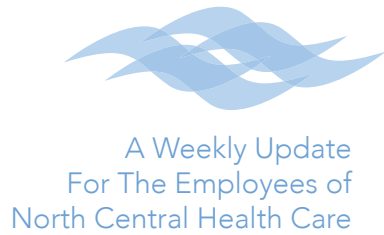


Issue 23 June 9 – 15, 2025



# NEWS YOU CAN USE



## WEEKLY CONNECTION WITH GARY OLSEN

This week, North Central Health Care proudly recognizes World Elder Abuse Awareness, a time dedicated to raising awareness and fostering prevention of abuse, neglect, and exploitation of vulnerable adults. Our Adult Protective Services (APS) program is leading the way with a variety of activities planned throughout the week to educate, engage, and strengthen community partnerships.

This year's theme "We Are Better Together" reflects APS's ongoing commitment to collaboration with individuals, families, community agencies, and professionals to protect vulnerable adults in Marathon,

Lincoln, and Langlade Counties. This message also speaks directly to one of our Core Values—Partnership. At NCHC, we know that when we work together, we can make a lasting impact.

Our APS team currently serves over 1,140 ongoing clients, providing critical services and support to ensure safety and dignity. But they are not alone in this mission. Across all NCHC programs—including our nursing homes, hospitals, crisis stabilization units, and community-based services—our staff care for and support vulnerable older adults every day.

We want to extend a heartfelt thank you to all of our team members for the compassionate, person-centered work you do. Whether you're providing direct care, offering emotional support, or helping someone access the resources they need, your efforts make a real difference in the lives of those we serve.

A full schedule of APS-led activities for this week is outlined in this edition of *News You Can Use*. We encourage you to learn more, participate where you can, and join us in spreading the message that help is available, and no one is alone.

Together, we are making our communities stronger, safer, and more supportive—because we truly are better together.

*Gary D. Olsen*

**Gary Olsen**  
Executive Director

*All Staff, Partners & Public Invited!*

Details on  
Page 2!

## WORLD ELDER ABUSE AWARENESS PINWHEEL EVENT

**June 13 • Noon**  
1100 Lake View Drive, Wausau

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## Gregory Schubring, Outpatient Services

For great coordination of care to manage transfers during a chaotic time!

**Shared By: Carrie Paisar**



## Occurrence Reporting Hotline

**x4488 or 715.848.4488**

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



**North Central Health Care invites you to a community event in recognition of World Elder Abuse Awareness Day!**

Join us in installing a powerful display of nearly 600 purple windmills, with each one representing a Marathon County resident who experienced abuse, neglect, or exploitation over the past year.

**Let's stand together to raise awareness and promote dignity, safety, and support for vulnerable adults in our community.**

**[www.norcen.org/PreventElderAbuse](http://www.norcen.org/PreventElderAbuse)**

*Spread the Word*

About These Elder Abuse Awareness Events This Week!

**MONDAY, JUNE 9TH**

**"APS Bingo: Don't be a Sucker for Financial Scams" at Mount View Care Center Short-Term Rehab**

**WEDNESDAY, JUNE 11TH**

**Connecting in the Community at Veteran's Weekly Cup of Coffee:  
APS Meet & Greet and Partner with Veterans Affairs on Wausau Campus**

Held every Wednesday at Denny's restaurant, the Veteran's Weekly Cup of Coffee meet at 10 am.

**WEDNESDAY, JUNE 11TH**

**Connecting in the Community at Concerts on the Square: APS Meet & Greet**

**FRIDAY, JUNE 13TH**

**APS Pinwheel Event: 12:00 PM to 2:00 PM**

All welcome. Join us for a fun awareness event and connect over cookies and lemonade.

***Wear Purple & Jeans  
This Friday!***



## Marathon County

# Veterans Expo

Join the Tomah VA Medical Center, County Veteran Service Office and Veterans Benefits Administration for a day all about the Veteran. This is a great day to enroll in VA Health care and learn about your benefits.

June 12, 2025

1:00 p.m. - 5:00 p.m.

1000 Lake View Dr, Wausau, WI 54403



## Veterans Town Hall

NOON- 1:00 p.m..

VA



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Tomah VA Medical Center



## Are You A Veteran?

NCHC employees, residents, and the general public are invited to attend the Veterans Expo this week Thursday.



## Employee Recognition Awards

Deadline to Nominate  
**June 30**  
for This Quarter's Nominations

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

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 employee(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 outstanding Person-Centered Service. Recipient selected by Directors.

