 11:00am - Noon

Room: Board Room

Target Audience: Managers

Presenters: Judy Rannow

Room: Board Room

Open Session Professional Development Opportunities

Register through HealthStream

Topic: Having Difficult & Crucial Conversations

Time: 2 hours

Description: If you dread or avoid having difficult conversations with others, you should attend this course. In the session, you will learn to use an effective framework for having difficult conversations as well as practice your difficult conversation skills.

Date: Wednesday, July 24, 2019

Time: 9:00am - 11:00am

Room: DeSanctis Room

Target Audience: All Staff

Presenters: Chris Bleck & Judy Rannow

Room: DeSanctis Room

Topic: Conflict Resolution

Time: 2 hours

Description: If you avoid conflict or want to learn how to better resolve conflict, this session is for you. In this session you will learn your natural conflict style as well as how to manage and resolve conflict.

Date: Wednesday, July 31, 2019

Time: 1:00pm - 3:00pm

Room: DeSanctis Room

Target Audience: All Staff

Presenters: Judy Rannow & TBD

Room: DeSanctis Room

New Topic: Managing Multiple Priorities

Time: 2 hours

Description: We all want to become better at time management yet, can we really manage time? In this session, we will focus on what we do with our time, how to prioritize work and manage multiple priorities.

Date: Monday, August 12, 2019

Time: 10:00am - Noon

Room: Wausau Board Room

Target Audience: All Staff

Presenters: Judy Rannow

Room: Wausau Board Room

Topic: So You Think You Want to be a Manager?

Time: 2 hours

Description: If you are interested in becoming a manager, attend this panel discussion to learn what managers at NCHC really do. Learn about manager expectations and what a day in the life of a manager looks like. Attendees should bring 2-3 questions to ask panel participants.

Date: Tuesday, August 20, 2019

Time: 11:00am - Noon

Room: Iris Room

Target Audience: All Staff

Presenters: Kathy Buckli, Michelle Carr & others TBA

Room: Iris Room

Special Topic Professional Development Opportunities

Register through HealthStream

Additional Special Topic Professional Development Opportunities will be announced as they become available

NCHC Ongoing Special Topic Professional Development Opportunities

*These sessions are presented during the NCHC New Hire Orientation. Staff that have not yet attended are welcome to attend the sessions. Contact Mary Jo Monday to register (dates/times may change based on presenters schedule).

Topic: NCHC: Who We Serve Trauma & Trauma Informed Care Overview

Time: 1/2 hour

Date: Tuesday (Day 2 NHO)

Time: 10:00am-10:30am

Room: Board Room

Presenter: Judy Rannow

Topic: NCHC: Who We Serve Diversity

Time: 1/2 hour

Date: Tuesday (Day 2 NHO)

Time: 10:30am-11:00am

Room: Board Room

Presenter: Judy Rannow

Topic: NCHC: Who We Serve Dementia Care

Time: 1 hour

Date: Tuesday (Day 2 NHO)

Time: 11:00am-Noon

Room: Board Room

Presenters: Cagney Martin & Merry Wimmer

Topic: NCHC: Who We Serve Mental/Behavioral Health & NCHC Continuum of Care

Time: 1 hour 15 min

Date: Tuesday (Day 2 NHO)

Time: 12:45pm - 2:00pm

Room: Board Room

Presenters: Dr. Jon Snider & Daniel Shine

Topic: Situational Awareness & CART Team

Time: 2 hours

Date: Thursday (Day 2 NHO)

Time: 10:00am - 12:15pm

Room: Board Room

Presenters: Bob Wilcox, Chuck Kerstell & CART Team

UWGB BHTP Professional Development Opportunities

Submit completed NCHC Professional Development Request Form to OD

Topic: Assessing and Managing Suicide Risk (AMSR)

Target Audience: All Staff

Date: Thursday, July 25, 2019

Location: Green Bay

Presenter: Jessica Beauchamp, MSW, LCSW

Time: 9:00am-4:00pm

Cost: FREE (includes lunch, materials and 6.5 CEH)

Limited space - first come-first served basis.

