

PHOTO OF THE WEEK



Legislative Visit – Submitted by Communications & Marketing

NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

Forward Wisconsin

The Governor's 2021-2023 Budget is receiving heavy deliberation in the Legislature right now. There are several provisions in the budget that would benefit our programs, services, and staff. There's a long way to go before it's approved but good conversations are happening on both sides of the aisle around many of the budget provisions that would ultimately benefit NCHC. On Friday, April 30th, NCHC was fortunate to be an important stop in the Border-to-Border Tour Visit by Representative Goyke and Representative Neubauer who both sit on the Joint Finance Committee (see photos on page 2). Both Representatives were very interested in learning about NCHC's Vision to be a regionally unequaled mental health, recovery, and long-term care provider and how the new budget dollars will look in action. NCHC has been working on our 5 to 50 Vision for 4 years now. A big piece of that vision is our facilities but more so, it's how those facilities will enable us to do more around addiction treatment and crisis stabilization. The Governor's budget aligns with these priorities and we're hoping to be the organization to put these new budget provisions into action immediately.

Our plan is to be a regional crisis center that allows crisis urgent care and observation, expand crisis stabilization beds, inpatient psychiatric beds, improve the crisis response system, and alleviate the need for medical clearance in most situations and long distance emergency detention transports. We are looking to bolster our crisis staffing supports, incorporate more peer supports, expand C.A.R.T. along with other law enforcement partnerships, and leverage technology.

Our role in the community is an important one. We are the backbone to a broader community mental health system. We care for the most complex mental illness and addiction issues. Our greatest need is to be an exceptional organization when it comes to emergency and crisis care. All of these goals are clearly ahead of us. Our facilities will be completed next year, the Psychiatry Residency program is fully up and running, and we will continue to grow our continue of care and expand access. As we look to celebrate our 50th anniversary next year, there is so much that is all going to come together. We will be the model in the State of Wisconsin but it will not have been easy to get there. It takes time and diligent effort but it's possible. It's nice to have this affirmed when we show our State Officials what we're up to and they believe it aligns with their priorities.

Make it a great day,

Legislative Visit 2-3

And Crisis Stabilization Photos

Covid-19 Status Report.. 4

Staff Cases & Operations

Skilled Nursing Care Week Fun 5

May 9-15

Meet Our New Employees 5

Welcome to the Team!

Mental Health Month..... 8-9

Tools & Awards

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.

**Friday, April 30 –
Tuesday, May 4 (8am)**

Jaime Bracken



**Tuesday, May 4 (8am)–
Sunday, May 9**

Jill Meschke



Person-Centered
Shout

out

**Kyle Robl,
CNA,
Pine Crest**

Why: He is the go to guy for all the residents and he is really friendly.

**Submitted By:
Dennis Leith**





Distinguished Guests | Friday, April 30, 2021

Welcome

Katie Jaeger, Office of Rep. Goyke
Robby Abrahamian, Office of Rep. Neubauer
Katie Rosenberg, Mayor, City of Wausau
Kurt Gibbs, Chair, Marathon County Board
Lance Leonhard, Administrator, Marathon County
John Robinson, Supervisor, Marathon County Board
Sharon Kreft, NAMI



**State Rep.
Greta Neubauer**



**State Rep.
Evan Goyke**

Submit A Great Photo From Your Week!

Submit your photo and description to Communications@nrcen.org or Text: 715.370.1547. Please indicate Photo of the Week and include your name, who/what/where of the photo and why you are submitting.



Crisis Stabilization Facility

The Crisis Stabilization Facility located next to the Youth Behavioral Health Hospital. The building is finished and awaiting final approvals and inspection from the State of Wisconsin. Check out these photos!





