
A Weekly Update
For The Employees of
North Central Health Care



**NURSES
INSPIRE
INNOVATE
INFLUENCE**
NATIONAL NURSES WEEK 2018
AMERICAN NURSES ASSOCIATION

May 6 – 12, 2018

NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

"Lady with a Lamp"

Nurses' week runs from Sunday, May 6th through Saturday, May 12th. The week is dedicated to acknowledging and honoring nurses for all of their hard work and dedication. I've got two nurses in my own family and many more here with my NCHC family. We have nurses in our Mount View Care Center (Legacies, Reflections, South Shore, and Northwinds Vent), Emergency and Crisis Services, Hospital, CBRF, MMT, Community Treatment, Outpatient Services, Community Living, Employee Health, and Quality Programs. Nurses are everywhere here as the backbone of our clinical teams. Nurses not only have a long storied history in this organization but are in many ways the heart of health care.

The Lady with a Lamp, Florence Nightingale, transformed the nursing profession during the course of her life (1820 until 1910). She was known as a "ministering angel" who, when all the officers had retired for the night and silence fell upon the hospital, persisted alone, with a little lamp in her hand, making her rounds. Her example and insight began a transformation as she trained and managed nurses during the Crimean War, where they cared for the soldiers. She worked tirelessly to improve the condition of the facilities where she provided care along with the overall quality of care. It is said that her hand hygiene initiative, paired together with our process improvements, reduced the death rate by over 40%. Talk about *Lives Enriched and Fulfilled*.

Above all else nurses have hearts filled with care, as Florence calls them, to lead with a big heart still today. Not only was Florence a nursing leader, she was also a statistician. I believe she was ahead of her time because of this fact. Quality is driven by data, this has never been as true as it is today. As Florence performed her rounds taking time to spend connecting with her patients, she also viewed the world through her patient's eyes. Constantly pushing for a better environment of care and reducing the risk of people getting worse when they enter the health care system. A mission we still strive for today.

I believe our nurses here at NCHC share the same values as Florence did. You do the right thing, work to the best of your ability and care about people. There are constant adversities you face each day but yet you persist. Your hearts are huge and you constantly scan our environment to deliver ever increasing patient quality and safety. The lives of people we serve are *Enriched and Fulfilled* because of you. Thank you for your care and grace, we couldn't do what we do without you.

Make it a great day,



Florence Nightingale



**May is
Mental
Health
Awareness
Month**

**Master Facilities Planning
Virtual Tour 2**

Photo of the Week

**Mental Health
Awareness Month
Events 3-5**

New! Wellness Corner 6
From Sherry Gatewood & Asia Bay

Infection Prevention 7



WITNESSING EXCELLENCE

**Who: Liane Worden,
Cashier**

Why: Liane is kind, compassionate and truly generous when a coworker was in need. She is a team player, goes above and beyond!

Submitted By: Jess Putrus



ADMINISTRATOR ON-CALL
x4488 or 715.848.4488

In the event of Phone System Outage,
reference the O:drive "On-Call Information Folder"
for Schedule and Cell Phone #'s.

**Monday, May 7 –
Sunday, May 13**

Sheila Zblewski





Michael Loy, CEO of NCHC, stands out in the field near Mount View Care Center for a video shoot explaining the Renovation Proposal for the Wausau Campus.



**NCHC MASTER FACILITY
PRESENTATION
VIDEO LINK: [CLICK HERE](#)**

MARY POPPINS

Twopence Auction

May 17th 2:00pm 1st Floor Dining Room

In the Disney classic Mary Poppins, Mary calls to the people to "come feed the birds and show them you care." Mount View Care Center is hosting a Twopence Auction where NCHC staff members can "show them [the residents] you care." We will be auctioning off staff members to the highest resident bidder. That staff member then will take an hour of their time to spend with the resident over the next week, showing them that they care.

"Although you can't see it, you know they are smiling each time someone shows that he cares."

Requirements for NCHC Staff Participation

- A commitment to one resident that you will volunteer at least 1 hour (total time) of your time to them during the week of May 17th thru the 25th
- Sign up with Cagney Martin, fill out a short survey and provide a photo of yourself

Examples of "Show Them You Care" Activities

- Setting hair, painting nails
- Playing a board game
- Eating a meal together
- Bringing in a pet to visit the resident
- Walking outside
- 1:1 chit chats
- Feeding the birds or flying a kite!

