



A Weekly Update
For The Employees of
North Central Health Care

2024 Summer Vibes

Employee Celebration Week

Get the full calendar of events, fun and ways to win prizes all week! **Go to page 2!**

NEWS YOU CAN USE



WEEKLY CONNECTION WITH GARY OLSEN

Employee Celebration Week is in full swing this week. I hope that all employees find some time to reflect on the wonderful work that you do and connect with your team - whether that be fun dress up days, lunch on Wednesday, photos together, or fun community events throughout the week in all three counties. I am so proud of the work you do and your commitment to serving Marathon, Lincoln, and Langlade counties.

I also wanted to update you with some changes we have recently made to our Senior Leadership Team, and additionally to the NCHC Compliance program. The Executive Committee of our Board of Directors approved my recommendation to add Marnie Bredlau, Director of Human Resources to the NCHC Senior Leadership Team. Marnie will be a great asset to our Senior Leadership Team as she possesses the ability to provide a strategic vision for the organization.

Along with this changes to the Senior Leadership Team, the Compliance Officer role will no longer be a member of the Senior Leadership Team. Programs that formerly reported to this position, will now report to Senior Leadership. This will allow the Compliance Officer to focus solely on providing support and assistance to programs related to compliance. We recently announced that Thomas Onan has been selected for the role of Compliance Officer & Risk Manager. Tom brings a wealth of experience and expertise to the role, further strengthening NCHC's commitment to the highest standards of regulatory compliance and risk management.

The two program managers who reported to the Compliance Officer are now reporting to other members of the Senior Leadership Team. The Health Information Management (HIM) manager will now report to the Managing Director of Finance & Administration. Safety & Security will now report to the Director of Human Resources.

These changes show our commitment to our Core Value of Continuous Improvement. We are always looking at ways to improve the way we do business and these changes will help us meet our Mission and Vision.

Have a wonderful Employee Celebration Week and thank you for all YOU do!

Gary D. Olsen
Gary Olsen
Executive Director

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Person-Centered

Shout out

Our Entire NCHC Team!

The work you do and the team we have are what make NCHC a GREAT place to work and receive care!

Thank you for all that YOU do!

Have a great Employee Celebration Week!

Occurrence Reporting Hotline

x4488 or 715.848.4488

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

2024 JULY 22-26

Summer Vibes

Employee Celebration Week

This summer, we are thrilled to celebrate our incredible employees! It's a time to recognize and appreciate your hard work, dedication, and achievements. From fun activities to team-building events, this week is all about showing our gratitude and making lasting memories together. Join in the fun!

WEAR JEANS ALL WEEK!



Sunshine Day: Wear Yellow and Enjoy the Outdoors!
Scavenger Hunt Day #1: Take a walk outside with a coworker or group and submit an outdoor photo!
Evening Activity: Join your NCHC team in Antigo "Music in the Park" 6 pm at City Park Bandstand for Sloppy Joes Band. FREE!



Day at the Pool: Wear Blue....Bring your beach towel, sunglasses, and sunhat to work!
Scavenger Hunt Day #2: Find a coworker from a different department and submit a photo together in your beach attire! (no shorts or swimsuits)
Afternoon Fun at Pine Crest: Water Wars with Residents! 3:30 pm in the Courtyard for Water Wars and Popsicles!
Evening Activity: Movie & Snacks at the Wausau Campus Community Room at 6:30 pm. FREE! Families welcome for a fun summer movie.



Picnic Party! Lunch is served...all locations, all shifts. Wear Red & White - Picnic Colors!
Scavenger Hunt Day #3: Get your team together and do your best picnic table pattern impression in your red and white.....get creative!
Evening Activity: Join your NCHC team in Wausau "Concerts on the Square" – 6 pm at the 400 Block for Johnny & the MoTones. FREE!



Shout Out Day! Wear Your Loudest Shirt – the more patterns the better! Cheetah, Zebra, Hawaiian, Stripes – Shout Out Your Style!
Scavenger Hunt Day #4: Find A Shout Out Board and take a photo with a Shout Out you are submitting!
Evening Activity: Join your NCHC team at Merrill "Gazebo Night" 6 pm at Normal Park for The Glam Band. FREE!



Sweet Treat to End the Week – Ice Cream!
Wear any NCHC Shirt or Gear! Watch your email or communications boards for department details & where to grab your treat!
Scavenger Hunt Day #5: Get your team together and snap a photo in front of an NCHC, Mount View, or Pine Crest Logo!



