

A Weekly Update  
For The Employees of  
North Central Health Care



# NEWS YOU CAN USE



## WEEKLY CONNECTION WITH MICHAEL LOY

### Looking Ahead

For one day this week, Marathon County had 0 new cases of COVID as reported by the State. It was likely a timing issue because COVID is still out there, but the numbers continue to decline. Please keep your diligence up, and within a couple months we should have most Wisconsinites vaccinated.

Then we can hopefully put the pandemic behind us. As

we move ahead in the coming months there's a lot to look forward to as we celebrate our 49th Year as North Central Health Care.

### New Adult Crisis Stabilization Facility Opening

Our new 16-bed Adult Crisis Stabilization Facility is slated to open as soon as we receive the final approval from the State. We currently operate our 12-bed program at nearly a full capacity most days. The new facility is incredible, with two distinct 8-bed units. The new facility will increase access and provide a great option for step-down care or to divert an admission from our hospital.

### Antigo Sober Living Opening

The renovations to the 8-bed Sober Living building in Antigo are nearly complete. Final touches are being put into place and the new program is set to open in only a matter of weeks. This new program will help women in recovery who will be able to live in a supportive environment as they transition back into independence. It will be a momentous achievement for Langlade County and an important new resource for NCHC.

### Youth Crisis Stabilization Facility Opening

Within weeks of the new Adult Crisis Stabilization Facility opening, the new Youth Crisis Stabilization program will open. This 8-bed program will only be one of three in the entire State and the 2nd to open.



The program will offer the opportunity for Youth to step-down the continuum of care as they discharge from the hospital or to be diverted from an admission to our hospital.

### "D" Wing Renovations Begin

In the next 30 days, we plan to begin the D-Wing renovations that will include improvements to the our Adult Hospital, Crisis, and Legacies Dementia Care program. This is officially phase 3 of our campus renovations and should take 9-12 months to complete. The project will be completed in phases with a new hospital coming online sometime later this year.

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Tell Us What You Think!

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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, March 8 –  
Sunday, March 14

Michael Loy



Person-Centered  
**Shout**

**out**

## Samantha Hable, Crisis

**Why:** Thank you Samantha for being proactive about reaching out to a client's Outpatient team when they were staying at the CBRF. I've greatly appreciated your efforts, re: clear and consistent communication and collaboration. You rock!

Submitted By: Claire Udell





– continued from previous page

### New Physicians Joining NCHC

In the next few months, we will have three new Psychiatrists joining our organization. Dr. Daniel Hoppe and Dr. Waqas Yasin will become our new attending physicians in our Inpatient Hospital and Dr. Jessica Dotson will join as a new Child/Adolescent Psychiatrist in both the Youth Hospital and Outpatient. On top of this, we will soon know who are next three Residents are. They will join NCHC in late June as our first group of Residents complete their training. Our Residency program will be fully up and running after several years of development.

### Cerner Go-Live

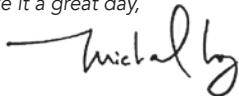
Before summer starts, we plan to have Cerner implemented. This new Electronic Medical Record for our Behavioral Health programs will replace TIER. There has been a ton of work going into the implementation and we are now only several weeks away from it going live.

### New Skilled Nursing Building

Last but not least, our new Nursing Home Tower will be up and running by the end of summer. This new 96-bed tower is coming along well and I can't wait to show it to the community. There are so many features that redefine our environment of care for our staff and residents. It will be incredible to celebrate this milestone in our campus renovations.

It's all going to come together really quickly in 2021 and it's hard to believe that we're already in March. Daylight savings is around the corner, and the days are certainly looking brighter and brighter.

Make it a great day,



## Health Information is Human Information

### MARCH IS HEALTH INFORMATION TRAINING MONTH

Welcome to our Health Information Training month here at NCHC! Our Health Information Management team and my role as the Privacy Officer are happy to share some of the items that are at the heart of what we do. We are going to keep things simple and factual throughout the month and are available to answer any questions you might have regarding health information.

One of our favorite mottos to live by here at NCHC is "Health Information is Human Information." We see the person connected to the data, ensuring their information stays human – because when information stays human, it stays relevant.

