Issue 47 • Dec. 21, 2018 – Jan. 3, 2019 **FINAL ISSUE OF 2018**



A Weekly Update For The Employees of North Central Health Care



NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

That's A Wrap

As this is my last NYCU article for the year, I'd like to say again, I wish you and your families a very Happy Holidays and for a bright New Year in 2019. Another year together. We have again seen our organization move forward with a number of significant blessings to be thankful for.

- We had the privilege to provide great care to thousands.
- The community gave us over \$3.2 million for our new Aquatic Therapy Pool.
- We have a campus renovation plan in the works after the Marathon County Board authorized a \$73 million bonding to completely rejuvenate our main campus for the future.
- We expanded Lakeside Recovery from 6 to 14 beds and our Crisis CBRF from 6 to 12 beds.
- We opened our fully remodeled Merrill office in September.
- Our Medical Staff has grown and the Psychiatry Residency continues to expand.
- Employee Engagement had double digit improvement across the organization and workforce.
- We successfully went through our State surveys across the organization and achieved Joint Commis-
- The Crisis Assessment and Response Team (C.A.R.T.) has been successfully implemented with early results suggesting that while the number of law enforcement mental health calls have increased over the last year, there has been a significant drop in the number of these calls resulting in emergency detentions.

• We've supported the expansion of day treatment and intensive outpatient along with supporting drug court efforts in Langlade and Marathon Counties.

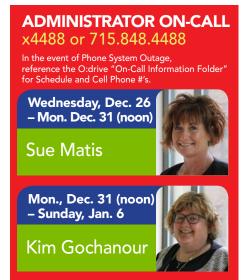
• And we did it all within the available resources we were given while at the same time putting in motion the growth to continue to have choice going forward.

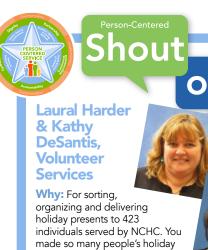
• The list could go on and on of what we accomplished this year together. Bottom line...Lives Enriched and Fulfilled. We've done it together and we continue to be who we are because of YOU! You've each played a key role in our success as an organization.

As we close the year I want to say thank you to our Board of Directors, the Retained County Authority Committee and our County Partners, our Executive and Management Teams, along with all of the

- continued on page 2

New Resource WI Addiction Recovery Helpline Holiday Spirit Week Photos of the Fun Thank You from **Organizational** Development Community Partners Events in 2019..... HR Insights **Transfers & Promotions Holiday Junk Lights** Collection Through Jan. 18





Submitted By: Santa Claus

so much brighter.





other individuals and organizations who have made 2018 a year to reflect back on and be proud of. Thank you for your support and efforts.

More to come, 2019 will be a big year – year three of our 5 to 50 Vision with a lot of amazing opportunities ahead to fulfill our Mission. I look forward to our continued Journey together. To every NCHC employee, thank you from the bottom of my heart for the opportunity you give me each day to walk together towards accomplishing something truly bigger than ourselves, forward.

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.

"The clients of Adult Day Services in Antigo (with a little help from staff) constructed a faux fireplace for the Holidays to hang there stockings on...Just thought we'd share our joy! Happy Holidays!"

- Melissa Chrudimsky

Wisconsin Addiction Recovery Helpline

NEW RESOURCE!

The Wisconsin Addiction Recovery Helpline

The Wisconsin Addiction Recovery Helpline is a statewide resource for finding substance use treatment and recovery services. The helpline is free, confidential, and available 24/7. Trained resource specialists will help you understand your treatment and support options.

Visit the website at

https://211wisconsin.communityos.org/addiction-helpline

"PETER FRAMPTON" VISITS CRISIS The Crisis Center Squirrel

Chuck Kerstell talks through the window to our "Crisis Squirrel", named Peter Frampton. Peter comes to the Crisis window daily to check on the staff and give his greetings.

Chuck, we think he likes you too.







thank





















I'm sure you've heard the phrase "It takes a village..." to make good things happen. It's true – and in this case, "It takes an entire Organization" to make great things happen, especially when referring to NCHC New Hire Orientation and Manager Orientation.

