
A Weekly Update
For The Employees of
North Central Health Care



NEWS YOU CAN USE



WEEKLY CONNECTION WITH GARY OLSEN

I don't know about all of you, but this summer just seems to be going way too fast. This week is the Fourth of July week already. I hope all of you will be able to take some time this week and enjoy it with family or friends.

I would like to give a couple of Shout Outs this week related to our Core Value of *Continuous Improvement*. During the months of May and June, we had a follow up visit from Joint Commission and State CMS Surveyors showed

up at Mount View. I want to thank all our wonderful, dedicated employees who worked so hard during these visits to ensure we are, and stay, in compliance in our programs. I know there were lots of hours of work put into making sure we had our "house" in order for these surveys. I also heard from some of the surveyors how impressed they were with our preparedness and the progress we had made. This is a great example of everyone's commitment to Continuous Improvement!

I also hope everyone has had a chance to see the Outpatient waiting room area. We have new furniture in that area courtesy of the North Central Health Foundation (which I will write about in a future article.) I want to give a *Shout Out* to Gregory Schubring (Manager Outpatient Operations), Jill Nelson (Purchasing Agent), and Vicki Tylka (Managing Director of Community Programs), for helping to pick out the furniture. This was a great addition to the waiting area and makes the area look and feel more patient-friendly.

I want to wish everyone a Happy Fourth of July!

Gary D. Olsen
Gary Olsen
Executive Director

**NCHC Offices
will be closed on
Thursday, July 4**



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Person-Centered
**Shout
out**



**Megan Uting,
Life Enrichment,
MVCC**

Megan did a great job talking about her duties as Life Enrichment Aid to Wausau West students. Thank you!

Shared By:
Xong Hutchison



courier



JULY 4TH COURIER SCHEDULE

During the week of July 4th, the NCHC Courier will be operating on Friday, July 5. Please plan ahead for this date change. NCHC Offices will be closed on Thursday, July 4.

Occurrence Reporting Hotline
x4488 or 715.848.4488



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



THE IMPACTS OF SYNTHETIC MARIJUANA ON THE BRAIN

Dr. Yasin Talks with WSAW TV 7

Dr. Yasin, MD, Medical Director at NCHC, spoke with WSAW TV 7 Reporter Hannah Borchert in a virtual interview today. They discussed the impact of synthetic marijuana and Delta variants on the brain, with a focus on individuals under the age of 25 and teenagers. The full investigative series will be released in a few weeks, and we look forward to watching it. We extend our gratitude to Dr. Yasin for sharing his knowledge and insights on this growing concern within our community.

HAPPY RETIREMENT!



CONGRATULATIONS TO LAURIE WEGNER ON HER RETIREMENT

42 Years of Service

Laurie Wegner has worked at Pine Crest for OVER 42 YEARS!!! Her service and dedication is exemplary and she has always provided the highest quality of care for residents. She has a big heart and took time to truly listen and get to know the residents. She did an excellent job training many new employees and students over the years and always made them feel welcome. She went above and beyond with things like cleaning up and maintaining the patio. We appreciate her hard work and compassion and can't thank her enough! She will always be a part of the Pine Crest family. Congratulations, Laurie and enjoy your retirement to the fullest with your family, garden and catching all those fish!



RETIREMENT CELEBRATION ANNOUNCEMENT

Congrats Katherine Crabtree

Katherine Crabtree, Mailroom Clerk - Wausau Campus, has announced her retirement from NCHC. Katherine started as a Senior Aide back in 2017 and was hired onto the NCHC team in 2022. Many departments know Katherine for her can-do attitude and her willingness to help with any task. Join us on Tuesday, July 9th at 1 pm in the Employee Cafeteria as we celebrate Katherine's retirement. All staff are welcome to join for cake and to wish Katherine well!



KATHERINE'S RETIREMENT CELEBRATION

**July 9 at 1:00 pm
Wausau Campus
Employee Cafeteria**

**All Employees
Welcome!**



Marathon County
Employees Credit Union

VISA Balance Transfer Special Going On Now!

VISA SPECIAL

4.99% APR for 19 months
on balance transfers!
Valid now through 9.7.2024

NO TRANSFER FEE!

Additional details apply. Call 715.261.7680.

Balance transfers completed by 9/7/2024 will receive 4.99% APR for 19 months from date of transfer. After promotional time frame expires, remaining balances will migrate to the standard APR applicable on your account. Contact credit union for complete details.

APR = Annual Percentage Rate. All loans are subject to MCECU'S normal credit requirements.

