



A Weekly Update
For The Employees of
North Central Health Care



NEWS YOU CAN USE



WEEKLY CONNECTION WITH VICKI TYLKA

As I pondered what to share for this article, Spring has officially started, and we have snow – wonderful Wisconsin weather! I wanted to reflect a bit on spring because it is the start of so many new things: plants blooming, animals becoming more active, and birds coming back - to name a few. I learned that in many cultures, spring has been celebrated with festivals to recognize its importance in food

production. That fact leads me to give a big shout out to our dietary department! All the wonderful variety of delicious foods now being served in our cafeteria and the positive boost this has given to many employees is very noticed. I see a lot of smiles at lunchtime now and friendly debates on what entrée is the best – taco bar and pizza possibly being the top contenders. Thank you for all your hard work preparing wonderful food for us, our residents, and patients.

Lastly, I want to acknowledge all our staff who came together to respond to our recent phone outage. Our services are essential to the public, and when the preferred method of reaching us is not available, it can be challenging to quickly inform our community of viable options to connect with us. NCHC, City of Wausau, and Marathon County leadership connected quickly and made necessary arrangements and communications for business to continue in the best way possible. A great example of collaboration and shared purpose.

Vicki Tylka

Vicki Tylka
Managing Director of
Community Programs

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Matt Beyer, Housekeeping

Thank you for getting all of the chairs set up for employee updates!
Nice Job!

Shared By:
Jessica Meadows



Occurrence Reporting Hotline

x4488 or 715.848.4488



Only significant or sentinel events requiring immediate notification to this hotline.



Spring 2024

PHOTO OF THE WEEK



EMPLOYEE UPDATES



Thank you for attending!



SKIN SCREENINGS ARE OPEN TO ALL EMPLOYEES & DEPENDENTS REGARDLESS OF HEALTH INSURANCE ENROLLMENT.

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.



- Tuesday, May 7 | 8:00 - 11:00 am
- Wednesday, May 15 | 12:30 - 4:00 pm
- Thursday, May 16 | 2:00 - 6:00 pm
- Tuesday, May 21 | 7:30 - 10:30 am
- Tuesday, June 11 | 8:00 - 11:00 am
- Thursday, June 13 | 2:00 - 6:00 pm

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, Door 34
Wausau, WI 54403

715.843.1256



Better Your Balance

Take a Stepping On Workshop!
Stepping On can help you avoid a dangerous and costly fall, so you can keep doing the things you love to do.

Hear from the Experts

- Physical Therapist**
Strength and balance
- Optometrist & Pharmacist**
Vision, hearing and medication increase fall risk.
- Community Safety Expert**
Avoid hazards in your home

Pre-registration required

Thursdays, April 18- May 30, 2024
1:00 PM - 3:00 PM
Location: The Landing, 707 N 3rd Street, Wausau
*You do not need to be a member of the YMCA or of The Landing to Participate in this Program. Non members are welcome.
To register: Call The Landing at: 715-841-1855

Tuesdays, April 30- June 11, 2024
9:30 AM - 11:30 AM
Location: SAFER Fire Dept, 224225 Hummingbird Road, Rib Mtn
To register: Call the ADRC-CW at 888-486-9545





The following employees were nominated in the last Quarter of 2023 for their outstanding demonstration of our NCHC Core Values and Person-Centered Service. Congrats to the following individuals and teams for their achievements.



OUTSTANDING LEADERSHIP AWARD Bobby Splinter, Director of Accounting

Congratulations to Bobby Splinter, recipient of this quarter's Outstanding Leadership Award.

Bobby was Recognized for:

- His negotiation skills with banking partners that resulted in NCHC receiving \$45K/month in interest revenue.
- Consistency in striving to make a financial difference so we can afford to provide the best quality service to our community.
- His ability to spot risks and make impactful decisions
- Relating well with his team and makes them feel comfortable.

Nominated by April Opper.



OUTSTANDING LEADERSHIP AWARD Kimberly Moore, Assistant Director of Acute Care Services

Congratulations to Kimberly Moore, recipient of this quarter's Outstanding Leadership Award.

Kimberly was Recognized for:

- Her support of Crisis Professionals that goes above and beyond
- Her knowledge of current laws, policies, & professional practices
- Her kindness and thoughtfulness with staff in difficult situations
- Wonderful attitude, calming personality, and professionalism
- Her leadership, clinical support, and advocacy for staff

Nominated by Austin Hettinga.

