

A Weekly Update
For The Employees of
North Central Health Care



"A View From Above!" – Submitted by Troy Torgerson



NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

Extraordinary Times

This week I'm writing my Budget letter to our Board of Directors for the 2021 Budget. It's extraordinary times for sure, and we have a budget that allows us to stay committed to the deep investments in our programs and services we're in process with. There are challenges in the Budget we still need to address going into next year. As we get towards a new Budget year, I'm more optimistic we will turn the corner on a number of things in the year ahead. We are in the final stretch of very big things we've been working on or towards. Change is hard, and demands a tremendous amount from Leadership.

As we've navigated the pandemic over the last 6 months, my first priority was to keep our staff safe and secondly employed, despite the declining number of services and people we were serving. We've spent a significant amount of money securing the appropriate PPE and making operational modifications to keep people safe. While we've had cases and small outbreaks, we've been able to manage them well. We also extended new protective benefits above what others were doing. We've also not opted to implement furloughs and people have been able to maintain employment throughout even if they had to be redeployed. Other employers, especially in healthcare, have taken drastic measures to furlough and cut the pay for their staff. We've actually been very aggressive in hiring front-line staff in our programs and services while holding open non-clinical positions as long as we can. Managing the crisis has helped us evolve even though we've made some mistakes along the way. However, our two goals are still being achieved in keeping our team safe and maintaining employment. We believe we can continue to keep these goals in front of us as we finish the year and prepare to hopefully turn the corner by the New Year.

Lastly, I want to acknowledge that I know it was disappointing that we had to withhold merit increases this year. I do think it would've been harder to give them, and then have to reduce positions. I think our position to not overreact and to be cautious was a good one. Now, as other organizations open back up and start to hire back after furloughing or reducing staffing, they're doing extraordinary things to try to keep and attract new employees. The grass may seem very green, but these are the same organizations that decided it was best to furlough their staff only a few months ago. Also, with recent compensation policy shifts, I acknowledge this will be harder for some in our organization and I've heard from several of you. Our goal in these changes was to manage to what the policy stated and eliminate the differences in practice between programs. This will allow us to more broadly apply future improvements to practice more fairly. We appreciate you working with us, and most of all your patience and commitment. We hope to very soon get back to normal.

Make it a great day,

Celebrating Our EVS & Housekeeping Staff **2**

Septemebr 13 -19, 2020

Screening Info **3**

Have You Completed the Required Module in UltiPro?

Face Mask Inserts **4**

Pick Yours Up Today!

Refreshers **5**

Reporting Responsibilities

Community Events **6**

LENA and NAMI Peer-to-Peer

Children and Sleep **9**

Is Your Child Getting Enough Rest?

Person-Centered
Shout out



Sheryl Hemp, Outpatient Therapist

Why: For coordinating an outing to support a fellow employee celebrate an exciting life event with social distancing of course.

Submitted By:
Carrie Paisar



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, Sept. 14 –
Sunday, Sept. 20**

Tom Boutain





PHOTO OF THE WEEK



Submit A Great Photo From Your Week!

Submit your photo and description to 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.

A VIEW FROM ABOVE!

Never have we see the Wausau Campus from quite so high! Check out the view from the 4th floor! Thank you to Troy Torgerson, Marathon County Project Manager for keeping us updated and supplied with excellent photos of the Wausau Campus renovations!



"A View From Above!" – Submitted by Troy Torgerson

Person-Centered Shout out

EVS & HOUSEKEEPING

"They are such a good team and hard workers!"

"Seriously, our place is SO clean and residents/family members see it too and have commented on it."

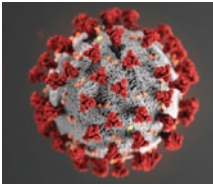
"They work their TAILS off and always seem to do what needs to get done and cover whatever needs covering. Plus, they are good with the residents too and the residents LOVE chatting with them and visiting with them while they are in the room or in the hallways."

Celebrate NATIONAL Healthcare Environmental Services & Housekeeping Week
 SEPTEMBER 13-19, 2020

PRIDE • TEAMWORK
 Environmental Services
 EXCELLENCE



All staff at all locations are REQUIRED to complete the learning module assigned in UltiPro regarding screening. Log into UltiPro Learning and complete NCHC Employee Self-Screening Module AS SOON AS POSSIBLE!



