


Issue 21 June 11 – 17, 2021



A Weekly Update
For The Employees of
North Central Health Care



PHOTO OF THE WEEK 

Command Center – Submitted by Ashley Downing

WEEKLY CONNECTION WITH OUR TEAM



Cerner Millennium Launch

When I started at NCHC, I was told that my top priority was to find a replacement for Tier. We established a small cross functional team to gather the requirements needed to replace Tier for our Behavioral Health services. After hours of demos, the decision was made to move forward with Cerner. In August of 2020 we signed a contract and a few weeks later the team kicked off the project. I am excited to say that we went live with Cerner on Tuesday without any major issues.

Replacing an EHR is not a small task, and it would not have been a success without a strong team of individuals to make this happen. I am truly humbled and honored on how this organization pulled together to make our go live a success. I want to thank the group of Superusers and the Project Team who have put in hundreds of hours of testing and validating our implementation. It would not have been a success without you!

I would also like to thank everyone impacted by this change for their patience and understanding while we work through the learning curves and process changes. I understand that some things will be different but as a team we will get through it.

Moving to Cerner, which is one of the largest EHR providers in the world, will enable NCHC to utilize capabilities we did not have before. Things like a patient portal, automated appointment reminders, integrated eligibility verification, barcoded medication administration and integrated video visits to name a few. Adding these capabilities will eliminate many of the manual processes we did in the past and allow our teams to focus more on those we serve. Thank you!

Tom Boutain
Information Services Executive

ADMINISTRATOR ON-CALL
x4488 or 715.848.4488

In the event of Phone System Outage, reference the O:drive "On-Call Information Folder" for Schedule and Cell Phone #'s.

**Monday, June 14 –
Monday, June 21**

Jill Meschke



More Info
on Page 2

**WEAR PURPLE
ON TUESDAY**
in support of



**WORLD ELDER ABUSE
AWARENESS DAY**
Building Strong Support for Elders

**World Elder Abuse
Awareness Day 2**

Wear Purple on June 15!

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Happy Work Anniversary!

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Recognition 12**

2nd Quarter Recipients



Person-Centered
Shout out

**Connie
Gliniecki,
Mount View**

Why: When I called and told you about a resident's husband, you could name him IMMEDIATELY. Shows how much you love and care for EVERYONE who comes through our doors.

**Submitted By:
Ashley Downing**





PHOTO OF THE WEEK



Command Center – Submitted by Ashley Downing



BEHIND THE SCENES
Cerner Millennium Launch

People may not realize the large amounts of time that our NCHC team has spent planning, preparing, training and implementing Cerner Millennium, our new BHS Medical Record system. But those behind the scenes people who have worked countless hours to make sure the transition went smoothly and continues to go smoothly. This photo is a behind-the-scenes look at the Cerner Command Center. Thank you to all the staff who made this project launch possible and for all the staff who continue each day to make sure our transition is working well. Great job team!

Show Your Support! WEAR PURPLE & Share on Social Media!
Tuesday, June 15 is World Elder Abuse Awareness Day



**WORLD ELDER ABUSE
AWARENESS DAY**
Building Strong Support for Elders

**Elder Abuse
HAS MANY FORMS**

- NEGLECT ISOLATION
- FINANCIAL PHYSICAL
- SEXUAL EMOTIONAL
- PSYCHOLOGICAL



**If you suspect Elder Abuse
REPORT YOUR CONCERNS.**

In Marathon, Lincoln and
Langlade counties, call
Adult Protective Services
1.855.487.3338.



**North Central
Health Care**
Person centered. Outcome focused.

Everyone Can Help Protect Seniors • Learn More About Signs of Elder Abuse Online

www.norcen.org/StopElderAbuse  



**Wear a Mask – Maintain Social Distance – Wash Your Hands – Stay Home If You Are Sick.
Report Symptoms and Covid-19 Exposures to Employee Health and Manager**

Staff will continue to screen appropriately, report symptoms and not report to work if experiencing any signs of illness. Staff are required to use PLT or take unpaid leave due to symptoms or exposure. **Employee Health: 715.848.4396**

PPE GUIDELINES

Visitors: Cloth face covering or surgical masks required by all. Visitors to Nursing Homes & Adult/Youth Inpatient Hospitals will be screened using the COVID Screener (Version 3). All other visitors will only require temperature check.

Employees: Face coverings required while entering the building. Self-screening required using temperature kiosks procedures. Surgical masks at a minimum required while within all NCHC buildings. Staff may remove masks while working alone in private offices.

Employees Working in Direct Patient/Resident Care: Each patient/resident care area will be designated as being in Standard, Enhanced or Covid-19 Confirmed/Suspected Precautions. Units on Enhanced or Covid-19 Confirmed/Suspected Precautions must have it clearly posted on the entrance to the unit.

