Issue 1 • Jan. 4 - 10, 2019



For The Employees of North Central Health Care



NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

No Easy Day

I hope everyone had a rewarding and rejuvenating holiday season along with enjoying the fresh start the New Year offers. Thank you again to the staff who put in hours during the holidays. Our organization would not be what it is without your dedication.

We are off and running in 2019. There is so much ahead of us in what I believe will be a huge year for our organization. Great optimism stands strongly in my mind.

When people ask how work is going I often describe my experience here as there is simply no part of the organization that isn't moving. Sometimes I can be stuck

in the thinking that once we fix this aspect, then we will have turned a corner, it will start to get easier. I now see my folly in that thinking knowing this organization requires new decisions, presents new opportunities and challenges, and is going to be perpetually evolving. Our work is never done. This is because we are human beings dealing with other human beings in the most challenging of situations. 24 hours a day, 7 days a week. We take pride in our capability.

We are in a business that puts people in demanding situations (physically, mentally, emotionally) serving other people who deserve our very best. I am always struck with the notion of if not us, then who? We can rally ourselves around our resolve of answering the ring of the bell that calls us. Our Mission as an organization is one that demands much of each and every one of us. I see sweat, tears and sacrifice here consistently – all across the organization. Not because this isn't a good organization, but because the work is hard.

In my experience here there is no easy day, but there are many rewarding days. So much to see is a privilege and blessing to get to do what we do. I see our staff having *Lives Enriched and Fulfilled* as much as I see this Vision come alive for the people we serve. There are remarkable people who work here. We make a difference and we keep moving forward. Our work can be the most inspiring of vocations.

As everything is moving I constantly am evaluating whether given our choices, are we doing the right thing. I read somewhere recently that someone said "I used to be afraid of failing at something that really mattered to me, but now I'm more afraid of succeeding at things that don't matter."

We all make decisions here daily, my aspiration is that our actions are person-centered and are in the best interest of the organization now and in the future. This is succeeding at the things that matter. Sometimes it may seem like the things we are working on don't matter but they do matter to someone. My goal is to ultimately focus on succeeding in things that matter even if in the moment people might not see why.

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.



As a leader in our organization I am often asked what I am all about or in service to. I want to impact as many people positively as I can. My overarching vision for myself here is to build an organization that can live on long past my life on Earth. An organization built to last, to do the most good it can, one that can reach its fullest potential. I believe our organization can be exceptional and I see so many people working everyday to that future state.

I look forward to working hard and building an organization to last, with you, in 2019.

Make it a great day,

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Childhood Adversity
Training.
Details Inside!2Volunteers Needed
for Basketball Outing!3January 83Wausau East Students
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Why: Dan & Stuart are always so helpful, accommodating and never without a smile! Thank you!

Submitted By: Lisa



Wisconsin Addiction Recovery Heppine Call 2-1-1

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



All across Wisconsin, Children Sity is hiding in plain sight.

UPCOMING TRAININGS:

January 29, 2019 | 4-6pm March 13, 2019 | 4-6pm June 6, 2019 | 4-6pm

All trainings will be hosted at the Wausau Police Department Community Room.

Anyone is welcome to attend!

RSVP required HERE or call 715-261-1926

The Wisconsin ACE Interface curriculum provides communities with an introduction to adverse childhood experiences (ACEs) and brain development. Trainers from nearly 30 Wisconsin child welfare, human service and other agencies volunteer their time and resources to facilitate the first step in the creation of self-healing communities.





Saint

RSVP at https://bit.ly/2F7VEnp

About Wisconsin ACE Interface trainings

Our volunteer trainers teach schools, health systems, law enforcement agencies and other community groups to identify and respond to the toxic stress of childhood adversity.

Following curriculum developed by Laura Porter, co-founder of ACE Interface, LLC, and Dr. Robert Anda, co-principal investigator of the original ACEs study*, the Wisconsin ACE Interface is geared toward building self-healing communities.

Wisconsin ACE Interface mission:

Promote awareness of ACEs throughout Wisconsin; to create a shift in perspective in how we view health and social issues and; to inspire a new approach to building healthy and resilient communities.



*ACEs study. Kaiser Permanente Southern California and Centers for Disease Control and Prevention. Robert F. Anda, MD, MS and Vincent Felitti, MD.

PHOTO OF THE WEEK





"Behavioral Health Services social worker Sheryl came in this morning and we noticed night shift Crisis Professional April had a matching outfit. Great minds think alike!"

Taylor Peterson

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 <u>not</u> to be taken of any of those we serve without written permission.





LET'S HOOP IT UP AT THE ANNUAL EDGAR VS MARATHON ALZHEIMER'S AWARENESS PIZZA PARTY AND GIRLS BASKETBALL GAME! Tuesday, January 8th

Volunteers Needed!

This event will kick off a bunch of fun Alzheimer's Awareness and Walk to End Alzheimer's activities! The Pizza Party starts at 4:30 pm in the MVCC 1st Floor Activities Room and is followed by a fun ride to the Edgar vs Marathon girls basketball game. You can ride the bus, or take your own transportation if you prefer. There is no cost to volunteer as the pizza party and game entry fee are free. The Edgar Girls Basketball Team holds a 50/50 Raffle, Bake Sale and the proceeds go directly to NCHC to support our Team's Walk to End Alzheimer's. We anticipate being back by around 9:00 pm.



If you'd like to volunteer and have a little fun with the residents, contact Rachel at 715.848.4354 or email Rachel RRiehle@norcen.org. Volunteers will share some pizza with the residents, help them get into the game, and help them onto the court for the National Anthem and team high fives! It's a great evening of fun and games! Stay tuned for more opportunities to support the Walk to end Alzheimer's. Thank you!



