  
A Weekly Update  
For The Employees of  
North Central Health Care



"Celebrating Alvin's 4th Birthday" – Submitted by Stacy Rozelle

# NEWS YOU CAN USE



## WEEKLY CONNECTION WITH MICHAEL LOY

### EMPLOYEE CELEBRATION WEEK

Next week, August 17-21, is our Employee Celebration Week! Like nearly everything in 2020, COVID is changing the way we are celebrating you, our Superheroes! Check out this week's News You Can Use for information about all of the activities we have planned. I will miss our Employee Picnic, the Employee Recognition Dinner, and all the other group activities we usually offer. Most of all I will miss seeing you during the week. Despite this current reality, our Superhero celebration

will be a memorable one!

Life for me has been in a corona-bubble of video-conferencing and written communications. If I could see each of you in-person next week, I would look each of you in the eyes and with a big smile, I would thank you for all that you're doing. Our NCHC team has been simply incredible this year. I'm proud to be part of our

team that is striving to do something special every day, *Lives Enriched and Fulfilled*. Our organization is a special place because of the people who dedicate themselves to our Mission. I appreciate all that you do here to further our impact. Each day I hear incredible stories from our clients, patients, and residents, as well as their families and guardians, about how big of a difference you're making in the lives of others. Next week I look forward to celebrating each of you!

Make it a great day,

*Michael Loy*

**SUPERHERO ADMIN 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, August 17 –  
Sunday, August 23**

Michael Loy



**Employee Celebration  
Week Fun..... 2**

All For YOU!

**Happy Birthday Alvin .... 3**

Our Therapy Dog Turns 4!

**Millennium News ..... 4**

Launch Planning Update

**Happy Anniversary ..... 7**

August Recognition

**Welcome Our  
New Employees ..... 8**

August 10-12 Orientees

Person-Centered  
**Shout  
out**



**Shout Out  
to All NCHC  
Employees**

This week, we celebrate YOU! We hope that you enjoy the many fun activities and videos that we have put together for you for Employee Celebration Week! Be sure to send your photos and videos in on our NCHC Team Communications Page, email to [recognition@norchc.org](mailto:recognition@norchc.org) or text to 715.370.1547. We want to share all the fun things that you did this week!

**THANK YOU FOR ALL  
THAT YOU DO!**

Submitted by: The Person-Centered Service  
Recognition Team



# 2020 NCHC EMPLOYEE CELEBRATION WEEK

## MONDAY

FEATURED VIDEO: 30-35 YEAR MILESTONES

**DRESS CODE: SUPERHERO SUCCESS**

Wear your favorite superhero outfit or shirt.

**WATCH OUT FOR: SUPERHERO SLEUTHING GAMECARD**  
Throughout the week, be on the look out for hints and clues to complete your sleuthing card.

## TUESDAY

FEATURED VIDEO: 20-25 YEAR MILESTONES

**DRESS CODE: INCREDIBLE HULK DAY**

Get decked out in green. Refrain from hulksmashing on the premises.

**ACTIVITY: QUALITIES OF AN NCHC SUPERHERO**  
Team /Individual activity identifying what it takes to be an NCHC superhero in your program.

## WEDNESDAY

FEATURED VIDEO: 10-15 YEAR MILESTONES

**DRESS CODE: SPIDERMAN DAY**

Wear your suit of red, if you have webs, even better.

**ACTIVITY: CROSSWORD PUZZLE** Complete an NCHC themed puzzle!

**WATCH OUT FOR: SUPERHERO FUEL**  
Check your mailbox at home for your fuel up gift card!

## THURSDAY

FEATURED VIDEO: 5 YEAR MILESTONES

**DRESS CODE: CAPTAIN AMERICA**

Wear your favorite red, white and blue outfit...shield is optional.

