



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

#### Weekly Status Reports

With dramatic increases in Covid-19 cases in all three of NCHC's services counties, we have also seen an increase in employee reports of symptoms, exposures and positive cases. Last week, there were eight reports of employees contracting Covid-19 between Sunday and Thursday. We hope that all our staff and family who are affected recover quickly and do not have any lasting effects from this virus. A dashboard has been created for employees to keep you up to speed on reported cases within NCHC, instead of sending an email notification with each new case reported. Managers will review new cases each day at the morning Safety Huddle to relay information needed that may impact your program. On the next page you will find a list of current active positive employee cases at NCHC, the program and reported date. Some cases were caught with routine testing at the nursing homes and BHS, while others are from employees who reported in with symptoms and were tested. Employee self-screening and temperature monitoring is working. Routine testing in nursing homes and BHS is also working to catch asymptomatic cases. *We have these proactive screening precautions in place for a reason – to prevent the spread of illness and prevent our employees and those we care for from getting ill.*

Remember, if you are experiencing any symptoms, **stay home**. Contact Employee Health 715.848.4396 and your manager. If you are at work and you begin to experience symptoms, stop all direct patient care and contact Employee Health and your manager.

Everyone should assume that they may encounter multiple people on a daily basis that could potentially be infected with Covid-19, and who are asymptomatic. **Regardless of which program you work in, if you work remote or you visit a location occasionally, your infection prevention practices should always be the same: wear your mask at all times, wash your hands thoroughly and frequently, practice social distancing, avoid large gatherings and stay home when you are ill.**

When you are not at work, we strongly encourage you and your family to practice responsible choices that align with the infection prevention guidelines recommended by our county health officials and NCHC. Limit your trips into the community to essential activities: grocery shopping, picking up medications and caring for family. Avoid large gatherings and social events such as parties and get-togethers. When employees are exposed, symptomatic or positive for this virus, your absence impacts your team and our organization's ability to care for those we serve. We can, and we will, get through this. It will take all of us and our entire community to do their best to prevent the spread of illness. We hope for a quick recovery to all our staff and their family who are sick right now.

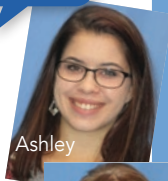
The status report on the next page will be provided weekly on Fridays, or more as needed. If you have any questions, please reach out to your manager or any member of our leadership team.

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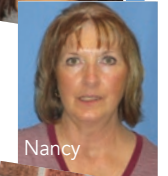
Person-Centered  
**Shout out**



**Ashley Kalenske,  
Nancy Stencil,  
Crisis & Trisha  
Stefonek, BHS**



Ashley



Nancy



Trisha

**Why:** They have been taking such good care of us on Inpatient while we are unable to leave the unit. They have been nothing but helpful. They've done more than they have had to for us. Trisha Stefonek also brought us water, snacks and some other things on Friday and it was so appreciated as well.

**Submitted By:  
Brandi McDonough**

#### 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, Oct. 5 –  
Sunday, Oct. 11**

**Jill Meschke**





### NCHC COVID-19 WEEKLY STATUS REPORT Confidential Employee Report

Employee Cases Reported September 23 - October 1, 2020

Program	Current Active Employee Cases	Date Reported
<b>New Cases</b>		
MVCC Northwinds	1	10/1
MVCC Legacies (GSC/LVH)	1	10/1
MVCC North./South. Reflections	1	10/1
MVCC Administration	1	9/29
Food Services - Wausau	1	9/29
Pine Crest South Central	1	9/27
Business Ops Wausau	1	9/26
BHS Inpatient	1	9/26
<b>Previously Reported</b>		
Community Treat - Adult Merrill	1	9/25
MVCC Administration	1	9/24
Pine Crest Administration	1	9/24
BHS Inpatient	1	9/24
Community Treat - Adult Wausau	1	9/23

