



A Weekly Update  
For The Employees of  
North Central Health Care



# NEWS YOU CAN USE



## WEEKLY CONNECTION WITH MICHAEL LOY

### Our Cornerstone

On Thursday April 26th, the Master Facility Project Team presented the full scope and outcomes of the Master Facility Plan to the Marathon County Board. The presentation is approximately an hour and can be viewed by clicking the following link (starts at about 7:45 into the meeting):

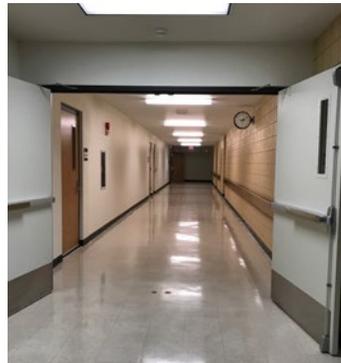
<https://waam.viebit.com/player.php?hash=JFseu7NsSzt3>

At the conclusion of the presentation, we had Marathon County Board Members submit a list of questions to be answered. We issued a FAQ document and reviewed this FAQ document with the County Board last night and the video of

the presentation from May 10, 2018 can be viewed by clicking the following link (the video at the time of this publication release has not yet been uploaded by public access but it should be available very soon - the presentation was about 45 minutes and started about 5 minutes into the meeting):

<https://waam.viebit.com/>

Lastly, we created a 17 minutes virtual walking tour of the NCHC Campus to give a visual appreciation of what we are working with and what we are trying to accomplish with the Master Facility Plan. This video is for the County Board and Community to start to see the opportunities and challenges we are working on with the Master Facility Plan. We created the video to ensure all the Supervisors had an opportunity to "tour" the building if they haven't done so with me already. <https://youtu.be/6ruOxyTL604>



It is important for all our employees to be informed and know about our vision for the future of health care at NCHC. The information we are sharing is overall conceptual in nature, and once approved by our Marathon County Board to move forward, we will immediately begin to engage in the detailed design process. There is a lot of work ahead of us before we can share the brick and mortar plans, which I know many of you are very interested in seeing. I wanted to provide you the opportunity to view these information pieces to help you understand the request better and the outcome of the Master Facility Plan.



## May is Mental Health Awareness Month

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## 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 14 –  
Sunday, May 20

Kim  
Gochanour



Next week **Tuesday, May 15, 2018 at 7:00 pm**, the Marathon County Board will be voting on adopting the Master Facility Plan which will start the design work for Phase 1. We project the entirety of the \$67 million project to span over 4 years from start to finish with multiple phases. As we talk about our 5 to 50 Vision, this is the cornerstone. We are getting good feedback, the project is good for NCHC and Marathon County in serving the community. We are looking forward to starting to move forward in the near future.

Make it a great day,



## WITNESSING EXCELLENCE

**Who:** Sue Sattler,  
Health Information

**Why:** Working with us to  
bill hospital clients quicker  
after discharge.

**Submitted By:**  
Linda Bever





PHOTO OF THE WEEK



Submit A Great Photo From Your Week!

Submit your photo and description to: Email: [jmeadows@norcen.org](mailto:jmeadows@norcen.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.

"Popping Up!"

- Submitted by Cagney Martin, MVCC Organizational Development



Kick-Off Celebration with Wausau Mayor Robert Mielke



Monday, May 14 • 10:15 AM

Mount View Care Center  
2nd Floor Dining Room



**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 chat chats
- Feeding the birds or flying a kite!

If interested please contact  
Cagney Martin 848-4482 or  
[cmartin@norcen.org](mailto:cmartin@norcen.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"*

**CELEBRATING ADMINISTRATIVE PROFESSIONALS DAY ON APRIL 25**  
Mount View Care Center Celebrates Their Team!

It's all fun and games until someone takes a donut to the face...wait, it's still fun and games at Mount View Care Center as the team celebrated Administrative Professionals Day on April 25. Fun times, games and always plenty of smiles. Thank you to all the Administrative Professionals across our organization. You play a vital role in the success of our operations each and every day!