**ACTIVITY: SUPERHERO TRIVIA**  
Uncover the secret superabilities of your coworkers with this trivia game.

## FRIDAY

VIDEO: 5 YEAR MILESTONES

**DRESS CODE: CASUAL SUPERHERO FRIDAY**  
Every superhero takes a break. Wear jeans and your favorite NCHC shirt!

**ACTIVITY: SUPERHERO SLEUTHING DUE**  
Be sure to finish and submit your superhero sleuthing gamecards!

**WATCH OUT FOR: SWEET TREAT**  
Check in with your managers for a sweet surprise!



**SHARE PICS & VIDS FOR A CHANCE TO SCORE PARTICIPATION MERCH!**

**HASHTAG** #NCHCsuperstaff #iamNCHC **SUBMIT TO** recognition@nrcen.org | 715.370.1547 **FACEBOOK** NCHC Employee Communications





## PHOTO OF THE WEEK



### Submit A Great Photo From Your Week!

Submit your photo and description to [jmeadows@norcen.org](mailto: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.

## HAPPY BIRTHDAY ALVIN!

### Celebrating Alvin's 4th Birthday!

Happy 4th Birthday Alvin, world's greatest therapy dog!! Head on over to Alvin NCHC Therapy Dog's Facebook page and send him some birthday wishes! Alvin has been working with our Crisis Assessment Response Team (CART) and providing Crisis care to people of all ages in the community and at the NCHC Crisis Center. We love you Alvin!



## Employee Assistance Program

Care for you and your family is very important, and NCHC wants to make sure that you have access to Employee Assistance Services when you need them. Employee Assistance Program (EAP) services through Ascension are available to all NCHC employees and their immediate family members.

**If you or a family member within your home could benefit from counseling support, connect with Ascension Employee Assistance Program (EAP)**

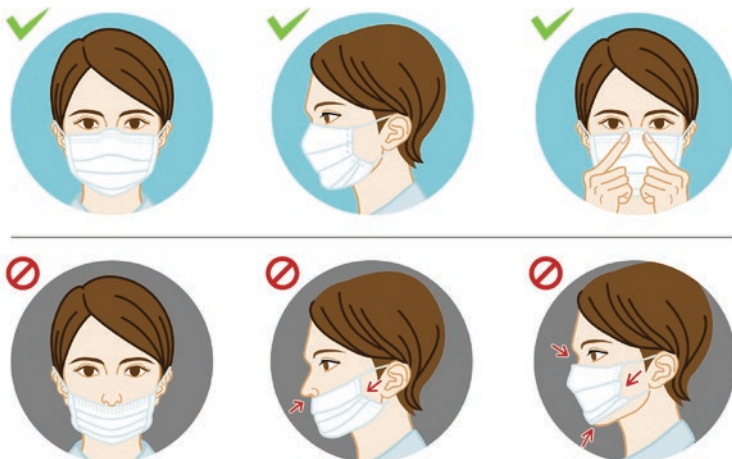
**Phone: 1-800-540-3758**  
**Email: [eap@ascension.org](mailto:eap@ascension.org)**  
**Online: <https://ascensionwieap.org/>**

**The services for you and your family are free, private and strictly confidential.**

EAP is available in multiple offices throughout our communities and can be reached at the contact information above. Due to Covid-19, services are being offered virtually. Please use the contacts above to connect with EAP.

This information is always available on our website at  
**[www.norcen.org/ForEmployees](http://www.norcen.org/ForEmployees)**

If you have any questions about the EAP Services, please contact Human Resources at 715.848.4419.



### HOW TO WEAR A MEDICAL/SURGICAL MASK PROPERLY

The mask should cover your nose, mouth, and chin as illustrated above. If you see someone who is not wearing their mask properly, please remind them immediately to fix the positioning of their mask to cover their nose, mouth and chin. If you are uncomfortable with that conversation, please speak with a management team member immediately. They will assist with the situation.

**Wearing a mask properly is required by all NCHC staff.**



**Data Collection:** Information will be gathered in a standard format that allows Cerner to configure the system to meet our needs. Consultants will review the project workbook(s) with our team members, review expectations for completion, and discuss next steps relating to configuration activity.

