



A Weekly Update  
For The Employees of  
North Central Health Care



# NEWS YOU CAN USE

## WEEKLY CONNECTION WITH MARNIE BREDLAU

### Civility: Living Our Core Values Every Day



At North Central Health Care, our core values — Dignity, Integrity, Accountability, Partnership, and Continuous Improvement—guide how we treat those we serve and each other. Civility is a big part of that. It’s about showing kindness, respect, and professionalism in every interaction, whether we’re helping a patient, working through a challenge, or supporting a coworker. A little courtesy goes a long way in creating a workplace where everyone feels valued and appreciated.

Being civil isn’t just about being polite. Small acts of civility—truly listening, assuming good intent, and treating others with respect—can create a ripple effect, inspiring others to do the same. When we lead with dignity and integrity, we build stronger teams, better relationships, and a culture where people thrive. Let’s commit to making civility a daily habit, because the way we treat each other shapes not just our workplace, but the lives we touch every day.

*Marnie Bredlau*

**Marnie Bredlau**  
Senior Director of Human Resources

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Welcome to the *All-New* **Swag Shop!**  
Your Gear, Your Style...All NCHC!

NCHC Apparel, Gear, Recognition & More!

**Free Shipping to Work! Orders Processed Daily!**  
[www.norcen.org/SwagShop](http://www.norcen.org/SwagShop)

**Occurrence Reporting Hotline**  
**x4488 or 715.848.4488**

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

**EMPLOYEE SHOUT OUT!**

**Rachel Riehle**  
Life Enrichment,  
Mount View Care Center

She’s wonderful and loves the residents!

**Shared By: Anonymous Family**



## WI DEPARTMENT OF HEALTH SERVICES WARNS OF POTENTIAL PHISHING ATTEMPT & SPOOFING EMAILS ASKING FOR CREDENTIALS

Emails are Targeting County Employees:  
Do not give your credentials or personal information

The Department of Health Services (DHS) sent notification of an email being sent to county employees that is coming from someone impersonating DHS. These appear to be part of a spear phishing campaign.

### About the Suspicious Email

The email sends users to a webpage that mimics the DHS website and asks users to put their credentials into the form. Do not enter your credentials or any other personal information.

### What Does it Look Like?

This is an example of what is in the scam email. Your content may vary.

**From name:** admin@dhs.wisconsin.gov

**From email** address: autley@rootedschool.org

**Subject:** 2025 Wisconsin Department of Health Services Information Verification.

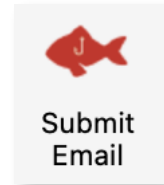
**Body of email:** The body of the email includes public-facing facility information including provider name, address, phone number, and email address. There is a NOTE stating, "This verification link below will expire after 24 hours, if we do not receive your verification/update before the link expires, we will have to revoke your license.

Please note, these emails may be coming from other addresses or contain different language.

### What should I do when reviewing emails for phishing and scams?

When reviewing any email you receive, consider these security tips:

- Watch out for requests that are not reasonable and call for urgent action.
- Always be cautious with links and attachments in emails, especially from a sender you don't recognize.
- Hover to discover; hover over any links and look closely at the URL that's displayed.
- Check the sender's identity. All State of Wisconsin emails come from an email address related to wisconsin.gov. For example: dhscsirt@dhs.wisconsin.gov or dhscsirt@wisconsin.gov. DHS will never send an official email from any other type of email address.
- Phishing messages can come from trusted sources or senders you know. If the request feels "off," verify through alternate means; do not reply to the email sender. Responding to a suspicious email might connect you with the bad actor.
- Promptly report all suspicious messages to our security team by contacting CCITC helpdesk@co.marathon.wi.us, calling 715.261.6710, x6710 or clicking the Phishing Email button in Outlook.



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## 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 virtual (online or by phone) appointment by clicking [https://nc\\_wisconsin.timetap.com/#/](https://nc_wisconsin.timetap.com/#/).

