

A Weekly Update
For The Employees of
North Central Health Care



MASK UP! NCHC!

Protect others and slow
the spread of illness.

NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

Buckle Up

COVID fatigue is real and seemingly getting worse. At the same time, Aspirus notably had a press conference this week to highlight increasing volumes and encourage mask use to reduce the spread. Here at NCHC we have several active employee cases of COVID right now and the number of individuals being potentially exposed, tested, and quarantined is growing. Our Inpatient Hospital had our first active patient case this week as well. We have a good plan to manage the exposure risk and keep our team safe. Our communication and management efforts are well done and we are well prepared, but we're still counting on everyone to do the right thing. The reality remains – buckle up, we are heading towards stormy waters the way things are looking.

Despite seeing what appears to be storm clouds on the horizon, focusing on what we can control is key. Here is what I believe to be true: *When people wear masks here at work and stay home when they have symptoms, we have a very high likelihood of not spreading the virus.* We have demonstrated this a number of times already. The most important thing we can do as a team is to mask up and stay home if you're sick. Also, when we're dealing with COVID-positive patients and residents, we have the appropriate PPE to keep you safe, and we need our team to use it as intended. We can successfully deal with positive cases if we're vigilant. When we had our Mount View outbreak, there weren't any staff members that got COVID from the residents who were positive. I have the confidence we can handle COVID cases. My very important request is that we focus on keeping ourselves available for the people we serve – meaning not out of work because of exposures in the community stemming from decisions not to follow public health guidance.

Unfortunately, masks have become somewhat of a political fashion statement. While we may not agree with each other's personal choices outside of work, or have a difference of opinion on managing risk, here at NCHC it's really simple – if you don't wear a mask at work according to policy, or knowingly come to work with symptoms, you can't work here. We're relying on each other to get through this. We've done an excellent job so far and now is not the time to take our eye off the ball.

As COVID cases have increased, the Marathon County Health Department released the following as part of press announcement on Friday, September 25th:

"The only way to slow down the pace (of spread) is to stay home more and not go to parties, games, and social or family events" stated Judy Burrows, Public Information Officer. "The best help we could have is for people to skip social gatherings and stay home so our schools and businesses can stay open."

"We need everyone's help; now is a critical time to slow the spread. Watch your distance in public, avoid groups, wear a mask when in public, wash your hands, stay home if you are sick."

This is the call to action – we're in this together.

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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, Sept. 28 –
Sunday, Oct. 4

Dr. Robert
Gouthro



Person-Centered

Shout out

Laurie Hines, Outpatient

Why: Laurie has made a positive impression on her peers, sharing her feelings and concerns openly to support a peer, excellent team advocacy!

Submitted By:
Carrie Paisar





NEW AT NCHC

Open Access Clinic

A program recently started at NCHC called Open Access Clinic. The Open Access Clinic will provide services to patients who have violated the NCHC No Show policy, and as a result are unable to schedule with their assigned provider. Open Access will also serve those with acute mental health needs that are unable to get an appointment with their assigned provider the same day. The preferred service delivery is through the assigned provider whenever possible with Open Access as a backup for established Outpatient patients that in the situations as described above are unable to see their assigned provider the same day. These services are not intended to replace Crisis services when individuals are at imminent risk for harm to self or others. These patients should be referred to Crisis.

Part of Open Access is the Open Access Group. This group will be psycho educational in nature. Open Access Psychiatry will provide individual psychotherapy and medication checks. Provided through telehealth currently, the Open Access Group offers 12 weeks of group psycho-education programming three days a week (Tuesdays, Wednesdays, Fridays) and covers Cognitive Behavioral Therapy skills as well as mindfulness and relaxation activities. In addition, this program can be utilized to reestablish care with Outpatient services if a client has had several no-shows and it no longer open to services. This was our first week and we have had a really great response so far!

RETIREMENT NEWS!

Congrats Mary Streich of Pine Crest!

