



A Weekly Update
For The Employees of
North Central Health Care

Mount View... The adult... North Central Health Care, we... behalf of the adult... provision... The residents... relocation... support... touching to see your constant support... our community in your thought in reaching out to... provide assistance, whether through your facilities... willingness to conduct assessments... your care towards the residents in the... home. The APS Department... interest, assistance... collaboration... Adults...

"Words of Thanks" - Submitted by Jennifer Wesenick



NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

Frozen Fever

We had a real solid week here at NCHC...frozen solid. With all the bitter cold temps came the school closings along with many businesses who shuttered up – it felt like the entire community huddled up at home. We are a 24/7 operation and therefore must persist in all we do, but it doesn't go without my saying, thank you for those who braved the cold to ensure we still provided services. Safety for staff and the people we serve is a major priority, especially in these extreme weather situations. We don't want to put people in a dangerous

situation. I think each program managed this week very well and people have stayed safe. A special thank you to our transportation folks who got all those who needed their services, to and from their destinations safely. This week was a real challenge and we thank you for your efforts.

Here's to warmer days ahead.

Make it a great day,

Michael Loy

"Donut"

Miss the Appreciation for
the NCHC Food Services Team
on Page 2!



PRIDE IN
FOOD SERVICE WEEK
FEBRUARY 4-8, 2019

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Person-Centered

Shout
out

Jean Nelson, BHS

Why: Thank you for coming to talk linkage with Lincoln and Langlade!

Submitted By:
Haley
Ellenbecker



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, Feb. 4 –
Sunday, Feb. 10

Sue Matis





PHOTO OF THE WEEK



This week was so cold, we decided that we would share something pretty heart-warming. While it isn't a photo, this scan of an appreciation card from APS to MVCC staff fit the description this week of Photo of the Week! It is true collaboration for the sake of those we serve. Great work teams!

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.

Thank you

Dear Mount View Care Center Administrator & Staff,
On behalf of the Adult Protective Services Department at North Central Health Care, we would like to thank you for your coordination & provision of placement to the residents relocating from Atrium in Weston. It is very touching to see your constant support to our department and our community in your thought in reaching out to provide assistance, whether through your facilities open availability, your willingness to conduct assessments & screenings, & your care towards the residents in their relocation to their new home. The APS Department sincerely values your helping hand, interest, assistance & time in this matter & the continued cohesive collaboration we are able to do with your facility in serving Adults & Elders At Risk here in Marathon, Lincoln & Langlade Counties. Your care & support last week, - and always, is very much appreciated!

Many Thanks,
Dany Pluzio

Valerie Dagnette
Jungfer Cheryl
Jessica Aderman



PRIDE IN FOOD SERVICE WEEK "DONUT" FORGET

TO APPRECIATE OUR FANTASTIC FOOD SERVICES DEPARTMENT FEBRUARY 4-8, 2019

February 4 - 8, 2019 is designated "Pride in Foodservice Week" by the Association of Nutrition & Foodservice Professionals (ANFP). This recognition week applauds nutrition and foodservice professionals and other members of the nutrition services team for their hard work and dedication on the job.

At NCHC, we know how important our Food Services Team is, not just to those we serve, but also to visitors, families, employees and anyone else who visits NCHC. You supply countless meals to residents, clients and patients, but also for meetings, events and the public. You brighten people's day when you enter a room and we appreciate all the hard work and dedication you have to our organization and our community!

Thank you so much for all you do!

"DONUT" forget to visit the Wausau Campus Cafeteria this week for DONUT FUN and to show your appreciation to the Food Services Team!



"By the time I'm 3, my brain will be almost fully grown!"

**LENA
START™**
Marathon County

Free classes begin February 2019!

Parents Have the Power:

- You can make your baby's brain stronger.
- You can make your baby's brain ready for success in school.
- You can make a difference in your baby's life!

LENA Start parent classes:

- Teach simple ways to increase your child's language growth
- Help improve parent-child communication
- Use a "talk pedometer" to track progress

LENA Start families receive:

- FREE meals before each class
- FREE on-site childcare
- 13 FREE children's books, gas cards, T-shirts and prizes

Project partners:



Support for this project was provided through the Caroline S. Mark Legacy Fund of the Community Foundation of North Central Wisconsin, B.A. & Esther Greenheck Foundation, Dudley Foundation, CoVenture Cares Foundation, Marathon County Public Library Foundation, Northcentral Technical College, Marathon County, and generous anonymous donors.