Wear a Mask – Maintain Social Distance – Wash Your Hands – Stay Home If You Are Sick. Report Symptoms and Covid-19 Exposures to Employee Health and Manager

Staff will continue to screen appropriately, report symptoms and not report to work if experiencing any signs of illness. Staff are required to use PLT or take unpaid leave due to symptoms or exposure. **Employee Health: 715.848.4396**

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, Enhanced or Covid-19 Confirmed/Suspected Precautions. Units on Enhanced or Covid-19 Confirmed/Suspected Precautions must have it clearly posted on the entrance to the unit.

- o **Standard Precautions** – Surgical Mask, Gloves and Eye Protection (Face shield, goggles or safety glasses) required.
- o **Enhanced Precautions** – Surgical Mask, Eye Protection (Face shield, goggles or safety glasses), Gloves and Gown during patient encounters required.
- o **Covid-19 Confirmed/Suspected Precautions** – N95 Mask, Eye Protection (Face shield, goggles or safety glasses), Gloves and Gown during patient encounters required.

NCHC COVID-19 WEEKLY CASE REPORT

Confidential Employee Report

Employee Cases Reported through April 22, 2021

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.

Program	Current Active Employee Cases	Date Reported
<u>New Cases</u>		
Pine Crest	1	4/26
<u>Previously Reported</u>		
All previous employees have been cleared to return to work.		
Total Active Employee Cases	1	

GENERAL OPERATIONAL GUIDELINES

Program admissions, closures, and operations will be determined by Incident Command daily. Updates provided to staff at least weekly.

Direct Care/Visitors

- Essential visitors and contractors only.
- In-person treatment allowed in all programs. Masks and social distancing required. All areas require departmental cleaning procedures for pre/post in-person visits. Virtual treatment optional.
- In-Person Visitation allowed at Nursing Homes, Inpatient Hospitals, CBRF and Residential Homes (unless noted to right).
 - Program-established visiting hours.
 - Visitation limited to designated visiting areas or resident rooms only. No other travel throughout facilities. 2 visitors maximum per resident/patient at any time. Length of visit is determined by program.
 - Indoor, window, compassionate care and outdoor visits allowed.
 - Outdoor visits are weather-permitting and determined by program.
 - Screening, masks and social distancing required.
- Volunteer programming allowed. Limited to 5 max at a time in building. Covid-19 vaccination required.

Meetings or Groups

- NCHC in-person meetings and treatment groups allowed. Masks required. 6-foot social distancing or physical barriers between individuals required.
- Non-NCHC groups or meetings are not permitted (i.e., AA, NA)
- Group sizes for meetings or treatment limited to 50 people or less. Social distancing required. Meetings or treatment greater than 50 requires Operations Executive/Incident Command approval.

HR / Remote Work

- On-site interviews and Orientation are allowed with an option for virtual participation provided.
- Remote Work limited to those requiring exceptions. Please work with Manager and Human Resources if exceptions are required.

PROGRAM-SPECIFIC OPERATIONAL UPDATES

Programs with Operational Changes

Follow General Operational Guidelines (left) in addition to changes below.

- **Mount View:**
 - o **Enhanced Precautions:** Northern Reflections, Southshore and Northwinds. All In-Person Visitation Suspended temporarily through May 3. Compassionate Care visits allowed. Admissions on hold through April 30 for Northern Reflections, SouthShore and Northwinds due to precautions.
- **Pine Crest: Enhanced Precautions:** 300, 800 and Rehab (positive employee case identified). All In-Person Visitation Suspended temporarily through May 3. Compassionate Care visits allowed.
- **Residential Services:** Open and operational.
 - o **Covid-19 Confirmed/Suspected Precautions:** Jelinek through May 1 and Fulton through May 4 due to positive members/clients at these locations. Clients at these locations are closed to attending Adult Day and Prevocational Services.
 - o **Contact Precautions** due to presence of bed bugs: **Forest Street.**
 - o **Riverview Towers and Riverview Terrace:** Visitors are currently restricted, per City of Wausau.
- **Lakeside Recovery/MMT:** Closed. No Admissions.

Open & Operational

Follow General Operational Guidelines (left).

