



A Weekly Update  
For The Employees of  
North Central Health Care



Fall Foliage From Our NCHC Employee Photographers - Pages 9-11

# NEWS YOU CAN USE



## WEEKLY CONNECTION WITH MICHAEL LOY

### All Systems Go

On Tuesday October 20, 2020 we will be opening our new Youth Behavioral Health Hospital! This is another important milestone for our campus renovations and 5 to 50 Vision. All week long during the week of October 12th, I've been providing tours of the new hospital. We've hosted State Senators, Representatives, County board chairs, board members, superintendents and district staff, law enforcement, Social Services staff, media, and many other important stakeholders. One reaction

was consistent, WOW!

The new hospital is truly an incredible asset for our community and we will forever be changed because it is now here. There will be a lot to learn with this new hospital, but we couldn't be more excited for our community.

There are so many important people to thank, I will reserve space for one individual in particular. Erica Huffman, our Youth Behavioral Health Services Director, has done an outstanding job with getting our organization and staff ready for this day. We could not have done it without her leadership.

I pulled Erica out of a meeting this week to talk with a reporter without any notice, she was reluctant but delivered an exceptional takeaway. [CLICK THE LINK HERE](#) TO WATCH THE VIDEO. I want to call each of you to her comments because she perfectly captures where we're going –

*"We're ready."*

*"We feel like NCHC is behavioral health experts and this is a place where we should be extending ourselves, we should be setting the standard."*

These comments should fire us all up to continue our Mission, our Vision of *Lives Enriched and Fulfilled*, and to be fully committed to being the very best at what we do. This is the course we are on, rowing together. We have a rich tradition and history, but our best days are still ahead of us. We're working towards something special.



Erica Huffman  
Youth Behavioral Health  
Services Director

I'm excited for our Youth Behavioral Health Team, our broader NCHC Team, and most importantly, the youth who will walk in our doors looking for the outstanding help they need and will now get here at NCHC.

*Make it a great and safe day,*

Watch the WSAW Video Here:  
<http://bit.ly/YouthBHS>

All About the Youth  
Behavioral Health  
Hospital ..... **2-3**  
Overview, Facts and Staff

Covid-19 Status Report.. **4**  
Current Employee Cases &  
Operational Changes

HR Insights ..... **6**  
Open Enrollment Notice

Pine Crest Babies ..... **12**  
Photo Contest Winners

Flu Shot Updates ..... **13**



Person-Centered  
**Shout  
out**

**Chuck Kerstell,  
Crisis Services  
CART**

**Why:** Always remaining calm during crises and aiming for the least restrictive resolution available, and explaining the decision to case managers (me) who might not initially agree :) in a way that all parties can agree to!

Submitted By: Tricia Klemp



## 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, Oct. 19 –  
Sunday, Oct. 25

Jill Meschke







# North Central Health Care

## Youth Behavioral Health Hospital

*Serving Langlade, Lincoln  
and Marathon Counties*

### A Brief Overview

The North Central Health Care Youth Behavioral Health Hospital will provide stabilization to youth experiencing a mental health crisis and provide an opportunity to recover in a local calming environment on our Wausau Campus. A network of on-site licensed clinicians and psychiatrists provide 24/7 trauma-informed care to address each adolescent's unique challenges, coordinate care services and provide resources for a safe return home.

Individual, group and family counseling will be provided through a multidisciplinary team of specialists including nurses, behavioral health techs, therapists, social workers, psychologists and psychiatrists.

*a space to heal. a space to grow.*



### Accessing Hospital Services

All new admissions for the Youth Behavioral Health Hospital will be referred from the North Central Health Care Crisis Center located at 1100 Lake View Drive in Wausau. Youth and families will arrive at the Crisis Center where an assessment will be performed to determine the appropriate level of care. The Crisis Center is open 24 hours a day, 7 days a week and provides crisis services to both youth and adults.