- o **Standard Precautions** – Surgical Mask and Gloves required. Eye Protection (face shield, goggles or safety glasses) required during applicable isolation precautions.
- o **Enhanced Precautions** – Surgical Mask, Eye Protection (Face shield, goggles or safety glasses), Gloves and Gown during patient encounters required.
- o **Covid-19 Confirmed/Suspected Precautions** – N95 Mask, Eye Protection (Face shield, goggles or safety glasses), Gloves and Gown during patient encounters required.

NCHC COVID-19 WEEKLY CASE REPORT

**Confidential Employee Report
Employee Cases Reported through June 10, 2021**

Cases reported below are current active employee cases. All employee cases previously reported that are no longer shown below have been cleared to return to work from NCHC Employee Health and local health officials based on a review of the individual case details.

Program	Current Active Employee Cases	Date Reported
New Cases		
Demand Transportation - Wausau	1	6/7
Previously Reported		
<i>All other previously reported employee cases have been cleared to return to work.</i>		
Total Active Employee Cases	1	

GENERAL OPERATIONAL GUIDELINES

Program admissions, closures, and operations will be determined by Incident Command daily. Updates provided to staff at least weekly.

Direct Care/Visitors

- Essential visitors and contractors only.
- In-person treatment allowed in all programs. Masks and social distancing required. All areas require departmental cleaning procedures for pre/post in-person visits. Virtual treatment optional.
- In-Person Visitation allowed at Nursing Homes, Inpatient Hospitals, CBRF and Residential Homes (unless noted to right).
 - Program-established visiting hours.
 - Visitation limited to designated visiting areas or resident rooms only. No other travel throughout facilities. 2 visitors maximum per resident/patient at any time. Length of visit is determined by program.
 - Indoor, window, compassionate care and outdoor visits allowed.
 - Outdoor visits are weather-permitting and determined by program.
 - Screening, masks and social distancing required.
- Volunteer programming allowed. Limited to 5 max at a time in building. Covid-19 vaccination required.

Meetings or Groups

- NCHC in-person meetings and treatment groups allowed. Masks required. 6-foot social distancing or physical barriers between individuals required.
- Non-NCHC groups or meetings are not permitted (i.e., AA, NA) in care areas (nursing homes, outpatient clinics). Wausau Campus Theater is allowed to be scheduled for outside group use. Contact Administration Office 715.848.4405.
- Group sizes for meetings or treatment limited to 50 people or less. Social distancing required. Meetings or treatment greater than 50 requires Operations Executive/Incident Command approval.

HR / Remote Work

- On-site interviews and Orientation are allowed with an option for virtual participation provided.
- Remote Work limited to those requiring exceptions. Please work with Manager and Human Resources if exceptions are required.

PROGRAM-SPECIFIC OPERATIONAL UPDATES

Programs with Operational Changes

Follow General Operational Guidelines (left) in addition to changes below.

- **Mount View:** In-Person Visitation allowed on all units. Visiting Hours: M-F: 9am – 6 pm, Weekends: 11am – 5pm.
- **Pine Crest:** In-Person Visitation allowed on all units.. Visiting Hours: M-F: 9am – 6 pm, Weekends: 9am – 3pm.
- **Residential Services:** Open and operational.
 - o **Contact Precautions** due to presence of bed bugs: **Forest Street.**
 - o **Riverview Towers and Riverview Terrace:** Visitation allowed. Visitors and residents must wear a mask when outside of their apartment, in any indoor shared space..
- **Lakeside Recovery/MMT:** Closed. No Admissions.

Open & Operational

Follow General Operational Guidelines (left).

- Adult Day Services – Antigo
- Adult Day Services – Wausau
- Adult Day/Prevocational Services – Merrill
- Adult Protective Services
- Aquatic Therapy Center
- BHS Adult Hospital
- BHS Youth Hospital
- Community Treatment
- Clubhouse
- Crisis Center
- Crisis Stabilization Units (Adult & Youth)
- Hope House - Wausau / Antigo
- McClellan House
- Outpatient Clinics
- Pharmacy
- Prevocational Services – Wausau
- Transportation

Program Hours and Operations Online: www.norcen.org/Covid-19



COVID-19 PREPAREDNESS & RESPONSE

EYE PROTECTION UPDATE for NCHC Employees & Nursing Home Visitors

Effective June 8, 2021

Eye Protection Updates

NCHC Employees will not require eye protection in the care areas, unless:

- Caring for individuals under isolation precautions that require eye protection (Enhanced COVID Precautions, Droplet Precautions).
- County COVID Positivity Ratings are above 10%.

