



A Weekly Update
For The Employees of
North Central Health Care

**MENTAL
HEALTH**
AWARENESS MONTH
— MAY —



PHOTO OF
THE WEEK



NEWS YOU CAN USE



WEEKLY CONNECTION WITH JASON HAKE

As we say farewell to Stress Awareness Month, let's not forget that stress isn't like a seasonal flu that disappears with the end of a month. Stress is a persistent little bugger that likes to stick around and wreak havoc on our lives. That's why it's important for us to remember that stress management should be a year-round commitment. We must make a conscious effort to be more relaxed and practice good self-care.

Managing stress is not only essential for our well-being, but it also directly impacts the quality of service we provide and our ability to achieve our Mission. After all, if we operate in a continued state of feeling stressed, we can't be our best selves and provide the best support to those around us.

Embracing our Core Values of *Dignity, Integrity, Accountability, Partnership, and Continuous Improvement* while managing our stress, will help us in achieving our Mission and Vision while providing exceptional Person-Centered Service.

To wrap things up, it's important we take stress management seriously, and to not forget to have fun along the way. The key is for us all to find positive outlets for our stress...and for me, fishing is a great example. While I don't often get the big catch at the end of the day, I find nothing more relaxing than being on the water with my family, ultimately pretending it's not me but the fish are the problem. Humor is a powerful tool for managing stress and creating a positive work environment. As the great philosopher Charlie Chaplin once said, "a day without laughter is a day wasted."

Jason Hake
Managing Director of
Finance and Administration



REMINDER: PLEASE FINISH YOUR UKG LEARNING MODULES!

The Code of Conduct module assigned in UKG Learning is due by all staff on May 17. We are hoping for a 100% completion rate. Please take time to log into UKG Learning and finish your module today!

Occurrence Reporting Hotline

x4488 or 715.848.4488



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

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Person-Centered Shout

out



Megan Kruzicki, Pharmacy

Megan is constantly going above and beyond to update and make processes within the department much easier for everyone. Her ambition and passion for her job is valued and appreciated.



From: Kendra Eisner



-MAY-

Mental Health Awareness Month

WAUSAU WEST RAISE YOUR VOICE PRESENTS

MENTAL HEALTH AWARENESS WALK/RUN

AN EVENT TO END THE STIGMA OF MENTAL HEALTH

05.07.23

#WWMENTALHEALTHRUN
RAIN DATE: 05.13.23

Register!



Details!

- WEAR: GREEN OUT!
- COST: \$15 FOR 12+
- GATES OPEN: 9AM
- RACE STARTS: 10AM

Website!

For more details and information visit:

bit.ly/WWRVWebsite

WAUSAU WEST SCHOOL GROUNDS

ALL proceeds will be donated directly back into the community to support mental health at North Central Health Care!

WHERE: Wausau West School Grounds - Pen Lap

WHEN: Sunday, May 7th

RAIN DATE: Saturday, May 13th (ONLY IF MAY 7th is RAINED OUT!)

COST: \$15 for ages 12+ (11 and under are free)

GATES OPEN: 9am (Check-in at Soccer Concession Stand)

RACE STARTS: 10am

DISTANCE: Your Choice! (1 lap around the school grounds = 1 mile) - this is not a timed event

WEAR: Green Out! (Wear all green!)

TAG US! : #WWMENTALHEALTHRUN

PROCEEDS: ALL proceeds will be donated directly back into the community to support mental health at North Central Health Care

****DAY OF REGISTRATIONS WELCOME WITH EXACT CHANGE ONLY****

ALL ages welcome! Pets welcome!





Do you know of a Resident, Client or Patient in Need of Clothing, Shoes, Undergarments or Other Items? The NCHC Fashion Boutique May Be Able to Help TODAY!

THE Fashion boutique

Located in the Link Hallway between BHS and Mount View

Open 24/7 | NCHC Badge Access Only

Visitors Must Be Accompanied by Staff

There is no cost to "shop" for items. The Fashion Boutique is available to clients, patients and residents in ALL NCHC programs.

Want to Donate?

WE ACCEPT:

- tops • pants • undergarments • footwear • sleepwear • hats • winter coats • suspenders • and more!

Please bring all donations to the Volunteer Office located at the front entrance of Mount View.



THE WAUSAU CAMPUS FASHION BOUTIQUE IS NOW OPEN!

For many years the Fashion Boutique on the Wausau Campus has been available to residents and clients to get them much-needed clothing items throughout the year. Patients, clients, and residents in behavioral health, nursing homes, community living, and community treatment have had requests for items. From tops, pants, undergarments, footwear, sleepwear, and other items such as hats, winter coats, and suspenders. There is no cost to "shop" for items and the Fashion Boutique is available to ALL NCHC programs.

Where is the Fashion Boutique?

The Fashion Boutique is located in the link hallway between Mount View Care Center and the Adult Hospital, just before the large hallway of windows.