Looking back at 2018:

- 14 New Hire Orientation sessions were held
- 2 Manager Orientation sessions were held
- 190 individuals attended New Hire Orientation
- 12 individuals attended 1, 2 or 3 days of Manager Orientation
- 42 yummy homemade pizzas/420 slices were consumed during the New Hire/Exec Team lunches
- Approximately 570,000 steps were taken during the facility tours
- Approximately 123 "That's cool I didn't know that" moments occurred
- 168 prizes of unspeakable value were awarded to those completing The Amazing Place (approx.)
- Knowledge gained, skills developed and connections made/strengthened Priceless

It takes the involvement of many to have orientations like ours go off without a hitch. Thank you to these amazing individuals who take time from their busy schedules each month to prepare and present to our new hires and/or managers:



Jenny Anklam Chris Bleck Tammy Buchberger Renee Erickson Brenda Glodowski

Kelly Henke-Kaiser Chuck Kerstell Christine Laurent Pat LuCore

Sue Matis

Jessica Meadows Jennifer Peaslee Lynn Wengelski **Bob Wilcox**

Brad Beranek Mike Brundidge Katlyn Coles

Amanda Gardner

Melissa LaPorte Michael Loy

Cagney Martin

Bo Johnson

Lisa Murkowski Daniel Shine Kim Wieloch





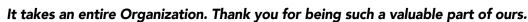
Heaps of gratitude go out to those individuals that work their magic behind the scenes to reserve the rooms, produce printed materials, prepare and provide systems and computer access, gather proper keys, have hot coffee (a necessity), water and snacks prepared and waiting for the day to start, provide department and job specific trainings to staff after organizational orientation is done and so much more. Many thanks to:

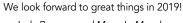
Dave Bertram Debbie Osowski Cynthia Heiser-DeBroux Rick Abreu

Travis Kurth Sheila Zblewski **Food Services** Terry Kaiser Chue Xiong Ben Nelson



This doesn't account for everyone that provides department and job specific training's, assist with job shadows, oversee checklist skills, serve as mentors and so much more. It's because of you that new hires and managers are successful and North Central Health Care is thriving!





Judy Rannow and Mary Jo Monday Organizational Development







Jessica Putrus



















December 2018

Employee of the Month $\star\star\star\star\star$

HANNAH SPRANGER Behavioral Health Services



Congratulations to Hannah Spranger for being recognized as NCHC's December Employee of the Month. Hannah works in the Crisis Center and has been called "The Rock Star of BHS." Her nomination this month shares a little bit of what being a Rock Star entails.

Hannah frequently assists Crisis staff in meeting the basic needs of our clients and takes on cleaning and organizational tasks as she sees the need because it is the right thing to do and is helpful to all. She is currently covering the role of Utilization Review and recently covered the Court Liaison role as well. She also assisted in training the new court liaison and continues to cover any vacation days or unexpected absences. In addition to her Rock Star role, Hannah is also called the "Chameleon of BHS", and takes on a variety of rolls based on our needs and does so with a positive attitude.

When working with youth in crisis stabilization, she does everything in her power to ensure that our young clients are safe and comfortable while still providing a therapeutic structure. She provides excellent person-centered service by tailoring each experience to the individual. She takes youth outside and to the gym and goes the extra mile to make sure that they are cared for.

Congratulations Hannah!

PARTNER EVENTS IN 2019



Children's Family Matters Family Matters January - May

Ask the Experts:

Ongoing Programs:

Bullying in the Modern Era Tuesday, January 8th, 6pm - 7:30pm Presented by Stacy Stefaniak Luther, PsyD, LPC Attend this workshop to better understand cyberbullying and its various implications on kiddos. Learn about available resources in your community as well as gaining sup-port through a network that cares and understands. Register by January 8th by 4PM.

Advancing with ADHD

Tuesday, January 29th, 6pm - 7:30pm Presented by Kristine Shiverick, ADHD and Executive Functioning Coach

Executive Functioning Coach
The session opens with education on the basics of this common childhood disorder and its implications for the children
living with It. Spend the rest of the seminar interacting and
getting tips for enhancing productivity by understanding and
using strategies to support your child's executive functioning
in everyday life. Register by January 29th by 4PM.

Nutrition: Smoothie Session

Wednesday, February 20th, 6pm - 7:30pm vecinescay, February 20th, opin - 7:30pm
Presented by Kristene Schulte, Certified Nutritionist
The hustle and bustle of daily life within a family can make
it difficult to eat healthy. Learn helpful tips for creating easy
and wholesome meals while enjoying a night of Kristene's
vast nutrition knowledge. Finish the seminar with a
smoothle taske test and recipe ideas to take home to your
family! Register by February 19th by 4PM.

Social Media and Mom Shaming

Tuesday, March 5th, 6pm - 7:30pm Presented by Stacy Stefaniak Luther, PsyD, LPC Presented by Stady Stetaniak Lutner, Psylv, Licensed Counselor, Stady Stefaniak Lutner, starts a conversation about the constant need for perfection in an era where moms share nothing but the best online. Learn self-care strategies and boost your confidence to combat these Facebook blues through shared discussion and activities. Register by March 5th by 4PM.