Mary Streich Housekeeping at Pine Crest has retired after 20 years of service. Mary worked in Environmental Services as a Housekeeping Aide but also was a CNA too for a period of time. Thank you Mary for all your service to Pine Crest and our residents. Have a wonderful retirement!



CONGRATS JESSICA BAUMANN

Outstanding Service Excellence Award Recipient

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 knows 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.

Shout out



Open Access Group Facilitators: Caroline Chalk, Carly Krueger and Rachel Davis

Why: Cara Reed shared that she referred one of her clients to Open Access as a supplement to their treatment. The client found the group beneficial and reported a positive experience. This is great feedback for the first week! I appreciate the support your team is providing!

Submitted By: Janelle Hintz



TAKE THE NCHC EMPLOYEE SUPER SURVEY!

Hey Team! The Recognition Committee wants to hear from you!

What did you think about the 2020 Employee Celebration Week this year? Leave your feedback in this quick 6-question survey and you will be entered into a drawing for your chance to win one of 3 awesome prizes being given away! Thanks in advance for your feedback.

<http://bit.ly/SuperSurveyNCHC>

Be sure to complete the survey by Monday, October 5 to be entered to win!



BUSINESS 51 ROAD PROJECTS SCHEDULED TO START NEXT WEEK

Build in Extra Time for Traffic to and From Wausau Campus from the Schofield Area

Improvements to Business 51, between Everest Drive to Schofield Avenue and East Grand Avenue to Eau Claire River Bridge are scheduled to begin on September 30. Crews will be resurfacing the asphalt pavement and repairing storm water inlets. Traffic will be reduced to a single lane in each direction and southbound lanes will be open between Jelinek Avenue and Everest Drive between 3 pm and 6 pm. Nighttime operations will close the eastbound and westbound WIS 29 ramps for two nights. Construction is scheduled to be completed by October 31.

Be sure to build in extra time to and from work and be cautious around construction areas! Keep our road crews safe!

For more information visit <https://projects.511wi.gov/bus51marathon/>

Thank you to Linda Bever in Patient Accounts for sharing this information with our team!





WAUSAU CAMPUS RENOVATIONS

Photos from the 4th Floor!





North Central Health Care
Person centered. Outcome focused.

Employee Recognition

NOMINATE A COWORKER FOR A RECOGNITION AWARD!

Developed by our Person-Centered Service Employee Recognition Committee, this program is a way that you can recognize your outstanding coworkers here at NCHC. There are distinct awards for direct care, non-direct care, teams and leaders!

Quarterly Recognition Awards

Outstanding Person-Centered Service Award

Recognizes an employee who provides direct care,

exceeds standards and works effectively to ensure the optimal patient experience and uncompromising Person-Centered Service.

*NCHC Directors, Managers and Supervisors are not eligible for this award.

Outstanding Service Excellence Award

Recognizes an employee who does not provide direct care,

has consistently achieved exemplary performance within their program and has excelled in supporting the programs and services of NCHC.

*NCHC Directors, Managers and Supervisors are not eligible for this award.

Outstanding Team Partnership Award

Recognizes any work team, committee or department

who has made significant contributions to advance the position and reputation of the department or organization. 15 employees or less per group.

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.

*Recipient selected by Executive Team and presented quarterly at the Management Meeting.

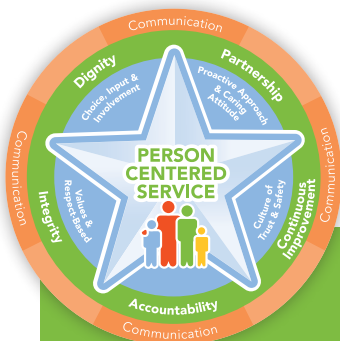
Annual Award

L.E.A.F Award – Lives Enriched and Fulfilled

The L.E.A.F. Award recognizes an employee who embodies the Vision of NCHC - Lives Enriched and Fulfilled.

