
 A Weekly Update
 For The Employees of
 North Central Health Care



NEWS YOU CAN USE

WEEKLY CONNECTION WITH OUR TEAM



New COVID Vaccine Available

This week, I thought I would share some recent information on the COVID-19 vaccination that was recently announced. On July 13th, the U.S. Food and Drug Administration issued an emergency use authorization (EUA) for the Novavax COVID-19 Vaccine, adjuvanted for the prevention of COVID-19 caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) in individuals 18 years of age and older. The authorization offers adults in the United States who have not yet received a COVID-19 vaccine another option that meets the FDA's rigorous standards for safety, effectiveness and manufacturing quality needed to support emergency use authorization.

"If you have been waiting for a COVID-19 vaccine built on a different technology than those previously available, now is the time to join the millions of Americans who have been vaccinated," Dr. Rochelle Walensky, CDC's director.



Novavax's vaccine is made using small laboratory-built pieces of the coronavirus to stimulate immunity. *But, what is an adjuvant and why is it added to a vaccine?* An adjuvant is an ingredient used in some vaccines that helps create a stronger immune response in people receiving the vaccine. In other words, adjuvants help vaccines work better. Some vaccines that are made from weakened or killed germs contain naturally occurring adjuvants and help the body produce a strong protective immune response. Adjuvants help the body to produce an immune response strong enough to protect the person from the disease he or she is being vaccinated against. This protein-based approach is a more traditional one for vaccine development than the mRNA vaccines from Pfizer/BioNTech and Moderna.

While it is easy to read past much of the Covid-19 news that becomes part of the everyday news reports, announcements like these are another step in preventing the virus from claiming more lives. It's also a good time to reflect upon our journey here at NCHC for our employees and those we serve. From the beginning days of preventing the virus from reaching our vulnerable populations – shutting down activities and interactions, closing units and sectioning off our buildings...to all the effort, sacrifices and hard work of our employees, each and every day since. Your efforts mattered. They kept the virus from spreading and saved lives. Your efforts still matter and I appreciate all the continued infection prevention and vaccination efforts that our staff continue with. Thank you. You are key in this battle and I am proud to serve alongside you.

ADMINISTRATOR ON-CALL
 x4488 or 715.848.4488

**Monday, July 25 –
 Sunday, July 31**

**Dr. Robert
 Gouthro**



Tom Boutain
 Chief Information Officer

2022 Mount View Classic Car Show	2
Volunteers Needed!	3
Baby News	4
Employee Shout Out from Our Partners	5
Foodie Forecast.....	7-8
ManageWell Tips & Recipe	9

Person-Centered Shout out



Residential Services Team, All Locations

Why: Over 20 Shout Outs were filled out by multiple people recognizing the hard work and long hours that our Residential Team has been putting in to make sure our clients are cared for. Due to several Covid outbreaks this July, the team has been pushed and pulled to work at various locations, coming in early or working late. Your daily efforts to support one another during this challenging time set a great example for us all to follow and your Core Values shine brightly. Thank you for being leaders and supporting one another, and putting residents and their care first. You are all so awesome and appreciated!!!



PHOTO OF THE WEEK



2022 Mount View Classic Car Show

Remembering the Oldies and Making New Memories

Thank you to all the staff, volunteers, car enthusiasts, musicians and attendees that made this beautiful day special for our residents of Mount View. Our parking lot was transformed into a Classic Car Show, ice cream shop and music hall. An amazing day made possible by amazing people for our amazing residents!





Let's Go to the Fair!

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



Volunteers Wanted!

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

Mount View Care Center Fair Outing

Wed., Aug. 3 (All slots filled)
Thurs., Aug 4, 9:30 am – 2:30 pm
Friday, Aug 5, 1:00 – 5:00 pm.

Pine Crest Fair Outing

Thurs., August 18, 10 am – 3 pm
Friday, Aug. 19, 10 am – 3 pm

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 COVID-19 vaccinated, 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.
- A \$5 meal stipend will be provided. You can bring additional funds for extras, if you wish.

Interested In Helping With This Fun Activity?

