



A Weekly Update
For The Employees of
North Central Health Care



NEWS YOU CAN USE



WEEKLY CONNECTION WITH GARY OLSEN

This week, we have a powerful opportunity to participate in one of the greatest parts of our democracy: voting for the next president of the United States. Like many of you, I'm ready for a break from the constant political commercials, calls, and mailings. (My mailbox is practically overflowing!) But as Election Day approaches, I'm reminded of the privilege we have to help shape our nation's future.

On Tuesday, November 5th, I encourage each of you to head to the polls and cast your vote – not just for president, but for all the other federal and state offices on the ballot. Every single vote counts, and as a swing state, Wisconsin's voice matters more than ever.

This election season is a reflection of many of our Core Values: *Dignity, Integrity, Accountability, Partnership, and Continuous Improvement*. We may have different perspectives and support different candidates, and that's what makes our democracy strong. I hope that we'll continue to show respect and support to one another, even when we don't agree on every issue.

So, make a plan to vote if you haven't already, and let's exercise this important right. And on Wednesday, we can all look forward to watching TV and getting mail without a steady stream of campaign ads!

Thank you for all each of you do here at NCHC, and for voting.

Gary Olsen
Executive Director



- Halloween Fun! **2**
- Wisconsin Deferred Compensation Program .. **3**
- Meet Our New Employees! **4**
- November Organizational Learning Updates **5**
- Holiday Donations **6**
- Vaccination Reminder **7**
- Foodie Forecast **8-9**

Person-Centered

Shout out

Jackie Pudelko,
Mailroom Clerk

Thanks for all the help with the mailings. this week!

Shared By:
Gregory and Katie

Occurrence Reporting Hotline

x4488 or 715.848.4488

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



Halloween Fun!



FIND MORE GREAT HALLOWEEN PHOTOS ON OUR NCHC EMPLOYEE FACEBOOK GROUP!



PHOTO OF THE WEEK



GABBIN' with GARY

A Monthly Gab Session with Executive Director, Gary Olsen

OCTOBER GAB SESSION: HOUSEKEEPING

Inspired by Core Values & Committed to Person-Centered Service!



Gary Olsen – Executive Director Jackie Aschebrock - Housekeeping Coordinator Mathew Beyer – EVS Manager




Helping You Turn Over a New Retirement Leaf

Let's talk retirement

WISCONSIN DEFERRED COMPENSATION PROGRAM

Talk with a Retirement Plan Advisor about the WDC Program!

Meeting with your WDC Retirement Plan Advisor is an easy way to help make sure your savings and spending strategy fits you and your future. Schedule a one-on-one appointment. Additional virtual meeting dates and times can be found at https://nc_wisconsin.timetap.com/#/.

Next meeting:
Individual Retirement Readiness Review with Shawn Bresnahan

Thursday, November 21 • 10am-3pm
North Central Health Care Wausau Campus
Robin Room (#1206) Located in Suite A by HR
2400 Marshall Street
Wausau, WI 54403

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

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

The Benefits of Enrolling in the Wisconsin Deferred Compensation Program (WDC)

Investment Options

Check Your NCHC Email for these great resources and links from WDC!

WAUSAU CAMPUS Scrub Sale!

Friday, November 15
01:00pm - 04:00pm

Payroll Deduction - Cash - Credit Card



Introducing Cureology by Koi
Koi's newest collection brings ultra soft, 100% polyester stretch fabric with advanced moisture wicking

NOW AVAILABLE

Sign-up to get email reminders and a coupon to use on our next visit!



Can't scan the code above? Go to scrubsonwheels.com/remind-me and use the code below to sign up:

UCZWR4Q



Long Sleeve Tees
NOW AVAILABLE



Phone: 866-727-8273 Fax: 574-970-0382 www.scrubsonwheels.com



TRIA HEALTH OFFERS FREE BLOOD GLUCOSE METERS & TESTING SUPPLIES



QUALIFY TO RECEIVE UP TO \$150 BY ATTENDING 3 PHARMACIST CONSULTATIONS WITHIN A 12-MONTH PERIOD.