This individual has sustained their actions throughout the course of the year and is a positive example of Person-Centered Service at NCHC. All employees who were recipients of an individual quarterly award within the designated year are eligible.

*L.E.A.F. Award Recipient selected by NCHC Executive Leadership Team.



How to Nominate An Employee

There is only 1 Nomination Form for all four Quarterly Awards.

Nomination forms can be found on our NCHC website 24/7, near your department Communication Board or on the Odrive in the Recognition Folder. Or ask a Manager or Supervisor for help! Email your form to Recognition@nrcen.org or deliver to Human Resources!

A sample nomination form for the North Central Health Care Employee Recognition Program. It includes sections for nominator information, nominee information, and a table for selecting the award category and quarter.

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

www.nrcen.org/Recognition



VIRTUAL PRESENTATION TO WI DIRECTOR OF NURSING COUNCIL

Person-Centered Approach to Bariatric Residents in a Nursing Home Setting

On September 22 the Mount View team including Cheryl Rye, Kevin Nelson, Dana Kodl, Hanna Olson and Dr. Dakota Kaiser presented a virtual panel to the WI Director of Nursing Council. The presentation focused on Mount View's Person Centered approach to working with bariatric residents and weight loss. The team talked about the barriers of weight loss in a nursing home setting and shared the videos of a success story of one of the residents who lives here. Advice from the panel to the audience included: plan as much as you can before admission, listen and be there for the resident during their successes and failures and as a team grow and learn together. Great work team!



CONGRATS FOREST JACKSON & REDEPLOYMENT TEAM

Outstanding Team Partnership Award Recipients

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. Tracy Heiting, Care Coordinator accepted the award on behalf of the group.



**HAPPY
ANNIVERSARY**

SEPTEMBER EMPLOYEE ANNIVERSARIES

Thank you for your service!

Rose Amundsen	9/9/13
Jean Baribeau-Anaya	9/1/16
Samantha Berndt	9/10/18
Keith Boyce	9/19/18
Danielle Brusky	9/21/15
Tonya Bush	9/10/18
Jennifer Campbell	9/29/15
Doris Clausen	9/9/10
Jamie Collins	9/21/15
Shirley D'Amico	9/10/90
Linda Dotter	9/5/17
Christina Hackbarth	9/19/11
Bobbi Hansen	9/10/18
Rita Heinz	9/19/16
Tracy Heiting	9/21/15
Josie Herman	9/23/02
Caree Hoerman	9/11/17
Rick Hubacek	9/11/17
Dana Kodl	9/9/13
Brittany Kuehn	9/16/19
Nancy Lazarz	9/27/17
Steven Lipinski	9/28/98
Michelle Lorbiecki	9/8/08
Deanna Maruska	9/21/15
Hannah Metz	9/17/19
Mary Osheim	9/5/00
Ginger Osness	9/22/14
Darla Plaster	9/7/10
Christina Pretorius	9/27/05
Steffenie Quaintance	9/11/17
Nicki Raikowski	9/16/19
Sara Rajek	9/16/19
Rhonda Rogalla	9/24/07
Krista Sadenwasser	9/10/12
Todd Schueller	9/13/93
Donna Schultz	9/12/05
Heather Schultz	9/22/08
Michelle Sczygelski	9/17/97
Suzanne Sedrak	9/27/05
Hunter Slozes	9/16/19
Sierra Smith	9/9/13
Nancy Stencil	9/24/07
Rebekka Surber	9/17/19
Jodi Swid	9/11/17
Angela Troseth	9/18/91
Kimberly Van Ermen	9/30/13
Kaitlin Vesnefsky	9/11/17
Donna Ward	9/14/01
KARLY WISNOSKY	9/14/20
Shadi Wrigley	9/11/18
Zachary Ziesemer	9/30/19





Thank You!

I can only imagine what it's like for you. The anxiety. The fear. The uncertainty. And yet you've somehow managed to keep showing up every day to save lives. You and your colleagues are the real heroes. Thank you and we are forever grateful!