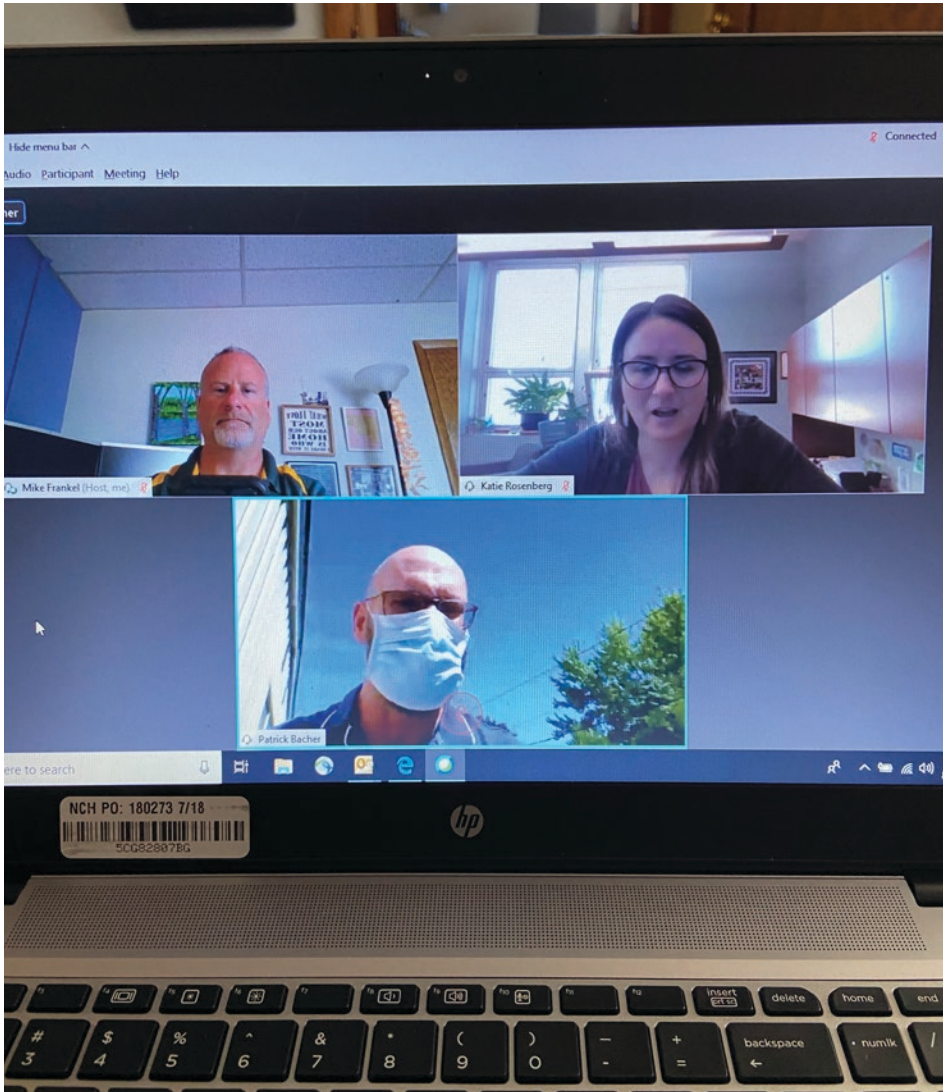
**System Design & Build:** Complete data collection gathering and transition information into system design and build conversations. NCHC and Cerner teams will collaborate to complete system configuration.

### COVID THE CRAB Mask Wearing Fun at Bissell Group Home

Thanks to Jamie Collins for sending in this fun photo. Care Coordinator, Chris Harris wanted to create a more fun environment at the Bissell Street Group Home that would encourage residents to wear their masks, so a fun display board was constructed with Covid the Crab! Thanks for your creativity Chris! Great work!