Thank you for your commitment, passion, and Person-Centered Service!

DAILY SCAVENGER HUNT: SHARE & WIN!
 Submit your photo for a chance to win daily drawing!
 email: communications@nrcen.org
 text: 715.370.1547 or post on FB
#NCHCSummerFun



2nd Quarter 2024 - April, May & June

Celebrating Employee Milestones



We would like to honor these employees who celebrated their milestone anniversary in the 2nd Quarter of 2024. Let us all take a moment to express our heartfelt gratitude and admiration for these employees and their remarkable achievements and loyalty. Their relentless pursuit of excellence has not only contributed to their personal growth but has also helped elevate North Central Health Care to new heights. Thank you for all you do for NCHC, for those we serve and for our communities.



Frances Lee..... Behavioral Health Prof II
Jamie Cherek..... LPN
Tatiana Garduno..... CNA
Lindsay Krueger..... Mental Health Therapist
Raeanne Sciborowski Case Manager I

Deborah Harris..... Housekeeping Aide
Marinette Santos Godleske ... Cook
Jonnie Pierschalla-Zastrow... LPN
Cheryl Woods..... RN
Tapanga Woller LPN



Laurie Bauer CNA
Melissa Winterfeldt..... CNA



Mariola Robers..... CNA
Michelle Oxendorf..... LPN
Lindsey Napierala..... RN
Dezirae Lakota..... RN



Tanya Zaloudek
 Mental Health &
 Substance Use
 Therapist



Jill Nelson
 Purchasing Agent



Jacquelyn Bant
 CNA

Congratulations!



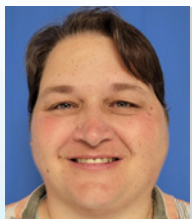
WELCOME THESE *New Employees* TO THE TEAM!

These employees were welcomed at Orientation this July!

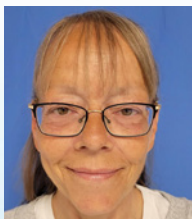
Pine Crest



Paige Henke – CNA



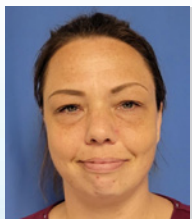
Jennifer Weiler – LPN



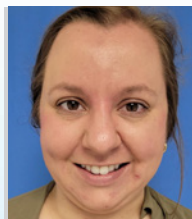
Robin Ehler – LPN



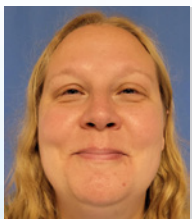
Alice Zerneke – CNA



Ashley Stack – Weekend Warrior CNA

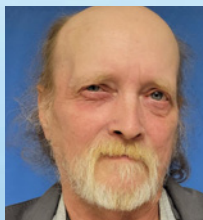


Danielle Duginski – CNA



Dawn Pearce – Hospitality Assistant

Pine Crest



Chuck Reinke – Housekeeping Aide

Adult Behavioral Health Hospital

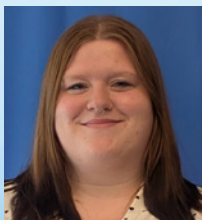


Simon Wilczewski – Behavioral Health Professional

Youth Crisis Stabilization Facility



Angela Green – Behavioral Health Professional



Jennifer Lamb – Behavioral Health Professional

Crisis Services



Lauren Henkelman – Crisis Professional

Information Management Services



Bennet LaPorte – Solutions Analyst

Human Resources



Monica Abraham – Talent Acquisition Specialist

Mount View Care Center



Amy Hackl – CNA

Comm. Treatment Adult - Wausau



Makenna Brown – Case Manager

Comm. Treatment Adult - Merrill



Rachael Maerzke – Community Treatment Tech



Heather Piller – Case Manager

We are so excited to have you on our team!





MEET THE CLASS OF 2028 MEDICAL COLLEGE OF WISCONSIN - CENTRAL WISCONSIN PSYCHIATRY RESIDENTS

Welcome to Central Wisconsin and NCHC!



Shivani Gundamraj, DO

Dr. Gundamraj is from Hartland, WI. She earned her undergraduate degree in Public Health from The George Washington University and attended medical school at A.T. Still University School of Osteopathic Medicine in Arizona. Outside of medicine, she has spent many years dancing and serving as captain for her bhangra team.