Total Active Employee Cases 13

#### Operational Status of Service Programs:

- MVCC** - All Units on Enhanced Precautions, Weekly Testing Staff & Residents. No Outdoor, Window or Patio Visits allowed. Virtual and Compassionate Care Visits Allowed.
- Pine Crest** – 600/700/800 Units on Enhanced Precautions, Weekly Testing Staff & Residents. No Outdoor or Patio Visits allowed. Window, Virtual and Compassionate Care Visits Allowed.
- BHS Inpatient** - Open and operational. No visitation allowed.
- Crisis Center** - Open and operational.
- Crisis CBRF** - Open and operational. No visitation allowed.
- Community Living** - Open and operational. No visitation allowed.
- Lakeside Recovery** – Closed. No Admissions.
- Outpatient Clinics** - Open and operational. TeleHealth appts. as much as possible. No in-person groups.
- Community Treatment** - Open and operational. TeleHealth interactions as much as possible.
- Aquatic Therapy Center** – Open. Limited Capacity. No groups.
- Adult Day and Prevocational Services** - Open and operational.
- Adult Protective Services** - Open and operational.
- Clubhouse** - Open and operational.
- Pharmacy** - Open and operational.
- Transportation** - Open and operational for medical, grocery and employment appt. transportation for elderly and developmentally disabled.

Program Hours and Operations Online:  
[www.norcen.org/Covid-19](http://www.norcen.org/Covid-19)

### 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>

### 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 will 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 and 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.

### NCHC PHARMACY WANTS YOUR PAPER GROCERY BAGS 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!



North Central Health Care  
Person centered. Outcome focused.

# Food Consumption While at Work

## Please Help Stop the Spread of Illness

### Workplace Guidance from the CDC



There is no evidence that COVID-19 is spread by food. However, people sharing utensils and congregating around food service areas can pose a risk.

At ALL NCHC locations, Employees are required to follow these CDC guidelines to reduce the spread of illness:

- Wash hands before and after eating. Avoid touching your eyes, nose and mouth.
- No sharing of food or utensils at gatherings like potlucks or team food distribution. Individual wrapped/boxed servings are allowed for distribution to staff or if there is a designated server for items like pizza. No congregating around food distribution areas without masks on or while eating. Grab and go!
- No eating or drinking in hallways. Always keep masks on in hallways.
- Masks are only to be removed for eating or drinking and done so in designated areas determined by program or manager.
- Give yourself adequate time to wash your hands and clean and disinfect your eating area.
- Water fountains are to be used for water bottle fill up only. Do not drink directly from fountains.
- For shared items like staff coffee pots, microwaves and refrigerators: Managers are to supply cleaning wipes and/or disinfectant spray and paper towels for wiping frequently touched surfaces. Use before and after touching these surfaces.



Stay Informed with the Latest Information.

Visit [www.norcen.org/Covid-19](http://www.norcen.org/Covid-19) or [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)





RISE UP Mural "Now I See in Color"

### RISE UP Mural Dedication

This past week, RISE UP held a mural dedication ceremony on the 400 Block in downtown Wausau. Speakers included RISE UP organizers as well as local artists and NCHC staff. Michael Loy, CEO and Rachel Davis, Substance Abuse Counselor at Lakeside Recovery spoke on behalf of NCHC and shared the experience of the three years of efforts from RISE UP, NCHC staff and clients of Lakeside Recovery and other programs at NCHC. Paint days took place weekly at Lakeside Recovery or in the gymnasium on the Wausau Campus. The mural depicts the efforts of those who are recovering to move from the darkness into a more light and vibrant world, hand in hand with those who help them on their path of recovery. Alvin, NCHC therapy dog, even makes an appearance on the mural.

Thank you to all the staff who participated, supported and made this mural possible. You can view the mural anytime by visiting the 400 Block in downtown Wausau. There is a dedication plaque on the building in which NCHC, among many other donors and supporters, have their logos placed. It was truly a community effort!

### FRAUDULENT FAXES

#### Pay Close Attention and Look for Signs of Scams

This week, NCHC received what would have appeared to be a phishing scam, however this time, the scam was attempted by fax machine. Just as you would pay attention to details in emails that seem strange, out of place or irregular, that same is true for faxes. Crooks have learned how to use fax machines to their advantage by employing underhanded techniques designed to con people out of their money, even businesses. This is the actual fax came this week. We have highlighted some of the common tell-tale signs of the scam. For more information and common fax scams, visit <https://www.fraudguides.com/telemarketing/fax-scams/>

### OCTOBER EMPLOYEE PULSE SURVEY

#### We Would Like Your Feedback!

Please complete the following survey by October 16 by clicking the link below. The survey will take less than a minute to complete and is just a few questions long. It is meant to gain an understanding on how we can best support staff in our ongoing communications and effort to put our employees' health and well-being first.