- Adult Day Services – Antigo
- Adult Day Services – Wausau
- Adult Day/Prevocational Services – Merrill
- Adult Protective Services
- Aquatic Therapy Center
- BHS Adult Hospital
- BHS Youth Hospital
- Community Treatment
- Clubhouse
- Crisis Center
- Crisis Stabilization Units (Adult & Youth)
- Hope House - Wausau
- Hope House - Antigo
- McClellan House
- Outpatient Clinics
- Pharmacy
- Prevocational Services – Wausau
- Transportation

Program Hours and Operations Online: www.norcen.org/Covid-19



All Employees Are Welcome to Participate in the Fun!!

WELCOME THESE NEW EMPLOYEES TO THE TEAM!

These employees were welcomed at Orientation on April 26, 2021



ACCOUNTING

April Oppen –
Accountant – Wausau



COMMUNITY TREATMENT ADULT

Kou Moua – Case
Manager – Wausau



FOOD SERVICES

Alana Polak – Dietary
Aide – Pine Crest, Merrill



LEGACIES BY THE LAKE

Yessa Anderson –
Hospitality Assistant –
Wausau

Photo Not
Available.

LONG-TERM CARE

Celina Jozwiak – Hospital-
ity Assistant – Wausau

Photo Not
Available.

Cibriana Pintor – Hospi-
tality Assistant – Wausau



Ashley Spransy –
CNA – Merrill



Krista Schultz –
Hospitality Assistant –
Wausau

RESIDENTIAL

Photo Not
Available.

Amber Warnke –
Residential Care
Assistant – Andrea St.

SAFETY & SECURITY



Sarah Rothmeyer –
Safety & Environment
Coordinator – Wausau

Together Through the Seasons®



National Skilled Nursing Care Week • May 9-15, 2021

"Together Through the Seasons" honors the collaborative commitment our skilled nursing care facilities and our staff have in providing compassionate care to our residents during this unprecedented time. Over the past year, despite the challenges of the pandemic, Pine Crest and Mount View staff have shown an incredible and steadfast commitment to providing quality care and ensuring the safety of our residents.

Monday May 10: Spring

Wear bright, springy, flowery clothes and colors!



Tuesday May 11: Summer

Sport your Hawaiian shorts, summer shirts and shades today!

Wednesday May 12: Fall

The leaves are coming down so wear your Fall clothes, camo and Autumn colors.

Thursday May 13: Winter

Brrr! Layer up in your Winter hats, flannels and warm weather gear.



Friday May 14: Wisconsin Day

We've celebrated the seasons now let's celebrate WI. Wear your WI gear today.

With each new season comes new beginnings, new strategies, and new information. Together we will get through this and together we will begin to heal.





FLASH FRIDAYS

Continual Readiness

April 30, 2021

Flash Fridays will be distributed weekly on Fridays to prepare you for upcoming surveys like The Joint Commission or State of WI surveys. The Continual Readiness information provided will pertain to all areas within NCHC, from Behavioral Health to Skilled Nursing Care, however some information may be more specific to one survey. Some may only pertain to clinical staff, but always read it thoroughly. If you have questions, ask your Team Leader to explain how the topic relates to your area.

Medication Management 101

MEDICATION LABELING: Did you know Medication Labeling is a National Patient Safety Goal under Joint Commission? Per NPSG.03.04.01 "The labeling of all medications, medication containers and other solutions is a risk-reduction activity consistent with safe medication management. Medications or other solutions in unlabeled containers are unidentifiable. Errors, sometimes tragic, have resulted from medications and other solutions removed from their original containers and placed into unlabeled containers."

NORTH CENTRAL HEALTH CARE POLICY & PROCEDURE ON MEDICATION LABELING

All medications prepared by North Central Health Care shall be correctly labeled with the following:

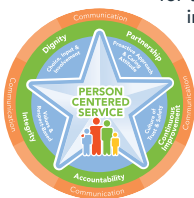
Patient name	Expiration date when not used within 24 hours
Medication name	Expiration time if expiration occurs in less than 24 hours
Strength	Preparation date and the diluent used for all compound IV admixtures and parenteral nutrition formulas.
Amount (if not apparent from the container)	

This element of performance is especially important when a medication will not be administered immediately. An immediately administered medication is one that an authorized staff member prepares or obtains and takes directly to a patient and administers to that patient without any break in the process.