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 toilet

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 "biohazard," infectious waste," or "sharps."
- 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.

DO

Package needles and lancets safely
Dispose of needles and lancets using one of the options

What are the dangers of used sharps?

listed on this poster

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 deady 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**."



WAUSAU EAST HEALTHCARE CAREERS STUDENTS VISIT WAUSAU CAMPUS Thank you to All Those Who Helped with Tour!

A group of students with diverse interests in healthcare visited the Wausau Campus this week to learn more about opportunities and services at North Central Health Care. They spent almost two hours getting a behind the scenes look at program areas and speaking with employees (even a few clients and residents!) Thank you the employees who took time out of their busy day to make accommodations and talk about their programs - **Linda Handrick, Dr. Tran (via TeleHealth), Michelle Carr, Dan Shine and Kathi Buckli!**

Human Trafficking Informational Session



Presented by

North Central

Health Care

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 efforts and how you can help.



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









RISE UP MURAL WORK BEGINS IN LAKESIDE RECOVERY Progress Update

The Lakeside Recovery Team in collaboration with RISE UP, have begun their work on the mural that will be created entirely by Lakeside clients and local artists. Each week, clients and employees participate in painting sessions that aim to strengthen, heal and unify our community. Clients use art to discover untapped talents and form bonds with others in our community. The mural is underway and we will keep you up to date on the progress. Currently, it looks like a GIANT paint by number, but this allows everyone to paint and have a part of the process. Keep up the great work Lakeside Recovery!

YMCA EXPANSION & MODERNIZATION

The Woodson YMCA 4 phase project will include

- **The Landing**, a new older adult activity center funded by the Dwight and Linda Davis Foundation Expanded programming and social activities for
- e sor ew field house, walking track, and pickleball gym w state-of-the-art gymnastics area panded infant and child care facilities
- New age 55+ wellness center Universal Locker Rooms Increased parking and social engagement areas, as well as othe to the existing facility.



JOIN THE CONVERSATION

Becky Zelent, Active Older Adults Director with the YMCA will be sharing about the changes coming to the YMCA, which includes intentional programming for older adults and an older adult activity center.

10:00 am to 11:30 am January 17, 2019

Aging & Disability Resource Center of Central WI 2600 Stewart Avenue, Wausau

Presented by Partnership for Healthy Aging and part of the Building Momentum series, designed to inspire and engage community members around healthy aging in Marathon County. For more information, please contact Amanda.Ostrowski@co.marathon.wi.us.



Join the Conversation!

WISCONSIN

CENTRAL

Learn about the exciting expansion and modernization changes happening with the Woodson YMCA 4 phase project. Including the addition of The Landing, a new older adult activity center funded by the Dwight and Linda Davis Foundation.

Guest Speaker: Becky Zelent, Active Older Adults Director, YMCA

Becky will be sharing about the changes coming to the YMCA, which includes intentional programming for older adults and an older adult activity center.

Presented by the Partnership for Healthy Aging (PHA) and part of the Building Momentum series, designed to inspire and engage community members around healthy aging in Marathon County. For more information, please contact Amanda.Ostrowksi@co.marathon.wi.us.



Close-up of the detail of the butterfly. The planning and imagery is part of the RISE UP mural project that Lakeside clients are creating.

tidbits benefits

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.

t Sherry Gatewood

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

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



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.

*iiH***Rinsights**

Position Posting

Title: Behavioral Health Technician-CNA in CBRF

Status: Full Time and Part Time positions available **Location:** Wausau Campus BHS & Crisis

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

The Behavioral Health Technician is responsible for assisting the RNs and LPNs in providing individualized psychiatric nursing care for mental health inpatients and Ambulatory Detoxification Unit patients, provide crisis stabilization and personal care to residents of Crisis CBRF who may have mental health, advanced age, TBI, Alzheimer's, developmental disabilities or substance abuse issues.

MOVING UP! Congrats Brooke Loren!

Congratulations to Brooke Loren for a recent transfer from Post Acute Care Hospitality Assistant to CNA in Reflections Long Term Care!

Congrats Julia Kunz!

Congratulations to Julia Kunz for a rent transfer from Dietary Aide in Food Services to CNA in Northwinds Vent Community.





Congrats Laura Reed!

Congratulations to Laura Reed for a recent transfer from Dietary Aide in Food Services to Cook!

Congrats Kristina Mauk!

Congratulations to Kristina Mauk for her recent transfer from Therapist In-Training in Outpatient to the Inpatient Hospital.





NCHC employee... Do YOU know someone who is as aWeSOMe as YOU?

Text **"Refer"** to **715.598.3663** and you are eligible for a referral bonus when they join our team! When we get your text, HR will take it from there. What are you waiting for?!





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

JANUARY 7 - 11

MON 1/7 Cream of Broccoli Soup Chicken & Mashed Potatoes

Spaghetti Sauce & Rotini Noodles Wax Beans Garlic Bread Peach Fruit Salad

TUES 1/8......Beef Noodle Soup Grilled Ham & Swiss

Country Crisp Chicken Creamy Cole Slaw Chocolate Chip Cookie

WED 1/9 Hobo Soup

Homemade Pizzas

BBQ Pork Chop

Creamy Hashbrowns Green Beans Dutch Apple Crumble

THUR 1/10..... Chicken Vegetable Soup Nachos Supreme

Beef Tips & Gravy Egg Noodles Wisconsin Blend Veggies Pumpkin Bar w/Cream Cheese Frosting

FRI 1/11 Chili Soup Hamburger on Bun with Fried Onions

Ring Bologna Fried Potatoes Baked Beans Chocolate Swirl Cake

Got Junk Lights?







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!