<http://bit.ly/OctoberPulseNCHC>

The survey link will be available at our website, Facebook page and through this email. Please only complete the survey once.

We appreciate your continued dedication and hard work during this unprecedented time.



TO: 17158422017

10/01/20 11:42 Pg 1 of 1

### K & B Investment Portfolio Management

Rue Ducale 93, B-1000 Bruxelles, Belgium  
Tel N°: +32 460 247 696, Fax N°: +32 28 88 33 65  
E-mail Address: [inquiries@kborgesim.eu](mailto:inquiries@kborgesim.eu)

OUR REF: KB/101/BBE

YOUR REF: P02/7168/20

DATE: 1<sup>ST</sup> OCTOBER, 2020

Dear [REDACTED]

I am Mr. Kevin Borges a Financial Adviser and Investment Portfolio Management (FAIPM) based in Brussels, Belgium. I got your contact information from your country public record while searching for a last name similar to my late client's, a business magnate by name Mr. Albert [REDACTED] who lived and worked with Energy Company here in Belgium for over two (2) decades prior to his death. He died of a heart attack a year later after the demise of his wife and two children in a car accident, which occurred in December 2014. Do not be amazed with this letter, I am contacting you based on trust and confidentiality that will be attached to this transaction. I decided to contact you after series of unsuccessful attempt to locate any of his extended family members.

Prior to further explanation, please accept my apology for this unsolicited mail. I am conscious that this is certainly not a predictable way of approach to foster a relationship of trust, but because of the circumstances and urgency surrounding this issue, I got to this point. Before the calamity, He has an unclaimed "permanent life insurance policy" valued at Seven Million, Five Hundred Thousand Euros Only (€7,500,000.00) which is "Payable-on-Death" ("POD") savings monetary deposit with a reputable financial institution. The Financial Institution has mandated me to present a member of his family (heir/inheritor) to make Claims as the insurance company code stipulates that "insured permanent policies" not claimed must be turned over to the European Deposit Insurance Scheme (EDIS) after 10 years as unclaimed asset and made unserviceable in accordance with existing laws.

After my exhaustive efforts and searched for either a direct or extended family member to my late client which came to no avail and given this situation, my suggestion is that, I will like you to stand as the beneficiary to the "insured permanent policies" of my deceased client.

I know you may not be anyway related to my late client but having a common last name with the deceased and the modality I have in place, I can guarantee that if you give me your consent and follow my instructions the policy benefit will be released to you. Mind you that this transaction is risk free, there is no tota of risk connected to this dealing, as I have worked out all modalities to complete the operation effectively. Once the fund is released to you, the total money will be split on 50/50 (percent) basis as our benefit.

All legal documents to back up the claim as my late client's beneficiary will be secured gradually and forwarded to you as we proceed. All I require is your honest cooperation to enable us see this transaction through. This will be executed under a legitimate arrangement that will protect you from any breach of the law. Please be kind to get back to me by email if you are willing to collaborate so that we can start with the process of claim as soon as possible. Please mind you that we don't need to make undue publicity as this can hamper the process taking into cognizance that we are not quite sure if you're really related. Discretion must be maintained. If this business proposition offends your moral values, do accept my apology.

Otherwise please contact me at once to indicate your interest either via email. [kborgesinv@gmail.com](mailto:kborgesinv@gmail.com) Tel: +32 460 247 696 to proceed.

Kind regards  
Kevin Borges (Principal).

(This communication links contained herein, is for the sole use of the intended recipient and may contain information that is confidential or legally protected.)



## PARTNER NEWS

We share this news with you to keep you up to date on changes with partners. This information can be used to assist families and those serve and aide in decision making. Please always refer to the most recent partner website for the most up to date information or call directly.

### Aspirus Further Limiting Visitors at All Locations

WAUSAU, Wis. – Aspirus is re-instating tighter visitor restrictions at its locations across Wisconsin and Upper Michigan to minimize the spread of respiratory infections like COVID-19, influenza and RSV. Aspirus' temporary visitor restrictions, which will be fully implemented before the weekend, apply to both inpatient and outpatient settings to protect patients, staff and community members.