Thank YOU for all that YOU do!



### THE BRANCH HOLDS SIXTH DEMO DAY Presenting the NCHC Project!

The Branch's sixth Demo Day was held on Tuesday, May 8, 2018 at North-central Technical College in Wausau. Student teams presented their problem solutions to Ansay & Associates, LLC and North Central Health Care. The students had some great ideas with how to use technology in Mount View Care Center. To find out more, follow The Branch on Facebook and Twitter. The Branch will also be presenting to managers at the May 16 Managers Meeting as well as the may 21 Resident Council Meeting at Mount View Care Center. Watch for what the future holds for our resident care and integrating in artificial intelligence and technology.

**WALK TO END ALZHEIMER'S**  
alzheimer's association

## Why We Walk

**Happy HOUR**

**Join us** for a casual happy hour to learn more about the impact the Walk to End Alzheimer's® makes on the community and the rewarding ways you can get involved!

Snacks and soft drinks will be provided. Cash bar will be open.

**Date:** Wednesday, May 30, 2018  
**Time:** 5:30 pm - 7:00 pm  
**Location:** Scanni's Alehouse  
1239 Schofield Ave., Schofield, WI

Contact Katie Olson at 920.469.21100 or kaolson@alz.org

# EXERCISE

Exercise increases a variety of substances that play an important role in brain function.

Just **ten minutes** of moderate activity, **fifteen times a week** is the recommended amount to help **improve your overall health.**



## 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!

North Central Health Care  
Person centered. Outcome focused.



#MentalHealthMonth #IAmNCHC #4mind4body

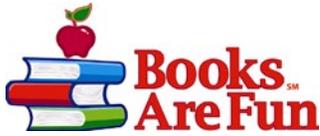
COMMUNITY CORNER  
**CLUBHOUSE**

*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!**



**BOOKS ARE FUN BOOK FAIR**

**Friday, May 18 9:00 a.m. – 3:00 p.m. • Wausau Campus Cafeteria**

Come to the book fair! We offer gifts and books at 40-70% off retail prices. We accept: Post Dated Checks (for up to three weeks past book fair date); Checks, and Credit Cards(MasterCard, Discover, Visa, American Express)

Fill this out for a chance to win a gift certificate for the next book fair:

Name: \_\_\_\_\_

Personal Email: \_\_\_\_\_

Or Address: \_\_\_\_\_

Update me about future public book fairs in this area???? (This will only be sent two/three times each year).

\_\_\_\_\_ **Yes** or \_\_\_\_\_ **No**



**EXPLORING YOUR OWN INTUITION WORKSHOP PRESENTED BY RHI-ANNA HILL**

A gifted intuitive counselor, life coach and spiritual mentor Rhi-Anna has been teaching intuition seminars and workshops for over two decades. This workshop offers practical tools and techniques to each participant to further their intuitive abilities. Call it your Soul's Wisdom or True Self Guidance. Intuition is our truth detector, enhancing our daily living, creating more clarity, peace and heighten awareness. It is your right to look inside yourself for the answers. The time is come for each of us to honor and claim this natural ability. Join with others in this highly experiential, fun workshop as we learn to quiet the logical mind as we awaken the intuitive self.

**Workshop – June 2, 2018 – 9:00 a.m. -11:30 a.m.**

**YWCA- 613 N 5th St Wausau**

**Cost - \$45.00**

Proceeds will go to help support NAMI (National Alliance on Mental Illness) Register by mail to Nami Northwoods, P.O. Box 262 Wausau, WI 54402 Register by April 15 as space is limited to 25 attendees. email: contact@naminorthwoods.org or call 715-432-0180 to reserve your spot.



