

A Weekly Update
For The Employees of
North Central Health Care




NEWS YOU CAN USE



WEEKLY CONNECTION WITH GARY OLSEN

Many employees have been asking when Marathon County will be moving its offices to the Wausau Campus. The office renovations are now complete, and the Marathon County will begin relocating departments starting Monday, March 3. Below is the full schedule for the moves:

- March 3: Marathon County Planning & Zoning (CPZ)
- March 10: Aging & Disability Resource Center (ADRC) and NCHC Adult Protective Services
- March 17: UW Extension
- March 24: Marathon County Administration & HR
- March 31: Marathon County Veterans Services Office (MCVSO)
- May 5: Marathon County Finance

Partnership is one of our CORE Values, and this move will further strengthen the collaboration between NCHC and Marathon County. To celebrate, we are planning a **“Welcome to the Neighborhood”** event to help everyone get to know each other better—stay tuned for more details soon!

Parking Information

With these transitions, parking will be an important consideration for everyone on campus. Facilities has assured us there is ample parking for employees and the individuals served by both Marathon County and NCHC. However, to ensure smooth operations:

- Employees **may not** park in Lots **A, B, or C**, Monday–Friday from **7 AM – 6 PM**.
- **Lot D** is reserved for employees working in **Suite C** only, as ADRC clients will need access to that lot.

All lots are labeled with letter designations and parking maps were recently emailed to staff.

We are excited to welcome Marathon County departments to our campus in the coming months and look forward to the opportunities this move will bring!

Gary D. Olsen
Gary Olsen
Executive Director

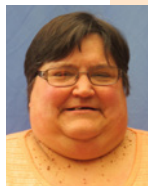


RETIREMENT ANNOUNCEMENTS

Join us in celebrating the retirement of the following employees! We are grateful for their dedication and contributions over the years. See the details below for retirement festivities, and be sure to stop by to wish them well in their next chapter. Thank you for your service!



Jayne Waksmonski,
Food Services
- 19 Years of Service, February 25, at 1:30 pm @ Wausau Cafeteria



Mary Derby,
Pharmacy - 21 Years of Service, March 4, 10am @ Pharmacy Wausau Campus



Edd Hill,
Crisis Services - March 7, 7 Years of Service, 1:30 pm @ Antigo Center

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Krystal Berlin, RN
Adult Behavioral Health Hospital

During a patient admission on February 17th, she provided culturally competent, respectful, and professional care that made for a great patient experience!


Shared By: Kayley McColley



Occurrence Reporting Hotline

x4488 or 715.848.4488

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





WELCOME THESE *New Employees* TO THE TEAM!

These employees were welcomed at Orientation in February!

Pine Crest



Teri Kaminski
– RN

Annahliese Bartsch
– Hospitality Assistant

Joseph Pickard
– Hospitality Assistant

Accounting



Kimberly "Kim" Isakson
– Accounting Clerk

Gary Suppa
– Purchasing Agent

Mount View Care Center



Alayna Kelln
– Hospitality Assistant

Tami Paszek
– CNA

Chloe Arneson
– Hospitality Assistant

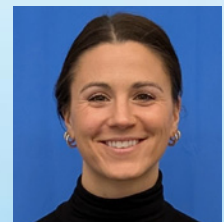
Brianna Lor
– CNA

Patient Financial Services



Brenda Bolin
– Patient Account Rep

Community Treatment Adult



Samantha Flatau
– Case Manager

Youth Behavioral Health Hospital



Iris Hush – Behavioral Health Professional

Shelby Benaszkeski
– Registered Nurse

Crisis Services



Ashley LaPorte
– Central Scheduler
– ACS

Mirayra Rau
– Crisis Professional

We are so excited to have you on our team!





PHOTOS OF THE WEEK



EMERGENCY PLANNING & PREPARATION
NCHC Attends Northern Lights Tabletop Exercise

Last week, several members of our NCHC team took part in the Northern Lights tabletop exercise alongside leaders from across Marathon County. Participants included representatives from utility companies, hospital systems, law enforcement, EMS, fire departments, and the Federal Emergency Management Agency (FEMA).

Facilitated by FEMA, the four-hour exercise fo-

cused on responding to a major, prolonged power outage. This discussion-based session provided a valuable opportunity for our organization to refine its response strategies and strengthen coordination with local, regional, and state partners.

The exercise was designed to address strategic and policy-related challenges that may arise during extended outages. Using a realistic scenario with key decision-making updates and triggers, NCHC and its partners worked to enhance capabilities, improve public communication, and reinforce interagency collaboration. The event was organized by Marathon County Emergency Management.

VIDEO COLLABORATION
NCHC Partners with Aspirus on Substance Use Video



Last week, Recovery Case Manager Tiara Bonilla was interviewed for a collaborative video about substance use, recovery, and the resources available at NCHC for those seeking support. Tiara did an excellent job representing our organization, highlighting the impact of substance use on individuals, families, and communities, and sharing how NCHC programs can help those struggling.

