



NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

A Puzzle

It would be easy to dwell on the cold bearing down on us over the last couple of weeks. However, this week I will spare all of you of a focus on the four meteorological seasons, but rather I'd like to zoom in on other types of seasons. The cycles, the ebb and flow, and periods we all experience.

Life is a journey, NCHC is not excepted from this fact and has been on an incredible journey. There is no doubt the world changes. The pace of which is now exponential. The question is whether or not the world will be better because of our efforts.

February marks my 4th year in this job and nearly 6th at NCHC. So much has changed, but for me the promise of why I wanted to be in the health care still rings true. People argue all of the time about how healthcare is "broken". In many ways it is. Yet we know more than ever and there is so much hope in the pipeline. I went into healthcare because it touches every person's life. If I wanted to positively impact people's life with my own life, then healthcare is the place to be. Here I still strongly believe we can increase access, improve the experience, reduce overall costs and not burnout the workforce in the process creating a more perfect healthcare system. In a dose of reality, the challenge is enormous and feels like what we are doing is on a similar level as solving a Rubik's cube.



Two years ago, my family lost me at home for about two weeks. I had gotten a Rubik's cube for a gift and was determined to complete it once in my life. Now there are many approaches to accomplish the task. Even with the help of numerous YouTube videos, it took me many hours. None of the moves made sense in the process but the outcome while elusive was possible. The difficulty is mastering the sequence and holding the model to solve the problem in your head. This is precisely the challenge with healthcare. This is precisely the season we are in here at NCHC.

We are in a season of strong storms, unpredictably and at times it seems like there is no sign of letting up. Yet we persevere. Why, because the goal still matters. Inevitably it has or will someday matter greatly for each of us. Why not be part of working to create something truly remarkable, and still attainable?

I'm still signed on and undeterred. The goal is the long-term. Persistent, hustle and discipline matter in that type of horizon. We choose this path in some of the most challenging areas of healthcare. Services in mental health, addiction, developmental disabilities and skilled nursing. If we can solve it here, we can be a bright spot of others who may not see it as possible. It's always darkest before dawn, there's a brightness coming on the horizon.

Make it a great day,

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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. 24 –
Sunday, March 1**

**Brenda
Glodowski**



Person-Centered
**Shout
out**

**Shelley Green,
Bissell Street
Residential**

Why: Thank you for notifying the care coordinator right away about a client injury. Appreciated!!

**Submitted by:
Christine Harris**





Jessica Meadows, NCHC and Chuck Strek, Habitat for Humanity, are buried in lights - well not really, but it felt like it!

"That's A Lotta Lights!" - Submitted by Communications & Marketing

PHOTOS 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.

THANK YOU FOR DONATING YOUR JUNK LIGHTS!

347 Pounds of Junk Lights Donated This Year to Benefit Habitat for Humanity

That's a lot of lights! This year, NCHC donated 347 pounds of junk lights to benefit Habitat for Humanity of Wausau. In total over the last 7 years, NCHC has donated 1,732 pounds of junk lights. That is almost 1 TON of lights! I smell a goal for 2021 cooking!! Lights are turned in for recycling and the money is used to purchase lumber and other items that go directly into building a home in the community for a family in need through Habitat for Humanity efforts. Thank you to all those who donated, hauled lights, and helped make this effort possible. Special thanks to **Angela Parker-Jensen** in Communications & Marketing, **Dawn Rustick** and the team in Laundry and Housekeeping Team for making this effort possible.

courier



wausau to merrill to tomahawk to antigone

NCHC COURIER DELIVERY CHANGED WEEKLY TO THURSDAYS

Beginning March 5, 2020

Due to a change in the Pine Crest Laundry run from Monday/Tuesday/Thursday/Friday to Monday/Wednesday/Friday, beginning March 5th the Antigone/Merrill/Tomahawk Courier run will be run on THURSDAYS.

We apologize for short notice for this change, however Transportation staffing necessitates the two changes happen together so that services are not disrupted.

If you have any questions, please contact Jenny McKenzie jmckenzie@norcen.org or 715.841.5101.



Person-Centered
Shout

out



Jodi



Hanna



Judy



Vicky

To ALL Northwinds Vent Staff At Mount View Care Center!