Nursing Home Visitors Eye protection not required for visitors, unless:

- The visitor is seeing a resident in compassionate care situation and the resident is under isolation precautions that require eye protection (Enhanced COVID Precautions, Droplet Precautions).
- County COVID Positivity Ratings are above 10%.

Outbreak Situations in Direct Care Areas – Eye Protection REQUIRED BY ALL

- Eye protection must be used facility wide if under outbreak – so make sure to keep your eye protection close!

This updated information can be found in the Transmission Based Precautions Policy Addendum. Masks are still required in all NCHC facilities by ALL.

SCREENING AND MASK UPDATE for NCHC Employees

Effective June 2, 2021

Screening Updates

Employee Screening:

There are no changes to NCHC Employee Screening. Employees are required to self-screen and take/record temperatures when reporting to work.

Visitor Screening:

Nursing Homes and Inpatient Adult and Youth Hospitals: No changes to screening. Visitors are still required to wear masks and log temperatures/names in documentation and attest to the visitor screening questions.

All Other Areas: Screening will continue to include temperature checks and providing required masks to visitors for entry to all NCHC locations. Employees administering visitor screening are no longer required to record names, dates and temperature of visitors on logs. Validation by the employee that the visitor is wearing a mask and that their temperature is below the 99.8° is all that is required.

Mask Updates

Masks are still required in all NCHC facilities. Employees are required to wear surgical masks, not cloth face coverings.

Employees may now remove masks when walking to/from their vehicle in the parking lot areas, as long as they maintain social distancing from others. Please continue to wear your mask when you are entering/exiting buildings.

Nursing Home Visitation Clarification

Outdoor visits are allowed at Nursing Homes per the current policy, are dependent on weather and also any existing operational restrictions that exist, such as outbreak or enhanced precautions status.

For the safety of our residents, employees and visitors, if visitation would be restricted due to a Covid-19 outbreak or enhanced precautions at the nursing homes, then outdoor visitation would also be restricted.

If you have questions, please contact Tim Holzem in Infection Prevention, tholzem@norcen.org 715.849.4523 or x4523.



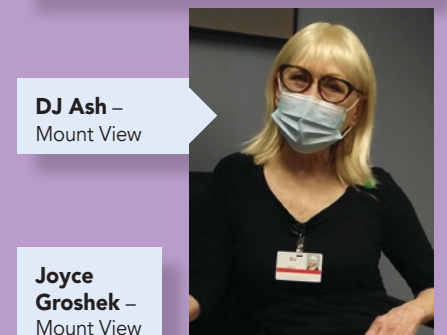
Please have your face mask or cloth face covering on BEFORE entering.

WELCOME BACK VOLUNTEERS!

Volunteers have started to return to Pine Crest and Mount View. YAY!!! These are a few of the first volunteers that have returned this week. There is a maximum of 5 volunteers allowed in the nursing homes at a time and all volunteers must be vaccinated. We welcome them back with socially distanced open arms!



Larry & Gorgette Sampo – Pine Crest



DJ Ash – Mount View



Joyce Groshek – Mount View



INTRODUCING THE NCHC FALLS PREVENTION PROGRAM

SIMPLE STEPS TO **STOP FALLS**

Every second of every day an older adult falls. Whether you yourself have experienced a fall, or someone you care about, **falls affect all of us.**

North Central Health Care puts the safety of patients and residents at the forefront of our continuum of care. We pride ourselves on the preventative measures we have in place to mitigate the risk of falls and/or potential injury to our patients. North Central Health Care enforces an organization wide Falls Prevention Program to keep your loved ones as safe as possible.

NCHC FALLS PREVENTION PROGRAM INCLUDES:

- Guidelines for mitigating the risk of patient falls.
- Framework for assessing risk factors for patient falls, implementing intervention for reducing the risk for falling and protecting patients from injury if a fall should occur.
- Guidelines for the prevention of patient falls through the practice of diligent assessment, ongoing communication, and appropriate proactive action.
- Guidelines to define action in the event of a fall and complete the required follow-up assessments and documentation.

WHAT TO EXPECT FROM THE FALLS PREVENTION PROGRAM:

- Implementing fall prevention strategies before someone falls based on assessment and history.
- Proactive rounding to identify the needs of the individuals we serve.
- Collaborating with multiple team members when falls do happen to come up with the best approach to stop future falls.
- Completing assessments on a regular basis to detect subtle changes in an individual's risk for a fall.



HRinsights

**REFER A FRIEND
EARN \$500**

Here's how it works...

Step 1: Tell Us About Your Recruit
Text "Refer" to 715.598.3663
Email HResources@norcen.org
Complete Referral Form in Human Resources

Step 2: Meet Required Criteria
You and your recruit must be in good standing throughout this period and have no written warnings for attendance or other performance.