DIABETES CAN BE A LOT TO MANAGE

Tria Health Offers Free Phone Consultations with Certified Diabetes Care and Education Specialists

GET SCHEDULED TODAY!

Call: 913.322.8456

Visit: www.triahealth.com/schedule





WELCOME THESE *New Employees* TO THE TEAM!

These employees were welcomed at Orientation on October 28, 2024!

Mount View Care Center



Julia Bapp
Hospitality Assistant



Abigail Burgoyne
Hospitality Assistant



Wendy Vargas
CNA



Jenna Maddix
Hospitality Assistant



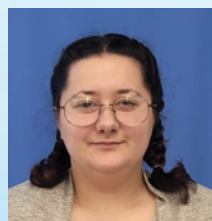
Viviane Gomes
Hospitality Assistant



Chai Lee
Hospitality Assistant



Lisa Mohr
Hospitality Assistant



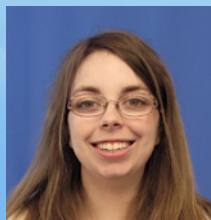
Cecilia Raub
Hospitality Assistant

Adult Protective Services



Kristine O'Flyng
Protective Services Rep

Health Information



Danielle Gurski
Record Destruction Specialist

Lakeside Recovery



Shaine Bryant
Behavioral Health Professional

Adult Hospital



Carmen Morgan
Behavioral Health Professional

We are so excited to have you on our team!





Tailgate with Us!

Marathon County Employees Credit Union

SAVE THE DATE
Friday, November 15, 2024

MCECU's Tailgate Party
Food starts at 11
Fun to be had ALL DAY

Where Members Come First!
Not a Member? Contact Us Today!
715-261-7680

North Central Health Care and Aspirus Women's Health have teamed up to offer your **annual mammogram** right onsite!

- January 17, 2025
- May 23, 2025
- June 13, 2025
- July 18, 2025

Appointment is required



3D mammography is available and covered by North Central Health Care's Health plan benefits.

- Note: You will need 3D CPT codes: screening mammogram 77067 and 77063

For an appointment call Aspirus Central Scheduling at 866.672.5133, option 1, then option 1 again. Tell the receptionist you want a **North Central Health Care Mobile Mammo unit** appointment. An order from your health care provider is not needed. Patients under 40 years of age will need a recommendation and order from their primary care provider to receive this benefit.

You will be asked to provide:

- The name of your physician or nurse practitioner to receive results
- Insurance information
- The location(s) of your prior mammograms



WOM154p (1.7.24)

November 2024 Organizational Learning Modules



Each month staff are assigned 30-60 minutes of organizational training that needs to be completed by the due date.

Trainings Have Been Assigned

Log in to *UKG Pro Learning* and complete the following courses:

- NCHC Work Expectations, HR Policy Review, and Job Acknowledgment 2024** (110 minutes)
- Diversity and Inclusion in Teamwork** (10 minutes)
- Complete any outstanding assignments**





North Central Health Care

HOLIDAY DONATION SUGGESTIONS

Below are donation suggestions for clients and residents of North Central Health Care. These items will directly benefit individuals and families receiving services. Donations will be delivered to Mount View Care Center, Group Homes, Community Treatment for Children and Adults, Behavioral Health Hospitals (Youth & Adult), Crisis Stabilization (Youth & Adult) and Outpatient clients in Wausau, Merrill and Antigo.

