

Looking for last minute Valentine's gifts? Mount View Gift Shop has you covered!

PHOTO OF THE WEEK



A Weekly Update For The Employees of North Central Health Care



NEWS YOU CAN USE

WEEKLY CONNECTION WITH OUR TEAM



Jill Meschke
Interim CEO & Chief Financial Officer

Groundhog's Day

I realize I'm a week behind to discuss Groundhog Day – midpoint between winter solstice in December and the spring equinox in March. As legend has it, if the groundhog sees his shadow, there will be six more weeks of winter. If there is no shadow, then spring will come early. While other groundhogs poke their heads out of burrows to make their forecast, Phil in Punxsutawney, PA, is the most well-known.

We are living our own personal versions of Groundhog Day during the COVID era. Consider this: Popular media writers started using Groundhog Day as an analogy for the repetitive lifecycle we are experiencing during the pandemic when we were just a few weeks into this endurance test. COVID's insistence on sticking around wears on us all. And this time of year, with limited sunshine, all the days can seem to blend together.

But repetition is not necessarily a bad thing. It's important us to stick with healthy habits that support productivity and bring us satisfaction. When repetitive behaviors like taking a daily walk, playing music, helping with homework, or pursuing a hobby become too hard to maintain, that's a sign of potential trouble.

What can you do? Here are a few suggestions.

1. Get some sleep! Fatigue depletes emotional resiliency and mental clarity, and it contributes to accidents and injuries. Adults should get an average of seven to nine hours of uninterrupted, quality sleep a day.
2. Make space for humor. Start team meetings with a question such as: "What is the best thing that happened to you in the past week?" When some days seems like a slog, a light-hearted approach has a healing effect. Laughter is therapeutic.
3. Practice exercise and good nutrition. Make sure to take your meal breaks. If you work at a desk, set an alarm to get up and move around periodically.
4. Find a walking friend! From my office windows I can tell those of you who have buddied up for mid-day walks through the hallways.

5. Add extra support. Depression and anxiety case rates have been climbing since the start of the pandemic. NCHC has an employee assistance program as part of your benefits. Go to www.norcen.org/ForEmployees for links and resources.

Phil saw his shadow last week. But regardless of the forecast, we know spring will arrive. There are bright things on the horizon.

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Dr. Arpon, Tiffany Pluger, APNP & Dr. Tran, & Dr. Dotson

Why: Being so willing to assist me in getting medications for my patients during a transitional period. They are a HUGE support to me! Thank you!!

Submitted By: Alexa Kufalk, RN

ADMINISTRATOR ON-CALL x4488 or 715.848.4488

In the event of Phone System Outage, reference the O:drive "On-Call Information Folder" for Schedule and Cell Phone #'s.

Monday, Feb. 14 –
Sunday, Feb. 20

Jarret Nickel





Wear a Mask – Maintain Social Distance – Wash Your Hands – Stay Home If You Are Sick. Report Symptoms and Covid-19 Exposures to Your Manager Immediately.

Staff will continue to screen appropriately, report symptoms and not report to work if experiencing any signs of illness. Staff are required to use PLT or take unpaid leave due to symptoms or exposure. **Questions: Employee Health 715.848.4396**

Managers report in SafetyZone ASAP.

COUNTY POSITIVITY RATE

MARATHON: 19.66%

LINCOLN: 22.35%

LANGLADE: 20.77%

Please follow **Alert Level Response** based on the County Positivity Rate of your location.

PPE GUIDELINES

Visitors: Cloth face covering or surgical masks required by all. Visitors to Nursing Homes & Adult/Youth Inpatient Hospitals will be screened using the COVID Screener. All other visitors will only require temperature check.

Employees: Face coverings required while entering the building. Self-screening required using temperature kiosks procedures. Surgical masks at a minimum required while within all NCHC buildings. Staff may remove masks while working alone in private offices.