"I did an end of clinical meeting with an NTC class this week. They would like to send a shout out to ALL THE STAFF ON NORTHWINDS VENT. Special shout out to Jodi Sitte, RN, Hanna Olsen, CNA, Judy Gaudrault, RT and Vicky Flanagan, RT. The students shared that it was an excellent learning experience and they felt that every single staff member was excited to teach and help."

- Submitted by Natasha Sayles, Legacies by the Lake Program Director

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

Send your SHOUT OUTS to recognition@norcen.org.



2020 NCHC INTERNAL UNITED WAY COMMITTEE SEEKING NEW MEMBERS

Join This Amazing Team Today!

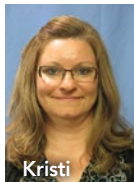
The NCHC United Way Committee has started planning for 2020. We are looking for additional team members to join us in the cause of raising funds and spreading awareness about the United Way. We meet the 1st and 3rd Thursday of each month from 11:00 am till Noon. A call in option is available if you are off site. If you are interested, please discuss with your manager and contact Laural Harder in Volunteer Services at 715.848.4449 or lharder2@norcen.org



Theresa



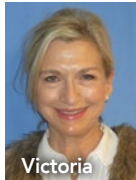
Heather



Kristi



Brandi



Victoria



Trina



Alicia



Sheri

To BHS Psychiatric Hospital Staff

Theresa Mills, Heather Yang, Kristi Newton, Brandi McDonough, Victoria Avila Hughes, Trina Bierman, Alicia Lecher, and Sheri Lawrence

"The NTC Nursing Clinical students wanted to thank you all for the awesome job all the BHS Hospital staff did."

– Submitted by Brad Beranek by way of NTC Nursing Clinical Students

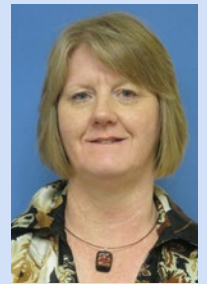
Give someone a big shout out and thank them for their Person-Centered Service!

Send your SHOUT OUTS to recognition@norcen.org.

RETIREMENT NEWS

Congratulations Paula Berg!

Paula Berg from Adult Day Services in the Antigo Center has announced her retirement from NCHC. Paula has worked with NCHC for 29 years! There will be a celebration in her honor taking place on Friday, March 6 at 1:00 pm at the Antigo Center! Congratulations Paula! Thank you for your 29 years of service to NCHC and out community!



FOLLOW UP FROM LAST WEEK'S WEEKLY CONNECTION

Always Part of the NCHC Family

In last week's CEO Connection, Michael Loy shared the story of a family member whose loved one attended the Valentine's Day celebration at Mount View Care Center. Three years after her Mom's passing, her daughter her visited the facility. Staff greeted her like family...She wanted to share this photo with you as part of her memory of her dear Mom. It was taken at that Valentine's Day celebration. Whether you are an employee, patient, resident, client, or family member, you are always part of the NCHC family.



Nominate a Coworker Today!

Nomination forms, selection criteria, award details and more are available online at

www.norcen.org/Recognition





REGISTER NOW TO ATTEND THE LIVE2LEAD REBROADCASTING EVENT AT NCHC!

LIVE2LEAD



JOHN C. MAXWELL

A No. 1 New York Times bestselling author, coach and speaker who has sold more than 24 million books in 50 languages and is considered one of the popular leadership experts in the world.



MARCUS BUCKINGHAM

A bestselling author, global researcher and strengths revolutionist focused on unlocking strengths, increasing performance and pioneering the future of how people work.



ANGELA AHRENDTS

Most recently the Senior Vice President of Apple Retail, integrating Apple's physical and digital businesses to create a seamless customer journey for over a billion visitors annually.



RACHEL HOLLIS

A #1 New York Times best-selling author of *Girl, Wash Your Face*, a TV personality, top motivational speaker, top podcast host, CCO of The Hollis Company, a company that arms people with the tools to make positive and lasting change.



CHRIS HOGAN

A best-selling author, personal finance expert, and America's leading voice on retirement, investing, and building wealth. His goal is to help as many people as possible avoid financial traps and set their families up for the future.