We ask you to help us live the message of "Health Information is Human Information". Whether you are talking to a co-worker in the halls, working charts at your desk, or in our electronic health records; please remember that there is a person behind that information that we need to protect their privacy and confidentiality.

**Ashley Downing** MBA, RHIA, CPHIMS, CHPS  
Director of Health & Clinical Informatics  
NCHC Privacy Officer

**715.848.4473** (Desk Phone) • 715.846.0064 (Cell Phone)



*Thank You* To ALL The Social Workers In All Our Programs Across NCHC And Our Community!

Social work is one of the fastest growing professions in the United States. Today, there are more than 700,000 social workers in our nation and that number is expected to rise 11 percent in the next decade, according to the Bureau of Labor Statistics. Social workers are present throughout our society and in several programs throughout North Central Health Care from several mental and behavioral health programs to skilled nursing. Many staff have social work degrees at a variety of levels of mastery, and may be in various rolls throughout our programs.

Throughout our community you can find social work professionals in hospitals, schools, centers for veterans and in state, local and federal government. They are trained to work in a holistic way to bring about positive changes on an individual, family, community and even societal level. Many of the myriad benefits Americans enjoy today—including more access to health and mental health care, a minimum wage and Social Security—are because of the work of social workers and others.

Social work is also a profession that allows people across many generations to make a profound, positive impact on the lives of millions of people each and every day.



## Wear a Mask – Maintain Social Distance – Wash Your Hands Stay Home If You Are Sick – Report Symptoms to Employee Health and Manager

*Cases reported below are current active employee cases. All employee 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.*

### PPE GUIDELINES

**Visitors:** Cloth face covering or surgical masks required. Visitors will be screened using the COVID Screener (Version 3).

**Employees:** Face coverings required while entering the building. Self-screening required using temperature kiosks procedures. Surgical masks at a minimum required while within all NCHC buildings. Staff may remove masks while working alone in private offices.

#### Employees Working in Direct Patient/Resident Care:

Each patient/resident care area will be designated as being in Standard or Enhanced Precautions. Units on Enhanced Precautions must have it clearly posted on the entrance to the unit.

- o *COVID Standard Precautions* – Surgical Mask, Gloves and Eye Protection (Face shield, goggles or safety glasses) required.
- o *Enhanced Precautions* – N95 Mask, Eye Protection (Face shield, goggles or safety glasses), Gloves and Gown during patient encounters required.

### NCHC COVID-19 WEEKLY STATUS REPORT

#### Confidential Employee Report

**Employee Cases Reported through March 4, 2021**

Program	Current Active Employee Cases	Date Reported
<b><u>New Cases</u></b>		
Residential – Heather Street	1	3/1

#### Previously Reported

*All previously reported cases in employees have been cleared to return to work.*

**Total Active Employee Cases      1**

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

### COVID-19 PAID SICK LEAVE UPDATE: EFFECTIVE 1/1/21

Emergency Paid Sick Leave (Coronavirus) Policy #205-1140 provisions ended December 31, 2020. Currently, there is no legislation that supports extending those provisions into 2021. Staff will continue to screen appropriately, report symptoms and not report to work if experiencing any signs of illness. As a result of no supporting legislation, staff will be required to use PLT or take unpaid leave.

### GENERAL OPERATIONAL STATUS GUIDELINES:

- Virtual visits and treatment whenever possible.
- Essential visitors and contractors only – compassionate care visits may be approved by a Program Director. Volunteer programming remains suspended.
- **Nursing Homes open to in-person scheduled visits in designated visiting areas.**
- In-person meetings are allowed only if each of the participants can maintain appropriate social distance or if there is a physical barrier between individuals.
- Group sizes for meetings or treatment must be limited to 10 or less. On-site interviews and Orientation are allowed with an option for virtual participation provided.
- Current Remote Work guidelines remain. Please work with Manager and Human Resources.
- Program admissions, closures, opening of COVID units, and staff redeployments will be determined by Incident Command daily. Updates provided to staff at least weekly.

### PROGRAM-SPECIFIC OPERATIONAL STATUS UPDATES:

**MVCC** – Units on Enhanced Precautions – None. Accepting admissions. No Patio Visits allowed. Scheduled Indoor, Window, Virtual and Compassionate Care Visits Allowed.