MEDICATION ADMINISTRATION:

Joint Commission has a standard of performance in the Medication Management section, MM.06.01.01 "The organization safely administers medications."

North Central Health Care follows our organizational policy and procedures in our patient care areas for the safe administration of medication. This policy and procedure "Medication – Administration 3500-0017" follows evidence-based practice for the safe administration of medication and involves the 10 rights of medication administration. This policy and procedure can be found in UltiPro, all direct caregivers should review these documents as it relates to the safe administration of medication.



Questions? Contact your team leader, any member of the Leadership Team or Survey Readiness Team.



Just An Update on Employee Updates

Even though our in-person sessions were canceled for 2nd quarter (major bummer), we are in the process of recording the information and creating an awesome video for you all to view very soon! We apologize for the reminders in UKG Learning, but we will add the video as a reassignment later this week! Once its ready to view, we will adjust the due date on the course to accommodate the change.

Thanks for all your calls to HR to let us know about the issue and alert us and thank you for your patience! The video will be released very soon!

VACCINATION FAQ'S

Can I get my Covid-19 vaccination at the free community vaccination clinics? Will this fulfill the NCHC Employee Requirements as part of our NCHC vaccination program?

YES! Be sure to contact Employee Health and provide the appropriate documentation to show proof of vaccination. You can obtain your vaccination at the community clinics or your physician's office as well.



MAY COVID-19 VACCINATION CLINICS FOR EMPLOYEES

The next clinic available will be Friday, May 7

North Central Health Care is continuing to offer the Covid-19 vaccine to newly hired employees or current employees who have not previously received the vaccine. Vaccination clinics will be held once monthly on Fridays moving forward in 2021. All vaccination clinics will be held in the 1st floor dining room of Mount View Care Center in Wausau. The vaccination sign-up is online and you will be able to choose your preferred date by using the link below.

The Covid-19 vaccine is a 2-dose vaccine. After you receive your first dose, please make sure to sign up for your second dose for the following month. For example, if you're signing up for your first vaccine in May – make sure to sign up for your second in June. You will also be given your return date for the 2nd vaccine on your COVID Vaccine Card when receiving your first dose.

Below is the link to sign up for the new monthly COVID Vaccination Clinics. As always if you have any questions please reach out to your manager, Infection Prevention, or Employee Health.

COVID Vaccine Sign Up Form is online at <http://bit.ly/NCHCCovidVacc>

When you click link above, you will see a listing of all future clinic dates.



COMMITTEE CONNECTION

KNOW SOMEONE IMPACTED BY THE UNITED WAY & WILLING TO SHARE THEIR STORY?



Your story is important.

There are hundreds of ways that the United Way impacts individuals and families every week, however not everyone is aware of the effect that the United Way has on our communities. That's why we want to share real stories to spread the word and encourage United Way engagement within our North Central Health Care Team. Your story can help!



Get in contact.

If you or someone you know has a story to share **EMAIL US** at Communications@norcen.org

DONATE \$25

Wear jeans every Friday for a year!



Contact Volunteer Services for details

715.848.4450

Interested in joining the United Way Committee? Email Sheryl @ Shemp@norcen.org

CCITC NOTICE

Windows 10 Updates Ahead

NCHC will be moving to the next update of Windows 10 with another feature pack

upgrade. Feature packs are the updates to Windows 10 that usually will take 20 – 40 min to install and may require multiple reboots by users. This is needed for a security patch.



Employee computers will be divided into groups to push out through the week as follows:

- Tuesday, May 4th at 4pm
- Wednesday, May 5th at 4pm
- Friday, May 7th at 4pm

Once the push begins users will receive the update anytime in the days following the start of the push. You will receive a notification to restart or postpone if you are in the middle of something. Again, this will take 20-40 minutes.