**If Interested please contact
Cagney Martin 848-4462 or
cmartin@nrcen.org by May 4**

*"This activity is part of MVCC Nursing Home Celebration Week
Residents will bid with monopoly money and will not actually be paying for your services
Your time spent with the resident does not have to cost any money"*

PHOTO OF THE WEEK



Submit A Great Photo From Your Week!

Submit your photo and description to: Email: jmeadows@nrcen.org or Text: 715.370.1547. Please indicate Photo of the Week and include your name, who/what/where of the photo and why you are submitting. **Please remember!** To protect the privacy of our patients, clients and residents, photos are not to be taken of any of those we serve without written permission.

"Master Facility Planning Virtual Tour"

– Submitted by Communications & Marketing

MASTER FACILITIES PLANNING FOR WAUSAU CAMPUS

Virtual Tour Video Coming Soon

It is important for all our County residents as well and County Board Supervisors to have a good basis for decision making when it comes down to the discussion of the \$67 million renovation plan for the Wausau Campus. Earlier this week, employees on the Wausau Campus may have seen cameras and video equipment all around. Footage was shot from Laundry to Community Treatment to Mount View Care Center. With about 2 hours of footage taken, there will be a video created that compiles some of the experiences that those we serve have when coming to the Wausau Campus, as well as environment of care and employee workspaces. Watch for the video link to come. In the mean time, get the details on the Renovation Proposal that Michael Loy presented to the Marathon County Board last week. It can be found on the April 24 recording of the Marathon County Board of Supervisors Meeting here: <https://waam.viebit.com/?folder=Marathon%20County%20Board>



Kim Gochanour, third from left, receives recognition for MVCC at Leading Age Spring Conference.

MOUNT VIEW CARE CENTER RECEIVES GRANT FOR FULL BODY LIFT

1 of Only 6 Recipients of Grant

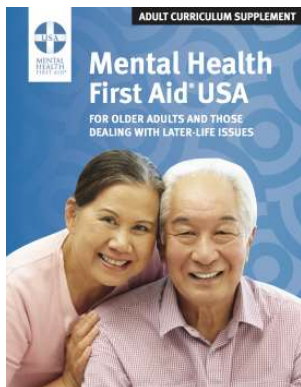
Mount View Care Center was selected as one of six recipients of the 2018 Safe Resident Assistant Program grants. The grant recipients were officially announced at the Leading Age Spring Conference during Annual Business Meeting on May 3rd. West Bend Mutual presented Kim Gochanour with the grant which will provide Mount View Care Center with a full body lift for use in the nursing home. Congrats team!



Click [here](#) for this week's Crime of the Week.
<http://marathoncounty.crimestoppersweb.com/crimeoftheweek.aspx>



Mental Health First Aid For Older Adults



Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care. The program also teaches the common risk factors and warning signs of illnesses like anxiety, depression, substance use, bipolar disorder, and schizophrenia.

COURSE DETAILS

Mental illness and aging can often be a double stigma. Older adults and care partners are less likely to identify a problem as a symptom of a mental health disorder. Furthermore, older adults have high rates of late onset mental health disorders (anxiety/depression) and low rates of identification and treatment. There is negative bi-directional impact between mental disorders and health conditions. Even "mild" mental illness symptoms can have catastrophic consequences in vulnerable older adults.

United Way RSVP is offering the Mental Health First Aid for Older Adults one day training on May 14 at NTC in Wausau. The training is provided by two certified instructors from Journey Mental Health Center in Madison. The program is open to the community. The registration fee of \$100 per person covers the training, manual, lunch and refreshments provided. To register or for more info, contact Tony Omernik at 715-298-5721. Class size is limited, so register early if interested!