**COMMUNITY TREATMENT'S MAY 2018 SPOTLIGHT AWARD**

**Congratulations to Beth Kwiatowski!**

Each month the Community Treatment Team is awarding one employee "The Spotlight Award". This is a monthly recognition program where Community Treatment employees can nominate their coworkers for going above and beyond and/or demonstrating exceptional core values. Beth Kwiatowski is the recipient of the Community Treatment Spotlight Award for May!! Beth is a Mental Health Tech on the ACT team. Beth will be presented with her award at a team meeting to be determined in the near future!



*"Beth is always supporting the consumer in their best interest; whether it is in a crisis situation, or helping out with daily living skills. Beth is a team player, who keeps everybody in the loop. She is always somebody you can count on. When you ask her for assistance, she helps without hesitation. She is bright, smiley, and brings good vibes to the team. Beth represents both CT and NCHC well!"*

**Congratulations, Beth and thank you for all of your hard work, it is noticed and appreciated!**

**FOOD SERVICES "TOP BANANA" OF THE WEEK!**

**Congratulations Hannah Robinson!**

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 Hannah Robinson.

Hannah has been with NCHC since February 25th, 2015, She is a dietary aide and a cook. She brings her kindness, resilience and leadership to our team. Hannah is going to NTC to be a Registered Nurse.

Hannah defines success as "Each step taken out of your comfort zone...Progress is progress no matter how small."

Two things on Hannah's bucket list is seeing the Northern Lights up close and exploring another country, on another continent.

We asked Hannah "What would you tell your teenage self?" Her reply: "Don't rush! Go to college out of state and live for YOU. You are only responsible for your Happiness, no one else's."





# World Elder Abuse Awareness Day Friday, June 15

WEAR PURPLE  
IN SUPPORT



WORLD ELDER ABUSE  
AWARENESS DAY

Building Strong Support for Elders

ORDER YOUR  
T-SHIRT ONLINE  
by MAY 30<sup>th</sup>

Only \$6.50

[WEAAD.EMESTORE.COM](http://WEAAD.EMESTORE.COM)



## Elder Abuse TAKES MANY FORMS

NEGLECT ISOLATION PHYSICAL  
FINANCIAL SEXUAL EMOTIONAL  
PSYCHOLOGICAL



If you suspect Elder Abuse  
speak to someone today!

Adult Protective Services at 1.855.487.3338.  
In Marathon, Lincoln and Langlade counties.



Additional Resources & Support Provided By:



HAVEN, Inc.



Advocates for Victims  
of Domestic and  
Sexual Abuse



ADRC  
Aging & Disability Resource Center  
of Central Wisconsin

North Central Health Care  
Person centered. Outcome focused.



THE WOMEN'S COMMUNITY INC.  
LISTEN. SUPPORT. TRANSFORM LIVES.

Learn More About Signs of Elder Abuse



[www.norcen.org/StopElderAbuse](http://www.norcen.org/StopElderAbuse)

You do NOT need a Paypal account to pay online. Simply complete your order and when you get to Paypal site, click, pay with credit card! Shipping rates are only \$3.95 to anywhere!



## WELCOME THESE NEW EMPLOYEES TO THE TEAM!



*From left to right:*

- Anne Pawlowski** – Recovery Technician, Lakeside Recovery MMT
- Shawna Kletzine** – Recovery Technician, Lakeside Recovery MMT
- Giana Zubke-Brubacher** – Case Manager, Community Treatment Youth
- Allie Blanchard** – CNA, Legacies by the Lake, Gardenside Crossing
- Rachel Taggart** – CNA, Legacies by the Lake, Gardenside Crossing
- Theresa Swiechowski** – Case Manager, Community Treatment Adult

- Devan Gering** – Crisis Tech, Crisis Services
- Amy Hill** – Recovery Technician, Lakeside Recovery MMT
- Kathleen Buckli** – Crisis CBRF Manager, Crisis CBRF
- Jessica Suchomski** – Registered Nurse, Community Treatment Adult
- Lauren Bessa** – In-Training Therapist, Outpatient Services
- Georgie Henry** – Crisis Tech, Crisis Services