When is the Fashion Boutique Available?

The Fashion Boutique is now available 24/7/365 by Employee badge access. All visitors MUST be accompanied by an NCHC Employee at all times and an NCHC badge is required to enter the room. There are no longer changing rooms inside the Fashion Boutique, but sizing charts are available on the racks.

Can I Donate?

YES! We rely on donations from the community and our employees for items in the Fashion Boutique. We also are in need of plastic hangers. All donations can be dropped off at the Volunteer Office at the front of Mount View as items are sorted and laundered before being placed into the Fashion Boutique. Thank you in advance for your donations.



Questions?

Please contact the Volunteer Services Office at 715.848.4449 or volunteer@nrcen.org. So come on down and check out the Fashion Boutique anytime. And thank you for your support and donations!



APRIL IS STRESS AWARENESS MONTH



MINDFUL MOMENT COLORING CHALLENGE WINNERS ANNOUNCED!

Thank you to everyone who participated in our Mindful Moment coloring challenge! Your creativity and dedication to self-care are inspiring.

We're excited to announce the three randomly selected winners for the mini stress baskets:

Shylah Wrigley, Jennifer Mohr, and Kaylee Babich!



Congratulations to all of you! We have sent each of you an email with details on how to claim your prizes. We hope these baskets help you to continue your journey towards mindfulness and relaxation.

Thank you again for your participation and for being a valued member of our team!



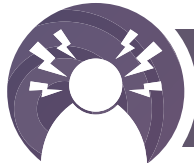
For additional stress management resources visit www.norcen.org/StressLess



Check out all the entries on FB!



APRIL IS STRESS AWARENESS MONTH



Join North Central Health Care for a month of tips, tricks and activities designed to help de-stress your daily life and improve well-being.

WEEKLY FOCUS:

FOOD FOR THOUGHT

How Nutrition Can Help Reduce Stress and Anxiety

Nutrition can play a powerful role in managing stress and anxiety. Our diet is closely linked to our mental and emotional well-being. What we eat can impact our mood, energy levels, and stress response.

One of the most important ways nutrition can help manage stress is through regulating blood sugar levels. When we eat sugary or processed foods, our blood sugar levels spike, causing a surge of energy followed by a crash. This can lead to feelings of anxiety, irritability, and fatigue. By contrast, eating complex carbohydrates like whole grains, fruits, and vegetables can help stabilize blood sugar levels, providing a steady source of energy and reducing feelings of stress and anxiety.

Omega-3 fatty acids found in fatty fish, nuts, and seeds are another essential nutrient for managing stress. Studies have shown that omega-3s can reduce inflammation and promote relaxation, helping to alleviate symptoms of anxiety and depression.

A balanced diet rich in whole, nutrient-dense foods can help reduce stress by supporting overall health and well-being. Eating a diet high in fruits, vegetables, lean protein, and healthy fats can help nourish the body and provide the energy needed to manage stress effectively.

Subsequently, it's important to avoid or limit foods and substances that can exacerbate stress and anxiety. Caffeine, alcohol, and processed foods can all negatively impact mood and energy levels, leading to feelings of stress and anxiety.

In conclusion, nutrition plays a crucial role in managing stress and anxiety. By eating a balanced diet rich in whole, nutrient-dense foods, avoiding or limiting substances that exacerbate stress, and incorporating specific stress-reducing nutrients like omega-3s, we can support our body's stress response system and promote overall well-being.

A balanced diet rich in nutrient-dense, whole foods, can support our body's stress response system and promote overall well-being.



Learn more or find additional resources at [norcen.org/StressLess](https://www.norcen.org/StressLess)



Our diets have a major impact on our well-being, and that includes our ability to handle stress and anxiety. **This week, challenge yourself to swap out mood-dampening foods** with more stress-reducing options. Use the chart below to identify foods that might not be serving your body, and consider replacing them with healthy alternatives. Pay attention to your energy levels and overall mood throughout the day. By fueling your body with the right foods, you can help manage stress and feel better every day.

STRESS REDUCERS



COMPLEX CARBOHYDRATES: Complex carbohydrates such as whole grains, legumes, and vegetables are a good source of fiber and nutrients that can help regulate blood sugar levels and promote feelings of calm and well-being.



FRUITS AND VEGETABLES: Fruits and vegetables are rich in vitamins, minerals, and antioxidants that can help protect the body from stress-related damage.



HEALTHY FATS: Healthy fats such as those found in fatty fish, nuts, seeds, and avocado can help reduce inflammation and promote relaxation.



LEAN PROTEIN: Lean protein such as chicken, fish, and beans can help stabilize blood sugar levels and promote feelings of fullness and satisfaction.



PROBIOTICS: Probiotics found in fermented foods such as yogurt, kefir, and sauerkraut can help promote a healthy gut microbiome and reduce stress-related inflammation.