North Central Health Care
Person centered. Outcome focused.

Employee Recognition Program

Quarterly Award Nomination Form

Please complete this form by sharing your comments about the experience you had with the Recipient(s) that demonstrated the individual or team's outstanding work and commitment to providing excellent Person-Centered Service at North Central Health and the community.

REQUIRED: Check One Award Category Below

- Outstanding Person-Centered Service Award**
Recognizes an employee who provides direct care, exceeds standards and works effectively to ensure the optimal patient experience and person-centered care. Recipient selected by Recognition Committee. NCHC Director, Managers and Supervisors are not eligible for this award.
- Outstanding Service Excellence Award**
Recognizes an employee who **directly** provide direct care who consistently achieved exemplary performance within their program and has worked to improving the programs and services of NCHC. Recipient selected by Recognition Committee. NCHC Director, Managers and Supervisors are not eligible for this award.
- Outstanding Team Partnership Award**
Recognizes any work team, committee or department who has made significant contributions to enhance the position throughout the organization. 15 employees or less per group. Recipient selected by Recognition Committee and submission of the department or organization.
- Outstanding Leadership Award**
Recognizes a direct manager or supervisor who inspires, influences and conducts themselves in a professional manner, acting as a role model for others to follow in the workplace and our community. Recipient selected by Executive Team and presented quarterly by the Management Meeting.

Note: Recipients are selected based on the criteria for each award which can be found on www.norcen.org/ForEmployees

Employee(s)/Team You Are Recognizing
Name: _____ Department: _____
Title: _____

Your Information
Name: _____ Today's Date: _____
Title: _____ Department: _____
Phone Number/email: _____

The awards will be distributed quarterly:

Quarter	Submission Dates	Selection and Recognition Planning
1st Quarter	January 1 to March 31	April
2nd Quarter	April 1 to June 30	July
3rd Quarter	July 1 to September 30	October
	October 1 to December 31	January

Share your experience with a coworker or team that demonstrated the outstanding work and commitment to providing excellent Person-Centered Service at North Central Health and the community.

Recognition is Awarded Quarterly for:

- Outstanding Person-Centered Service
- Outstanding Service Excellence
- Team Partnership
- Outstanding Leadership



Nominate a Coworker or Team today! www.norcen.org/Recognition



COMMUNITY TREATMENT SPOTLIGHT AWARD MARCH 2024



Bonnie Cherwinka Community Treatment

NCHC Community Treatment is pleased to announce Bonnie Cherwinka was awarded the March Spotlight Award!

Bonnie has been part of the Lincoln Youth Team for a short time but has already made a huge impact. She is someone that not only does amazingly well with organization and supporting her CLTS families but is a leader when it comes moral and working as a team. She enters the room with a smile and is always the first to check in with teammates, especially when she knows that they have been dealing with stressful situations with their caseloads.

Recently, Bonnie volunteered to put together a team retreat for the Lincoln Youth team. She put in a ton of effort, on top of the great work that she already does for her consumers. She came up with team building activities, education, and food, all while meeting her deadlines for CLTS. She took extra time to find out what the team wanted/needed for the retreat and made sure that everyone had a voice in the planning. She embodies dignity, integrity, accountability, partnership, and continuous improvement. We are lucky to have her on our team!



Congrats Bonnie!

North Central Health Care and Aspirus Women's Health have teamed up to offer your annual mammogram right onsite!

May 23, 2024
July 18, 2024
November 6, 2024
Appointment is required



3D mammography is available and covered by North Central Health Care's Health plan benefits.

- Note: You will need 3D CPT codes: screening mammogram 77067 and 77063

For an appointment, call Aspirus Central Scheduling at 866.672.5133. Tell them you want a **North Central Health Care Mobile Mammo unit** appointment. An order from your health care provider is not needed.

You will be asked to provide:

- The name of your physician or nurse practitioner to receive results
- Insurance information
- The location(s) of your prior mammograms



WOM-154p (1.7.19)

Please Join Us



Adin Boyer - American Idol Season 21

Adin will be performing with the DCE Senior High Jazz Ensemble

Tuesday, April 2 - 7:00 pm
DCE Middle School Theater

\$10 (donation) at the door. Proceeds go towards scholarships for DCE music students.

