



A Weekly Update For The Employees of North Central Health Care



NEWS YOU CAN USE



WEEKLY CONNECTION WITH GARY OLSEN

It is hard to believe that January is done already, but at least Bernard, the groundhog at Bay Beach in Green Bay, did not see his shadow so we can look forward to an early spring. Although, it does feel like spring is here already with having a 50-degree day in February.

Now that we are into the new year, I want to refocus on what it means for NCHC to be committed to *Person-Centered service*. As a very large organization, it may sometimes feel like we are more focused on the operational and financial aspects of our business more than on the people we serve. The

operations and financial aspects are very important because they help us continue as an organization to provide these services. Last year we needed to put our operations and finances in order. It wasn't easy, but with the help and support of our entire NCHC team, we overcame a seemingly insurmountable task and are on a much better path as we begin this new year. Thank you all! We need our operations and finances in order so that the most important piece of our business, **servng others**, is able to be our main focus.

We do what we do because we care about the individuals we serve. We want to help others and I hope all of you find great satisfaction in seeing people succeed in overcoming great challenges. This is what makes NCHC so special. Our *Person-Centered Service* helps guide us towards our *Vision of Lives Enriched and Fulfilled*. Each interaction we have with those we serve, our community partners, and each other, will lead to lives that are more enriched and fulfilled. We face the world with undeterred optimism and hope of possibility. Every day is a new chance to make people's lives better. The vast potential to make a difference in each individual's life is our greatest inspiration and measure of success. That is the Vision of NCHC, and I hope your vision as well, as you continue in your service to others through the work you do. It does not matter what department you are in, or if you are directly involved with the individuals we serve, everyone at NCHC plays an important role in *Person-Centered Service*.

Our focus on dignity to our co-workers, partners, and those we serve, three areas that *Person-Centered Service* is all about, is the reason why NCHC exists. Thank you all for helping us strengthen our organization through *Person-Centered Service*.

Gary D. Olsen

Gary Olsen
Executive Director

Show Some Love!
Wednesday, February 14
Wear Red & Pink for Valentine's Day



Occurrence Reporting Hotline

x4488 or 715.848.4488



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

- Prevent the Spread of Illness 2
- American Heart Month 3
- Help for the Homeless Hygiene Drive 4
- Organizational Learning Module Notice 5
- Foodie Forecast 6
- Bistro Specials..... 7

"All you need is love. But a little chocolate now and then doesn't hurt."

—CHARLES M. SCHULZ

Person-Centered
Shout out

Mariana Schmidt, YCSF

Prevented a possible cyber security threat by reporting a phishing email and not opening it.

Shared By:
Jessica Meadows





PLEASE HELP PREVENT THE SPREAD OF ILLNESS!



WHAT IS THE BLEACH SMELL?

Norovirus is on the Rise and We Are Fighting Back!

This week, the NCHC Wausau Campus had increased reports of illness, specifically Norovirus. Noroviruses are a group of very contagious viruses that cause stomach illness. To prevent the spread of illness, the Wausau Campus Housekeeping team will be cleaning high-touch surfaces and areas with a bleach solution. You may notice the bleach smell in your areas as the Housekeeping teams increase their visits. Please communicate to those we serve and others that this smell is part of our efforts to prevent the spread of illness. But we can't stop there! You can help prevent the spread of illness:

About Norovirus

People of all ages can get sick with norovirus by accidentally consuming small amounts of feces or vomit from an infected person. Common symptoms of norovirus include vomiting, diarrhea, and stomach cramps. Norovirus is also called gastroenteritis or the "stomach flu." Although it is commonly called the stomach flu, norovirus is not related to the flu (influenza).

People can become infected with norovirus by:

- Eating or drinking food or water contaminated with norovirus.
- Touching surfaces or objects contaminated with norovirus and then touching their mouth or eating without washing their hands.
- Having direct contact with someone who is sick with norovirus.

Norovirus can easily contaminate food or water because it only takes a very small amount of virus to make someone sick.