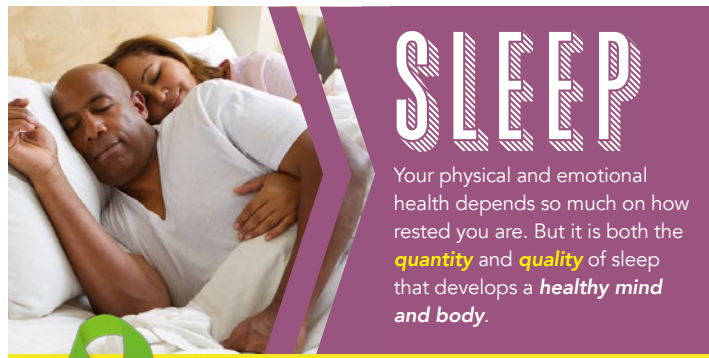
FOOD SERVICES "TOP BANANA" OF THE WEEK!

Congratulations Alex Radtke!

Each Week, Food Services will feature an outstanding employee from the department and award them the "Top Banana" trophy. This week's Top Banana goes to Alex Radtke.

Alex started at NCHC as a Dietary Aide in September 2017. He is a great addition to our team. Alex has the best personality – cheerful, polite and a Team Player. Alex aspires to become a teacher and plans on attending school this fall at Northland College in Ashland, WI.

His favorite movie is "Where the Red Fern Grows". One thing on his bucket list is to catch a Wisconsin Master Angling Fish for every species. Alex lives by the quote "Live life to your fullest". We asked Alex what he would you tell his teenage self? His reply, "Don't waste time playing video games!"



SLEEP

Your physical and emotional health depends so much on how rested you are. But it is both the **quantity** and **quality** of sleep that develops a **healthy mind and body**.



North Central
Health Care

Person centered. Outcome focused.

May is Mental Health Awareness Month

So much of what we do physically impacts us mentally. That is why this month we will share a series of informational posts to help you or a loved one achieve overall wellness and set you on a path to Mental Health recovery. Our topics will include eating healthy foods, managing stress, exercising, and getting enough sleep.

Follow NCHC on social media to learn more and share your progress as you take the #4mind4body challenge!



#MentalHealthMonth #IAmNCHC
#4mind4body



Opening the Door to Hope, Recovery & Opportunity
for People with Mental Illness

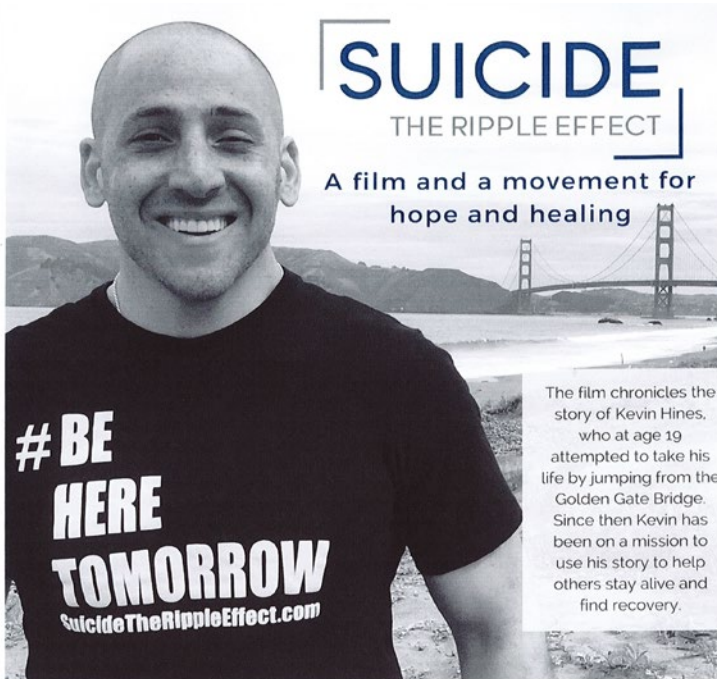
JOIN US AT COMMUNITY CORNER CLUBHOUSE FOR May Open Houses!

Tuesday, May 15 • 3:00 – 6:00 pm

Wednesday, May 23 • 9:30 – 11:30 am

Wednesday, May 30 • 1:30 – 3:30 pm

Come to Clubhouse at 811 N. Third Avenue in Wausau to meet the Clubhouse Team & Members and enjoy some treats, snacks, coffee and take a tour of Clubhouse!

SUICIDE
THE RIPPLE EFFECT

A film and a movement for hope and healing

The film chronicles the story of Kevin Hines, who at age 19 attempted to take his life by jumping from the Golden Gate Bridge. Since then Kevin has been on a mission to use his story to help others stay alive and find recovery.

