

A Weekly Update For The Employees of North Central Health Care



NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

Shovels in the Ground

This past Monday, NCHC held a groundbreaking ceremony to celebrate the start of construction on our new Aquatic Therapy Pool. Clouds, rain, thunder and even lightning could not have dampened the excitement for me or the NCHC employees, pool users, and supportive community members, as we all gathered together to celebrate the beginning of our transformation of the NCHC Wausau Campus.

Just over a year and a half ago, we completed a

total fundraising goal of \$6 million dollars. Over 600 contributors, many of you included, helped raise over \$3 million dollars to match the \$3 million dollar contribution offered by Marathon County. This project has been an uphill battle for many years, but as we stand at the top of the hill, we are taking a few moments to enjoy the view...and it is good! Construction is expected to be completed by next Spring and we hope to gather again in early 2020 as we open the doors of the new Aquatic Therapy Pool.

At NCHC, we understand how important the warm water pool is for our users so that they are

able to live their lives with less pain and remain independent as long as possible. Warm water therapy helps them improve their mobility and continue to live in their homes and out in the community.

If you missed the opportunity to join us at this groundbreaking event, there will be many opportunities as we move forward. This fall we break ground for the new Youth Psychiatric Hospital and the Crisis Stabilization Facility; and then the first phase of our Skilled Nursing tower will begin. We appreciate your continued patience as changes and updates are delivered to staff regarding parking and other construction elements. We will continue to work hard to keep staff and

ADMINISTRATOR ON-CALL

In the event of Phone System Outage, reference the O:drive "On-Call Information Folder" for Schedule and Cell Phone #'s.

Monday, August 12 Sunday, August 18

Laura Scudiere







community members aware of changes on the Wausau Campus and you can always find the most up

to date information or review construction progress on our website at www.norcen.org/Renovations.

Groundbreaking – Aquatic Therapy Pool...2-3 Let's Do This! **Employee Celebration** Week August 19-23 - Join all the fun! **New PT Equipment** at MVCC Aegis Shows Us Their New "Toys" Hard Hat Updates Parking, Doors, Buses & More HR Insights

What's 4 Lunch?







Aquatic Therapy Pool Groundbreaking Event!









Kurt Gibbs, Marathon County

Board Chair











Troy Torgerson, Project Manager at Marathon County and Michael Loy

Media partners

www.norcen.org/Renovations • email: Renovations@norcen.org





Aquatic Therapy Pool Groundbreaking Event!













Michael Loy, Jessica Meadows and Brenda Budnik



www.norcen.org/Renovations • email: Renovations@norcen.org







MONDAY, AUG 19

FUN FAMILY SWIM | 5:00 - 6:30 PM | AQUATIC THERAPY POOL **MOVIE NIGHT | 6:30 PM | WAUSAU CAMPUS THEATER**

Bring your family for a dip in the heated pool. Open play at the Aquatic Services Pool. Stay after to watch "Ralph Breaks the Internet" in the NCHC Theater.

TUESDAY, AUG 20

ANTIGO CENTER PICNIC | 11:30 AM - 1:30 PM

Join us at the Antigo Center for a cook-out! All-staff are invited! Drop in anytime!

WEDNESDAY, AUG 21

MERRILL CENTER PICNIC | 11:30 AM - 1:30 PM

Merrill Center will be having a cook-out. All-staff are invited!

EMPLOYEE RECOGNITION BANQUET | 5:00 – 8:00 PM STONEY CREEK INN

Employees celebrating a milestone anniversary (5 year increments) will be invited to attend this evening of recognition and entertainment.

THURSDAY, AUG 22

WAUSAU CAMPUS PICNIC | 10:00 AM - 6:00 PM

Join us at the Wausau Campus Cafeteria for food, games and more. All-staff are invited! Drop in anytime!

FRIDAY, AUG 23

YOU ARE THE "NUTS AND BOLTS"

Leaders in all areas and all shifts will be delivering snacks in appreciation of YOU! Enjoy!











NEW PHYSICAL THERAPY EQUIPMENT AT MVCC Aegis Therapies Shows Us What's New!

This week Aegis Therapies at Mount View Care Center received some new physical therapy equipment they are excited to share! The equipment is similar to equipment you would find at a local gym. There are five new pieces added to their services. Thanks for sharing Pam and Leah!

