



A Weekly Update
For The Employees of
North Central Health Care



PHOTO OF
THE WEEK

NEWS YOU CAN USE



WEEKLY CONNECTION WITH GARY OLSEN

During some of the recent Employee Update sessions, I asked if anyone would like to make \$20,000 next month. Of course, some raised their hands or nodded yes. Who would not like to make an extra \$20,000 in a month? Then the question was asked, “So, just how can I make \$20,000 next month?” Well, the answer to that question is an easy one. All you have to do is refer 20 people you know who are CNA’s to come work for us! All kidding aside, it really is easy to make \$1,000 if you refer someone to work for us. Our policy states that you can earn \$1,000 for all NCHC positions hired into a budgeted position of .50 or greater. You can earn \$500 for all referrals of positions that are .49 or less. The new hire has to stay employed in good standing for ninety (90) days for the payment to be made. I can’t think of an easier way to make some extra cash. So, I encourage everyone to utilize their Partnership skills, one of our Core Values, and refer individuals to work at NCHC. Think of all your friends and who would be a good match for some of our open positions and refer them to NCHC. You do this and you too could earn some extra cash and help bring individuals into a great Person-Centered atmosphere.

Gary D. Olsen

Gary Olsen
Executive Director

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**WEAR JEANS ALL WEEK AT NCHC
FOR STRESS AWARENESS WEEK**

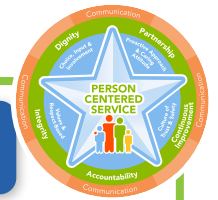
#STRESSLESS

Occurrence Reporting Hotline

x4488 or 715.848.4488



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



Kathy Fisher, Housekeeping

Thank you so much for training me and making me feel welcome!

Shared By:
Theo Simson





PHOTO OF THE WEEK



▲ PROGRESS IN THE AQUATIC PHYSICAL THERAPY POOL

Our amazing maintenance team and pool staff have been working tirelessly to revitalize our Aquatic Physical Therapy space while the pool has been drained for scheduled routine maintenance. **Here's what they've accomplished together:** 1.) The pool received a thorough acid wash, giving it a fresh look and ensuring top-notch hygiene standards. 2.) They've gone the extra mile by meticulously cleaning the stainless steel fixtures and removing all rust from the pool basin, making the space even cleaner and more inviting. 2.) Installation of a new sand filter for the pool has boosted filtration efficiency and improved water quality, guaranteeing a better swimming experience for everyone. 4.) Both the pool and locker room floors have been completely redone, providing a revitalized and more functional area for our patrons to enjoy. These improvements are vital for delivering a fantastic experience to our clients and staying true to our commitment to excellence in facility maintenance. **Thanks for all your hard work and dedication—it's making a real difference!**

SKIN SCREENINGS ARE OPEN TO ALL EMPLOYEES & DEPENDENTS REGARDLESS OF HEALTH INSURANCE ENROLLMENT.

Free Skin Cancer Screening

Melanoma is the most fatal form of skin cancer in the United States. Anyone can get skin cancer, but it is more common in people who are light skinned, have a history of sunburns, a family history or over age 50. But if found early, skin cancer can be treated with removal only before it has spread to other areas of the body.



- Tuesday, May 7 | 8:00 - 11:00 am
- Wednesday, May 15 | 12:30 - 4:00 pm
- Thursday, May 16 | 2:00 - 6:00 pm
- Tuesday, May 21 | 7:30 - 10:30 am
- Tuesday, June 11 | 8:00 - 11:00 am
- Thursday, June 13 | 2:00 - 6:00 pm

Appointments required

If not able to make these specific days, skin cancer screenings can still be scheduled at the Employee Health & Wellness Center for a date and time that is convenient.

Employee Health & Wellness Center

1000 Lake View Drive, Door 34
Wausau, WI 54403

715.843.1256





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 required

Thursdays, April 18- May 30, 2024
1:00 PM - 3:00 PM
Location: The Landing, 707 N 3rd Street, Wausau
*You do not need to be a member of the YMCA or of The Landing to Participate in this Program. Non members are welcome.
To register: Call The Landing at: 715-841-1855

Tuesdays, April 30- June 11, 2024
9:30 AM - 11:30 AM
Location: SAFER Fire Dept, 224225 Hummingbird Road, Rib Mtn
To register: Call the ADRC-CW at 888-486-9545





WELCOME THESE *New Employees* TO THE TEAM!