WEDNESDAY, FEBRUARY 26, 2020

NCHC THEATER • 8:00AM–12:30PM

Employees must have manager-approval to attend this 4-1/2 hour Rebroadcasting Event.

Register in UltiPro Learning using this link:

<https://learning.ultipro.com/1533467/live2lead/about?fa=1>

Live2Lead is a leader development experience designed to equip you with new perspectives, practical tools and key takeaways. You'll breathe new life into your leadership during this information-packed half-day event. Learn from world-class leadership experts and return to your office ready to implement your new action plan and lead with renewed passion and commitment.

For more information about the Live2Lead broadcast and to view the speakers visit:
<https://www.johnmaxwellacademy.com/live2lead-2019-more-info>



**North Central
Health Care**

Person centered. Outcome focused.



NCHC INFECTION PREVENTION NOTICE

Coronavirus - What YOU Need to Know

Please see the information below regarding Coronavirus facts. Please review and refer to the posts on your Department Communication Board as soon as possible. Share the facts with your team and prevent the spread of infection by practicing good hand hygiene. If you have questions, please contact Tim Holzem in Infection Prevention. 715-848-4523 THolzem@norcen.org Remember, that if you are not coming to work due to illness, you must contact René in Employee Health by calling 715.848.4396 to report your symptoms.

2019 Novel Coronavirus (2019-nCoV)

Spreads

through close personal contact with a sick person



Symptoms

- Fever
- Cough
- Shortness of breath

Call your healthcare provider if:

- You have symptoms and have been to China in the last 2 weeks.
- You have symptoms and have been in close contact with a person with confirmed 2019-nCoV.



Prevention

- Wash your hands often.
- Cover your cough/sneeze with tissue.
- Don't touch your eyes, nose, or mouth.
- Avoid close contact with sick people.
- Clean high-touch surfaces often.
- Stay home when you are sick.



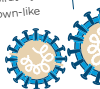
The Association for Professionals in Infection Control and Epidemiology (APIC) is creating a safer world through the prevention of infection. APIC's nearly 16,000 members develop and direct infection prevention and control programs that save lives and improve the bottom line for healthcare facilities. APIC advances its mission through patient safety, education, implementation science, competencies and certification, advocacy, and data standardization. Visit us at apic.org.

1400 Crystal Drive, Suite 900
Arlington, VA 22202
www.apic.org
f in v o

2019 Novel Coronavirus (2019-nCoV)

Q. What are coronaviruses?

A: Coronaviruses are respiratory viruses named for the crown-like spikes on the surface of the virus. These range from viruses that cause the common cold, to severe acute respiratory syndrome (SARS) and the Middle East Respiratory Syndrome (MERS). The latest coronavirus from China is called the 2019 Novel Coronavirus (2019-nCoV). This new coronavirus is different from the others and we are learning more about it every day.



Q. How do you get infected with the novel coronavirus?

A: Novel coronavirus is spread by close person-to-person contact from a cough or sneeze, droplets that can get into your mouth, nose, or lungs. Close contact is defined as being within approximately 6 feet of another person. There aren't many cases in the U.S., so the risk of contracting the novel coronavirus is low.

Q. How do I know if I have novel coronavirus?

A: The CDC is making available a test specifically to determine whether patients have coronavirus. General testing by your healthcare provider will not identify the novel strain. Symptoms of novel coronavirus may appear in as few as 2 days, or in as many as 14 days after exposure. Symptoms can include: fever, cough,

and shortness of breath. Call your healthcare provider if you have these symptoms and have recently traveled to China, or if you have these symptoms and have been in close personal contact with someone who has been sick with novel coronavirus.

Unless your symptoms are severe, call your healthcare provider first, rather than showing up in the office or Emergency Room. When you call or visit, be sure to note your symptoms, and travel history or exposure to a person diagnosed with the virus.

Q. If I get the novel coronavirus will I die?

A: Not likely, based on what we know now. The people most likely to get seriously ill from this virus are people over 60 and those with pre-existing health conditions. Currently it is estimated that for every 100 cases of 2019-nCoV, between 2 and 4 people would die. This is very different from severe acute respiratory syndrome (SARS), where nearly 10 in 100 sick people died from the illness.