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



CURRENT EMPLOYEES!
LOOKING TO PICK UP EXTRA SHIFTS?
CONTACT HUMAN RESOURCES ABOUT
OPPORTUNITIES IN RESIDENTIAL SERVICES!

For questions, contact Petti Mannel, Christina Harris
or Jami Collins in Residential



REFER A FRIEND
EARN \$500

Here's how it works...

Step 1: Tell Us About Your Recruit

Text "Refer" to 715.598.3663

Email HRResources@norcen.org

Complete Referral Form in Human Resources

Step 2: Meet Required Criteria

You and your recruit must be in good standing throughout this period and have no written warnings for attendance or other performance.

Step 3: Get Paid!

When your recruit joins the NCHC Team, and you both have met the referral requirements YOU will earn the following:

\$250 After 90 days | Employees below .5FTE status

\$500 After 90 days | Employees .5FTE status or above

We value your referrals and know that together we can strengthen our North Central Health Care team. That's why earning some extra cash for your employee referrals has never been simpler. So text that friend, and get the ball rolling.

REFER A FRIEND FOR YOUR OPPORTUNITY TO EARN SOME REFERRAL CASH WHEN THEY JOIN OUR TEAM!

Visit Our Website at
norcen.org/Careers
for the latest Job Opportunities!

SHARE NCHC JOB POSTINGS
ON SOCIAL MEDIA!



Baby News!

Welcome our newest addition to our NCHC family!!

Chase Scott Kraft

Born July 5
7 pounds 8 ounces

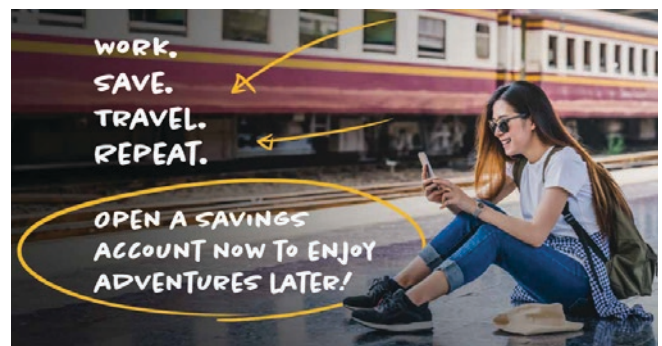
Baby Chase is the son of our Dietitian Nicole Kraft and her husband Jonathon. Congratulations!



Do you have a birth announcement you want to share with our NCHC Family? Send your announcement and picture (if desired) to your manager for sharing in the News You Can Use. Monthly, we will include all the newest members of our NCHC family. Be sure to include: Employee's Name, Department, any other family member names (spouse, partner, siblings) and the name and birth date of your little one. We love photos, too, but we respect your privacy, so share what you wish, if you wish!



Marathon County Employees Credit Union



MCECU is a Full-Service Credit Union that is Here To Help You through All of Life's Adventures!

Already a Member? Thank You!

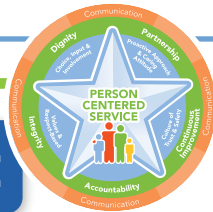
Not a Member? Come see what we are all about!

www.mccu.org • 715 261-7680
cuteller@co.marathon.wi.us

400 East Thomas Street Wausau, WI 54403



Person-Centered Shout out



Ashley Hernandez,
Community
Treatment

Dear Janelle and Mort,

My name is Gracie Linsmeyer and I am the Care Coordinator at Northwest Journey, an outpatient day treatment program. I am reaching out to acknowledge Ashley Hernandez, as we have shared mutual clients for the Community Treatment Youth Case Manager, as we have shared mutual clients for the area, past several months. While I work with numerous inter-agency team members in the area, Ashley goes above and beyond to put her clients first. Ashley is genuine, she holds innate abilities and intellect that create a level of professionalism that is hard to come by.

To expand:

Ashley is quick to respond, adapt and adjust to meet each client's needs. I hold her passion, detail, dedication, timing and pacing with clients/families at a high regard. Ashley is mentally/emotionally present in meetings, displays compassion and confidence, she takes notes, follows-up and is true to her word. I have witnessed the trust and attunement between clients and families with Ashley.