Understanding Autism
Tuesday, April 2nd. 6pm - 7:30pm
Presented by Stacy Stefaniak Luther, PsyD, LPC
This informational workshop will further your understandin on Autism Spectrum Disorder, as well as offer tips and hints for preparing your kiddo for adulthood, advice on raising neurotypical siblings alongside their brother or sister with autism, and guidance for increasing functioning within your entire family. Register by April 2nd by 4PM.

All Programing is FREE! Childcare may be available at certain programs. Ask when you register.

Register: 715-848-1457 or ENowicki@CHW.org

LEAP - (Learning Essentials about Parenting) ith us for this 9-week series of fr Sit back and relax with us for this 9-week series of frank discussions about the joys and trials of parenthood. Top ics include building self-esteem, child growth and development, communication skills, media, and positive discipline techniques. 9 weeks, 6 pm - 7:30 pm Mondays. Call to register. Childcare is available.

Teen LEAP (Learning Essentials about Parenting) for Parents and Teens Together

This 10-week ongoing parenting class will provide par-ents with tools to successfully set limits for their teens and to open the lines of communication. This program is for parents and their teenage children, no child care is

available at this program.

10 weeks, 6pm – 7:30 pm Thursdays. Call to register.

Must start on week 1 or week 5.

Warmline

This is your connection to parenting information. It is a link to expert, non-emergency advice on the day-to-day trials of child rearing. Call 715-848-1457.

One-To-One Parenting Sessions

Trained staff will provide parenting information and sup-port to families. If you would like an individualized parenting consultation, call 715-848-1457.

In-Home Parent Education

This 3-month in-home program provides visits with a parent educator to help improve parenting skills and teach positive discipline techniques. The program is tailored to meet individual needs. Call to register 71:

Lena Start Marathon County
Grow your baby's brain through talk with this 13 week program designed to jump start your 0-32 month old for suc-cess in school and life. Enjoy a free meal each week as you learn about the importance of early communication and engagement. Includes FREE childcare, books and incentives. New groups begin January 28th with multi-ple locations and times. Register: call 715-848-1457, text 715-660-0397, or email ntank@chw.org.

Visit us at Chw.org/communityservices

Children's Hospital of Wisconsin 705 S. 24th Ave., Suite 400 Wausau, WI 54401 715-848-1457 Hours: Monday-Friday 8:30 am - 5pm

Play and Learn Field Trips:

Youngin' Yoga Time Friday, March 22nd, 9:30am – 11am Presented by Jean Miller and Emily Nowicki Children of all ages can enjoy this stretch session to work all the wiggles out before spring break! Meet us in the Community Room on the second floor of the Wausau Library, 300 N. First St. in place of the regular Wausau Library play and learn. Come ready to move with licensed yoga instructor, Jean Miller, as caregivers and children work side by side to master a variety of poses. Take a break for a snack and story before finding your inner peace with meditation and singing. Comfortable work out clothes and shoes encouraged; no yoga mats necessary!

Family Reading Event: Wednesday, May 15th, 5:30pm - 6:30pm Presented by Emily Nowicki Bring your favorite children's book as well as anyone you consider family to join in this evening of literacy and fun! Event held at Marathon Park, 1201 Stewart Ave on the playground nearest the Stewart Ave entrance. In the event of bad weather, activities will be held at the Wausau library in the aquarium room.

COMING SOON! End of School Extravaganza

Tuesday, June 11th, 10am - 11:30am Presented by Deborah Smith and Emily Nowicki Celebrate the end of the school year with an outdoor bash at Machmueller Park, 7200 Quentin St, Weston. Take part in free play on the playground, a scavenger hunt, squirt bottle painting, a water balloon piñata par ty, and more! In the event of bad weather, activities will be re-

scheduled for June 18th.

All programs are funded by Marathon County and Marathon County United Way and are provided free of charge.

Programs are not a DCE, Wausau, Spencer, Stratford or News Catholic School District sponsored activity and the opinions es pressed are not necessarily those of the school district or their personnel.

Play and Learn Schedule and Locations:

Caregivers are a child's first and most important teachers. Take this opportunity to connect with others who have young children while participating in early learning activities that enhance your child's develop-ment and promote school readiness. All play and learns are free and open to the public, stop by at any location listed below to enjoy!