Apply Online @ www.mcecu.org

Don't already have a MCECU Credit Card? Contact Us to Apply!

culoans@co.marathon.wi.us

715-261-7680

400 East Thomas Street • Wausau, WI 54403

**Proudly Serving NCHC Employees
and Their Family Members Since 1965.**

Let's Go to the Fair!

Food, Fun, Friends...What More Can You Ask For?



Volunteers Wanted for the Wisconsin Valley Fair in Wausau!

Mount View Care Center will be taking residents to the Fair in August and Volunteer Services is looking for volunteers to assist residents at the outings.

Volunteers will provide our residents with an opportunity to enjoy a wonderful community event. It would be a one-on-one experience where volunteers will push residents in their wheelchairs around the fairgrounds taking in the sights, sounds, and smells. We would provide the transportation to and from the facility.

A \$5 meal stipend will be provided. You can bring additional funds for extras, if you wish.

If you know of anyone that is looking for volunteer hours or a teen or adult group that likes to participate in community service projects, please share this need with them.

This is an event our residents look forward to and we cannot do it without the assistance of volunteers.

- All volunteers must be 13 years of age or older and be able to push a wheelchair.

- You do not have to be a current volunteer. You will just have to sign a confidentiality agreement.

- Each volunteer will receive a ticket into the fair that can be used again later that day.

Mount View Care Center Fair Outing Volunteering

Wednesday, July 31 • Thursday, August 1 • Friday, August 2

Interested In Helping With This Fun Activity?

Please contact the Volunteer Office at 715.848.4450 or volunteer@nrcen.org. Thank you!



WELCOME THESE *New Employees* TO THE TEAM!

These employees were welcomed with Orientation in June 2024!

Food Services - Pine Crest



Ashley Lemmer –
Dietary Aide



Christina Jennings –
Dietary Aide

Health Information



Ryan Masterson –
Medical Record
Destruction Specialist

Food Services – Wausau



Nerlande Charles –
Dietary Aide



**Alex
Waterson-Rosso** –
Dietary Aide

Mount View Care Center



Amanda Bablitch –
RN



Yer Chang – LPN



Ella Boggs – CNA



Kylie Krieg – CNA



Carly Korpita –
Hospitality Assistant



Katelin Hall –
Hospitality Assistant

Outpatient Services



Emily Bohenstengel –
RN



Jordan Heistad –
Registration Specialist

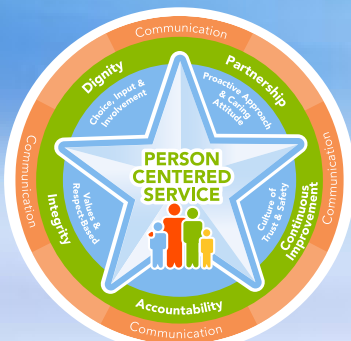


Manie Galvan –
Registration Specialist

Aquatic Therapy Center



**Jacqueline
Scheuermann** –
Enrollment Benefit
Specialist



*We are so excited to have
you on our team!*



BEAT THE HEAT

5 Summer Medication Safety Tips

As summer temperatures rise, it's crucial to manage your medications carefully to stay safe and healthy. Follow these essential tips to ensure your medications work effectively and you enjoy a worry-free summer.

#1

Store Medications Properly

Keep medications in a cool, dry place away from sunlight and avoid high-temperature locations like your car.

#2

Stay Hydrated

Drink plenty of water throughout the day, as dehydration can worsen the side effects of many medications

#3

Use Sunscreen

Some medications (antibiotics, antidepressants, blood pressure meds) increase sun sensitivity. Always use sunscreen and wear protective clothing outdoors.

#4

Adjust Medication Timing

Adjust medication timing to avoid conflicts with activities. For example, take drowsiness-causing meds when you don't need to drive or operate machinery.

#5

Prepare for Emergency

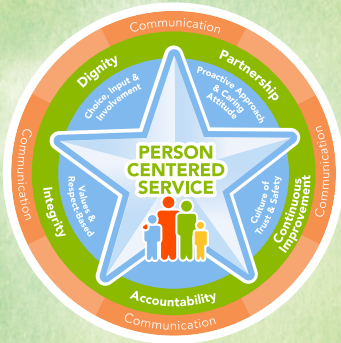
Ensure you have an adequate supply of necessary medications for conditions like asthma or diabetes. You will want to keep them easily accessible at all times.

TALK TO A MEDICATION EXPERT

CALL (913) 322 8456
OR VISIT [TRIAHEALTH.COM/SCHEDULE](https://www.triahealth.com/schedule)



North Central Health Care
Person centered. Outcome focused.



