**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,
PHOTO OF THE WEEK

Submit A Great Photo From Your Week!
Submit your photo and description to: Email: 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.

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

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!

CHECK OUT MORE ONLINE!
#iamNCHC #ElderAbuseAwareness #StopElderAbuse

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World Elder Abuse Awareness Day

Support from three Michelle’s.

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

Wausau’s Kick-Off at the Courthouse!

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!

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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!!

Watch for fun activities to celebrate CNA’s in your program area!
All Marathon County and North Central Health Care employees and their families are invited to an OPEN HOUSE at the Employee Health & Wellness Center! The Employee Health & Wellness Center offers convenient health care right where you work.

Appointments and Same-Day Care

- To make appointments online by visiting ClinicAppointments.org, or by calling the clinic directly at 715.843.1256.
- March 22: Register for prizes, meet the staff and learn about the convenient care available to you.

- 1100 Lakeview Drive, Wausau, WI

Schedule an Appointment:

EMPLOYEE HEALTH & WELLNESS CENTER
1100 Lakeview Drive, Wausau, WI
North Central Health Care Campus
Door 25

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

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.

Athletic injuries are possible as our athletes become more skilled with the use of new equipment and techniques as well as increased participation. 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.

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.

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EAP Services

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 & 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

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 back ground 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 or stop by his office #1415, located in the long hallway behind the Kitchen on the Wausau Campus.

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**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 TVs 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.

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**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!

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**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!

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**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 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.

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**REMAINING SESSIONS!**

**2018 – 2ND QUARTER EMPLOYEE UPDATES**

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

**MON, JUNE 18**  
**WAUSAU CAMPUS**  
10:00 am Theater

**TUES, JUNE 19**  
**WAUSAU CAMPUS**  
3:30 pm Theater

**WED, JUNE 20**  
**WAUSAU CAMPUS**  
12:30 pm Theater  
9:00 pm MVCC 1st Flr.  
Dining Room

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**SIGN UP ON HEALTHSTREAM!**

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**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.

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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 kittens, 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 kittens, 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.)

May 2018 Employee of the Month
LAURA PHILLIPS
Behavioral Health Services

Congratulations to Laura Philips 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.

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

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 announcement also. Thanks for your patience and understanding!)

“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

Congratulations Laura!

Ganett Reporter Haley BeMiller interviews residents and family about the importance of pets and their wonderful felines.

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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

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