



A Weekly Update
For The Employees of
North Central Health Care

2023

HAPPY NEW YEAR

NEWS YOU CAN USE

WEEKLY CONNECTION WITH GARY OLSEN



Happy New Year!

I would like to wish everyone a Happy New Year! As we begin 2023, I am super excited about the future of NCHC. It is very humbling for me to serve as your Executive Director, and I am looking forward to working with all of you to make NCHC a wonderful place to work. I am a firm believer in our Core Values and Mission. Our partnership with the three counties of Marathon, Lincoln, and Langlade is very important and I am committed to that partnership and working closer with

our partner counties.

Since joining the NCHC team, I feel our Core Values really do define our interactions with one another and help make NCHC the best place for our clients, patients and residents to receive care. *Dignity, Integrity, Accountability, Partnership, and Continuous Improvement* are key attributes of this organization and I have seen these Core Values daily in our employees.

I am very grateful for each and every employee here and it is my goal to get out to each of the programs and departments in all of our locations and meet as many employees as possible. I want to get to know you, and I want you to know who I am. We are currently in the process of setting up these rounding meetings, so stay tuned.

I also want to thank all of you for your diligence and professionalism in performing your job duties. I have been so impressed with how committed NCHC employees are and how each of you truly care for those we serve. All of you have been an inspiration for me and drive me to be a better person in service to all of you and those we serve.

I look forward to meeting more of you in the days, weeks and months ahead and working for you as your new Executive Director.

Gary Olsen
Executive Director

Retirement News **2**

Nerd Alert:
Split Screen..... **4**

Foodie Forecast **5-6**

Covid Updates..... **7**

Shout out



Trevor Copeland, Community Treatment



I would like to commend Trevor on his amazing work that he does. We recently collaborated with an individual and Trevor was more than willing to provide resources to the individual to help mitigate some of the risks and provide support. Please let him know that his support, willingness to assist and general caring nature is extremely appreciated and should not go without notice! Trevor deserves some recognition for his amazing work and collaboration!!

From: Amanda Flatter

Occurrence Reporting Hotline

x4488 or 715.848.4488



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



HRinsights

Position Posting

Title: Cook **Status:** Full Time **Location:** Wausau

Prepares and cooks food in compliance with State, Federal, and County safety and sanitation regulations. NCHC is looking for new or experienced cooks. NCHC does not mandate employees and have flexible scheduling options available. Starting pay is \$16.00 per hour and experience of 2 or more years is starting at \$18.00 per hour. 0.8 Full-Time (64 hours per pay period) Monday-Friday 11 am - 7:30 pm, works every other weekend and holiday.

<https://bit.ly/3VWipxU>



RETIREMENT NEWS

Congrats to Mark Woller!

Congratulations to Mark Woller, Residential Care Assistant, who retired from NCHC on December 20, 2022. Mark worked at NCHC for 12 years. Thank you for your service Mark and enjoy your retirement!



Congrats to Patty Ziegel!

Congratulations to Patty Ziegel, who retired from NCHC on January 1, 2023. Patty was a cook in Food Services for 10 years at the Wausau Campus. Thank you for your service Patty and enjoy your retirement!

REFER A FRIEND EARN UP TO \$500

\$1,000

Here's how it works...

Step 1: Have Your Recruit Tell Us About You

Complete the "Referred by" section in their employment application including your name. No other forms or email are necessary.

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:

\$1,000 After 90 days (Employees 0.5 FTE status or above)

\$500 After 90 days (Employees below 0.5 FTE status)

Refer A Friend For Your Opportunity To Earn Referral Cash!

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.

*For additional details and qualification requirements please refer to the Referral Bonus Policy.



North Central Health Care
Person centered. Outcome focused.

Check out all the latest Job Opportunities
www.norcen.org/Careers

Share on Social!



Position Posting

Title: Laundry Worker

Status: Full Time

Location: Wausau

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

<https://bit.ly/3uOzsGE>



STOP THE SPREAD!

Recently, the WI Department of Health Services (DHS) released a notification about the increase spread of respiratory diseases impacting healthcare facilities, especially those in long-term care. From data presented by DHS (shown at bottom of email), COVID isn't the only illness we need to be aware of, but other respiratory viruses like RSV, Influenza, and Influenza-Like Illnesses (ILI).

Talking about these viruses seems antiquated – given our focus on COVID for the better part of 3 years – but this year's data has shown a dramatic increase in cases from years prior. While Wisconsin hasn't seen as many Influenza cases as the southern half of the U.S., the number of RSV cases has been at its highest levels in recent memory, resulting in numbers of hospitalization not seen since COVID the last two years.

RSV & Influenza Have Very Similar Symptoms Compared to COVID

So what do we need to do to keep ourselves and those we care for safe? Employees should understand what the signs and symptoms of these illnesses look like.