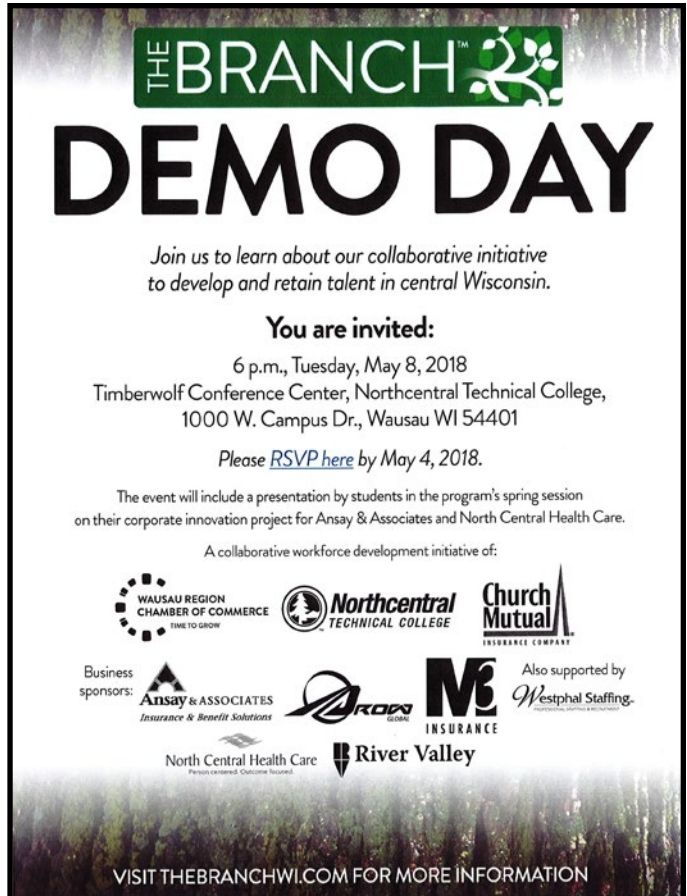
Wednesday, June 20, 2018, 7:30 PM
Cedar Creek Cinema, 10101 Market St., Rothschild, WI

Local resource information and more will be available

The event will only take place if we get at least **100** people to reserve tickets!
You can reserve tickets and track our status at

<https://gathr.us/screening/23091>

For more info contact: Debi Traeder - traeders@charter.net / (715) 551-0958
www.preventsuicidemarathoncounty.org



THE BRANCH™
DEMO DAY

Join us to learn about our collaborative initiative to develop and retain talent in central Wisconsin.

You are invited:
6 p.m., Tuesday, May 8, 2018
Timberwolf Conference Center, Northcentral Technical College,
1000 W. Campus Dr., Wausau WI 54401

Please [RSVP here](#) by May 4, 2018.

The event will include a presentation by students in the program's spring session on their corporate innovation project for Ansay & Associates and North Central Health Care.

A collaborative workforce development initiative of:

Wausau Region Chamber of Commerce, Northcentral Technical College, Church Mutual Insurance Company, Ansay & Associates Insurance & Benefit Solutions, River Valley Insurance, North Central Health Care, and Westphal Staffing.

VISIT THEBRANCHWI.COM FOR MORE INFORMATION

You are invited
to the annual Highland Community Church
FREE SALE
A rummage sale where everything is FREE!



Clothing
Baby Items
Toys & Games
Kitchen Misc.
Household Items
Sporting Goods
Books & Movies

And so much more!!

Friday, May 11th
8:00 a.m. to noon
Highland Community Church
1005 N. 28th Avenue
Wausau, WI 54401
(up the big hill from Aspirus Wausau Hospital)

**17TH ANNUAL
STAND FOR CHILDREN
DAY**

Saturday, May 19, 2018
10 am to 2 pm
Peaceful Valley Park (Castle Park)
420 Field Street
Antigo, WI

Bike Rodeo, Car Seat Safety Checks, Fire Safety House,
Child Safety with City of Antigo Police. Spinal Screening,
Blue Butterfly Massage, Ice Cream, Langlade County
Diaper Bank and Langlade County Humane Society

Read to Succeed
Sponsored By Antigo Unified School District

Tom Pease Concert at 11:30 am

More Info: Contact Karen Kieper
Antigo Head Start 715.623.5438

May
2018

North Central Health Care

MENTAL HEALTH Summit**May is Mental Health Awareness Month**

The focus of this summit is to learn more about resources and support available for those coping with mental health challenges.