**Items with an asterisk are most needed.*

Personal Items

- Wallets and Coin Purses
- Sweat shirts - all sizes: S - 4XL
- WARM winter gloves and mittens*
- Winter caps and scarves
- Sweat pants* (S - 4XL)
- Men's Undershirts, Underwear* - S - 4XL
- Women's Underwear* - S - 4XL
- Costume jewelry*, necklaces especially with long chains
- Rubber soled slippers only - all sizes
- Baseball Caps
- Fleece blankets
- Reading Glasses (Variety of Powers)

Toiletries

- Body wash*
- Shampoo & conditioner*
- Hair accessories (brushes, barrettes, hair ties, rattail combs)
- New Make-up (lipstick, ChapStick, etc.)
- Men's shaving items*
- Hand Cream* - small or medium bottles only
- Deodorant* (predominantly Men's)
- Nail Polish*, polish remover, cotton balls
- Toothbrushes & Toothpaste*
- Cologne* for men and women or Aftershave
- Disposable Razors* for men and women
- Feminine Napkins/Tampons
- Small bottles of dish soap or bleach
- Kitchen Sponges
- Laundry detergent and fabric softener sheets
- Cleaning Supplies

Paper Products

- Paperback Bibles (Large print or soft sided)

Unique Suggestions

- Sewing kits
- Anything Green Bay Packers, Badgers, Brewers, Bucks
- Cans of Soda (caffeine-free only)
- Small packages of snacks, gum and candies (sugar-free or regular)
- Gift Certificates to McDonald's, Subway, Walmart, Kwik Trip, Target, Gas Cards, etc.
- Kitchen dish towels
- Sunglasses
- Towel sets: 1 bath towel, 1 hand towel, 2 wash cloths
- Boxes of Chocolates (must be sealed)
- Movie Theater Gift Cards
- Insulated Mugs

Recreation/Craft

- Colored construction paper*
- New 100-300 pieces or less Puzzles or therapeutic puzzles with large pieces*
- Word Search* and Crossword Puzzle Books*
- Adult Coloring Books
- Colored pencils, markers, crayons
- Trinkets (almost any small object) for Bingo prizes
- Inexpensive canvases (all sizes), art paint & brushes
- Glue or glue sticks*
- Tissue Paper
- Decks of Cards (new)
- Pony Beads
- Pens or Pencils
- Christmas Gift Bags for Wrapping (Medium & Large)
- Christmas Wrapping Paper
- Journals

Interested in adopting a client or creating a Giving Tree at your organization or business for the holidays?

Please, contact the NCHC Volunteer Office at **715.848.4450** or **volunteer@norcen.org**

Thank You For Your Generous Support!



North Central Health Care 2024 EMPLOYEE VACCINATION PROGRAM



**ALL Employees
Must Complete by
November 15**

1

Get your Flu and/or Covid vaccinations.

Provided FREE at Employee Vaccination Clinics or from a NCHC Nurse Vaccinator in your department. You can also get your vaccines at your own expense from provider in community. Remember to get proof of vaccination from provider.

2

Complete the required forms.

- Influenza Vaccination OR Declination Form;
- Covid Vaccination OR Declination Form;
- AND
- TB Risk Assessment Form

3

Return your forms to NCHC Employee Health.

Please place completed forms in an interoffice mail envelope to Renee in Employee Health. All forms are due to Employee Health by November 15, 2024. Employees not in compliance will be removed from the schedule.

**EMPLOYEE OPEN
VACCINATION
CLINICS ARE NOW
COMPLETE**

If you would like a flu or Covid vaccination at work, please contact Employee Health at 715.848.4396. We may have some Covid vaccinations available, but this is not guaranteed. If you work in direct care, please contact a Nurse Vaccinator in your program or speak with your manager regarding your options. You may also get your vaccinations at your own expense from a provider in the community.



Visit www.norcen.org/ForEmployees

for more details, FAQ's, and copies of forms!

Questions? Contact your Manager or Employee Health at 715.848.4396



WHAT'S FOR LUNCH?

WAUSAU CAMPUS EMPLOYEE CAFETERIA
OPEN TO ALL NCHC & WAUSAU CAMPUS EMPLOYEES

MONDAY – FRIDAY

WEEKENDS

Grab-N-Go 8 am – 6:30 pm

The Employee Cafeteria is Closed.

Lunch 10 am – 2 pm

Soup, Salad Bar & Hot Food Bar
Soup Served until 6:30 pm or until sold out.