Who: Parents/caregivers of children 0–32 months old

Where / When: 13-week sessions begin the week of February 3 at the following sites:

Marathon Co. Public Library, 300 N. 1st St., Wausau
Wednesdays, 12–1pm (lunch served) OR
Thursdays, 5:30–6:30pm (dinner at 5pm)

Weston Elementary, 5200 Camp Phillips Rd., Weston
Wednesdays, 5:30–6:30pm (dinner 5pm)

Achieve Center, 520 N. 28th Ave., Wausau
Thursdays, 8:45–9:45am (breakfast 8:30am)

To register: call 715-848-1457, ntank@chw.org,
text 715-660-0397, or visit lenastartmc.org

Registration is free, but required. Sign up today!

www.lenastartmc.org

<https://www.youtube.com/watch?v=gm29IhtZENk>

SPECIAL SCREENING & OVERDOSE PREVENTION TRAINING

"This gripping film will change the way you look at America's opioid crisis." – Jane O'Brien BBC News



January 29th OR March 6th from 11AM-1PM

Screening from 11AM-12:20PM, Overdose Prevention Training @ 12:30PM

North Central Health Care Theater

1000 Lake View Drive, Wausau WI 54403

All training participants will have the opportunity to receive two free doses (nasal) of the life-saving opiate overdose reversal medication, Narcan®

No Cost! Registration is requested, but not required!

<https://writtenoffodprevtraining.eventbrite.com>

Hosted by the AOD Partnership & AIDS Resource Center of Wisconsin

MEDICAL STUDY SEEKS PARTICIPANTS

Caregivers of Chronic Depression

Tufts Medical Center is a Boston hospital focused on providing excellent patient care and teaching future leaders. Tufts scientists are researching the topic of caregiving in America. Millions of Americans are caregivers. Caregiving refers to providing help to family members and friends who need assistance because of an illness, disability or simply due to aging. This assistance can take many forms, and it is important to understand who is helping, how much they are helping, and which types of help they are providing. This study has a special interest in learning more about caregivers who are also employed and the issues they may face.

A special part of this study is to learn more about caregiving for serious, chronic depression. To do that, it will include both adults who have this illness and caregivers.

By learning more about caregiving, this study may gather new insights into how to better support caregivers and the people they help.

If you know of someone who would like to participate in this study, which is essentially a survey, please have them visit:

<http://bewellatwork.org/NCS/>

This study is not affiliated in any way by NCHC, and is completely voluntary and the choice of the participant involved.

**Energy Healing & Space Clearing
with Reiki Master
Bernie Corsten**

February 9, 10AM-11:30AM
\$20 at door
all proceeds go to NAMI Northwoods

Red Door Galleria 316 Washington St.
RSVP 715-432-0180



Marijuana & Youth

A Four-Part Series

Northcentral Technical College-
Wausau Campus

Hosted by the Marathon County AOD Partnership & Ascension St. Clare's Hospital, with the support of Marathon County Health Department Staff & Northcentral Technical College

The Current State of Marijuana—Feb 5th from 1:30-4:30PM—Monte Stiles, a former State/Federal Prosecutor (ID), will provide an overview of the impact of marijuana on communities & help lay a foundation of understanding in regards to common key terms associated with marijuana use. *Lunch included at 1pm!*

Latest in Marijuana Trends, Products & the Drug Culture—Feb 28th from 8:30-11:30AM—Officer Jermaine Galloway, aka Tall Cop Says Stop (TX), will share the latest in marijuana trends, popular products, as well as provide insights into the culture of drug use & how it directly impacts youth. *Breakfast included at 8AM!*

What Works in Marijuana Prevention—April 1st from 8:30-11:30AM—Joe Eberstein, from the Center for Community Research (CA), will offer strategies that communities have & can use to prevent youth marijuana use based on lessons learned from around the United States. *Breakfast included at 8AM!*

The Teen Brain & Marijuana—May 6th from 8:30-11:30AM—Dr. Sion Kim Harris, from Harvard University & Boston Children's Hospital (MA), will break down the impact drugs can have on the developing teen brain, & how to talk to youth about marijuana. *Breakfast included at 8AM!*

Cost: \$18/Session (Materials, Refreshments & 3 CEUs Included)

Attendees do not need to attend all four sessions! All are welcome!

