



A Weekly Update  
For The Employees of  
North Central Health Care



# NEWS YOU CAN USE



## WEEKLY CONNECTION WITH GARY OLSEN

### Joint Commission has left the building!

This last week Joint Commission surveyors were on site to complete our accreditation. I want to thank all the individuals who participated in the survey. I know it was a long week so, *Thank You!*

I had the opportunity to meet with the lead surveyor to review some of the findings and want to let you know that all the surveyors expressed to me how dedicated and friendly the staff were who worked with them. They were very impressed with our organization, the employees we have working here, and how much you care about the individuals we serve. This just proves my point: *our employees are person-centered!*

We truly demonstrate our Core Values on a daily basis, and this was evident especially this last week. Our *Partnership* with the Joint Commission was on display and *Accountability* was demonstrated as everyone worked through the week with the surveyors. We have some items that we will be working on to correct, but this also reflects another of our Core Values, *Continuous Improvement*. For many of us, this was the first time we have been through a visit from Joint Commission. There were many learning opportunities for us, especially me, and with these opportunities for continuous improvement, we can be an even better facility.

Again, I want to thank everyone for their hard work to help keep us in compliance and be able to provide the best services possible to the individuals we serve.

*Gary D. Olsen*

**Gary Olsen**  
Executive Director



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## April 22 is Earth Day!

Let's honor and celebrate our remarkable planet on this extraordinary day. Earth Day is a reminder of the importance of environmental conservation and sustainability, encouraging us to come together and take action for a healthier planet and brighter future.

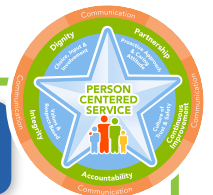
There are various events and initiatives that you can participate in throughout the community to raise awareness, inspire change, and foster a deeper connection with nature. Let's unite in our efforts to protect the Earth today and for generations to come. Together, we can make a meaningful impact and create a more sustainable world.

### Occurrence Reporting Hotline

x4488 or 715.848.4488



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



### Teri Daigle, IMS

Thank you for your help sorting through Cerner's Care Plan options! You are awesome and always so helpful!

Shared By: Terri Ryan





**JOIN OUR NCHC TEAM & VOLUNTEER AT GREEN+CLEAN 2024!**  
Get a FREE Shirt, Donuts, Coffee, and Lunch & Help Keep Central WI Green & Clean!

# PROUD EVENT PARTNER



**CLEANING UP**  
*Today*  
**FOR A GREENER**  
*Tomorrow*

REGISTER ONLINE AT:

[www.ghidorzigrreenandclean.com](http://www.ghidorzigrreenandclean.com)

Register by Friday, April 12 to guarantee your free t-shirt.

Contact Taylre at 715.348.1360 or [hello@ghidorzi.com](mailto:hello@ghidorzi.com) with questions.

### JOIN US ON APRIL 27!

Ghidorzi Green and Clean is greater Wausau's annual community-wide cleanup to free our beautiful landscapes of litter and debris. The event is a productive way to celebrate Earth Day and a healthy outdoor activity for families, friends, neighbors and coworkers. Safety green t-shirts, trash bags and gloves are provided free of charge, along with hot Starbucks coffee and donuts to energize our efforts.

#### Event Kick-Off Location

Corporate Cove Tower | One Corporate Drive, Wausau, WI

**8 a.m.** Refreshments, check-in, live announcements with giveaways **NEW!**

**8:45 a.m.** Deployment of volunteers

**9 - 11 a.m.** Trash pick-up

**11 - 1 p.m.** Incredible Bank FREE Brat Fry thank you luncheon! **NEW!**

#### Brat Fry Location

Incredible Bank | 327 N 17th Ave., Wausau, WI [incrediblebank](http://incrediblebank.com)

Your free safety green t-shirt, trash bags, gloves, and site map may be picked up ahead of time from Union Station at 2100 Stewart Ave. on Monday, April 22 through Thursday, April 25 from 8:30 a.m. to 4:30 p.m. or at the Event Kick-Off!



Join us online to stay current with event happenings!



**f** @GhidorziCompanies

**@** @GhidorziGreenandClean







PHOTO OF THE WEEK



Replacement of the walking paths on the North Central Health Care Campus started last week! The crew will be tearing out the old asphalt, grinding it up, and using it as the base for the new walking path. This saves money and resources. We apologize for any noise from the grinding. New walking paths are on the way! Please be sure to stay out of the closed areas. Thanks for your patience!



### UKG OUTAGE NOTICE 4/28/24, 1 am – 7 am

UKG will be experiencing system updates on Sunday, April 28, 2024, beginning at 1 am. The update is expected to take up to 6 hours. During this time, staff will not be able to access the UltiPro environment.

#### Impact to NCHC Employees:

- Employees will not be able to log into Time Management.
- Employees will not be able to enter their time via their "Clock Entry" or "Time Management" options in Time Management.
- Employees who enter time at a physical device, such as a time clock, can punch in as they normally do. Punches are stored within the clock and the data is added when the upgrade is complete.
- Supervisors and/or managers cannot approve time during the upgrade.