COVID-19 SCREENING UPDATES

As we navigate through these unprecedented times we continue to monitor and evolve procedures and responsibilities to ensure all individuals we serve, as well as employees, remain consistently safe while at North Central Health Care. In March of 2020, we began visitor screening questions and have since implemented minor modifications to the process. As we have learned more about Covid-19 and our staff have developed a solid understanding of prevention techniques, we are updating this process to shift the responsibility from screeners to employees and to reduce potential risk for other employees or visitors coming into our facilities. We trust our team to be able to do the right thing, to stay home when you have symptoms, and to report any symptoms or exposure to Employee Health.

Beginning Tuesday, September 8th screeners will only be asking screening questions to visitors or those without a name badge. Employees will be responsible to know screening questions (right) and self-assess prior to leaving their homes. Once employees arrive to any NCHC facility they will receive their temperature check for the final part of the screening process. It will be assumed the employee has self-screened prior to arrival and has answered "no" to all screening questions. As a final reminder, the screening questions will be posted at each entrance for all employees to review before walking up for their temperature check. This process will reduce the chance of an at-risk employee coming to work and reduce the time taken to screen into facilities. It is important for employees to understand that if you recklessly endanger the health of others by not being truthful about known symptoms or exposures that would be identified through the screening process, you will be subject to discipline including potential immediate termination.

An UltiPro LMS training will be assigned to you today that will provide education on the screening process change and how to self-screen. After completing the training, you must also sign off that you've completed the training and the self-screening expectations. If you have any questions or concerns please reach out to a member of the Incident Command Team or myself and we will be glad to assist.



Thank you,
Jarret Nickel
Operations Executive

Incident Command Team Members:

Michael Loy, Jarret Nickel, Tom Boutain, Dr. Robert Gouthro, Jill Meschke, Jaime Bracken, Connie Gliniecki, Melissa Diers-Sarasin, Jessica Meadows, Tim Holzem



EMPLOYEE ACCOMPLISHMENTS

Congrats Gina Lenz and Karissa Nelson

Congratulations" to Gina Lenz and Karissa Nelson! Both employees recently passed their test yesterday to become Licensed Professional Counselors! This is a great accomplishment! Way to go!



Gina Lenz



Karissa Nelson

Beginning Tuesday, September 8th screeners will only be asking screening questions to visitors or those without a name badge. Employees will be responsible to know screening questions and self-assess prior to leaving their homes.

Please carefully review the screening questions below. All staff are required to self-assess every day before reporting to work. Reminder if you answer "yes" to any of these questions please contact Employee Health at 715.848.4396 and your supervisor.

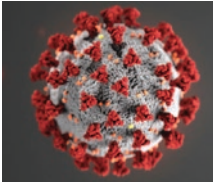
1 Do you have, or have you been under investigation for, COVID-19 in the last 14 days?

2 Are you suffering from any of the following symptoms?

- Fever
- Sore Throat
- Cough
- Fatigue
- Headache
- Chills
- Shortness of breath
- Muscle/ Body Ache
- Difficulty Breathing
- Congestion
- Runny Nose
- New Loss of Taste or Smell
- Nausea
- Vomiting
- Diarrhea

3 Have you been in contact with someone outside of a healthcare setting that has had, or has been under investigation for COVID-19 in the last 14 days?

Only employees will be affected by this update. Visitors will still be asked all screening questions upon arrival as they will not know our questions in advance.



COVID-19 RESOURCES FOR EMPLOYEES



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.

Inserts are intended to prevent fogging glasses and provide space between your face and mask. The mask will also fit snugger on edges of mask.

Insert fits behind face mask to keep mask away from face.

FACE MASK INSERT PURCHASED FOR ALL STAFF!

Pick Yours Up at Screening Tables or Ask Your Manager!

To help alleviate some of the discomfort of wearing a face mask, these face mask inserts have been purchased for all employees. The insert sits inside your surgical or cloth mask and rests against the skin. It creates space within your mask for air to circulate. The inserts are hand washable and are available for all staff at no charge. Please take care of your insert. Wash regularly. These are reusable and should not be disposed of. After initial trials, employees have said the insert prevents fogging of glasses and feel much more comfortable than the masks against their skin.

If you have any questions, or suggestions for products that you think employees can benefit from, please visit The Suggestion Box online at

www.norcen.org/SuggestionBox





Refreshers

quick reminders of resources for employees

I need to Report A Concern regarding abuse to a client, patient or resident. What should I do?