If you have any questions or concerns, please reach out to the Helpdesk x6710, or 715.261.6710.

EMPLOYEE ACCOMPLISHMENTS

Congratulations Melissa LaPorte!

Melissa LaPorte passed the Certified Payroll Professional (CPP) Exam through the American Payroll Association. Melissa now has certified credentials to highlight her extensive payroll knowledge and experience. American Payroll Association Certification Board requires that payroll professionals fulfill one of several eligibility criteria before taking the CPP exam. Congratulations Melissa. We thank you for all the work you do and are proud of your accomplishment!



ON THE MOVE!

Congratulations Katie Gajewski!

Congratulations to Katie Gajewski on her recent accomplishment and transfer from Adult Behavioral Health Hospital as a Behavioral Health Tech to Graduate Nurse! Amazing job Katie! We are proud of your accomplishment!





May is Mental Health Awareness Month! North Central Health Care wants to shine a little light in the darkness of this past year and provide you with practical tools you can use to improve your mental health and increase resiliency when life gets tough.

Visit www.norcen.org/MentalHealthMonth and download a **FREE Mental Health Toolkit** that includes six topics to promote mental health for all. Together, these tools help us develop and employ the resiliency that will take us to brighter days. [#Tools2Thrive](#)



**SHARE NCHC MENTAL HEALTH TOOLS
AND INFORMATION THIS MONTH!**

GET SOCIAL!
[#Tools2Thrive](#)

COMMUNITY ACHIEVEMENTS

Housing Task Force Receives Award from Wausau PD

Congratulations to the Housing Task Force, recipient of the Community Policing Project of the Year from the Wausau Police Department. Partnerships strengthen and unify our community and we are grateful for the work of the Housing Task Force and specifically Monica Mynesberge and Michelle Carr of North Central Health Care and Officer Eric Lemirand and Lt. Nathan Cihahr from Wausau PD.



Michelle Carr



Monica Mynesberge



Watch the Full Video Award Video Presented By
Wausau Police Chief Ben Bliven on Facebook!





BEING TOGETHER

NAMI Wisconsin State-wide virtual mental illness support groups

VIRTUAL MENTAL HEALTH SUPPORT GROUPS NOW AVAILABLE STATE-WIDE by NAMI Wisconsin & Affiliates

[Madison, WI] (April 14th, 2021)—The National Alliance on Mental Illness (NAMI) Wisconsin created a directory of online support groups and classes for all individuals across the state of Wisconsin offered by NAMI affiliates.

The project is called “Being Together – NAMI Wisconsin” and is a way to bring those in need of support together, regardless of their location. These support groups and classes are open to anyone in need within Wisconsin and will especially benefit those who do not have support groups or classes in their area.

“Due to the global pandemic, many of our support groups have been meeting virtually,” said Stacey Mohr-Johannsen, NAMI Wisconsin’s Associate Director. “We now have the ability for people on opposite sides of the state to connect, find support, and bond over their shared experiences.”

NAMI’s support groups are built on a foundation of empathy, productive discussion, and community. Attendees are able to gain hope and a sense of connection by sharing their experiences in a non-judgmental space.

“We applaud everyone who is currently seeking information on mental health resources and support for themselves or a family member,” said Mohr-Johannsen, “Taking the first step and reaching out for help is often the hardest step in mental health recovery.”