**Pine Crest** – Units on Enhanced Precautions – None. Accepting admissions. No Outdoor Visits allowed. Scheduled Indoor, Window, Virtual and Compassionate Care Visits Allowed.

**BHS Adult Hospital** - Open and operational. No visitation allowed.

**BHS Enhanced Precautions Unit** – Closed.

**BHS Youth Hospital** - Open and operational.

**Crisis Center** - Open and operational.

**Crisis CBRF** - Open and operational. No visitation allowed.

**Adult Day Services – Wausau** – Open and operational. Closed to Residential CBRF clients due to positive case in Heather Street.

**Adult Day Services – Antigo** – Open and operational.

**Prevocational Services – Wausau** - Open and operational.

**Adult Day/Prevocational Services – Merrill** – Open and operational.

**Residential Services** – Open and operational. No visitation allowed.

**Enhanced precautions: Heather Street** due to positive staff and resident.

**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 and operational.

**Adult Protective Services** - Open and operational.

**Clubhouse** - Open and operational.

**Hope House** - Open and operational.

**McClellan House** - Open and operational.

**Pharmacy** - Open and operational.

**Transportation** - Open and operational for medical, grocery and employment appt transportation for elderly and developmentally disabled.





Prevent common infection prevention mistakes!

## Disinfect commonly touched items frequently!

University researchers found that **TV remotes** are the worst carriers of bacteria in hospital rooms, worse even than toilet handles. Remotes spread *Staphylococcus*, which contributes to the **90,000 annual deaths** from infection in hospitals.

### Did you Know...

The average keyboard contains **more bacteria than a toilet seat.**

There is fecal matter on **10% of credit cards.**

There is fecal matter on **16% of cell phones.**

**It is against NCHC policy to have your cell phone in resident care areas.**



North Central Health Care  
Person centered. Outcome focused.



NCHC CORE VALUE

# Continuous Improvement

We embrace change through purpose-driven data, creativity and feedback in pursuit of the advancement of excellence.

“  
When we strive to become better than we are, everything around us becomes better, too.  
”

Paulo Coelho  
#WISEWORDS



## MORE DRILLS AT WAUSAU CAMPUS

### Nursing Education Updates

Nursing education has been asked to help organize and facilitate drills such as Dr. Blue and Dr. Green. You may see or hear an uptick of these drills over the next few months with a goal of getting staff more comfortable in these situations. Please be sure to continue to respond to all overhead announcements as you normally would. When you arrive and see it is a drill, please stay and participate as you normally would and treat the drill as if it is as real to life of an event as possible. A debrief or summary of things that went well as well as opportunities will be shared at the end of the drill which will provide some great tidbits and education in caring for individuals in these situations.

## RETIREMENT NEWS

### Congrats Cheryl Roets

**Cheryl Roets, RN** at Pine Crest has announced her retirement from NCHC on 4/2/2021. Cheryl has worked at Pine Crest for 24 years. Thank you so much for your service Cheryl!



**Marathon County  
Employees Credit Union**

### LET US SAVE YOU SOME MONEY!

**We Want  
YOUR  
Loan!**

Let us save you some money by refinancing with MCECU!

Have a loan at another financial? Bring in this coupon and if we cannot already beat your current interest rate, we will take 0.25% off your current rate when you refinance with us!\*



Coupon expires 4/30/2021

\*New money only. Must have documentation of current rate to qualify for rate matching. Must meet MCECU membership eligibility and underwriting requirements. Consumer loans only. Floor rate is 1.49%.



### See MCECU for all your financial needs!

### We are here to serve you and your family.

**[www.mcecu.org](http://www.mcecu.org)**  
**400 East Thomas Street • Wausau, WI 54403**

**WDC**

## Helping You Turn Over a New Retirement Leaf


### HAVE QUESTIONS ABOUT YOUR WISCONSIN RETIREMENT BENEFITS?

Schedule a virtual meeting with Shawn  
for a time that works for you!

Meet by phone or video chat.



**[https://nc\\_wisconsin.timetap.com/](https://nc_wisconsin.timetap.com/)**


**WeCOPE** for Providers  
Connecting with our Positive Emotions

WeCOPE is an evidence-based program that helps adults cope with life stress. WeCOPE has been shown to reduce stress and depression, increase positive affect, and improve health behaviors in randomized trials.