## IS THERE ANY OTHER WAY TO MEET WITH THE MAYOR OF WAUSAU?

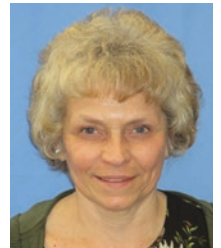
### Clubhouse Goes Virtual

Community Corner Clubhouse gave a virtual tour to Wausau Mayor Katie Rosenberg this week. With visitor restrictions and to make sure everyone was safe, the team connected with Mayor Rosenberg using technology. Great job team!

## RETIREMENT ANNOUNCEMENT

### Barb Gierman

Barbara Gierman, Pharmacy Tech in Wausau, has announced her retirement on September 8, 2020. Barb has been at NCHC for 20 years. Thank you for your many years of dedicated service. We look forward to hearing about your future plans. Congrats Barb!



## REMEMBERING JEAN TATE

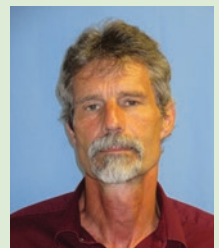
With almost 20 years of service at NCHC in both Adult Protective Services and most recently Crisis Services, we are deeply saddened to hear of the passing of our former colleague Jean Tate. Many employees worked with Jean and knew of her compassion and dedication to serving others and her love of animals. We encourage to go to Jean's Facebook page to read and leave a tribute to her. Jean's family will be holding a memorial for her at her farm with her horses in Merrill in the upcoming weeks. Rest peacefully, Jean.



## RETIREMENT NEWS

### Congratulations Bruce Nelson!

Bruce Nelson, LPN at Mount View, is retiring after 30 years of service, on August 14, 2020. Thank you Bruce for your many years of service and for all the you do for our residents! Enjoy your retirement!



**WELLNESS CORNER**

Submitted by Sherry Gatewood

**WORK RELATED INJURY  
PREVENTION AND SAFETY****Reducing Workplace Injuries**

Did you know that, on average, U.S. hospitals recorded 6.4 work-related injuries and illnesses for every 100 full-time employees, compared with 3.3 per 100 full-time employees for all U.S. industries combined? Did you know 48 percent of all injuries that occur within the health-care industry are secondary to overexertion or bodily reaction, which includes motions such as lifting, bending, or reaching? These motions often relate to patient handling.

In order to reduce occupational injuries, enhance patient outcomes and safety, as well as enhance your quality of life outside of work please remember the following tips when lifting, transferring, or repositioning patients:

- Never transfer patients/residents when off balance - make sure you have stable footing with a staggered athletic stance.
- Avoiding awkward postures when ambulating or assisting a patient - stay close to your patient, always using a gait belt to guide and steer.
- Put the bed at the optimal height - waist level when providing care; hip level when moving a patient.
- Never lift alone - 2 staff with mechanical lifts, at least 2 staff when repositioning a patient, possible more if handling a patient of size.
- Avoid awkward postures - limit bending at waist across surfaces, use a towel or gait belt as a loop extender.
- Avoid lifting over 35 pounds - and remember not to rotate spine when lifting.
- Knuckles down with lateral transfers - promotes sliding of patient on friction reducing devices instead of lifting. Always use appropriate friction reducing devices (Air assist mats, slide sheets, etc)
- Use the proper safe patient handling device - based on your patient's mobility status. If your patients mobility status has changed or they are not able to follow instructions please take proper steps and defer to the safest mode of transfer for you and your patient.
- Also, avoid running on the floor/ward, ensure proper foot wear with good soles that do not slip. Notify maintenance if there is anything that could be identified as a fall hazard.

**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™**

**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

**FROM THE EMPLOYEE HEALTH & WELLNESS CENTER****Additional Parking Available at Onsite Clinic**

Two new additional spaces at the Employee Health & Wellness Center on the Wausau Campus will be available soon. The four available handicap accessible parking spaces will be reduced to two spaces due to non-use. Facilities will be spraying black paint over the graphics to designate these new open spaces.





# HAPPY ANNIVERSARY

## AUGUST EMPLOYEE ANNIVERSARIES

Thank you for your service!

