



A Weekly Update
For The Employees of
North Central Health Care



NEWS YOU CAN USE



WEEKLY CONNECTION WITH GARY OLSEN

April 18-24 is Health Information Professionals Week!

Health Information Professionals Week is an annual observance dedicated to recognizing and celebrating the contributions of Health Information Professionals to the healthcare industry. This week provides an opportunity to acknowledge the hard work, expertise, and dedication of these professionals and to raise awareness of the importance of Health Information Management (HIM) in delivering effective and efficient healthcare services.

I want to take this time to recognize NCHC's HIM team. I had the pleasure of being their Senior Leader for a very short time and during that time I found we have very dedicated individuals who work in that department. For those who are not familiar with what HIM does, here are just a few things you should know:

Health Information Professionals specialize in managing health information, including medical records, patient data, and healthcare-related documentation. These professionals play a critical role in ensuring the accuracy, accessibility, and security of health information within our organization, which is essential for delivering high-quality patient care.

To our Health Information Professionals in HIM, I want to say thank you for your unwavering commitment to excellence, your tireless dedication to accuracy and integrity, and your invaluable contributions to our organization's success. Your work truly makes a difference, and we are deeply grateful for all that you do! I also have to give a shout out to the HIM mascot, Hippy the HIPAA Hippo. If you go down by the HIM team, you can see Hippy.

Gary D. Olsen

Gary Olsen
Executive Director



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Person-Centered
Shout out



Rita Heinz, Long-Term Care

Always putting the residents' need first!

Shared By:
Rebekka Surber



Occurrence Reporting Hotline

x4488 or 715.848.4488



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



THE JOINT COMMISSION SURVEYORS HAVE ARRIVED TO WAUSAU CAMPUS The Time is Now to Demonstrate the Great Work That You Do!



This email is to inform our teams that The Joint Commission Surveyors have arrived to the Wausau Campus this morning. The Survey Team will be performing surveys at various programs and departments at any of our locations throughout Marathon, Langlade, or Lincoln County. We expect the Survey Team to be present from Monday, April 15 – Thursday, April 18, 2024. During their visit, the Survey Team will be utilizing the Compliance Office in Administration. Please welcome them if you see them in various departments and program areas.

Please review your Continual Readiness Resources located on your Department Communication Board. Remember your resources: Connections Guide, Badge Buddy, UKG Policies, Communication Board, Manager/Supervisor, etc.

Questions?

Should you have questions at any time, please contact your Manager or Supervisor FIRST. There will also be a NCHC Incident Command Center established in the Compliance Office in Administration. This NCHC Incident Command Center Team will be fielding any requests the surveyors have for information and data, but will also be available to answer questions from 8:00 am to 5:00 pm.

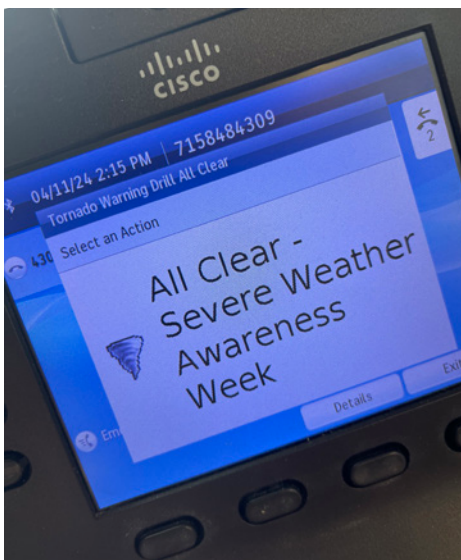
Remember, The Joint Commission visit is about NCHC, and not you as an individual staff person. While you may be interviewed and there are certain expectations you need to meet, the visit is not intended to catch you making mistakes. It's to make sure healthcare facilities have systems in place to protect patients. So relax and do the great work we are confident you know how to do!

SAFETY REMINDERS

Please Slow Down, Stay Safe in Parking Lots!

When you're driving in our parking lots, a lot is going on. It's Spring! The weather is nice, so more people are walking around, cars are moving in and out, and there are construction crews and facilities vehicles. That's why it's super important to be careful. We have recently received some complaints about parking lot speed.