I recently spoke with a parent of one of our mutual clients, who shared relief and gratitude while expressing the impact Ashley has had on them. My perception was that Ashley has remained grounded and stable, allowing space for trust in her decisions and intentions. While it is common that families have members with different roles, the roles are unique to them on an emotional level with unique circumstances. Each role has stored and trapped difficult emotions. This causes a substantial block in their ability to manage stress and trust their decisions in treatment. These "hidden threads," or blocks, are commonly overlooked.

This said, it is particularly important to commend Ashley; her articulate approach is not common. Ashley and her decisions have been referred to as a savior in uncertain and vulnerable situations. She is trusted, respected, valued and remembered. She holds a compilation of skills that cannot be taught - they are innate. Ashley has been a perfect puzzle piece to match the compelling need to heal our clients.

Thank you and your team,

Gracie Linsmeyer
Care Coordinator/Mental Health Support Worker
Northwest Journey-Rhineland

ON THE MOVE!

Christine Laurent

Congratulations to Christine Laurent from Health Information on her recent promotion from Health Information Specialist I to Health Information Specialist II. Congrats!



HRinsights

Position Posting

Title: Laundry Worker

Status: Full Time **Shift:** AM

Location: NCHC Main Campus, Wausau

Under the direction of the laundry team coordinator, performs manual tasks to insure the efficient processing and delivery of all facility linens. 1.0 FTE Full time position regularly scheduled for 80 hours every two weeks. Hours 6:30am-3pm and every other weekend.

Apply online at <https://bit.ly/3ODI9vp>

Position Posting

Title: Dietary Aide

Status: Full Time **Shift:** AM & PM

Location: Wausau

Work involves resident centered dining service, food assembly, dish room assembly, pot-n-pan clean up, cafeteria service, as well as general housekeeping tasks.

Apply online at <https://bit.ly/3o8LsQg>



What's It Like to Work as A Dietary Aide?

Visit www.norcen.org/RJP and watch Our Realistic Job Preview Video!

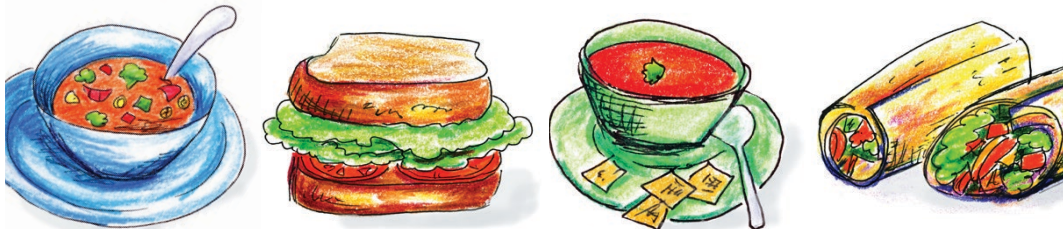


**NEWS, UPDATES, LINKS, STORIES,
PHOTOS, VIDEOS AND JOBS!
GET SOCIAL!**



WHAT'S FOR LUNCH?

WAUSAU CAMPUS EMPLOYEE CAFETERIA



JULY 25 – JULY 29, 2022

BREAKFAST HOURS

9 AM – 11 AM

LUNCH HOURS

MONDAY – FRIDAY

11:30 AM – 1:30 PM

HOT FOOD BAR \$.45/OUNCE

(Weekdays Only)

GRAB-N-GO HOURS

MONDAY – FRIDAY

9 AM – 5:30 PM

WEEKENDS:

GRAB-N-GO ONLY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Swedish Meatballs Baked Butternut Squash Parsley Potatoes	Baked Pork Chop Peas & Carrots Egg Noodles	Salisbury Steak Rice Pilaf Dinner Roll	Baked Chicken Leg Winter Blend Veggies Baked Sweet Potato	Kielbasa Mixed Vegetables Scalloped Potatoes
SOUP	Savory Chicken & Rice Soup	Cheesy Cauliflower Soup	Chili	Corn Chowder	French Onion Soup
DESSERT	Mandarin Oranges	Iced Chocolate Cake	Cinnamon Baked Apple	Fruit Cocktail	Fruit Ambrosia Salad



WAUSAU WALK TO END ALZHEIMER'S

MARATHON PARK

SEPTEMBER 24, 2022

Join the NCHC Purple Passion Walk Team Online!