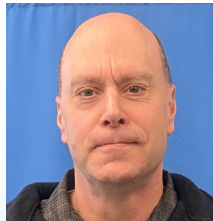
These employees were welcomed at Orientation April 1, 2024!

Pharmacy



Nicole Lamkin
Pharmacy Tech

Outpatient Services - Merrill



Christopher Hanke
Therapist

Community Treatment



Marie Cortright
Quality Assurance Specialist

Mount View Care Center



Krystal Broaders
Hospitality Assistant

Safety & Security



Samantha Steppert
Safety & Security Officer

ACSF



Danielle Hollfelder
Social Worker

Lakeside Recovery



Cassandra Rhodes
BHP

Pine Crest



Olivia Barker
Hospitality Assistant

Patient Financial Svcs



Max Schmelling
Account Rep

Food Svcs Merrill

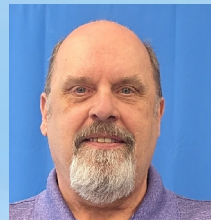


Faith Zdroik
Dietary Aide

Crisis Center



Vanessa Houghton
Crisis Professional



James Clark
Crisis Professional



Sexeng Xong
Crisis Professional

We are so excited to have you on our team!





April is North Central Health Care **STRESS** AWARENESS MONTH

April 1-5
WEAR JEANS ALL WEEK &
#STRESSLESS

LITTLE BY LITTLE, A LITTLE BECOMES A LOT

Stress Awareness Month 2024 focuses on the idea that consistent small actions can make big impacts!

Think of it like building a house - laying down a single brick may not seem to make a significant impact... Each brick represents a conscious choice to prioritize and build your mental health and resilience. They all add strength and stability, making you more resilient to the challenges that life brings.

We encourage you to focus on making manageable adjustments to your daily routine. The cumulative effects of these habits can end up being profound! These actions may seem small but they serve as the foundation of your mental wellbeing.

As you continue to add more bricks, your mental health house begins to take shape. Overtime, the accumulation of these small consistent efforts leads to a remarkable outcome!

Find more tips on managing your stress at norcen.org/StressLess

WEAR JEANS ALL WEEK AT NCHC!
#STRESSLESS



Small Actions To Make Big Changes



CONNECT WITH SOMEONE

Are they okay? · Are you okay? · Check in with your support network · Connect with someone new · A sense of belonging and community can help reduce feelings of loneliness.

PRIORITISE SLEEP

Take small steps to improve your bedtime routine. Wind down before bed by minimizing your screen time · Make your bedroom a 'tech-free' zone · Create a clean and restful sleep environment · Jot down what's on your mind and set it aside for tomorrow · Avoid caffeine after 4pm.





MOVE IN YOUR OWN WAY

Get moving the way you want to. This could be walking, running, yoga, stretches, doing some gardening. Move in a way you'll enjoy, get those endorphins flowing and let off some steam.

SPEND TIME IN NATURE

Take some time out of your day to step outside, get some fresh air and spend time in nature. This could be eating your lunch outside, or taking a short walk after work. Stimulate your senses and look at the beauty of nature





BREATHE DEEP

Your breath is a powerful tool to help with stress reduction and relaxation. Short, shallow breaths can heighten anxiety so being conscious and taking time to breathe deep helps us shift into a relaxation mode.

PRACTICE MINDFULNESS

Practicing mindfulness allows you to focus on the here and now. It aids self-awareness, helps you practice emotional regulation and control. You can actively practice during a designated mindfulness session or be mindful of your all five of your sense whilst participating in an activity, such as a nature walk.