Managing life's challenges in healthy ways allows participants to take better care of themselves and others.

This 7-week program meets via Zoom once a week for 1 hour. An additional 6 practice hours will be expected.

Prevent provider fatigue and burnout by taking care of YOU!




in partnership with:  
**NORTHERN HIGHLAND**  
Wisconsin Area Health Education Center

Two sessions are available:

- ❖ Tues 6-7PM, March 9<sup>th</sup> -April 20<sup>th</sup>
- ❖ Wed noon-1PM, March 10<sup>th</sup> – April 21<sup>st</sup>

Register at:  
<http://bit.ly/WeCOPE4P>  
or email: [Jenniferpark@wisc.edu](mailto:Jenniferpark@wisc.edu)



## Eat Right

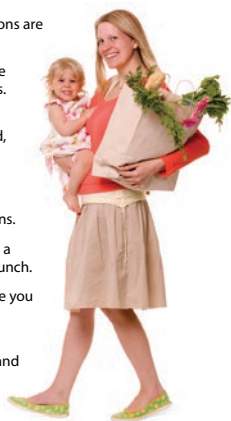
Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



### Healthy Eating on the Run: A Month of Tips

You may eat out a lot – many Americans do. People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere. Here are 31 tips to help you eat healthy when ordering out.

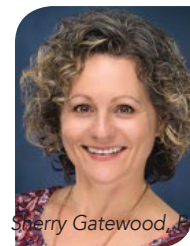
1. Think ahead and plan where you will eat. Consider what meal options are available. Look for places with a wide range of menu items.
2. Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for "healthier" choices.
3. Review and compare nutrition information if it's available. Menu terms that may indicate an item is healthier include: baked, braised, broiled, grilled, poached, roasted, and steamed.
4. Menu terms that usually mean a food is higher in saturated fat and calories include: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.
5. Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.
6. Hold the bread or chips until your meal is served. Hunger may drive you to fill up on these foods before your meal arrives.
7. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.
8. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
9. Begin with soup or salad as a way to include more vegetables at mealtime. Follow up with a light main course.
10. Or choose a salad with grilled chicken or seafood as your main course.
11. It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
12. Ask for sauces, dressings and toppings to be served "on the side." Then you control how much you eat.
13. Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal (some restaurants may not permit this or will charge for an extra plate).



14. Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than two hours (one hour if warmer than 90 degrees).
15. All-you-can-eat specials, buffets and unlimited salad bars make it difficult to follow recommended serving sizes. Pass these up if you find it difficult to listen to your hunger cues.
16. If you do choose the buffet, fill up on salads and vegetables first. Use small plates, to encourage smaller portions, and limit your trips up to the buffet line.
17. At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and high-fat toppings. Enjoy fresh fruit as your dessert.
18. Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.
19. Enjoy a variety of healthful foods from different cultures. Focus on dishes that emphasize vegetables and lean meats, seafood or beans.
20. Tempted by sweet, creamy desserts? Order a small portion or ask if it can be divided and shared with everyone at the table.
21. At the sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or low-fat spreads. And, don't forget the veggies.
22. Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.
23. Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables can be healthier options.
24. In place of fries or chips, choose a side salad, fruit or baked potato. Or, share a regular order of fries with a friend.
25. Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.
26. Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the calories of the regular size.
27. Try a smoothie made with 100% juice, fruit and low-fat yogurt for a light meal or snack.
28. For desk-top dining, keep single-serve packages of whole grain crackers, fruit, peanut butter, soup, or tuna around for a quick lunch.
29. Food items on your desk, like nuts or candy bowls, can lead to mindless eating. Keep all snacks and other food items in your desk to avoid the temptation to eat when you're not hungry.
30. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, salad and fresh fruit.
31. Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal.

### WELLNESS CORNER

Submitted by Sherry Gatewood, PA



Sherry Gatewood, PA

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit [www.eatright.org](http://www.eatright.org).