Employees Working in Direct Patient/Resident Care: Each patient/resident care area will be designated as being in Standard, Enhanced or Covid-19 Confirmed/Suspected Precautions. Units on Enhanced or Covid-19 Confirmed/Suspected Precautions must have it clearly posted on the entrance to the unit.

- o **Standard Precautions** – Surgical Mask and Gloves required. Eye Protection (face shield, goggles or safety glasses) required during applicable isolation precautions.
- o **Enhanced Precautions** – Surgical Mask, Eye Protection (Face shield, goggles or safety glasses), Gloves and Gown during patient encounters required.
- o **Covid-19 Confirmed/Suspected Precautions** – N95 Mask, Eye Protection (Face shield, goggles or safety glasses), Gloves and Gown during patient encounters required.

NCHC COVID-19 WEEKLY CASE REPORT

Confidential Employee Report

Employee Cases Reported through Feb. 8, 2022

Cases reported to right are current active employee cases. All employee cases previously reported that are no longer shown here have been cleared to return to work from NCHC Employee Health and local health officials based on a review of the individual case details.

Program	Current Active Employee Cases	Date Reported
New Cases		
Pine Crest Food Services	1	2/8
Prevocational Services – Wausau	1	2/8
Pine Crest – Long Term Care North	1	2/8
Previously Reported All Cases no longer included below have returned to work.		
Crisis Services – Wausau	1	2/7
MVCC – Floor 2	1	2/3
HIM – Wausau	1	2/2
Residential – Andrea	1	2/2
MVCC – All Floors & GSC	2	1/31
Total Active Employee Cases	9	
Active Resident/Inpatient Cases – Use Covid-Positive Precautions		
Residential – Andrea	2	
Residential – Bissell	1	
Residential – Jelinek	2	
Residential – Chadwick	4	
Residential – Heather	2	
Residential – Fulton	1	
Adult Hospital – Wausau	1	
Pine Crest – Special Care	11	
Pine Crest – LTC South	5	
Pine Crest – LTC North	2	
Youth Crisis Stabilization	1	
Total Active Residents/Patients	32	

GENERAL OPERATIONAL GUIDELINES

Program admissions, closures, and operations will be determined by Incident Command daily. Updates provided to staff at least weekly.

Direct Care/Visitors

- Essential visitors and contractors only.
- In-person treatment allowed in all programs. Masks and social distancing required. All areas require departmental cleaning procedures for pre/post in-person visits. Virtual treatment optional.
- In-Person Visitation allowed at Nursing Homes, Inpatient Hospitals, CBRF and Residential Homes (unless noted to right).
 - Program-established visiting hours.
 - Visitation limited to designated visiting areas or resident rooms only. No other travel throughout facilities. 2 visitors maximum per resident/patient at any time. Length of visit is determined by program.
 - Indoor, compassionate care and outdoor visits allowed. Outdoor visits are weather-permitting and determined by program.
 - Screening, masks and social distancing required.
 - Nursing Homes must allow in-person visitation on units under enhanced precautions. All visitors will be required to follow the the PPE guidance in place for those precautions.
- Volunteer programming allowed. Limited to 5 max at a time in building. Covid-19 vaccination required.

Meetings or Groups - Please refer to Alert Level Response

- NCHC in-person meetings allowed. Masks, 6-foot social distancing or physical barriers between individuals required.
- Treatment groups suspended at this time due to current community positivity rates. Only DBT & AODA Groups allowed.
- Non-NCHC groups or meetings are not permitted (i.e., AA, NA) in care areas (nursing homes, outpatient clinics). Wausau Campus Theater is allowed to be scheduled for outside group use. Contact Administration Office 715.848.4405.
- Group sizes for meetings limited based on each County's Positivity Rate. Masks & social distancing required. Meetings require Incident Command approval if in RED or higher # of people than desig. limit.

HR / Remote Work

- On-site interviews and Orientation are allowed with an option for virtual participation provided.
- Remote Work limited to those requiring exceptions. Please work with Manager and Human Resources if exceptions are required.