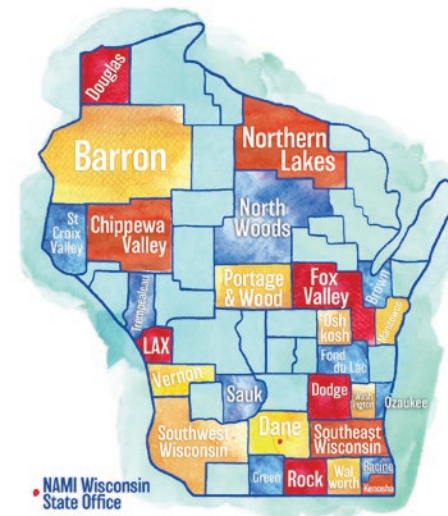
NAMI Wisconsin is the state affiliate of the National Alliance on Mental Illness and has 27 local affiliates across Wisconsin. The local NAMI affiliates offer support groups, resources, and classes to help people living with a mental illness, family, friends and providers, whose goals are to improve the quality of life and care of those navigating the mental health system. Wisconsinites are encouraged to connect with the local NAMI affiliate in their area to get connected with local resources.

To find a support group or class please reach out to your local affiliate at <https://namiwisconsin.org/find-my-nami/> or connect with NAMI Wisconsin at www.namiwisconsin.org

Welcome from NAMI Wisconsin. We would like to applaud you for seeking information on resources and support on behalf of yourself or a family member’s mental health. NAMI Wisconsin is the state affiliate of the National Alliance on Mental Illness and we have 27 local affiliates across Wisconsin who serve their communities. The local NAMI affiliates offer support groups, resources and classes to help people living with a mental illness, family, friends and providers, whose goals are to improve the quality of life and care of those navigating the mental health system.

Being Together - NAMI Wisconsin, provides online support groups and classes for individuals across the state who do not have a local NAMI Affiliate or do not have certain support groups or classes provided by their local affiliate. This is a way to bring those in need of support together, regardless of their location. These support groups and classes are open to anyone in need within Wisconsin.

We recommend that if you have a local affiliate in your area, to start their first, so you can get connected with local resources in your county. Then, branch out if needed for support groups not available at your affiliate. You may register for the support group or class by using the link, email address, or phone number provided on this handout.



NAMI Wisconsin Affiliates with Virtual Support Groups

(updated 3/30/21)

- Brown County
- Dane County
- Douglas County
- Fond du Lac
- Fox Valley
- La Crosse
- Northwoods
- Portage-Wood Counties
- Racine
- Rock County
- Southeast Wisconsin
- St. Croix Valley
- Vernon
- Washington County

www.namiwisconsin.org | (608) 268-6000 | nami@namiwisconsin.org



NAMI Wisconsin Peer Support Groups

NAMI Wisconsin Peer Support Group offers peer support in a safe and caring environment. Each support group is led by trained facilitators who have moved forward in their recovery journey with the support of their peers.

4th Wednesday of the Month
6:00 - 7:00 PM
NAMI Northwoods
naminorthwoods@gmail.com

NAMI Wisconsin Family Support Groups

Free, confidential, and safe 90-minute weekly support groups open to any family or friends of an individual living with a mental health diagnosis. Groups follow a flexible structure without an educational format. Join a caring group of peers that offer support through their learned wisdom. Participants can share as much or as little as they wish.

4th Monday of the Month
7:00 - 8:00 PM
NAMI Northwoods
naminorthwoods@gmail.com

NAMI Wisconsin Specialty Support Groups

Free, confidential, and safe 90-minute weekly support groups open to any family or friends of an individual living with a mental health diagnosis. Groups follow a flexible structure without an educational format. Join a caring group of peers that offer support through their learned wisdom and participants can share as much or as little personal information as they wish.

NAMI Northwoods
naminorthwoods@gmail.com



MARATHON COUNTY
EARLY YEARS
COALITION



Helping Transition Children, Youth and Their Families to the Next Normal.

Each Tuesday in May from 7:00pm - 8:00pm



Tuesday, May 4 - Eric P. Hartwig, Ph.D. Mindfield, LLC and Author of the b.e.s.t Universal Screening
Supporting Social, Emotional and Behavioral Health: How you can help.
Social and emotional learning is not a curriculum, it is "lived learning" guided by deliberate practice with effective caregiving. Families and school staff can have a dramatic and powerful influence on a child's behavioral, emotional and social development, particularly when the timing, content and level of support matches a child's needs. Join us for a conversation on how you can help children adapt and build capacity to manage their world.