**Next Meeting:**  
Individual Retirement Readiness Review  
with Shawn Bresnahan

**Tuesday, March 4th • 10am-3pm**

North Central Health Care Wausau Campus  
Robin Room #1206  
2400 Marshall Street, Suite A  
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)



# FrontLine

Employee Assistance Program | [ascensionweap.org](http://ascensionweap.org) | [eap@ascension.org](mailto:eap@ascension.org)

## Survive with 'Situational Awareness'

**S**ituational awareness is the practice of being purposely aware of your surroundings and recognizing something that could be a threat, so you are not caught off guard. It's not about living in fear; it's about actively observing your environment so you can act proactively instead of reactively to a threat or disturbing event. Many professions are taught situational awareness—healthcare workers, police officers, airline pilots, school teachers—but anyone can learn this practical safety skill. While the chances of encountering a terrible threat like a terrorist attack are very low, staying alert in crowded or unfamiliar environments can increase your safety and give you an edge of protection. A simple practice like noting emergency exits is a small step, but it will empower you to stay proactive and a bit better prepared.



Learn more: [ufpro.com/us/blog/situational-awareness-and-personal-safety-for-civilians](http://ufpro.com/us/blog/situational-awareness-and-personal-safety-for-civilians)

## Wake Up Feeling Refreshed

**S**ee a medical doctor specializing in sleep disorders if you suffer sleep issues. However, if you sleep well—or think you do—but don't wake with that "refreshed" feeling, experiment with these sleep hacks: 1) Go to bed at the same time every night to prompt your circadian rhythm to produce better sleep. 2) Make your room cool, dark, quiet, and without pets. (Subtle movements may not awaken you but may disturb deep sleep.) 3) Establish a nighttime routine (without technology) to signal your body to prepare for sleep. 4) Don't check the clock in the middle of night; it can trigger stressful concerns that may delay a return to sleep. 5) Skip the "nightcap." Alcohol sedates and can produce a rebound effect that interferes with deeper sleep. Learn more: [www.cdc.gov](http://www.cdc.gov) [search "sleep"]



**PHOTOS OF THE WEEK**

**Mount View Care Center and Community Treatment Teams Celebrate Valentine's Day!**

All staff in these photos win a prize for submitting their photo for Valentine's Day fun! Prizes will be sent to your departments this week!



Marathon County Employees Credit Union

**Need a Loan? Contact MCECU!**  
**Whether Big or Small, We Have Loan Options for All Your Lending Needs.**

**I GOT MY LOAN APPROVED TODAY!**



**Proudly serving NCHC Employees & Their Families since 1965**

**Already a member: Thank you!**  
**Not a member: Contact us today!**

**715 261-7680 • [cuteller@co.marathon.wi.us](mailto:cuteller@co.marathon.wi.us)**  
**400 East Thomas Street Wausau, WI 54403**



# Scholarship Opportunity for High School Students Working at NCHC!



## SUSANNE MARIE RITGER MESEBERG ALZHEIMER'S SCHOLARSHIP

### PURPOSE

Provide post-secondary scholarships to employees of North Central Health Care with a desire to work on the Dementia Unit.

### APPLICATION PROCESS

Apply online by visiting our website at [cfoncw.org](http://cfoncw.org). Click on "Grants & Scholarships" / "Scholarships" / "Apply Online Now" to reach the online application portal and begin the registration and application process. If this is your first visit to the site, you will need to "Create an Account." If this is a return visit, enter your email address and password. Choose the appropriate application from the menu.

**APPLICATION DEADLINE:** Rolling deadlines

### YOUR APPLICATION MUST INCLUDE:

- Transcript of most recent grades
- List of extracurricular activities (downloadable form online)
- One reference letter (from a Registered Nurse (RN) is preferred but will also accept a letter from a teacher, school administrator, or employer)

### CRITERIA FOR SELECTION

- Must currently work for North Central Health Care
- A statement on why the applicant has a desire to work with memory care patients.
- Available for full-time and/or part-time students
- Available to applicants entering a CNA program

### ANNOUNCEMENT

The recipients will be announced at their high school senior awards ceremonies in the spring.