RETIREMENT NEWS Congratulations to Gail Storm

This week we celebrated the service of Gail Storm of Community Treatment. Gail has been with NCHC for 23 years. We wish her the best in her retirement!!! Congrats Gail! We will all miss you!













Jeans/Sports Wear Day

Coming August 14 AND Every 2nd Wednesday of the Month Until Dec.

\$3 Donation to Wear Your Favorite Sports Team Apparel*

Pay & Pick Up A Casual for United Way Sticker from Any United Way Member or at these Locations: Volunteer Services, MVCC Information Station, Cafeteria, Front Welcome Desk, Cashier's Office, Merrill & Antigo Centers

*Sports Apparel must adhere to NCHC Dress Code Policy. No hoodies or sleeveless shirts please.

All Proceeds Benefit
Our Local United Way

BUCK58







Construction Traffic Not Allowed NO Construction Traffic on Sturgeon Eddy or Kent Street struction Traffic ONLY Construction Fencing LAKE WAUSAU Future Building Existing Building EthelStreet NO Construction LAKE WAUSAU Traffic on Sturgeon Eddy or Kent Street Construction Entrance

WAUSAU CAMPUS:

RENOVATION FENCING AND CONSTRUCTION PREPARATION BEGAN **ON WEDNESDAY, AUGUST 7, 2019**

Construction fencing arrived on Wednesday. August 7 and was installed near Outpatient Services and Lakeside Recovery areas. Please be aware of changes to parking lots and traffic flow. There will be changes to the traffic flow in and out of the front parking lot are near the yellow flag. Please do not cross into fenced in areas or use entrance exits that are contained within the fenced in areas.

Please use the map here to review areas that will be fenced, marked with red and blue dotted lines. Note that there will be construction traffic entering at the NCHC Main Campus Driveway off of Lake View Drive that will be shared with construction traffic, however employees and visitors will not be able to follow the green construction traffic marked here, and instead will be in a revised traffic pattern entering the campus in the parking area closest to the building. Please watch for signage throughout the fencing installation process.

EXIT/ENTRANCE DOOR CLOSURES

The side doors that exit from Outpatient Services, Physician Lounge Hallway, and former Birth to Three areas that are in the courtyard area between the Outpatient and Lakeside Recovery buildings will be closed for entrance/exit. These doors will be marked with signage noting their closure very soon. Please review your emergency exits closest to you in your departments and discuss alternate emergency exits if needed. The Lakeside Recovery front entrance #5 near the parking area will remain open for now.

Large scale maps are available in MVCC main entrance hallway and at NCHC Welcome Desk. You can always view larger online 24-7 at www.norcen.org/Renovations Click map above to view online!

BUS STOP AT MVCC FRONT ENTRANCE AT PURPLE FLAG IS CLOSED

Effective immediately, the Bus Stop at the front entrance of Mount View Care Center at the PUR-PLE FLAG will be closed. Metro Ride Buses will no longer be stopping at this location due to the additional time to maneuver construction zones and the impact on their route schedules.

The Bus Stop at the front of Outpatient Services at the YELLOW FLAG will remain open with regularly scheduled buses arriving and departing with no change to the bus schedule.

Please inform residents, patients and visitors of these changes. People arriving and departing to MVCC will need to use the interior of the building to get to the bus stop at the YELLOW FLAG and should allow additional time to catch their bus.

There will not be access to get to the bus stop from MVCC to the Yellow Flag walking on the outside of the building. The sidewalk and driveway in front of Lakeside Recovery will be blocked with fencing for through traffic and pedestrians.

Bus Passengers arriving at the last bus drop off at NCHC will be allowed to navigate over to MVCC inside the building as doors will remain open for a short period after the buses make their last drop off at 6:15 pm.

TRAFFIC FLOW IN YELLOW FLAG **PARKING LOT**

Effective immediately, the traffic flow in the YEL-LOW FLAG Parking Lot has been altered. Traffic should be considered 2-way traffic in all rows of parking. Please watch for signage that will direct traffic. Please inform visitors of the changes to

parking and traffic flow during construction. Do not drive in grass areas or around construction vehicles.