Q. I see people in China wearing masks, should I be doing that?

A: No. Health officials in the U.S. do not recommend the use of masks among the general public because risk of infection is low and limited to close contacts (e.g., husband and wife). People in China, where spread is more likely, have been instructed to wear masks to prevent infecting

others and to possibly prevent getting ill from close contact in crowded public spaces where someone with novel coronavirus may cough or sneeze directly on them.

Q. What can I do to prevent getting sick from novel coronavirus?

A: You are at a greater risk of getting seriously ill from the influenza virus than the novel coronavirus. Get a flu shot if you haven't already.

The following tips will help to prevent novel coronavirus as well as other respiratory viruses:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth, especially with unwashed hands.
- Avoid close contact with people who are showing symptoms of illness.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your cough or sneezes with a tissue or sneeze into your elbow. Throw the tissue in the garbage and make sure to clean your hands afterwards.
- Stay home when you are sick.



INFLUENZA OUTBREAK AT MOUNT VIEW CARE CENTER

Protect Yourself and Others

In February, it was identified that NCHC's Mount View Care Center location is experiencing an influenza outbreak. The definition of "outbreak" is 3 or more cases of influenza-like illness occurring within 72 hours in residents OR a sudden increase in influenza-like cases. Right now, two residents and one staff member are exhibiting signs and symptoms of influenza. Please help visitors, guests and those we serve understand the definition of "outbreak" and inform them of infection prevention methods they can use to prevent the spread of illness (see right).

Signs have been posted at various MVCC entrances and neighborhoods (See right).



INFLUENZA OUTBREAK in this facility

Do not visit if you are sick

Visiting is Restricted please check with front desk or staff

Clean your Hands before entering when leaving

Protect Yourself and Others

WHAT IS AN OUTBREAK?

An outbreak is 3 or more cases of influenza-like illness occurring within 72 hours in residents OR a sudden increase in influenza-like cases.



North Central Health Care
Person centered. Outcome focused.



The Preschool Development Grant

PUBLIC LISTENING SESSIONS - FEBRUARY 2020

February 24 - Beloit

1 to 2:30 p.m.
Beloit Public Library
605 Eclipse Blvd., Beloit

February 27 - Wausau (two sessions)

1 to 2:30 p.m.
6:30 to 8 p.m.
Jefferson Street Inn
203 Jefferson Street, Wausau

Join us to lend your voice and perspective to this important conversation

We have an opportunity to make lasting improvements to Wisconsin's early care and education system through the Preschool Development Grant (PDG). We are inviting stakeholders and community members to participate in listening sessions being held throughout Wisconsin. Please register to attend at <https://dcf.wisconsin.gov/childcare/pdg/listening-sessions>.

What do we hope to accomplish?

We want to ensure there are strong connections between the early care and education system and community partners. We are looking to gather feedback, input, and big ideas!

What can I expect at a listening session?

Light refreshments and gas cards will be provided. Age appropriate activities will be available for children in attendance. Upon request, interpretation services may be available.



Session Locations



Additional dates and locations coming soon!

Connect with us!

Subscribe to our newsletter at dcf.wisconsin.gov/child-care/pdg or email wipdg@wisconsin.gov



Wisconsin Department of Children and Families

FAMILY-FRIENDLY WORKPLACE SURVEY

Help **TURN THE CORNER** on family-friendly workplace policies by taking our survey:



Scan **here** with your phone or visit: wipps.org/employee

This 15-minute anonymous survey about the workplace benefits you most value will be used by a coalition of businesses and non-profits to help our community and workplaces become more family-friendly.

Any person working or self-employed in Marathon county is encouraged to participate in the survey.

For more information, call **715-261-6368** or email info@wipps.org

MARATHON COUNTY
EARLY YEARS
COALITION

WIPPS RESEARCH PARTNERS
WISCONSIN INSTITUTE for PUBLIC POLICY and SERVICE



COMMUNITY TREATMENT OUTPATIENT SERVICES SPOTLIGHT AWARD

Congratulations Aaron Glenn!

