


A Weekly Update
For The Employees of
North Central Health Care



PHOTO OF THE WEEK

NEWS YOU CAN USE



WEEKLY CONNECTION WITH GARY OLSEN

**This week, we are excited to celebrate
National Nursing Home Week!**

This year's theme, *"Tapestry of Life,"* beautifully reflects the rich stories, experiences, and connections that make our nursing homes such special places. Our Marketing team, in partnership with our two nursing homes, have been hard at work planning a week full of fun, creativity, and togetherness.

At Mount View Care Center, staff have created a stunning paper quilt featuring the names of every employee — a powerful symbol of how each person contributes their own unique thread to our shared tapestry. Over at Pine Crest, the team is building a heartfelt memory collage made from the stories and reflections of their employees, celebrating the journeys that bring us together every day.

One highlight of the week will be "Wear What You Love Day," where employees are invited to show off their hobbies or passions — whether it's a favorite sports team, a crafting project, or an outdoor adventure. It's a fun way to learn something new about the people we work with and strengthen the spirit of *Partnership* that's one of our Core Values.

As we celebrate the week, let's also take a moment to recognize and appreciate the mothers and mother figures in our lives. Thank you for the love, support, and guidance you provide every day — both at home and here at NCHC.

Happy Nursing Home Week to all!


Gary Olsen
Executive Director

National *Nursing Home Week*



CELEBRATE OUR
Tapestry of Life

MAY 12 – 16, 2025

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Jenna Toboyek, **Community Treatment Youth**

Thanks for going above & beyond with a client in getting her to engage spending lots of time creating the self-esteem journal.

Shared By: Claire Krueger



Occurrence Reporting Hotline

x4488 or 715.848.4488

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





North Central Health Care

National *Nursing Home* Week



CELEBRATE OUR
Tapestry *of* Life

MAY 12 – 16, 2025



Join us for a week of fun and self-expression as we celebrate the rich, diverse threads that make up our team at NCHC. Each day will feature a unique dress-up theme designed to showcase what makes you one-of-a-kind. Whether it's your favorite color, style, hobby, or throwback style – this is your time to shine! Our employees and residents will enjoy hearing about what makes you – **YOU!**

Monday, May 12 • Favorite Color

Head to Toe - Show everyone your favorite color.

Submit a photo of the palette that makes up your team to communications@norcen.org

Tuesday, May 13 • Wear What You Love

Showcase your hobbies or interests!

Whether it's music, art, gardening, gaming, or baking, wear something that represents what lights you up outside of work.

Wednesday, May 14 • Favorite Pattern

Plaid, polka dots, stripes...the more the better.

Thursday, May 15 • Throwback Thursday

Wear your Favorite Decade!

Take a trip down memory lane and dress like your favorite decade (or your childhood self!). From the roaring '20s to the funky '90s, celebrate your personal history.

Friday, May 16 • Team Spirit Day!

We are all NCHC – Wear your NCHC Shirt & Jeans!

Wear Jeans All Week!

Staff in all departments are invited to join in the fun!

Let's come together, share our stories, and celebrate the vibrant fabric of who we are.



NATIONAL MENTAL HEALTH PROVIDER DAY IS MAY 12TH!

NCHC would like to recognize and celebrate the contributions of mental health professionals, including therapists, counselors, psychiatrists, case managers, and social workers.. Express your gratitude to mental health providers for their dedication and support on May 12!



May is Mental Health Awareness Month, and North Central Health Care invites you to take small, meaningful steps toward improving your well-being. It's about making manageable shifts in your daily life that add up to real, lasting impact.

Small Shifts, Big Impacts

In the hustle of everyday life, it's easy to get caught up in stress, negativity, or the never-ending to-do list. But taking just a few minutes each day to practice gratitude and mindfulness can make a big difference for your mental well-being.

These practices aren't about pretending everything is perfect. They're about training your brain to slow down, notice the good, and create space between you and your stress.

What Is Gratitude?

Gratitude is the simple act of acknowledging the good in your life—no matter how small. It's saying, "This moment matters" or "I'm thankful for this, even if today is tough."

What Is Mindfulness?

Mindfulness is paying attention to the present moment on purpose—without judgment. It's a way of anchoring yourself when your mind starts racing or when life feels overwhelming.

Why Gratitude and Mindfulness Work

Both practices help train your brain to pause before reacting. They improve focus, lower stress, boost mood, and over time, can help reduce symptoms of anxiety and depression. And the best part? They don't require any special equipment—just your attention and a few quiet minutes.

Start Small

You don't need to overhaul your routine. Try picking one moment each day to pause, breathe, and name one thing you're grateful for. Add a grounding or mindfulness exercise when you need to recenter. With regular practice, these small acts can build up to meaningful change.

Learn About Some Great Ways to Practice Gratitude & Mindfulness on Our Website!

www.norcen.org/MentalHealthMonth





EMPLOYEE SHOUT OUT!

