  
A Weekly Update  
For The Employees of  
North Central Health Care



"World Elder Abuse Awareness Day" – Submitted by Brenda Christian, Adult Protective Services

# NEWS YOU CAN USE



## WEEKLY CONNECTION WITH MICHAEL LOY

### World Elder Abuse Awareness Day

Today, Friday June 15, 2018, is World Elder Abuse Awareness Day. World Elder Abuse Awareness Day calls attention to a global problem of an aging society, a society spanning the globe. As we congregate our collective energy towards this important issue, we must seek truths to three important questions:

- 1) What comes to mind when you hear the words elder abuse?
- 2) Do you think elder abuse is happening in our community?
- 3) What can you do, and what can be done to prevent elder abuse?

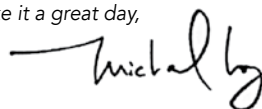
In answering the first question, the term Elder typically denotes an individual over age 60. Every day in the U.S. there are 10,000 people now turning age 65, by 2050 the population of those 60 and above is anticipated to exceed the number of the young. Elder abuse ranges from emotional neglect, financial exploitation on up to physical violence and abuse. The elderly are often seriously ill, frail and vulnerable to abuse.

To the second question, statistics show, 1 in 10 elders face abuse of some kind with 1 out of 14 cases of abuse going unreported. The first World Elder Abuse Awareness Day was recognized in June of 2006; here locally we have been raising awareness since 2011. In 2006 in Wisconsin alone, there were 4,372 cases of elder abuse reported, in 2016 there were 7,987 cases reported. Over a 50% increase. North Central Health Care provides Adult Protective Services for Langlade, Lincoln and Marathon Counties and is charged with investigating elder abuse. In 2017, NCHC investigated 412 cases across our three Counties. Elder abuse is right here in our community.

In regard to our last question, what can you do to make a difference and what can be done to prevent elder abuse? Isolation increases the likelihood of abuse and is often a symptom. Increase contact with elders to provide protection and early detection of abuse. Share awareness, so elders know they are not alone. Reporting gets help that elders may need. Whether that is legal, APS or other service resources. Together we can continue to unite communities around the world in raising awareness about elder abuse by recognizing it is a fundamental human rights issue. Continue to promote awareness, research and improve our response support systems.

I want to thank Brenda Christian and the APS team for their advocacy for World Elder Abuse Awareness, the individuals you have seen wearing purple, and the individuals in our community who are now talking more about this very important issue. Our hope is the awareness finds someone sitting in the community looking for help and finding answers to the struggles our elders are facing. To give them an outlet, the courage to search for help. Recognizing World Elder Abuse Awareness Day offers the chance to break the silence.

Make it a great day,





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Thank YOU for all YOU do!

**Employee of the Month...** 6  
Congrats Laura Phillips!

**Happy Father's Day!** ..... 7



Person-Centered  
**Shout out**

**Alex Unruh  
Evergreen**

**Why:** Excellent team work, great resident engagement, provides input and gets to know resident family – good rapport.

**Submitted By:**  
Renee Ruplinger



### 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, June 18 –  
Sunday, June 24**

**Sheila Zblewski**





## 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.



CHECK OUT MORE ONLINE!

#IamNCHC  
#ElderAbuseAwareness  
#StopElderAbuse

Thank you to our partners at The Women's Community, AVAIL, Haven and ADRC for their support in educating and increasing awareness of elder abuse!

"World Elder Abuse Awareness Day" – Submitted by Brenda Christian, Adult Protective Services



Proclamation signing by Antigo Mayor Bill Brandt.



Our organizing partners at the Women's Community!



Wausau's Concert on the Square Event shined in Purple!



Adult Protective Services at NCHC.



Antigo City Hall



US Workstories Mike Beck shows his support!



Educational Events at locations in all 3 counties.



Wausau's Kick-Off at the Courthouse!



^ Brenda Christian addresses the Marathon County Board about Elder Abuse Awareness. The Board also signed a Proclamation! Thank you for your support!







Watch for  
fun activities to  
celebrate CNA's in  
your program area!



## North Central Health Care

Person centered. Outcome focused.

As we celebrate National Nursing Assistant Week  
we want to say

*Thank You*

to all our dedicated Certified Nursing Assistants  
in programs across our organization.

Thank you for making a difference  
in the lives of others.