Congratulations to Aaron Glenn as the recipient of the Community Treatment/Outpatient Services January Spotlight Award! Aaron is a service facilitator on the Marathon Youth team.

"Aaron is extremely hard working and dedicated in his role. He genuinely cares about the youth and families he serves and is such a valued member on the youth team! He excels in building trusting relationships with everyone he works with. He also steps up and does outreach for our program and volunteers to sit on committees in the community to strengthen our relationship with other providers and to bring back valuable resources for our clients. He does exceptional work and he is truly changing the lives of youth in our community for the better."



After checking in with providers and families that Aaron works with, we received so much positive feedback that Aaron deserves to be highlighted for the great work that he is doing! These are just a few of the comments:

"He has built great relationships with the kids. I feel that it gives our kids the knowledge that we are all working together for them, and that they can see a united front. I have worked with Aaron for two years now and want you to know that Aaron goes above and beyond. He had my hardest kid last year and this year. He shows up any time we have issues to help work things through. It is so great to have that extra active member on the team! I wish all my kids could have someone so dedicated." – Provider

"Aaron formed a relationship with one of our toughest students. This student has a hard time trusting others, but Aaron was able to break through this wall. Since Aaron started working with this student, we have seen a positive change in the student's attitude. He does a great job being involved with the kids, families, and forming strong relationships." – Provider

"Aaron is great as far as communication and really working to get into the home to work with the whole family. We have a very concerning case currently, and Aaron came into East and met with our school resource officer to pass on concerns and is holding team meetings to help work out some of these issues. I am very appreciative of his assistance." – Provider

"I have had such a positive experience with Aaron Glenn. In our meetings he has been so professional and able to bring together contentious parents to work productively for their child." – Provider

"He has consistently supported a family I have worked with for over a year. This client is impulsive, can be aggressive and doesn't have a great home environment. Aaron is quick to keep me updated on legal or school events, behavior or med changes and has been an amazing consistent support for this family. Aaron is such a great professional in this area, and his previous work experience just intensifies how good he is at what he does!" – Provider

A mother reported that "Aaron is extremely helpful to my family. He always stays neutral even though our split family and my ex can be very challenging. He makes everyone feel supported and heard. He goes above and beyond to meet my son's needs - he's an amazing case manager!"

Congratulations Aaron!!



DEPARTMENT SPOTLIGHT

Aquatic Therapy Pool & Warm Water Works



Since the pool opened in 1977, NCHC has been blessed to have the aquatic therapy program as a part of our service array. The warm water therapy pool offers healing, pain management, exercise, and opens new doors for each patient's independence. In the spring, we hope to have a brand-new, fully functional pool to offer to the community. Everyone can see the progress of the building next to the parking lot and enjoy the construction on the web cam on our web site together!

Building the new pool has been a long time coming. Advocacy for the pool started back in the 90's, but really got going in 2008 when the pool eclipsed the 30-year mark. As I am told, pool years age faster than people years, and as such our current pool was in need of major renovation. An advocacy group was formed called Warm Water Works, which has been tirelessly educating, advocating, raising funds, and speaking to the benefits of the pool to key stakeholders and legislators for years now. Warm Water Works advocates could teach a master-class in positive pro-active community advocacy, and they were successful in their mission. Thanks to donors, the new pool had its ground breaking this fall on possibly the rainiest day Wausau has ever seen.

The program consists of physical therapists, physical therapy assistants, lifeguards, and a manager. The team provides patients and members with a treatment plan using water to reduce the impact of gravity on the body, or by providing additional resistance in order to meet the patients' specific goals. The 90 degree water can be a relief from pain, help with range of motion, and provide extra support in a healing environment.

Keep your eyes on the construction and join us in celebrating the next phase of growth for our aquatic therapy program and their intrepid team!



Marathon County Board of Supervisors
Community Feedback Session, March 2017



Fun Family Event in Pool for
Employee Celebration Week.



Advocacy by Warm Water Works
MaryAnn Dykes.





88.5FM Wausau / Marathon County

the Family HELP for the HOMELESS Hygiene Drive Feb. 16 – March 8

Personal Care Items for LOCAL MARATHON COUNTY Crisis Programs!