TREES

Construction crews will be cutting several trees down in the front area in the location of the new pool building in front of the current Lakeside Recovery Door #5. Tree cutting operations may begin as soon as Thursday or Friday this week. These trees will be in the fenced in areas. Miron Construction is committed to saving as many adult trees within the construction areas as possible. They will be individually fencing mature trees, if possible, that are within the construction area to avoid damage by machinery and trucks. Please be aware of additional noise during this process and let clients, patients, residents and visitors know they may hear additional noise during this time.

Please do not park your personal vehicle in spaces designated for buses or facility vehicles. No parking in fire lanes or spaces designated for emergency or law enforcement.







Proceeds from every shirt helps to support an end to Alzheimer's. Order today and join us September 28 in the Walk to End Alzheimer's.

Saturday, September 28, 2019

8:00 AM Registration

9:00 AM Walk

LOCATION

Marathon Park - Big Kitchen 800 Garfield Ave Wausau, WI 54401

TO JOIN OUR TEAM

Go online to: www.alz.org Select "Find Your Walk" Then select "Find a Team" enter: NORTH CENTRAL HEALTH CARE

ROUTE LENGTH

Route Length: 3 miles/1 mile



*Exact Colors May Vary

North Central Health Care

Person centered. Outcome focused.

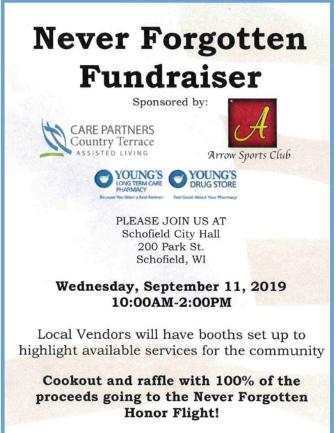
ORDER ONLINE AT www.norcen.org/WalkToEndAlz

PREPAYMENT DUE BY AUGUST 31 TO NATASHA SAYLES. (Checks Payable To NCHC) Contact Natasha with any questions at 715-848-4437 or text 906-281-1008.











Interested in becoming a **Habitat for Humanity of Wausau Partner Family?**

- ✓ Are you currently living in substandard or inadequate housing conditions?
- ✓ Are you willing to partner with Habitat in the construction of the home and promotion of the organization?

HABITAT FOR HUMANITY OF WAUSAU may be able to help!

Own your own home for much less than the monthly cost of a conventional loan! Approved applicantscan purchase a home, with a non-profit mortgage and payments over 25-30 years. Eligible income limits are between \$24,500 - \$55,380 based on family size. Each application reviewed on a case by case basis.

Register for our orientation meeting to find out more:

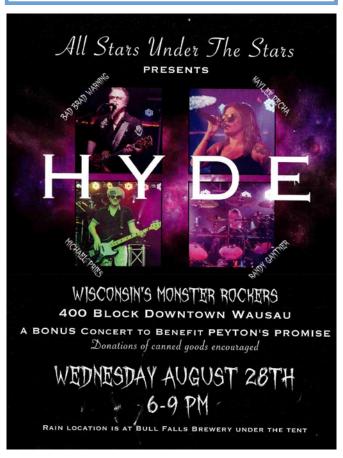
Tuesday, August 13th @ 6:00 pm

Habitat for Humanity of Wausau Office 1810 Schofield Ave. Weston, WI 54476

To register, Call: (715) 848-5042 or Email: office@habitatwausau.org

Space is limited. Childcare available.











Position Posting

Title: Dietary Aide - Food Services

Status: Full Time and Part Time Positions Available

Location: Wausau Food Services http://bit.ly/DietaryAideNCHC

Work involves resident centered meal service, food assembly, dish room assembly, pot-n-pan clean up, as well as general housekeeping tasks.

Education and Experience Requirements

High school diploma or equivalent

Position Posting

For a realistic job preview of these

www.norcen.org/RJP

Title: Laundry Worker Status: Full Time

Location: Wausau

http://bit.ly/LaundryNCHC

Under the direction of the laundry team coordinator, performs manual tasks to insure the efficient processing and delivery of all facility linens. Full time position regularly scheduled for 80 hours every two weeks. Hours 6:30am-3pm and every other weekend.