Navneet Kaur, DO

Dr. Kaur is from Lomira, WI. She earned her undergraduate degree in Biology from Georgia Southern University and attended medical school at the Chicago College of Osteopathic Medicine. In her free time, she enjoys traveling to new places and creating artwork, which has been showcased in local art festivals.



Michael Kholov, MD

Dr. Kholov is from Oakville, Ontario, Canada. He holds an undergraduate degree in Psychology from Temple University and attended medical school at Ross University. With an ongoing passion for mental health, Dr. Kholov is transferring to our program from the Prevea Health Family Medicine program. When not at work, he enjoys photography, hiking, cooking, and playing the saxophone.



Inez Millard, MD

Dr. Millard is from Egg Harbor City, NJ. She earned her undergraduate degrees in East Asian Languages and Cultures and Neuroscience, her graduate degree in Information Systems, and her medical degree at Indiana University. Outside of her studies, she has been involved at her church with the music and children's ministries, and she also bakes custom cakes as a hobby.



SENATOR TAMMY BALDWIN VISITS WAUSAU CAMPUS

Roundtable Discussion on the Opioid & Fentanyl Crisis

Last week, Wisconsin Senator Tammy Baldwin visited local leaders at the Wausau Campus to discuss the opioid and fentanyl crisis in Wisconsin. Joined by members of Law Enforcement, EMS, Social Services and Health Departments, NCHC participated in a discussion with Senator Baldwin to share experiences, ideas, feedback and what needs our communities have to combat the opioid and fentanyl issues our communities are facing. Vicki Tylka, Wendy Peterson, Kimberly Moore, and Katie Haupt participated in the roundtable discussion and provided some valuable insight about NCHC, as well as had the opportunity to collaborate with local leaders to hear their feedback and experiences.

After the roundtable, the Senator was joined by member of the local media to answer questions and discuss the issues facing Wisconsinites regarding opioids and fentanyl.





COMMUNITY TREATMENT SPOTLIGHT AWARD JUNE 2024



Brook Kickhaver Service Facilitator, Antigo Youth Team

NCHC Community Treatment is pleased to announce Brook Kickhaver, Service Facilitator on the Antigo Youth Team, was nominated and selected as the June Spotlight Award winner.

"A leader by example, Brook works hard each day and is always putting the best interests of her consumers first. Brook is a strong advocate for her consumers, the community and the team she works on. She is a trusted partner among her peers at North Central Health Care and a sought-after case manager among the community partners she works with. Brook upholds the core values of NCHC, naturally displaying them in her day-to-day work. The positive results her consumers experience are a result of upholding these values, along with her consistent work ethic, teamwork and support to the larger team she works on. She is focused on continuing to push people forward on their paths to recovery and increased well-being."



Congrats Brook!

NCHC ANNOUNCES MARNIE BREDLAU AS DIRECTOR OF HUMAN RESOURCES & MEMBER OF SENIOR LEADERSHIP TEAM

North Central Health Care is pleased to announce that Marnie Bredlau has joined the organization as Director of Human Resources. Bredlau brings with her 22 years of experience in human resources, with over 10 years serving as a human resources leader in the Central Wisconsin area. As Director of Human Resources, Bredlau will also serve as a valuable member of the Senior Leadership Team, providing a strategic vision for the organization.

"Marnie is a great asset to our NCHC team. She has a deep understanding of hiring challenges unique to our Central Wisconsin area and has worked in human resources in a variety of fields including retail, manufacturing, banking, and healthcare," states Gary Olsen, Executive Director of NCHC. "This experience coupled with her strategic vision and expertise in human resources will be instrumental in helping NCHC reach our strategic goals."

Bredlau holds a bachelor's degree in Business Administration and a master's degree in Human Resources & Labor Relations from the University of Wisconsin-Milwaukee.

"I am honored to join the NCHC team. I truly enjoy and have a passion for human resources and making a positive impact for employees," said Bredlau. "I look forward to sharing my leadership skills, dedication, and commitment to fostering a positive and inclusive workplace."



NCHC ANNOUNCES APPOINTMENT OF THOMAS ONAN AS COMPLIANCE OFFICER & RISK MANAGER

North Central Health Care is pleased to announce the appointment of Thomas Onan as Compliance Officer & Risk Manager. Onan brings a wealth of experience and expertise to the role, further strengthening NCHC's commitment to the highest standards of regulatory compliance and risk management.