Thank you for your attention!



### SAFETY REMINDERS Please Slow Down, Stay Safe in Parking Lots!

When you're driving in our parking lots, a lot is going on. It's Spring! The weather is nice, so more people are walking around, cars are moving in and out, and there are construction crews and facilities vehicles. That's why it's super important to be careful. We have recently received some complaints about parking lot speed.

So, let's all slow down when we're driving in parking lots to keep everyone safe!

### SAFETYZONE NOTICE Wednesday, April 24



On Wednesday, April 24th, from 10:00 PM until 11:00 PM CST, the Healthcare SafetyZone® system will be unavailable due to server maintenance. Please wait to submit your SafetyZone reports until after the downtime that evening.






MARATHON COUNTY  
EMPLOYEES CREDIT UNION

PLEASE JOIN US

**Annual Meeting  
INVITATION**

THURSDAY, MAY 23 2024

DOORS OPEN AT 4:30 PM  
MEETING TO BEGIN AT 5:30 PM

GREAT DANE PUB & BREWING CO  
2305 SHERMAN ST, WAUSAU

RSVP 715-261-7680

Dinner to Follow Meeting  
Cost \$10 per person

ALL ATTENDEES WILL RECEIVE A GIFT JUST FOR JOINING US!  
PLUS A CHANCE FOR WINNING ADDITIONAL DOOR PRIZE DRAWINGS

**PRESCRIPTION  
DRUG TAKE BACK  
DAY**

Free, safe disposal of your unused, unwanted or expired medications.

**April 27, 2024 Take Back Locations:**

Wausau Police Dept.  
10 AM - 2 PM

Kronenwetter Police Dept.      Rothschild Police Dept.  
Open 24/7                              Open 24/7

- Place pills in clear zipper bag. Keep liquids, creams, powders and inhalers in original containers.
- Remove all personal information from empty pill bottles and recycle.
- Place pills (in bags), liquids and creams (in original containers) into the Drop Box.



Year round drop box locations can be found at local police departments, pharmacies, and hospitals.

Take a picture to find a drop box near you.



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

Be sure to SHARE our Career Posts on Social!



D.C. EVEREST, MARATHON, WAUSAU EAST AND WAUSAU WEST PRESENT:

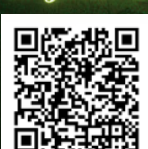
**RAISE YOUR VOICE**  
*Mental Health Awareness Walk/Run*

AN EVENT TO END THE STIGMA OF MENTAL HEALTH

Pets welcome!

**SUNDAY, MAY 5, 2024**  
WAUSAU WEST HIGH SCHOOL GROUNDS

**Register!** **Details!** **Join us!**



- AGES 12+ = \$10
- STUDENTS (K-12) FROM DCE, WSD, & MARATHON W/ ID = \$5
- AGES 5 & UNDER = FREE
- GATES OPEN AT 9AM
- RACE STARTS AT 10AM
- 1 MILE LOOP / DO YOUR OWN 5K

- RAFFLE BASKETS
- COMMUNITY INFORMATIONAL BOOTHS
- CONCESSIONS

\*Same-day tickets available with exact CASH ONLY\*

Register: [bit.ly/RVWWalkRegister](https://bit.ly/RVWWalkRegister)

Website: [bit.ly/RVWWebsite](https://bit.ly/RVWWebsite)

**GREEN OUT EVENT!**

ALL PROCEEDS WILL BE DONATED TO NAMI NORTHWOODS FOR RVV



# April is North Central Health Care **STRESS** AWARENESS MONTH



**#STRESSLESS**

Take the first step towards  
a healthier, happier, stress-free life!

[norcen.org/StressLess](http://norcen.org/StressLess)

## 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.

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

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.



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



# HRinsights

## Position Postings

**Title:** Behavioral Health Professional

**Status:** Full Time

**Location:** Wausau

As a BHP, you will work collaboratively with our care teams to empower those we serve in their daily living skills. You will provide client and patient care duties and lead activities that cultivate stability, well-being, growth, skill development, and learning. Your work with NCHC's caring multidisciplinary treatment team is essential in creating a healing, trauma-informed environment supportive of recovery.

**Learn More or Apply Online:**  
[www.norcen.org/Careers](http://www.norcen.org/Careers)



<https://bit.ly/NCHCBHP2>



Helping You Turn Over a New Retirement Leaf

# 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 virtual (online or by phone). Additional virtual meeting dates and times can be found at [https://nc\\_wisconsin.timetap.com/#/](https://nc_wisconsin.timetap.com/#/).