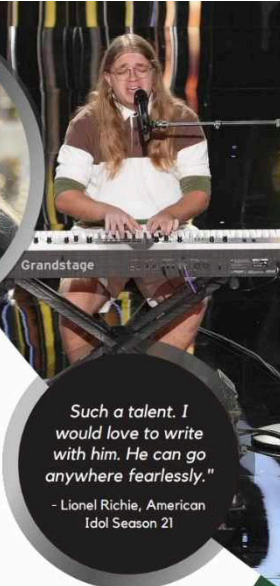
#LittleByLittle



Please Join Us



Adin Boyer - American Idol Season 21



Adin will be performing with the DCE Senior High Jazz Ensemble

Tuesday, April 2 - 7:00 pm
DCE Middle School Theater

\$10 (donation) at the door. Proceeds go towards scholarships for DCE music students.

About Adin

Adin is an Indie Rock Singer-Songwriter, Pianist and an Autism/Anti-Bullying Advocate

Learn more about Adin on his website: <https://www.adinboyer.com>

Watch Adin's American Idol Audition: <https://fb.watch/qUyhaSHsyv/>

Such a talent. I would love to write with him. He can go anywhere fearlessly."
- Lionel Richie, American Idol Season 21

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

May 23, 2024
July 18, 2024
November 6, 2024
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. Tell them you want a North Central Health Care Mobile Mammo unit appointment. An order from your health care provider is not needed.

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



WOM-1546 (1.7.19)



A Monthly Gab Session with Executive Director, Gary Olsen

MARCH GAB SESSION: ACCOUNTING

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!



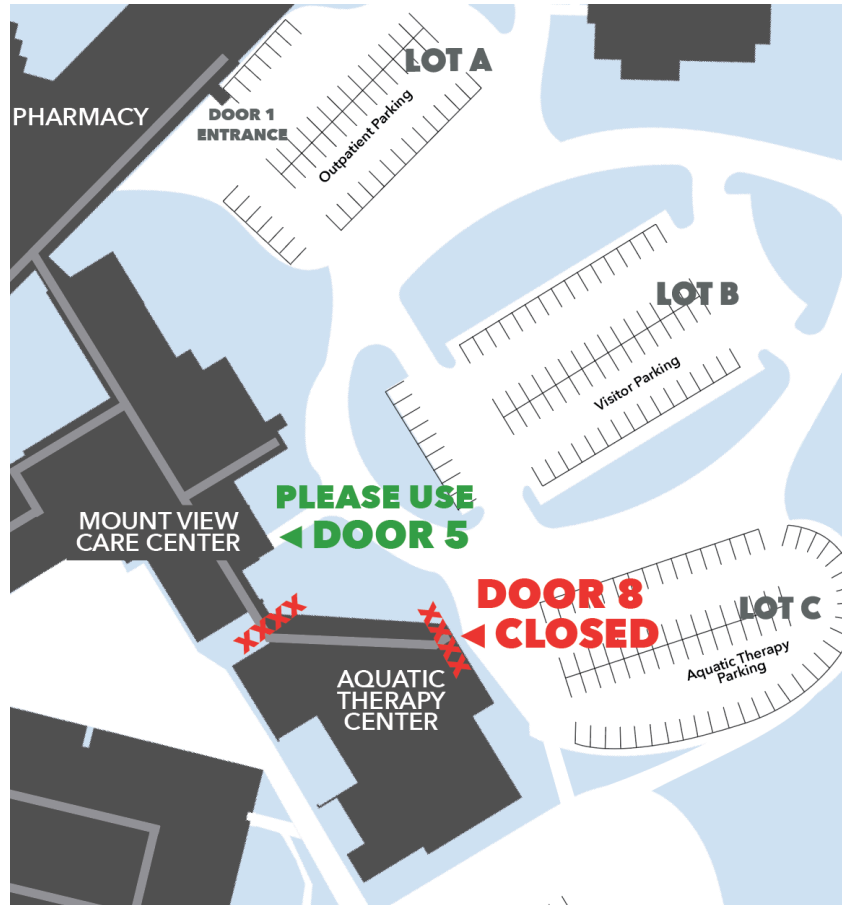
HARD HAT UPDATE

AQUATIC THERAPY INTERNAL & EXTERNAL (DOOR 8) ENTRANCE CLOSED THROUGH APRIL 8.

The Aquatic Therapy main entrance Door 8 and the double doors between the pool and the tower will be closed through April 8th. This closure is essential for the completion of the epoxy floor and to prevent fumes from entering the Mount View Tower. These doors must remain closed to maintain pressure in this area and ensure the safe removal of fumes.