*From left to right:*

- Nathan Schultz** – Dietary Aide, Food Services
- Tom Messman** – Case Manager, Community Treatment Youth
- Victoria Avila-Hughes** – Registered Nurse, Hospital BHS
- Carol Knapp** – CNA, Post-Acute Care, Northwinds Vent Community
- DeAnna Stransky** – Hospitality Assistant, Legacies by the Lake, Evergreen
- Kaolee Yang** – Dietary Aide, Food Services

- Amy Ives** – Peer Specialist, Clubhouse
- Erica Lemmer** – Hospitality Assistant, Legacies by the Lake
- Nanette Griese** – Employment Specialist, Community Treatment Adult
- Stephany Tatro** – Case Manager, Community Treatment Adult
- Christopher McMahon** – Dietary Aide, Food Services
- Mercede Valliere** – Residential Care Assistant, Chadwick (not shown)

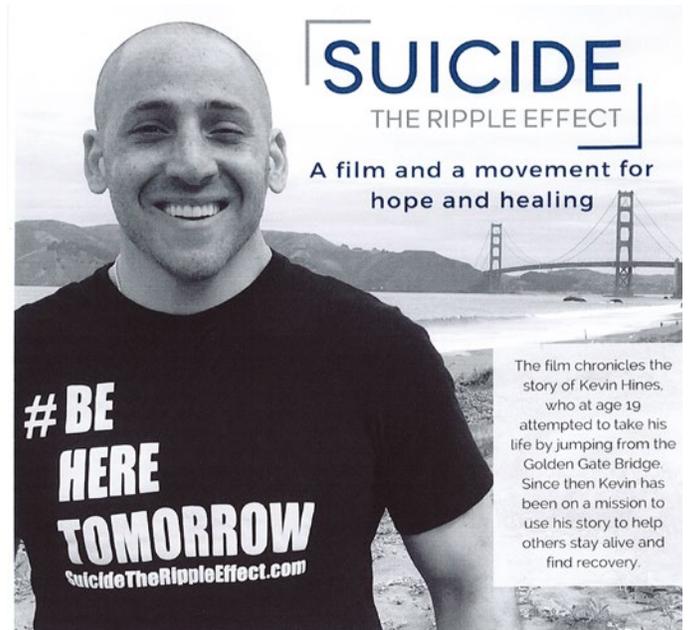


### EAT AT CULVER'S IN MERRILL ON THURSDAY, MAY 17

10 AM TO 10 PM

10% OF PROCEEDS ARE DONATED TO NCHC TO SUPPORT COMMUNITY TREATMENT YOUTH INITIATIVES!

Join our neighbors in the Wausau Campus Area for an event to celebrate the new Alexander Airport Park! Employees, residents and clients invited!



**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](mailto:traeders@charter.net) / (715) 551-0958  
[www.preventsuicidemarathoncounty.org](http://www.preventsuicidemarathoncounty.org)

*The Story of Wausau Aviation*  
PAST, PRESENT AND FUTURE

# WINGS over WAUSAU

HISTORIC WAUSAU DOWNTOWN AIRPORT

ONE WONDROUS DAY  
SUNDAY, MAY 20 | 10AM - 4PM

PARK REDEDICATION 10AM  
[ALEXANDERAIRPORTPARK.COM](http://ALEXANDERAIRPORTPARK.COM)

COME SEE THE NEWLY RENOVATED ALEXANDER AIRPORT PARK!

THE HISTORY OF WAUSAU AVIATION 11AM - 4PM  
[MARATHONCOUNTYHISTORY.ORG](http://MARATHONCOUNTYHISTORY.ORG)

- CHARACTER REENACTORS
- VINTAGE PLANE FLY-IN
- WWI DISPLAY

ADMISSION IS FREE  
Made possible by these sponsors:

## 17<sup>TH</sup> 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](mailto: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

### Walking for Wellness

Now that spring is here, exercise can be an exciting thing to start up or continue. Walking is a great way to increase your overall activity in your daily life. Getting outside to walk during breaks or before/after work can impact your health for the better. Try working up to 150 minutes per week of exercise.