~Cindy

THANK A HEALTHCARE WORKER

#MCLIVEUNITED

Thank You!

Dear Healthcare Workers,

I greatly appreciate your heroic efforts to provide care during this pandemic. You are all in my prayers daily that you might be protected from getting the virus and that medical researchers might find a cure and a vaccine for this nasty COVID-19 virus.

- Sincerely,
~Joe H.

THANK A HEALTHCARE WORKER

#MCLIVEUNITED

Thank You!

Dear Healthcare Workers,

There aren't enough words to adequately describe the immense sense of gratitude I feel for our essential workers. To be "essential" is to not often have the option to choose to stay home. I'm incredibly thankful for the sacrifice they-and their families- are making to keep us all safe.

Sincerely,
~Joe H.

THANK A HEALTHCARE WORKER

#MCLIVEUNITED



Hello, I just wanted to say how much you mean to many people. How you are a symbol of hope in these dire times. The amount of dedication it takes to be a nurse is awe-inspiring. So again I will say Thank you. Thank you for your selfless actions. Thank you for your bravery. And finally Thank you for all your hard work. You worked hard every single day and everyone applauds you for that. We are grateful to you.

~Elva M.

THANK A HEALTHCARE WORKER

#MCLIVEUNITED

Thank You!

Dear Healthcare Workers,

Thank you to all of the healthcare workers who selflessly give themselves to others. You are true heroes and should be recognized as such. Love and blessings to you all. Stay safe and know we are all thinking of you.

-Thank You
~Joe H.

THANK A HEALTHCARE WORKER

#MCLIVEUNITED



Not everyone has the bravery to work on the front lines. I'm glad you do. Thank you!
~Parker H.

THANK A HEALTHCARE WORKER

#MCLIVEUNITED



ON THE MOVE!

Congrats Alexandra Unruh!

Congratulations to Alexandra Unruh for a recent transfer from Legacies by the Lake CNA to the Youth Mental Health Hospital as a Behavioral Health Tech! Congrats Alexandra!



Congrats Rachel Davis!

Congratulations to Rachel Davis for her recent transition from Recovery Technician to Therapist In-Training! Congrats Rachel!



Congrats Lisa Verage!

Congratulations to Lisa Verage for a recent transfer from Nursing Home Housekeeping to Residential Care Assistant at Chadwick Group Home!



UPDATES TO MICROSOFT OFFICE

Beginning Week of September 21, 2020

In late October 2020, Microsoft will end security support for the Office 2010 software. To ensure that we are operating in a secure technological environment, it is imperative that we have software that has latest security updates and support on the computer systems and our network. A secure network is crucial to healthcare medical records and operations. We will begin the process of migrating affected devices and staff to updated Microsoft Office platforms beginning the week of 9/21/2020. The long term goal is to migrate all NCHC users to Office 365. This will require a multi-step process to meet the goal of Office 2010 eradication by the end of October.



STEP 1 Create two distinct groups.

Group A: Shared Laptops and Workstations that Require an Office 2010 to Office 2013 Upgrade.

This group contains computers that are primarily shared laptops and workstations, which need to be upgraded from Office 2010 to Office 2013.

Group A computers that will be upgraded to Office 2013 may see the loss to autofill for people you regularly email as well as custom personal libraries of words that you use regularly.

Group B: NCHC Management and Support Services Departments

This group's devices (and Users) will be upgrading to Office 365 and do not need the 2010 to 2013 upgrade first. You may see the loss to autofill for people you regularly email as well as custom personal libraries of words that you use regularly.

- o Migration to Office 365 will involve similar local changes as well as some newer features that are still being reviewed.
- o The overall migration to Office 365 is a major step so we are starting with smaller targeted groups in order to evaluate the effects and impact.

STEP 2 Notify users.

This will begin once the groups are determined and we are about to begin migrating users and/or specific departments. The notification will include a tentative dates as well as differences you may encounter.