PROGRAM-SPECIFIC OPERATIONAL UPDATES

Programs with Operational Changes

Follow General Operational Guidelines (left) in addition to changes below.

- **Adult BH Hospital:** Covid-Confirmed Precautions: 1 Positive Patient on unit.
- **Mount View:** Enhanced Precautions: ALL Units. Visiting Hours M-F: 7am – 7pm, Weekends: 10 am – 6pm.
- **Pine Crest:** Enhanced Precautions: ALL units except Rehab. Covid-19 Confirmed Precautions: 11 positive residents on Special Care, 5 positive Residents on 900 South Unit and 2 positive resident on North Central Unit In-Person Visiting Hours: M-F: 9am – 6 pm, Weekends: 9am – 3pm.
- **Residential Services:** Open and operational. Covid-Confirmed Precautions: Heather, Andrea, Bissell, Jelinek 1, Fulton and Chadwick. Positive Resident(s) at each location.
 - o Enhanced Precautions: Jelinek.
 - o Contact Precautions: Jelinek due to presence of bed bugs.
 - o Riverview Towers and Riverview Terrace: Visitation allowed. Visitors and residents must wear a mask when outside of their apartment, in any indoor shared space.
- **Youth Crisis Stabilization Facility:** Covid-Confirmed Precautions: 1 Positive Patient on unit.
- **Lakeside Recovery/MMT:** Closed. No Admissions.

Open & Operational

Follow General Operational Guidelines (left).

- Adult Day Services – Wausau
- Adult Day Services – Antigo
- Adult Day/Prevocational Services – Merrill
- Adult Protective Services
- Aquatic Therapy Center
- Community Treatment
- Clubhouse
- Crisis Center
- Crisis Stabilization Facility (Adult)
- Hope House - Wausau / Antigo
- McClellan House
- Outpatient Clinics
- Pharmacy
- Prevocational Services – Wausau
- Transportation
- Youth Hospital

Program Hours and Operations Online: www.norcen.org/Covid-19



UPDATE: Immediate Attention Required for Unvaccinated NCHC Employees

Federal COVID-19 Vaccination Mandate Details

If you have not been vaccinated for Covid-19 OR you have not completed the required medical or religious exemption form, you must act quickly.

On January 14, 2022, U.S. Federal Courts ruled to enforce the Federal emergency regulation requiring Covid-19 Vaccinations for all health care workers at facilities that participate in the Medicare/Medicaid programs.

All NCHC employees and contract staff members need to be vaccinated against COVID-19 by specific dates below or receive a valid medical or religious exemption. The Incident Command Team has established a policy specific to Covid-19 Vaccination Program that meets these federal requirements.

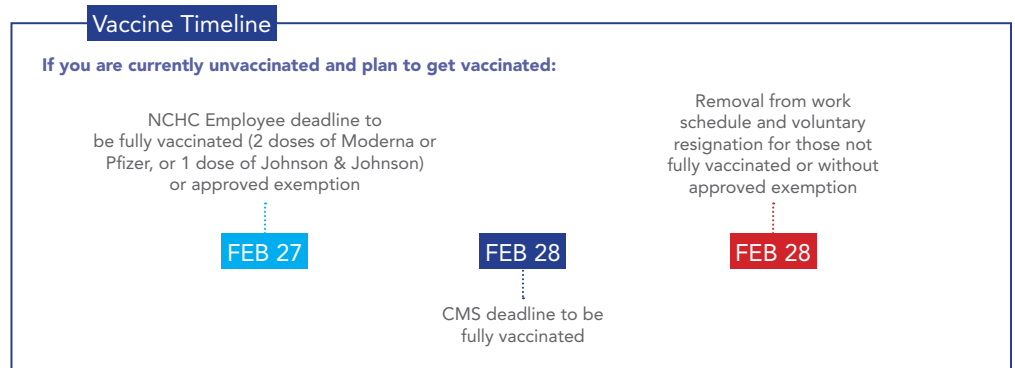
The COVID-19 vaccines are safe and effective at preventing infection and severe illness from COVID-19. Vaccination is encouraged as the best option for mandate compliance.