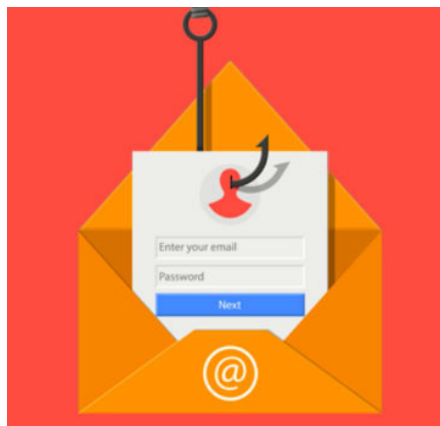
We ALL can take SIMPLE steps to prevent the spread of illness:

- Wash your hands with soap and water after using the bathroom, before preparing foods, and before eating.
- Do not prepare food or take care of others if you are sick.
- Clean and disinfect frequently touched surfaces regularly.
- Avoid touching you eyes, nose and mouth with unwashed hands.
- STAY HOME WHEN YOU ARE SICK! Remember to contact your Manager if you are experiencing signs of illness. Your Manager will complete a Safety Zone report and Employee Health will reach out to you to discuss your return to work.

WASH YOUR HANDS
frequently with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available.

AVOID TOUCHING
your eyes, nose and mouth with unwashed hands.

CLEAN AND DISINFECT
frequently touched objects and surfaces



CYBERSECURITY ALERT Phishing Alert!

CCITC is currently aware of an email address attempting to impersonate the IT Help Desk. This email has a fraudulent link and asks users to click on it to get "updates" on their computer. This is a phishing attempt and CCITC is working diligently to protect the network.

If you received the email to the right and clicked on the link, immediately contact the IT Help Desk and they will work on securing your account.

Call 715.261.6710 or email helpdesk@co.marathon.wi.us



To: All Users
From: Help Desk
Subject: Email System Maintenance

WHAT: We're excited to announce that we've rolled out a major upgrade to Marathon Email system with improved security.

WHO: All Marathon Email users.

HOW: Kindly [Update HERE](#)

WHY: We urge Marathon Email users to conform with the new system requirements

We appreciate your cooperation during this process.

If you have questions or you are in need of technical assistance, please contact the Help Desk

Marathon County Wisconsin

Marathon County Wisconsin
<https://www.cmc.edu/>

Marathon County Wisconsin Help Desk



NCHC Employee Health & Wellness Center Onsite Clinic

STUDY IDENTIFIES 5 RISK FACTORS RESPONSIBLE FOR OVER 50 PERCENT OF CARDIOVASCULAR DISEASE

Daniel Krause, DO, Cardiologist with Aspirus Heart Care

Heart disease is still the leading cause of death in the United States, contributing to one in three deaths. But by taking steps to address risk factors, you can keep your heart healthier as you age.

A recent study in the New England Journal of Medicine (NEJM) analyzed data from more than one and a half million people in 34 countries and found that more than 50 percent of cardiovascular disease incidents and around 20 percent of deaths could be attributed to five modifiable risk factors.



"This study shows that over 50 percent cardiovascular events could be prevented if people addressed certain modifiable risk factors," says Daniel Krause, DO, Cardiologist with Aspirus Heart Care. "The good news is that these are factors you can affect in a positive way if you take responsibility and work on improving your own health."

The 5 modifiable risk factors the study identified are:

- Body mass index
- Systolic blood pressure
- Non-high-density lipoprotein (HDL) cholesterol
- Current smoking
- Diabetes

"The biggest thing is trying to control your weight, blood pressure, diabetes if you have it, high cholesterol if you have it, and really trying to be more active and pay attention to those risk factors," says Dr. Krause. "It might seem overwhelming but work with your primary care provider or a cardiologist to develop a plan to get all those risk factors down. Often people end up enjoying the process, especially when they see the numbers and weight start to go down."

One of the most important things people can do is to get established with a Primary Care Provider.