Thank you for your patience as we migrate workstations through this change, these changes will allow us to make sure your workstations are able to be patched and remain secure on our network.

"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!

together

WE CAN SUPPORT THOSE AFFECTED BY MENTAL ILLNESS

THERE IS STRENGTH IN NUMBERS

NAMI Wisconsin is part of the National Alliance on Mental Illness. Our mission is to improve the quality of life of people affected by mental illness and to promote recovery. Every NAMI membership increases NAMI Wisconsin's voice in the state legislature, in businesses, and in local communities around the state. 1 in 5 people will experience mental illness sometime in their life. The other 4 out of 5 will know a friend or family member living with a mental illness. Together we can provide hope for recovery and make a positive impact for all those affected by mental illness.

This September 2020 we are hosting our first ever membership drive!

This September, join NAMI Wisconsin and receive a gift, get newsletters, access discounts on events, and, most importantly, help those affected by mental illness! When you become a NAMI Member, you support us at the national, state, and local levels. A membership can be a one-time donation. 100% of your membership gift is tax deductible.

HOW TO PARTICIPATE

Help us grow deeper roots in Wisconsin by bringing new members. When you refer a person to become a new member at any level, you get one point. At the end of the month, you will be able to choose some awesome swag to redeem based on how many people you referred*. Plus, all new members will receive an exclusive gift in the mail when they sign up! While supplies last

HOW TO JOIN*

Tell your friends to visit www.namiwisconsin.org/join to become a member. When they sign up, make sure they put your name as their referral so you get points! Everyone who joins in the month of September will get a free tote bag and complimentary registration to our virtual event September 29th, 2020.

GRAND PRIZES

The 3 members who get the most referral points will win one of our grand prizes:

- 1st Place (most referrals): free registration to our 2021 annual conference at the Ingleside Hotel (includes room) plus a NAMI Wisconsin swag bag!
- 2nd Place: Green Bay Packers Swag Bag
- 3rd Place: NAMI Wisconsin swag bag including a shirt, hoodie, mason jar tumbler, coffee cup, and more!

MEMBERSHIP LEVELS

- Individual Membership: \$40
Includes one person
- Household Membership: \$60
Covers anyone living in the same household
- Open Door Membership: \$5
For those with limited financial resources

NAMI Wisconsin



HRinsights

New! Position Posting

Title: Certified Medical Assistant **Status:** Full Time
Location: Wausau Campus
Apply Online! <http://bit.ly/MedAsstNCHC>

Perform general, clinical, and administrative skills as certified medical assistant in an client setting.

Required:

- Graduate of an accredited Medical Assistant Program
- Current certification as a CMA/RMA through AAMA
- Current BLS (CPR) Certification
- Ability to obtain vital signs, chief complaint, allergies and updates the following: medication list, medical and surgical history, family history and substance history as needed.
- Ability to administer and document ordered medications and injections following guidelines with required form, i.e. consent forms, etc.
- Valid Wisconsin driver's license and appropriate auto insurance coverage as required by North Central Health Care.
- Must have the use of a personal vehicle.

Preferred:

- One to three years' experience in Substance Abuse and/or Mental Illness

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
- Infectional 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.

HERO HOURS!

Did You Know You Can Shop Special Hours at Sam's Club Every Sunday From 8 - 10 am Just For Working In Healthcare?

Sam's Clubs across the country are welcoming in healthcare workers chain wide into their clubs for special shopping hours on Sundays from 8 a.m. – 10 a.m. These Hero Hours are for you NCHC staff at all locations. All shoppers entering clubs will be provided with a mask for safety. You do not need to be a Sam's Club member to shop. These hours are typically reserved for Sam's Club associates only. Happy Shopping!!

<https://corporate.samsclub.com/business/hero-hours>

FACE MASK PROJECT UPDATE!

Approaching 5,000 Masks!