According to the Substance Abuse and Mental Health Services Administration, 20 to 25% of the homeless population in the United States suffers from some form of severe mental illness and people with mental illnesses are much more likely to become homeless than the general population. With that in mind, it is important to understand what resources are available to assist those individuals coping with a mental illness and what we can do as members of the Housing & Homelessness Coalition along with the employees in our businesses and organizations.

Training Itinerary Includes:

- **DE-ESCALATION TRAINING** ~ 8 am - 9 am
- **OVERVIEW OF COMMUNITY RESOURCE PARTNERS** ~ 9 am - 11 am
 - National Alliance on Mental Illness - NAMI
 - Community Corner Clubhouse
 - Aging and Disability Resource Center - ADRC
 - Medically Monitored Treatment & Recovery
- **MENTAL HEALTH PANEL DISCUSSION** ~ 11 am - Noon
 - Diane Sennholz, North Central Community Action Program
 - Chad Billeb, Marathon County Sheriff's Department
 - Michelle Gleason, NCHC Community Treatment CART Officer
 - Diana Santos, Peer Specialist & Recovery Coach
 - Bernie Corsten, NAMI
 - Liz Parizo, Crisis Services
 - Dan Mills, Catholic Charities
- **RESOURCE FAIR** ~ 8 am - 1 pm

This program is sponsored by



**North Central
Health Care**
Person centered. Outcome focused.



**Open to Members of the Housing & Homeless Coalition
and Employees within their Organization.**

Admission is FREE but space is limited. Register today!

TO RESERVE A BOOTH FOR THE RESOURCE FAIR EMAIL INFO@NORCEN.ORG

Thursday, May 17, 2018**8:00 am – 1:00 pm****NORTH CENTRAL HEALTH CARE, WAUSAU CAMPUS THEATER - 1100 LAKE VIEW DR.**

REGISTER ONLINE BY SCANNING THE QR CODE OR ENTER:
<https://www.secure.unitedwaymc.org/MentalHealthSummit>



ALL NCHC EMPLOYEES ARE INVITED! COME FOR PART OR ALL OF THE EVENT!



tidbits on benefits

WELLNESS CORNER

By Sherry Gatewood, PA & Asia Bay, Health Coach

Environmental Wellness for Spring

HAPPY SPRING! Get outdoors and enjoy the fresh air and sunshine. Here are a few basic tips to avoid environmental conditions:

If you are prone to **seasonal allergies**, start taking a non-sedating, long acting anti-histamine before the season is full blown.

Change your clothes after working outside and cleanse the sinuses using a nasal saline rinse or neti pot. Use a decongestant if you are getting stuffy. Untreated allergies can lead to sinus infections. For more information, click on the link: <https://aspirus.netreturns.biz/HealthInfo/Story.aspx?StoryID=3ba40e88-47b1-4572-bd2c-5f0652dfbce7#.WuDXDP6WyUk>

With warm weather come insects. Be sure to protect yourself from tick bites by using insect repellent when outdoors in grassy or wooded areas. Also, tuck your shirts into your pants and your pants into your socks. Check yourself, your children and your animals for ticks daily. If one is found, remove it immediately using tweezers, and wash the area with soap and water. Ticks can transfer infections like Lyme Disease, Rocky Mountain Spotted Fever and Ehrlichiosis. The longer the tick is on you, the higher the risk for getting an infection. <https://www.dhs.wisconsin.gov/tickborne/index.htm>

Lastly, avoid sunburn. Stay in the shade and wear breathable clothing protecting you from direct sun exposure. Use a sunscreen with at least 15 SPF and re-apply often, even on cloudy days. Try to avoid sun exposure during the hottest time of the day from 10 am to 4 pm. Skin cancer risk increases with each sunburn. https://www.cdc.gov/cancer/skin/basic_info/prevention.htm



Sherry Gatewood



Asia Bay

EMPLOYEE HEALTH & WELLNESS CENTER

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

Schedule an Appointment:
715.843.1256 or MyAspirus.org

Clinic Hours

Monday - Wednesday - Friday: 8:00 am - 4:30 pm
Tuesday: 6:30 am - 3:00 pm
Thursday: 10:00 am - 6:30 pm



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Ascension

Frontline EAP

Employee Assistance Program

Employee Assistance Services can aid you in finding solutions to your concerns, whether emotional, psychological, marital, alcohol and drug, family or work related. Your EAP can provide assessment, problem solving and support to assist you in managing your concerns. Using EAP to deal with a worrisome situation could prevent it from becoming a major problem.