About Adin
Adin is an Indie Rock Singer-Songwriter, Pianist and an Autism/Anti-Bullying Advocate

Learn more about Adin on his website:
<https://www.adinboyer.com>

Watch Adin's American Idol Audition:
<https://fb.watch/qUyhaSHsyv/>

Such a talent. I would love to write with him. He can go anywhere fearlessly.
- Lionel Richie, American Idol Season 21



AQUATIC THERAPY CENTER CLOSED FOR MAINTENANCE

Thursday March 21st at 2pm – Monday, April 8th, 2024

Please note the upcoming pool closure for maintenance. We apologize for any inconvenience this may cause; however, we remain committed to ensuring the excellence of our facilities. Thank you for your understanding and cooperation. We are excited to announce a special Falls Risk Prevention event scheduled during our closure on March 28th, from 10am to 1pm, to be hosted in the Community Room of the North Central Health Care main tower. Please use parking lot B and the Suite B entrance. This event is specifically designed to provide essential information and resources to mitigate the risk of falls, particularly among our senior members.

FREE Fall Risk & Prevention Event

NCHC Community Room - Thursday, March 28th
Stop in anytime between 10:00am -1:00pm

Join us for a **FREE interactive community event** centered around fall risk and prevention, led by our Aquatic Physical Therapy Team! Take control of your safety and well-being with a thorough balance assessment to evaluate potential fall risks. Explore diverse options for improving balance, from specialized exercises to community programs or referrals to personalized assessment and treatment through physical therapy. Discover essential fall recovery techniques and valuable insights into preventing falls at home. Delve into the significance of proper fitting and safe utilization of Durable Medical Equipment (DME). Don't miss out on this invaluable opportunity to prioritize your safety and independence!

- ✓ Balance Assessments
- ✓ Exercise Recommendations
- ✓ Physical Therapy Referrals
- ✓ Fall Recovery Techniques
- ✓ Analyzing Home Fall Risks
- ✓ DME Fits & Safe Uses

No Registration Required | Cookies + Coffee Provided!

Featured Educators



Emily Hulke
PHYSICAL THERAPIST
(PT, DPT)



Mike Haylett
PHYSICAL THERAPIST
(PT, DPT, OCS, MTC)



Tyler John
PHYSICAL THERAPIST
ASSISTANT (PTA)



Marathon County
Employees Credit Union

Easter Doesn't End with Us On Sunday...
We Have our Own Peter Rabbit All Year Long...

Stop in or Call Pete Today for All Your Lending Needs



Peter Wolf
715 261-7685
culoans@co.marathon.wi.us
400 East Thomas Street Wausau, WI 54403



RASMUSSEN
UNIVERSITY



Rasmussen University Educational Alliance Webinar

Hello NCHC Employees,

We are excited to share this opportunity to learn more about the education benefits you have. See below for the FREE registration. *If you are not able to make the webinar time, please register and we will send you the recording once the webinar is over.*

Education Benefits Webinar and Corporate Grant Information
Wednesday, April 3rd, 2024, | 1:00 PM EST

Registration: [Click Here to Register](#)

This webinar will cover the educational benefits of your employer as well as the programs offered at Rasmussen University. Whether you work directly with patients or behind the scenes, there are over 60+ degree programs available at Rasmussen University. This virtual information session will give you the chance to learn more about your tuition grant opportunities to help you earn your degree.

Learn more at rasmussen.edu/corporate or *Text DEGREE20 to 96194

Visit <https://bit.ly/3IK4UwU> to Register!



NCHC Employee Health & Wellness Center **Onsite Clinic**

Aspirus Employee Health & Wellness Center
1000 Lake View Drive, Suite 200
North Central Health Care Campus, Door 34
Wausau, WI 54403



Theresa Micke, PA-C
Physician Assistant



DISCOVER THE ONSITE EMPLOYEE CLINIC

Tess Micke, PA-C

Occupational Medicine, Walk-In Medicine



DISCOVER THE ONSITE EMPLOYEE CLINIC

Get to Know Tess Micke, PA-C and Learn More About This Benefit

Meet Tess as she shares insights into her background and the wide range of services provided at the Aspirus Onsite Employee Clinic. This invaluable perk ensures easy access to high-quality healthcare directly on our North Central Health Care campus. With same-day appointments frequently accessible and a commitment to personalized care, this option proves to be an exceptional benefit for NCHC employees and their families who take advantage of our insurance options.