**WE APPRECIATE  
ALL THAT YOU DO!!**



# PATCH

Providers And Teens Communicating for Health

### Now Hiring Teens in Central Wisconsin!

Are you a passionate, motivated, change-maker  
between the ages of 14 and 18 years old?  
Would you enjoy getting paid (\$\$!) to teach  
doctors how to better interact with teen patients?

Visit [www.wipatch.org](http://www.wipatch.org) to learn more and apply to be  
a PATCH Teen Educator!

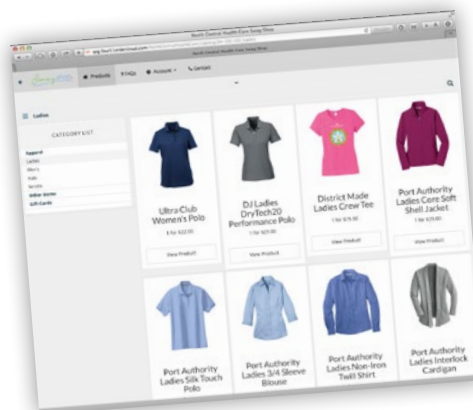
Apply today at [www.wipatch.org](http://www.wipatch.org)!



North Central Health Care

# Swag shop.

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



### Need Some NCHC Swag?

Get it at the SwagShop! Shop  
online for NCHC branded clothing  
and accessories including scrubs,  
shirts, hats, jackets, vests, card-  
igans, polos and much more.

From professional to casual, there  
are option available to ship directly  
to your home.

### Looking for Samples?

Visit the Human Resources office  
on the Wausau Campus to see  
samples of clothing. General sizing  
and measurements are available on  
the website.

**Items ship directly  
to your home!**

**Easy payment options online!**

# CrimeStoppers

Marathon County Crime Stoppers Inc.

Click [here](#) for this week's Crime of the Week.

[http://marathoncounty.crimestopper-  
web.com/crimeoftheweek.aspx](http://marathoncounty.crimestopper-web.com/crimeoftheweek.aspx)



## tidbits on benefits

## WELLNESS CORNER

By Sherry Gatewood, PA &amp; Asia Bay, Health Coach

## Gardening and Muscle Strain

Gardening can be mentally refreshing; however, it can also wreak havoc on the muscles of the neck, arms, back and legs. Having properly working equipment and stools to sit on can lessen the strains on your muscles and back. Frequently changing positions and stretching can help to ward off some injuries as well. Symptoms of a muscle strain include pain and or tightness in a muscle group that has been overworked. There could also be swelling and bruising. Most muscle strains heal on their own, but it may take a few days to a couple weeks.



Sherry Gatewood



Asia Bay

If you do get a muscle strain, remember R-I-C-E: Rest- Ice-Compression -Elevation. Rest the affected part. Apply ice packs to the area over clothing or a towel for 15 minutes every 1-2 hours. Elevate the affected part. If needed, apply an elastic bandage to help relieve pain and swelling.

Over the counter analgesics such as ibuprofen (Aleve) and Acetaminophen (Tylenol) may also help. Avoid strenuous activity that may reinjure. Please call the Employee Health and Wellness Center and make an appointment if your symptoms are not improving as expected.

We are taking appointments for Sports/Camp Physicals. Please call the Employee Health and Wellness Center for an appointment at 715-843-1256.

## EMPLOYEE HEALTH &amp; 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



## 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**

## LONELINESS A HEALTH PROBLEM

Chronic loneliness can have negative health effects, so CIGNA surveyed 20,000 Americans to gauge the prevalence of this emotion. One in five people reported no close relationships at all, and one in four reported having no one with whom they can have a meaningful conversation. Those aged 18-22—despite their proficiency with social media—report being most lonely. Loneliness is a symptom of a larger problem, because those less lonely reported getting more sleep, spending more time with family, not overworking, and getting proper exercise. If loneliness affects you, take action, engage, or get counseling to overcome it. (Source: www.multivu.com (search "health," then "CIGNA loneliness")).