Onan joined NCHC's Quality & Safety team in April 2022, and quickly demonstrated his leadership abilities. Onan brings almost 30 years of experience in healthcare, including past leadership experience as a Director of Clinical Services, Director of Hospital-based Clinician Services, and Director of Strategic Initiatives & Analysis.

"We are thrilled to welcome Tom into this new role as Compliance Officer & Risk Manager," states Gary Olsen, Executive Director of NCHC. "Tom's extensive experience and deep understanding of compliance and risk management issues will be invaluable to our organization. We are confident that Tom will make a significant impact on our programs in his new role."

As the Compliance Officer & Risk Manager, Onan will establish and maintain effective compliance and risk management programs to proactively prevent and identify potential violations and ensure NCHC's adherence to regulatory compliance and ethical conduct. Onan will report directly to the Executive Director and work closely with the North Central Community Services Program (NCCSP) Board's Executive Committee, keeping leadership apprised of compliance and regulatory proceedings, as well as providing education on regulatory oversight requirements.



"I am honored to serve in this new capacity as Compliance Officer & Risk Manager," said Onan. "My role will collaborate with all areas of our organization, and I look forward to working with employees and leadership across our three counties of service. I am committed to ensuring that NCHC continues to operate with integrity, transparency, and to the highest standards of regulatory compliance."



Scrub Sale!

Tuesday, July 23

01:00pm - 03:00pm

Mount View Care Center | 2400 Marshall Street | Lot C

Payroll Deduction - Cash - Credit Card



\$10 OFF
ALL SHOES
*WHILE SUPPLIES LAST

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

Scan the code with your phone:



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

UCZWR4Q

Clearance Rack
Scrub Sets ONLY **\$24.95**
Sets are sold as is and cannot be sold separately.



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



HMONG WAUSAU FESTIVAL COMING UP JULY 27 - 28

Event to Utilize Wausau Campus for Parking & Shuttle

The Hmong Wausau Festival begins this weekend in Wausau. The event is packed full of sports, dance and singing competitions, as well as food and vendors and night activities. As the festival grows, so does the need for parking for the event. This year, the Wausau Campus will be utilized for parking and shuttle services running both Saturday and Sunday. The parking lots on the south side of Campus will be utilized for the event, which should not interfere with Mount View Care Center or Crisis Center operations. Please be aware of additional traffic in the neighborhood as well as assisting any passersby with directions to the shuttle service, which will be near the Marathon County Health Department entrance. You can find more information online at <https://www.hmongwausaufestival.org/>



National Minorities Mental Health Month

Everyone deserves culturally competent mental health care that acknowledges and respects the intersection of their identity and experiences.

Ascension EAP is a free and confidential counseling benefit for you!

1-800-540-3758
eap@ascension.org
www.ascensioneap.org



#ShadesofMentalHealth



GABBIN' with GARY

A Monthly Gab Session with Executive Director, Gary Olsen

JULY GAB SESSION:

HUMAN RESOURCES

Each month, Gary Olsen will select a manager to participate in Gabbin' with Gary! That manager will be asked to invite one employee from their program to join in.

The trio will connect over lunch.