These restrictions will help the Aspirus team continue to provide safe, excellent care to all who need it.

Until further notice, visitors will not be allowed at Aspirus locations, with the following exceptions:

- **Clinics** – One adult support person allowed for patients with specific caregiving needs.
- **Compassionate care** – Visitation not restricted during end-of-life situations but may be managed at the discretion of the care team.
- **COVID-19 patients** – Visitors not permitted with exceptions considered for pediatric patients and in end-of-life situations.

- **Inpatient areas** – One adult health care decision maker or support person for patients with specific caregiving needs.
- **Labor and delivery patients** – Birth mother and one support person.
- **Outpatient treatment centers (dialysis and oncology)** – One adult support person.
- **Patients under 18** – Two primary adult support persons.
- **Surgery/procedure patients** – One adult support person, recommended to wait in vehicle or designated location.

#### Nursing Home/Assisted Living residents

No visitors, however family members with special circumstances are encouraged to call the location to discuss. Aspirus nursing home/assisted living locations include:

- Tivoli at Divine Savior Healthcare– Portage, WI
- Aspirus Medford Hospital – Care and Rehabil-

tation and Country Gardens – Medford, WI

- Aspirus Pleasant View – Phillips, WI
- Aspirus Ontonagon Hospital Long Term Care – Ontonagon, MI
- Aspirus Langlade Hospital – Rosalia Gardens – Antigo, WI

All approved visitors are required to wear a face-mask at all times while in an Aspirus facility.

In accordance with guidance from the U.S. Centers for Disease Control and Prevention, Aspirus is restricting all visitors who exhibit signs of fever or respiratory symptoms and those who are in quarantine or isolation per Public Health.

Aspirus appreciates the cooperation of its visitors, patients, associates and providers to support infection control efforts and help minimize the spread of respiratory infections and COVID-19. All community members are also encouraged to follow safety recommendations, including wearing a mask, physical distancing and staying home when ill.



### Spread Community Awareness through conversation...

*"Dementia Reimagined"*  
By Tia Powell, MD

Join communities' around Wisconsin in a virtual book club! We will *reimagine* how we live and care for people with dementia by building a life of joy and dignity and give hope throughout the lifespan. Open to all; caregivers, professionals, anyone wanting to learn and discuss dementia in a new light for the purpose of building dementia friendly communities.

Launching November 2020. Led by Dementia Care Specialists from around the state via phone or Zoom virtual meetings each week. Pick a day/time that works for you:

- Mondays 2:00pm-3:00pm
- Mondays 4:30pm-5:30pm
- Tuesdays 1:00pm-2:00pm
- Wednesdays Noon-1:00pm
- Thursdays 1:00pm-2:00pm
- Fridays 9:00am-10:00am



To register for a group sign up here:

<https://www.signupgenius.com/go/10C0D4EA9AF23A4F4C70-dementia>

For questions, please contact:

**Scott Seeger, Dementia Care Specialist**  
715-261-6066 or [scott.seeger@adrc-cw.org](mailto:scott.seeger@adrc-cw.org)

Need help finding a copy of the book? Let us know. \*Book scholarships available to caregivers upon request\*



## October 29th, 2020 9:00-11:00 via Microsoft Teams Virtual CARE Network Meeting

### Be a Part of the Change for Marathon County!

Join us for the second CARE (Coordinating All Resources Effectively) Network meeting. All individuals who work to better the lives of Marathon County residents are welcome to attend to increase their connections with local resources. Share your program information and expand your knowledge about resources available in our community. Learn about recent changes in procedures and also hear from our keynote speakers.