Edward Sprague.....	08/04/2008.....	11	Brad Beranek.....	08/29/2016.....	3	Melissa Diers Sarasin.....	08/19/2019.....	0
Krystal Firkus.....	08/04/2008.....	11	Krystal Brendemuehl.....	08/18/2004.....	15	Hannah Geigler.....	08/19/2019.....	0
Wendy Seltrecht.....	08/18/2008.....	11	Karie Koppa.....	08/07/2017.....	2	Wanda McCarthy.....	08/19/2019.....	0
Jeff Leder.....	08/06/1990.....	29	Lynnette Chellberg.....	08/21/2017.....	2	Laurie Meyer.....	08/19/2019.....	0
Abigail Talg.....	08/29/2016.....	3	Kelly Pearson.....	08/07/2017.....	2	Sylvia Slinde.....	08/26/2019.....	0
Mary Derby.....	08/25/2003.....	16	Kimberly Moore.....	08/21/2017.....	2	Cynthia Bula.....	08/01/2006.....	14
Barbara Torgerson.....	08/08/2011.....	8	Taylor Tomaszewski.....	08/08/2016.....	3	Lynn Callanan.....	08/21/2017.....	2
Peggy Wedow.....	08/07/2000.....	19	Carrie Warren.....	08/29/2016.....	3	Mary Clements.....	08/21/2017.....	2
Barbara Gierman.....	08/14/2000.....	19	Cathryn Salber.....	08/19/2008.....	11	Amy Collinsworth.....	08/12/2013.....	6
Cristy Maltbey.....	08/04/1997.....	22	Kristi Newton.....	08/06/2018.....	1	Rachel Ellerman.....	08/22/2016.....	3
Michelle Scheiderer.....	08/27/2001.....	18	Jeanna Kedrowski.....	08/06/2018.....	1	Bette Lloyd.....	08/08/2016.....	3
Jessica Pyke.....	08/27/2001.....	18	Rena Schmidt.....	08/06/2018.....	1	Micki Alsteen.....	08/01/2003.....	17
Marsha Hickman.....	08/02/1993.....	26	Heather Yang.....	08/06/2018.....	1	Mark Reason.....	08/03/2015.....	4
Cindy Purdy.....	08/09/2004.....	15	Morgan Bever.....	08/06/2018.....	1	Joanne Sczygelski.....	08/26/2008.....	11
Sara Wittman.....	08/15/2005.....	14	Sarah Borth.....	08/06/2018.....	1	Debra Konkol.....	08/05/2019.....	0
Craig Hinkens.....	08/29/2005.....	14	Linda Rein.....	08/20/2018.....	1	Brittany Loka.....	08/20/2018.....	1
Dana Best.....	08/05/2013.....	6	Mckenzie Larson.....	08/20/2018.....	1	Amber Meyer.....	08/08/2016.....	3
Natasha Kelly.....	08/28/2006.....	13	Becky Lor.....	08/20/2018.....	1	Chelsey Gilbert.....	08/10/2020.....	0
Jennifer Wesenick.....	08/14/2000.....	19	Michael Haylett.....	08/26/2019.....	0	Jacqueline Cleveland.....	08/10/2020.....	0
Kelly Fabry.....	09/14/2009.....	10	Jarret Nickel.....	08/19/2019.....	0	Tammy Voigt.....	08/10/2020.....	0
Sandra Lang.....	08/10/1998.....	21	Trisha Stefonek.....	08/19/2019.....	0			
Ann Laporte.....	08/12/1985.....	34						
Brandy Poirier.....	08/08/2011.....	8						
Anthony Legada.....	08/22/2011.....	8						
Nicole Sitko.....	11/29/2011.....	8						
Jennifer Bass.....	08/13/2012.....	7						
Karissa Nelson.....	08/27/2012.....	7						
Brenda Kaetterhenry.....	08/19/2013.....	6						
Heidi Bushar.....	08/19/2013.....	6						
Alicia Elsner.....	08/04/2014.....	5						
Maxine Vanderkooy.....	08/04/2014.....	5						
Hanna Olson.....	08/04/2014.....	5						
Ryan Thiel.....	08/25/2014.....	5						
Julie Woller.....	08/04/2014.....	5						
Thomas Marquardt.....	08/10/2015.....	4						
Sheryl Konig.....	08/10/2015.....	4						
James Cramer.....	08/10/2015.....	4						
John Kronenwetter.....	08/31/2015.....	4						
Bradley Sperger.....	08/31/2015.....	4						
Julie Nelson.....	04/06/2015.....	5						
Jonathon Snider.....	10/12/2015.....	4						
Susan Tillman-Blaine.....	08/31/2015.....	4						
Alexandra Unruh.....	08/10/2015.....	4						
Kristen Anderson.....	06/27/2016.....	4						
Alexa Kufalk.....	09/29/2015.....	4						
Caitlin Baldauff.....	08/08/2016.....	3						