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Date: Wednesday, July 24, 2019

Time: 9:00am - 11:00am

Room: DeSanctis Room

Target Audience: All Staff

Presenters: Chris Bleck & Judy Rannow

Room: DeSanctis Room

Description: AMSR is a one-day training workshop for behavioral health professionals. The 6.5-hour training program is based on the latest research and designed to help participants provide safer suicide care. Health care providers face many challenges when working with patients and clients at risk for suicide. Some patients may not disclose thoughts of suicide, and even when they do, the health care provider must make judgement calls about unpredictable outcomes, often with insufficient or contradictory information. This training will develop the five areas of competency for AMSR:

1. Approaching Your Work
2. Understanding Suicide
3. Gathering Information
4. Formulating Risk
5. Planning and Responding

Additional Outside Professional Development Opportunities

Submit completed NCHC Professional Development Request Form to OD

Topic: Human Trafficking Prevention Awareness

Target Audience: Behavioral Health Professionals, Social Workers

Date: Monday, July 22, 2019

Location: Marathon City Public Library/Wausau Community Room-Floor 2

Presenters: Human Trafficking/Jon Meyer (WI Dept of Justice, Division of Criminal Investigation and Awareness/William Gray (WI Dept of Revenue, Alcohol and Tobacco Enforcement Agent)

Time: 5:00pm-8:00pm

Cost: \$20 (includes lunch & 4 CEU's)

Topic: Mental Health First Aid

Target Audience: All Staff

Date: Saturday, July 27, 2019

Location: St. John's Lutheran Church/83750 Hwy 13, Spencer, WI

Description: This course covers the common signs and symptoms of mental illness; common signs and symptoms of substance use; how to interact with a person in crisis; how to connect the person with help. New: how to administer naloxone in the event of an opioid overdose.

Time: 9:00am - 5:00pm

Cost: \$30 (includes lunch & book)

Topic: Now Is The Time Conference

Target Audience: All Staff

Date: Tues & Wed, August 13-14, 2019

Location: UW-Whitewater

Presenters: Forthcoming

Description: The focus of this conference is strategies to improve support systems around youth and young adults ages 16-25 that have or are at risk of a mental health diagnosis.

Time: Forthcoming

Cost: Free

Topic: Overcoming Addiction Together - Taking Care of Ourselves as We Care for Others (Workshop 3)

Target Audience: Behavioral Health Professionals, Social Workers

Date: Thursday, August 15, 2019*

Location: Northcentral Technical College, Wausau*

Presenters: (Plenary Speaker) Jeff VanVonderen; (Closing Speaker) Jesse Heffernan

Description: Breakout Sessions include: Aromatherapy, Rise Up Art, Meditation, Yoga, Taking Care of Yourself: Mind, Body, Spirit

Time: 8:30am-1:00pm

Cost: \$20 (includes lunch & 4 CEU's)

*Workshop offered at Nicolet College in Rhinelander on August 16, 2019

Topic: Children Come First Conference

Target Audience: Behavioral Health Professionals, Social Workers of Children & Young Adults

Date: November



Starla's Seasonings & Mixes

www.StarlaSeasonings.com

Seasoning, Dip, Cheesecake, Beer Bread & More!

NEW! Garlic Cheddar Beer Bread
Just add a carbonated soda or beer, mix, bake, and you have bread! Mix can also make Garlic Cheddar Sticks, Biscuits or Hash Puppies.
Use with your favorite dip or as a quick addition to any meal.



HERBY

Grandma's Garden
Indulge your taste buds in a perfect harmony of garden delights. Great sprinkled on chicken, tenderloin, steaks, fish, veggie packets, add to soups and breads. Easy olive oil bread dip too!

Citrus Dill
Your pallet will experience the exhilarating flavor of dill, and then a blissful zing of orange and lemon.
Great on fish, chicken, tenderloin, vegetables, eggs or pork.

Glorious Garlic
A fabulous combination of garlic, onion and spices makes this seasoning a glorious cooking companion.
Add to ground beef or turkey to make tasty meatloaf or hamburgers. It also makes a wonderful garlic bread.

Peppercorn Ranch
A satisfying seasoning blend of ranch, cracked peppercorn and garlic.
Makes an easy salad dressing, dip, pasta or potato salad, meat rub, chicken, chex mix, popcorn and potato topping.