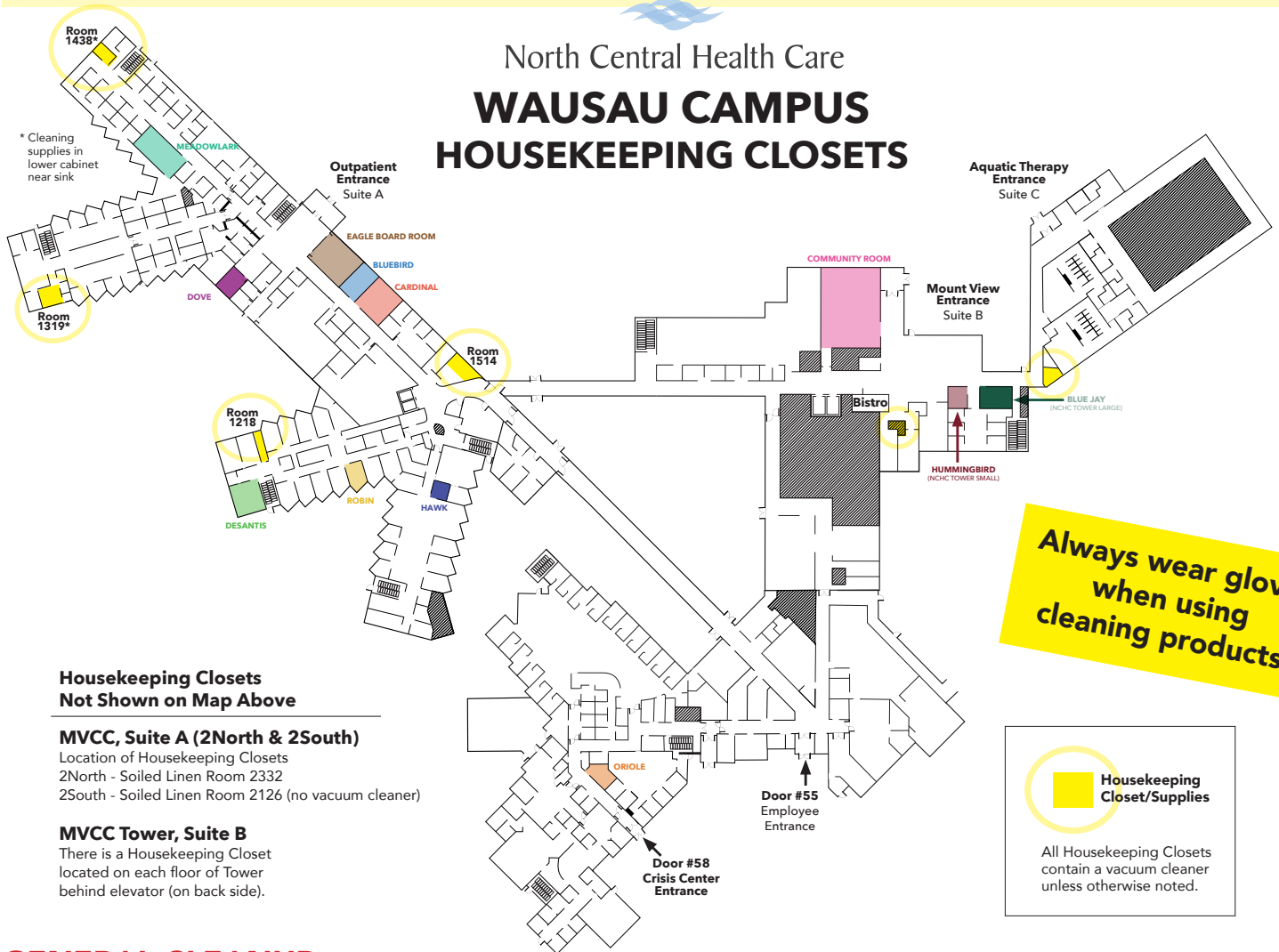
The topic? *It's up to you!*

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



LOOKING FOR HOUSEKEEPING SUPPLIES?

Use the map below to find the nearest housekeeping closets on the Wausau Campus, along with some guidelines and contact information for the Housekeeping Team! This map and guidance was sent out to all departments for Communications Boards and can be found on the Odrive in the **NCHC Information Folder** as well.



GENERAL CLEANUP

Make sure trash bags are tied and placed in large garbage container which housekeeping will empty each night. Housekeeping will restock supplies each night.

CLEANING FREQUENTLY TOUCHED SURFACES

The following surfaces may be cleaned with Sani-Cloth Purple Top Wipes:

- Tables
- Chairs
- Desks
- Counters
- Computer Keyboard/Mouse
- Door Handles
- Light Switch
- Telephone
- Drawer Handles

** Sani-Cloth Purple Top Wipes have a contact time of 2 minutes.**

LARGE SPILLS OR GENERAL CARPET CLEANING

If **general carpet cleaning** is needed, staff can email Jackie Aschebrock and Mathew Beyer with your room number and what the spill consists off for cleaning purposes. Your request will be taken care of in 24 hours, in most cases.

For any **major clean up** or soiled areas, or if you need immediate attention due to spill or another reason, please call the Housekeeping Cell.

SPECIAL CLEANING ITEMS

For disposal of large or heavy items please call Housekeeping Cell.

If carpet or chairs need to be extracted, please email Mat Beyer or Jackie Aschebrock. We will try to have this completed within 24 hours.

Housekeeping Contact Information

Housekeeping Cell
715.581.0832

Jackie Aschebrock
x4379
jaschebrock@norcen.org

Mat Beyer
x4349
mbeyer@norcen.org

Housekeeping Staff Hours
Monday – Friday:
6:30 am – 12:00 am

Saturday – Sunday:
6:00 am – 10:30 pm



Let's Go to the Fair!