**CLICK OR SCAN
TO WATCH!**

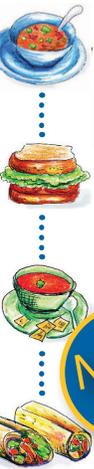
Clinic Hours

Monday, Wednesday and Friday
8:00 am - 4:30 pm

Tuesday Thursday
6:30 am - 3:00 pm 9:30 am - 6:00 pm



**Schedule your
appointment by calling
715.843.1256**



WHAT'S FOR LUNCH?

WAUSAU CAMPUS EMPLOYEE CAFETERIA OPEN TO ALL NCHC & WAUSAU CAMPUS EMPLOYEES

BREAKFAST HOURS
8:30 AM – 10:30 AM

LUNCH HOURS
MONDAY – FRIDAY
10:30 AM – 1:30 PM
HOT FOOD BAR &
SALADS \$.45/OUNCE
(Weekdays Only)

GRAB-N-GO HOURS
MONDAY – FRIDAY
8:30 AM – 5:30 PM
WEEKENDS:
GRAB-N-GO ONLY

New!

The Hot Sandwich Menu is Back!

FEATURING DAILY SPECIALS LIKE GRILLED BEEF & CHEDDAR, CHEESEBURGERS, BBQ SANDWICHES, TUNA MELTS, PIZZA & MORE!!
Make your own cold or hot sandwich with fixins' OR self-serve at the salad bar.

MARCH 25 – 29, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Cheesy Meatloaf Baked Potato Wax Beans	Vegetable Beef Stew Biscuit Creamy Coleslaw	Turkey & Dumplings Mixed Vegetables Dinner Roll	Roast Beef & Gravy Parslied Carrots	Vegetable Lasagna Breadstick Broccoli Cuts
SOUP	Cream of Potato Soup	TBD	Texas Tomato Soup	Beef Noodle Soup	Split Pea Soup
SANDWICH	Grilled Ham and Cheddar or Swiss	Breaded Chicken Tenders	Bacon Cheeseburger	BBQ on a Bun	Tuna Melt
DESSERT	Cherry Delight	Bread Pudding w/ Caramel Sauce	Cranberry Dessert	Cinnamon Baked Apple	Pumpkin Fluff

APRIL 1 – 5, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Baked Chicken Mashed Potatoes	Lasagna Garlic Toast	Pork Loin Stuffing Squash	Roast Turkey Mashed Potatoes Corn	Bake Cod Herbed Rice Coleslaw
SOUP	Cauliflower Cheese soup	Beef & Barley Hobo Soup!	Veggie Soup	Cream of Potato Soup	French Onion Soup
SANDWICH	Tacho Bar	Taco Bar	Meatball Sub	Pizza	Fish Tacos
DESSERT	Cherry Delight	Cookies	Snickerdoodle Krispy Bar	Cookies	Cranberry Crunch



Position Postings

Title: Community Treatment Employment Specialist

Status: Full Time

Location: Wausau

The Employment Specialist carries out the services of the IPS Supported Employment program by assisting mental health clients obtain and maintain employment that is consistent with their vocational goals.

Learn More or Apply Online:
www.norcen.org/Careers

<https://bit.ly/CTEmpSpecialist>



**We want MORE
Awesome People
like YOU on
Our NCHC Team!**

**Be sure to SHARE our
Career Posts on Social!**



THE BISTRO

NOW OPEN 7 DAYS A WEEK! | WEEKDAYS 7:30AM - 3PM | WEEKENDS: 9:30AM - 5PM

THE BISTRO WILL BE CLOSED ON WEEKENDS FROM 1-1:30PM TO ACCOMODATE STAFF BREAKS

*HOT FOOD IS AVAILABLE AT THE BISTRO DAILY UNTIL 2:30PM *



SPECIAL OF THE WEEK

Buffalo Chicken Wrap/Panini

BUFFALO CHICKEN | CHEESE | CHEDDAR | ONION | BLUE CHEESE

LATTE OF THE WEEK



Hazelnut Mocha

Rich espresso, velvety steamed milk, and warm, nutty notes of hazelnut.

\$1 OFF LARGE LATTES EVERY MONDAY!

**Please note: All sales subject to Sales Tax.*

- build your own -
BREAKFAST SANDWICH

PICK YOUR STYLE

EGG + CHEESE 3.00

EGG, MEAT + CHEESE 4.00

PICK YOUR BREAD

CROISSANT

BAGEL

ENGLISH MUFFIN

PICK YOUR MEAT

HAM

SAUSAGE

BACON