Sherry Gatewood



Asia Bay

Working with Barriers: Busy schedules can be one of the top barriers when starting or maintaining goals; one tip is to try splitting up exercise time. Exercise does not have to be 30 continuous minutes for you to see the benefits. Finding 10-15 minutes a couple times per day can be just as beneficial.

### Finding opportunities to be active:

- If your schedule doesn't allow for a full workout, figure out ways that you can get shorter bursts of activity in.
- Are you waiting for the kids to finish practice? Take a lap or two around the field.
- Do you have an extra 10 minutes at lunch? Try walking the stairs or hitting the street with a co-worker.
- Avoid long periods of sitting by standing up and moving throughout the day.
- Variety is key to keep exercise fun and engaging. [www.acsm.org](http://www.acsm.org)

## 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](http://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



# HRinsights



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](mailto:eap@ascension.org)

### MENTAL HEALTH APP CAUTION

You can easily download hundreds of mental health apps on your phone—stress, anxiety, depression, staying happy—it's endless. More of these apps pop up each day, and the 2018 "best of" list is already out. But hold the phone! Before you start matching an app to the mental health problem you believe affects you, talk with a professional counselor to help you gain a fuller understanding of what help—if any—you can benefit from, online or not. Symptoms of mental problems may be plainly visible to you and/or others, but the causes of those



symptoms may be an entirely different problem that is less visible or understood. A professional assessment will give you more confidence, and you're likely to find more successful help for the problem you face.

## Position Postings

Interested employees that want to apply for this position should visit [www.norcen.org/Careers](http://www.norcen.org/Careers) and click Career Opportunities.

**Title:** Mental Health & Substance Abuse Therapist

**Status:** Full Time

**Location:** Antigo

Job Posting Direct Link: <https://bit.ly/2rBO9gp>

**Title:** MDS Assistant

**Status:** Full Time

**Location:** Mount View Care Center

Visit: <https://bit.ly/2KdlYv0>

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 14 – 18, 2018

### MON 5/14 .....Chicken Noodle Soup

Baked Potato Bar

#### Pork Loin

Mashed Potatoes

Carrots

Double Chocolate Cookie

### TUES 5/15 Hobo Soup

Egg Rolls

#### Chicken Mushroom Bake

Wild Rice

California Blend Vegetables

Cherry Delight

### WED 5/16 .....Minestrone Soup

Chicken Flatbread Pizza

#### Lemon Herb Baked Fish

Roasted Potatoes

Green Bean Deluxe

Luscious Lemon Bar

### THURS 5/17 ...Turkey Dumpling Soup

Baked Turkey Berry Wrap

#### Roast Pork

Boiled Potatoes

Red Cabbage

Donut

### FRI 5/18 .....Split Pea Soup

Taco Bar

#### Meatloaf

Cauliflower

Cheese Sauce

Carrot Cake w/Cream Cheese Frosting



Wausau East High School Students get a glimpse into the healthcare world

## WAUSAU EAST STUDENTS TOUR NCHC WAUSAU CAMPUS

### Engaging with Our Future Workforce!

Twenty-eight students from Wausau East High School with an interest in pursuing a career in healthcare visited the NCHC Wausau Campus last week. The students received a campus tour and learned about the various opportunities available to them in the future! Several students were interested in volunteering and learning more about NCHC and our programs. Engaging students in learning about the programs and services we offer will not only provide them with the knowledge of seeking help when they or a loved one are in need, it can peak their interest in career they didn't even know existed! Do you know of a school, community group or others interested in a tour? Contact Communications & Marketing at [jmeadows@norcen.org](mailto:jmeadows@norcen.org) or call 715.848.4309.



Marathon County  
Employees Credit Union



**Wishing You a Very Happy Mother's Day  
from Carrie, Sarah, Pete, Jami,  
Kathy, Maria, and Tosha!**



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400 East Thomas Street • Wausau, WI 54403