Your Response: If you witness any of these abuses to a client, resident or patient it is your responsibility to make sure the following protocol is carried out:

Witness Responsibility

- ✓ **Immediately protect the person**
- ✓ Notify your manager
- ✓ Fill out an occurrence report in SafetyZone
- ✓ Contact Administrator on Call
- ✓ For any situation that could include a potential criminal offense, contact law enforcement

Page 11



DO NOT submit concerns like these in suggestion boxes. **IMMEDIATE ACTION** is required by **ANY EMPLOYEE** who witnesses any acts of abuse. It is not OK to wait.

Who Can I Call With Questions?

Jennifer Peaslee
Compliance Officer
715.848.4507



Ashley Downing
Privacy Officer
715.848.4391



www.norcen.org/ForEmployees

Click on **Compliance** in the Menu and review the 2020 Code of Conduct



tidbits on benefits



Tria Health is offered to you at no cost through your health plan. Schedule an appointment to meet with a medication expert over the phone at a time that is convenient for you. Your Tria Health pharmacist will make sure the medications you take are safe, affordable and effective.



Preparing for Asthma Peak Week

Asthma Peak Week occurs every year in the third week of September. Below are tips on how to get ready for Asthma Peak Week.

[Read More](#)

<http://bit.ly/Tria-Asthma>



The Importance of Vaccinating Your Child

For parents, it is important to see your child happy and healthy. One of the ways you can ensure your child's health is through vaccinations.

[Read More](#)

<http://bit.ly/Tria-KidsVac>



Sign Up Today!

Sign up today for Tria Health's Pharmacy Advocate Program. Our online enrollment form makes signing up easier than ever!

[Sign Up](#)

<http://bit.ly/Tria-Enroll>



Tria Health Help Desk

Call the Tria Help Desk at 1.888.799.8742 to speak with a pharmacist regarding any medication-related question.


[View Help Desk Hours](#)

<http://bit.ly/Tria-HelpDesk>



Please share these opportunities with family and those we serve!

CLUBHOUSE HOSTING NAMI PEER-TO-PEER Limited Class Size with Infection Prevention Precautions




What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is an 8-session recovery-focused course for adults with mental health conditions.

- Free and confidential
- Held weekly for two hours
- Led by peers with mental health conditions
- A great resource for information on mental health and recovery
- Offers respect, understanding, encouragement and hope
- Builds on the strength and resilience of participants

NAMI Northwoods, the local organization of the National Alliance on Mental Illness, will offer NAMI Peer-to-Peer beginning Thursday, Sept 24th. It will be held from 6:00 p.m. - 8:00 p.m. at Community Corner Clubhouse, 811 N 3rd Ave Wausau –We will follow CDC guidelines. Limited enrollment. Register early to reserve your space.




Participant Perspectives

"NAMI Peer-to-Peer is uplifting, life-saving and an eye-opening experience that changed how I see myself."

"The biggest thing I gained from this class was to become my own advocate and best friend."

"Seeing my peers' strength and dedication to their recovery was personally meaningful."

Register online @ naminorthwoods.org for NAMI Peer-to-Peer!



About NAMI
NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Northwoods is an affiliate of NAMI Wis. NAMI Northwoods and dedicated volunteer 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.

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

LENA START CLASSES ARE BACK Virtual Programming with Incentives for Previous Participants

We are in a full court press to recruit families for our Fall 2020 LENA Start classes. Classes start next week. Given COVID and partner restrictions, we decided to do all classes live via Zoom this fall. We had some experience with virtual LENA this spring. After the shut-down, a little over a third of our families opted to continue the program via Zoom. It went much better than anticipated, and parents truly engaged. All of us would like to have in-person classes, of course, but we do not want to put the importance of early interactions with young children on hold. Classes will be offered in English and Spanish.

The flyer below is for NCHC employees and whomever else might be interested. As always, everything is free, and this fall we have fun new incentives for families every week. There will be a variety of recorder exchange sites such as MCPL Wausau, Hatley, and Marathon branches as well as the Children's Wisconsin office in Stevens Point.



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

LENA STARTTM
Marathon County

Free classes start Sept 2020!

Parents Have the Power:

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

LENA Start parent classes:

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

LENA Start families receive:

- FREE class materials and use of a talk pedometer
- FREE children's book each week
- FREE gas cards, food certificates, and other prizes weekly
- FREE t-shirts upon graduation

WHO: Parents/caregivers of children 0-33 months old
WHERE: ALL classes are live online
WHEN: 10-week programs start the week of 9/14

Options include:

- Mondays, 8:00–9:00 p.m.
- Tuesdays, 1:00–2:00 p.m.
- Wednesdays, 8:30–9:30 a.m.
- Thursdays, 6:00–7:00 p.m.