"Many of the people who we see with a heart attack in their early 50s, 60s, haven't seen a doctor in 10, 15 years," says Dr. Krause. "They really didn't know that they had high cholesterol, diabetes, overweight, and other risk factors and then it's too late."

Best advice - talk to your health care provider to determine your risk for heart disease and follow their recommendations for additional changes you may benefit from.

To find an Aspirus provider, visit www.aspirus.org/find-a-provider. For information about cardiology services offered at Aspirus, visit www.aspirus.org/cardiology.

Clinic Hours

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

Tuesday
6:30 am - 3:00 pm

Thursday
9:30 am - 6:00 pm



Schedule your appointment
715.843.1256

Aspirus Employee Health & Wellness Center
1000 Lake View Drive, Suite 200
North Central Health Care Campus, Door 34
Wausau, WI 54403

FEBRUARY IS AMERICAN HEART MONTH

Knowing your biometric numbers is crucial for monitoring and maintaining heart health. Biometric measurements provide valuable insights into various aspects of your cardiovascular system, and regularly tracking these numbers can help identify potential issues early on.



SOME KEY BIOMETRIC NUMBERS RELATED TO HEART HEALTH



Blood Pressure

Monitoring your blood pressure is essential. High blood pressure (hypertension) is a significant risk factor for heart disease. Regular blood pressure checks with your health care provider can help you take preventive measures and manage hypertension through lifestyle changes or medication.



Cholesterol Levels

Understanding your cholesterol levels, including low-density lipoprotein (LDL) and high-density lipoprotein (HDL), is vital. High LDL cholesterol and low HDL cholesterol levels are associated with an increased risk of atherosclerosis and heart disease.



Body Mass Index (BMI)

BMI is a measure of body fat based on your height and weight. Maintaining a healthy BMI is linked to a lower risk of heart disease. Obesity is a risk factor for conditions such as coronary artery disease and heart failure.



Blood Sugar (Glucose) Levels

Monitoring blood sugar levels is crucial for individuals with diabetes, as uncontrolled diabetes can contribute to heart problems. Even for those without diabetes, maintaining stable blood sugar levels is important for overall cardiovascular health.



Resting Heart Rate

Your resting heart rate is the number of heart beats per minute when you are at rest. An elevated resting heart rate may be a sign of cardiovascular stress. Regular monitoring can help you identify changes and consult with a health care professional if needed.



Waist Circumference

Abdominal obesity, indicated by an increased waist circumference, is associated with a higher risk of heart disease. Measuring your waist circumference can provide additional information about your heart health risk.



Physical Activity Levels

While not a traditional biometric number, monitoring your physical activity levels is crucial for heart health. Regular exercise helps maintain a healthy weight, improves cardiovascular fitness, and reduces the risk of heart disease. [Learn more](#) about how you can earn a \$30 reward each month for working out!



Knowing and regularly monitoring your biometric numbers allows you to take proactive steps toward maintaining heart health.

It's why we include this data in our Health Plan Premium Discount Wellness Program.

If you're on the Aspirus Health Plan and haven't started the initial steps to the program, it's time to get started!

Click the image at left for more information.

It's important to consult with health care professionals for personalized advice based on individual health profiles and family history. Regular check-ups and screenings can help catch potential issues early, enabling timely interventions and lifestyle adjustments.



check it out

Click on the links to access a variety of helpful heart health resources and take the time to focus on your heart health this month and every month.



- 4 Habits for a Healthy Heart
- 4 Ways to Love Your Heart
- 28 Days Toward a Healthy Heart
- Heart Smart Basics
- Live to the Beat
- My Heart Health Tracker
- Stress Less for a Healthier Heart



Collection Boxes will be at MVCC Main Entrance and the Wausau Campus Employee Entrance Door #55
Donate here or local Festival Foods & Walgreens

Help for the Homeless HYGIENE DRIVE™

**Feb. 11 -
Mar. 3**

Help ease the financial strain on homeless and crisis programs in your community.