CHEESY

BLT
Our customers' favorite seasoning! Layered flavors of cheese, bacon, tomato then a hint of garlic.
Add into hamburgers, Mac & Cheese & potatoes. Great sprinkled on steaks, pork chops and chicken. Makes a flavorful fondue.

Cheesy Bacon Ranch
This combination tastes as good as it sounds! This is a kids' first choice, but definitely a party pleaser!
Add into mashed potatoes, noodles or hamburger meat. Great sprinkled on chicken, pork chops, steaks, or make a cheese-balls.

Pesto Parmesan
A perfect blend of Italian herbs, spices & Parmesan cheese makes this one of our most delicious and versatile mixes.
Great sprinkled in pasta and Italian dishes, a bread dipping oil or add into cottage or cream cheese.

Pizza
This dip erupts with the flavors of a cheesy pizza. It is sure to satisfy all!
Fantastic done warm with cream cheese. Heavily seasoning for burgers, pasta, vegetables, chicken, steaks, hamburger buns.

NEW FLAVOR! Nacho Mama
Nacho Mama is a tasty cheesy blend with a hint of nacho. Fantastic as a dip, cheese-balls, warm fondue or Chex mix. Add it to Mac & Cheese, hamburgers, chicken, pasta, omelets, sprinkle on steaks, roasts cottage cheese and more.

NEW FLAVOR! Cheesy Spinach
A perfect blend of spinach, onion, garlic and Parmesan Cheese. Can be a hot Cheesy Spinach Artichoke Dip, Quiche, cream cheese spread, baked fish, or easy seasoned crackers.

ZIPPY

Twisted Tomato
Enjoy a tangy twist of tomato with the zip of horseradish. This blend complements Bloody Mary's, chicken breasts, ham, beef roasts, tenderloins, flavored mayo's and deli sandwiches.

Mustard Horseradish
Add a kick to any party with a fabulous fusion of mustard and horseradish.
Tasty gourmet flavoring on mashed potatoes, chicken, steaks, tenderloin, or make a zippy cheese-ball.

Mango Chipotle
An unbelievable partnership of sweet and spicy.
Season chicken, steaks, roasts, vegetables, pork, and fish. Shake onto popcorn for a flavorful change!

Buffalo Wing Ranch
The spice of the Buffalo Wing is complimented by the creamy cooling flavor of ranch.
Great addition on pizza, chicken, hamburgers, tenderloin, steaks, or sprinkle it onto popcorn or fries.

HOT Habanero
If you relish the hotter things in life- this seasoning is for you! It is a blazing combination of fiery spices.
Zip up tacos, pork chops, ribs, hamburgers, chicken, vegetables, steaks, tenderloin, or make a spicy hot cheese-ball.

SWEET

NEW FLAVOR! Key Lime Pie
It is like a vacation in a dessert and the perfect blend of tart and sweet.
This mix can be used as a cheesecake, fruit dip, cheese ball, flavored cottage cheese or cream cheese. Make a tasty Chex mix or seasoned pretzels. Add into your pancakes or muffins.

Cinnamon Apple Spice
This mix can be used as a sweet fruit dip, cheese ball, cheesecake, flavored Texas cinnamon butter or flavored cream cheese. Make easy campfire donuts, pancakes, waffles or muffins. Sprinkle on toast, bagels and coffee cakes, make a gourmet whipping cream and more!

Caramel Pumpkin
A classic favorite with a delicate hint of caramel.
Make easy seasoned nuts, pretzels, Chex mix, fruit, quick cheesecake, sweet fruit dip and more.
Create tasty Caramel Pumpkin grilled peaches, and pineapple.

NEW FLAVOR! Sweet Strawberry
A sweet combination of berry goodness makes up my newest blend.
Make it into a fruit dip, cheesecake, cheese ball, frosting, gourmet cream cheese or a Greek Yogurt Dessert Delight!
Fantastic added to pancakes, French toast and muffins.

Chocolate Java
A perfect combination of flavors makes up this blend.
Make it easily into a fruit dip, cheesecake, cheese ball, frosting, gourmet cream cheese or a Greek Yogurt Dessert Delight!
Fantastic added to pancakes, French toast and muffins.