### PAYMENT OF SCHOLARSHIP

The recipient will receive a congratulatory letter from the Community Foundation after the awards ceremony, instructing them on how to receive their scholarship funding. The student must provide proof of registration to the Community Foundation office for payment to be initiated. The Foundation will make payment directly to the college or university the student is attending.

For 32 years, Susanne Ritger Meseberg dedicated herself to shaping young minds as a beloved Business Education teacher at Wausau West High School, leaving a lasting impact on generations of students. A graduate of Marathon High School and UW-Whitewater, Susanne believed in the Wisconsin Idea: that education should influence people's lives beyond the boundaries of the classroom.

Beyond the classroom, Susanne was part of a family of seven, and embraced a dynamic lifestyle, honing her skills as an avid golfer and cross-country skier, always seeking adventure on the greens and in the snow. Each year, she enjoyed the warmth and sunshine of Florida as a snowbird, trading winter's chill for the Florida coast's relaxation.

Susanne's wanderlust also took her on memorable trips to Hawaii, where she basked in tropical beauty, Europe, where she immersed herself in history and culture, and New York, where the vibrant energy of the city captivated her spirit. Her life is a beautiful balance of passion, exploration, and dedication.

Apply online by visiting [www.cfoncw.org](http://www.cfoncw.org)



## FEBRUARY 17 – 21, 2025

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	NCHC Ranch Pork Medallions Baked Yams Mixed Veggies	Chicken Lasagna Zucchini & Tomatoes Breadstick	Baked Fish Cheesy Baked Potatoes Seasoned Cabbage	Roast Turkey Rice Pilaf Parslied Carrots Dinner Roll	Crab Cakes Boiled Potatoes Creamed Peas
SOUP	Turkey Dumpling Soup	Taco Soup	Beef Noodle Soup	Cream of Broccoli Soup	Chili Soup
SANDWICH	Hamburger on a Bun with Fixins	Monte Cristo	Homemade Pizza	Nacho Bar	Shredded Pork on a Bun
DESSERT	Banana Split Dessert	Cookie	Caramel Apple Crisp	Frosted Chocolate Cake	Caramel Brownie

## FEBRUARY 24 – 28, 2025

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Cheesy Meatloaf Baked Winter Squash Wax Beans	Boiled Dinner Dinner Roll Green Beans	Turkey & Dumplings Biscuit Mixed Vegetables	Creamy Swiss Steak Baked Potato Parslied Carrots	Catfish Nuggets Roasted Sweet Potatoes Broccoli Cuts
SOUP	Cream of Potato Soup	Cheesy Cauliflower Soup	Texas Tomato Soup	Taco Soup	Split Pea Soup
SANDWICH	Grilled Ham & Cheddar or Swiss	Breaded Chicken Tenders	Bacon Cheeseburger	BBQ on Bun	Tuna Melt
DESSERT	Cherry Delight	Chocolate Peanut Butter Cake	Cherry Cake	Cinnamon Baked Apples	Pumpkin Fluff

# WHAT'S FOR LUNCH?

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

MONDAY – FRIDAY

**Grab-N-Go** 8 am – 6:30 pm

**Lunch** 10 am – 2 pm  
Soup, Salad Bar & Hot Food Bar

Soup Served until 6:30 pm or until sold out.

**WEEKENDS**

The Employee Cafeteria is Closed.

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.





# 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

### Meatloaf Panini

MEATLOAF | CHEDDAR | ONION  
BBQ KETCHUP SAUCE

## LATTE OF THE WEEK

### Butter Toffee Latte

Espresso, steamed milk, butterscotch and vanilla topped with butterscotch drizzle and house whip

**\$1 OFF LARGE LATTES  
EVERY MONDAY!**

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



*build your own*

## BREAKFAST SANDWICH

EGG + CHEESE ..... 3.00

EGG, MEAT + CHEESE ..... 4.00

### PICK YOUR BREAD

CROISSANT | BAGEL  
ENGLISH MUFFIN

### PICK YOUR MEAT

HAM | SAUSAGE | BACON

**SHARE SOME LOVE  
WITH BISTRO BUCKS!**