<http://act.alz.org/goto/NCHCPurplePassion>





THE BISTRO

MONDAY - FRIDAY | 7:30AM - 3PM
HOT FOOD AVAILABLE UNTIL 2:30PM

PANINI OF THE WEEK



7/25

JALAPEÑO POPPER CREAM CHEESE | JALAPENO | BACON | CHEDDAR

PANINI FORECAST

8/1 | CUBAN

PORK | HAM | SWISS | PICKLE | MUSTARD/MAYO SAUCE

8/8 | TUNA MELT

TUNA SALAD | CHEDDAR | SLICED TOMATOES

8/15 | PEPPERONI MELT

MOZZ | PEPPERONI | GRILLED ONIONS | PIZZA SAUCE

LATTE OF THE WEEK



SNICKERDOODLE LATTE

CARAMEL, VANILLA + CINNAMON
TOPPED W/ FRESH WHIP
& CARAMEL DRIZZLE

KICK START YOUR WEEK WITH

\$1 OFF ANY LARGE LATTE EVERY MONDAY!

NOW SERVING SOFT SERVE ICE CREAM & SUNDAES!

SMALL CONE/LARGE CONE 1.70/2.50

SMALL SUNDAE/LARGE SUNDAE 2.70/3.70

ONE TOPPING INCLUDED: * NEW - MINI BROWNIE BITES *

SPRINKLES, OREO CRUMBLES, CHOCOLATE SYRUP,
WHIP, STRAWBERRY SYRUP, CARAMEL

ADDITIONAL TOPPINGS 1.00





NCHC Covid-19 Weekly Status Report | July 22, 2022



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. Managers report in SafetyZone ASAP.
 Staff will **continue to screen**, 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**

GENERAL PPE GUIDELINES

The General PPE Guidelines below are in place at all times, regardless of the Alert Level to right. You must follow BOTH General and Alert Level Guidelines to right for the County you work in.

Employees: Self-screening required using temperature kiosks procedures. If Alert Level requires masks, staff may remove masks while working alone in private offices.

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

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

o **Standard Precautions** – Surgical Mask and Gloves required. Eye Protection (face shield, goggles or safety glasses) required during applicable isolation precautions.

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

CURRENT NCHC ALERT LEVEL RESPONSE BY COUNTY

MARATHON: HIGH	LINCOLN: HIGH	LANGLADE: HIGH
----------------	---------------	----------------

REQUIRED PPE GUIDELINES:

- **All Nursing Home and Hospital (Adult & Youth) locations** are required to wear masks at all times in all areas including hallways, waiting rooms and meetings. This includes staff, patients & visitors. Nursing Home and Hospital staff may remove masks while working alone in private offices; shared offices require masks. Eye Protection (face shields or goggles) to be worn with patient care encounters. Visitors to Nursing Homes and Adult/Youth Inpatient Hospitals will be screened using the COVID Screener. All other visitors will only require temperature check.
- **Non-Nursing Home and Non-Hospital locations**, face masks are recommended, but not required by staff, patients and visitors, except for when social distancing cannot be maintained in private offices, therapy rooms, exam rooms and while transporting any patient, client or resident in a personal or NCHC vehicle.
- **ALL Employees, ALL locations:** Self-screening required using temperature kiosks procedures.

GENERAL:

- Clinical Areas restricted to only necessary personnel.
- Limit movement to and between clinical areas within facilities.
- No Staff flexing to alternate units if possible.

STAFF MEETINGS/BREAKS:

- No in-person staff meetings unless approved by Incident Command. Use virtual meeting options only.
- Employee potlucks restricted.
- Social distancing required in Employee Cafeteria/break areas (2 per table only). Masks must remain in place when not eating or drinking.