#### Keynote Speaker:

**Tamara King:**  
Occupancy Specialist with the Wausau Community Development Authority presenting on **River View Towers, Terrace, Section 8 and Public Housing**

**Laura Krause:**  
Mobility Manager with Forward Service Corp Presenting Information on **Wheels to Work Program**

To register for this event, please click the link below:

[CARE Network Meeting Registration](#)

For more information, please contact:

**Kaite Knospe**  
E: [kknospe@fsc-corp.org](mailto:kknospe@fsc-corp.org)  
P: 608-472-1409

**Emily Nowicki**  
E: [enowicki@chw.org](mailto:enowicki@chw.org)  
P: 715-937-8910



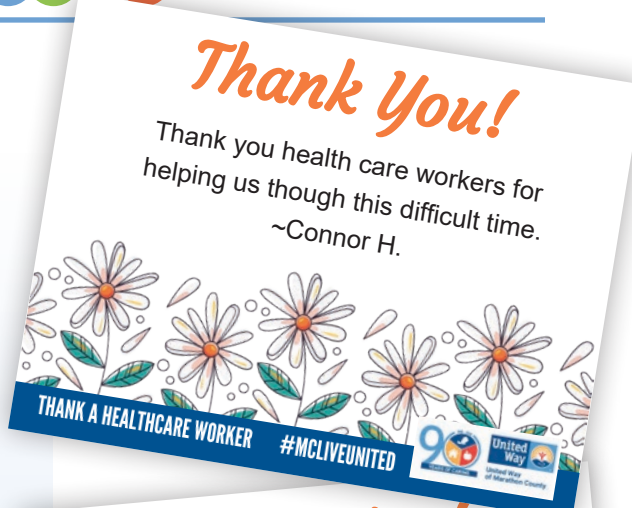
# HAPPY ANNIVERSARY

## OCTOBER EMPLOYEE ANNIVERSARIES

Thank you for your service!

Sarah Baumann ..... 10/17/1985  
 Cara Baxter..... 10/18/2010  
 Stacie Berndt..... 10/15/2019  
 Daniel Bins ..... 10/13/1987  
 Chris Bleck..... 10/06/2014  
 Jamie Bolzak ..... 10/16/1993  
 Brianna Boys..... 10/05/2020  
 Rochelle Brown ..... 09/14/2009  
 Heather Brownell ..... 10/24/2011  
 Tamra Buchberger..... 10/24/1986  
 Sara Carlson ..... 10/28/2002  
 Brenda Christian..... 10/20/1986  
 Kathryn Desantis ..... 10/10/1984  
 Shannon Dorschner..... 10/19/2020  
 Stephanie Eversdyk..... 10/07/2019  
 Jordan Faber..... 10/09/2018  
 Katie Gajewski..... 10/07/2019  
 Roberta Gauthier ..... 10/15/2019  
 Donald Genrich..... 06/15/1981  
 Rhonda Geurink ..... 10/20/1997  
 Jennifer Gorman ..... 10/12/2015  
 Robert Gouthro ..... 10/19/2019  
 Sheila Graap..... 10/14/1991  
 Leah Guralski..... 10/06/2008  
 Katelyn Hahn..... 10/15/2018  
 Eva Haugen ..... 10/14/1991  
 Jennifer Henderson..... 10/23/1995  
 Edd Hill..... 10/09/2017  
 Parrish Hill ..... 10/05/2020  
 Susan Hinz ..... 10/25/1996  
 Marissa Imig ..... 10/12/2015  
 Jennifer Jacobson ..... 10/27/2014  
 Kim Johnson ..... 10/15/2019  
 Ashley Kalenske ..... 10/10/2016  
 Chuck Kerstell ..... 10/31/2011  
 Devin Klobucnik ..... 10/08/2018  
 Karen Klos ..... 10/01/1984  
 Natalie Knurek..... 10/05/2020  
 Nicole Krause ..... 10/21/2002  
 Randall Krueger..... 10/09/2017  
 Melissa Krueger ..... 10/05/2015  
 Lori Kuklinski ..... 10/20/2003  
 Beth Kwiatkowski ..... 10/05/1998  
 Tiarra Lang ..... 10/12/2015