## Do You Know of Qualified &amp; Reliable Candidates?

**Refer and earn a \$500 Referral BONUS!!**

Details are on page 49 of the YOU BENEFIT Booklet!  
Or on the Intranet at [http://intranet/Portals/0/Resources/NCHC/Departments/NCE/Documents/YouBenefit\\_2018-Final\\_101317.pdf](http://intranet/Portals/0/Resources/NCHC/Departments/NCE/Documents/YouBenefit_2018-Final_101317.pdf)

## Position Postings

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

**Title:** Financial Services Benefits Counselor

**Status:** Full Time

**Location:** Wausau

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

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



## PLEASE WELCOME MIKE BRUNDIDGE TO OUR TEAM!

### Safety & Environmental Coordinator at NCHC

Mike is originally a Wausau native, born and raised early in life within Wausau. He moved away, but then brought family back to Wausau about thirteen years ago. Mike has three children: Sarah, Matthew and Alex. Alex, is still at home and will be a senior this coming fall at Wausau East. Mike enjoys sports, coaching and the outdoors as well as hunting, fishing, trapping. Bow hunting is his greatest passion. Professionally, Mike brings a strong background within Safety, Facility, Emergency and Project Management. He has a Bachelors of Science in Natural Resources, Master Electrician/IBEW. His influences within

safety are his Mother, who was the Medical and Safety Director for Weyerhaeuser, and his Father who was the first OSHA Inspector in the State of Wisconsin.

Mike is available by phone at 715.848.4559, email [MBrundidge@norcen.org](mailto:MBrundidge@norcen.org) or stop by his office #1415, located in the long hallway behind the Kitchen on the Wausau Campus.



Mike Brundidge

## CONFERENCE ROOM ACCESS TO TECHNOLOGY Changes to Be Aware Of

Effective immediately, all conference room technology equipment for the Main Health Care Center Building will be housed in the conference rooms instead of the Administration Office. This includes keyboards and mice for accessing the Smart Tv's in conference rooms. You no longer will need to check items out from the Admin office.

Mount View Care Center technology equipment will still remain the Information Station Office and can be checked out by seeing Jennifer Wesenick.

Please remember to log out when you are finished and turn off the keyboard and mouse. If batteries are needed, contact the Administration offices as fresh batteries will be on hand for you.

## SAVE THE DATE!

### Come Have a Monster of a Time at NCHC Adventure Camp at Mount View Care Center

**August 13 – 17**

Children, grandchildren, nieces, nephews etc. of any NCHC employee, who are ages 3-12 are welcome to attend Adventure Camp at Mount View Care Center. Registration and more information to come!

## NOTICE: EVENT AT WAUSAU CAMPUS THEATER ON MONDAY, JUNE 18 – 5:30 PM

Rasmussen College will be holding an event on the Wausau Campus on Monday, June 18. We expect about 130-150 attendees to be arriving at the Theater entrance by Aquatic Services and the Marathon County Health Department. The event begins at 5:30 pm, with attendees arriving shortly after 5:00 pm.

Please be aware of the increased traffic from visitors around 5 pm and provide any help to those who need assistance finding the Theater who may arrive at other entrance locations.

Thank you for your commitment to Person-Centered Service at NCHC!

## REMAINING SESSIONS!

### 2018 – 2ND QUARTER EMPLOYEE UPDATES

All employees should make arrangements to attend one of the following sessions.

<b>MON, JUNE 18</b>	<b>WAUSAU CAMPUS</b> 10:00 am Theater
<b>TUES, JUNE 19</b>	<b>WAUSAU CAMPUS</b> 3:30 pm Theater
<b>WED, JUNE 20</b>	<b>WAUSAU CAMPUS</b> 12:30 pm Theater 9:00 pm MVCC 1st Flr. Dining Room

## NOTICE: KRONOS TELEPHONY SYSTEM MAINTENANCE

Planned for Sunday, June 17 • 5-6 am

Between 5 and 6 am on Sunday, June 17, the Kronos Telephony system will be down for maintenance for about 15 minutes. During that time, employees who use the Telephony system to punch in will be experience a disruption. All other Kronos Work Force Ready Apps, punching in and out and logins during this maintenance window will be uninterrupted.

Please plan ahead for any disruption during that time that may affect you and have an alternate means of punching in.

If you have questions, please contact your manager.

## SIGN UP ON HEALTHSTREAM!

2018 JUNE						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## HARD HAT UPDATE

Keeping you up to speed on construction around NCHC locations, so that we can communicate together with staff, visitors and those we serve.



### WAUSAU CAMPUS:

#### Wausau Campus Window Cleaning

The Week of June 18, a crew from Windowman crew will be on site washing the exterior windows of the facility. Please be aware and let clients, residents and patients know of the project.







North Central Health Care  
Person centered. Outcome focused.