Signs and symptoms include:

- Coughing
- Sneezing
- Congestion
- Runny nose
- Sore throat
- Shortness of breath
- Nausea
- Vomiting
- Diarrhea
- Headache
- Body aches

If you're having any of these symptoms of respiratory illness you should:

Immediately report your symptoms to your manager and Employee Health 715.848.4396.

Get tested and stay home. Don't assume your symptoms are due to allergies or another condition.

Other Ways We Can Help

Beyond monitoring our symptoms before coming to work, employees should perform hand hygiene



often and when required – utilizing hand sanitizer instead of hand soap when possible – especially during these cold winter months to limit the chances of contact dermatitis (red burning and itching hands from being dried out by soap).

Make sure to cover your coughs and sneezes – catching those in our elbows and not in our hands, or doing so uncovered.

If you have any questions or need clarification, please reach out to Reneé in Employee Health, or Tim and Shelley from Infection Prevention and we'll be happy to help you any way we can. 715.848.4396

Beginning January 4, 2023

Due to construction

North Central Health Care

Employee Health & Wellness Center

will be temporarily located to:

Aspirus Health Weston Clinic

4005 Community Center Drive
Weston, WI 54476

The clinic will be closed on January 3, 2023 to prepare for the move.

for appointments
call 715.843.1256
or visit myaspirus.org



CLINIC HOURS

Monday: 8:00 am - 4:30 pm	Thursday: 9:30 am - 6:00 pm
Tuesday: 7:00 am - 3:30 pm	Friday: 8:00 am - 4:30 pm
Wednesday: 8:00 am - 4:30 pm	

An Aspirus Business Health Solution

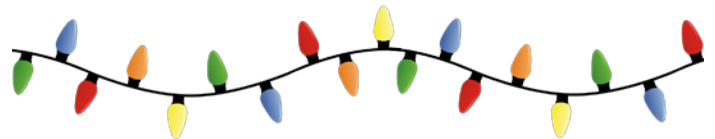
884-4100

Got Junk Lights?



HOLIDAY LIGHT RECYCLING

to benefit Habitat for Humanity!



Bring in your old, junky, burnt out strings of lights. Habitat for Humanity of Wausau will recycle the materials and use the proceeds to benefit our local Habitat for Humanity efforts here in Central Wisconsin.

IT'S A HOLIDAY WIN FOR EVERYONE!



Construction is estimated at 6-8 weeks and an additional notice will be sent when the on-site clinic is opening again. Thanks for your understanding!



NERD ALERT

WEEKLY TECH TIPS FROM IMS

Using Split Screen Mode

KEY COMMAND: WINDOWS KEY + LEFT OR RIGHT

Purpose: View more than one window at a time.



How To:

1. Hold down on Windows key located left of space bar on keyboard.
2. Press left or right arrow key on keyboard and continue to hold down Windows key. Selected window is repositioned to half of computer screen, and other open windows display
3. Click preferred window to display on other half of screen.

Why is this command relevant at NCHC?

- Displays information from more than one window at a time
- Helps with accuracy when comparing or viewing information from multiple windows.

STAY TUNED FOR FUTURE TIPS!

NCHC Wausau Campus @ Aquatic Therapy Center Parking Lot Scrub Sale!

Friday, January 13

1:00pm - 3:00pm

Payroll Deduction - Cash - Credit Card



Phone: 866-727-8273

Fax: 574-970-0382

www.scrubsonwheels.com



**NEWS, UPDATES, LINKS,
STORIES, PHOTOS,
VIDEOS!**

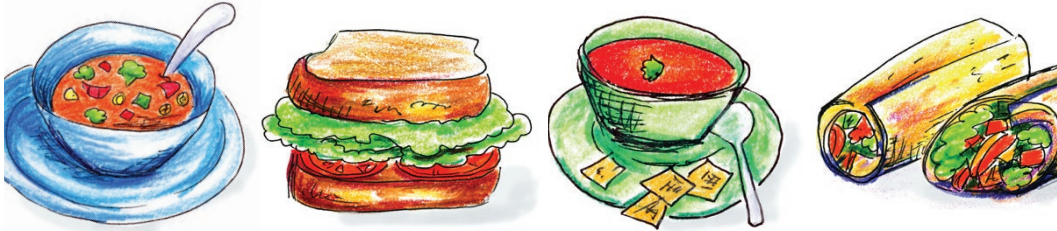
GET SOCIAL!

#IamNCHC



WHAT'S FOR LUNCH?