Food, Fun, Friends...What More Can You Ask For?



Volunteers Wanted for the Wisconsin Valley Fair in Wausau!

Mount View Care Center will be taking residents to the Fair in August and Volunteer Services is looking for volunteers to assist residents at the outings.

Volunteers will provide our residents with an opportunity to enjoy a wonderful community event. It would be a one-on-one experience where volunteers will push residents in their wheelchairs around the fairgrounds taking in the sights, sounds, and smells. We would provide the transportation to and from the facility.

A \$5 meal stipend will be provided. You can bring additional funds for extras, if you wish.

If you know of anyone that is looking for volunteer hours or a teen or adult group that likes to participate in community service projects, please share this need with them.

This is an event our residents look forward to and we cannot do it without the assistance of volunteers.

- All volunteers must be 13 years of age or older and be able to push a wheelchair.
- You do not have to be a current volunteer. You will just have to sign a confidentiality agreement.
- Each volunteer will receive a ticket into the fair that can be used again later that day.

Mount View Care Center Fair Outing Volunteering

Wednesday, July 31 • Thursday, August 1 • Friday, August 2

Interested In Helping With This Fun Activity?

Please contact the Volunteer Office at 715.848.4450 or volunteer@norcen.org. Thank you!



Sign up online at <https://bit.ly/VolunteeratFair>



Marathon County Employees Credit Union

VISA Balance Transfer Special Going On Now!

VISA SPECIAL

4.99% APR for 19 months on balance transfers!
Valid now through 9.7.2024

NO TRANSFER FEE!

Additional details apply. Call 715.261.7680.

Balance transfers completed by 9/7/2024 will receive 4.99% APR for 19 months from date of transfer. After promotional time frame expires, remaining balances will migrate to the standard APR applicable on your account. Contact credit union for complete details.

APR = Annual Percentage Rate. All loans are subject to MCECU'S normal credit requirements.

Apply Online @ www.mcecu.org

Don't already have a MCECU Credit Card? Contact Us to Apply!

culoans@co.marathon.wi.us
715-261-7680

400 East Thomas Street • Wausau, WI 54403

Proudly Serving NCHC Employees and Their Family Members Since 1965.

Looking for NCHC Swag?

Visit the *Swag* shop.
www.norcen.org/SwagShop





NCHC Employee Health & Wellness Center Onsite Clinic

Aspirus Employee Health & Wellness Center
1000 Lake View Drive, Suite 200
North Central Health Care Campus, Door 34
Wausau, WI 54403



Theresa Micke, PA-C
Physician Assistant

PROTON-PUMP INHIBITORS: WHAT YOU NEED TO KNOW

Are the side effects from PPIs something to worry about, or much ado about nothing?

Stomach acid is natural, a valuable chemical contributor to orderly digestion. But in excess or in the wrong place, it's a menace, inflaming and irritating the esophagus, typically causing heartburn and sometimes contributing to the development of ulcers in the stomach and the duodenum, the first part of the small intestine.

People have dealt with stomach acid-related woes in a variety of ways, proven and otherwise, for eons, but it wasn't until the mid-1970s and the introduction of cimetidine (Tagamet) that a treatment targeted the production of stomach acid itself. Cimetidine was a huge commercial success; by some accounts, it was the first blockbuster drug. Other drugs in the same class, known as H2 blockers, quickly followed suit.

Now the proton-pump inhibitor drugs (PPIs) have eclipsed the H2 blockers as the most commonly prescribed agents to reduce stomach acid. Examples of PPIs include lansoprazole (Prevacid), omeprazole (Prilosec), pantoprazole (Protonix), rabeprazole (AcipHex), and esomeprazole (Nexium). They are prescribed to both prevent and treat ulcers in the duodenum (where most ulcers develop) and the stomach. They also counter the various problems that occur when stomach acid escapes into the esophagus, which — if it happens on a regular basis — is a condition called gastro-esophageal reflux disease (GERD). In most head-to-head trials, the PPIs have proved to be superior to the H2 blockers.

Reducing stomach acid levels isn't one of medicine's glamour jobs, but it's yeoman's work, so PPIs are generally considered quite a success story: safe (more on that just below), effective medications that target the source of a lot of gastrointestinal distress.