Spanish classes available
Multiple talk pedometer pick-up/drop-off sites available

MORE INFO / REGISTER:
visit lenastartmc.org. Call/text 715-660-0397 or email ntank@chw.org

Registration is free, but required. **SIGN UP TODAY!**



Support for this project was provided through the Candace S. Mark Legacy Fund of the Community Foundation of South Central Wisconsin, B.A. & Esther Gerber's Foundation, Deity Foundation, Callaghan Care Foundation, Northwestern Technical College, Marathon County, Marathon County Public Library Foundation, City of Wausau (D&I), United Way of Marathon County awareness drives and its partners.

New! e-Shout Outs Have Arrived!

Q: What do you do when you want to recognize another employee and don't have access to Shout Out Board? Or if you work remotely??

A: Fill out an e-Shout Out!

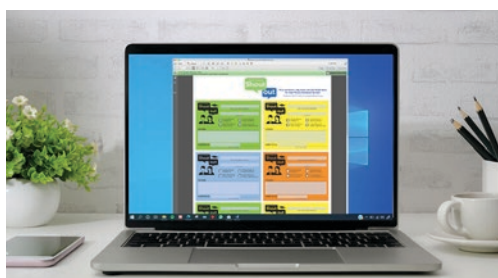
Q: Where can I find an e-Shout Out?

A: www.norcen.org/Recognition

All employees were emailed an e-Shout Out however you can download one 24/7 on our website! Complete the sections just like you would with a paper slip and email back to Recognition@norcen.org. The Recognition Team will print out and deliver your e-Shout Out with the rest of the Shout Outs from the boards to the staff recognized.

There are 6 Shout Outs per page. You do not have to print when you are done. We will handle that for you. Just keep sending them in to Recognition@norcen.org!

www.norcen.org/Recognition





HRinsights

New! Position Posting

Title: Outpatient Coordinator Status: Full Time
Location: Wausau Campus Outpatient Services
Apply Online! <http://bit.ly/NCHCOPCoord>

Under the direction of the Outpatient Director, this position will coordinate day to day clinic activities to ensure efficient and effective operations.

Education and Experience Requirements

Bachelor's degree in Business Administration or Health Care Administration

Preferred:

1-3 years relevant experience in office management with exposure to mental health and/or substance abuse services.

Essential Duties and Responsibilities:

- Supports the day to day function of Outpatient staff, including therapists and psychiatrists, by providing a high level of customer service through addressing staff concerns and troubleshooting opportunities
- Leads coordination and scheduling of activities for successful on-boarding of Outpatient staff.
- Coordinates seamless alignment of scheduling functions in regards to meetings, time off and other events
- Partners with the Patient Access team to support revenue cycle.
- Monitor successful program operations through reporting and audit functions of key performance indicators
- Facilitates patient transfer requests.
- Manage supply inventory
- Participate in quality improvement initiatives
- Manage program recertification process
- Collaborates with leadership from multiple programs to facilitate effective program function and support

New! Position Posting

Title: Infection Preventionist Status: Full Time
Location: Wausau
Apply Online! http://bit.ly/NCHC_InfPrevention

The Infection Preventionist assists leadership in the promotion and application of measures to prevent and/or control infections among patients, visitors, contractors, and employees. This individual will facilitate compliance with the many regulatory agencies with oversight to healthcare facilities. This individual will observe, evaluate, educate, and implement Infection Prevention practices and activities. The position is accountable for ongoing Infection Prevention practices for North Central Health Care, executing the components of the Infection Prevention Specialty and may require travel.

Education and Experience Requirements

- Bachelor's degree in allied health care related field; If Registered Nurse, must possess an active Wisconsin RN license and degree from an accredited college/university.
- A minimum of 2 years of health care experience
- Inflectional Prevention and Control Certification (APIC) within one (1) year of hire preferred
- Knowledge of infection prevention and control principles and process improvement.
- Demonstrated leadership skills including leading groups of people and problem solving.
- Excellent communication, presentation, and interpersonal skills.
- Ability to work independently with minimal supervision and work under time constraints.
- Ability to develop rapport and maintain positive, professional relationships with a variety of patients, staff and physicians.
- Excellent analytical and critical thinking skills. Broad knowledge and understanding of Quality and Performance Improvement and how to implement in the clinical setting.
- Must be detail-oriented with a high degree of accuracy.
- Operational experience in accreditation/regulatory affairs
- Valid Wisconsin driver's license and appropriate auto insurance coverage as required by North Central Health Must have the use of a personal vehicle

Preferred:

- Registered Nurse Clinical experience preferred in the hospital and long term care setting
- A 3 or more years of experience working in an acute care hospital or public health agency.
- Previous experience as a member of an Infection Prevention/Control program beneficial
- Any combination of education and experience that provides equivalent knowledge, skills and abilities may be considered.