**eat right.** Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

# CELEBRATE NATIONAL NUTRITION MONTH® THROUGHOUT MARCH!

#NationalNutritionMonth

**eat right.** Academy of Nutrition and Dietetics



## NATIONAL NUTRITION MONTH

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Personalize Your Plate." There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes! And a Registered Dietitian Nutritionist can tailor a healthful eating plan that is as special as you are.



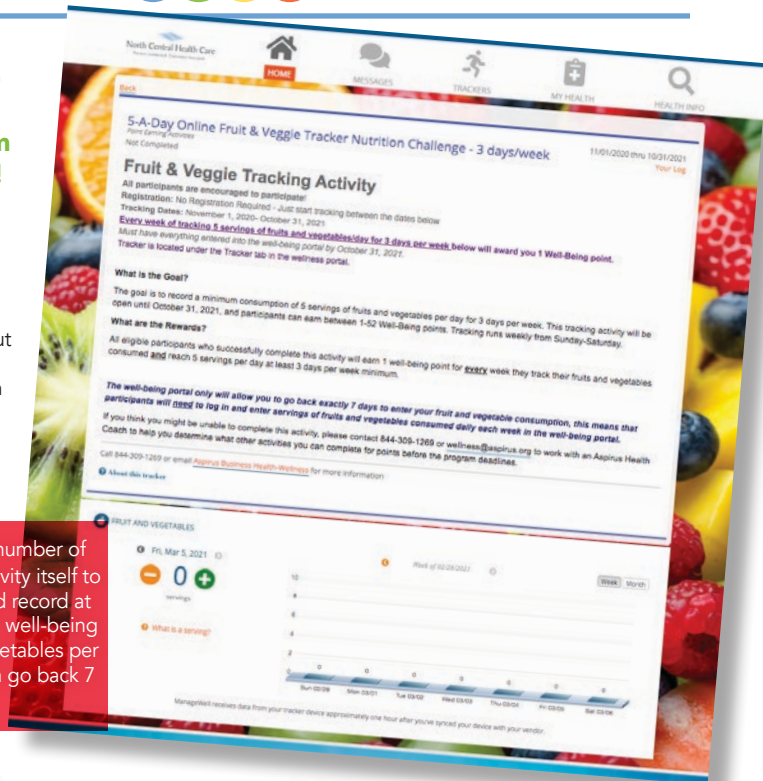


## MARCH IS NATIONAL NUTRITION MONTH

### Visit the Well-Being Program Available to All NCHC Staff!

Our Well-Being Program includes a login to the ManageWell portal where staff can participate in fun challenges and interesting self discovery tools. All while earning points that get you rewards along the way! Don't know about the ManageWell portal? Details are available below with how you can earn dollars for your HSA or prizes for you and your spouse participating - even if you are not on the NCHC Health Insurance plan!

**5-A-Day Online Fruit & Veggie Tracker Nutrition Challenge:** Track the number of fruits and vegetables you eat each day in your well-being portal. Go to the activity itself to track or you can also click on Trackers>Fruit & Veggie. Every week consume and record at least 5 servings of fruits and vegetables per day for 3 days per week and earn 1 well-being point. Every week you consume and record at least 5 servings of fruits and vegetables per day for 7 days per week will count for an additional 1 well-being point. You can go back 7 days to enter in your fruit & veggies consumption.



[www.managewell.com](http://www.managewell.com)



## North Central Health Care Well-Being Program 2021

For All Employees and Health Plan Enrolled Spouses!

### Earn Incentives for Taking Care of You!

Employees enrolled in an HSA Health Plan will earn an additional \$350 HSA contribution for 2022 for completing Steps 1 - 4. Employees enrolled in the Traditional Health Plan will earn a \$350 Medical Flexible Spending Account contribution for 2022 for completing Steps 1 - 4.

Spouses enrolled in an HSA Health Plan will earn an additional \$150 HSA contribution for 2022 for completing Steps 1 - 4. Spouses enrolled in the Traditional Health Plan will earn a \$150 Medical Flexible Spending Account contribution for 2022 for completing Steps 1 - 4.

Employees not on the health plan will be entered into a drawing for prizes for completing Steps 1 - 4 below.



### Follow these 4 easy steps on your personal online well-being portal to earn rewards!

#### Step 1

Register at [www.managewell.com](http://www.managewell.com) to begin the program. Learn how to register by following #1-7 on the next page.