Thank you, Tiara, for your time and dedication to this important project! We look forward to sharing the video once it's released—stay tuned to our social pages for the announcement!



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)



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 virtual (online or by phone) appointment by clicking https://nc_wisconsin.timetap.com/#/.



SteppingOn



Better Your Balance

Take a Stepping On Workshop!
Stepping On can help you avoid a dangerous and costly fall, so you can keep doing the things you love to do.

Hear from the Experts
Physical Therapist

Strength and balance

Optometrist & Pharmacist

Vision, hearing and medication increase fall risk.

Community Safety Expert

Avoid hazards in your home

***Pre- Registration is required.**



Stepping On: Fall Prevention Program

Mosinee

Tuesdays, March 4- April 15
10:00 AM -12:00 PM
St. Johns Lutheran Church
901 11th Street, Mosinee

Rothschild

Tuesdays, March 11- April 22
9:30 AM -11:30 AM
Riverside Fire Department
20 Alexander Avenue, Rothschild

To register: Call the ADRC-CW at 888-486-9545

Cost: FREE.
Contributions welcome



FrontLine

Employee Assistance Program | ascensionweap.org | eap@ascension.org

Easy Ways to Be Kind to Your Heart



Keeping your heart healthy isn't just about intentional exercise and a healthy diet.

Consider the following clinically demonstrated and researched tips and practices that have positive effects on heart health; they're all easy and some may surprise you: 1) Think stairs and short walks. Chances are that healthy heart opportunities arise for you daily. Snatch them up. Even a ten-minute walk will add to heart health. 2) Wash your hands. The flu, colds, pneumonia, and other illnesses are hard on your heart, but washing your hands several times a day will reduce your risk of contracting a viral infection by 20%, according to the CDC—by 50% if you work in a healthcare setting. 3) Add one extra piece of fruit to your diet daily. 4) Stay hydrated to help maintain proper cardiovascular function. 5) Limit screen time. All your screen time is probably not work-related. Slice off an hour and you'll improve heart health by sitting less. (Hint: See #1 above.) 6) Listen to more calming music and relax with it. 7) Practice deep breathing exercises a few times a day to help lower blood pressure. 8) Reflect on positive aspects of your life—yes, this is linked to improved heart health. Learn more:

www.health.harvard.edu/healthbeat/10-small-steps-for-better-heart-health

Stop Interrupting!

What aspect of workplace communication do you find most annoying? If it's being interrupted, you're not alone. Nearly 30% of employees agree that being interrupted is the most common and frustrating issue in conversations. If interrupting conversations is a habit for you, try applying the principles of "active listening." (Key in active listening is understanding that it is more about behaviors than it is about "hearing." Also critical is avoiding preparing a counter argument or rejection while listening.) Steps: Give your full attention, remove distractions, and make eye contact with the speaker. Next, show engagement by periodically nodding or verbally demonstrating (e.g., "hmmm...") that you are "tuned in" to what's being said. This proof of reflection and thinking causes the speaker to feel validated. Then, give feedback by way of asking questions, paraphrasing, or making other comments during a pause (i.e., "Did you say the other driver ran the red light?"). Finally, respond back. Learn more: preply.com/en/blog/bad-communication-habits/



EAP LEARNING & RELAXATION SESSIONS

March 5 Session begins at 12:00 PM CST

Rest & Relaxation - First Wednesday of Every Month

Shelly Maxwell, MSW, LCSW, RYT, EAP counselor and registered yoga instructor, will guide you through some reflective exercises to help you re-center yourself.

Click [HERE](https://bit.ly/EAPRelax) to Join or Visit <https://bit.ly/EAPRelax>

If you're unable to join live, all sessions are recorded and posted on the EAP YouTube channel the following week!





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

MARCH 3 – 7, 2025

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Twice Baked Chicken Breast Mashed Potatoes Country Style Green Beans	Lasagna Tossed Salad Garlic Toast	Country Fried Steak Mashed Potatoes Zucchini & Tomatoes	Roast Turkey Stuffing Gravy Corn	Bake Cod Herbed Rice Creamy Coleslaw Rye Bread
SOUP	Hobo Soup	Beef Barley Soup	Garden Vegetable Soup	French Onion Beef Noodle Soup	Chicken Noodle Soup
SANDWICH	Stan's Tacho Bar	Fish Tacos	Meatball Subs	Homemade Pizza	Taco Bar - Beef or Chicken
DESSERT	Monster Cookie	Brownie Bottom Cheesecake	Snickerdoodle Krispie Bar	Banana Strawberry Cup	Cherry Pineapple Dessert

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

Pizza Melt

MOZZARELLA | MARINARA | PEPPERONI
SAUSAGE | GRILLED ONIONS

LATTE OF THE WEEK



Hazelnut Mocha

Espresso, steamed milk, and warm nutty notes of hazelnut

\$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!