Appropriate use of proton pump inhibitors

Taking a PPI makes sense if you have a chronic problem with stomach acid or the prospect of one developing. But the occasional case of mild heartburn does not need to be treated with a PPI. For that kind of spot duty, the old standbys of antacid medicine like Tums, Rolaids, and Maalox will most likely work just as well, as will any of the H2 blockers. In fact, it takes several days for PPIs to have their full effect on acid secretion, so an H2 blocker may be more effective for a mild, short-term problem with stomach acid. Yet people often take PPIs under the mistaken assumption that they are the better medication in all circumstances.

If heartburn is the problem, there are also changes you can make that may help that don't involve taking anything. The commercials are right: gobbling down a large meal can give you heartburn, so eating smaller meals can help tame the problem. And if you're heavy, GERD and heartburn are on that very long list of problems that ease up and may even go away if you lose some weight.

PPIs are the most potent inhibitors of stomach acid available, and they're a welcome addition to the medical armamentarium. But every pill — indeed, every medical intervention — is a risk-benefit balancing act. You don't need to take a PPI for the incidental case of heartburn. If you have a prescription, the reasons for it should be reviewed periodically to make sure they're still valid; it's common for people to take medications far longer than is necessary, and that is particularly true of the PPIs.

For most people who need to take a PPI, it should be for the lowest dose and shortest amount of time as possible. However, there are conditions that indicate long-term and sometimes indefinite use of a PPI, such as in people with esophagitis due to GERD.

There are differences in the chemical properties of the different PPIs and how they

are metabolized. But comparative studies haven't yielded any clear-cut winners, so the less expensive PPIs are the best choice for most people.

Side effects

Initially, there was some worry that PPIs might increase the risk of developing stomach cancer. Those concerns were unfounded, but others have taken their place, partly because people often take PPIs on a daily basis for years, so the total exposure to the drug ends up being quite significant. Here's a rundown of the some of the side effects that are causing concern:

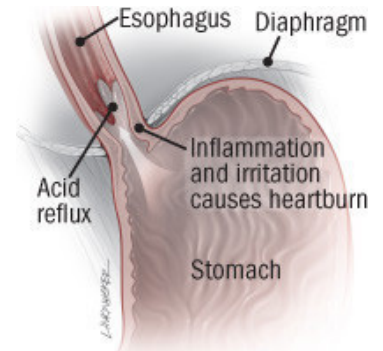
Fracture risk. Some studies have shown an association between PPIs and the risk of fracture — particularly hip fracture — while others have not. Calcium is absorbed in the small intestine, not the stomach. But low stomach acid levels can have downstream effects, especially in the duodenum, and some research shows that one of them could be reduced absorption of calcium, which could lead to osteoporosis, weaker bones, and, consequently, a greater chance of breaking a bone. The fracture risk is probably pretty small, but it's another reason for not taking a PPI unless necessary.

Pneumonia risk. Several studies have shown that people taking PPIs seem to be more likely to get pneumonia than those who aren't. The association has been documented among people living in the community and hospital patients alike. Normally, stomach acid creates a fairly inhospitable environment for bacteria, but if acid levels are reduced by PPIs, the bacteria count can go up. The thinking is that in people with GERD who take PPIs, bacteria-laden stomach contents may travel up the esophagus and then get inhaled into the windpipe and lungs, where the bacteria cause pneumonia.

C. difficile risk. People typically develop *Clostridium difficile* infections in the hospital after taking antibiotics that have disrupted the natural bacterial ecology of the large intestine. The infections cause diarrhea but can also become a lot more serious, even life-threatening. Studies have shown a fairly strong statistical correlation between PPI use and *C. difficile* infection, although it's still just a correlation and not proof of direct cause and effect. Some experimental evidence suggests that PPIs may change conditions in the gut to be more favorable to *C. difficile* bacteria.

Iron and B12 deficiency. Stomach acid helps render the iron and vitamin B12 from food into forms that are readily absorbed. So, there is worry that an unintended consequence of long-term use of PPIs might cause deficiencies of this vitamin and mineral because of lower stomach acid levels. Your doctor can periodically blood tests to make sure B12 and iron levels are in the normal range.

Reviewed by Howard E. LeWine, MD, Chief Medical Editor, Harvard Health Publishing



Many people take PPIs for gastro-esophageal reflux disease (GERD). By lowering stomach acid levels, they reduce acid reflux into the esophagus and the resulting heartburn symptoms.