### Crisis Center

*If your child is experiencing an emergency or crisis, call:*

**1.800.799.0122 | 715.845.4326**  
**1100 Lake View Drive, Wausau, WI 54403**

*No appointment necessary.*

### Quick Facts

- ✓ 8-Bed Facility
- ✓ All Private Rooms
- ✓ Staffed 24/7
- ✓ Indoor & Outdoor Healing Spaces
- ✓ Serves Adolescents Ages 13-17
- ✓ Average Stay: 5 to 7 Days
- ✓ Personalized Treatment Plans
- ✓ Multidisciplinary Team of Behavioral Health Professionals





## Youth Behavioral Health Hospital Licensed Medical & Professional Staff

*Our team is dedicated to providing the best care possible for adolescents*

### Medical Director + Psychiatrist



#### Dr. Sencan Unal

Our on-site Psychiatrist oversees clinical care for all patients. Dr. Unal will evaluate, diagnose, and treat patient's mental health and substance use disorders through a suggestion of supports and prescriptions of psychotropic medication, if needed.

Our on-site Psychiatrist oversees clinical care for all patients. Dr. Unal will evaluate, diagnose, and treat patient's mental health and substance use disorders through a suggestion of supports and prescriptions of psychotropic medication, if needed.

### Program Director - Erica Huffman



Our Program Director oversees the hospital and all the services provided and supervises all registered nurses, therapists, patient care professionals, behavioral health technicians and social workers.

Our Program Director oversees the hospital and all the services provided and supervises all registered nurses, therapists, patient care professionals, behavioral health technicians and social workers.

### Therapist - Gizelle Hanke



Our Therapist completes assessments and implements therapeutic interventions based on patient needs. She will also educate and guide patients through implementing and developing coping skills, techniques and skills training.

Our Therapist completes assessments and implements therapeutic interventions based on patient needs. She will also educate and guide patients through implementing and developing coping skills, techniques and skills training.

### Social Worker - Viviana Bermudez



Our Social Worker guides families through the hospitalization process and helps address the individual needs of each situation during and after a stay at the Youth Hospital.

She also coordinates each child's care, including discharge planning. The social worker will complete an assessment within 48 hours of each child's arrival and assist with identifying community and other supports to meet each child's needs.

### Psychologist

Our Psychologist is specially trained to assess each child to gain a better understanding of them and their individual needs. When a child is referred to the Psychologist, the Psychologist will meet with them and ask them to complete specific tests that provide useful information in developing treatment plans.

### Physician's Assistant

The Physician's Assistant completes a medical history and physical examination with all new patients. This helps determine all medical needs and concerns.

### Patient Care Professionals

Patient Care Professionals assist in interventions such as skill building, mindfulness techniques, yoga, exercise, art, and/or music to develop new healthy coping skills.

### Occupational Therapy Assistant

An Occupational Therapy Assistant will assess each child to better understand their strengths and needs and facilitate learning and activity programs that meets these needs. The Occupational Therapy Assistant is specially trained to consider all aspects of health and wellness and to cultivate mental health stability, overall well-being, growth, skill development, and learning.

### Nursing Team

Our nursing team provides direct supervision and daily care of each child. They also help develop treatment plans, administer medications as ordered by the physician and report side effects to the physician. They assist with education of patients and families about medication management and symptoms.

### Behavioral Health Technicians

Behavioral Health Technicians provide a safe and supportive environment for patients. They may provide and record patient vital signs, monitor patients to ensure safety, and assist in daily activities.

### Dietitian

When a child has individual challenges related to food and diet, a Dietitian may become involved to address your child's nutritional needs or eating issues and adjusts meal plans as necessary.

## Developing a Treatment Plan

The average length of stay at the Youth Hospital is approximately 5-7 days and is determined based on clinical need. Upon admission, our highly skilled treatment team will work together to develop the best treatment plan. Each child is unique and therefore so is their treatment. Treatment includes regularly scheduled group therapy sessions that utilize evidence-based practices such as cognitive behavioral therapy and family check-up. Once the child has met criteria to deem them safe and ready for discharge, the Social Worker and treatment team will work together with the child and their families to develop a discharge plan that helps keep the child safe and meet their needs moving forward to keep them on a path of recovery.