Volunteer Services have sent another 560 face masks to laundry to be washed. All the masks have been donated as part of our NCHC Face Mask Project! This brings our total of masks to 4,200 to date. Thank you to all those who have donated materials or sewn mask kits. Also thank you to all the staff who have made this project possible in Organizational Development, Volunteer Services, Switchboard, Laundry and Purchasing. Team effort!

tidbits
on benefits

WELLNESS CORNER

Submitted by Sherry Gatewood, PA

FLU VACCINE
SEASON IS HERE

It is more important than ever to get your Influenza vaccine! Public health professionals recommend getting the flu vaccine every year, however, due to the potential for an increase in COVID 19 infections, getting the flu vaccine can help lessen the numbers of illnesses and complications altogether for this season.

What are the benefits of flu vaccination? Here is an article from the Centers for Disease control and Prevention

There are many reasons to get an influenza (flu) vaccine each year.

Flu vaccination can keep you from
getting sick with flu.

Flu vaccine prevents millions of illnesses and flu-related doctor's visits each year. For example, during 2018-2019, flu vaccination prevented an estimated 4.4 million influenza illnesses, 2.3 million influenza-associated medical visits, 58,000 influenza-associated hospitalizations, and 3,500 influenza-associated deaths.

During seasons when the flu vaccine viruses are similar to circulating flu viruses, flu vaccine has been shown to reduce the risk of having to go to the doctor with flu by 40 percent to 60 percent.

Flu vaccination can reduce the risk of flu-associated hospitalization for children, working age adults, and older adults.

Flu vaccine prevents tens of thousands of hospitalizations each year. For example, during 2018-2019 flu vaccination prevented an estimated 58,000 flu-related hospitalizations.

A 2014 study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit (PICU) admission by 74% during flu seasons from 2010-2012.

In recent years, flu vaccines have reduced the risk of flu-associated hospitalizations among older adults on average by about 40%.

A 2018 study showed that from 2012 to 2015, flu vaccination among adults reduced the risk of being admitted to an intensive care unit (ICU) with flu by 82 percent.

Flu vaccination is an important preventive tool for people with chronic health conditions.

Flu vaccination has been associated with lower rates of some cardiac events among people with heart disease, especially among those who had had a cardiac event in the past year.

Flu vaccination can reduce worsening and hospitalization for flu-related chronic lung disease, such as in persons with chronic obstructive pulmonary disease (COPD).



Sherry Gatewood, PA

Flu vaccination also has been shown in separate studies to be associated with reduced hospitalizations among people with diabetes and chronic lung disease.

Flu vaccination helps protect women during and after pregnancy.

Vaccination reduces the risk of flu-associated acute respiratory infection in pregnant women by about one-half.

A 2018 study that included influenza seasons from 2010-2016 showed that getting a flu shot reduced a pregnant woman's risk of being hospitalized with flu by an average of 40 percent.

A number of studies have shown that in addition to helping to protect pregnant women, a flu vaccine given during pregnancy helps protect the baby from flu for several months after birth, when he or she is not old enough to be vaccinated.

Flu vaccine can be lifesaving
in children.

A 2017 study was the first of its kind to show that flu vaccination can significantly reduce a child's risk of dying from flu.

Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.

A 2017 study (CDC 2017) showed that flu vaccination reduced deaths, intensive care unit (ICU) admissions, ICU length of stay, and overall duration of hospitalization among hospitalized flu patients.

A 2018 study (CDC, 2018), external icon showed that among adults hospitalized with flu, vaccinated patients were 59 percent less likely to be admitted to the ICU than those who had not been vaccinated. Among adults in the ICU with flu, vaccinated patients on average spent 4 fewer days in the hospital than those who were not vaccinated.

Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions. Despite the many benefits offered by flu vaccination, only about half of Americans get an annual flu vaccine and flu continues to cause millions of illnesses, hundreds of thousands of hospitalizations and tens of thousands of deaths. Many more people could be protected from flu if more people got vaccinated

<https://www.cdc.gov/flu/prevent/keyfacts.htm>

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 Dr. Gordon
Internal Medicine,
Pediatrics
Aspirus
Weston Clinic



Getting your flu shot is always important, but it might be more important this year than ever.