Monday GD Jones School 1018 S. 12th Ave... Wausau 2:30 pm - 4:00pm

Tuesday Athens Commu nity Hall 221 Caroline St., Athens

10:30 am - 11:30 am Rothschild Public Library 211 N. Grand Ave., Rothschild 10:30 am - 12:00 pm

Wednesday Mosinee Public Library 123 Main St., Mosinee 10:00 am - 11:30 am

Stratford Public Library 400 E. North St., Stratford 10:15 am - 11:45 am

Village Building 105 Park St., **Spencer 2nd and 4th Wednesday** 10:00 - 11:30 am

Thursday Edgar Village Hall

224 S. 3rd Ave., Edgar 10:00 am - 11:30 am

Hatley Public Library 435 Curtis Ave., Hatley 10:00am - 11:30 am

Friday Marathon City Village Hall 311 Walnut St., Marathon 1st and 3rd Fridays 10:00 am - 11:30 am

Marathon County Public Library 300 N. First St., Wausau 9:30 am - 11:00 am

Look for us on Facebook! facebook













NEW YEAR'S EVE PAWTY

BENEFITING THE HUMANE SOCIETY OF MARATHON COUNTY

12/31/2018 8:00PM-12:30AM CENTRAL WISCONSIN CONVENTION + EXPO CENTER

Join us on New Year's Eve and party away the final hours of 2018! Featuring Disco Drew, glitter, gold + good fortune!

Our NYE celebration will feature raffles. dancing, party favors, a photo booth, games, appetizers, cash bar and a midnight celebration.

TICKETS AT EVENTBRITE.COM AND HSMC

Protect Yourself, Protect Your Community



Safe Options for Household Sharps Disposal

DON'T

- ·Put needles and lancets in the trash Put needles and lancets in recycling containers
- •Take needles and lancets to medication collections
- ·Flush needles and lancets down the

DO

- · Package needles and lancets safely
- Dispose of needles and lancets using one of the options listed on this poster

Package needles and lancets safely:

- Recap your own discarded sharps or clip the needle points.
- · Put the sharps in a rigid, puncture-resistant container with a secure lid or cap
- Clearly label the container with the words "bio-hazard," "infectious waste," or "sharps."
- When the container is full, seal it and dispose of it safely with one of the options below

Use one of these safe disposal options:

- Bring the container to a registered sharps collection station. Go to **dnr.wi.gov** and search "**healthcare** waste" to find a station near you.
- Ask your doctor, clinic or local hospital if you can bring sharps to their location for disposal.
- Call your local pharmacy, public health department, solid waste department, or streets department to learn about other local disposal options.
- Use a sharps mail-back program.

What are the dangers of used sharps?

Used needles and lancets can stick waste disposal workers when they are thrown away in the trash or recycling, brought to medication collections, or flushed down the toilet. Any worker accidentally stuck with a needle must get expensive medical testing and worry about the possibility of harmful or deadly diseases such as Hepatitis and HIV. However, needle-stick injuries are a preventable health risk. Package and dispose of sharps safely to avoid exposing yourself and others to harm.

For more information on managing medical sharps, go to dnr.wi.gov and search "healthcare waste."



format upon request. Please call PUB WA-1636-2013





Human Trafficking

Informational Session

For NCHC & Marathon County Health Department Staff



January 16, 2019 • 1:00 - 2:30 PM

North Central Health Care Theater 1100 Lake View Drive, Wausau

Presenters:

Officer Sarah D'Acquisto

Wausau Police Department

Brenda Bayer

Human Trafficking Advocate The Women's Community

Victims of modern slavery are exploited in every region of the world, compelled into service for labor or commercial sex in the real world of industry and on the pages of the Internet.

In the fight against human trafficking, partnerships are critical between law enforcement, service providers, and other key actors within communities. Receive current information about what's happening locally, prevention













For more info about this session, please call 715.261.1902 or email Eileen, eckardt@co, marathon, wi, us









WELLNESS CORNER

By Sherry Gatewood, PA

Exercising More

"Exercising more" is almost always on the top of the list for New Year's Resolutions. If that is yours, have a plan that is sustainable and fun for the whole year. Here are some tips on making your resolution through to the end of 2019 while benefiting your heart and health.



Sherry Gatewood

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

ASPIRUS

Here is how Exercise helps your heart: Your heart is a muscle, and it gets stronger and healthier if you lead an active life. It's never too late to start exercising, and you don't have to be an athlete. Even taking a brisk walk for 30 minutes a day can make a big difference. You will also experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day. Once you get going, you'll find it pays off. Regular exercise can help you: burn calories, lower your blood pressure, reduce LDL "bad" cholesterol, and boost your HDL "good" cholesterol. People who don't exercise are almost twice as likely to get heart disease as people who are active. It can also help to manage disease.