## Programming & Activities

Throughout each patient's time at the Youth Behavioral Health Hospital, a variety of programming will be offered to support mental, emotional, physical, and spiritual well-being. Our multidisciplinary team schedules appropriate groups and activities for each patient daily. Groups and activities include the following:

- Goals Group
- Dialectical Behavioral Therapy
- Acceptance Therapy
- Health & Wellness
- Cognitive Behavioral Therapy
- Family Relationships
- Psycho-educational Groups
- Trauma Group
- Communications Group
- Life Skills
- Coping Skills Group
- Skills Practice
- Discharge & Safety Planning
- Arts & Crafts Group

*Individualized care to support each child's unique needs*





### North Central Health Care COVID-19 Notification

Cases reported below are current active employee cases. All employ see cases previously reported that are no longer shown below have been cleared to return to work from NCHC Employee Health and local health officials based on a review of the individual case details.

## NCHC COVID-19 WEEKLY STATUS REPORT

### Confidential Employee Report

Employee Cases Reported through October 15, 2020

Program	Current Active Employee Cases	Date Reported
---------	-------------------------------	---------------

#### New Cases

Wausau CBRF/Emp. Health	1	10/15
Aquatic Services	2	10/15
MVCC Southern Reflections	1	10/12
Health Information	1	10/10

#### Previously Reported

All have been released from quarantine. May return to work.

Total Active Employee Cases 5

### 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** - Rehab, 400/600/700/800 Units on Enhanced Precautions, Weekly Testing Staff & Residents. Outdoor, Window, Virtual and Compassionate Care Visits Allowed (updated 10/8)

**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.

**Jelinek Apartments** on enhanced precautions due to positive resident case in building.

**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** - **CLOSED until further notice.**

**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)

UltiPro<sup>®</sup> Is Now Called UKG

## ULTIPRO HAS A NEW NAME

### Meet UKG

NCHC's Human Resources, Payroll, and Learning Management System vendor, UltiPro, has merger with another vendor and is now called "UKG". This brings a change for all employees at NCHC, any emails that previously came from UltiPro, will now be from UKG.com. You will begin to see the change take place over the next several months. Of you have any questions please contact Human Resources or IMS.

## RETIREMENT NEWS!

### Congrats to Jane Hein

Jane Hein, Residential Care Assistant at Heather Street CBRF has announced her retirement on November 2, 2020, after 37 years of service. Thank you Jane for all your commitment to serving our community and for your many years of service. Best wishes on your upcoming retirement!



## PINE CREST EMPLOYEE HONORS

### Congrats Laurie Wegner

Laurie Wegner was nominated and voted by the Pine Crest Employee Appreciation Committee to be our first employee monthly honoree! Laurie celebrates her 40th anniversary is later this month and she is such a dedicated and hard worker! Congrats Laurie!



## COMMUNITY TREATMENT/ OUTPATIENT ANNOUNCE SPOTLIGHT AWARD

### August Spotlight Recipients: Nanette Griese, Carrie Bussiere & Kristin King

When it comes to team collaboration and continuity of care, the Langlade County Adult Team does it all! With working in a community-based setting, they go above and beyond on a continuous basis to meet the needs of their consumers. They collaborate in Psychiatry supervision, clinical supervision, daily medication monitoring, skill building, and treatment planning. As a small team, they function independently and just "make it work". They demonstrate strong collaboration and partnership to support their consumers' recovery each and every day. When a member of the team is out is, they are respectful of each other's time and make sure they are able to get time off that's needed for a work/life balance. They continue to hold their consumers' best interest in mind so they can live in their recovery.





# Infection Prevention Reminders During COVID-19



## Don't Let Your Guard Down!

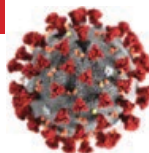
### 1 Regularly Clean High-Touch Surfaces

Examples include:

- Door Handles, Hand Rails, Counter Tops, Shared Workspaces and Offices – must be cleaned at least once daily
- Shared Equipment: Keyboards, Computer Mouse, Shared Laptops, Vitals Machines – cleaned after each use

Only use NCHC-approved, EPA registered products to clean the surfaces.

- The approved disinfectants for cleaning surfaces at NCHC are:
  1. Purple PDI Wipes has a 2-minute contact time (time surfaces need to stay wet to kill bacteria and viruses)
  2. 3M-40A has a 3-minute contact time.
- Making sure to follow the manufacturer's recommended contact times for each cleaner (listed on the container, if not in MSDS program on desktop).
- Scan your area and check for expiration dates on all hand sanitizers or other cleaning products in your area. Do you have enough supplies in your area?
- If you have questions on what cleaners are typically used for different surfaces or equipment consult with Infection Prevention or Housekeeping Manager for further instruction.