WAUSAU CAMPUS EMPLOYEE CAFETERIA



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

JANUARY 2 – 6, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheesy Meatloaf Baked Potato Wax Beans	Vegetable Beef Stew Biscuit Creamy Coleslaw	Turkey & Dumplings Buttered Peas Dinner Roll	Shredded Pot Roast Beef Mashed Potatoes & Gravy Parslied Carrots	Teriyaki Chicken with Gravy Fried Rice Broccoli Florets
SOUP	Turkey Dumpling Soup	Tomato Soup	TBD	Beef Noodle Soup	Ham & Bean Soup
DESSERT	Cherry Delight	Bread Pudding with Caramel Sauce	Lemon Burst Poke Cake	Cinnamon Baked Apples	Pumpkin Fluff

JANUARY 9 – 13, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Smoked Paprika Chicken Mashed Potatoes Gravy Country Style Green Beans	Lasagna Shredded Lettuce/Dressing Garlic Toast	Apple Butter Pork Loin Stuffing Roasted Butternut Squash	Turkey & Rice Casserole Dinner Roll Corn	Baked Cod Herbed Rice Creamy Coleslaw
SOUP	TBD	Beef Barley Soup	Garden Vegetable Soup	TBD	TBD
DESSERT	Brownie Bottom Cheesecake	Peaches	Snickerdoodle Krispy Bar	Banana Strawberry Cup	Cranberry Crunch



THE BISTRO

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

PANINI OF THE WEEK



PEPPER STEAK | \$6.50

BEEF | ROASTED PEPPERS & ONIONS |
PEPPER JACK | GARLIC MAYO

LATTE OF THE WEEK

Almond Mocha



\$1 OFF LARGE LATTES EVERY MONDAY!

LUNCH

- PANINI COMBO (1/2 PANINI, CHIPS, WATER)
- TURKEY BACON GUACAMOLÉ PANINI 6.00
- 3 CHEESE PANINI (ADD CHICKEN FOR \$1) 3.50
- GRILLED HAM & CHEESE PANINI 4.50
- GARLIC BACON PANINI 5.00
- CHEESE QUESADILLA (ADD CHICKEN FOR \$1) 4.50
- CALZONE..... 4.50/5.00
- CHEF SALAD/CHICKEN SALAD 5.50

SIDES + SNACKS

- CHIPS 1.00
- NUTS 2.00
- COTTAGE CHEESE 2.00
- HUMMUS 2.50
- CHOBANI YOGURT 1.75
- GREEK YOGURT 1.50
- CHIA FRUIT CUP 2.25
- M&M CHOCO CHIP COOKIE 1.25
- MARSHMALLOW CRISPY BAR 1.75
- PEANUT BUTTER CRISPY BAR 2.00
- CHEESECAKE 2.00/ 3.00

BEVERAGES

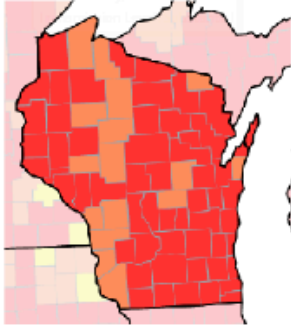
SELECTIONS VARY - JUICES, YOGURT DRINKS, VEGGIE DRINKS, ENERGY DRINKS, COFFEE & TEA, VARIOUS WATERS 1.00-3.50

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



CURRENT TRANSMISSION LEVELS BY COUNTY | DECEMBER 22, 2022

Temperature screening is **NO LONGER** required for Employees or Visitors at any NCHC location.



MARATHON



High

LINCOLN



High

LANGLADE



High

All counties remain in HIGH level.

Based on your county's transmission levels noted above, please take the following actions for your county of service:



High

All Nursing Home and Hospital Locations (Adult & Youth):

Staff, visitors and patients are **REQUIRED** to wear masks at all times in all areas including hallways, waiting rooms and meetings that include residents or patients.

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 Staff at ALL locations may remove masks while working alone in private offices, employee-only access areas and in areas prohibited to patients or residents, like staff-only meeting rooms, offices or lounges.

VISITOR NOTE FOR ALL LEVELS:

- When visiting **Covid-19 Confirmed patients** or residents, visitors are required to wear masks and eye protection and practice social distancing.

EMPLOYEE REPORTING

- Employees are **REQUIRED** to report any signs of illness to their manager immediately.
- Employees should **STAY HOME** if they are experiencing any signs of illness. Managers and Employee Health will provide return to work guidance.
- Staff are required to use PLT or take unpaid leave due to symptoms or exposure.
- Managers are **REQUIRED** to report employees with symptoms, exposure or positive for Covid-19 in SafetyZone as soon as possible.
- Employee Health: 715.848.4396



Get your FREE at-home test kits!

The State of Wisconsin is offering free, rapid, at-home COVID-19 test kits to residents of eligible communities. Visit their online website to get test kits shipped to your home at no charge.

<https://sayescovidhometest.org/>