How to improve your exercise habits: First, think about what you'd like to do and how fit you are. What sounds like fun? Would you rather work out on your own, with a trainer, or in a class? Do you want to exercise at home or at a gym? Do a variety of activities you enjoy. And remember, there's no rule that says you have to go to a gym or buy equipment.

Find an exercise buddy. If you exercise with a spouse, friend, or coworker, you will be more likely to stick to it.

If you can, exercise first thing in the morning to prevent interruptions or excuses. Or, exercise on your way home from work, without going home first. Once you get home, it can be hard to go back to the gym. If the weather cooperates, make exercise a part of your everyday tasks by walking or biking to and from work. I have some snow pants and winter boots to tolerate the cold weather without excuses.

You can change a few small things to get in more steps/movement. Have walking meetings at work, take the stairs when you can, and park further away from the building. All of these things will make a difference for your heart.

Log or track your activity. Doing this can make it a game and allow you to see your progress. Consider a Fit Bit or download a free app to your smart phone.

Reward yourself! Experts say that making behavior changes is hard, and rewards motivate. So decide on a goal and a reward, and work toward it. You might buy yourself a video you've wanted after you stick to your fitness plan for one month, or buy new walking shoes when you achieve 5,000 steps a

day. Do what works for you. If you are getting bored with your exercise routine, try something new. Sign

up for a new class, find a free workout on the internet, or dust off your snow shoes, ice skates, or sled and get outside for some fun this winter! Remember the pool at NCHC is free to employees with a medical diagnosis that will benefit from exercise in the water.

*You should consult your physician or other health care professional before starting a new fitness program to determine if it is right for your needs - especially if exercise is new for you. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising, you should stop.



Congratulations to Michael Camp on the announcement of his retirement from NCHC. Mike has worked at NCHC for 17 years and serves as a Cook in Dietary Services. Thank you for your many years of making delicious food for us all! A retirement celebration was held on the Wausau Campus earlier this week. Congrats Mike!

Internal Only Position Posting

Title: Unit Coordinator, BHS

Status: Full Time

Location: Wausau Campus BHS

Apply Online: https://bit.ly/2ElhGNI

The Unit Coordinator provides clerical support to the Behavioral Health Services department. Monday-Friday 8am-5pm (1.0 FTE 80 hours per pay period)

Required: High school diploma or equivalent

Preferred: 1-3 years' experience in locum scheduling and administrative assistant work in a health care setting.

MOVING UP!

Congrats Lindsey Gile!

Congratulations to Lindsey Gile for a recent transfer from Community Treatment Adult **Employment Specialist to Community** Treatment Youth Case Manager. (right)

Congrats Christian Halbach!

Congratulations to Christian for a recent transfer from Crisis Tech in Crisis Services to Community Treatment Adult Employment Specialist. (right)

Congrats Krystal Firkus!

Congratulations to Krystal Firkus for her recent transfer from Legacies by the Lake CNA to Reflections Long Term Care LPN. (not pictured)

Congrats Danielle Parker!

Congratulations to Danielle Parker for her recent transfer from CNA to RN. (right)











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



DECEMBER 24 - 28

MON 12/24 ... No Café Today. TUES 12/25.... No Café Today. Happy Holidays!

WED 12/26 Cream of Potato Soup

Meatball Sub

Roast Pork

Mashed Potatoes, Red Cabbage **Baked Custard**

THUR 12/27... Chicken Rice Soup

Gyro on a Pita

Turkey Hollandaise

Wild Rice, Broccoli Monster Ćookie

FRI 12/28...... French Onion Soup

Tuna Melt

Vegetable Lasagna

Green Beans

Carrot Cake w/Cream Cheese Frosting

DECEMBER 31 – JANUARY 4

MON 12/31 ... No Café Today.

TUES 1/1...... No Café Today. Happy New Year!

WED 1/2 Chicken Noodle Soup

BBQ on a Bun

Boiled Dinner

Fresh Dinner Roll, Carrots, Peaches

THUR 1/3..... Stuffed Green Pepper Soup

Homemade Pizza

Swedish Meatloaf

Mashed Potatoes, Peas & Carrots

Mounds Bar

FRI 1/4..... Cream of Cauliflower Soup

Reuben

Sweet N Sour Glazed Chicken

Scalloped Potatoes, Mixed Vegetables Strawberry Sauce & Buttermilk Biscuit

Got Junk Lights?



to benefit Habitat for Humanity!



Bring in your old, junky, burnt out strings of lights. Habitat for Humanity of Wausau will recycle the materials and use the proceeds to benefit our local Habitat for Humanity efforts here in Central Wisconsin.

It's a WIN WIN!