Most Needed Items

- | | | |
|-------------------|-------------------|-------------------|
| Bathroom Tissue | Diapers/Baby Care | Laundry Detergent |
| Cleaning Supplies | Face/Bath Soap | Paper Towels |
| Dental Care | Feminine Care | Razors |
| Deodorant | Hair Care | Trash Bags |

Donations remain in the community where collected!



Thanks to our sponsors and event partners!
Details at thefamily.net or 800-236-9364



Marathon County
Employees Credit Union



Let the Credit Union Help You with Valentine's Day!

Share-A-Bear Plush Available for Purchase for \$10
Chocolate Roses \$3 or Half Dozen Wrapped for \$15

All Proceeds Benefit Childrens Miracle Network

Proudly serving NCHC Employees & their Families since 1965.
We are Different than Other Financials - Let Us Show You How

Already a member: Thank you!
Not a member: Contact us today!

715 261-7680
cuteller@co.marathon.wi.us
400 East Thomas Street
Wausau, WI 54403

THE BISTRO

COFFEESHOP + CAFE | MOUNT VIEW CARE CENTER, FLOOR 1

MINI VALENTINE'S GIFT CARDS AVAILABLE FOR PURCHASE AT THE BISTRO!



EACH CARD CONTAINS ONE MINI \$2 GIFT CERTIFICATE!
ENOUGH FOR A SMALL COFFEE OR BAKERY ITEM!



INSIDE OF CARD

EVERCON 24

MARCH 1-3, 2024

THE FUTURE OF GAMING!

EVERCON.ORG

CENTRAL WISCONSIN CONVENTION AND EXPO CENTER
1801 MARKEE I ST, D
ROTHSCHILD, WI 54411

Mark Your Calendar for EVERCON 24!

Help support our local schools by attending this fun event for the whole family!

In past, Evercon has raised funds to support suicide prevention initiatives locally and at NCHC.

This year, Evercon is supporting Make-A-Wish Foundation!



February 2024 Organizational Learning Modules



Each month staff are assigned 30-60 minutes of organizational training that needs to be completed by the due date.

Trainings Have Been Assigned

Log in to *UKG Pro Learning* and complete the following courses:

- **NCHC Policies, Procedures, and Related Forms 2024** (10 minutes)
- **NCHC Work Expectations, HR Policy Review, and Job Acknowledgment 2024** (70 minutes)
- **Employee Compensation and Timekeeping Policy Review** (15 minutes)
- **NCHC Charge and Conviction Notifications, Background Checks – 2024** (10 minutes)
- **Complete any outstanding assignments**



Please join us for our

Open House

Monday
February 26th, 2024
9:00 am-2:00 pm

Or

Tuesday
February 27th, 2024
2:00 pm-7:00 pm

820 S. 8th Ave
Wausau Wisconsin 54401

Think you can't afford to own a home? THINK AGAIN!



If you can answer YES to all of these questions...

Family Partner Criteria

- Do you need improved housing?
- Does your income fall within the ranges of the chart on the right?
- Are you willing to work with volunteers to build your home?

Family Size	Gross Annual Income
1	\$22,460 - \$30,640
2	\$37,100 - \$44,620
3	\$41,750 - \$50,100
4	\$46,350 - \$55,620
5	\$50,100 - \$60,620
6	\$53,000 - \$64,500
7	\$57,500 - \$69,000
8	\$61,200 - \$73,440

Register to attend an informational session to learn more about becoming a Habitat partner family!

February 7th, 2024 @ 10:00am	February 13th, 2024 @ 6:00pm	February 17th, 2024 @ 10:00am
Location: Habitat for Humanity of Wausau 1810 Schofield Ave. Weston, WI 54476	Location: Habitat for Humanity of Wausau 1810 Schofield Ave. Weston, WI 54476	Location: Marathon County Library/Wausau 300 1st St. Wausau, WI 54403
Interpreters: Arabic, Turkish, Spanish	Interpreters: Arabic, Turkish, Hmong	Interpreters: Arabic, Turkish
Ways to Register: www.habitatwausau.org (715)343-4243 kcrysdale@habitatwausau.org		

Approved low-income applicants can purchase a Habitat home, with a zero-interest home mortgage and payments over 30 years. Eligible income limits are between \$32,450 - \$73,440 based on family size.