### SEEING THE POSITIVE IN A POSITIVE...

#### Residential Services Prevents the Spread of Illness - Humor Included

This week Jelinek Apartments had report of a Covid-19 positive resident in the building. This photo, submitted by Debbie Crum of Residential Services, shows us that you can still crack a smile and make someone laugh even though Covid-19 puts a damper on most any situation. Can you guess who the employee is under the face shield?



Thank you for all your quick response Residential Services team. You are positively ready and prepared to prevent the spread of illness.

### 2 Hand Hygiene

Use Alcohol Hand Sanitizers for all moments of Hand Hygiene with the exception of visibly soiled hands or after using the restroom – Use of soap and water is required.

#### Your 7 Moments of Hand Hygiene

- Before Touching a Patient
- Before clean/aseptic procedures
- Before touching or adjusting your mask
- After a body fluid exposure risk
- After touching a patient
- After touching a patient's surroundings
- After touching or adjusting your mask



### 3 Wear Your PPE

- Wear your mask appropriately so it covers both your nose and mouth at the same time.
- If you have to adjust your mask, remember to perform hand hygiene before and after doing so.
- Wear the appropriate PPE – Make sure you are donning and doffing your PPE correctly.

Thank you for all that you do to keep all those we serve and yourself safe!



Marathon County  
Employees Credit Union

## Happy International Credit Union Day!



INSPIRING HOPE FOR  
A GLOBAL COMMUNITY™

**Experience the Credit Union Difference and Join MCECU Today!**  
**Proudly serving NCHC Employees and their Families**

Already a member: Thank you    Not a member: Contact us today!

[www.mcecu.org](http://www.mcecu.org)   [cuteller@co.marathon.wi.us](mailto:cuteller@co.marathon.wi.us) • 715 261-7685 • 400 East Thomas Street, Wausau, WI 54403





## BENEFIT OPEN ENROLLMENT PERIOD COMING UP OCT 26 – NOV 6

### Make Your Selections and Changes for 2021 Benefits

Every year you have the opportunity to review your benefit choices and make changes to your benefits for the following year. That time is now. **The 2021 Open Enrollment runs from October 26 until November 6.** It's important that you take the time to consider all your options so you can make the right choice for you and your family.

Open Enrollment is the time to add, change, or cancel any of your current insurance plans for the upcoming plan year (January 1, 2021 – December 31, 2021).

A **2021 Benefits at a Glance Guide** will be available to download on our website and emailed out to all-staff. The **YOU Benefit 2021: A Comprehensive Benefit Resource Guide** for North Central Health Care Employees will be available electronically this year. Watch your NCHC email, Facebook Communications Page, the For Employees Page of our NCHC website and the intranet for the new version. We are just finishing up the final changes and will have these available online on Oct. 20.

### Video Benefit Presentation Available Online Tuesday, Oct. 20.

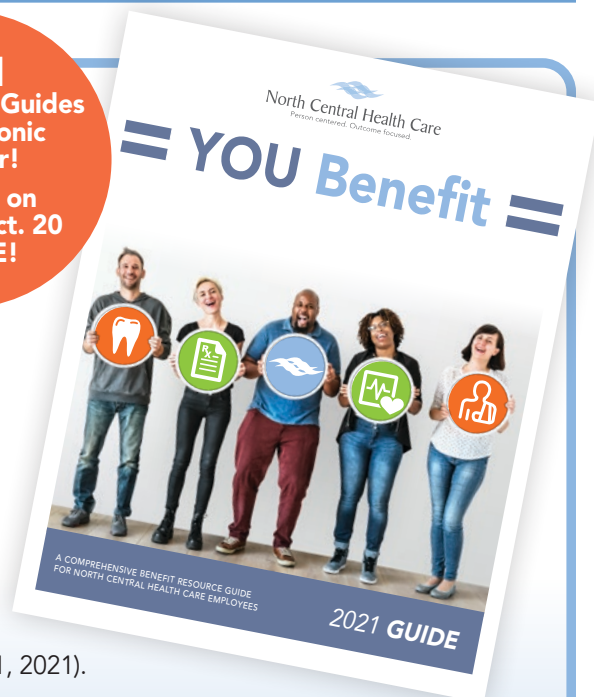
To further assist employees in understanding benefits that are available, Open Enrollment Benefit Information presentation has been recorded and will be available on Tuesday, October 20. We strongly encourage employees to view this video and take advantage of the opportunity to ask questions of our HR Team.

