



A Weekly Update
For The Employees of
North Central Health Care



"Raising Awareness is a Team Effort!"



NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

Positivity All Around

With each weekly newsletter I usually focus on one major topic but this week there is so much I can write about that I am going to offer four major highlights this week.

Celebration of Life Ceremony

Did you know that over the last year at Mount View Care Center we served 119 individuals in their final days? On June 13, our Activities team put together a Celebration of Life Ceremony for the 119 souls who passed away over the last year here at Mount View. The celebration was for our staff, other residents who became their friends, resident families and others. It was simply beautiful. For me it is such a privilege and honor for our organization to be part of the lives of so many people in their last journey of life. Thank you to the Activities staff, especially Melissa Stockwell for putting together something so very special. If anyone asks why there were 119 (eco-friendly) balloons flying over the south east side of Wausau on Thursday night, just tell them each balloon had an angel by its side.

World Elder Abuse Awareness

I pulled out my lone purple dress shirt on Friday to support World Elder Abuse Awareness Day on June 15, 2019. Share your purple photos on social media on Friday, June 14 or Saturday, June 15 with #StopElderAbuse. Every June 15th, supporters of World Elder Abuse Awareness Day wear purple around the globe to show they care about ending elder abuse and neglect. Thank you to Brenda Christian and the entire Adult Protective Service staff for leading the community awareness work on this very important issue. Every year, an estimated five million Americans (approximately 1 in 10 older adults) experience elder abuse, neglect, or exploitation. Learn the signs and help us make a difference in reducing the prevalence of elder abuse.

Certified Nursing Assistant Week

This week we celebrated our Certified Nursing Assistants as part of the National Nursing Assistant Week to recognize the work Certified Nursing Assistants do each day. Our Certified Nursing Assistants are extremely hard workers. They do a lot of lifting, transfers, feeding, bathing and toileting. There are a lot of skills involved but more than anything each of our Certified Nursing Assistants have a lot of heart. We are incredibly lucky to have an awesome CNA team here at NCHC. There were a lot of fun activities to celebrate this week and I want to end the week by saying THANK YOU to each and every one of our CNAs in every program for being the very best.

Lincoln Industries

North Central Health Care has operated Adult Day and Prevocational Services for Langlade and Marathon County for adults with developmental disabilities for many years. In Lincoln County, these programs are operated underneath the Social Services Department. Next week on Tuesday June, 18th, the Lincoln County Board will be voting on whether NCHC will take on the Lincoln County Adult Day, Prevocational and Demand Transportation services for Lincoln County starting January 1, 2020. If approved, we would have a truly regionalized model for providing these very important programs and services. If approved, we will be adding about 20 new team members to the NCHC team and many wonderful consumers. Look for more to come on this transition soon.

Make it a great day,

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Congrats Tiffany and Nadine	

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.

Tuesday, June 17 –
Sunday, June 23

Laura Scudiere



Shout

out

Megan Arrowood,
CNA, Northern Reflections

Why: Always a helping hand, goes above and beyond to make sure residents are happy and well cared for. Thank you for all you do! Very much appreciated!

Submitted By: Krystal Firkus



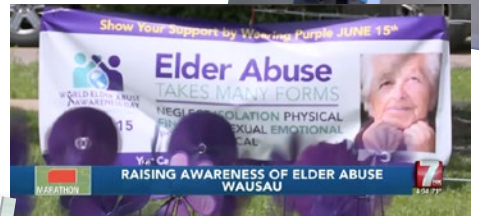


PHOTO OF THE WEEK



Elder Abuse Awareness!

This week, NCHC and several community partners brought to the public's attention the need to take action to stop elder abuse. Weeks of planning drew the attention of our local media partners who shared the messages, training opportunities and efforts throughout Marathon, Lincoln and Langlade Counties. Thank you to all those who provided their expertise at trainings regarding schemes, scams, dementia and elder abuse prevention.