So, let's all slow down when we're driving in parking lots to keep everyone safe!



TORNADO DRILL FUN

Administration Teams Hold a Tornado Drill "Club Meeting" During Statewide Tornado Drill

What a better way to get on the same page for emergency preparedness drills than to practice the drill and have a little fun while doing it! The teams in Suite A, including Communications & Marketing, Safety, Payroll, Human Resources, and Administration gathered during the statewide tornado drill last week in their designated tornado shelter. The group went through procedures for the area as well as completed questions and answers, in addition to some Wisconsin tornado trivia. All was complemented with some healthy snacks and lots of smiles. With so many people in new program areas, running through our tornado drill really answered a lot of questions the teams had about severe weather safety. Great job Admin!

As a reminder, all managers should turn in their Tornado Drill critique form and sign-in sheet to Sarah Rothmeyer in Safety by April 19.



HARD HAT UPDATE

WAUSAU CAMPUS UPDATES Mount View Care Center Patio, Walking Paths and North Field

The walking paths on the Wausau Campus will be intermittently closed through the next several weeks as construction crews replace the patio and most of the walking trails with fresh concrete and blacktop. The trails will be widened to 8 feet and be replaced with fresh asphalt for a more safe and smooth experience for our residents, families, employees and community members.

Additionally, restoration of the North Field has begun. The fence has been removed and crews have begun smoothing out the dirt piles. This field will be returned to green space and additionally have some landscaping berms for additional privacy near the Youth Hospital and Crisis Stabilization Facility.

Thank you for your patience and adherence to safety and construction signs. Be sure to keep out of areas where crews are working!



New concrete on the Mount View Patio!



Fences down and field restoration has begun!





JOIN OUR NCHC TEAM & VOLUNTEER AT GREEN+CLEAN 2024!
Get a FREE Shirt, Donuts, Coffee, and Lunch & Help Keep Central WI Green & Clean!

PROUD EVENT PARTNER



CLEANING UP
Today
FOR A GREENER
Tomorrow

REGISTER ONLINE AT:

www.ghidorzigrreenandclean.com

Register by Friday, April 12 to guarantee your free t-shirt.

Contact Taylre at 715.348.1360 or hello@ghidorzi.com with questions.

JOIN US ON APRIL 27!

Ghidorzi Green and Clean is greater Wausau's annual community-wide cleanup to free our beautiful landscapes of litter and debris. The event is a productive way to celebrate Earth Day and a healthy outdoor activity for families, friends, neighbors and coworkers. Safety green t-shirts, trash bags and gloves are provided free of charge, along with hot Starbucks coffee and donuts to energize our efforts.



Join us online to stay current with event happenings!



f @GhidorziCompanies

@ @GhidorziGreenandClean



Event Kick-Off Location

Corporate Cove Tower | One Corporate Drive, Wausau, WI

8 a.m. Refreshments, check-in, live announcements with giveaways **NEW!**

8:45 a.m. Deployment of volunteers

9 - 11 a.m. Trash pick-up

11 - 1 p.m. Incredible Bank FREE Brat Fry thank you luncheon! **NEW!**

Brat Fry Location

Incredible Bank | 327 N 17th Ave., Wausau, WI **incrediblebank**

Your free safety green t-shirt, trash bags, gloves, and site map may be picked up ahead of time from Union Station at 2100 Stewart Ave. on Monday, April 22 through Thursday, April 25 from 8:30 a.m. to 4:30 p.m. or at the Event Kick-Off!





1st Quarter 2024 - January, February & March

Celebrating Employee Milestones



We would like to honor these employees who celebrated their milestone anniversary in the 1st Quarter of 2024. Let us all take a moment to express our heartfelt gratitude and admiration for these employees and their remarkable achievements and loyalty. Their relentless pursuit of excellence has not only contributed to their personal growth but has also helped elevate North Central Health Care to new heights. Thank you for all you do for NCHC, for those we serve and for our communities.