Tuesday, May 11 - Dr. Lori Shepherd, Pediatrician, Marshfield Clinic and Dr. Carolyn Nash, Pediatrician, Child Advocacy Center
Building Resiliency in Young Children Through the Pandemic & Beyond - This talk will focus on ideas that will help your child develop resiliency, a strength that can help them thrive during times of stress, such as the current pandemic. A booklet with exercises and information is available as part of this presentation.



Tuesday, May 18 - Nicole Tank, Prevention Supervisor, Children's Wisconsin and Morgan Wolosek, Family & Youth Services Supervisor, Children's Wisconsin
Finding Balance - Helping Your Child Cope with Change - We all want the best for our children. Helping them learn to cope with change is a strength we can build within our child that will be an asset throughout their lifetime. Join us as we look at some of the signs children are struggling with change, how to find balance for ourselves and our children and ways to develop the skills to overcome challenges.



Tuesday, May 25 - Dr. Dakota Kaiser, Ph.D. Psychologist, Bridge Community Health Clinic and Erica Huffman, MS, LPC, Youth Behavioral Health Director, North Central Health Care
Addressing the Mental Health Needs of Children and Families - *More information to come.

Free, virtual offering, you can register for 1 or all!
Link to presentation will be sent the day prior to each session.
Register here: <https://www.unitedwaymc.org/EYCSeries>



Marathon County
Employees Credit Union

Make Your Summer Dreams Come True With a Recreational Loan from MCECU!

Special Financing Options Going on Now!
Rates Starting at 1.99%*!



Campers

Riding
Lawnmowers



Boats



Tractors

ATVs



Snowmobiles
(we do live in Wisconsin!)

Motorcycles

UTVs

Dirt Bikes

*1.99% APY valid for credit scores of 680 and higher and collateral 2016 and newer. For credit scores below 680, add 2%. For collateral 2015 and older, add 2%. Max term 84 months (120 months on boats and campers over \$50,000). LTV up to 125% New Money Only. Promotion valid 4/30/2021 until 6/30/2021. Must meet MCECU membership eligibility and underwriting requirements. Additional discounts do not apply to promotional rate.

www.mcecu.org • 715 261-7680
400 East Thomas Street • Wausau, WI 54403

Free Skin Cancer Screening

Melanoma is the most fatal form of skin cancer in the United States. Anyone can get skin cancer, but it is more common in people who are light skinned, have a history of sunburns, a family history or over age 50. But if found early, skin cancer can be treated with removal only before it has spread to other areas of the body.



May 20, 2021

12:00pm - 6:00pm

June 17, 2021

12:00pm - 6:00pm

Appointments required

If not able to make these specific days, skin cancer screenings can still be scheduled at the Employee Health & Wellness Center for a date and time that is convenient.

Employee Health
& Wellness Center

1000 Lake View Drive, Suite 200
Wausau, WI 54403

715-843-1256



Aspirus Clinics

Sports Physicals

Employee Health &
Wellness Center

1000 Lake View Drive
Suite 200
Wausau, WI 54403

June 3
July 22
July 29
August 5
2021

Schedule your appointment by calling
715-843-1246



Sherry Hughes, PA





HRinsights

Position Posting

Title: Adult Protective Services Manager

Status: Full Time **Location:** Wausau

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

The Adult Protective Services Manager is responsible for the management of the Adult Protective Services program for North Central Health who serves Marathon, Lincoln, and Langlade Counties in delivering on responsibilities outlined in Wisconsin State Statute Chapters 54, 55 and 46.90 – including but not limited to the At Risk Reporting System and the Adult Protective Services Program.

Position Posting

Title: Youth Case Manager

Status: Full Time **Location:** Community Treatment, Merrill

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

The Case Manager provides community-based case management and psychological rehabilitation in collaboration with the consumer and recovery team members.