### Next meeting:

Individual Retirement Readiness Review with Shawn Bresnahan

**Wednesday, May 1, 2024 • 10am-3pm**  
**North Central Health Care Wausau Campus**  
**DeSantis Room #1215 in Suite A: Administration**  
**2400 Marshall Street, Suite A**  
**Wausau, WI 54403**

### 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)

**Register today at [https://nc\\_wisconsin.timetap.com/#/](https://nc_wisconsin.timetap.com/#/)**

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

May 23, 2024  
July 18, 2024  
November 6, 2024  
**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 Mobile Mammo unit** 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



WOM156 (1.7.19)

**SKIN SCREENINGS ARE OPEN TO ALL EMPLOYEES & DEPENDENTS REGARDLESS OF HEALTH INSURANCE ENROLLMENT.**

## 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 7 | 8:00 - 11:00 am
- Wednesday, May 15 | 12:30 - 4:00 pm
- Thursday, May 16 | 2:00 - 6:00 pm
- Tuesday, May 21 | 7:30 - 10:30 am
- Tuesday, June 11 | 8:00 - 11:00 am
- Thursday, June 13 | 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**







# WHAT'S FOR LUNCH?

## WAUSAU CAMPUS EMPLOYEE CAFETERIA OPEN TO ALL NCHC & WAUSAU CAMPUS EMPLOYEES

**BREAKFAST HOURS**  
8:30 AM – 10:30 AM

**LUNCH HOURS**  
MONDAY – FRIDAY  
10:30 AM – 1:30 PM  
HOT FOOD BAR &  
SALADS \$.45/OUNCE  
(Weekdays Only)

**GRAB-N-GO HOURS**  
MONDAY – FRIDAY  
8:30 AM – 5:30 PM  
**WEEKENDS:**  
GRAB-N-GO ONLY

### Daily Hot Sandwich Menu

FEATURING DAILY SPECIALS LIKE GRILLED BEEF & CHEDDAR, CHEESEBURGERS, BBQ SANDWICHES, TUNA MELTS, PIZZA & MORE!!  
Make your own cold or hot sandwich with fixins' OR self-serve at the salad bar.

## APRIL 22 – 26, 2024

DESSERT SANDWICH SOUP MAIN ENTRÉE

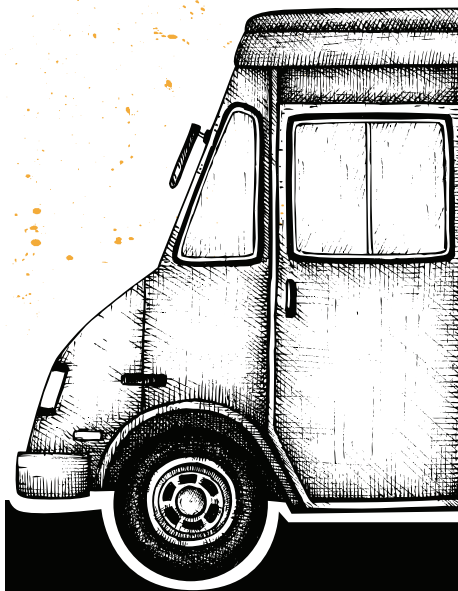
MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
Homestyle Meatloaf Baked Potato Broccoli	Honey Mustard Chicken & Sauce Rice Pilaf Beets	Breaded Pork Chop Brown Gravy O'brien Potatoes Mixed Veggies	Mac & Cheese and Ham Green Beans	Chicken Lasagna Breadstick Broccoli
Chili	Cheesy Cauliflower Soup	Chili	Beef Noodle Soup	Cream of Broccoli Soup
Hot Ham on Bun	French Dip	Breaded Fish on a Bun	Hamburger	Tachos (Loaded Tater Tots)
Brownie	Frosted Chocolate Cake	Strawberry Yogurt Pie	Fruit Cobbler	Cherry Delight

## APRIL 29 – MAY 3, 2024

DESSERT SANDWICH SOUP MAIN ENTRÉE

MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
Baked Chicken Drumstick Mashed Potatoes Parslied Carrots	Chicken Pasta Alfredo Beets Breadstick	Smoked Pork Loin BBQ Sauce Baked Sweet Potato Buttered Peas	Ranch Meatloaf Garlic Pasta Zucchini & Tomatoes	Baked Rock Fish Country Style Fried Potatoes Creamy Coleslaw
Vegetable Chowder Soup	Potato Soup	Minestrone Soup	Beef Vegetable Soup	Split Pea Soup
Baked Potato Bar	Egg Rolls	Chicken Bacon Flatbread Pizza	Baked Turkey Berry Wrap	Taco Bar
Mandarin Oranges	Chocolate Peanut Butter Bar	Fruit Crisp	Monster Cookie	Blueberry Delight

## Spring WAUSAU CAMPUS SUMMER FOOD TRUCKS



### HANUMAN EXPRESS

Wausau Campus  
Thursdays  
May 2 • May 23

Mount View Care Center  
LOT B Parking Lot

11 am – 1:30 pm

Please note: Food trucks are independently operated and may cancel with little notice. We apologize for any inconvenience.



# 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

### *Hawaiian Panini*

SESAME GLAZED CHICEKN | GRILLED PINEAPPLE  
RED ONION | SHREDDED CABBAGE

## LATTE OF THE WEEK



### *Cinnabon Latte*

Rich espresso, velvety steamed milk,  
caramel & cinnamon.

**\$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