Register today at www.ntc.edu/calendar/2019/02/05/marijuana-and-youth-4-part-series

Disclaimer: The views or opinions expressed by the presenters in this series do not necessarily reflect those of the sponsors & supporters, nor do they reflect any official policy or position.



Check out the [trailer](#) online today or view the entire 55 min documentary **anytime!**

<https://vimeo.com/285486451>

Room Change!

Tuesday, February 5th
from 11:30am-1:00pm at
Northcentral Technical
College in their new
Conference Center

Join us for a public showing
of the new documentary
which examines the impact
of marijuana on communities,
including youth.



Marathon County Crime Stoppers Inc.

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

<http://marathoncounty.crimestopper-sweb.com/crimeoftheweek.aspx>



ASSET BUILDERS PRESENTS
The 12th Annual Wausau

FINANCIAL WELLNESS CONFERENCE

Saturday, February 9, 2019

Northcentral Technical College

Center for Health Sciences

8:30 AM-1:30 PM

Free light breakfast & lunch
Free copy of your credit report
and Fabulous door prizes!

Learn personal finance concepts that can have an immediate, positive, pocket-book impact and that can set you up for a much better financial future.

The Conference delivers high-quality, affordable, and unbiased education—no selling or pressure to open accounts of any nature. *Invest in yourself by attending!*

Sample Classes and Conference Features

- Energy Conservation Tips
Kelly Zagrzebski, WI Public Service
- ID Theft and Other Scams - How to Stay Safe
Jeff Kersten, WI Dept. of Agriculture, Trade, and Consumer Protection
- Get the Most from Your Medicare and BadgerCare Benefits
Rhonda Grobko, United Healthcare
- Debt SOS: Staying Afloat
Katie Matz, CoVantage Credit Union
- Cooking Matters: Buying and Preparing Nutritious Food
UW Extension
- Resume Building - How to Make Yourself an Attractive Job Candidate
Jordyn Wadle, County Materials
- MyMoneyCheckUp®, an online tool that gives an assessment of a consumer's overall financial health.
- Credit reports with credit score printed onsite; one-on-one consultations with credit experts
- Age-appropriate instruction for students between the ages of 6 and 18
- Free childcare for kids 2 and up.
- Campus tour of NTC starting at 1:45 pm

YENGYEE LOR

Faithful Consulting LLC

KEYNOTE SPEAKER

Yengyee is the founder and CEO of Faithful Consulting LLC, a social change mission-driven leadership and team coaching and consulting business. Her work is centered around developing authentic, empowered, high-performing, high-quality leaders.



Cost: Before Feb. 1 - \$2 for adults and free for kids under 18. After Feb. 1, \$4 adults and \$1 kids. Call for info about scholarships.

Get **SMART** Wausau
COALITION
"Educating people to make smart money choices."

To Register <https://tinyurl.com/ycukk55v>

Contact Asset Builders
for more information.
866-304-6896

www.assetbuilders.org Asset Builders

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



All across Wisconsin,
childhood adversity
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.

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.

To learn more: Visit SaintA.org/WIACEInterface or contact Sara Daniel, Director of SaintA Clinical Services, at 414.465.5711.

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





tidbits on benefits

COLD WEATHER EXERCISE

What You Need to Know

Now that the Winter Vortex has passed, we can get back outside to do the things we love. Outdoor activities can help boost our mood and energy to beat cabin fever. It also improves our immune system, heart health, sleep and overall fitness. However, there are risks for frostbite and hypothermia if not prepared to be outdoors.

It is important to prepare for outdoor activity by knowing the conditions outdoors and having appropriate, visible, waterproof cold weather gear. Dress in layers with materials that breathe and protect from moisture. Loss of body heat can lead to hypothermia. It can happen in mild temperatures but is more common in cold weather. When the body's core temperature gets low enough, metabolic processes within the body stop working, the victim suffers cardiac arrest and dies. Shivering or diminished shivering in later stages, stumbling or decreased coordination, fatigue, drowsiness, impaired judgment, and lack of self-concern are signs of hypothermia. First aid for hypothermia includes moving to a warm, dry place, removing wet clothing, covering with warm blankets and providing warm fluids to drink. If someone is not responding to the treatment call for an ambulance.

The normal physiological response to maintaining body heat is that the blood vessels in the fingers and toes constrict in order to move blood to the core organs. The fingers and toes, ears, nose and cheeks are more at risk for frostbite. Wear a facemask or cover up with a hat and scarf if outdoors in cold temperatures below freezing for prolonged periods. Avoid tight clothing and constricting layers as this may cut off circulation and make the risk worse.