Step 3: Get Paid!
When your recruit joins the NCHC Team, and you both have met the referral requirements YOU will earn the following:

- \$250 after 90 days
- \$250 after one year

North Central Health Care
Person centered. Outcome focused.

REFERRAL BONUS FAQ's

The Human Resources Team receives lots of questions pertaining to the Referral Bonus Policy. We are excited our staff are taking advantage of this and sharing the great opportunities we have at NCHC in all three counties. Here are some answers to commonly asked questions:

- Per the Referral Bonus policy, previous employees (that have been an employee of NCHC at any time) and contract employees (that have been here the last year) are not "eligible hires" for current employees to receive a referral bonus on. See highlighted area below:
- Eligible employees will be rewarded a referral bonus when they refer a qualified candidate for successful employment at NCHC.
- The candidate must be hired into a budgeted full-time equivalent (FTE) position of 0.50 or greater, and remain employed in good standing and in the status of 0.50 or greater. Market sensitive positions can be hired at less than 0.5 FTE and still receive referral bonus.
- The referring employee must be employed by NCHC and in good standing at the time the bonus is paid to be eligible for payment.
- The referral bonus does not apply for in-house transfers or promotions or referring prior employees. The referral bonus does not apply for referring former students, contract employees or temporary employees within one year of separation.
- Only one employee will receive an Employee Referral Bonus per candidate.

Be Sure to Visit Our Website at www.norcen.org/Careers for the latest Job Opportunities!



SHARE NCHC JOB POSTINGS ON SOCIAL MEDIA!

ON THE MOVE!

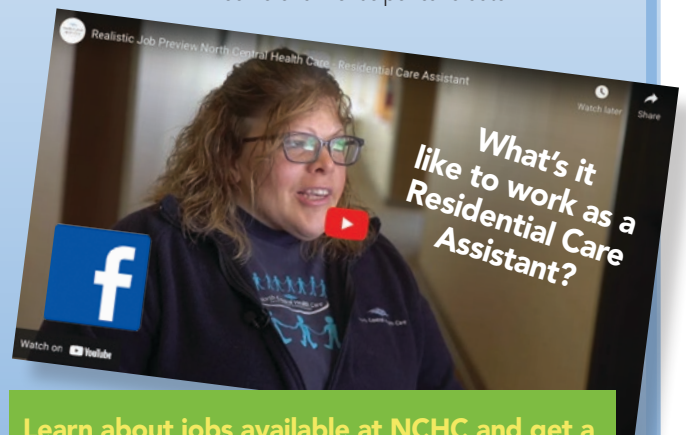
Congrats Erin Wachtendonk!

Congratulations to Erin Wachtendonk for a recent transfer from Outpatient Services RN to Community Treatment Adult!



Congrats Lindsay Krueger!

Congratulations to Lindsay for your recent transfer from Outpatient Therapist In-Training to Mental Health Therapist in the Merrill Center.



Learn about jobs available at NCHC and get a real glimpse of a day in the life of a CNA and other amazing opportunities at NCHC!
www.norcen.org/RJP







Star of the Month

CONGRATULATIONS HEATHER BROWNELL!

Our June Pine Crest Star is Heather Brownell! Sara Sedo nominated Heather saying "I have had many health issues over the past year. Heather stepped up and has done the extra work to keep the social services department running smoothly. She is a great resident advocate. She makes sure that discharges run smooth. When she was up by the front office she would always assist Sue with answering the door and making deliveries. She is truly a shining star!"



Heather goes out of her way to do whatever tasks she can to help residents. She is very consciences of timely follow up with residents and families and always has their well-being as her first priority. Families can't compliment her enough!

HAPPY ANNIVERSARY!

JUNE EMPLOYEE ANNIVERSARIES

Thank you for your service!



Katherine Bauer.....06/29/2020
 Viviana Bermudez.....06/15/2020
 Lauren Bohm06/01/2020
 Mitchael Borneman.....06/04/2018
 Jodi Boruch.....06/19/2000
 Mya Boucher.....06/01/2020
 Sarah Broeren.....06/13/2016
 Mackenzie Brounacker06/10/2019
 Samantha Bruner.....06/15/2020
 Rylie Buchkowski06/15/2020
 Sarah Burns06/13/2011
 Kathy Casmey.....06/10/2019
 Beth Clapper06/05/2009
 Dawn Coates06/29/2020
 Wendee Cox06/27/2016
 Andrew Dallman.....06/16/2003
 Lotti Drake06/16/2003
 Jennifer Flath06/10/1996
 Michael Frankel06/06/1988
 Kristine Gage06/13/2011
 Constance Gliniecki06/12/2017
 Sadie Graveen06/10/2019
 Brianna Groelle.....06/15/2020
 Julie Gryskiewicz06/08/2006
 Laural Harder06/29/2015
 Christina Harris06/23/1997
 Kelly Henke-Kaiser06/20/2005
 Rachel Hockin06/17/2013
 Rylee Hoepfner06/11/2019
 Rogene Janik06/25/2018
 Krista Janz06/17/2002