REMEMBER:

No single food can eliminate stress on its own, but incorporating a variety of these stress-reducing foods into your diet can help support your body and promote overall well-being.

STRESS INDUCERS



PROCESSED FOODS: Processed foods such as fast food, packaged snacks, and sugary drinks can increase inflammation in the body, which can contribute to stress and anxiety.



REFINED CARBOHYDRATES: Refined carbohydrates such as white bread, pasta, and pastries can cause a rapid spike in blood sugar levels, which can lead to feelings of fatigue and irritability.



CAFFEINE: While some people find caffeine to be helpful for reducing stress, others may be more sensitive to its effects. Caffeine can interfere with sleep, which can worsen stress and anxiety symptoms.



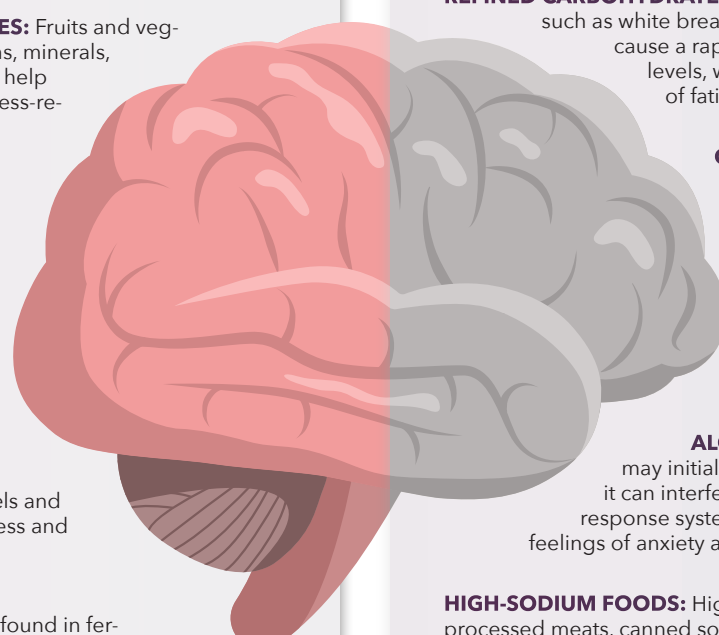
ALCOHOL: While alcohol may initially have a calming effect, it can interfere with the body's stress response system and lead to increased feelings of anxiety and depression over time.



HIGH-SODIUM FOODS: High-sodium foods such as processed meats, canned soups, and salty snacks can increase blood pressure and contribute to feelings of stress and anxiety.

REMEMBER:

It's important to approach dietary changes with a balanced, flexible mindset. Try focusing on incorporating healthy foods into your diet rather than obsessing over avoiding certain foods.



Learn more or find additional resources at norcen.org/StressLess



HARD HAT UPDATE

2400 MARSHALL STREET WORK BEGINS AND OUTPATIENT/ADMIN ROOF WORK CONTINUES

May 2, 2023

Construction crews have started work this week at the Wausau Campus on 2400 Marshall Street Suite A (Old MVCC building). Crews will be caulking exterior joints on the building and will be working with lifts and other equipment around the base of the entire building, working from the back of the building to the front. The team has already started in the back of the building nearest the lake. As they get nearer to the front of Suite A, the parking stalls at the front of the building will be affected. Please pay attention to crews and equipment around the exterior of the building.

Also, roof work will continue on the NCHC Campus for the Outpatient, Community Treatment, and Administration areas. The construction hopes to be finished with the project in the next 2 weeks or so, weather pending.



Marathon County Employees Credit Union

Make Sure You Are Ready When the Warmer Weather Finally Comes...Get Your New Boat Today!



Proudly serving NCHC Employees and their Families
Already a member: Thank you
Not a member: Contact us today!

Apply online at www.mccu.org
715 261-7685
cuteller@co.marathon.wi.us
400 East Thomas Street
Wausau, WI 54403

Can You Help Our Community Treatment Youth Program?



The NCHC Community Treatment Youth Skill Development Groups are in need of recreation items this summer!

We are looking for any donations of recreation equipment for:

- Tennis*
- Fishing*
- Baseball
- Disc golf, etc.



*Tennis and fishing equipment are in biggest demand.

Donations can be dropped off in the Wausau Campus Community Treatment Office by Wanda McCarthy at Door #24.

SAFETY ZONE SCHEDULED OUTAGE

May 10, 2023



On Wednesday, May 10th, from 10:00 PM CST until 11:00 PM CST, the Healthcare SafetyZone® system will be unavailable due to server maintenance. Please access the system to enter any occurrence reports after the outage window.

UKG MOBILE APP ALERT

UKG has detected and identified an issue last week which may make employees unable to access your UKG Mobile App via FacelD or Fingerprint.



What to do if you can't access your UKG Mobile App via FacelD or Fingerprint:

If you receive the following message after using FacelD or Fingerprint: "We're having trouble connecting to the sign-in server. Please make sure your internet connection is working and try again."