Doctors say that in the middle of the COVID-19 pandemic, preventing any illness we can is crucial. Due to the similar symptoms of the flu and COVID-19, differentiating the diagnoses can be difficult.

With limited testing available for COVID-19, doctors can use all the help they can get in trying to care for patients.

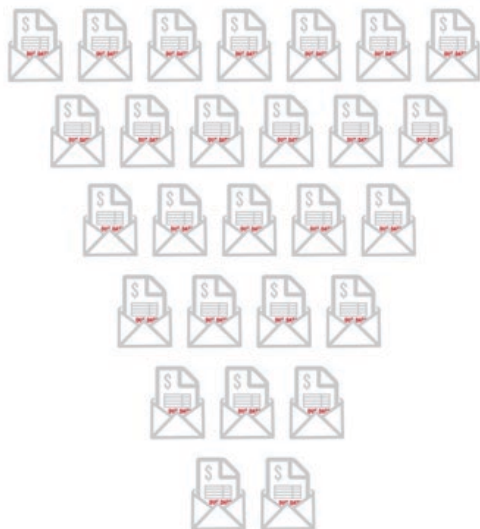
"It's going to make it very difficult for us to tell the difference. It's going to be a lot of testing. And the fact is if you've had a flu immunization, then, at least, there's a less likely chance that it is the flu. But it still could be," Dr. Larry Gordon of internal medicine and pediatrics at Aspirus Clinic in Weston says.

<https://www.wsaw.com/2020/09/21/doctors-flu-vaccinations-crucial-this-winter/>



Marathon County
Employees Credit Union

Too many bills cluttering your life?



Simplify.



**Consolidate your debt into
one low-interest loan.**

Call Pete Today!

Apply online at www.mcecu.org

715 261-7685

culoans@co.marathon.wi.us

400 East Thomas Street

Wausau, WI 54403



BENEFITS FOR NCHC EMPLOYEES FROM RASMUSSEN COLLEGE

Visit rasmussen.edu/norcen

North Central Health Care has an alliance with Rasmussen College which allows you to **save up to 20% on tuition***. Visit rasmussen.edu/norcen to request information about the program and learn about all the ways to save on your continued education.

*In order to qualify for the grant, all admission requirements must be completed, and enrolling students must provide proof of employment. Students cannot receive both corporate and military grants. For additional details, visit: rasmussen.edu/tuition.

NEW! Master of Business Administration (MBA) - A fully online MBA degree program designed for working professionals. By analyzing case studies, viewing lectures and completing coursework, your employees will gain knowledge and skills that can help them solve problems in a complex, ever-changing business environment. <https://www.rasmussen.edu/degrees/business/master-business-administration/>

Enroll by September 30 and start on October 5, 2020, students are eligible for Rasmussen's MBA Under \$10k Offer, which features a special tuition rate of \$155 per credit.¹ Note: Offer cannot be combined with the Corporate grant. See details below.

NEW! Master of Public Health (MPH) - A new Master's program for healthcare professionals who want to take a broader community perspective on health. <https://www.rasmussen.edu/degrees/health-sciences/master-public-health/>

Start Strong Tuition Savings - Online credit by assessment offerings—typically \$99 per assessment—offered at no cost to eligible employees which can help them save up to \$6,000 on tuition and fees.² [Learn More](#)

\$4k Next Step Grant - Exclusively for 2020 high school graduates starting classes this calendar year. <https://www.rasmussen.edu/tuition/next-step-grant/>



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Can You Help?

Pharmacy is in need of clean used paper grocery bags. If you have any bags you can donate, please place them in interoffice mail to the Pharmacy or drop them off at the Pharmacy or Welcome Desk. Thank you!