Timelines

To the right you will find the timelines for receiving the vaccine OR completing a religious or medical exemption.

If you previously completed a declination form prior to November 15, 2021, you ARE REQUIRED to complete the new applicable exemption form distributed in November 2021 to meet the new federal requirements.

If you completed the necessary exemption form after November 15, 2021, no action is needed. Your previous declination form will serve as an exemption form under the existing policy.



Exemptions

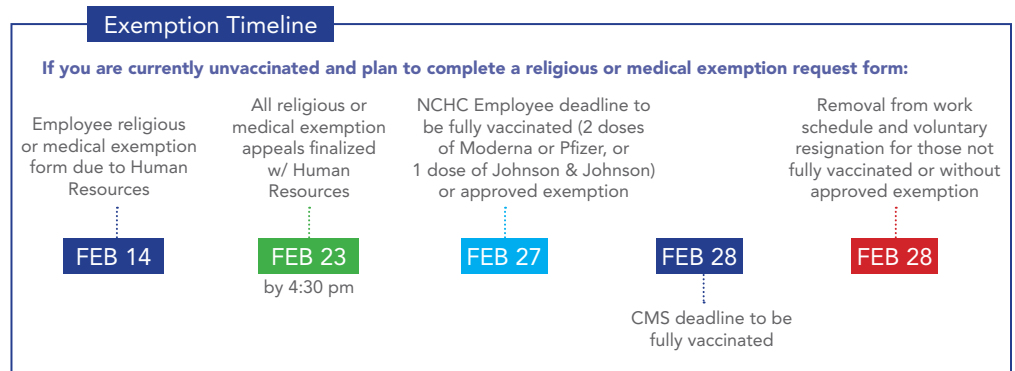
Medical and religious exemptions for COVID-19 vaccination must be submitted for review by the February 14, 2022 deadline indicated in the timeline above to avoid any interruption in your employment and service to the organization. Once an exemption is submitted, there will be a thorough review of the submission on a case by case basis, including a review from Human Resources, legal and operations. The exemption review, approval and appeal process will be completed by Human Resources by February 23, 2022.

• Requests submitted after the deadlines will be considered at NCHC's discretion and approvals may not be possible prior to the February 28 CMS compliance date.

• Up-to-Date Vaccination is required for anyone without an approved exemption by February 27 to continue working at NCHC.

Exemption forms must be turned in by the dates in timeline via email to NCHCVaccineExemptions@norcen.org or in-person to Human Resources.

Exemption forms were sent by email to all staff and are available 24/7 at www.norcen.org/CovidResources.



New Employees

Employees who are joining our organization after the dates mentioned in this notice, will work with Human Resources before their first day of employment to complete the requirements. New employees will be required to be fully vaccinated or have a religious or medical exemption on file prior to their first day of employment. Fully vaccinated means a person has received their primary series of COVID-19 vaccines (2 doses of Moderna or Pfizer, or 1 dose of Johnson & Johnson).

NCHC Employee Vaccination Clinics

NCHC Vaccination Clinics are already scheduled to make vaccination as easy as possible. You may receive your 1st, 2nd or Booster dose of the Moderna vaccines at these clinics. Clinics are available to employees in all three of our service counties at no cost to employees. Visit www.norcen.org/CovidResources and click the Covid-19 Vaccination Clinic Sign Up Link. Please check website for most up to date vaccination clinic times and locations. If you have any questions please reach out to your manager or Employee Health 715.848.4396.

Employees may also elect to receive their Covid-19 vaccination outside of the organization by your physician or at one of several free community Covid-19 Vaccination Clinics below. Not all options are listed. Please consult your local Health Department or <https://www.dhs.wisconsin.gov/covid-19/vaccine-get.htm> for additional options. See page 4 for additional locations in the community.