Tammi Lawless ..... 10/07/1996  
 Destiny Lemke..... 10/29/2019  
 Kristy Lemmer ..... 10/10/2005  
 Houa Lor..... 10/09/2017  
 Evelyn Marcott ..... 10/20/2020  
 Amy Martin..... 10/19/2009  
 Tyler Mathews ..... 10/18/2016  
 Amanda Mathis ..... 10/07/2019  
 Kayley McColley..... 10/07/2019  
 Jessica Meadows ..... 10/22/2012  
 Jennifer Meddaugh ..... 10/28/2013  
 Lori Meyer ..... 10/10/2002  
 Judith Neumann ..... 10/26/2015  
 Amanda Nichols..... 10/21/2013  
 Kelly Ninnemann..... 10/22/2001  
 Pamela Parlier..... 10/12/2015  
 Taylor Peterson..... 10/21/2013  
 Tiffany Pluger ..... 10/25/2004  
 Kim Rauen-Heidmann..... 10/29/2019  
 Laura Reed ..... 10/21/2002  
 Alyn Renzelmann..... 10/16/2017  
 Hannah Robenhorst ..... 03/21/2019  
 David Schroeder ..... 10/02/2000  
 Kiran Schroeder..... 10/09/2018  
 Steven Schultz..... 10/18/2010  
 Chloe' Smith..... 10/27/2014  
 Jonathon Snider..... 10/12/2015  
 Jennifer Sousek..... 10/12/2015  
 Cheyann Stark..... 10/05/2020  
 Linda Stefl ..... 10/07/2019  
 Amy Stiver ..... 10/16/2017  
 Kurt Swenson ..... 10/25/2004  
 Nadine Switlick..... 10/09/2017  
 Brielle Thorson ..... 10/14/2019  
 Sharon Uttech ..... 10/13/1994  
 Scott Van Ermen..... 10/15/2017  
 Anna Vanderleest..... 10/27/2014  
 Kristi Verhasselt ..... 10/22/2013  
 Laurie Wegner..... 10/29/1981  
 Laura Wendorf..... 10/08/2018  
 Ashley Whipple..... 10/16/2017  
 Robert Wilcox..... 10/24/2016  
 Heather Will ..... 10/25/1999  
 Chao Yang..... 10/08/2019





# Check Your CPR Certification!

## Does it expire between January 1, 2020 and February 1, 2021?

If you answered YES, then you need to read these important instructions below!



### CPR CERTIFICATION

NCHC is moving to a blended BLS (CPR) certification process. Staff will complete the classroom portion online through the American Heart Association and then complete their skills validation with a certified instructor. This allows us to offer educational opportunities for staff to learn at their own pace while validating competence in person utilizing competency checklists.

Staff are being assigned the course by certification expiration date and it is very important that they complete both the online portion of the training as well as the in-person competency skills validation within their assigned timeframe. **We currently have staff that are past their re-certification date due to the COVID-19 extensions. Those extensions are no longer valid.**

There are limited skills validation sessions and only six people can register/attend each session. The next round of skills validation sessions at NCHC will not take place until February 2021. **If staff certifications expire between 1-1-2020 and 2-1-2021 they will need to attend one of the scheduled sessions below.** For this reason, staff need to begin the process to renew their CPR certification as soon as it is assigned.

#### The following steps must be done in order:

1. Complete the online training module through the American Heart Association
  - Organizational Development will assign the course to those that need it in UltiPro Learning
  - Staff will need to request a personalized learning access code from Mary Jo Monday
2. Successfully pass the 25 question knowledge exam through the American Heart Association
3. Upload the certificate of completion from the American Heart Association into UltiPro Learning
4. Enroll to attend a skills validation session (listed below)

Note: staff will only be able to enroll in the session after successfully completing the online training and uploading the certificate into UltiPro Learning

### Scheduled Skills Validation Sessions

Tuesday, October 6	8:00am – 10:00am	Wausau Board Room
Tuesday, October 6	10:00am - Noon	Wausau Board Room
Thursday, October 8	12:00pm – 2:00pm	Wausau Board Room
Thursday, October 8	2:00pm – 4:00pm	Wausau Board Room
Tuesday, October 13	8:00am – 10:00am	Wausau Iris Room
Tuesday, October 13	10:00am - Noon	Wausau Iris Room
Thursday, October 15	12:00pm – 2:00pm	Wausau Computer Lab
Thursday, October 15	2:00pm – 4:00pm	Wausau Computer Lab
Tuesday, October 20	8:00am – 10:00am	Wausau DeSantis Room
Tuesday, October 20	10:00am - Noon	Wausau DeSantis Room
Wednesday, October 21	4:00pm – 6:00pm	Pine Crest Training Room
Thursday, October 22	12:00pm – 2:00pm	Wausau Board Room
Thursday, October 22	2:00pm – 4:00pm	Wausau Board Room
Tuesday, October 27	8:00am – 10:00am	Wausau Computer Lab
Tuesday, October 27	10:00am - Noon	Wausau Computer Lab
Thursday, October 29	12:00pm – 2:00pm	Wausau Computer Lab
Thursday, October 29	2:00pm – 4:00pm	Wausau Computer Lab