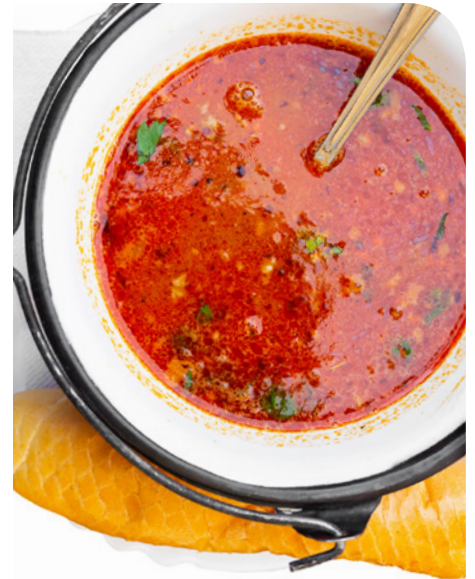
WEEKDAY SALAD BAR &
HOT FOOD BAR \$.45/OUNCE

Daily Hot Sandwich Menu

FEATURING DAILY SPECIALS LIKE GRILLED BEEF & CHEDDAR, CHEESEBURGERS, BBQ SANDWICHES, TUNA MELTS, PIZZA & MORE!!
Make your own cold or hot sandwich with fixins' OR self-serve at the salad bar.

NOVEMBER 4 – 8, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Cheesy Meatloaf Baked Winter Squash Wax Beans	Boiled Dinner Green Beans Dinner Roll	Turkey & Dumplings Mixed Veggies Dinner Roll	Creamy Swiss Steak Baked Potato Gravy Parslied Carrots	Catfish Nuggets Roasted Sweet Potatoes Broccoli Cuts
SOUP	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
SANDWICH	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
DESSERT	Cherry Delight	Blueberry Blondie	Cherry Cake	Cinnamon Baked Apples	Pumpkin Fluff



NOVEMBER 11 – 15, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Baked Chicken Mashed Potato Green Beans	Lasagna Garlic Toast	Country Fried Steak Mashed Potato Zucchini & Tomatoes	Roast Turkey Stuffing Corn	Baked Cod Herbed Rice Coleslaw
SOUP	Cream of Potato Soup	Cream of Broccoli Soup	Texas Tomato Soup	Taco Soup	Split Pea Soup
SANDWICH	Grilled Ham & Cheese	Chicken Tenders	Bacon Cheeseburger	BBQ on Bun	Tuna Melt
DESSERT	Brownie Bottom Cheesecake	Monster Cookie	Snickerdoodle Krispy Bar	Cookies	Cherry Pineapple Dessert





THE BISTRO

NOW OPEN 7 DAYS A WEEK! | WEEKDAYS 7:30AM - 3PM | WEEKENDS: 9:30AM - 5PM

THE BISTRO WILL BE CLOSED ON WEEKENDS FROM 1-1:30PM TO ACCOMODATE STAFF BREAKS

*HOT FOOD IS AVAILABLE AT THE BISTRO DAILY UNTIL 2:30PM *



SPECIAL OF THE WEEK

Buffalo Chicken Wrap/Panini

BUFFALO CHICKEN | AMERICAN & PROVOLONE
ONION | BLUE CHEESE DRESSING

LATTE OF THE WEEK

Autumn Spice Latte

Espresso & steamed milk paired with cloves, nutmeg, cinnamon and a touch of vanilla.

\$1 OFF LARGE LATTES EVERY MONDAY!

**Please note: All sales subject to Sales Tax.*



Ice Cream

ICE CREAM CONE1.50

ICE CREAM SUNDAE2.25



- build your own - **BREAKFAST SANDWICH**

EGG + CHEESE 3.00

EGG, MEAT + CHEESE4.00

PICK YOUR BREAD

CROISSANT | BAGEL
ENGLISH MUFFIN

PICK YOUR MEAT

HAM | SAUSAGE | BACON