Wisconsin Area Health Education Centers Present:

## OVERCOMING ADDICTION *together*

SPONSORED BY ASPIRUS HEALTH FOUNDATION

## ADDICTION, RECOVERY, & DIVERSITY IN HEALTH EQUITY

REGISTER FOR THIS VIRTUAL EVENT AT  
<https://bit.ly/OATS2020>



**Presented by:**  
**Dr. Jorja Jamison, PhD, LP**  
Associate Professor & Faculty Coordinator at Hazelden Betty Ford Graduate School of Addiction Studies, as well as a practicing Licensed Psychologist in rural Minnesota

Educational Partner:  
 Northcentral Technical College

### COURSE OBJECTIVES:

- Learn how best to support the health and growth of the populations attendees serve.
- Understand concepts of cultural competence and cultural humility in substance use disorder treatment.
- Gain strategies for improving awareness, knowledge, and skills within the context of evidence based practice.

**Thursday, Aug. 27**  
**9:30am-12pm**

Community: \$10 (no CEUs)  
Professional: \$20 (2 CEUs)

For information on scholarships available email:  
[gkell@wnhahec.org](mailto:gkell@wnhahec.org) by 8/14

Supported by:

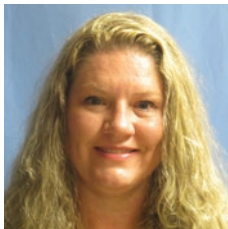




## WELCOME THESE NEW EMPLOYEES TO THE TEAM!

These employees were welcomed at General Orientation on August 10-12, 2020

### Community Treatment Youth



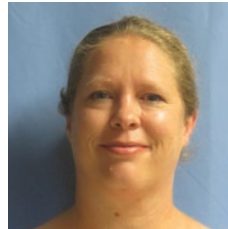
**Chelsey Gilbert**  
Case Manager – Wausau

### Residential



**Brianna Baker**  
Residential Care Assistant - Wausau

### Laundry



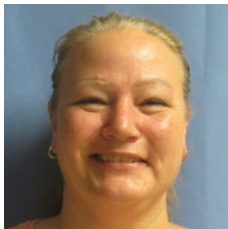
**Tammy Voigt**  
Laundry Worker – Wausau

### Legacies by the Lake



**Madison Hurtis**  
Hospitality Assistant  
Wausau

### Long Term Care



**Jacqueline Cleveland**  
CNA – Wausau

### Communications & Marketing



**Ronda Rydbom**  
Switchboard Operator  
Wausau

### Food Services



**Ashley Hoth**  
Dietary Aide – Wausau



**Mackenzie Johnson**  
Dietary Aide – Wausau

THANK YOU



FOR ALL YOU DO!



Take Pictures & Share  
On Social Media  
With Hashtag

#NCHCsuperstaff  
#iamNCHC

[https://www.facebook.com/  
groups/NCHCTeam](https://www.facebook.com/groups/NCHCTeam)

Email [recognition@norcen.org](mailto:recognition@norcen.org) or  
Text 715.370.1547

Check Your Email and Facebook Team  
Communications Page All Week for  
Fun Videos and Games!