APPLICATION PERIOD: CLOSES MARCH 22, 2024



WHAT'S FOR LUNCH?

WAUSAU CAMPUS EMPLOYEE CAFETERIA
OPEN TO ALL NCHC & WAUSAU CAMPUS



BREAKFAST HOURS

8:30 AM – 10:30 AM

LUNCH HOURS MONDAY – FRIDAY

10:30 AM – 1:30 PM
HOT FOOD BAR
\$.45/OUNCE
(Weekdays Only)

GRAB-N-GO HOURS MONDAY – FRIDAY

8:30 AM – 5:30 PM

WEEKENDS:
GRAB-N-GO ONLY

THE SANDWICH & SALAD BAR IS BACK!

Make your own cold sandwich with lunch meat & fixins' OR self-serve at the salad bar. Salads are charged by weight.

FEBRUARY 12 – 16, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN	Baked Chicken Drumstick Loaded Mashed Potatoes Carrots	Boiled Dinner Green Beans Dinner Roll	Macaroni & Cheese Beets	Scalloped Potatoes & Ham Brussel Sprouts	Baked Spaghetti (meatless) Breadstick Peas & Carrots
SOUP	TBD	Cream of Tomato Soup	Cream of Broccoli Soup	TBD	Beef Vegetable Soup
DESSERT	Carrot Cake with Cream Cheese Frosting	Pie	Carrot Cake with Cream Cheese Frosting	Brownie	Rice Krispy Treat

FEBRUARY 19 – 23, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN	Ranch Pork Medallions Baked Yams Mixed Veggies	Chicken Lasagna Salad Breadstick	Baked Fish Cheesy Baked Potatoes Seasoned Cabbage Rye Bread	Roast Turkey Rice Pilaf Parslied Carrots Dinner Roll	Salmon Patty Boiled Potatoes Creamed Peas
SOUP	Turkey Dumpling Soup	TBD	Taco Soup	TBD	Chili
DESSERT	Banana Split Dessert	Frosted Banana Bar	Caramel Apple Crisp	Frosted Chocolate Cake	Caramel Brownie



Position Postings

Title: Crisis Professional

Status: Full Time

Location: Wausau

The Crisis Professional provides crisis intervention and crisis counseling for individuals and families. Additionally they provide referral and short-term follow-up, along with collaborative community consultation and education. The Crisis Professional also provides crisis line risk assessments to evaluate and triage individuals to the most appropriate treatment setting.

Learn More or Apply Online:
www.norcen.org/Careers

bit.ly/CrisisPro24



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

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



THE BISTRO

NOW OPEN 7 DAYS A WEEK! | WEEKDAYS 7:30AM - 3PM | WEEKENDS: 9:30AM - 5PM

THE BISTRO WILL BE CLOSED ON WEEKENDS FROM 1-1:30PM TO ACCOMODATE STAFF BREAKS

*HOT FOOD IS AVAILABLE AT THE BISTRO DAILY UNTIL 2:30PM *



SPECIAL OF THE WEEK

Pizza Panini

MARINARA | MOZZ | PEPPERONI | SAUSAGE | GRILLED ONIONS

LATTE OF THE WEEK



Chocolate Raspberry

Dark chocolate notes paired with raspberry and espresso make for the perfect valentines treat!

\$1 OFF LARGE LATTES EVERY MONDAY!

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

- build your own - BREAKFAST SANDWICH

PICK YOUR STYLE

EGG + CHEESE 3.00

EGG, MEAT + CHEESE 4.00

PICK YOUR BREAD

CROISSANT

BAGEL

ENGLISH MUFFIN

PICK YOUR MEAT

HAM

SAUSAGE

BACON