2ND QUARTER 2025 DRAWING WINNERS

Giving and receiving Shout Outs from your coworkers is fun! So why not reward the positivity with some FREE Swag from the NCHC Swag Shop?!

All those who gave or received a Shout Out were entered to win a prize in our Shout Out Drawing! The more Shout Outs you submitted, the more chances you had to win. Congrats to the 2nd Quarter 2025 winners who were randomly selected in our drawing! You will receive an email soon containing your NCHC Swag Shop e-Gift Certificate.

\$100 Swag Shop GRAND PRIZE

Cindy Vachavake - Patient Access

\$50 Swag Shop

Danyel Barnett - Pine Crest

Amanda Leonard - Community Treatment

Savannah Severt - Pine Crest

\$25 Swag Shop

Carrie Paisar - Outpatient Services

Duane Schwartz - Safety & Security

Nicole Robinson - Pine Crest

Olivia Barker - Pine Crest

Taryn Barna - Community Treatment

Deanna Dertz - Outpatient Services

Paula Streich - Pine Crest

Allieson Barden - Pine Crest

Gregory Schubring - Outpatient Services

Heather Phelps - Community Treatment

Congrats!



PHOTOS OF THE WEEK



**NATIONAL
VOLUNTEER
WEEK**

The week of April 27 – May 3, NCHC celebrated National Volunteer Week. Thirty of our volunteers came to enjoy a Volunteer Appreciation Breakfast held in The Bistro. Our event included celebrating and recognizing each of our wonderful hard-working volunteers and their amazing achievements, and a presentation of our Volunteer of the Year award. We have 10 volunteers who have served for over 10 years. NCHC also provided an annual education.

If you see any of our dedicated volunteers, make sure to thank them for all that they do. Their dedication and service to our organization and those we serve plays a role in our successes. Thank you Volunteers!



10 Years of Volunteering!



**Peter -
Volunteer of the Year!**



and accountability. Together, we'll build a culture of respect—one conversation at a time.

Stay compliant and stay informed by completing this course by May 31, 2025. If you have any questions, don't hesitate to reach out to nchclearing@norcen.org. Thank you for your continued dedication to excellence in care.

Watch for a link in your inbox for Civility in Action: Building a Respectful Workplace at NCHC from UKG Pro Learning or you may access the course here at <https://learning.ultipro.com/academy/NCHCF/curriculum/card/201219/courses>

May 2025

Civility in Action: Building a Respectful Workplace at NCHC

At North Central Health Care, we serve some of the most vulnerable individuals in our community. That mission starts with how we treat one another. This course explores how civility—through respect, empathy, and professionalism—creates a workplace culture where employees, clients, and residents feel safe and valued. You'll learn to recognize uncivil behavior, understand its impact in healthcare and human services settings, and practice communication strategies that support our core values of dignity, integrity, partnership,





Ascension

FrontLine

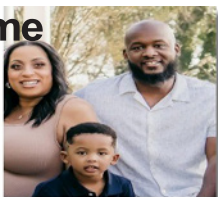
Frontline | May 2025

Employee Assistance Program | ascensionwieap.org | eap@ascension.org | 800.540.3758

Maintain Healthy Boundaries Between Work and Home

Even employees who believe in keeping healthy boundaries between work and home struggle to do it. Research shows, however, that maintaining boundaries is good for you and your employer. Productivity does not suffer! In fact, keeping boundaries can help workplace productivity by reducing burnout and turnover, improving focus, and creating a more positive work environment. Here are five boundaries most people struggle to maintain. If you recognize any of them and are ready for change, contact the EAP to explore your next steps to make some or all happen: 1) not responding to work communications after hours; 2) having a dedicated place in your home to work—no, this is not only to avoid distractions but also to eventually train your brain to “turn on for work,” thereby improving productivity; 3) taking a real honest-to-goodness lunch break, rather than eating at your desk or skipping it altogether; 4) when possible, politely saying you can’t take on more work or at least negotiating on deadlines; 5) making it step one when you arrive home to get out of your work clothes. Again, this ritual is not just about being more comfortable. It signals to your brain to destress and recognize the “day is over.”

Learn more: hubstaff.com/blog/work-life-balance-statistics/



Parenting Tips: Spring Means Stress or Young People

Spring is usually an inspiring season, but it can also bring major stress for young people. Academic demands, social dynamics, and environmental changes all converge at once. During this time, they face pressure to perform, fit in, and make important life decisions. The list is long: exams, project deadlines, financial aid decisions, senior-year transitions, prom, graduation, college admission issues, FOMO, changing friendships and romantic relationships, disrupted sleep, extracurricular demands, anxiety about summer plans, and possibly moving away. These maturity-building challenges still benefit from parental support. The key is awareness and open communication—try asking, “Hey, Billy, how are you feeling about school right now?” Let them vent. Offer tips on scheduling and study habits. Encourage taking things one day at a time. Talk about the importance of breaks and sleep. Model good stress management. Stay alert for signs of mental health struggles: withdrawal, depression, or sleep or appetite changes. Don’t overlook the value of professional counseling. Ask your EAP for checklists on symptoms of anxiety, stress, and depression. And seek support for yourself to explore how balanced parenting—without overstepping—can help build resilience.