IMPORTANT INFO FROM HR

Eligibility Verification Program to Start Soon

North Central Health Care works hard to preserve the benefits we offer to you and your dependents under our healthcare plan. In order to continue to do this, starting mid-September, we will begin an Eligibility Verification Program conducted by HMS, an independent firm. All employees who have a dependent enrolled in our health plan will be required to participate. The purpose of this Program is to ensure all dependents enrolled in the NCHC Health Plan meet eligibility guidelines so that only eligible dependents are covered.

You will be receiving a letter at home soon with detailed instructions on what you will need to do to complete the requirements of the program by the due date. In the meantime, if you have any questions, please contact Lynn Wengelski, in Human Resources at LWengelski@norcen.org 715-848-4438. Thank you for cooperating in this important program, which will benefit all of us.



Tracy Heiting Alicia Elsner Steve Lipinski Rose Amundsen Jon Phelps Katie Kretschmer



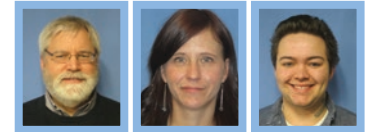
Mikki Sitte Anna Vanderleest Jordan Imoehl Ceceilia Upton Kathryn (Katie) Garcia Monica Mynsberge

OUTSTANDING TEAM PARTNERSHIP AWARD
Forest Jackson Team & Redeployed Staff

Congratulations to the Forest Jackson & Redeployment Team, recipient of NCHC's Outstanding Team Partnership Award. These employees were recognized for their outstanding team work. Nominated by a manager and a new employee, the team have shined in the face of adversity through Covid-19.

"The Forest Jackson staff are completely incredible, they have taken us under their wing teaching us the ropes, seeing as this wasn't a regular employment position. The staff have patience with asking questions, learning the ropes and getting to know all the residents and their needs. Just observing them makes me appreciate being able to help where I can. This experience of being able to work with the Forest Jackson staff provided a whole new view of NCHC and what it offers."

Congratulations to Transportation who was also nominated for this award.



Kevin Traeder Rebecca Mattmiller Jaxon Seeger



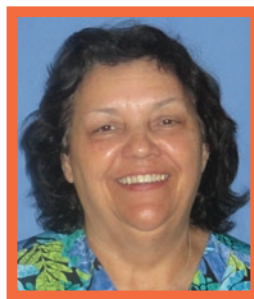
OUTSTANDING SERVICE EXCELLENCE AWARD
Jessica Baumann, HIM

Congratulations to Jessica Baumann, recipient of the NCHC's Outstanding Service Excellence Award. Jessica was nominated by staff in her department. Jessica recently volunteered to take on tasks in the HIM department when several employees recently retired. Jessica know every aspect of the job and she is willing to learn and teach others. She has become a true leader in the HIM team and is the go-to person for incoming calls, walk-ins and training staff.

"Jessica is always willing to help clients and coworkers with any questions and does with much compassion and patience. Jessica truly made my retirement transition easier with her quick learning capabilities and attention to detail."

Congratulations to Linda Bever, Patient Financial Services and Nancy Schultz, Food Services who were also nominated for this award.

OUTSTANDING PERSON-CENTERED SERVICE AWARD
Linda Stankowski, Food Services



Congratulations to Linda Stankowski of Food Services, recipient of the NCHC's Outstanding Person-Centered Service Award. Nominated by a member of another team who feels Linda goes above and beyond to forge new connections with residents and families.

"Linda is an employee in food services but she goes beyond the call of duty to make sure families and residents feel cared for. Linda sews as a side job. A hospice resident was requesting to wear long night shirts, but was unable to due to their physical needs. Linda was very gracious and was able to use her skills to adapt night shirts on her own time so the resident was able to wear them. This act of kindness meets all our Core Values and shows the importance of relationships even when Linda did not know the residents or family."