Education and Experience Requirements

High school diploma or equivalent



WELLNESS CORNER

By Sherry Gatewood, PA

Sports Physicals

As sports practices begin, be aware of potential sports related injuries such as overuse, heat related illness and concussion. Over-use injuries such as tendonitis of the shoulders and elbows, shin splints and plantar fasciitis are often due to: "too much, too fast", improper form in an activity and improper foot wear. Ensure use of proper techniques when doing activities that require appropriate form. Shin splints or pain in the front of the lower leg can occur from running long distances without proper training. Shoe design and footwear are important when getting back into running or court activities. Plantar fasciitis or heel/arch pain can be more pronounced after sitting or when first getting up in the morning. The appropriate treatment of these conditions is to ease back into activity and perform the appropriate upper and lower body stretches after a workout. Commonly people have some amount of fatigue with the new onset of an exercise but take note that pain is an indication to stop, ice areas of soreness after working out. Acetaminophen (Tylenol) and Ibuprofen (Advil, Motrin) or naproxen sodium (Aleve) can be taken if needed to ease discomfort.

Always be sure to drink plenty of fluids, including Gatorade or a similar electrolyte replacement type of beverage prior to working out. "Start the trip with a full tank". Don't fill up in the middle of the activity; this can lead to an upset stomach. Starting out hydrated and adding fluids little by little to maintain hydration throughout the workout will help prevent the heat injury. Water works in the body the same as in the radiator of an automobile. It keeps the engine cool. Sit out of an activity if feeling excessively hot, light-headed, nauseous, and with muscle cramps. Sit in the shade, take off some layers of clothes, including the shoes, and sip fluids until cooled down. Heat exhaustion can lead to heat stroke which is life threatening.

All athletes are susceptible to a concussion. A concussion is a condition of the brain caused by a force on the head. That could be due to getting a direct hit to the head or a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause chemical changes in the brain and sometimes stretching and damaging brain cells. It can cause confusion, memory loss and a headache. The athlete may appear dazed and confused, move slowly, forget instructions or what happened, and may even lose consciousness. If there is concern for a concussion, remove the competitor from play. If the symptoms persist, seek medical care evaluation before returning to play. This can be done at the Employee Health and Wellness Center. Changes in the brain can occur for days, weeks and months after the impact. It is important to avoid a second impact during this recovery period. Athletes with a concussion who are evaluated by a health care provider will be given written instructions on what steps should be taken to return to play once the symptoms resolve. This will include avoidance of aggravating activity, including mental work such as reading or screen time with electronics. The athlete will return to the sport gradually as they are able to perform activities without symptoms. It is recommended that there be an initial period of 24-48 hours of relative physical and cognitive rest with 24 hours between each step. Symptoms that require urgent follow up evaluation include: a worsening headache with nausea and vomiting, unequal pupils, drooping face, slurred speech, stumbling, weakness, or unconsciousness. These should be addressed in the Emergency Room. Your Student Athlete can be seen at the Employee Health and Wellness Center at NCHC for sports physical examinations and acute injuries. Please call to schedule an appointment at 715-843-1256.



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







Professional Development Survey Please complete the following survey by August 23: http://bit.ly/NCHC19odev

In order to help prioritize professional development efforts in 2020, Organizational Development is conducting a survey for all staff to complete by August 23. We appreciate your feedback.

Questions? Contact Judy Rannow Organizational Development Director jrannow@norcen.org 715.848.4362



mobile phone camer or QR Code reading APP.



Wisconsin Deferred Compensation (WDC) Program Offered By Your Employer, North Central Health Care



Meet with your WDC Advisor

The Wisconsin Deferred Compensation (WDC) Program is a powerful tool to help you reach your retirement goals. Join a WDC Retirement Plan Advisor at an upcoming meeting.

If You're Just Starting to Save ... and need to enroll, go to www.wdc457.org and click REGISTER or enroll now here. Use the Plan Number **98971-01** and the Plan Enrollment Code **UoNeJ3pb** expiration date 10/1/2019.

If You've Been Saving for a While ... you may want to review your income projections, savings rate and investment strategy. For a portfolio review, meet with your local Retirement Plan Advisor or call (877) 457-9327.

If Retirement Is Just Around the Corner ... we are here to assist you in making a smooth transition to retirement. Remember, when you stay informed and engaged, you can make your WDC account a more powerful retirement planning tool. Watch for preretirement group meetings near you!

