WEEKLY CONNECTION WITH MICHAEL LOY

Frozen Fever

We had a real solid week here at NCHC...frozen solid. With all the bitter cold temps came the school closings along with many businesses who shuttered up – it felt like the entire community huddled up at home. We are a 24/7 operation and therefore must persist in all we do, but it doesn't go without my saying, thank you for those who braved the cold to ensure we still provided services. Safety for staff and the people we serve is a major priority, especially in these extreme weather situations. We don't want to put people in a dangerous situation. I think each program managed this week very well and people have stayed safe. A special thank you to our transportation folks who got all those who needed their services, to and from their destinations safely. This week was a real challenge and we thank you for your efforts.

Here's to warmer days ahead.

Make it a great day,

Michael

“Donut”
Miss the Appreciation for the NCHC Food Services Team on Page 2!

PRIDE IN FOOD SERVICE WEEK
FEBRUARY 4-8, 2019

Jean Nelson, BHS
Why: Thank you for coming to talk linkage with Lincoln and Langlade!
Submitted By: Haley Ellenbecker
PHOTO OF THE WEEK

This week was so cold, we decided that we would share something pretty heart-warming. While it isn’t a photo, this scan of an appreciation card from APS to MVCC staff fit the description this week of Photo of the Week! It is true collaboration for the sake of those we serve. Great work teams!

Submit A Great Photo From Your Week!

Submit your photo and description to: Email: jmeadows@norcen.org or Text: 715.370.1547. Please indicate Photo of the Week and include your name, who/what/where of the photo and why you are submitting.

Please remember! To protect the privacy of our patients, clients and residents, photos are not to be taken of any of those we serve without written permission.

PRIDE IN FOOD SERVICE WEEK

“DONUT” FORGET

TO APPRECIATE OUR FANTASTIC FOOD SERVICES DEPARTMENT

FEBRUARY 4-8, 2019

February 4 - 8, 2019 is designated “Pride in Foodservice Week” by the Association of Nutrition & Foodservice Professionals (ANFP). This recognition week applauds nutrition and foodservice professionals and other members of the nutrition services team for their hard work and dedication on the job.

At NCHC, we know how important our Food Services Team is, not just to those we serve, but also to visitors, families, employees and anyone else who visits NCHC. You supply countless meals to residents, clients and patients, but also for meetings, events and the public. You brighten people’s day when you enter a room and we appreciate all the hard work and dedication you have to our organization and our community!

Thank you so much for all you do!
“By the time I’m 3, my brain will be almost fully grown!”

LENA
START
Marathon County

Free classes begin February 2019!

Parents Have the Power:
• You can make your baby’s brain stronger.
• You can make your baby’s brain ready for success in school.
• You can make a difference in your baby’s life.

LENA Start parent classes:
• Teach simple ways to increase your child’s language growth
• Help improve parent-child communication
• Use a “talk pedometer” to track progress

LENA Start families receive:
• FREE meals before each class
• FREE on-site childcare
• 13 FREE children’s books, gas cards, T-shirts and prizes

Project partners:
Support for this project was provided through the Caroline S. Mark Legacy Fund of the Community Foundation of North Central Wisconsin, B.A. & Esther Greenheck Foundation, Dudley Foundation, Children’s Foundation, Marathon County Public Library Foundation, Northcentral Technical College, Marathon County, and generous anonymous donors.

Who: Parents/caregivers of children 0–32 months old
Where / When: 13-week sessions begin the week of February 3 at the following sites:
Marathon Co. Public Library, 300 N. 1st St., Wausau
Wednesdays, 12–1pm (lunch served) OR
Thursdays, 5:30–6:30pm (dinner at 5pm)
Weston Elementary, 500 Camp Phillips Rd., Weston
Wednesdays, 5:30–6:30pm (dinner 5pm)
Achieve Center, 520 N. 28th Ave., Wausau
Thursdays, 8:45–9:45am (breakfast 8:30am)

To register: call 715-848-1457, ntank@chw.org, text 715-660-0397, or visit lenastartmc.org

Registration is free, but required. Sign up today!

MEDICAL STUDY SEEKS PARTICIPANTS
Caregivers of Chronic Depression

Tufts Medical Center is a Boston hospital focused on providing excellent patient care and teaching future leaders. Tufts scientists are researching the topic of caregiving in America. Millions of Americans are caregivers. Caregiving refers to providing help to family members and friends who need assistance because of an illness, disability or simply due to aging. This assistance can take many forms, and it is important to understand who is helping, how much they are helping, and which types of help they are providing. This study has a special interest in learning more about caregivers who are also employed and the issues they may face.