PROGRAM-SPECIFIC OPERATIONAL CHANGES

Information below denotes only Covid-19 Confirmed cases. Some units/patient rooms may be on Covid-19 Suspected and use same precautions until negative test results are returned.

- **Mount View:** In-Person Visiting Hours M-F: 7am – 7pm, Weekends/Holiday: 10 am – 6 pm
 - o No positive Residents in building. 2 New Positive Employee case reported since last report in Wausau Food Services. Additional PPE and Testing required by staff.
 - o Visitors allowed in all NH units, must follow ALL precautions in place.
 - **Pine Crest:** In-Person Visiting Hours: M-F: 9am – 6 pm, Weekends: 9am – 3pm.
 - o No positive residents in the building. 4 New Positive Employee case reported since last report. Additional PPE and Testing required by staff.
 - o Visitors allowed in all NH units, must follow ALL precautions in place.
 - **Residential - Jelinek 2**
 - o **Covid-19 Confirmed/Suspected Precautions – 7 positive Resident identified at Jelinek location.**
 - o Visitors restricted at both Jelinek 1 and 2 due to positive cases in building.
 - o Multiple positive Employee cases reported in this outbreak. Additional PPE and Testing required by staff.
 - **Youth BH Hospital**
 - o **Covid-19 Confirmed/Suspected Precautions – 1 positive Patient at YBHH.**
 - **YCSF - Youth Crisis Stabilization**
 - o **Covid-19 Confirmed/Suspected Precautions – 1 positive Patient at YCSF.**
- Additional positive Covid-19 employee cases reported at ACSF, HR, IMS, Community Treatment, Aquatics and APS.
 Note: Lakeside Recovery/MMT: Temporarily closed. No Admissions.

Please contact your Manager for specific operational questions for your areas. Managers will use the full Alert Level Policy for all guidance.

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



ManageWell[®] 2.0

TIP OF THE WEEK: IDENTIFY THE THINGS THAT KEEP WOMEN UP AT NIGHT

Women usually don't sleep as well as men. Know four things that can keep you up at night: Motherhood, mood, menstruation and menopause. How well did you sleep last night? If you're a woman, chances are you tossed or turned a bit. Women need about seven to nine hours of sleep every night to stay healthy. Yet women often have trouble falling or staying asleep.

Sleep: The difference between the sexes

Think your husband, dad or brother gets more sleep than you? You're probably right. Women generally don't get as many zzz's as men. Women are more likely than men to have sleep troubles, including:

- Less refreshing sleep
- Sleepiness during the day
- General sleep disturbances
- Frequently waking up at night
- Sleep disorders in women



For the rest of the article, log in to ManageWell <https://managewell.com/login.html>

RECIPE OF THE WEEK: CAMELIZED BALSAMIC VINAIGRETTE

NUTRITION

Serving Size: 1 tablespoon, 89 Calories, 14 g Total carbohydrate, 0 mg Cholesterol, 0 g Dietary fiber, 2 g Monounsaturated fat, 0 g Protein, 0 g Saturated fat, 62 mg Sodium, 3 g Total fat

INGREDIENTS

- | | |
|-------------------------------|----------------------------------|
| 1/2 cup water | 4 garlic cloves, minced |
| 6 tablespoons sugar | 1/4 teaspoon kosher salt |
| 1/2 cup dark balsamic vinegar | 1/4 teaspoon ground black pepper |
| 2 tablespoons olive oil | |

DIRECTIONS

Heat a small saucepan over medium-low heat. Add the water and sugar, and cook until the sugar begins to caramelize. Add the vinegar, oil, garlic, salt and pepper to the sugar mixture.

Remove the pan from heat. Stir mixture with a whisk and set aside to cool. Remove the garlic with a strainer and discard. Serve dressing immediately or store for later use.



Employee Health & Wellness Center

1100 Lake View Drive, Wausau, WI
North Central Health Care Campus
Door 25

Schedule an Appointment:
715.843.1256
MyAspirus.org

M, W, F: 8AM - 4:30 PM
TUES: 6:30 AM - 3PM
THURS: 9:30 AM - 6PM



For more recipes, log in to ManageWell <https://managewell.com/login.html>