2022 Covid-19 Vaccination Clinics for NCHC Employees

To receive your 1st, 2nd or Booster dose in 2022, vaccination clinics will be available for staff on the first Friday of each month.

Covid Vaccine Sign Up
<https://bit.ly/2022Vaccinations>

Upcoming Vaccination Clinics:

3/4/22 from 2:00 - 3:00 pm

1st Floor Dining Room of OLD Mount View Building

The Covid-19 vaccine is a 2-dose vaccine. After you receive your first dose, please make sure to sign up for your second dose for the following month. For example, if you're signing up for your first vaccine in February – make sure to sign up for your second in March. You will also be given your return date for the 2nd vaccine on your COVID Vaccine Card when receiving your first dose.



LINCOLN COUNTY FREE COVID-19 VACCINE CLINICS



Pfizer, Moderna, J&J
1st, 2nd, booster &
pediatric doses
available!

LINCOLN COUNTY HEALTH DEPARTMENT HAS PARTNERED WITH AMI EXPEDITIONARY HEALTHCARE TO PROVIDE COVID-19 VACCINE CLINICS

Tuesdays
Feb. 1, 8, 15, & 22
3:00 - 5:00 PM

Saturdays
Feb. 5, 12, 19, & 26
10:00 AM - 1:00 PM

Lincoln County Health
Department, 607 N. Sales
St. Ste 101, Merrill

TB Scott Free Library
106 1st St, Merrill

PRE-REGISTRATION IS ENCOURAGED. WALK INS WELCOME.

To pre-register, go to <https://bit.ly/3AEGPCE>,

scan the QR code or call 715-539-1375.
COVID-19 vaccine is provided at no charge. Children must be accompanied by a parent or guardian. Face masks are required.



All vaccine doses available!

Expanded Days & Hours!!!

Free Community COVID-19 Vaccine Clinic

Center for Business & Industry Building
Northcentral Technical College - Wausau
1000 W Campus Drive, Wausau, WI 54401

Enter lot off Campus Drive. Follow the signs.

Appointments are strongly recommended, but walk-ins are welcome!

The clinic has ALL approved vaccines and booster doses available (Pfizer, Moderna, and Janssen).

Minors under 18 years of age do require parental consent to receive the vaccine.

View booster dose information:
<https://www.dhs.wisconsin.gov/covid-19/vaccine-dose.htm>

Call 1-844-684-1064 or visit <https://vaccinate.wi.gov> to confirm availability.

Tuesdays
through
Fridays
11am-7pm

Saturdays
11am-3pm



10262021



Marathon County
Employees Credit Union

Soar to New Heights with Our VISA Balance Transfer Special

SOAR TO
NEW Heights

Reach your financial goals this year
with our low balance transfer rate

3.99% APR
FOR 15
MONTHS

When you transfer an existing balance
to our credit union credit card between
February 14, 2022 and May 15, 2022.

Ask us about this special rate offer today!

Balance transfers completed 2/14/2022 through 5/15/2022 will receive 3.99% APR* for 15 months from date of transfer. After the promotional time frame expires, remaining balances will migrate to the standard APR applicable on your account. Contact the credit union for complete details.
*APR=Annual Percentage Rate

Balance transfers completed 2/14/2022 through 5/15/2022 will receive 3.99% APR* for 15 months from date of transfer. After the promotional time frame expires, remaining balances will migrate to the standard APR applicable on your account. *APR = Annual Percentage Rate

Contact Us Today for Details!

Apply Online @ www.mcecu.org or by using the Mobile App!

Peter.Wolf@co.marathon.wi.us

715-261-7685
400 East Thomas Street
Wausau, WI 54403



PHOTO OF THE WEEK



Looking for last minute Valentine's gifts? The Mount View Care Center Gift Shop has you covered!

SHARE YOUR PHOTO OF THE WEEK

Email: Communications@norcen.org or Text: 715.370.1547

HELP SUPPORT OPPORTUNITIES FOR KIDS IN COMMUNITY TREATMENT

My Local Deals Coupon Books Available!