Marathon County Employees Credit Union



Marathon County Dept. of Social Services



NCHC Adult Protective Services Team



Dementia Friendly Training



Dementia Friendly Training





Check Out Social Media for Tons of Great Photos From the Week!!

NEWS YOU CAN USE

Now as never before, attention is being directed to care of our elder and disabled citizens and greater attention also is directed to the workers who provide hands-on-care and caring. The 42nd annual National Nursing Assistants' Week provides a timely opportunity to foster and showcase the wonderful things that can happen for residents and workers in the nursing field. During this week we honor and thank

**CNA's • Direct Care Workers
Personal Care Workers
Residential Assistants**

These great employees work at nursing homes, home care, hospice, hospitals, correctional institutions, schools and other long term care settings, but we especially would like to thank our amazing employees here at NCHC! Watch for fun activities that are planned in departments across the organization to honor and thank these employees!

National Nursing Assistants' Week
June 13 – 20, 2019
Thank You!

Mount View Care Center
North Central Health Care
Person centered. Outcome focused.

North Central Health Care
Person centered. Outcome focused.

"The Longest Day" Kickoff Party for Alzheimer's Awareness 2019

Friday, June 21 ~ 10:30am - 1:00pm
Mount View Care Center ~ Patio
Presented by Legacies by the Lake



Everyone is invited to stop by on the "longest day of the year," and enjoy some food (for a donation*), interactive activities, receive info on the Walk to End Alzheimer's or receive help signing up.

CAST YOUR VOTE / \$1.00 DONATION*

Vote multiple times for your favorite!!

Winning design will be featured on the Walk to End Alzheimer's T-Shirt in September.

#1



#2



#3



*All donations go towards putting an end to Alzheimer's through the Alzheimer's Association.

EMPLOYEE UPDATES BEGIN JUNE 17

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

2019 – 2ND QUARTER EMPLOYEE UPDATES

MON, JUNE 17	WAUSAU CAMPUS 10:00 am MVCC 2nd Flr. Dining Room 3:30 pm Theater
	MERRILL CENTER 12:00 pm
TUES, JUNE 18	WAUSAU CAMPUS 2:30 pm Theater
WED, JUNE 19	9:00 pm MVCC 1st Flr. Dining Room
TUES, JUNE 25	ANTIGO CENTER 3:30 pm
WED, JUNE 26	WAUSAU CAMPUS 6:15 am Theater 12:00 pm Noon Theater

Please Register in HealthStream!



Happy Father's Day to All Our NCHC Dads!



WELCOME THESE NEW EMPLOYEES TO THE TEAM!



From left to right:

- Isaiah Winowski** - Lifeguard
- Cody Schwoch** – Dietary Aide
- Monica Mynsberge** – Peer Specialist
- Mark Nemke** – Andrea Street
- Tammy Beranek** – Chadwick Street Group Home
- MacKenzie Brounacker** – Crisis Professional
- RaeAnne Huebner** – Case Manager, Merrill
- Natasha Stubbe** - Intern

- Sadie Graveen** – Crisis Professional
- Kathy Casmey** – Mental Health Therapist
- Cailin Hargraves** – Hospitality Assistant – Evergreen Place
- Bernadette Condon** – Dietary Aide
- Cherise Rutkowski** – Hospitality Assistant – Evergreen Place
- Ellen Neumann** - OTA
- Chelsea Waldburger** – CNA – Lakeview Heights
- Princess Dey Costiniano** – Dietary Aide
- Tammy Westfall** – Andrea Street



ARE YOU A "TOUGH MUDDER?"