Peyton's Promise, The Neighbors' Place, Community Corner Clubhouse,
The Salvation Army of Marathon County, Community Center of Hope,

Most Needed Items:

- Cleaning Supplies
- Hair Care
- Laundry Soap
- Feminine Needs
- Deodorant
- Kitchen Trash Bags
- Bathroom Tissue
- Dental Care
- Paper Towels
- Diapers/Baby Care
- Body Lotion
- Face/Bath Soap

Donations Remain in the Communities Where They are Collected!

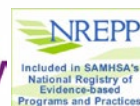
Thanks to our sponsors!

CENTURY 21 Gold Key Realty, Inc. **BBI** Buska & Buska Insurance **Walgreens** Trusted since 1901

More information at TheFamily.net or call The Family at 800-236-9364



NAMI Family-to-Family



What is NAMI's Family-to-Family Education Program?

NAMI Family-to-Family is for families, caregivers and friends of individuals with mental illness. The course is designed to facilitate a better understanding of mental illness, increase coping skills, and empower participants to become advocates for their family members. The course consists of 8 two-and-a-half hour sessions. Trained family members teach the course who know what it is like to have a loved one living with mental illness. The Family-to-Family Program is offered at no cost to the participants.

NAMI Northwoods will offer its NAMI Family-to-Family Education Program beginning Tuesday Feb 25, 2020. The class will be held from 6:00 – 8:30 p.m. at Grace United Church, 535 S 3rd Ave. Wausau, WI. Must make a commitment to attend most of the sessions.



"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother."



NORTHWOODS

Register online at Naminorthwoods.org
715-432-0180
naminorthwoods@gmail.com

About NAMI Affiliate

NAMI Northwoods and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.



In Need of An Affordable Housing Solution?

- Are you currently living in substandard or inadequate housing?
- Are you willing to partner with Habitat for Humanity in the construction of a new home and promotion of the organization?
- Are you seeking housing that will not exceed 30% of your income?

HABITAT FOR HUMANITY OF WAUSAU may be able to help!

Approved applicants can purchase a home, with a not for profit home mortgage and payments over 25-30 years, including taxes and insurance.
Eligible income limits are between \$25,450 - \$57,600 based on family size.
Each application reviewed on a case by case basis.

Register to attend an orientation meeting to find out more:

Tuesday, February 25, 2020 @ 5:30 pm

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

OR

Saturday, February 29, 2020 @ 10:00 am

Marathon County Public Library – Wausau Community Room
300 N 1st St. Wausau, WI 54403

This is not a Marathon County Public Library sponsored event.

Call to register: (715) 848-5042

Open application period: January 24, 2020 - March 20, 2020

www.habitatwausau.org

FREE PUBLIC SCREENING & COMMUNITY DISCUSSION

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



Thursday, March 5th from 6-8PM
UWSP-Wausau's Center for Civic Engagement
625 Stewart Avenue, Wausau

Doors will open at 5:15pm with a light supper. Discussion to follow the 6pm screening

No Cost! Registration is requested, but not required!

<https://writtenoffmarch2020.eventbrite.com>

Hosted by the AOD Partnership, with the support of the RA RAA 5K



Sherry Gatewood, PA

WELLNESS CORNER

Submitted by Sherry Gatewood, PA

Hepatitis B Vaccine

A benefit of the electronic health record is that it provides health maintenance reminders in patient's charts. Lately, I have been seeing a recommendation for many adult patients with diabetes to get the hepatitis-B vaccine.

Most children today have received it as part of their childhood immunizations. Hepatitis-B is a viral infection that affects the liver. It is spread through blood and body fluids. There is no treatment and there is a risk to develop a lifelong infection, cirrhosis of the liver, liver cancer and death related to Hepatitis-B virus. I checked in with the CDC web site as to why it was suddenly popping up in the health maintenance tab for diabetic patients.

It is recommended for diabetic patients, who have not received it in the past, due to the frequent monitoring of blood sugar requiring finger sticks. This puts them at risk for exposure to infected blood. It is recommended that diabetic patients do not share their blood monitoring kits, even with family members.

Here is the rationale for the recommendation by the CDC:

Why should people with diabetes be vaccinated?