#### Step 2

Sign up and complete a biometric screening before **February 26, 2021\***. Learn more on the next page under #8a-b.

#### Step 3

Complete the online health assessment before **March 12, 2021\*** after your biometric screening results have been uploaded into your account (You will receive an email notification when this is ready.)

#### Step 4

Earn 100 points by **October 31, 2021** by completing a variety of well-being activities shown on the next page.  
\* New hires have until October 31, 2021 to complete all 4 steps.

### How to Register for The Aspirus Well-Being Portal

Aspirus Business Health-Wellness is excited to partner with North Central Health Care to provide you with access to a new resource, [www.managewell.com](http://www.managewell.com). This website features valuable health programs and tools as well as a central location for storing and tracking your well-being efforts.

To participate in the Well-Being program, go to the website [www.managewell.com](http://www.managewell.com) or download the ManageWell 2.0 App and follow the instructions below to register. Contact Aspirus Business Health-Wellness if you have any questions.

1. Click "Sign up".
2. Enter your Unique, employer provided ID. This Unique ID is "NCHC", followed by your employee ID number. An example is: NCHC012345. Covered Spouse/Domestic Partner will add 50 after this (for significant other).
3. Enter your date of birth (month, day, year), confirm your timezone and select "Continue".
4. Confirm your name.
5. Read through and accept "Terms".
6. Enter a unique and valid email address and password. Remember these for the next time you log in to the website.
7. Select "Continue" to read through "Notice Regarding Wellness Program", select "Continue to Your Portal" and it will take you to your Home/Dashboard page.
8. Choose one of these options to complete your biometric screening by the deadline on previous page. Please make sure to read all the details under the option you choose below on its corresponding activity page on your well-being portal.
  - a. To Use the Biometric Screening Voucher - Go to the "Biometric Screening Voucher" activity page and follow directions to print a voucher and schedule at the NCHC Employee Health & Wellness Center or another Aspirus Business Health location.
  - b. To Submit your Results from a Provider - Go to "Submit Biometric Screening Results from your Primary Care Provider (PCP)" activity page and follow directions if you have had this completed with your provider since 11/1/2019. We do not automatically get the results from your Aspirus provider, it is your responsibility to submit them to Aspirus Business Health-Wellness before deadline on previous page.

### Well-Being Activities

Activity	Point Value	Bonus for NCHC Employee Health & Wellness Center Completed Service
Health Coaching (includes Care Management) (can earn up to 2 times)	15/session	
Preventative Visit with Primary Care Provider	20	15
Physical Activity Challenge	10	
Stress Less Challenge	10	
Monthly Online Educational Activity	5/month	
Online Tracker for Physical Activity Track 75 minutes of activity per week Track 150 minutes of activity per week	1/week 2/week	
Online 5-A-Day Fruit & Veggie Nutrition Tracker Track 5 servings of Fruits & Veggies per day for 3 days per week Track 5 servings of Fruits & Veggies per day for 7 days per week	1/week 2/week	
Health Pursuit Online Activity	10	
Flu Shot	5	
Mini-Challenges	5/challenge	
NCHC Sponsored Events (events added throughout the year)	5 -20/event	
Early Bird Biometrics completed prior to December 31, 2020	15	

More information can be found on the Aspirus Well-Being Portal at [www.managewell.com](http://www.managewell.com)

Contact Aspirus Business Health-Wellness if you have any questions or need help.  
844.309.1269 | [wellness@aspirus.org](mailto:wellness@aspirus.org)



North Central Health Care  
Person centered. Outcome focused.



# The Suggestion Box

Employees can provide feedback, suggestions, tips, tricks and new ideas all through this new online opportunity!

[www.norcen.org/SuggestionBox](http://www.norcen.org/SuggestionBox)

We embrace our employees' innovative spirit and commitment to our Core Values of Continuous Improvement and Partnership! The Suggestion Box a way for North Central Health Care Employees to provide feedback, suggestions, tips, tricks and new ideas. Employees can submit anonymously or leave their name and contact information for follow up - all submitted online!