Congratulations to Pam Mack, Pine Crest who was also nominated for this award.

OUTSTANDING LEADERSHIP AWARD
Scott Van Ermen, Pharmacy



The Outstanding Leadership Award recognizes a director, manager or supervisor who inspires, influences and conducts themselves in a professional manner, acting as a role model for others to follow in the workplace and our community. Congratulations to Scott Van Ermen of Pharmacy. Scott was nominated by staff in another program.

"A Highlight Reel: 1. When Covid-19 was announced her personally made 14 gallons of hand sanitizer. Character isn't found in job descriptions. 2. In our logistics and supplies subgroup he always stays on top of current news and is volunteering to help. 3. Tracking and controlling overtime in Pharmacy - 2017 - \$13,000, 2018 - \$1,500, 2019 - \$200. In 2 years he saved \$24,300! 4> Revenue expansion - 2017: \$4.3 mil 2018: \$4.9 mil 2019: \$5.3 mil. Journey!"

Congratulations Scott! Thank you for your outstanding leadership. Congratulations to Chris Bleck, Human Resources who was also nominated for this award.

Nominate a Coworker or Team today! www.norcen.org/Recognition



tidbits on benefits

WELLNESS CORNER

Submitted by Aspirus

MAKE SURE YOUR KIDS GET A GOOD NIGHT'S REST

Want to help your kids start each day off, right? Make sure they hit the pillow early enough each night. Getting enough sleep benefits children in many ways. For starters, well-rested kids tend to behave better. They learn better too. And they may have fewer illnesses since sleep is good for the immune system.

For sleepy kids, it's a different story.

"Being drowsy can make kids crabby. And it's hard to concentrate on schoolwork when they're tired," said Aspirus Pediatrician Dr. Kylene Draeger. "In fact, recent studies have shown that the amount of sleep a child gets every night can be directly correlated with scores on IQ tests".

Help kids sleep tight

But even though sleep is essential, all too often children fall short. So it's important to make sure kids head off to bed early enough to get enough hours of nightly shut-eye. Experts say kids need this much sleep (including naps):

- Infants—12 to 16 hours.
- Toddlers—11 to 14 hours.
- Preschoolers—10 to 13 hours.
- Grade-schoolers—9 to 12 hours.
- Teens—8 to 10 hours.

These tips may help if your child has trouble falling asleep despite sticking to a bedtime:

Wind down. As bedtime approaches, keep noises to a minimum. Dim the lights. Darkness promotes melatonin (a sleep-inducing hormone).

Turn off the tech. Avoid letting kids watch or listen to upsetting or scary content within two hours of bed, and make sure they avoid TV, smartphone, tablet or other screens within an hour of their bedtime. Some content can be too stimulating. And the blue light from screens can interfere with the body's release of melatonin.

Start a relaxing routine. You might have your kids brush their teeth and read a book or take a warm bath before heading off to sleep.

Turn down the heat. It's easier to fall asleep in a bedroom that is a little bit on the cool side.

Watch the caffeine. Encourage your kids to limit or avoid caffeinated beverages four to six hours before bed.

Set a good example. Go to bed on time yourself.

Want to learn more about sleep? Tune in to Aspirus Family Nurse Practitioner Shannon Handler's podcast, *Do you love sleeping? You should.* found online at:

<https://www.aspirus.org/podcasts/do-you-love-sleeping-you-should-23>



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





WAUSAU CAMPUS RENOVATIONS From the 4th Floor of the Nursing Home Tower!





THE WALK TO END ALZHEIMER'S IS COMING UP!

SATURDAY, SEPTEMBER 26, 2020

Join the NCHC Team!

All are welcome!

The world may look a little different right now, but one thing hasn't changed: our commitment to ending Alzheimer's. This year, Walk to End Alzheimer's is everywhere — on every sidewalk, track and trail.

Your health and safety are our top priorities. We won't have a large in-person gathering — instead, we invite you to walk in small teams of friends and family while others in your community do the same. Because we are all still walking and fundraising for the same thing: a world without Alzheimer's and all other dementia. Down your road and in your neighborhood, we can all walk to raise awareness and support the Walk to End Alzheimer's.

2020 Walk to End Alzheimer's - Wausau

Saturday, September 26, 2020

[add to calendar](#)

REGISTER

DONATE

72 PARTICIPANTS

21 TEAMS



www.norcen.org/WalktoEndALZ