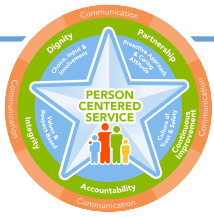
DO THIS:

Please press "Sign in with Password" and re-enter Username and Password to allow access into your app.

OR TRY THIS:

Please delete the UKG app on your phone and reinstall. When you login again, the app will ask for a company code. The company code is NCHC1.

Your desktop icon should not be affected by this issue. UKG understands how important it is for all of your UKG Pro features to be fully functional, and they sincerely apologize for any inconvenience. We will notify staff once UKG has provided information that the issue has been fixed.



For Your Health!

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

July 13, 2023
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 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



WOM154g (1.7.20)

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 9 | 8:00 - 11:00 am
- Thursday, May 11 | 2:00 - 6:00 pm
- Tuesday, May 16 | 8:00 - 11:00 am
- Thursday, May 18 | 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

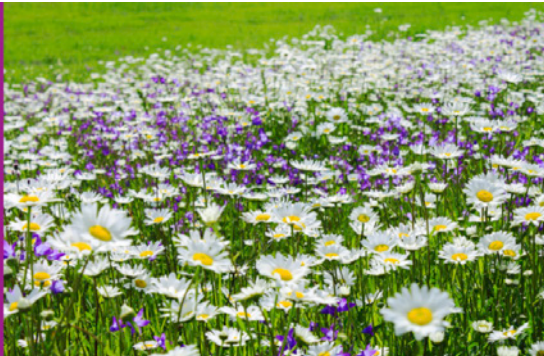


BH-340A

Ascension

R&R Series: May
presented by Ascension WI EAP

Employer Solutions



ascensionwieap.org
e: eap@ascension.org
t: 800-540-3758

RELAX AND RE-ENERGIZE

Join us May 3 for the next R&R session with Shelly Maxwell MSW, LCSW, RYT, EAP counselor and registered yoga instructor. Take 30 minutes in your day to re-energize and re-center yourself and feel the benefits. Spread the word to your colleagues!

Wednesday, May 3: 12-12:30 p.m. (CST)

Meeting link:
<https://bit.ly/RelaxNCHC23>

Meeting ID: 922 2572 2860
Passcode: 811557

Mark your calendars for upcoming sessions each month:

- Jun 7
- Jul 5
- Aug 2



PHOTOS OF THE WEEK



GROUP COLORING PROJECT AT PINE CREST



Submitted by Sara Barnett

ARTFUL EMPLOYEES

Pine Crest started their own group coloring project in February. A sign was posted that said "color me". By end of April, the poster was complete, with staff from across Pine Crest participating. The team is on to bigger and better with the next group coloring project - a hummingbird!! Great job Pine Crest team!



On to the next!

COMMUNITY TREATMENT SPOTLIGHT AWARD MARCH 2023



Jill Mattek Nelson Community Treatment

NCHC Community Treatment is pleased to announce Jill Mattek Nelson was awarded the March Spotlight Award! Jill is a Service Facilitator on the Antigo Youth Team. Jill was nominated by one of her peers. Here is from her nomination form:

"In the youth community treatment world, our day-to-day work can be a fine balance between extremely rewarding and exceptionally challenging. Many of us pursue this line of work because we have a strong desire to make a positive impact, advocate for the underdog and find a way to pay it forward. This is exactly who Jill is and what she represents. Professionally, Jill represents all areas of North Central Health Care's core values and she displays them in everything that she does. Not only is she an exceptional case manager, one who truly puts the needs of her clients first, but she is a reliable and dependable teammate, which is extremely crucial when working with a small team in an outlying county. We take great pride in what we do for our small community, the reputation we hold, the services we provide, and the incredible families that allow us into their lives. Trust and follow through is a nonnegotiable expectation when working with children and I think it's important to note how incredibly honest, trusted and consistent Jill is. She is not one to back down from a challenge and will advocate significantly for the children + families she serves, all while keeping a neutral balance between schools and community providers. Jill is highly sought out for her feedback, collaboration and services from our community providers."

"Jill also promotes a positive atmosphere in the Antigo Office which is always refreshing and welcomed. She is also always willing to support her teammates. She is exceptionally talented with her attention to detail with her documentation and her willingness to never forget to ask a clarifying question."

"I am very proud of Jill and the services, experience and expertise she brings to Langlade County and NCHC. She is very deserving of this award."



Congrats Jill!



HRinsights

Position Postings

Title: Personal Care Worker

Status: Full Time

Location: Wausau Supported Apartments and Group Homes

The Personal Care Worker is responsible for the general operation of a group home/supported apartment settings for adults with developmental disabilities and/or chronic mental illness.

Shifts Available:

PM Shift 2 PM - 10 PM

NOC Shift 10 PM - 6 AM

Apply Online: <https://bit.ly/PCW-2023>

Several Opportunities Available for Personal Care Positions and Shifts!