Brittany Jashinsky06/15/2020
 Julie Johnas06/30/2010
 Ann Kaarre06/29/2020
 Lynn Kelly06/04/2018
 Tanya Kimble06/13/2016
 Melissa Laporte06/08/2015
 Brenna Lehrke.....06/30/2020
 Kelsey Lehrke.....06/30/2020
 Tara Liebers.....06/24/2012
 Michael Loy.....06/02/2014
 Jade Luckman.....06/01/2020
 Carly Maas06/15/2020
 Cagney Martin06/03/2002
 Tracy Mcdonnell06/27/2016
 Brandi Mcdonough.....06/06/2016
 Mary Jo Monday06/27/2016
 Kathryn Morrison06/08/2015
 Jordan Mueller06/04/2018
 Monica Mynsberge06/10/2019
 Lindsey Napierala.....06/29/2009
 Marge Nass.....06/24/2012
 Chloe Nylund.....06/29/2016
 Ginger Osness.....06/24/2012
 Giannetta Pedersen06/04/2018
 Duke Pendelton06/17/2013
 David Peterson06/16/2008
 Joseph Peterson.....06/04/2018
 Kay Pickar06/29/2020
 Sheila Pyan06/03/2002
 Tavon Rakovec.....06/15/2020
 Savanna Randall06/15/2020

Emma Rauman06/15/2020
 Rachel Riehle06/25/2012
 Christina Rivay06/29/2020
 Raeanne Sciborowski.....06/10/2019
 Sara Sedo06/29/1998
 Savannah Severt06/17/2013
 Renita Skarlupka06/15/2020
 Jamie Sparling.....06/12/2017
 April Starr.....06/27/2016
 April Stencil.....06/15/2020
 Kim Suchomski06/29/2020
 Krystal Szarkowitz06/26/2017
 Susan Tesch.....06/11/2019
 Brittany Thomas06/11/2018
 Jennifer Thompson.....06/22/1992
 Abby Thompson.....06/15/2020
 Gina Trudell.....06/02/2014
 Silvia Tzinoglou.....03/30/2020
 Erin Verley06/04/2018
 Chelsea Waldburger06/11/2019
 Tessa Wheat06/15/2020
 Shana Wiesman.....06/23/2014
 Nicole Voitula06/12/2017
 Tapanga Woller06/11/2019
 Cheryl Woods06/25/2019
 Gina Woodward06/25/2001
 Shylah Wrigley06/29/2016
 Marianne Wunsch06/01/1998
 Kristen Wurth06/15/2020
 Paia Yang06/12/2017
 Laura Zaucha.....06/29/1987



tidbits on benefits

ALZHEIMER'S AWARENESS MONTH

By Brianna Filtz

University of Wisconsin-Madison School of Pharmacy,
Doctor of Pharmacy Candidate Class of 2022

Alzheimer's disease (AD) is a progressive disease that destroys memory and other important mental functions which can be devastating for many individuals and their families. June is Alzheimer's Awareness Month, so it is the perfect time to talk about ways to keep our brain healthy and our memory sharp.

Although there are no known cures for AD, there are daily tips and tricks that we can use to keep our brain active and to improve our overall mental functions.

Diet

Maintaining a healthy diet that is high in vitamins, antioxidants and omega-3 fatty acids is suggested to maintain healthy brain function. Diets high in omega-3 fatty acids are thought to slow the progression of Alzheimer's disease. It is recommended to consume fatty fish, walnuts, eggs or flax seeds, which all contain omega-3 fatty acids, at least twice weekly. Fresh fruits and vegetables are high in antioxidants and vitamins which reduce the risk of developing Alzheimer's disease. Coffee is also high in antioxidants which is thought to delay the progression of Alzheimer's disease by several years. It is recommended to drink 2 - 3, 8 oz. cups of coffee every morning unless contraindicated by heart conditions. Finally, consuming large amounts of sugar can lead to reduced brain function over time. Reducing sugar intake will keep the brain healthy for longer.

Physical Health

Overall physical health is a large contributor to brain function, so a healthy brain starts with a healthy body. It is recommended to maintain a healthy BMI by exercising several times per week as there is shown to be a higher risk of AD correlating with higher body weight. Next, daily meditation (as little as 10 minutes per day) is shown to improve blood circulation to the brain. This can lower stress levels and keep the brain healthy for longer. Along with meditation, it is extremely important to get a good night's sleep. Going to bed and waking up at the same time each day helps to maintain a healthy sleep schedule and wake up feeling rested. Finally, increased levels of vitamin D is thought to decrease the risk of AD. The easiest way to increase Vitamin D levels is by getting out in the sunshine while wearing sunscreen of course!