Our NCHC Comprehensive Community Services (CCS) Team has started their annual coupon book fund raiser! Please help out kids with special needs by purchasing one of the 2022 My Local Deals coupon books. This year there are over 100 participating businesses (many with multiple coupons) in the Wausau, Stevens Point, Marshfield, Merrill, Mosinee, Wisconsin Rapids, Tomahawk and Rhinelander areas.



Books are \$20 each and \$14 from each book goes directly to help the youth in our programs!!

There are over \$5,000 worth of savings in each book!

A few examples of the coupons include \$20 in Kwik Trip gas coupons, buy one get one for WOW laser tag (\$17 value), free cheese curds at Milwaukee Burger, golfing, spa services, pizza, oil changes, and tons of restaurant coupons! Cash or check only and please make any checks out to Gina Lenz. Thank you so much for helping us to improve the lives of the children we serve. These funds are used to send children to camps that they wouldn't otherwise have the opportunity to attend, incentives to help them meet their goals, and basic needs items. **Please contact Gina Lenz at glenz@norcen.org to get your Coupon Book today.**

Your Support is greatly appreciated!

NCHC EMPLOYEE CONTACT DIRECTORY

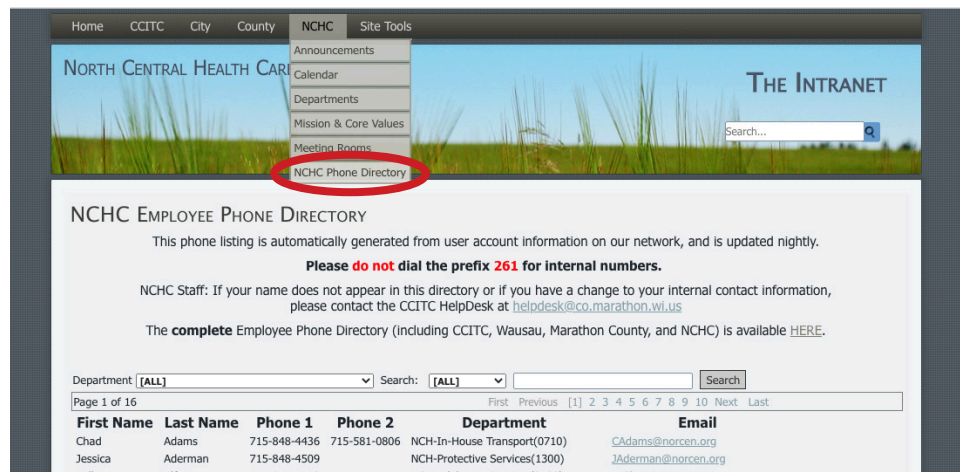
Is Your Info Up To Date?

If someone needs to get a hold of you while you were at work, we would look for your internal work contact information on the Intranet NCHC Phone Directory. Sometimes the last thing we think about is updating our contact information, but it is really important so you can be contacted quickly and easily. If your contact information is not up to date, we may not be able to transfer a call or contact you as quickly as needed.

Please take 1 minute to access the NCHC Intranet Phone Directory and make sure that your name, phone options, department and email are correct.

If you do not have a direct extension, perhaps the best way to contact you by phone is a nurse's station(s), main office or a manager's extension. Discuss with you manager if you are unsure.

If your contact information is incorrect or you are not listed, let's get it updated! Please contact the CCITC HelpDesk at helpdesk@co.marathon.wi.us. Thank you for your time and making sure our communication system is up to date.





FEBRUARY IS AMERICAN Heart Month

HAPPY AMERICAN HEART MONTH!

It's February – American Heart Month – a time when the nation spotlights heart disease, the No. 1 killer of Americans. During the COVID-19 pandemic, many people have delayed or avoided going to hospitals for heart attacks and strokes. And while in lockdown, more people have engaged in unhealthy lifestyle behaviors, such as eating poorly, drinking more alcohol and limiting physical activity, that can contribute to heart disease.

What are the risk factors for heart disease?