To contact EAP schedule an appointment, please call:
1.800.540.3758 or eap@ascension.org

STUDY: ACE A TEST

Need to recall information you studied to ace a test? A study conducted at Baylor University discovered that students who are given information and tell someone about it immediately recall the details better and longer—a strategy that could be a plus come test time. To use this technique effectively, study the material then immediately turn to another person and attempt to

restate what you just read or learned. (Reading what you learned to another won't do it.) Then study the material again. The discovery was identified



in research conducted by Melanie Sekeres, Ph.D. Press Release: baylor.edu [Search: "ace a test"]

Position Postings

Interested employees that want to apply for this position should visit www.norcen.org/Careers and click Career Opportunities.

Title: Administrative Assistant – Transportation

Status: Full Time

Location: Wausau

Job Posting Direct Link: <https://bit.ly/2lc6H06>

Title: Safety & Environmental Coordinator

Status: Full Time

Location: Wausau

Visit: <https://bit.ly/2FKK6Cy>

North Central Health Care has
756 REASONS
why we're a great place to work!



WHAT'S 4 LUNCH?

WAUSAU CAMPUS CAFETERIA

Cafeteria Hours: Open 7am – 5:30 pm

A Cashier is on duty from 9:00am – 10:00am, 10:30am – 1:30pm.

When a cashier is off duty, an honor system is used for food purchases.

Serving Soup, Salad and Lunch Entree Option Monday – Friday.

All hot sandwiches, hot foods and cold bar items are \$.35/ounce.

Soup: \$1.25 Cup / \$2.00 Bowl



MAY 7 - 11, 2018

MON 5/7Cheesy Cauliflower Soup

Hot Ham on a Bun

Spaghetti Sauce with Rotini

Wax Beans

Garlic Bread

Sugar Cookie

TUES 5/8

Tortellini Soup

French Dip on a Hoagie

Breaded Pork Chop

Rice & Broccoli Au gratin

Winter Blend

Apple Crisp

WED 5/9Corn Chowder

Breaded Fish on a Kaiser

Salisbury Steak

Barley & Mushrooms

Brussel Sprouts

Strawberry Whip

THURS 5/10...French Onion Soup

Hamburger with Fixins

Farm Fresh Chicken

Hawaiian Cole Slaw

Seasoned Squash

Pecan Pie Bar

FRI 5/11Campbell's Tomato Soup

Shredded Teriyaki Chicken Sandwich

Polska Kielbasa

Mashed Potatoes

Sauerkraut

Monster Cookie



Amiee Muraski (second from right) of Northwinds Vent, competes in the infection prevention challenge.

NCHC TEAM ATTENDS WISCONSIN APIC CONFERENCE

Infection Prevention Anyone?

NCHC staff attended the The Infection Prevention Toolbox Wisconsin State APIC 2018 Seminar this week. The focus was recognizing influenza disease epidemiology and burden of disease on older individuals, which directly applies to those we serve at Mount View Care Center and several of our programs. Shown in the photo above is Amiee Muraski (second from right) of Northwinds Vent, competes in the infection prevention challenge.



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Employees Credit Union**

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NO CLOSING COSTS!***



**Mortgage Rates Are On The Rise,
So Lock Your Rate with US Today During
Our In-House Refinance Special!**

Contact Pete @ 715-261-7685

Peter.Wolf@co.marathon.wi.us

400 East Thomas Street • Wausau, WI 54403

**Beat the Rush...Apply Online @ www.mcecu.org
Already a Member? Thank You!
Not a Member? Contact Us Today!**

*New Money Only. Must meet MCECU membership eligibility and underwriting requirements. Only eligible on in-house products. Offer can be discontinued at any time without prior notice. Appraisal may be needed if LTV > 70%; borrower is responsible for this fee.