- Beverly Ann Bailey** CNA
- Kristin Davis**..... Behavioral Health Prof. II
- Meghan Gast** CNA
- Amber Gollon** Case Manager I
- Stacy Heal**..... Central Scheduler
- Sara Hollinger**..... Registered Nurse
- Walter Kanitz**..... Registered Nurse

- Carolyn Kedzierski** Central Scheduler
- Katie Kuklinski Van Heest**..CNA
- Curtis Matsche**.....L&D Instruction Designer
- Sarah Mesenberg** Volunteer Coordinator
- Magdeline Mishall** Behavioral Health Prof. II
- Stephanie Wegner**..... Registered Nurse



- Lynette Burby**..... Housekeeping Aide
- Madeline Grueneberg**..... Respiratory Therapist
- Victor Ijomah** CNA
- Nicole Long**..... Registered Nurse
- Paula Streich**..... CNA



- Carrie Paisar** MH/Subs Abuse Therapist



- Chad Adams**..... Transportation Coord
- Myra Monyok** Behavioral Health Prof II



- DeeDe Grund**..... Dietary Aide
- Angela Lepak**..... Accounts Payable Rep.

Congratulations!

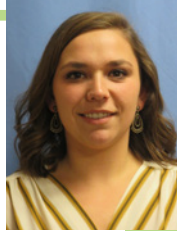


employees on the move

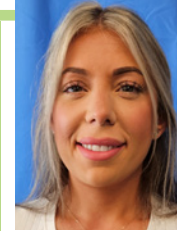
Congratulations to these employees for their recent transfer or promotion!



Stephanie Landwehr transferred from Community Treatment Tech to Case Manager I (Bachelor) in Community Treatment – Adult reporting to Holly Westberg effective 3/31/2024.



Taylor Tomaszewski transferred from Discharge Planning Coordinator reporting to Misti Swanson to Administrative Asst II reporting to Wendy Peterson in the Adult Behavioral Health Hospital effective 03/31/2024.



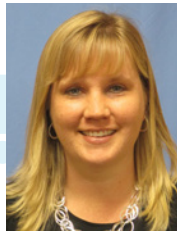
Tiara Bonilla transferred from Behavioral Health Professional I to Recovery Case Manager in Lake-side Recovery MMT reporting to Heidi Kleinschmidt effective 3/17/2024.



Allison Fonder transferred from Linkage Coordinator in Crisis reporting to Kim Moore to Care Coordinator at the Adult Behavioral Health Hospital reporting to Misti Swanson effective 2/18/2024.



Claire Duley transferred from Hospitality Assistant to CNA at Pinecrest reporting to Bette Lloyd effective 3/17/2024.



Gina Woodward transferred from Patient Account Rep in Patient Financial Services reporting to Tammy Buchberger to Quality Assurance Special in Community Treatment reporting to Marne Schroeder effective 3/17/2024.



congrats!



SAFETYZONE NOTICE Wednesday, April 24

On Wednesday, April 24th, from 10:00 PM until 11:00 PM CST, the Health-care SafetyZone® system will be unavailable due to server maintenance.

Please wait to submit your SafetyZone reports until after the downtime that evening.

Looking for NCHC Swag?

Visit the *Swag shop.*

www.norcen.org/SwagShop



APRIL IS STRENGTHENING FAMILIES MONTH

Join us for the 6th Annual Hands around the Courthouse

In honor of Strengthening Families Month, Marathon County Social Services hosts a Hands Around the Courthouse observance. Join us as we join hands to bring awareness to child abuse and help strengthen and support the families of our amazing community.

Please wear blue to support the cause!

All are welcome, Rain or shine!

**THURSDAY APRIL 18, 2024
3:00 P.M. - 4:00 P.M.
MARATHON COUNTY COURTHOUSE**

PLEASE USE THE PARKING RAMP ON 5TH STREET. IT IS FREE FOR THE FIRST TWO HOURS, SO YOU WILL NOT NEED TO PAY TO PARK.

WE WILL MEET ON THE GREENSPACE ADJACENT TO THE MAIN PARKING LOT OFF OF 5TH STREET.



For details, contact Alexa Zich at 715-261-7549



April is North Central Health Care **STRESS** AWARENESS MONTH



#STRESSLESS

Take the first step towards a healthier, happier, stress-free life!

norcen.org/StressLess

THE BUTTERFLY EFFECT

This term, coined by Edward Lorenz in 1963, is a concept from chaos theory: a small change to one part of a complex system, can cause an effect on the entire system. It stresses the interconnectedness of our world - some changes could have an effect on us all. So little by little, our small actions towards improving our mental wellbeing could even help others to improve theirs!