People living with type 1 or type 2 diabetes mellitus have higher rates of hepatitis B than the general population. Some of the cases of hepatitis B have occurred in individuals with diabetes whose equipment came in contact with infected blood, or who had contact with the virus through breaks in the skin. This has happened through improper reuse and sharing of glucose monitoring equipment or other diabetes care equipment. Transmission has occurred among people with diabetes who reside in assisted living facilities when several people received glucose monitoring in close succession.

What should diabetes educators tell their patients about hepatitis B?

Diabetes educators should provide their clients or patients with the following information on how to protect themselves from getting the hepatitis B virus:

- Prevent exposure to hepatitis B and other blood borne pathogens by not sharing equipment such as blood glucose monitors or other diabetes care equipment.
- The best way to prevent hepatitis B is by getting vaccinated. CDC recommends hepatitis B vaccination for all unvaccinated adults with diabetes younger than 60 years of age.
- If you think you have already been vaccinated, confirm with your doctor.
- The hepatitis B vaccine is given as a series of 3 shots over a period of 6 months (0, 1, 6 month schedule).
- The entire series is needed for long-term protection.
- If you have not received the hepatitis B vaccine series talk to your doctor about getting vaccinated.



North Central Health Care Employee Health & Wellness Center

Great News!!

The onsite Health & Wellness Center continues to be available for your immediate health care needs and now, if preferred, you can also choose to designate your Onsite Care Provider as your Primary Care Provider to take care of all of your annual and ongoing health care needs.

Convenient Clinic Location

Services provided to you

- Primary Care Services
- Acute Care Services
- Medical Care Services
- Chronic Condition Support
- Physical Examinations
- Wellness Care
- Lab services available


North Central Health Care
Person centered. Outcome focused.


ASPIRUS[™]
Passion for excellence.
Compassion for people.

Did You Know?

Children covered by the NCHC Health plan can get their *school sports physicals* at the Employee Health & Wellness Center on the Wausau Campus for just \$20.

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: Licensed Clinical Social Worker (LCSW) or
Licensed Professional Counselor (LPC)
Status: Full Time **Location:** Antigo
<http://bit.ly/LPCAntigo>

The Mental Health & Substance Abuse Therapist provides mental health and substance abuse assessment and psychotherapy for individuals, families or group and consultation and education for the community in a manner that most effectively meets the philosophy and goals of North Central Health Care, based on evidenced based practices.

Requirements

Master's degree in specialty field in Human Services

State of Wisconsin Licensed Clinical Social Worker, Professional Counselor, Marriage & Family Therapist or Licensed Psychologist

Ability to bill for Substance Abuse

Position Posting

Title: Lakeside Recovery Therapist
Status: Full Time **Location:** Wausau
<http://bit.ly/LakesideTherapist>

The Lakeside Recovery Therapist provides mental health and substance abuse assessment and psychotherapy for individuals, families or groups and consultation and education in a manner that most effectively meets the philosophy and goals of North Central Health Care, based on evidenced based practices.

Requirements

State of Wisconsin Licensed Clinical Social Worker, Professional Counselor, Professional Counselor-In Training, Marriage & Family Therapist or Licensed Psychologist



Have You Seen the Latest
Realistic Job Preview Video?



Featured Realistic Job Preview: Housekeeping Aide

Meet Laurie Kleinschmidt! She shares her experience working in Housekeeping for North Central Health Care. Find out what makes this experience a great fit for her. Is this the career for you or someone you know?

Watch the full Realistic Job Preview at www.norcen.org/RJP or Facebook!

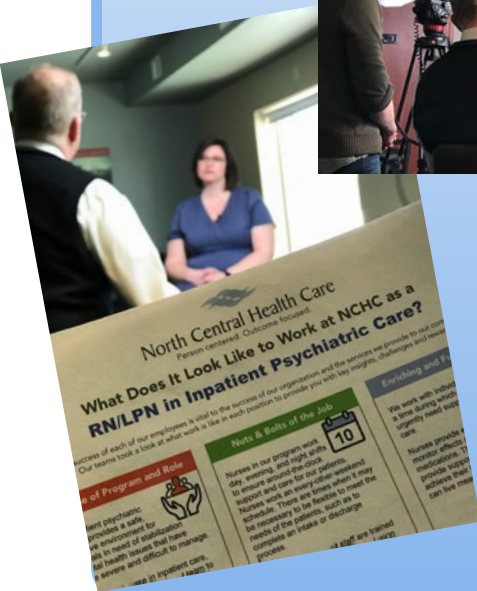
Find out with a realistic job preview of some
amazing opportunities at NCHC!

www.norcen.org/RJP

<< Filming for the Next Realistic Job Preview Started This Week!