Have an appointment and want a retirement strategy designed just for you? The more information you share with us, the more personalized your experience can be. Please bring the following to your appointment:

- Current Wisconsin Retirement System (WRS) statement
- Social Security statement
- Other retirement account statements
- Current paycheck stub
- WDC username, password and PIN (if known)

Please bring all of the above information for your spouse/partner (if applicable).

If You Need an Appointment ... schedule a consultation with a Retirement Plan Advisor or register for a group meeting by going to www.wdc457.org and click on the Schedule a Meeting tile.

Changing your payroll contribution or updating your beneficiary is easy! Log in at www.wdc457.org or call the WDC Service Center at (877) 457-9327. Do you have questions about Wisconsin Retirement System (pension)? Please call WRS directly at (877) 533-5020.

WDC Program Meeting Schedule			
Date	Time	Topic	Location
Wednesday, August 21 st	11:00am-1:30pm	Account Review Sessions	NCHC Campus- Granite Room
Go to www wdc457 org to schedule your appointment			

Securities offered or distributed through GWFS Equities, Inc., Member FINRA/SIPC and a subsidiary of Great-West Life & Annuity Insurance Company. GWFS Equities, Inc. registered representatives may also be investment adviser representatives of GWFS affiliate, Advised Assets Group, LLC Representatives do not offer or provide investment, induciary, financial, legal or tax advice or act in a fiduciary capacity for any client unless explicitly described in writing. Retirement products and services provided by Great-West Life & Annuity Insurance Company, Corporate Headquarters: Greenwood Village, C.O. Great-West Life & Annuity Insurance Company of New York, Home Office: New York, NY, and their subsidiaries and affiliates, including registered investment advisers Advised Assets Group, LLC and Great-West Capital Management, LLC 98971-01-PDF-6003-1707 AM505068-0618



BLUE JEANS FRIDAYS

Donate & Wear Jeans!

Employees in ALL departments can wear jeans on Fridays when you donate \$2/Friday or \$25 annually. If you choose to pay annually, you will save \$79 for the year!

Stop by or contact the Volunteer Services Office at 715.848.4450 to get set up! Each employee that participates will receive a card that indicates their Blue Jeans Fridays participation. All funds donated will benefit NCHC United Way Team community initiatives.

NEW!! You can now use PAYROLL DEDUCTION to pay for a Year of Jeans on Fridays!!

Visit www.norcen.org/UnitedWay and download the form in the Jeans Sale section!







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

GET SOCIAL! #lamNCHC





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.





AUGUST 12 - 16, 2019

MON 8/12 Stuffed Green Pepper Soup

Baked Turkey Wrap

Turkey Tetrazzini

Broccoli Jellied Cranberries Chocolate Chunk Cookies

TUES 8/13..... Hobo Soup

Vegetable and Pork Eggrolls

Baked Fish

Roasted Potatoes Peas & Carrots Blueberry Crumble

WED 8/14 Turkey Dumpling Soup

French Dip

Honey Mustard Pork Chop

Cream Cheese Potatoes Red Cabbage Scalloped Apple Dessert

THUR 8/15 Cream of Potato Soup

Tuna Salad Wrap

BBQ Chicken

Potato Salad Green Beans Chocolate Eclaire Torte

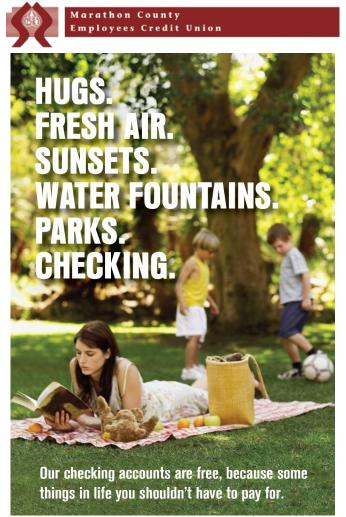
FRI 8/16 Beef Barley Soup

Chicken Enchiladas

Bratwurst

Baked Beans Creamy Cucumbers

White Cake w/Coconut Cream Frosting



Proudly serving NCHC Employees and Their Families Already a member: Thank you! Not a member: Contact us today!

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cuteller@co.marathon.wi.us 715-261-7680 • 400 East Thomas Street

Need a Loan? Looking to Refinance? **Contact Pete Today!** 261-7685 or culoans@co.marathon.wi.us