May 2018  
**Employee of the Month**  
★ ★ ★ ★ ★  
**LAURA PHILLIPS**  
**Behavioral Health Services**



Congratulations Laura on your recognition as the May Employee of the Month and thank you for helping make NCHC a great place to work!

**Congratulations Laura!**

**Join us for the Celebration in Laura's honor on Monday, June 18 at 9 am in the Crisis Center Courtroom.**

(Due to unexpected circumstance, we had to postpone the May Employee of the Month process, which is the reason for the late announcement. There will also be a June Employee of the Month announced also. Thanks for your patience and understanding!)

Congratulations to Laura Phillips for being our May Employee of the Month! Laura was nominated for her ability to demonstrate our Core Values of Partnership, Integrity, Continuous Improvement, Dignity and Accountability. Laura follows through in advocating for her patients. She is always looking for ways to improve the patient experience. For example, she recently advocated for tea and music in the Inpatient Hospital. She is always bringing new ideas from outside resources and looking to make every patients' stay easier. She gives input to Leadership for ideas that may decrease the length of stay and readmissions rates. Laura picks up extra shifts every week without prompting in addition to working on a very difficult nursing schedule.

**"Laura interacts with her patients to the fullest!"**

– From Employees

**"Laura is an example of what our nursing standard is! She is interactive with patients and reliable to peers. And in contact with leadership to explore opportunities for growth. She also helped create an orientation outline along with updated admission checklist."**

–Trina Sorce



**CAT LOVERS UNITE!**  
**Residents at Mount View Care Center Share Their Love of Cats with Gannett's Wausau Daily Herald**



This week, residents from Mount View Care Center shared their story and love of felines with the continued story about the adopted cats that live outside our Wausau Campus. Back two years ago, we reported in the *News You Can Use* about the Resident Council vote to keep the outdoor kitties, have them trapped and spayed or neutered by a local group that provides the services, and release them back to live in our Wausau Campus. Since then, cat houses have been built and the residents and family have adopted a ritual of feeding the kitties, looking after them and thoroughly enjoying their playful antics. Gannett Reporter Haley BeMiller got wind of the friendly feline story, and being a cat lover herself, knew she had to follow up on the story. The rest is history! Our felines showed up late to the interview, in true cat fashion, but we captured lots of video and pictures of this cat tale.

It is evident from watching as residents gather at the windows to watch the daily 4:00 pm feedings, that the love of a pet is never lost.

Thank you to the Mount View Care Center team and to our residents and families for your support and for sharing your story. Watch for the article and online video story reported by Gannett Media coming soon!

*(All residents and families provided consent for their photograph and video to be used for the purposes of this story.)*



## 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 Entrée Option**

**Monday – Friday.**

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

Soup: \$1.25 Cup / \$2.00 Bowl



**JUNE 18 – 22, 2018**

**MON 6/18 .....Beef Vegetable Soup**

BBQ on a Bun

**Turkey Tetrazzini**

Rutabagas

Rosy Applesauce

OHenry Bars

**TUES 6/19 Stuffed Green Pepper Soup**

Chicken Supreme on a Kaiser

**Meatballs**

Mashed Potatoes

Carrots

Pistachio Dessert

**WED 6/20 .....Chicken Vegetable Soup**

Hot Turkey/Croissant/Hollandaise

**Hot Ham**

Bakes Potatoes

Broccoli

Dark Sweet Cherries

**THURS 6/21 ...Taco Soup**

Grilled Turkey, Cheese & Avocado w/Mango Salsa

**Seasoned Chicken**

Yams

Creamy Cole Slaw

Ritzy Ice Cream Torte

**FRI 6/22 .....Cheese Soup**

Pork BBQ on a Bun

**Chili Entrée**

Chex Mix

Cauliflower

Cottage Cheese Jello Salad



**Marathon County  
Employees Credit Union**

**Dad Joke #57**

I asked my son if he had seen my newspaper. He told me that newspapers are old school and people use tablets nowadays. He handed me his iPad. That fly didn't stand a chance.

**HAPPY  
FATHER'S  
DAY!**

[INSERT  
YOUR  
LOGO]

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



[www.mcecu.org](http://www.mcecu.org)

**715 261-7680 • 400 East Thomas Street  
Wausau, WI 54403**

### Get Social!



Catch up on news, info., photos, videos, employment opportunities and more by following North Central Health Care on Facebook, Twitter and LinkedIn!