Position Posting

Title: Youth Behavioral Health Registered Nurse

Status: Full Time, Nights **Location:** Wausau

To apply or learn more: <https://bit.ly/3vgk6ce>

The RN conducts professional nursing work involving the delivery and supervision of patient care under the direction of the Psychiatrist and in collaboration with the multidisciplinary treatment team. The Youth Hospital RN performs the full scope of professional nursing functions within the parameters of professional licensure and standards of practice. As an essential part of the psychiatric care multidisciplinary treatment team, the RN works to create a healing and trauma-informed environment for hospitalized youth.

**Watch and Share Our
Realistic Job Preview Videos**



Learn about jobs available at NCHC and get a real glimpse of a day in the life of a CNA and other amazing opportunities at NCHC!

www.norcen.org/RJP



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

**Refer A Friend or Colleague!
Text "Refer" to 715.598.3663
Your text referral makes you
eligible for a \$500 BONUS!**



tidbits on benefits

SUNBURN PREVENTION

The Sun is Finally Coming Out. Protect Yourself from Sunburn this Summer!

- Avoid prolonged exposure to the sun when possible. Wear sunscreen with a minimum of SPF 15. SPF refers to how long a person will be protected from a burn. (SPF 15 means a person can stay in the sun 15-times longer before burning.) SPF only refers to UVB protection.
- To protect against UVA, look for products containing: Mexoryl, Parsol 1789, titanium dioxide, zinc oxide, or avobenzone.
- Sunscreen performance is affected by wind, humidity, perspiration, and proper application.
- Throw away sunscreens after 1–2 years (they lose potency).
- Apply liberally (minimum of 1 oz) at least 20 minutes before sun exposure.
- Apply to ears, scalp, lips, neck, tops of feet, and backs of hands.
- Reapply at least every 2 hours and each time a person gets out of the water or perspires heavily.
- Some sunscreens may lose their effectiveness when applied with insect repellents. You may need to reapply more often.
- Wear clothing with a tight weave or high-SPF clothing.
- Wear wide-brimmed hats and sunglasses with UV protection and side panels.
- Take breaks in shaded areas.

DEPARTMENT OF HEALTH AND HUMAN SERVICES, Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health, www.cdc.gov/niosh/topics/outdoor/

ONSITE HEALTH AND WELLNESS CENTER AND SICK PATIENTS

Your Onsite Health and Wellness Center is here to support your ongoing health care needs as well as supporting you when you feel ill or need quick care. While COVID continues to be a concern the following options are available to support you:

1. If you have symptoms of fever, sore throat, cough, diarrhea, fevers, chills call the clinic to discuss symptoms with your Health and Wellness Center provider via telephone or video visit. Your provider will answer questions for pediatric patients as well.
 - You may be advised you need to get a negative COVID test prior to being seen in person
 - You will be advised on ways to treat your symptoms
2. If you do not have COVID symptoms and have an acute care need please call the clinic and schedule an appointment.
3. Consider taking advantage of the Onsite Health and Wellness Center video visit option for your acute care needs

WELLNESS CORNER

Submitted by Sherry Gatewood, PA



Stay Healthy at Work



Sherry Gatewood, PA



Hannah Nigh, OHT



Asia Bay, Wellness Specialist



Sara Cordrey, Administrative Specialist

Meet Your Health and Wellness Clinic Partners

Sherry Gatewood, PA and the staff at your Employee Health and Wellness Center provide comprehensive medical care for you and your dependents, including:

- Annual physicals and preventative screening
- Health monitoring and education
- Illness and injury
- Wellness services
- Minor procedures
- And more—not sure if we cover what you need? Give us a call!

North Central Health Care
Person centered. Outcome focused.



EMPLOYEE HEALTH & WELLNESS CENTER

1000 Lake View Drive, Door 25, Suite 200
Wausau, WI 54403
North Central Health Care Campus

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

Call 715.843.1256 to
schedule your appointment
or ask about our services.

Same day appointments and walk-ins are often
available based upon the schedule for that day.