Before frostbite occurs, the fingers and toes may feel cold and tingly to numb. Frostbite occurs when there is damage to the skin. The fingers or toes may look waxy or blue and white. The digit may feel like it is missing and appear or feel hard like frozen tissue. If you suspect early signs of frostbite, get to a warm area and allow the skin to warm naturally with warm air. Use luke-warm water to re-warm frostbitten skin. Elevate the affected area and protect it from further injury. Do not put them in hot water as this may lead to a burn of the skin. Follow up with a healthcare provider.

Be informed, prepared, well dressed and enjoy the lovely Wisconsin outdoors.



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



HRinsights

Position Posting

Title: Housekeeping Aide

Status: Full Time

Location: Wausau

Apply Online: <https://bit.ly/2DyJnGC>

The Housekeeping Aide will provide North Central Health Care's main campus, a quality housekeeping service that ensures a clean safe environment.

Full time 0.8 FTE (64 hours per pay period) 1st shift 6:30am-3pm every third weekend rotating holidays.

Essential Duties and Responsibilities

General cleaning of assigned areas in accordance with department training and procedures.

- Isolation, discharge, and transfer of resident rooms.
- Offices and ancillary rooms.
- Dining room and day areas after each meal.
- Cubicle, drapery, and vacuuming.
- Resident equipment.
- Concession area, pool, gym, and theater.
- Windows



NEWS, UPDATES, LINKS, STORIES, PHOTOS, VIDEOS!

GET SOCIAL! #IamNCHC

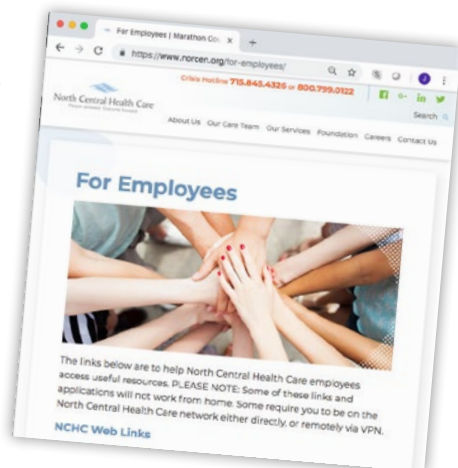
CONNECTING YOU WITH INFO AND RESOURCES

"For Employees" Page on Our Website

So you are at home and sick...yuck. You need to get to the Employee Health and Wellness Center, but can't find the number or the hours? Or you can't remember the link to check your paystub online....damn it! LOOK ONLINE ON THE NCHC WEBSITE!

Go to our website, www.norcen.org and click the **For Employees** link at the bottom of the home page!

Available 24-7 for you!





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



FEBRUARY 4 – 8, 2019

MON 2/4 Cream of Broccoli Soup

Chicken & Mashed Potatoes

Spaghetti Sauce

Linguine

Wax beans

Garlic Bread

TUES 2/5..... Beef Noodle Soup

Grilled Ham & Swiss

Country Crisp Chicken

Yams

Creamy Cole Slaw

Chocolate Chip Cookie

WED 2/6 Hobo Soup

Homemade Pizzas

BBQ Pork Chop

Creamy Hashbrowns

Green Beans

Dutch Apple Crumble

THUR 2/7 Chicken Vegetable Soup

Nachos Supreme

Beef Tips & Gravy

Egg Noodles

Wisconsin Blend Veggies

Pumpkin Bar w/Cream Cheese Frosting

FRI 2/8 Chili Soup

Hamburger with Fried Onions

Ring Bologna

Fried Potatoes

Baked Beans

Chocolate Swirl Cake



Marathon County
Employees Credit Union

Come Find Us!

**MCECU Continues to be On-Site at the Wausau Campus
Every Thursday, But Our Location is Changing!**

When: Thursdays from 9-11 am

New Location: Office #1416

(Just down the hall from the Gym & Rec Center)

Stop in and See Us!

We Are Available for Both New and Existing Members.



Need to Open an Account?

Have Questions About Your Existing Account?

Call Today to Reserve a Time or Just Stop By!

**Proudly Serving NCHC Employees and Their
Family Members Since 1965.**

www.mcecu.org • 715 261-7680

cuteller@co.marathon.wi.us

400 East Thomas Street Wausau, WI 54403



**PRIDE IN
FOOD SERVICE WEEK
FEBRUARY 4-8, 2019**