**For employees in Antigo or Merrill-based programs, please contact Jacque Krause, HR Generalist at 715.539.2514 or [jkrause@norcen.org](mailto:jkrause@norcen.org)**

**For employees in Wausau-based programs, please contact Lynn Wengelski, Compensation/Benefits Analyst at 715.848.4438 or [lwengelski@norcen.org](mailto:lwengelski@norcen.org).**

**2021  
YOU Benefit Guides  
are Electronic  
this Year!**

**Available on  
Tuesday, Oct. 20  
ONLINE!**



**BENEFIT  
VIDEO &  
YOU BENEFIT  
GUIDE  
AVAILABLE  
OCT. 20**



**National Pharmacy Technician's Day – October 20th**

## IT'S NATIONAL PHARMACY WEEK! October 18<sup>th</sup> – 24<sup>th</sup>!

National Pharmacy Week acknowledges the invaluable contributions that pharmacists and technicians make to patient care in hospitals, outpatient clinics, and other health care settings. We would especially like to thank our very own NCHC Pharmacy for all their commitment to caring for all those we serve! This week offers us a time to shine a light on the individual and collective efforts that these exceptional individuals put forth year-round in advancing our healthcare system, as we seek to ensure that medication use is optimal, safe, and effective for all people all of the time. So send our Pharmacy staff a message, email or thank you! We appreciate all the great work you do Pharmacy Team!





# HRinsights

## New! Position Posting

**Title:** RN Nurse Educator **Status:** Full Time  
**Location:** Wausau Campus

**Apply Online!** <http://bit.ly/NCHCNurseEducator>

Are you passionate about nursing? Want to share your passion and teach others in the healthcare profession while advancing your own career? As a RN Nurse Educator at North Central Health Care, you will provide development expertise as an educator, consultant, facilitator, change agent, preceptor, leader, and researcher for a specific unit or department. This position supports the development of clinical team members through the facilitation of educational processes including needs assessment, learning development, planning, implementation, and evaluation to ensure initial and ongoing competency to improve and advance clinical care. You will lead, plan, assess, organize, develop and implement educational programs designed to orient employees, improve job skills, and develop potential capabilities to meet North Central Health Care's strategic plan and the training needs of the organization.

### Qualifications - Required:

- Bachelor's degree in Nursing earned at an accredited four year college or university.
- Associate Degree in Nursing will be considered based on years of education or instruction experience and education plan to obtain required credentials to support the needs of the program.
- Registered Nurse registration as required by the Wisconsin State Board of Nursing
- Minimum of 2 years of nursing experience preferably in the hospital or long term care setting.
- Current BLS (CPR) Certification or ability to obtain within 90 days of hire.

### Preferred:

Master's Degree in Nursing. Specialized training or acquired specialized training, or have had experience in areas such as education, nursing service administration, restorative nursing, psychiatric nursing, or geriatric nursing.

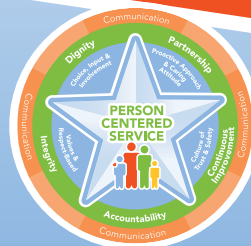
## Position Posting

**Title:** Housekeeping Aide  
**Status:** Full Time **Location:** Wausau  
**Apply Online!** <https://bit.ly/30RK9dd>

To provide North Central Health Care's main campus, a quality housekeeping service that ensures a clean safe environment. One - 1.0 FTE (80 hours per pay period) Monday-Friday 6:30 am - 3:00 pm with working every other weekend One - 1.0 FTE (80 hours per pay period) Monday-Friday 3:00 pm - 10:00 pm with working every other weekend

# AWESOMENESS WANTED!

DO YOU KNOW SOMEONE WHO IS AS AWESOME AS YOU?  
Text "Refer" to 715.598.3663 and you are eligible for a referral bonus when they join our team!