☐ **Outstanding Service Excellence Award**  
Recognizes an employee who does not provide direct care but has consistently achieved exemplary performance within their program and has excelled in supporting the programs and services of NCHC. Recipient selected by Directors.

☐ **Outstanding Team Partnership Award**  
Recognizes any unit, team, committee or department who has made significant contributions to advance the position and reputation of the department or organization. To employees or less per group. Recipient selected by Directors.

☐ **Outstanding Leadership Award**  
Recognizes a director, 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.

Note: Recipients are selected based on the criteria for each award which can be found on [www.norcen.org/Recognition](http://www.norcen.org/Recognition)

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

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	
3rd Quarter	July 1 to September 30	

Nominate a Coworker or Team today! [www.norcen.org/Recognition](http://www.norcen.org/Recognition)





## RETIREMENT News!

### WISHING PEGGY AND LINDA THE VERY BEST!

Last week, we celebrated the retirement of two incredible team members: Linda Bever, Solutions Analyst in Information Management Services, who dedicated 27 years of service, and Peggy Wedow, Patient Account Representative in Patient Financial Services, with 24 years of service. We thank them for their commitment to NCHC and wish them all the best in this next chapter of their lives!



Ascension

## FrontLine

Frontline | June 2025

Employee Assistance Program

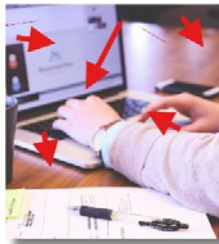
[ascensionwieap.org](http://ascensionwieap.org)

[eap@ascension.org](mailto:eap@ascension.org)

800.540.3758

### Working Well Under Pressure

**M**any jobs demand the ability to work well under pressure—but few offer training on how to do it. Most employees figure it out as they go, but that can lead to poor habits, chronic stress, burnout, or even resignation. If your job is high pressure, discover whether the following tips will help you finish the day with more energy and less stress. 1) “I got this!” Attitude is everything, even if it means faking it until you make it. By viewing work under pressure as something to command and not fear, you will feel more in control with a positive mindset and experience more resilience. 2) Set regular intervals to preempt fatigue by detaching from duties, even if it’s only for several minutes. Hydrate and move. For example, walking only a single flight of stairs will stimulate your body and refresh your ability to focus. 3) Focus on one task at a time. Avoid seeing what’s facing you as a single, overwhelming challenge. But if this feeling wells up, stop, take a breath, step back, and regain perspective. 4) Look for support. This includes the EAP, which can help you manage stress. For example, venting your frustrations can offer relief and help you regain focus. 5) Use a pull strategy to lift mood—anticipate an exciting personal reward you can look toward when the work is completed.



### PTSD Awareness Month: Other Events Can Cause PTSD

**P**osttraumatic stress disorder (PTSD) doesn’t just affect war veterans or those who have experienced life-threatening events or injuries. Don’t let this myth cause you to hesitate getting treatment for symptoms you suspect could be from a past trauma. You may feel that your trauma isn’t serious enough to justify treatment or that you should handle it on your own. PTSD can result from a wide range of distressing experiences. Fear, intensity of your experience, and not necessarily the type of event are what underlie the illness. Chronic abuse, domestic violence, prolonged bullying and harassment, sexual assault, traumatic childbirth, or even betrayal or a serious relationship breakup can lead to PTSD. It’s impossible to predict who will develop PTSD after a traumatic experience, as many factors, including genetics, may play a role. Don’t let PTSD keep you from the life you want and deserve. Treatment is for anyone who thinks they’ve been affected.

Learn more about symptoms: [www.ptsd.va.gov/understand/what/ptsd\\_basics.asp](http://www.ptsd.va.gov/understand/what/ptsd_basics.asp)



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.