Brain Games and Socialization

As people age, it is common to become more reclusive which increases the risk of memory loss. Staying socially active as you age helps to keep your brain engaged and healthy. Additionally, playing brain games, such as crossword puzzles, Sudoku, and video games, is a great way to keep your brain healthy. All of these activities keep your brain active and focused on tasks which helps to prevent memory loss.

alzheimer's association

GO PURPLE | SHARE YOUR STORY | TAKE ACTION

June is Alzheimer's & Brain Awareness Month

#ENDALZ

TAKE ACTION >

June is Alzheimer's & Brain Awareness Month — an opportunity to join the conversation about the brain, Alzheimer's disease and other dementias.

Free Skin Cancer Screening

Open to ALL NCHC employees and health plan enrolled spouses.
Completing this screening will earn you 5 Well-Being points for the NCHC Well-Being Program!

Melanoma is the most fatal form of skin cancer in the United States. Anyone can get skin cancer, but it is more common in people who are light skinned, have a history of sunburns, a family history or over age 50. But if found early, skin cancer can be treated with removal only before it has spread to other areas of the body.



June 17, 2021

12:00pm - 6:00pm

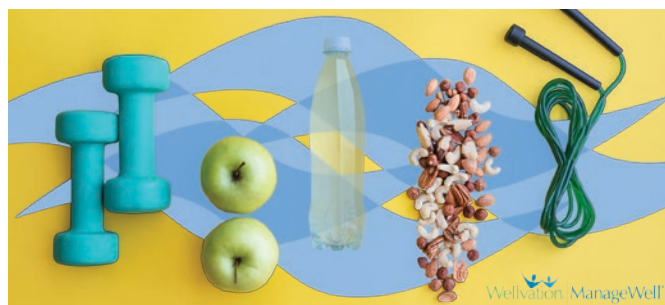
Appointments required

If not able to make these specific days, skin cancer screenings can still be scheduled at the Employee Health & Wellness Center for a date and time that is convenient.

Employee Health & Wellness Center

1000 Lake View Drive, Suite 200
Wausau, WI 54403

715-843-1256



20 POINT ACTIVITY

JUNE 13TH - JULY 24TH

Fitness For All

6 WEEK PHYSICAL ACTIVITY CHALLENGE

Beginner or pro, this six-week program will help you create a well-rounded fitness program. Each week, you'll learn about fitness topics, including cardiovascular activity, strength training, stretching, balance, and motivation, plus you'll receive tips and ideas to improve your routine. Link your favorite activity tracker, or log your active minutes manually via the Managewell portal. **Sign up today!**

TO EARN MANAGEWELL POINTS, PARTICIPANTS MUST:

- ✓ REGISTER BY JUNE 17TH
- ✓ TRACK 120 ACTIVE MINUTES EACH WEEK (Track activity up to 7 days in the past)
- ✓ COMPLETE THE PRE CHALLENGE SURVEY
- ✓ COMPLETE THE POST CHALLENGE SURVEY



JOIN OUR COMMUNITY ON FACEBOOK
@NCHC EMPLOYEE HEALTH & WELLNESS



Fitness For All

Keep Motivated

BEGINNER Exerciser Activity

Write down three, 30 minute time slots in your calendar this week of what you plan to do for exercise. For example, Monday at 3:30 p.m. I will bike outside for 30 minutes.

INTERMEDIATE Exerciser Activity

Looking for something new to challenge yourself? Sign up for an event—10K/marathon, bike race, triathlon, 3-day walk—that you’ve never done before or would like to improve your time on. Mark it on your calendar!

ADVANCED Exerciser Activity

Tired of the same old training program? Join a bike or marathon club or look for a new training program online, in a magazine or book. This could help you reach your goals or even make your training new and exciting.

DESIGNING YOUR FITNESS FRAMEWORK

The most common reason people cite for not adopting more physically active lifestyles is not having enough time to exercise. Scheduling time into your day will insure that you will make time for movement. It’s time to design your framework for your physical activity plan. If you don’t make the time, who will?

If your time is limited, try the following ways to overcome the lack-of-time barrier:

IDENTIFY AVAILABLE TIME SLOTS

Monitor your daily activities for one week. Identify at least three 30 minute time slots throughout the week you could use for physical activity.

BREAK IT UP

Your open time slots may only be 15 minutes here or 10 minutes there—that’s okay. Schedule activity in, whether it’s weight training or a fast-paced walk. Add another short session later in the day to total 30 minutes or more activity for the day.