High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. About half of people in the United States have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Unhealthy diet
- Excessive alcohol use
- Overweight and obesity
- Physical inactivity

What can you do? Follow your ABCs!

A: Take aspirin as directed by your health care professional.

Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke.

B: Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. If your blood pressure stays high for a long time, you may suffer from high blood pressure.

C: Manage your cholesterol.

Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease.

D: Don't smoke.

Smoking raises your blood pressure, which increases your risk for heart attack and stroke.

Employee Health & Wellness Center
 1100 Lake View Drive, Wausau, WI
 North Central Health Care Campus
 Door 25

Schedule an Appointment:
 715.843.1256 or MyAspirus.org

Updated Hours:
 Monday - Wednesday - Friday: 8:00 am - 4:30 pm
 Tuesday: 6:30 am – 3:00 pm
 Thursday: 9:30 am – 6:00 pm





In the **NEW Mount View Building**

Now Open!

WAUSAU CAMPUS CAFÉ

Grab-N-Go



Monday – Friday
9 am – 5:30 pm



Breakfast 9:00 am

Assorted Pastries, Muffins, Bagels

Lunch 11 am – 1:30 pm

Hot Food Bar \$.45/ounce

9 am – 5:30 pm

Grab 'n Go Sandwiches, Soups & Salads,
Juice, Water, Snacks

REMINDER: When you use self check-out in Wausau Campus Cafe, please remember to hit the **SUBMIT** button on screen.

If you don't hit **SUBMIT**, you are not paying for your food.

What's For Lunch?

FEB. 14 – 18, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>main course</u> Beef Stroganoff Wax Beans Noodles	Roast Pork Corn O'brien Mashed Potatoes/gravy	Meat Lasagna Green Peas Garlic Breadsticks	Roast Turkey Breast Gravy Veggie Blend Mashed Potato/gravy	Baked Fish Brussel Sprouts Hashbrowns
<u>dessert</u> Apple Crisp	Carrot Cake	Pineapple Upside Down Cake	Butterscotch Pudding	Cherry Delight
<u>soup of the day</u> Pasta Fagoloi Soup		Vegetable Beef Soup	Cheddar Cheese Soup	Chili

REMINDER: The old NCHC Wausau Campus cafeteria has been closed indefinitely. There will be no access to the water/ice machine or microwave. Please transition into using the new cafeteria location.



THE BISTRO

7:30AM – 3PM | MONDAY – FRIDAY

SPECIALS

PANINI OF THE WEEK



BBQ PORK \$5

BBQ PORK | CHEDDAR | ONION | COLESLAW

DESSERT OF THE MONTH



APPLE PIE PANINI \$3.5

HONEY WHIPPED CREAM CHEESE | CINNAMON BROWN SUGAR APPLE SLICES | RAISIN BREAD

MENU

COFFEE

	16oz	20oz
CAPPUCCINO	3.50	4.00
LATTE/CHAI LATTE	3.50	4.00
AMERICANO	3.00	3.50
MACCHIATO	3.25	3.75
COFFEE	1.50	2.00
ICED COFFEE	1.50	2.00
HOT CHOCOLATE	2.00	2.50
HOT TEA	2.00	2.50
FLAVOR SHOTS	.50	.50
VANILLA (REGULAR + SF) SALTED CARAMEL (REGULAR + SF) IRISH CREAM PEPPERMINT WHITE CHOCOLATE MOCHA		
ESPRESSO SHOT	1.00	1.00

FOOD + BAKERY

SCONES	2.00
MUFFINS	2.00
BAGELS	2.00
M&M CHOCO CHIP COOKIE	1.25
MARSHMALLOW CRISPY BAR	1.75
PEANUT BUTTER CRISPY BAR	2.00
CHEESECAKE	2.00 - 3.00
PUFF PASTRY	1.50
BREAKFAST SANDWICH	3.00
BREAKFAST SANDWICH W/MEAT	4.00
PANINI	3.50 - 5.25