Have you heard of the Tough Mudder Races? Interested in participating? Jessica Serfontine, Financial Services Benefit Counselor at NCHC, would like you to join her team for the upcoming July 13 & 14 race in the Twin Cities! If there are enough people interested, there is a team discount! Details found at www.toughmudder.com

Contact Jessica at JSerfontein@norcen.org or 715.848.4383

**This event is not sponsored or associated with NCHC and participation is at your own discretion and risk.*

WEARING JEANS PAY OFF Women's Community Check Presentation

NCHC Employees donated \$202 to Women's Community collected for "Denim Day" to support taking a stand against sexual violence. Thank you to all those who donated and participated! You are making a difference by raising awareness and supporting our community partners in their efforts to fight domestic violence.



Jessica Meadows (right), presents a check for \$202 to Jessica from the Women's Community.





tidbits on benefits



Sherry Gatewood

WELLNESS CORNER

By Sherry Gatewood, PA

Prevention of Heat Stress

A new look at data from Minnesota and Wisconsin found that teens and adults 15 to 34 years old in both states are the most likely to visit the emergency department for heat-related illness.

This finding was somewhat surprising, as the majority of public health alerts during heat waves focus on the very young and the very old since they are at higher risk for death and longer hospitalizations. This work highlights that teens and younger adults, particularly those involved in athletics or working outdoors, also need to take steps to prevent heat-related illnesses. (<https://www.dhs.wisconsin.gov/news/releases/053019.htm>)

Heat cramps are an early sign of a potential heat illness. Heat cramps usually affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. The low salt level in the muscles may be the cause of heat cramps. Heat cramps may also be a symptom of heat exhaustion.

Heat cramps are muscle pains or spasms—usually in the abdomen, arms, or legs—that may occur in association with strenuous activity. If you have heart problems or are on a low-sodium diet, get medical attention for heat cramps.

If medical attention is not necessary, take these steps:

- Stop all activity, and sit quietly in a cool place.
- Drink clear juice or a sports beverage.
- Do not return to strenuous activity for a few hours after the cramps subside, because further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention for heat cramps if they do not subside in one hour. (<https://uhs.umich.edu/heatrelief#heatcramps>)



Prevention is key to heat illness:

- Cut back on strenuous outdoor activity. Exercise during the early morning or late evening hours when heat and ozone levels are at the lowest levels of the day.
- If you must be outdoors, try to limit your outdoor activity to morning and evening hours. Rest often in shade or air-conditioning so that your body's thermostat will have a chance to recover.
- Drink plenty of hydrating fluids (avoid alcohol). Increase your fluid intake, regardless of your activity level. Don't wait until you're thirsty to drink. (If your health care provider generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.) Avoid very cold drinks, because they can cause stomach cramps.
- Replace salts and minerals, which are lost through heavy sweating. A sports beverage can replace the salt and minerals you lose in sweat. However, if you are on a low-salt diet, talk with your health care provider before drinking a sports beverage or taking salt tablets.
- Wear lightweight, light-colored, loose-fitting clothing. Dress infants and children in cool, loose clothing and shade their heads and faces with hats or an umbrella.

We are taking appointments for Sports Physicals. Call the Employee Health and Wellness Center for an appointment at 715-843-1256. Hours are Monday-Wednesday-Friday 8am-4:30pm, Tuesday 6:30am-3pm, and Thursday 10am-6:30pm.

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



FAREWELL TO CCITC EMPLOYEE

Ben Nelson

Many of you have met and been helped by CCITC employee Ben Nelson. Whether he troubleshoots your computer software or fixes your hardware, Ben has been a great partner to us all at NCHC. Ben's last day at CCITC is Wednesday, June 19. He is moving to the Eau Claire area to be closer to family. If you see Ben, wish him well! Thank you for all you have done for us at NCHC, Ben. We will miss you!

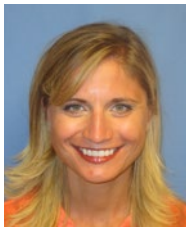


Click [here](#) for this week's Crime of the Week.
<http://marathoncounty.crimestopper-web.com/crimeoftheweek.aspx>

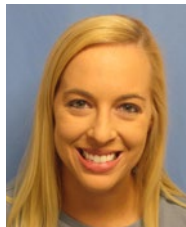


EMPLOYEES ON THE MOVE

Congratulations on Your Recent Transfer or Promotion!