36.7%

A meta-analysis on stress interventions discovered that just 9 minutes of daily spontaneous laughter can significantly reduce cortisol levels, benefiting both our physical and mental health.

Kramer et al (2023)

MINUTES ON THE CLOCK

10

minutes of consecutive standing time. This might seem obvious but many of us do not do it enough in the modern working environment! Take 10 minutes a day to get that blood circulating around!

20

minutes of simply being outdoors in nature a day can improve our mental wellbeing, not just physical. No need for strenuous activity, walking in the green will keep out mental fitness lean!

30

minutes to wind down and relax before bed at least. No screens, no work in sight. Take this time for yourself, take a bath, read a book, have some tea, dedicate 30 minutes to yourself.

Harvard Health Publishing (2019)

COPING WITH STRESS

- Get enough sleep
- Listen to music
- If you are ill, rest
- Learn to say 'no'
- Manage your time optimally
- Work off stress with physical activity
- Breathe
- Do something you enjoy like a hobby
- Avoid nicotine, alcohol, caffeine and refined sugar
- Talk to someone
- Take breaks

Find more tips on managing your stress at norcen.org/StressLess

TIPPING THE KINDNESS SCALES

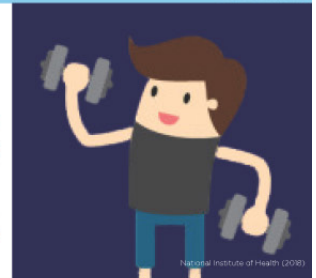
Simply saying **one** positive self-affirmation a day, and offering them to others can profoundly alter neural pathways and combat **double** the negative thoughts, enhancing both our self-image and the perception of those we uplift with encouraging words.



Cascio et al (2016)

SMALL GAINS

Small wins are little successes or progress towards a goal. They may not feel like a lot, but we can't see into the future. Our small gains may translate into our biggest wins! Little by little, our choices to make small healthy changes to our daily routine and consistently stick to the healthy changes can significantly increase our average life expectancy. The most important part of it all? That these small gains must bring us small satisfactions!



National Institute of Health (2016)



Let's talk retirement

WISCONSIN DEFERRED COMPENSATION PROGRAM

Talk with a Retirement Plan Advisor about the WDC Program!

Meeting with your WDC Retirement Plan Advisor is an easy way to help make sure your savings and spending strategy fits you and your future. Schedule a one-on-one virtual (online or by phone). Additional virtual meeting dates and times can be found at https://nc_wisconsin.timetap.com/#/.

Next meeting:
Individual Retirement Readiness Review with Shawn Bresnahan

Wednesday, May 1, 2024 • 10am-3pm
North Central Health Care Wausau Campus
DeSantis Room #1215 in Suite A: Administration
2400 Marshall Street, Suite A
Wausau, WI 54403

What to bring to your one-on-one meeting once enrolled:

- Wisconsin Retirement System statement
- Social Security statement
- Other retirement account information
- Current paycheck stub (if applicable)

Register today at https://nc_wisconsin.timetap.com/#/



OUTPATIENT TEAM SUPPORTS RAISE YOUR VOICE Basket Donation from Staff

The Outpatient team contributed to the Local Raise Your Voice group of D.C. Everest, Wausau East and Wausau West, donating and creating a basket for the raffle for the upcoming event on May 5, 2024. Shout out to Carrie Paisar, Outpatient Therapist, for putting the basket together.

Raise Your Voice Clubs are dedicated to increasing mental health awareness, inspiring advocacy, and promoting acceptance.

Join our community at Wausau West High School grounds as they walk to end the stigma of mental health. Thanks for your support.

D.C. EVEREST, MARATHON, WAUSAU EAST AND WAUSAU WEST PRESENT:

RAISE YOUR VOICE


Mental Health Awareness Walk/Run

AN EVENT TO END THE STIGMA OF MENTAL HEALTH

Pets welcome!

SUNDAY, MAY 5, 2024
WAUSAU WEST HIGH SCHOOL GROUNDS

Register!