Not sure if its the right fit? Check out the Realistic Job Preview at www.norcen.org/RJP



Let's talk retirement

WISCONSIN DEFERRED COMPENSATION PROGRAM

Talk with a Retirement Plan Advisor about the WDC Program!

Meeting with your WDC Retirement Plan Advisor is an easy way to help make sure your savings and spending strategy fits you and your future. Schedule a one-on-one appointment. Additional virtual meeting dates and times can be found at https://nc_wisconsin.timetap.com/#/.

Next meeting:

Individual Retirement Readiness Review with Shawn Bresnahan

Wausau Campus, Iris Room in Outpatient Services
Tuesday, May 23rd 2023 • 10am-3pm
1100 Lake View Drive
Wausau, WI 54403

Register Online at https://nc_wisconsin.timetap.com/

What to bring to your one-on-one meeting once enrolled:

- Wisconsin Retirement System statement
- Social Security statement
- Other retirement account information
- Current paycheck stub (if applicable)

employees on the move

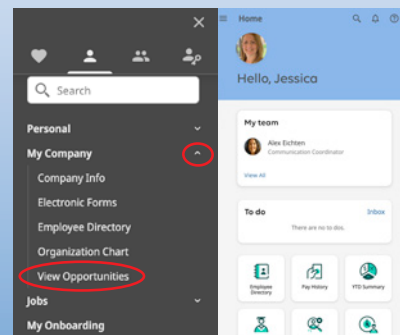
Congratulations to these employees for their recent transfer or promotion!

congrats!



Melissa Stockwell recently transferred from Supervisor of Life Enrichment to Manager of Life Enrichment & Guest Services. Congratulations to you Melissa!

Looking for Opportunities Within Our Organization?



How to Locate Internal-Only Job Postings in UKG

1. Log into UKG
2. Navigate to the left menu in the gray box.
3. Scroll down to My Company and click.
4. In the drop down, select View Opportunities.
5. You now have a listing displayed all internal job postings!



WELCOME THESE NEW EMPLOYEES TO THE TEAM!

These employees were welcomed at Orientation April 3 – 7!

Pharmacy



May Vang – Pharmacy Tech

Aquatic Therapy



Tyler John – Physical Therapy Asst.

Mount View



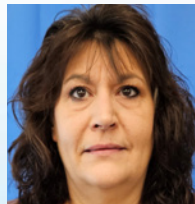
Brenda Trantow – Hospitality Assistant

Food Services



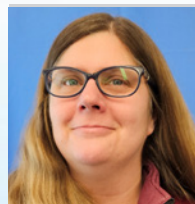
Patricia Ziegel – Cook

Crisis



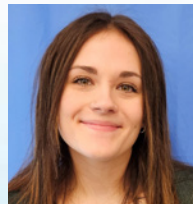
Bonnie Stoviak – Crisis Professional

Community Treatment - Antigo

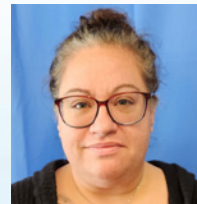


Leah Fleischman – Case Manager I

Pine Crest



Morgan Sefton – Hospitality Assistant

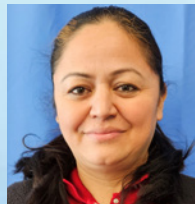


Jennifer Hagen – Weekend Warrior LPN



These employees were welcomed at Orientation April 24 – 28!

Pine Crest



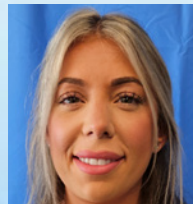
Veronica Anderson – CNA

Housekeeping



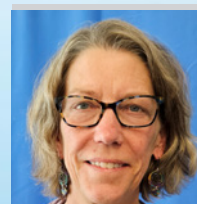
Sterling Wanta – Housekeeping Aide

Lakeside



Tiara Bonilla – Behavioral Health Professional

Volunteer Serv.



Kari Kufahl – Guest Services Rep

Community Treatment Wausau



Alyssa Fritsche – Case Manager



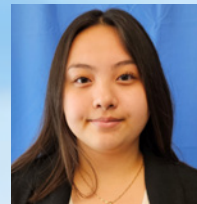
Cassandra Monrreal – Hospitality Assistant



Jasmin Gonzalez Mujica – CNA



Amy Lee – Weekend Warrior RN



Elana Xiong – CNA

Mount View

Pharmacy



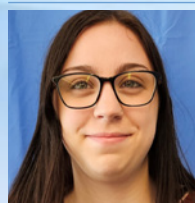
Andrew Rosicky – Pharmacist

Adult Day Services



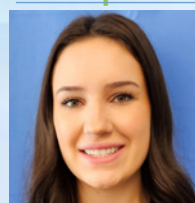
Amber Schroeffer – Program Aide

Community Treatment



Jessica Kwick – Employment Specialist

Youth Hospital



Alyssa Van Asten – LPN

We are so excited to have you on our team!