Clinic Hours Monday, Wednesday and Friday
8:00 am - 4:30 pm

Tuesday
6:30 am - 3:00 pm

Thursday
9:30 am - 6:00 pm

Schedule your appointment by calling 715.843.1256



WHAT'S FOR LUNCH?

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

BREAKFAST HOURS
8:30 AM – 10:30 AM

LUNCH HOURS
MONDAY – FRIDAY
10:30 AM – 1:30 PM
HOT FOOD BAR &
SALADS \$.45/OUNCE
(Weekdays Only)

GRAB-N-GO HOURS
MONDAY – FRIDAY
8:30 AM – 5:30 PM
WEEKENDS:
GRAB-N-GO ONLY

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.

JULY 22 – 26, 2024

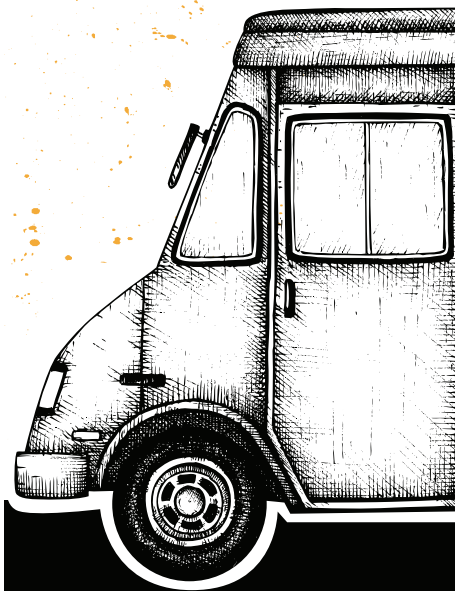
| | MONDAY | TUESDAY | WEDS | THURSDAY | FRIDAY |
|-------------|--|-------------------------------------|--|---|--|
| MAIN ENTRÉE | Baked Chicken Drumstick Mashed Potatoes Parslied Carrots | Chicken Pasta Alfredo Breadstick | No Café Today! Lunch provided to all NCHC Employees Picnics! | Ranch Meatloaf Garlic Pasta Zucchini & Tomatoes | Battered Fish Country Style Potatoes Creamy Coleslaw |
| SOUP | Veggie Chowder | Potato Soup | See page 2 for details | Beef Veggie Soup | Split Pea Soup |
| SANDWICH | Potato Bar | Egg Rolls | No Café Today! | Turkey Berry Wrap | Taco Bar |
| DESSERT | Mandarin Oranges | Chocolate Peanut Butter Bar | | Monster Cookies | Blueberry Delight |

JULY 29 – AUGUST 2, 2024

| | MONDAY | TUESDAY | WEDS | THURSDAY | FRIDAY |
|-------------|--|--|--|---|--|
| MAIN ENTRÉE | Beef Stroganoff Noodles Broccoli | BBQ Ribs Mac & Cheese Glazed Carrots | Beef Liver & Onions Mashed Potatoes Corn | Spaghetti & Meat sauce Green Beans Garlic Toast | Meatballs & Gravy Mashed Potatoes Mixed Vegetables |
| SOUP | Chef's Choice | Cream of Potato Soup | Chicken Vegetable Soup | Taco Soup | Stuffed Green Pepper Soup |
| SANDWICH | Chef's Choice | Chicken Supreme on a Bun | BBQ on a Bun | Monte Cristo Sandwich | Tuna Melt |
| DESSERT | Marble Cake & Frosting | Pie | Shirley Temple Poke Cake | Fresh Melon | Dirt Cup |



WAUSAU CAMPUS SUMMER FOOD TRUCKS



Wausau Campus
Mount View Care Center
LOT B Parking Lot

11 am – 1:30 pm

Third Thursdays of the Month

July 25

Food Truck Announcement to Come!

We are still waiting on confirmation. Watch your email!

Please note: Food trucks are independently operated and may cancel with little notice. We apologize for any inconvenience.



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 Panini

MARINATED BUFFALO CHICKEN | AMERICAN CHEESE
PROVOLONE | ONION | BLUE CHEESE DRESSING

LATTE OF THE WEEK

Cinnabon Latte

Cozy flavors of sweet caramel & cinnamon paired
with smooth espresso and steamed milk.



**\$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 + CHEESE3.00
EGG, MEAT + CHEESE4.00

PICK YOUR BREAD

CROISSANT | BAGEL
ENGLISH MUFFIN

PICK YOUR MEAT

HAM | SAUSAGE | BACON