ANTIGO ADULT DAY SERVICES COLLABORATES WITH UW EXTENSION

How Does Your Garden Grow?

Adult Day Services in Antigo started a wonderful collaboration with Langlade County - University of Wisconsin Extension to create vegetable gardens. The group started with seeds, began to watch them grow, and are now learning to make healthy snacks with the garden's harvest.

Thank you to Jessica Pyke for sharing these inspiring photos from the ADS Gardens.

Do you have a labor of love and a green thumb? Share your garden photos with your NCHC colleagues. Let's see what you have growing. Share your photos on our Employee Communications Facebook Group or email communications@norcen.org.



Employees
Are Welcome
to Attend
or Show Off
Your Ride in
the Show!

Mount View Care Center

CLASSIC Car Show



July 15, 2024

2-3:30 PM | Mount View Lot B

Mount View Care Center will be hosting its annual Car Show again this year at the Mount View Care Center parking lot at 2400 Marshall Street, Lot B. Antique autos will arrive between 1:30 pm and 2:00 pm and residents, friends, family, employees and the public can check out the show from 2:00 – 3:30 pm. Employees interested in showing a car in the show can park in the blocked off area of Lot B anytime that Monday. Please let Rachel Riehle in Life Enrichment know you will be showing a vehicle by contacting her at rriehle@nrcen.org or x4354.



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.

JULY 1 – 5, 2024

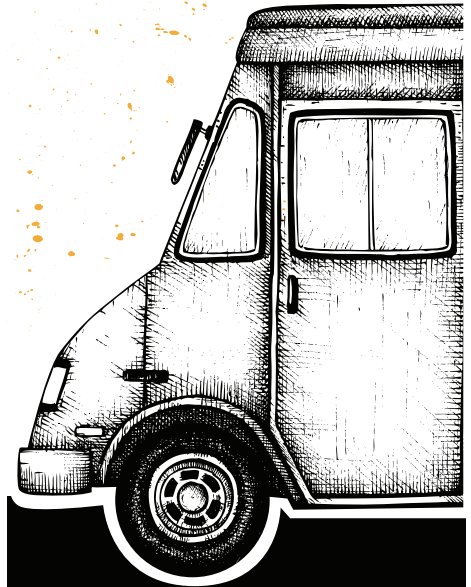
	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Beef Stroganoff Noodles Broccoli	Spaghetti and Meat sauce Green Beans Garlic Toast	Beef Liver with Onions Mashed Potatoes & Gravy Corn	 Café Closed due to July 4th Holiday	Meatballs with Gravy Mashed Potatoes Mixed Veggies
SOUP	Cream of Broccoli Soup	Cream of Potato Soup	Chicken Vegetable Soup		Stuffed Green Pepper Soup
SANDWICH	Hot Turkey on Croissant with Hollandaise	Chicken Supreme on a Bun	BBQ on a Bun	The Bistro Will Be Open 9 am to 5 pm	Tuna Melt
DESSERT	Marble Cake with Frosting	Fresh Melon	Shirley Temple Poke Cake		Dirt Cup

JULY 8 – 12, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Bratwurst on a Bun Potato Salad Creamy Cucumber Salad	BBQ Beef on Bun Buttered Diced Potatoes Green Beans	Shepperd's Pie Dinner Roll Country Trio Vegetables	Salisbury Steak Mashed Potatoes and Gravy Steamed Rutabagas	Baked Cod Baked 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



WAUSAU CAMPUS SUMMER FOOD TRUCKS



Wausau Campus
Mount View Care Center
LOT B Parking Lot

11 am – 1:30 pm

**Third Thursdays
of the Month**

Next Visit: July 25

**Food Truck
Announcement
to Come!**

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



THE BISTRO



On July 4th,
The Bistro will be
Open 9 am to 5 pm

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 ACCOMMODATE STAFF BREAKS

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



SPECIAL OF THE WEEK

Tuna Melt Panini

TUNA SALAD | CHEDDAR CHEESE | TOMATOES

LATTE OF THE WEEK



Cinnamon Honey

Honey & cinnamon paired with smooth espresso and steamed milk.

**\$1 OFF LARGE LATTES
EVERY MONDAY!**

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

Ice Cream

ICE CREAM CONE1.50
ICE CREAM SUNDAE2.25



- build your own - **BREAKFAST SANDWICH**

EGG + CHEESE3.00
EGG, MEAT + CHEESE4.00

PICK YOUR BREAD

CROISSANT | BAGEL
ENGLISH MUFFIN

PICK YOUR MEAT

HAM | SAUSAGE | BACON