Submit your feedback using the form provided at our website. Provide your contact information only if you would prefer someone to follow-up with you directly. You may also submit anonymously, however it may delay the follow-up. Be sure to provide enough information so that we can follow up with you if needed or get your suggestions to a specific program or leader.



## Position Posting

Title: Cook

Status: Full Time Location: Food Services, Wausau

To apply or learn more: <https://bit.ly/3rl5tD5>

Under the general supervision of the Food Service Director, a Cook at NCHC prepares therapeutic diets for resident consumption as ordered by the physician and according to the policies and procedures established by NCHC. Cooks also perform other related duties as assigned. This position carries with it the responsibility of supervising other dietary staff in the absence of the Food Service Director.

Refer A  
Friend or  
Colleague!

Text "Refer" to  
715.598.3663

Referring Someone  
for a Job is As Simple  
As Sending a Text!

Here's your chance to earn

You could earn the following REFERRAL BONUS...

When your recruit joins the NCHC Team and after you have both met the referral requirements.\*







# HAPPY ANNIVERSARY

## MARCH ANNIVERSARIES

Thank you for your service!

Debora Osowski.....03/12/2012  
 Lisa Murkowski.....03/03/1986  
 Brian Grosskreutz.....03/23/2009  
 Carl Peterson.....03/31/1997  
 Cindy Franklin.....03/24/2003  
 Chad Adams.....03/08/2004  
 Cheryl Zeinert.....03/23/2020  
 Lindsey King.....03/12/2007  
 Molly Hearley.....03/03/2008  
 Katie Kretschmer.....03/09/2009  
 Blanca Medina-Morales.....03/07/2011  
 Dawn Rustick.....03/07/2011  
 Jamie Clark.....03/07/2011  
 Jill Schulz.....03/26/2012  
 Jamie Heil.....03/12/2012  
 Patricia Ziegel.....03/26/2012  
 Bruce Callahan.....03/18/2013  
 Victor Ijomah.....03/10/2014  
 Michelle Carr.....03/10/2014  
 Madeline Grueneberg.....03/31/2014  
 Kevin Cooper.....03/16/2015  
 Jessica Schreiber.....03/16/2015  
 Jayne Rekowski.....03/16/2015  
 Judy Fumuso.....03/16/2015  
 Mariah Raymond.....03/22/2019

Jordan Imoehl.....03/20/2017  
 Jonathan Phelps.....03/20/2017  
 Pamela Harper.....03/06/2017  
 Kim Quednow.....03/04/2019  
 Kayla Erdman.....03/05/2018  
 Gladys Lim.....03/26/2018  
 Debra Ivacic.....03/05/2018  
 Breanna Pagel.....03/05/2018  
 Jennifer Staeven.....03/26/2018  
 Julie Rasmussen.....03/05/2018  
 Laura Lor.....03/26/2018  
 Mandy Sikorski.....03/26/2018  
 Timothy Holzem.....03/04/2019  
 Ashley Downing.....03/04/2019  
 Carolyn Kedzierski.....03/04/2019  
 Hannah Robenhorst.....03/21/2019  
 Audra Bohman.....03/12/2013  
 Rachel Grefe.....03/20/2017  
 Heidi Winter.....03/10/2014

Lynette Burby.....03/20/2014  
 DeeDe Grund.....03/20/1989  
 Nicole Robl.....03/15/2007  
 Angela Lepak.....03/07/1989  
 Emma Jaeger.....03/02/2020  
 Terri Bornheimer.....03/02/2020  
 Cindy Vachavake.....03/02/2020  
 Jill Meschke.....03/02/2020  
 Stephanie Hilgart.....03/02/2020  
 Marissa Pontzloff.....03/03/2020  
 Malachi Kelly.....03/03/2020  
 Mikayla Schade.....03/02/2020  
 Lorie Brunner.....03/02/2020  
 Emily Kassien.....03/02/2020  
 Erica Huffman.....03/30/2020  
 Kay Schenzel.....03/23/2020  
 Jake Prichard.....03/30/2020  
 Tamara Williams.....03/30/2020  
 Javonna Saari.....03/30/2020  
 Wesley Boehm.....03/24/2020  
 Jeanette King.....03/30/2020  
 Kay Buchkowski.....03/30/2020  
 Silvia Tzinoglou.....03/30/2020



THE U.S. CENSUS BUREAU HEREBY RECOGNIZES

### North Central Health Care

as an invaluable member of the 2020 Census Community Partnership and Engagement Program. We appreciate the efforts you made in making the Partnership Program a success and helping achieve a successful 2020 Census.