A special part of this study is to learn more about caregiving for serious, chronic depression. To do that, it will include both adults who have this illness and caregivers.

By learning more about caregiving, this study may gather new insights into how to better support caregivers and the people they help.

If you know of someone who would like to participate in this study, which is essentially a survey, please have them visit:
http://bewellatwork.org/NCS/

This study is not affiliated in any way by NCHC, and is completely voluntary and the choice of the participant involved.

SPECIAL SCREENING & OVERDOSE PREVENTION TRAINING

“This gripping film will change the way you look at America’s opioid crisis.” – Jane O’Brien BBC News

Written Off
“The journals will explain why…”

January 29th or March 6th from 11AM-1PM
Screening from 11AM-12:20PM, Overdose Prevention Training @ 12:30PM
North Central Health Care Theater
1000 Lake View Drive, Wausau WI 54403

All training participants will have the opportunity to receive two free doses (nasal) of the life-saving opiate overdose reversal medication, Narcan®

No Cost! Registration is requested, but not required!
https://writtenofforprevtraining.eventbrite.com

Hosted by the AOD Partnership & AIDS Resource Center of Wisconsin

www.lenastartmc.org
https://www.youtube.com/watch?v=gm29HtZENk

Energy Healing & Space Clearing Workshop

Bernie Corsten

February 9, 10AM-11:30AM
Red Door Gallery, 318 Washington St.
RSVP 715-432-0180

www.norcen.org • Lives Enriched & Fulfilled.
Person centered. Outcome focused.
The Current State of Marijuana—Feb 5th from 1:30-4:30PM—Monte Stiles, a former State/Federal Prosecutor (ID), will provide an overview of the impact of marijuana on communities & help lay a foundation of understanding in regards to common key terms associated with marijuana use. Lunch included at 1pm!

Latest in Marijuana Trends, Products & the Drug Culture—Feb 28th from 8:30-11:30AM—Officer Jermaine Galloway, aka Tall Cop Says Stop (TX), will share the latest in marijuana trends, popular products, as well as provide insights into the culture of drug use & how it directly impacts youth. Breakfast included at 8AM!

What Works in Marijuana Prevention—April 1st from 8:30-11:30AM—Joe Eberstein, from the Center for Community Research (CA), will offer strategies that communities have & can use to prevent youth marijuana use based on lessons learned from around the United States. Breakfast included at 8AM!

The Teen Brain & Marijuana—May 6th from 8:30-11:30AM—Dr. Son Kim Harris, from Harvard University & Boston Children’s Hospital (MA), will break down the impact drugs can have on the developing teen brain, & how to talk to youth about marijuana. Breakfast included at 8AM!

Cost: $18/Session (Materials, Refreshments & 3 CEUs Included)

Attendees do not need to attend all four sessions! All are welcome!

Register today at  www.ntc.edu/calendar/2019/02/05/marijuana-and-youth-4-part-series

Disclaimer: The views or opinions expressed by the presenters in this series do not necessarily reflect those of the sponsors & supporters, nor do they reflect any official policy or position.

YENGYEE LOR
Faithful Consulting LLC

KEYNOTE SPEAKER
Yengyee is the founder and CEO of Faithful Consulting LLC, a social change mission-driven coaching and training firm. Her mission is to empower and support the next generation of leaders who will change the world.


Sample Classes and Conference Features
- Energy Conservation Tips
- ID Theft and Other Scams - How to Stay Safe
- Managing Your Medicare and BadgerCare Benefits
- MyMoneyCheckUp(TM), an online tool that gives an assessment of a consumer’s overall financial health.
- Credit reports with credit score printed onsite, one-on-one consultations with credit experts
- Age-appropriate instruction for students between the ages 6 and 18
- Free childcare for kids 2 and up
- Campus tour of NTC starting at 1:45 pm

Contact Asset Builders for more information.
866-304-8898
www.assetbuilders.org


Click here for this week’s Crime of the Week.

http://marathoncounty.crimestoppersweb.com/crimeoftheweek.aspx

www.norcen.org • Lives Enriched & Fulfilled.
COLD WEATHER EXERCISE
What You Need to Know

Now that the Winter Vortex has passed, we can get back outside to do the things we love. Outdoor activities can help boost our mood and energy to beat cabin fever. It also improves our immune system, heart health, sleep and overall fitness. However, there are risks for frostbite and hypothermia if not prepared to be outdoors.