WELCOME BABY BORNEMAN

Nora Jean Borneman was born on Thursday, April 27 weighing in at 8 lbs 8 ounces and 20.5 inches long. Mitch, our happy NCHC daddy, is a case manager in Community Treatment Adult Wausau. Mom Kristina and baby Nora are doing great. Congrats!!!



Wisconsin Retirement System Group Retirement Appointments



Come join us for a discussion about your WRS benefits and learn from other members' questions!

To attend:

- You must be within one year of minimum retirement age.
- You *must* have received your retirement estimates and application.
 - To request your estimate, visit the [Applying for Your Retirement page](#) at etf.wi.gov or call us at (877) 533-5020. <https://etf.wi.gov/video/applying-retirement>
 - Receiving an official estimate or attending this appointment does not require you to retire. It can be requested for informational purposes only.
- Registration is required and may be done by using ETF's convenient [appointment scheduling system](#) or by calling (877) 533-5020. <https://appointments.etf.wi.gov/WA>

NORTH CENTRAL TECHNICAL COLLEGE-WAUSAU

WEDNESDAY, MAY 3, 2023
2:00 PM-4:30 PM

AND

THURSDAY, MAY 4, 2023
9:00 AM-11:30 AM

REGISTRATION REQUIRED

We will discuss many topics, including:

- The retirement benefit estimates and application
- Health/life insurance
- Beneficiaries and death benefits
- Mailings you can expect to receive from ETF after retirement
- Annual annuity adjustments
- WRS return-to-work rules

Visit etf.wi.gov for other learning opportunities.

ET-7377 (REV 3/2/2023)




HAIRSTYLIST APPRECIATION DAY!

April 25 was Hairstylist Appreciation Day! Pine Crest would like to share their appreciation for the resident stylist, Gina Pieper! Thanks for all you do Gina!

2023 LIFE Report Release

Thursday June 1st

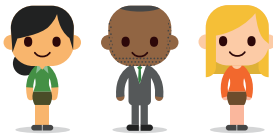
8:00am: Check in & networking
8:30am: Forum begins

UWSP at Wausau Center for Civic Engagement Theatre

Tara Draeger
LIFE Report Chair and Director of System Community Health at Aspirus Health will give an overview of the 2023 LIFE Report Calls to Action.

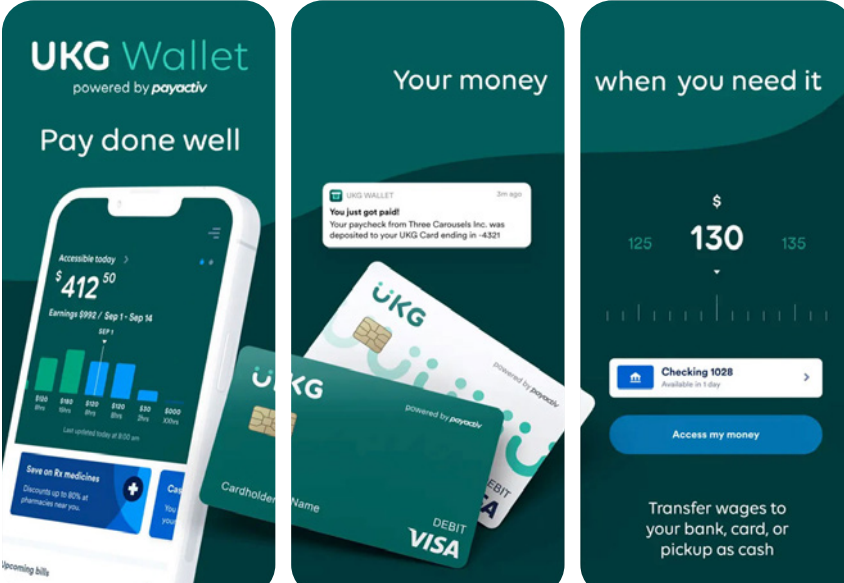
Paul Schmitz
CEO of Leading Inside Out will walk through the approach of "Everyone Leads: Building the Culture for Collective Impact."

REGISTER >>>



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

Be sure to SHARE our Career Posts on Social!

UKG Wallet
powered by *payactiv*

Pay done well

Your money when you need it

Accessible today >
\$412.50

Earnings 0992 / Sep 1 - Sep 14

You just got paid!
Your paycheck from Three Carousels Inc. was deposited to your UKG Card ending in -4321

125 **130** 135

Checking 1028
Available in 1 day

Access my money

Transfer wages to your bank, card, or pickup as cash



UKG has partnered with NCHC to reinvent the way you get paid. Work your shift, and we'll make a portion of that money available, giving you more control over when and how you want to use it.

Visit www.norcen.org/UKGWallet for More Details & Instructions!