During this period, please use door 5 to enter the tower.

Reminder: Lot C should continue to be reserved for Aquatic Therapy Patients and should not be used for employee parking.



AQUATIC THERAPY CENTER CLOSED FOR MAINTENANCE

Thursday March 21st – Monday, April 8th, 2024

Please note the current pool closure for maintenance. We apologize for any inconvenience this may cause; however, we remain committed to ensuring the excellence of our facilities. Thank you for your understanding and cooperation.



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



DISCOVER THE ONSITE EMPLOYEE CLINIC

Tess Micke, PA-C

Occupational Medicine, Walk-In Medicine



DISCOVER THE ONSITE EMPLOYEE CLINIC

Get to Know Tess Micke, PA-C and Learn More About This Benefit

Meet Tess as she shares insights into her background and the wide range of services provided at the Aspirus Onsite Employee Clinic. This invaluable perk ensures easy access to high-quality healthcare directly on our North Central Health Care campus. With same-day appointments frequently accessible and a commitment to personalized care, this option proves to be an exceptional benefit for NCHC employees and their families who take advantage of our insurance options.

**CLICK OR SCAN
TO WATCH!**

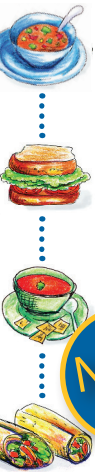
Clinic Hours

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

Tuesday Thursday
6:30 am - 3:00 pm 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

New!

The Hot Sandwich Menu is Back!

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.

APRIL 1 – 5, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Baked Chicken Mashed Potatoes	Lasagna Garlic Toast	Pork Loin Stuffing Squash	Roast Turkey Mashed Potatoes Corn	Bake Cod Herbed Rice Coleslaw
SOUP	Cauliflower Cheese soup	Beef & Barley Hobo Soup!	Veggie Soup	Cream of Potato Soup	French Onion Soup
SANDWICH	Tacho Bar	Taco Bar	Meatball Sub	Pizza	Fish Tacos
DESSERT	Cherry Delight	Cookies	Snickerdoodle Krispy Bar	Cookies	Cranberry Crunch

APRIL 8 – 12, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Baked Chicken Mashed Potatoes	Boiled Dinner Green Beans Dinner Roll	Mac & Cheese Beets	Potatoes Ham Brussels Sprouts	Hot Dog Bar
SOUP	Cheesy Chicken Salsa Soup	Chicken Noodle	Cheesy Broccoli	Stuffed Pepper Soup	Veggie Soup
SANDWICH	Reuben/ Rachael	Philly Cheesesteak	Quesadillas	Potato Bar	Hot Dog Bar
DESSERT	Carrot Cake	Cookies	Caramel Apple Crisp	Brownies	Rice Krispy Bar



Position Postings

Title: Registration Specialist

Status: Part Time

Location: Merrill

This position primarily involves greeting, registering, and assisting clients seeking mental health and substance abuse services, while also managing appointment scheduling. Key responsibilities include verifying patient demographics and updating records, coordinating appointments, offering exceptional customer service by welcoming patients and directing them appropriately, and ensuring effective communication both internally and externally through various channels. Additionally, this role involves providing coverage to other areas within the organization when needed and ensuring compliance with front-end revenue cycle processes.

Learn More or Apply Online:



**We want MORE
Awesome People
like YOU on
Our NCHC Team!**

**Be sure to SHARE our
Career Posts on Social!**



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

Caprese Panini

MOZZARELLA | TOMATO | BASIL | SPINACH | ITALIAN DRESSING

LATTE OF THE WEEK



Milky Way Latte

Rich espresso, velvety steamed milk, salted caramel and chocolate

\$1 OFF LARGE LATTES EVERY MONDAY!

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

- build your own - BREAKFAST SANDWICH

PICK YOUR STYLE

EGG + CHEESE 3.00

EGG, MEAT + CHEESE 4.00

PICK YOUR BREAD

CROISSANT

BAGEL

ENGLISH MUFFIN

PICK YOUR MEAT

HAM

SAUSAGE

BACON