YOUTH COMMUNITY TREATMENT FUNDRAISER

Starla's Seasonings & Mixes
Taking Orders Through July 31, 2019

Marathon County Youth Community Treatment is committed to serving youth with special needs throughout Marathon County by offering a variety of services that allow kids to overcome their challenges & live satisfying lives in the community. With financial support, kids have the opportunities to attend specialized camps, participate in activities and to receive the care they need. Proceeds from each dip sold will go directly to the kids and their families served by Community Treatment.

Starla's Seasonings & Mixes are seasonings mixes and packets that can be used for meat, fish, burgers, vegetables, bread, butter, cheese-cake, or even as an easy dip during a holiday party or while tailgating. Starla's Seasonings contain no MSG and no Gluten (except the Garlic Cheddar Beer Bread), and require no refrigeration prior to being made.

If you are interested, stop in to the Wausau Campus Community Treatment Main Office kitchen area to view the flavor descriptions or to fill out the order form and pay (cash or check - payable to Gina Lenz). Please note payment must be received prior to order placement. We will be taking orders through July 31. Contact Jennie Comfort at jcomfort@norcen.org with questions.

Dips are \$5 and bread is \$6 and we get 50% of all sales proceeds which go directly to help the youth we serve attend camps.

Herby Mixes: Grandma's Garden, Citrus Dill, Glorious Garlic, and Peppercorn Ranch

Cheesy Mixes: BLT, Cheesy Bacon Ranch, Pesto Parmesan, Pizza, Nacho Mama, and Cheesy Spinach

Zippy Mixes: Twisted Tomato, Mustard Horseradish, Mango Chipotle, Buffalo Wing Ranch, and HOT Habanero

Sweet Mixes: Key Lime Pie, Cinnamon Apple Spice, Caramel Pumpkin, Sweet Strawberry, and Chocolate Java

Garlic Cheddar Beer Bread Mix is also available!



Housing & Homelessness Coalition
an initiative of United Way of Marathon County

Are you homeless?
Do you know someone who is homeless?
Are you worried about becoming homeless?

Come to Project Connect to get information about housing and community resources!

FREE Lunch Served 12:00-1:00



Children are welcome!

THURSDAY, July 25, 2019
10:30 AM - 1:30 PM

FREE haircuts
starting at 12:30pm

The Salvation Army
Worship and Community Center
103 S. Second Avenue, Wausau

On Bus Routes B, G and I

United Way
of Marathon County



The residents of Mount View Care Center are heading to the Wisconsin Valley Fair and we need your help! We are looking for 15 volunteers on each of the following dates, no need to commit to both days.

• **Wednesday, July 31st ~ 11:00am – 3:00pm**

• **Friday, August 2nd ~ 10:00am – 2:30pm**

You will be assisting residents on their excursion to the fair. Volunteers must be able to push a wheelchair. Volunteers will be given a \$5.00 meal stipend (think cheese curds... mmm). If you are interested in this fun opportunity or would like more information please contact the volunteer office at 715.848.4450. Thank you for your support.





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



JULY 22 – 26, 2019

MON 7/22English Garden Soup

Hot Roast Beef Sandwich
w/Mashed Potatoes

Vegetable Lasagna

Zucchini & Tomatoes & Garlic Bread
Oatmeal Raisin Cookie
Fruit Cocktail Salad

TUES 7/23.....Corn Chowder

Grilled Chicken Breast
w/Balsamic Vinegar

Hot Ham

Yams and Green Bean Deluxe
Rhubarb Cake

WED 7/24Chicken Noodle Soup

Chicken Bacon Ranch Wrap

Hand Breaded Cod

Fried Potatoes
Creamy Cole Slaw
Luscious Lemon Bar

THUR 7/25Baked Potato Soup

Nachos Supreme

Meatloaf

Mashed Potatoes
Peas
Strawberry Sauce

FRI 7/26Vegetable Soup

Gyros

Sweet/Sour Glazed Chicken

Twice Baked Mashed Potatoes
Carrots
Chocolate Cake w/Fudge Icing



Marathon County
Employees Credit Union

We Are at NCHC Every Week!

When: Thursdays from 11:30 am - 1:00 pm

**Where: Office #1416
(Just down the hall from the gym)**



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