ADD PHYSICAL ACTIVITY TO YOUR DAILY ROUTINE

For example: walk or ride your bike to work or shopping, walk the dog, exercise while you watch TV, take the stairs instead of the elevator, park farther away from your destination. It’s easy to find ways to add activity every day.

MAKE TIME FOR PHYSICAL ACTIVITY

Walk, jog or swim during your lunch hour, or take fitness breaks instead of coffee breaks.

SELECT ACTIVITIES REQUIRING MINIMAL TIME

Good options include walking, jogging, or stair-climbing. Every minute adds up!

MAKE A WEEKLY CHART OR CALENDAR

Write down when and how you can be more active. Celebrate the days that you are more active and allow yourself a day off when life gets too busy.

Ask a friend or co-worker to take walking breaks with you during the day. Having a support person can help you when you are not feeling very motivated.



REGISTER BY
June 17
in ManageWell
Portal



North Central Health Care

Person centered. Outcome focused.



JUNETEENTH FREEDOM DAY

WHEN: Saturday, June 19 2021
WHERE: Whitewater Music Hall
TIME: 2:00 PM-9:00 PM

Juneteenth commemorates the end of slavery and is also known as Freedom Day or Emancipation Day. We are inviting the Wausau community to come celebrate through food, drinks, music, and more.

Come support our community to commemorate Freedom Day on Saturday, June 19th from 2:00 PM-9:00 PM at Whitewater Music Hall in Wausau. There is going to be food, drinks, music, activities for kids, a Covid vaccination clinic, and an open mic night! If you have questions about the event, contact Kayley at kayleymccolley3500@gmail.com.

SHOEBOX REQUEST Can You Help?

NCHC Teams are in need of shoe boxes of various sizes. If you have some that you can donate, please drop them off in the Volunteer Services office located in the Link Hallway of Mount View Care Center, or interoffice mail them to the Wausau Campus to Laural Harder. Thank you in advance!



DO YOU HAVE CHILDREN UNDER 3? Here is an opportunity for you!

LENA Start will be holding in-person, outdoor classes at Monk Gardens and at Riverside Park. There will be concomitant programming available for the kids at the park. As always, classes are free, and a meal and childcare are provided.

Past Participant of LENA? We Need Your Referrals!

LENA grads who refer another family are given a \$10 gift card if the referred family graduates.

SUMMER FOOD SUMMER FUN!

Healthy meals for kids and teens. **FREE!**
 No need to sign up or apply—just show up and enjoy!

Location and Time(s) of Meals:
 Mon – Thurs June 8th - July 15th
 (No Meal Service July 5th)

GD Jones, Hawthorn Hills, Lincoln, Riverview, Thomas Jefferson
 Breakfast 7:45 – 8:15 a.m. Lunch 11:15 a.m. – 12:15 p.m.

Contact:
 Wausau School District
 Nutrition Services
 715-261-0806

More Info:
wisummerfood.org or call 211
 Text: 'food' to 877-877 for meals near you.

This institution is an equal opportunity provider.

Summer Food Service Program
 Wisconsin Department of Public Instruction

Build your baby's brain through talk! Free classes for parents outdoors!

**LENA
START™
Marathon County**

- **FREE** meal and childcare
- **FREE** children's book each week
- **FREE** class materials
- **FREE** gas cards and fun prizes

With LENA Start YOU CAN:

- Get your child ready for success in school
- Learn simple ways to increase your child's language growth
- Improve communication with your child
- Track your progress with a LENA device



WHO: Parents/caregivers of children 0-33 months old

WHAT: 10-week parent education program

WHEN / WHERE: MONK GARDENS, Mondays 5:30–6:30pm (dinner at 5pm) starting June 14th

OR RIVERSIDE PARK, Thursdays noon–1pm (lunch at 11:30am) starting June 17th

- Fun programming for kids while you learn
- Classes in English or Spanish
- CDC mask and distancing guidelines observed

MORE INFO / REGISTER: Visit lenastartmc.org, call/text 715-660-0397, or email ntank@chw.org



REGISTRATION DEADLINE: June 16th, 2021
FREE! SIGN UP TODAY!

Support for this project was provided through the Caroline S. Monk Legacy Fund of the Community Foundation of North Central Wisconsin, B.A. & Esther Greenback Foundation, Dudley Foundation, Galathea Care Foundation, Northwestern Technical College, Marathon County, Marathon County Public Library Foundation, City of Wausau CDBG, United Way of Marathon County, anonymous donors and site partners.



COMMITTEE CONNECTION

Jesse's Story

Jesse and his mom no longer have a home. They stay with friends or relatives for a few weeks at a time. He changes schools frequently and his grades are dropping. He doesn't always have access to showers or laundry and rarely eats a balanced meal.