Victoria Avila-Hughes and Kristi Newton kicked off the Realistic Job Preview Video recording sessions this week to talk about what it is like to work as a Nurse in Inpatient Behavioral Health.

Watch the new Realistic Job Preview at www.norcen.org/RJP or Facebook coming in late March!





HARD HAT UPDATE

Keeping you up to speed on construction around NCHC locations, so that we can communicate together with staff, visitors and those we serve.



WAUSAU CAMPUS RENOVATIONS:

E-Wing - Former Evergreen Place and Previous Lakeside Recovery Demolition Set to Begin February 25th

- The exterior demolition of E-Wing will start on Tuesday, February 25th, 2020. This demolition will have loud noise and when the walls and ceiling come down, the impact to the ground will be felt in parts of the Outpatient area, Kitchen, F-Wing, C-Wing and Mount View Care Center.
- The demolition will take place from 7 am approximately to 4:30 pm daily for two weeks, ending the 10th of March, 2020.
- More information will be announced as to the daily activities, so please check your communication board and email for up to date information.
- Communications and Marketing will be placing signs at various places throughout the building to alert visitors, residents and staff of the loud noises.



Parking - Where to Park If You Can't Find A Space

Due to renovations, parking has been affected. Lots are especially full on days when events like orientation are occurring or there are other events on campus.

- We ask that all employees TAKE EXTRA TIME TO PARK to ensure that you are in between lines and not "wasting" spaces by having a "lazy" parked car. See Safety Snip-Its on Page 8.
- In the event you arrive and the parking lot areas are full, we ask that you please continue to leave the parking spots closest to the building for visitors and clients arriving for appointments.
- Please parallel park along the driving lane that parallels the fence of the airport in the far rear parking lot (see pink area on map right). Do not park on the continued road of Lake View Drive that leads around to the Crisis Center. This road must remain clear.
- If possible, come back at a later time in the day and move your vehicle to a parking space within the lot to aide in snow removal and access.

We appreciate your efforts regarding parking during this renovation period. Thank you for arriving early, walking further and being courteous in the parking lot.

Please watch for updates via email and communication boards as situations will change as the renovations progress.





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 \$.40/ounce.

Soup: \$1.50 Cup | \$2.25 Bowl



FEBRUARY 24 – 28, 2020

MON 2/24Beef Vegetable Soup

BBQ on a Bun

Roast Pork

Wax Beans

Scalloped Potatoes

Tasty Tapioca Pudding

TUES 2/25.....Stuffed Green Pepper Soup

Chicken Supreme on Kaiser

Herbed Turkey

Mixed Vegetables

Steamed Rice

Strawberry Jello

WEDS 2/26Chicken Vegetable Soup

Hot Turkey on Croissant/Hollandaise

Herb Lemon Chicken

Peas & Carrots

Dinner Roll

Pudding Fruit Salad

THUR 2/27Taco Soup

Pork BBQ on a Bun

Pork Carnita

Pico De Gallo

Spanish Rice

Peanut Butter Bar

FRI 2/28Cheese Soup

Tuna Melt

Pepper Steak

Creamed Corn

Parslied Egg Noodles

Fruit Cobbler



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FOOD SERVICES NOTICE:

NCHC CAFETERIA FOOD PRICE CHANGE

Hot Sandwich, Hot Foods and Cold Bar Price Increase

NCHC Food Services is announcing a price change to food offered in the Wausau Campus cafeteria. Prices have not changed in the last 6+ years, however the prices of food from vendor steadily increases each year. All hot sandwiches, hot foods and cold bar items will increase from \$.35/ounce to \$.40/ounce. Soup prices will remain at the current rate of \$1.50/Cup and \$2.25/Bowl.