*Steven D. Dillingham*  
 Dr. Steven D. Dillingham, Director  
 U.S. Census Bureau



UNITED STATES DEPARTMENT OF  
 COMMERCE  
 Economics and Statistics Administration  
 U.S. Census Bureau  
 Chicago Regional Census Center  
 Chicago, IL 60604-2948

January 13, 2021

Dear Trusted 2020 Census Partner:

Thank you for your valuable partnership during this Decennial Census. With your support, the Region exceeded the National Self-Response Rate of 67% and had the highest self-response rate among all Regions, of 69.8%.

In collaboration with more than 50,550 partners, that collectively held nearly 64,750 events and made more than 70,450 commitments, you exhibited enormous dedication, creativity, and support in developing outreach and marketing activities that engaged, educated, and encouraged households to complete the 2020 Census, particularly in historically underserved communities.

Working alongside more than 2,015 Complete Count Committees, you and our many valuable partners hosted thousands of recruiting events to hire census workers that spoke the languages, understood the cultures, and lived within the communities they were tasked to count. Your efforts also ensured a successful Mobile Questionnaire Assistance (MQA) program across our Region, with more than 12,819 MQA events that assisted low-responding communities in completing their census questionnaires online and by phone.

Together, we ensured the Census had the most up-to-date address file, delivered paper questionnaires to rural areas, recruited workers during one of the lowest periods of unemployment, took on a global pandemic through unique virtual engagement, and engaged communities through Get Out the Count (GOTC) efforts that brought Census staff to historically undercounted neighborhoods.

Your valuable contributions will ensure critical planning over the next decade.

Thank you for Making It Count!

Sincerely,

*Marilyn A. Sanders*

Marilyn A. Sanders, Chicago Regional Director  
 U.S. Census Bureau





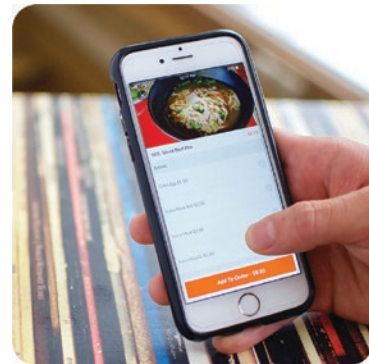
### New NCHC Employee Perk to Use Anywhere in United States!

EatStreet is widely available in Wausau Area and has pending networks in Merrill, Antigo and Tomahawk areas. Great thing is you can use the app anywhere you travel to, work or live! Order from a hotel, from work, at home or on vacation and get FREE delivery until March of 2022! Visit <https://1.shortstack.com/qWg2Kg> to sign up or visit the NCHC Intranet Employee Discount page for details!

# EatStreet's WORK PERKS PROGRAM

We've partnered with EatStreet to give our employees **Free Delivery for a year!**

You can get Free Delivery to any address in EatStreet's delivery service areas, not just at the office or at home. Whether you're looking for a quick bite for lunch or treating yourself to something special on the weekend, you can support your favorite local restaurants!



## GET STARTED

Register for the program by submitting your EatStreet account information on this [online form](#). Once you have submitted the form, allow up to 3 days for the promotion to be applied to your EatStreet account. <https://1.shortstack.com/qWg2Kg>

### HOW TO CREATE AN EATSTREET ACCOUNT

- Download and open the EatStreet App available for [iOS](#) and [Android](#)
- Tap the "Account" tab
- Tap "Create an Account"
- Enter your email, create a password, and tap "Sign Up"
- You can also make your account online at [EatStreet.com](https://EatStreet.com) by clicking "Sign In" and following the prompts from there.

## GET FREE DELIVERY

Enter your address and check out the list of restaurants available to your location. Any restaurant with the green car icon is eligible for Free Delivery.



Your Free Delivery will automatically be applied on all orders at checkout.

\* You may need to wait 5-10 minutes and refresh the page after creating your account for the promotion to be applied for the first time.