Jesse's mom applied for rent assistance and moved into an apartment. They developed a budget with the help of a financial counselor, and are using a local food pantry to help with groceries. Jesse has been in the same school for several months and his grades are improving. Jesse has a place to call home.

Your United Way donations provide resources for families and stability for kids like Jesse.



DONATE \$25

Wear jeans every Friday for a year!



Contact Volunteer Services for details

715.848.4450

Interested in joining the United Way Committee? Email Sheryl @ Shemp@norcen.org



North Central Health Care
Person centered. Outcome focused.

Employee Recognition

This Quarter's Nomination Forms due by June 30!

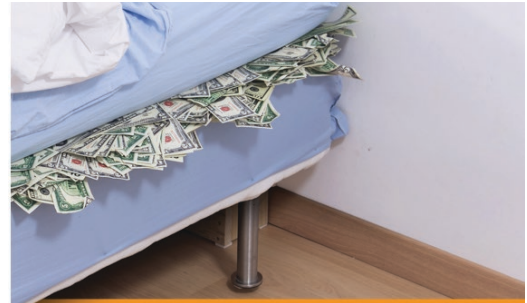
www.norcen.org/Recognition

For 2nd Quarter Recipients -
Keep Reading on Page 12



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OUTSTANDING TEAM PARTNERSHIP AWARD Community Corner Clubhouse

Congratulations to the Clubhouse Team, recipient of NCHC's Outstanding Team Partnership Award. The Clubhouse Team makes significant contributions to advance the position and reputation of MVCC and NCHC by their efforts to serve our community. Nominated by an IPS Employment Employee in Community Treatment, the team was recognized for being a vital for consumers in the IPS program.

Employees at Clubhouse include Mike Frankel, Patrick Bacher and Paia Yang.

"Clubhouse helps consumers keep working on and maintaining their financial independence and provide our IPS team the access to work with our consumers in a setting where we can work on resume building, job searching, interviewing, benefit reports and analysis. Clubhouse Team went way beyond to demonstrate that overall how valuable we can be working together and collaborating two teams to form a stronger partnership for the future of the organization."

"A proactive approach and caring attitude shown from Clubhouse created better relationships with our team, with our consumers seeing and feeling welcomed in the community. Clubhouse advocated daily the safety standards to their members and visitors...."

"Keeping their doors open during this these times in the community was a top priority and their success helped us keep building meaningful relationships with consumers, employers and our community."

Also nominated for this award was the Motivational Interviewing Team and Volunteer Services Team.



Mike Frankel



Paia Yang



Patrick Bacher



OUTSTANDING SERVICE EXCELLENCE AWARD Cagney Martin, Staff Development

Congratulations to Cagney Martin, Staff Development Specialist, recipient of NCHC's Outstanding Service Excellence Award. Cagney consistently achieves exemplary performance and has excelled in supporting the programs and services of NCHC. She was nominated by Andrea Hebert who was quick to point out that "Cagney is such an advocate for NCHC Person-Centered Service and Core Values in everything she teaches and loops back to the Core Values in any topic she is teaching."

"She comes up with fun, creative ideas to keep our staff interested in learning and comes up with techniques to help them learn."

"In Infection Prevention sessions, we have heard so many positives from staff that the sessions went great, real life oriented, and we made them fun with hands-on. We are actually seeing staff doing more cleaning of equipment. This impacts the health of everyone who is here at NCHC, staff, clients, visitors as our goal is to reduce and eliminate viruses from spreading."

"Cagney also does a phenomenal job of teaching dementia as well as Person-Centered Service in orientation."

Also nominated for this award was Sue Pyan and Nicole Krause of Pine Crest.



OUTSTANDING PERSON-CENTERED SERVICE AWARD Kristin Verhulst, Community Treatment

Congratulations to Kristin Verhulst, recipient of the Outstanding Person-Centered Service Award. Kristin is an Employment Specialist in Community Treatment who exceeds standards and effectively works to ensure optimal patient experience and uncompromising Person-Centered Service. Kristin was nominated by a Community Treatment Nurse who submitted that "Kristin is a vital member of our team who always has a positive attitude and never scoffs when her assistance is needed."

"Kristin makes our jobs easier and her help allows us to focus on helping our clients in other ways."

"Not only does Kristin support our clients with finding and keeping jobs, she also assists them with schooling. Kristin often sees clients at their place of employment to ensure they are performing well, and does so at night at times."

"Clients wouldn't be able to be productive members of society without Kristin's work."

Also nominated for this award was Amanda Steinfest, Bradley Sperger, Carries Bussiere, David Peterson, DeeDe Grund, Micki Alfsteen, Rachel Reihle, and Shannon Butler.

Nominate a Coworker or Team today! www.norcen.org/Recognition