It is important to prepare for outdoor activity by knowing the conditions outdoors and having appropriate, visible, waterproof cold weather gear. Dress in layers with materials that breathe and protect from moisture. Loss of body heat can lead to hypothermia. It can happen in mild temperatures but is more common in cold weather. When the body’s core temperature gets low enough, metabolic processes within the body stop working, the victim suffers cardiac arrest and dies. Shivering or diminished shivering in later stages, stumbling or decreased coordination, fatigue, drowsiness, impaired judgment, and lack of self-concern are signs of hypothermia. First aid for hypothermia includes moving to a warm, dry place, removing wet clothing, covering with warm blankets and providing warm fluids to drink. If someone is not responding to the treatment call for an ambulance.

The normal physiological response to maintaining body heat is that the blood vessels in the fingers and toes constrict in order to move blood to the core organs. The fingers and toes, ears, nose and cheeks are more at risk for frostbite. Wear a facemask or cover up with a hat and scarf if outdoors in cold temperatures below freezing for prolonged periods. Avoid tight clothing and constricting layers as this may cut off circulation and make the risk worse.

Before frostbite occurs, the fingers and toes may feel cold and tingly to numb. Frostbite occurs when there is damage to the skin. The fingers or toes may look waxy or blue and white. The digit may feel like it is missing and appear or feel hard like frozen tissue. If you suspect early signs of frostbite, get to a warm area and allow the skin to warm naturally with warm air. Use lukewarm water to re-warm frostbitten skin. Elevate the affected area and protect it from further injury. Do not put them in hot water as this may lead to a burn of the skin. Follow up with a healthcare provider.

Be informed, prepared, well dressed and enjoy the lovely Wisconsin outdoors.

EMPLOYEE HEALTH & WELLNESS CENTER
1100 Lakeview Drive, Wausau, WI
North Central Health Care Campus
Door 25

Schedule an Appointment:
715.843.1256 or MyAspirus.org

Clinic Hours
Monday - Wednesday - Friday: 8:00 am - 4:30 pm
Tuesday: 6:30 am - 3:00 pm
Thursday: 10:00 am - 6:30 pm

Position Posting
Title: Housekeeping Aide
Status: Full Time
Location: Wausau
Apply Online: https://bit.ly/2DyJnGC

The Housekeeping Aide will provide North Central Health Care’s main campus, a quality housekeeping service that ensures a clean safe environment.

Full time 0.8 FTE (64 hours per pay period) 1st shift 6:30am-3pm every third weekend rotating holidays.

Essential Duties and Responsibilities
General cleaning of assigned areas in accordance with department training and procedures.
- Isolation, discharge, and transfer of resident rooms.
- Offices and ancillary rooms.
- Dining room and day areas after each meal.
- Cubicle, drapery, and vacuuming.
- Resident equipment.
- Concession area, pool, gym, and theater.
- Windows

Person centered. Outcome focused.
### WHAT’S 4 LUNCH?

**WAUSAU CAMPUS CAFETERIA**

*Cafeteria Hours: Open 7am – 5:30 pm*

A Cashier is on duty from 9:00am – 10:00am, 10:30am – 1:30pm. When a cashier is off duty, an honor system is used for food purchases.

* Serving Soup, Salad and Lunch Entrée Option Monday – Friday.*

All hot sandwiches, hot foods and cold bar items are $.35/ounce.

Soup: $1.25 Cup | $2.00 Bowl

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**FEBRUARY 4 – 8, 2019**

<table>
<thead>
<tr>
<th>Day</th>
<th>Lunch Entrée Option</th>
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| MON 2/4 | Cream of Broccoli Soup  
Chicken & Mashed Potatoes  
**Spaghetti Sauce**  
Linguine  
Wax beans  
Garlic Bread |
| TUES 2/5 | Beef Noodle Soup  
Grilled Ham & Swiss  
**Country Crisp Chicken**  
Yams  
Creamy Cole Slaw  
Chocolate Chip Cookie |
| WED 2/6 | Hobo Soup  
Homemade Pizzas  
**BBQ Pork Chop**  
Creamy Hashbrowns  
Green Beans  
Dutch Apple Crumble |
| THUR 2/7 | Chicken Vegetable Soup  
Nachos Supreme  
**Beef Tips & Gravy**  
Egg Noodles  
Wisconsin Blend Veggies  
Pumpkin Bar w/Cream Cheese Frosting |
| FRI 2/8 | Chili Soup  
Hamburger with Fried Onions  
**Ring Bologna**  
Fried Potatoes  
Baked Beans  
Chocolate Swirl Cake |

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**MCECU Continues to be On-Site at the Wausau Campus**

*Every Thursday, But Our Location is Changing!*

*When: Thursdays from 9-11 am  
New Location: Office #1416 (Just down the hall from the Gym & Rec Center)*

*Stop in and See Us!  
We Are Available for Both New and Existing Members.*

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**PRIDE IN FOOD SERVICE WEEK**

**FEBRUARY 4-8, 2019**