Same-day tickets available with exact CASH ONLY

Register:
bit.ly/RVWalkRegister

Website:
bit.ly/RVWebsite

Details!

- AGES 12+ = \$10
- STUDENTS (K-12) FROM DCE, WSD, & MARATHON W/ ID = \$5
- AGES 5 & UNDER = FREE
- GATES OPEN AT 9AM
- RACE STARTS AT 10AM
- 1 MILE LOOP / DO YOUR OWN 5K

Join us!

- RAFFLE BASKETS
- COMMUNITY INFORMATIONAL BOOTHS
- CONCESSIONS

GREEN OUT EVENT!

ALL PROCEEDS WILL BE DONATED TO NAMI NORTHWOODS FOR RVV



Free, safe disposal of your unused, unwanted or expired medications.

April 27, 2024 Take Back Locations:

Wausau Police Dept.

10 AM - 2 PM

Kronenwetter Police Dept.

Open 24/7

Rothschild Police Dept.

Open 24/7



Year round drop box locations can be found at local police departments, pharmacies, and hospitals.

Take a picture to find a drop box near you.





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

Daily Hot Sandwich Menu

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.

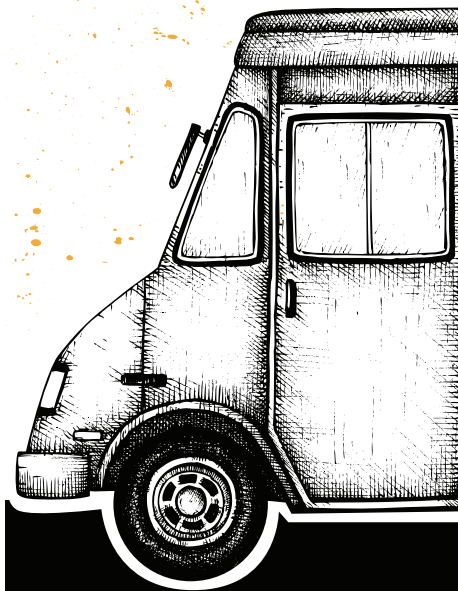
APRIL 15 – 19, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Brat on a BU Potato Salad Creamy Cucumber Salad	BBQ Beef on Bun Buttered Diced Potatoes Green Beans	Shepard's Pie Dinner Roll Country Trio Veggies	Salisbury Steak Mashed Potatoes Steamed Rutabagas	Baked Cod Basked Potato Mixed Veggies
SOUP	Tomato Soup	Turkey Dumpling Soup	Cheddar Baked Potato Soup	French Onion Soup	Garden Vegetable Soup
SANDWICH	Grilled Cheese Sandwich	Chicken Strips	Pizza	Nachos Supreme	Reuben
DESSERT	Diced Watermelon	Brownie	Glazed Lemon Cake	Fruit Pizza	Strawberry poke Cake

APRIL 22 – 26, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Homestyle Meatloaf Baked Potato Broccoli	Honey Mustard Chicken & Sauce Rice Pilaf Beets	Breaded Pork Chop Brown Gravy O'brien Potatoes Mixed Veggies	Mac & Cheese and Ham Green Beans	Chicken Lasagna Breadstick Broccoli
SOUP	Chili	Cheesy Cauliflower Soup	Chili	Beef Noodle Soup	Cream of Broccoli Soup
SANDWICH	Hot Ham on Bun	French Dip	Breaded Fish on a Bun	Hamburger	Tachos (Loaded Tater Tots)
DESSERT	Brownie	Frosted Chocolate Cake	Strawberry Yogurt Pie	Fruit Cobbler	Cherry Delight

Spring WAUSAU CAMPUS FOOD TRUCKS



HANUMAN EXPRESS

Wausau Campus
Thursdays
April 18 • May 2 • May 23

Mount View Care Center
LOT B Parking Lot

11 am – 1:30 pm

Please note: Food trucks are independently operated and may cancel with little notice. We apologize for any inconvenience.



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

Italian Panini

TURKEY | HAM | SALAMI | PROVOLONE CHEESE
ITALIAN DRESSING | BANANA PEPPERS

LATTE OF THE WEEK

Hazelnut Mocha

Rich espresso, velvety steamed milk,
and warm 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