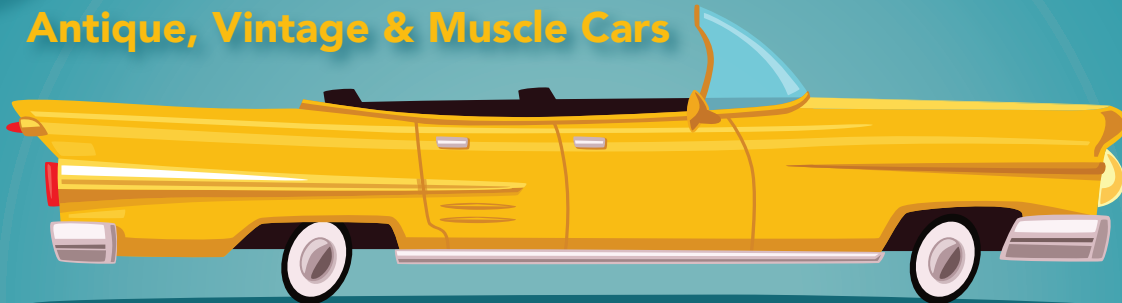


Mount View Care Center



# Car Show

Antique, Vintage & Muscle Cars



*Tuesday, June 17*

**2:00 – 3:30 pm**

**Mount View Care Center  
Parking Lot B**

## **INTERESTED IN DISPLAYING YOUR CAR?**

NCHC employees, family or friends who are interested in displaying a car can bring their vehicle at 1:30pm on June 17 for parking near the Mount View Care Center Lot B. We will have residents begin viewing cars at 2:00pm sharp!

**Questions?** Contact Melissa Stockwell at [mstockwell@norcen.org](mailto:mstockwell@norcen.org)

This event is brought to MVCC in partnership with Wisconsin Road Knights presented to our Mount View Care Center Residents. All NCHC and Lake View Campus staff and families are invited to attend or display a vehicle.



## All NCHC Staff Are Welcome to Come & Meet Our Lake View Campus Partners!

1100 Lake View Drive

# Community Open House

## + Hiring Event



**TUESDAY,  
JUNE 17, 2025**



**4:00 PM - 6:30 PM**



**1100 LAKE VIEW DRIVE**

Wausau, WI 54403

Enter Door 23 (Shown Above)

### Get an inside look at the services that support our community:

- Aging and Disability Resource Center of Central Wisconsin
- Conservation, Planning & Zoning
- County Administration + Finance
- County Human Resources
- Extension Marathon County
- NCHC Adult Protective Services
- Veterans Service Office

### Explore Rewarding Careers that Make a Difference!

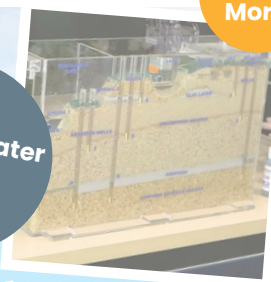
**Tours +  
More!**



**Write A Note  
& Thank A  
Veteran!**

**Step Into  
Their World:  
Dementia  
Simulator**

**Groundwater  
Model**



### PARTICIPATING ORGANIZATIONS:







## JUNE 9 – 13, 2025

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

## JUNE 16 – 20, 2025

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Homestyle Meatloaf Baked Potato Broccoli	Baked Garlic Parmesan Chicken Rice Pilaf Beets	Breaded Pork Chop O'Brien Potatoes Mixed Vegetables	Homemade Chili Cheddar Biscuit	Lasagna Bread Stick Broccoli
SOUP	Chicken & Rice Soup	Cheesy Cauliflower Soup	Taco Soup	Beef Noodle Soup	Cream of Broccoli Soup
SANDWICH	Chef's Choice	French Dip on A Hoagie	Breded Fish on a Bun	Hamburger	Tachos (Loaded Tater Tots)
DESSERT	Brownie	Sugar Cookie	Strawberry Yogurt Pie	Oreo Pie	Strawberry Cake with Cream Cheese Frosting

# 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**

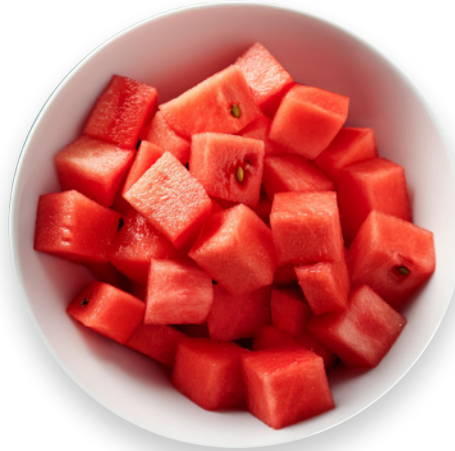
**The Employee Cafeteria  
is Closed.**

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

### *Buffalo Chicken Panini*

BUFFALO CHICKEN | PROVOLONE | AMERICAN  
ONIONS | BLUE CHEESE DRESSING

## DESSERT OF THE WEEK

### *Root Beer/Orange Floats*



## BACK FOR THE SEASON!

### *Ice Cream*

ICE CREAM CONE .....1.50  
ICE CREAM SUNDAE .....2.25



## SHARE SOME LOVE WITH BISTRO BUCKS!