Building Teams: When Unreliability Strikes

It’s not uncommon to have an unreliable team member, but most coworkers hold back too long in being assertive, hoping for change, improved performance, or follow-through with commitments. Sound familiar? Assertiveness often creates tension, and your fear of losing group harmony or fear of conflict, or simply not wanting the emotional burden of confronting a coworker is understandable. But avoidance risks hurting your team. Solution: Create traditions and shared values your team agrees to uphold, so when assertiveness is needed, it’s seen as a commitment to those values—not a personal attack. If you do this, you’ll increase productivity and accountability, and cohesiveness will ironically increase. If you’re struggling now, meet and get agreement on this assertiveness tradition. It will be okay to speak up sooner with respect. You’ll dispense with lingering frustrations and feel happier about your team with less fear about facing challenges. Hint: Ask the EAP about the language of assertiveness and how to maximize its impact while preserving trust and teamwork.

Stress Tips from the Field: Managing Stress One Day at a Time

“Take it one day at a time.” This common saying means “stay present-focused” as a way of managing stress, but many related tips can help maximize this mindset—freeing you from spiraling into fear, sleep loss, and burnout. Consider: Avoid being overwhelmed by staying in the present. Still acknowledge today’s stressors, but address only what is in front of you. Limit catastrophic thinking and “what-ifs” by focusing on what can be done now. Ground yourself in the moment and take purposeful action, even if small. This reduces anxiety and the risk of imagined worst-case scenarios. Let go of what you can’t control. Build resilience through daily coping. Practice self-compassion—it muzzles your inner critic. Start the day with a simple goal to focus on the here and now, and realize that today’s challenges build resilience for tomorrow’s hurdles.



Information in FrontLine is for general informational purposes only and is not intended to replace the counsel or advice of a qualified health or legal professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact a qualified professional. Add “http://” to source links to follow. Link titles are always case sensitive.



MAY 12 – 16, 2025

MAIN ENTRÉE
SOUP
SANDWICH
DESSERT

MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
Bratwurst on a Bun Potato Salad Creamy Cucumber Salad	BBQ Beef Buttered Diced Potatoes Green Beans	Cowboy Stew Dinner Roll Country Trio Vegetables	Salisbury Steak Mashed Potatoes Steamed Rutabagas	Baked Cod Baked Potato Mixed Vegetables
Turkey Dumpling Soup	Taco Soup	Cheddar Baked Potato Soup	French Onion Soup	Garden Vegetable Soup
Chef's Choice	Chicken Strips	Pizza	Nachos Supreme	Grilled Ham & Cheese
Diced Watermelon	Brownie	Glazed Lemon Cake	Fruit Pizza	Strawberry Poke Cake

MAY 19 – 23, 2025

MAIN ENTRÉE
SOUP
SANDWICH
DESSERT

MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
Homestyle Meatloaf Baked Potato Broccoli	Baked Garlic Parmesan Chicken Rice Pilaf Beets	Breaded Pork Chop Brown Gravy Obrien Potatoes Mixed Veggies	Homemade Chili Cheddar Biscuit	Lasagna Breadstick Broccoli
Chicken & Rice Soup	Cheesy Cauliflower Soup	Taco Soup	Beef Noodle Soup	Cream of Broccoli Soup
Chef's Choice	French Dip on Hoagie	Breaded Fish on a Bun	Hamburger with All the Fixins'	"Tachos" Loaded Tater Tots
Brownie	Sugar Cookie	Strawberry Yogurt Pie	Oreo Pie	Cherry Delight

WHAT'S FOR LUNCH?

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

MONDAY – FRIDAY

Grab-N-Go 8 am – 6:30 pm

Lunch 10 am – 2 pm
**Soup, Salad Bar
& Hot Food Bar**

Soup Served until 6:30 pm
or until sold out.

WEEKENDS

**The Employee Cafeteria
is Closed.**

WEEKDAY SALAD BAR &
HOT FOOD BAR \$.45/OUNCE

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.





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 ACCOMMODATE STAFF BREAKS

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



SPECIAL OF THE WEEK

Bacon, Mac & Cheese Panini

BACON | AMERICAN | MAC & CHEESE



DESSERT OF THE WEEK

DULCE DE LECHE CROISSANT

GRILLED CROISSANT | CREAM CHEESE
FRESH STRAWBERRIES | CARAMEL

BACK FOR THE SEASON!

Ice Cream

ICE CREAM CONE1.50

ICE CREAM SUNDAE2.25



SHARE SOME LOVE WITH BISTRO BUCKS!