## Log into UltiPro Learning today to begin your CPR Certification process!

**Complete Steps 1 - 4 and register for your skills validation session. Only 6 people allowed per session!**

**Questions?** Email Mary Jo Monday at [MMonday@norcen.org](mailto:MMonday@norcen.org) or call 715.841.5162



## Position Posting

**Title: Cook Status: Full Time**  
**Location: Wausau Campus**  
Apply Online! <http://bit.ly/NCHCCook>

### Education and Experience Requirements

- One or more years experience in the preparation and cooking of food in an institutional or restaurant setting is required.
- Successful completion of a vocational school or hospital food service course preferred.
- Graduation from high school is required.
- Working knowledge of the methods, materials and equipment used in the preparation of good on a large scale is required.
- Basic knowledge of food values and nutrition is required.
- The ability to work from prepared or general menus and recipes is required.
- The ability to read and write in English and do basic math is required.
- Must be honest, dependable and able to establish and maintain professional relationships with co-workers..
- General knowledge of cleaning methods, general knowledge of and the ability to follow infection control procedures and safety practices is required.

## New! Position Posting

**Title: Youth Care Professionals**  
**Status: Full and PartTime Location: Wausau**  
Apply Online! [http://bit.ly/YouthBHS\\_CarePro](http://bit.ly/YouthBHS_CarePro)

Our Youth Care Professional is responsible for providing direct care and services to youth in the Youth Crisis Stabilization Facility (YCSF), which serves children under the age of 18 who are experiencing mental health crisis. The Youth Care Professional provides crisis intervention and stabilization services for youth in collaboration with the YCSF team and the youth's formal and informal supports.

### Education and Experience Requirements

- Bachelor's degree in human services, psychology or related field
- One or more years of experience working with youth and/or mental health.
- Valid Wisconsin driver's license and appropriate auto insurance coverage as required by North Central Health Care.

**Preferred:** Three to five years experience

## OCTOBER ISSUE OF FRONTLINE

<http://bit.ly/OCTFrontlineEAP>

In this edition:

- Breast Cancer Awareness and Alcohol
- Protect Against IP Address
- "SmartMom" App Helps Single Parents
- What is Psychiatric Emergency
- Coping with a Furlough
- Using Anti-Anxiety Medications
- Parkinson's Law: A Remote Workers Bugaboo
- Election Politics and the Workplace

Happy Fall everyone! We hope that you all found some time to enjoy the great weather we had. Given the upcoming election season, we want to direct your attention to the "Election Politics and the Workplace" article. An interesting point made in this article is that hot button topics, particularly politics, triggers our fight or flight stress response. Knowing this can help us identify our triggers (i.e. increased heart rate, shallow breathing, tense muscles). Intervening when we become aware of this is essential to not reacting. As always, political discussions should be avoided in the workplace. Let's practice this over the next several months.



If you or a family member within your home could benefit from counseling support, connect with us by calling 1-800-540-3758, emailing at [eap@ascension.org](mailto:eap@ascension.org), or visiting our website at [www.ascensionwieap.org](http://www.ascensionwieap.org).



## Get a Jump Start on the Holidays



Accounts opened between 10/1/2020 and 11/30/2020 will receive a special introductory rate of 0.00% APR\* on retail purchases and balance transfers for 6 months.

After promotional time frame expires, remaining balance will migrate to standard APR applicable on your account. \*APR = Annual Percentage Rate

### Apply for Your New Card Today!

[Peter.Wolf@co.marathon.wi.us](mailto:Peter.Wolf@co.marathon.wi.us)  
**715 261-7685**  
**400 East Thomas Street, Wausau, WI 54403**





# tidbits on benefits

## WELLNESS CORNER

Submitted by Sherry Gatewood, PA

### From the Centers for Disease Control and Prevention

## DON'T LET GLAUCOMA STEAL YOUR SIGHT!

### Did you know?

Half of people with glaucoma don't know they have it. Get a healthy start this year by learning about glaucoma and taking steps to reduce your risk of vision loss!