AGING UNBOUND: MAY 2023



The month of May marks a celebration of all Older Americans. This year's theme is: Aging Unbound. As we age, we hold true to our life's interests and pursuits. What we love and enjoy remains constant, but how we do them may look a little different. As we age, we continue to celebrate LIFE and living!

At Mount View, our month will begin with an Opening Celebration on May 2 with a Proclamation by Gary Olson and entertainment provided by KT Country. A community group, Serve with Liberty, will be participating in three special outings with Mount View residents at the start of the month including Ice Cream and a Country Drive, Mullins Cheese, and Tour/Hall of Fame/and special meal at Lambeau Field. There will also be a Special Persons service held at St. Paul's Church in Wausau. There are two special events in which we hope staff of NCHC will participate in, so please mark your calendars:

- **Variety Show on Tuesday, May 23 at 10:00am in the Community Room at Mount View**
If you have a special talent that you would like to perform or share, please reach out to Melissa Stockwell @ #5104 or mstockwell@norcen.org
- **Brat Fry on Tuesday, May 30 at 10:30am-1:00pm in the Courtyard**
Proceeds will go towards the Walk to End Alzheimer's

Our month of dedicated events and celebrations will end on Wednesday, May 31 with the sharing of resident Legacy stories, cake, laughter, and fun. We hope that you will consider celebrating our Older Americans throughout the month of May.



Ascension

FrontLine

Frontline | April 2023

Employee Assistance Program | ascensionwieap.org | eap@ascension.org | 800.540.3758

Overcome Springtime Stressors

Springtime can include a surprising amount of stress. A menu of stressors typically includes final exam preparation, graduation planning and festivities, dating and relationship issues, loss of focus on school as it comes to an end, recreational pursuits, sport schedules, social events, college planning, and tough financial decisions. The big overlay is parenting challenges. It you're unfortunate enough to check all the stress boxes above this month, don't suffer physical and psychological effects. Pick up some tips from your EAP or other professional counseling resources. Anxiety or depression can affect you at any time of year, and some say May is one of the most challenging times.



Mental Health Month: Practice Preventive Mental Health Care

There is such a thing as "preventive mental health," just like there is preventive physical health. Here's one approach: Practice self-compassion—be kind and understanding to yourself, especially during difficult times. Treat yourself with the same empathy and support that you would offer a close friend. And here's another: Establish healthy boundaries—set limits on your time, energy, and resources to avoid burnout and resentment. Learn to say no to requests that don't align with your values or goals. Preventive mental health lowers stress and builds resilience for when the going gets tough. Learn more in the workbook, "Better. Mental. Health. for Everyone" by Dr. Abraham Low.



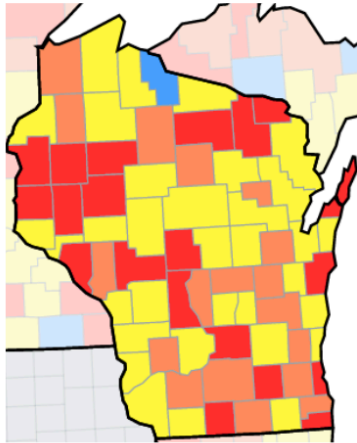
Calling In Sick: There's Help for That

There are many reasons employees call in sick when they are actually well, and some are associated with personal struggles or problems suitable for resolving with help from the EAP or other professional counseling. Have any of the following kept you away from work? 1) Personal or family issues requiring your attention. 2) Feeling burned out or overwhelmed by work. 3) Feeling undervalued and unexcited about your job. 4) Wanting to avoid a difficult or unpleasant work situation or person. 5) Needing a "mental health day" after an upsetting or emotional incident the day before. 6) Feeling over-stressed or being overcome with anxiety about a personal issue.





CURRENT TRANSMISSION LEVELS BY COUNTY | APRIL 26, 2023



MARATHON



Moderate

LINCOLN



Substantial

LANGLADE



Moderate



PINE CREST: ALL AREAS

Masks REQUIRED at ALL TIMES: OUTBREAK.

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.

OR



Substantial Moderate Low

- Surgical face masks or face coverings are NOT REQUIRED at any NCHC locations at these Levels.

* Employees will follow all Covid-19 Confirmed/Suspected Precautions posted in all units or patient/resident rooms.

* All units and program areas under outbreak precautions will continue to require masks until out of outbreak. Follow all outbreak signage posted within unit or facility.

Employees experiencing any signs of illness are required to REPORT TO MANAGER IMMEDIATELY. STAY HOME if you are experiencing any signs of illness.