## VERHULST RECEIVES CHAMPION AWARD AT ANNUAL IPS STATE COLLABORATIVE

### Congrats Kristin!

Our team from NCHC recently attended the Annual IPS State Collaborative via Zoom, an event that is typically in-person every year. IPS stands for Individual Placement & Support and is a program that was developed to help promote the recovery of people who have a mental illness by helping them to find and keep jobs that allow them to utilize their skills. Kristin Verhulst, a Community Treatment IPS Employment Specialist on our NCHC team, was nominated and chosen for an IPS Champion Award.

Kristin has been an Employment Specialist in Community Treatment for over 3 years, working primarily with the ACT team in Marathon County. She was nominated by the DVR Counselor that NCHC partners with for IPS Service.

"Kristin is one of the longest IPS workers at NCHC that I work with. She has amazing collaboration with DVR and really engages with her consumers. She is very active in their success and I feel that there are many times that she goes above and beyond. She builds great rapport with her consumers and this in turn greatly helps me. She is a very valued Employment Specialist worker."

Congratulations Kristin Verhulst! North Central Health Care, our team, and our community are so proud of you for all the great work you are doing to support those in our community.





**SAFE VOTING INITIATIVE**  
WISCONSIN 2020



# STAYING HEALTHY AT THE POLLS



- ✓ WEAR YOUR MASK
- ✓ MAINTAIN 6 FEET FROM OTHERS
- ✓ WASH YOUR HANDS BEFORE AND AFTER

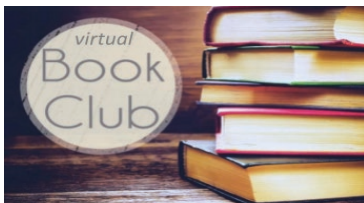
Use the QR codes below to register to vote, request an absentee ballot, or find your municipal clerk for in-person registration and ballot drop-off. **The deadline to register online is October 14<sup>th</sup>.** You can also visit [www.myvote.wi.gov](http://www.myvote.wi.gov) for more information.

(Simply aim your cellular camera at the desired box for the link.)



**Election Day is Tuesday, November 3, 2020**

MEDICAL COLLEGE OF WISCONSIN // SAFE VOTING TASK FORCE



## 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:

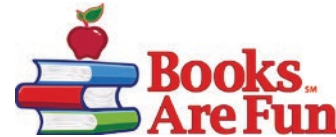
<https://www.signupgenius.com/go/10C0D4EA9AF23A4F4C70-dementia>

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\*



## Welcome to the Virtual Book Fair Bringing the book fair right to you!

Books and Gifts at Great Prices!  
Ordering made easy! Books arranged by subject.

Pay with PayPal or Check (When filling out name, phone, etc. please put "North Central Health Care Center" as Company)

Make checks out to: Books are Fun  
(Check option appears when you are ready to check out).

**Orders will be taken**  
**Tuesday, October 13<sup>th</sup> – Tuesday, October 20<sup>th</sup>**  
Your order will be delivered on  
**Thursday, October 22<sup>nd</sup> or Friday, October 23<sup>rd</sup>**

<https://bookfaironthemove.com/>

[dlemke@dwave.net](mailto:dlemke@dwave.net)

Fill this out for a chance to win a gift certificate  
for the next book fair:

Name: \_\_\_\_\_

Personal Email: \_\_\_\_\_

Update me about future public book fairs in this area

\_\_\_\_\_ Yes or \_\_\_\_\_ No



## October 29<sup>th</sup>, 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:

Katie 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





## FALL BEAUTY CAPTURED BY OUR AMAZING EMPLOYEE PHOTOGRAPHERS AT NCHC



Gina Woodward, Patient Accounts



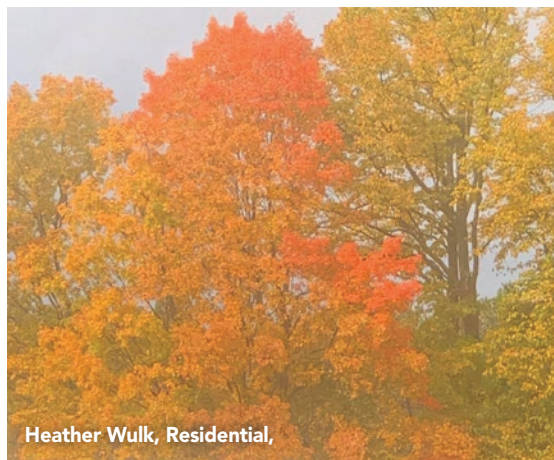
Lindsay Sondelski, Community Treatment



Michelle Gleason, Community Treatment



Beverly Ann Bailey, Mount View Care Center



Heather Wulk, Residential,







Jenny Piorier, Food Services



Katie Garcia, Community Treatment



Tricia Klemp, Community Treatment



Mike Frankel, Clubhouse



Michelle Gleason, Community Treatment



Jennifer Thompson, Adult Protective Serv.



Darla Plaster, Mount View Care Center



Xong Mike Hutchison, Lakeside Recovery





Jenn Staeven, Community Treatment



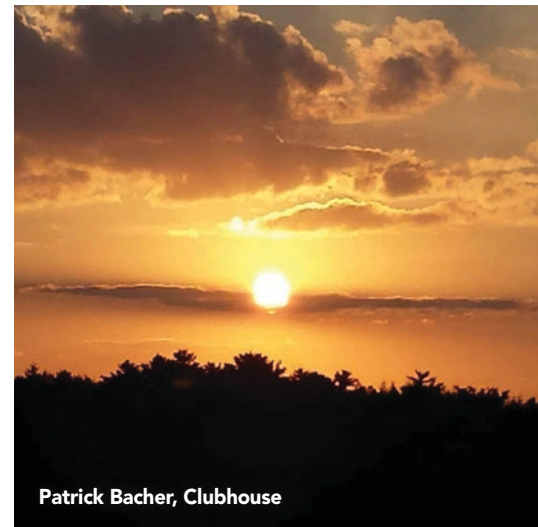
Amy Martin, Mount View Care Center



Jennifer Campbell, Mount View Care Center



Beth Ann Clapper, Pine Crest



Patrick Bacher, Clubhouse



Darla Plaster, Mount View Care Center



Michelle Gleason, Community Treatment







## JUST FOR FUN!

### Pine Crest Holds Baby Picture Contest!

Savannah Severt, Hollie Thomas, Sandy Koutnik and Sheila Graap (pictured above) are the winners of the Baby Picture Contest at Pine Crest. Sandy got 16/18 and the other three contestants got 13/18 right! Wow! The contest is over, but can you guess who is who?



## Family Matters

Community Services

### Ask the Experts and Family Events:

September—December 2020

#### Parenting Apart

September 30, 2020 6:00-7:30 - Virtual  
Presented by Sandy Stetzer

It's normal for parents to be concerned about offering the right support and guidance for their child. Moms and dads living apart are encouraged to attend this presentation to learn more about effective ways to communicate parenting goals, strategies to maintain a positive working relationship with your previous partner, and ways to continually place your child as top priority after separation.

#### Myths of Motherhood

Wednesday October 14<sup>th</sup> 6:30-8:00pm - Virtual  
Presented by Yonat Piva, MA, LMFT

In this workshop we will be debunking false motherhood myths and creating new healthy personal myths. You will increase your awareness of how to balance expectations for your journey of motherhood and when you may decide to seek support.

#### How To Survive Home Schooling In A Virtual World

October 22nd - 7:30-9:00pm - Virtual  
Presented by Heather Bartsch

Homeschooling, whether full time or navigating virtual learning, can be frightening, frustrating and emotional. It doesn't have to be that way. Spend time with this Mom of three and learn about creating an environment where kids learn with humor, happiness and whole-hearted living.

#### Let's Get Baking!

November 5, 2020 12:30-1:30pm-Virtual  
Presented by Heather Bartsch

Cold weather is closing in. What better way to warm your home than spend an afternoon baking with your children. Get your aprons and gather round for a simple yet tasty baking event that will help you learn how you and your children can enjoy time in the kitchen together. We will provide the recipe (and a gluten free option!) with the zoom link at registration so you can bake right along with Heather.