### Know the Facts About Glaucoma

Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and even blindness.

About 3 million Americans have glaucoma. It is the second leading cause of blindness worldwide.

Open-angle glaucoma, the most common form, results in increased eye pressure. There are often no early symptoms, which is why 50% of people with glaucoma don't know they have the disease.

There is no cure (yet) for glaucoma, but if it's caught early, you can preserve your vision and prevent vision loss. Taking action to preserve your vision health is key.

### Know Your Glaucoma Risk

Anyone can get glaucoma, but certain groups are at higher risk. These groups include African Americans over age 40, all people over age 60, people with a family history of glaucoma, and people who have diabetes. African Americans are 6 to 8 times more likely to get glaucoma than whites. People with diabetes are 2 times more likely to get glaucoma than people without diabetes.

Healthy habits will help you avoid vision loss from glaucoma.

### Take Action to Prevent Vision Loss

There are many steps you can take to help protect your eyes and lower your risk of vision loss from glaucoma.



Sherry Gatewood, PA

If you are in a high-risk group, get a comprehensive dilated eye exam to catch glaucoma early and start treatment. Prescription eye drops can stop glaucoma from progressing. Your eye care specialist will recommend how often to return for follow-up exams. Medicare covers a glaucoma test once a year for people in high-risk groups.

Even if you are not in a high-risk group, getting a comprehensive dilated eye exam by the age of 40 can help catch glaucoma and other eye diseases early.

Open-angle glaucoma does not have symptoms and is hereditary, so talk to your family members about their vision health to help protect your eyes—and theirs.

Maintaining a healthy weight, controlling your blood pressure, being physically active, and avoiding smoking will help you avoid vision loss from glaucoma. These healthy behaviors will also help prevent type 2 diabetes and other chronic conditions.

### Manage and Treat Glaucoma

Vision loss from glaucoma usually affects peripheral vision (what you can see on the side of your head when looking ahead) first. Later, it will affect your central vision, which is needed for seeing objects clearly and for common daily tasks like reading and driving.

Glaucoma is treated with eye drops, oral medicine, or surgery (or a combination of treatments) to reduce pressure in the eye and prevent permanent vision loss. Take medicine as prescribed, and tell your eye care specialist about any side effects. You and your doctor are a team. If laser or surgical procedures are recommended to reduce the pressure in your eye, make sure to schedule regular follow-up visits to continue to monitor eye pressure.

See you eye care specialist soon!

## 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/>

## ON THE MOVE Promotions and Transfers

Congratulations to Mitchel Narlock on his recent promotion from Dietary Aide in Food Services Wausau to CNA at Pine Crest! Congrats!





Flu Shots are Required by ALL Employees by November 30, 2020



# NOT THE FLU!

Protect yourself.  
Protect your family.  
Protect those we serve.

All staff are required to participate in the NCHC influenza vaccination program, which means either a vaccination needs to be administered or NCHC must have a valid declination on file for each employee by November 30, 2020.

## 2 Ways to Get Your Flu Shot!

1

This year we will be partnering with the **Aspirus Employee Health & Wellness Center** to help administer vaccinations. You may call **715.843.1256** to make an appointment time that is convenient for you.

2

Also, staff in designated programs may have their vaccination administered within their programs by designated nursing staff.

- Antigo Center – Kristin King
- Merrill Center – Alexa Kufalk
- Residential – Jenni Kessen
- BHS – Sheri Lawrence & Patty Duffrin
- Mount View – Connie Gliniecki  
& Nursing Leadership Team
- Pine Crest – Destiny Lemke & Ryan Hanson



NCHC Wausau Campus  
Door 25

### Clinic Hours:

M – W – F:  
8:00 am - 4:30 pm

Tuesday:  
6:30 am - 3:00 pm

Thursday:  
10:00 am - 6:30 pm

## Have dependents on the NCHC Health Plan?

The **Aspirus Employee Health & Wellness Center** is able to administer flu shots for spouses and dependents enrolled in the NCHC Health Plan! Call the Employee Health & Wellness Center schedule their appointment!

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**Questions? Contact NCHC Employee Health at 715.848.4396**