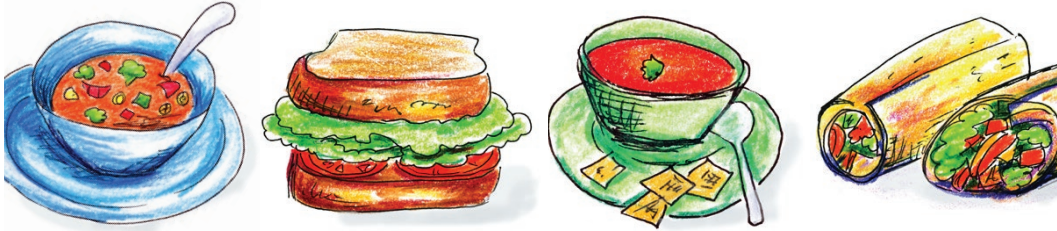
Get your FREE at-home test kits!

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://sayyescovidhometest.org/>



WHAT'S FOR LUNCH?

WAUSAU CAMPUS EMPLOYEE CAFETERIA



Due to recent cost increases with food, some items in the Bistro and the Wausau Campus Café will be increasing in cost.

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

MAY 1 – 5, 2023

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

MAY 8 – 12, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Baked Chicken Drumstick Loaded Mashed Potatoes Carrots	Old Fashioned Chicken & Noodles Mixed Vegetables	Hot Pork on a Bun Parmesan Noodles Broccoli	Scalloped Potatoes & Ham Brussel Sprouts Diner Roll	Baked Spaghetti Peas & Carrots
SOUP	Broccoli Soup	TBD	Tomato Soup	TBD	TBD
DESSERT	Pineapple Tidbits	Marbled Cherry Pie Cake	Sweet Potato Crisp	Fluffy Fruit Dessert	Rice Krispie Treat



THE BISTRO

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

PANINI OF THE WEEK



TURKEY PESTO

TURKEY | PROVOLONE | PESTO
RED PEPPERS | SPINACH

LATTE OF THE WEEK



Caramel Mocha

**\$1 OFF LARGE
LATTES EVERY
MONDAY!**

Ice Cream

ICE CREAM CONE1.00
ROOT BEER FLOAT2.00



LUNCH

PANINI COMBO (1/2 PANINI, CHIPS, WATER)	5.00
TURKEY BACON GUAC PANINI	6.00
TURKEY BACON GUAC WRAP	5.75
3 CHEESE PANINI (ADD CHICKEN FOR \$1)	3.50
GRILLED HAM & CHEESE PANINI	4.50
GARLIC BACON PANINI	5.00
CHICKEN BACON RANCH WRAP	5.25
CHEESE QUESADILLA (ADD CHICKEN FOR \$1)	4.50
CALZONE	4.50/5.00
CHEF SALAD/CHICKEN SALAD	5.50

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



Continual Readiness



EDITION 13

FLASH FRIDAYS



North Central Health Care
Person centered. Outcome focused.



May 5, 2023

Flash Fridays will be distributed weekly on Fridays to prepare you for upcoming surveys like The Joint Commission or State of WI surveys. The Continual Readiness information provided will pertain to all areas within NCHC, from Behavioral Health to Skilled Nursing Care, however some information may be more specific to one survey. Some may only pertain to clinical staff, but always read it thoroughly. If you have questions, ask your Team Leader to explain how the topic relates to your program or department.

THE JOINT COMMISSION IS COMING SOON! SURVEY WINDOW: FEB. 5, 2023 – AUG. 5, 2024

Medication Management 101

MEDICATION LABELING

The labeling of all medications, medication containers and other solutions is a risk-reduction activity consistent with safe medication management. Medications or other solutions in unlabeled containers are unidentifiable. Errors, sometimes tragic, have resulted from medications and other solutions removed from their original containers and placed into unlabeled containers.

NORTH CENTRAL HEALTH CARE POLICY & PROCEDURE ON MEDICATION LABELING

All medications prepared by North Central Health Care shall be correctly labeled with the following:

- Patient name
- Medication name
- Strength
- Amount (if not apparent from the container)
- Expiration date when not used within 24 hours
- Expiration time if expiration occurs in less than 24 hours
- Preparation date and the diluent used for all compound IV admixtures and parenteral nutrition formulas.

This element of performance is especially important when a medication will not be administered immediately. An immediately administered medication is one that an authorized staff member prepares or obtains and takes directly to a patient and administers to that patient without any break in the process.

MEDICATION ADMINISTRATION

One of The Joint Commission's 2023 National Patient Safety Goals is **using medicines safely**, and this entails medication administration. Medication administration includes:

- Recording and passing along correct information about an individual's medicines.
- Finding out what medicines the individual served is taking. Compare those medicines to new medicines given to the individual served.
- Giving the individual served written information about the medicines they need to take.
- Telling the individual served it is important to bring their up-to date list of medicines every time they visit a doctor.

North Central Health Care follows our organizational policy and procedures in our patient care areas for the safe administration of medication. This policy and procedure "**Medication – Administration 3500-2019**" follows evidence-based practice for the safe administration of medication and involves the 10 rights of medication administration. This policy and procedure can be found in UKG, all direct caregivers should review these documents as it relates to the safe administration of medication.



Questions? Contact your manager or team leader and ask them about your role in the survey process.