#### Self Care During COVID-19

November 24th 6:00 pm—7:30 pm - Virtual  
Presented by Stacy M. Stefaniak Luther, Psy.D., LPC

The presentation includes activities that can be done at home and at work to assist with self-care and are also appropriate for children and adolescents. There is a strong emphasis on self-care.

All Programming is FREE but registration is required to receive the Zoom link.  
Call: 715-848-1457, Email: [DSmith@CHW.org](mailto:DSmith@CHW.org)  
or Text: 715-315-1943

### Ongoing Services:

#### LENA Start Marathon County

Jump start your 0 - 33 month old for success in school and in life with this FREE 10 - week program that emphasizes the importance of early communication. Learn more about how early talk builds babies brains while engaging with other parents. Includes FREE books, incentives and all required materials. Join us for this virtual program. Several times and days available. Spring Groups begin in February. **Must start on class one. Register at [LenaStartMC.org](http://LenaStartMC.org) or by texting 715-660-0397.**

#### LEAP (Learning Essentials about Parenting)

Who can't use another tool in their parenting tool belt? Parenting is a joy but it can be challenging as well. Let's work together solving problems, strengthening relationships and creating a better flow in your home. This is a 9 -week series of frank discussions about the joys and trials of parenthood. Topics include building self-esteem, child growth and development, communication skills, media, and positive discipline techniques. 6 pm - 7:30 pm Mondays. Virtual classes may be an option as well. Call to register. 715-242-7457

#### Parent Aide Triple P In-Home Services

Triple P in-home services are available for Marathon County families. This program promotes positive parenting practices to prevent a range of social, emotional, and behavioral problems in children and adolescents. Complete an intake survey with a Children's Wisconsin Family Support worker to determine if Triple P is the right fit to help you and your family. Parents of children ages 0-17 can apply. Call 715-848-1457

Children's Wisconsin  
705 S. 24th Ave., Suite 400  
Wausau, WI 54401  
715-848-1457

Hours: Monday-Friday 8:30 am - 5pm

Visit us at [Chw.org/communityservices](http://Chw.org/communityservices)  
(click on Locations - Community Services - Wausau)

## ONGOING PROGRAMS AND SERVICES

September — December 2020

### Parent Chat

Parents can schedule private, individual sessions with a staff person who can provide parenting information and support or connect you with the right community resource. Call: 715-848-1457

### Warm Line

This is your non-emergency connection to speak with an expert on the day-to-day trials of child rearing and receive practical parenting information, tools, and advice. Call 715-848-1457

### Play and Learn

#### Tuesday

9:00 am and 10:00 am  
Children's Wisconsin  
705 S. 24th Ave  
Wausau, WI 54401

Participants MUST register due to limited openings. Email Deborah-Jean @ [dsmith@chw.org](mailto:dsmith@chw.org) or call 715-848-1457

### Pop-Up Play and Learn

#### Thanksgiving Fun

10:00 am - Children's Wisconsin—Skylight Room  
705 S. 24th Ave  
Wausau, WI 54401

Participants MUST register due to limited openings. Email Deborah-Jean @ [dsmith@chw.org](mailto:dsmith@chw.org) or call 715-848-1457

All programs are funded by Marathon County and Marathon County United Way and are provided free of charge.  
Programs are not an Afterschool, Abbottsford, Edges, DCE, Marathon, Wausau, Spencer, Stratford or Newman Catholic School District

### Social Media

Look for us on Facebook!

<https://www.facebook.com/MarathonCountyFRC/>  
Keep updated on our latest programming, Ask the Experts, Family Events and get great real-world parenting tips.



facebook

United Way  
of Marathon County







UPDATE!

• **ALL NCHC Employees** are eligible to receive their flu shot at the NCHC Employee Health & Wellness onsite clinic or within in their program **AT NO CHARGE**. Employees do not need to be covered under the NCHC Health Plan to get your flu shot there.

UPDATE!

• However, **spouses and dependents** must be on the NCHC Health Plan to receive a flu shot at the NCHC Employee Health & Wellness onsite clinic. The clinic fee will be waived and cost of flu shot will be covered under your NCHC Health Plan.

**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!

100520\_IntfPrev

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





# 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@nrcen.org](mailto:MMonday@nrcen.org) or call 715.841.5162