< **Tiffany Plugger** recently transitioned from Outpatient Psychiatry Registered Nurse to Nurse Practitioner. Congratulations Tiffany!



> **Nadine Switlick** recently transitioned from Residential Care Assistant to Adult Protective Services Representative. Congratulations Nadine!



NEW Position Posting

Title: Compliance Auditor

Status: Full Time

Location: Administration, Wausau Campus

<http://bit.ly/CompAuditor>

The Compliance Auditor supports the Quality and Clinical Transformation Director with the facilitation and administration of compliance and auditing activities related to the operation of the compliance program. Performs audits, reviews, research, tracks and analyzes compliance activities.

Education and Experience

Requirement: Associate degree in healthcare administration, health information management, or related field.

NEW Position Posting

Title: Youth Crisis Services Director

Status: Full Time

Location: BHS & Crisis, Wausau Campus

<http://bit.ly/YouthCrisisDir>

The Youth Crisis Services Director is responsible for daily operations; staff recruitment and supervision, fiscal management; marketing oversight; clinical programming; strategic planning; regulatory compliance and survey readiness; physician/community partner relations and patient/client satisfaction.

Education and Experience

Requirement: Master's degree in Healthcare Administration or related specialty of Healthcare with a minimum of 5 years of healthcare or social services management experience.

Hey, you!
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?!

Refer and earn a \$500 Referral BONUS!!



Person-Centered
Shout out

TO JAMES BRENEMEN!



"We are fortunate to have amazing agency staff on the Inpatient Unit. This last weekend James (Jim)

helped clean up a mess at our nurses station without any direction to do so. Jim consistently goes above and beyond for our team and we are SO grateful to have him!" – Submitted by Trina Sorce, BHS

Give someone a big shout out and thank them for their Person-Centered Service!

Send your SHOUT OUTS to jmeadows@norcen.org.



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

GET SOCIAL!
#IamNCHC



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 17 – 21, 2019

MON 6/17Stuffed Green Pepper Soup

Baked Turkey Wrap

Turkey Tetrazzini

Broccoli
Jellied Cranberries
Chocolate Chunk Cookies

TUES 6/18.....Hobo Soup

Vegetable and Pork Eggrolls

Baked Fish

Roasted Potatoes
Peas & Carrots
Blueberry Crumble

WED 6/19Turkey Dumpling Soup

French Dip

Honey Mustard Pork Chop

Cream Cheese Potatoes
Red Cabbage
Scalloped Apple Dessert

THUR 6/20.....Cream of Potato Soup

Tuna Salad Wrap

BBQ Chicken

Potato Salad
Green Beans
Chocolate Eclair Torte

FRI 6/21Beef Barley Soup

Chicken Enchiladas

Bratwurst

Baked Beans
Creamy Cucumbers
White Cake w/Coconut Cream Frosting



Marathon County
Employees Credit Union



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



www.mcecu.org • 715 261-7680
cuteller@co.marathon.wi.us
400 East Thomas Street Wausau, WI 54403

CALLING X4488 ADMIN ON-CALL NUMBER

What Is That Phone Number For Again?

Recently, the x4488 Admin On-Call number has received some uncommon calls, from asking about the hours of the Gift Shop to general questions about programs and services. Please remember that the Admin On-Call phone number is available 24/7 for employees to ensure the protection and welfare of residents, clients, patients, employees and the organization in cases of significant and/or unusual occurrences. The Admin On-Call is covered by members of the Executive Team in one week rotations. Calls that are non-emergency calls or are for general inquiries should not be transferred to the Admin On-Call number. For further review, please refer to the information on page 35 of the Connections Guide or online on the For Employees Page. If you have any questions, please talk with your manager.

