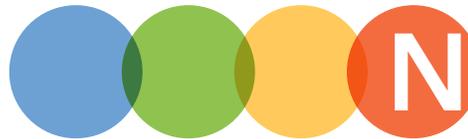





A Weekly Update
For The Employees of
North Central Health Care

NEWS YOU CAN USE

WEEKLY CONNECTION WITH OUR TEAM



Jennifer Peaslee
Compliance
Officer

Hello NCHC!

I'm excited to be writing to you for the first time. I began with the NCHC family as a case manager in Community Treatment almost 10 years ago. As a member of your Executive Management team, I am the Compliance Officer with oversight of our Quality Program, Infection Prevention, Employee Health, Learning & Development, and I serve as our organization's HIPAA Privacy Officer. I love what I do, who we serve, and who we are as an organization.

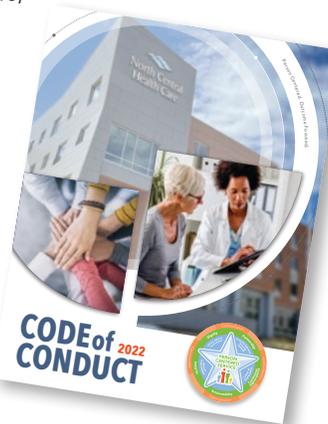
The Code of Conduct is coming out later this month so here's your intro:

The Code of Conduct is a document that helps you know what conduct is expected of you and of each other. It also includes information on how to seek guidance and

voice concerns. It contains relevant topics on subjects of interest that will help you in your job like "HIPAA Do's & Don'ts" and our Ethical Decision-Making Model.

This February, you'll get to know this document more in detail as our annual, required learning module will be assigned to all staff... so please be on the lookout for this. Until then, here's the link to the electronic version, found under the "For Employees" portion of our website: I'd invite you to get familiar with it and know how to access it.

<https://www.norcen.org/for-employees/compliance/>



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In the spirit of one of our Core Values: "Continuous Improvement," I'd love to hear from you! If you're willing to contribute to this document to make it even better, I'd appreciate your feedback by submitting your comments and thoughts in this brief, five-question, anonymous survey:

<https://bit.ly/2022Quality>

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, Feb. 7 –
Sunday, Feb. 13**

Jill Meschke



Everyone at North Central Health Care is responsible for maintaining an ethical environment. Your actions in the workplace must demonstrate your commitment to integrity and accountability every day. Thankfully, you don't have to do this alone – I'm here to help!

Jennifer Peaslee

Shout out



Caitlin Baldauff, Outpatient

Why: A real collaborator to help work with team members to make sure they have a safe environment to be able to self-advocate.

**Submitted By:
Jennie Comfort**





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

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. **Questions: Employee Health 715.848.4396**

Managers report in SafetyZone ASAP.

COUNTY POSITIVITY RATE

MARATHON: 23.69%

LINCOLN: 26.81%

LANGLADE: 25.67%

Please follow **Alert Level Response** based on the County Positivity Rate of your location.

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. 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 Feb. 3, 2022

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

Table with 3 columns: Program, Current Active Employee Cases, Date Reported

Table with 3 columns: Program, Current Active Employee Cases, Date Reported (New Cases)

Previously Reported All Cases no longer included below have returned to work.

Table with 3 columns: Program, Current Active Employee Cases, Date Reported (Previously Reported)

Total Active Employee Cases 15

Active Resident/Inpatient Cases – Use Covid-Positive Precautions

Table with 3 columns: Program, Current Active Employee Cases, Date Reported (Active Resident/Inpatient Cases)

Total Active Residents/Patients 15

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, compassionate care and outdoor visits allowed. Outdoor visits are weather-permitting and determined by program.
 - Screening, masks and social distancing required.
 - Nursing Homes must allow in-person visitation on units under enhanced precautions. All visitors will be required to follow the the PPE guidance in place for those precautions.
- Volunteer programming allowed. Limited to 5 max at a time in building. Covid-19 vaccination required.

Meetings or Groups - Please refer to Alert Level Response

- NCHC in-person meetings allowed. Masks, 6-foot social distancing or physical barriers between individuals required.
- Treatment groups suspended at this time due to current community positivity rates. Only DBT & AODA Groups allowed.
- 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 limited based on each County's Positivity Rate. Masks & social distancing required. Meetings require Incident Command approval if in RED or higher # of people than desig. limit.

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:** Covid-Confirmed Precautions: 1 Positive Resident on 2 North. Enhanced Precautions: ALL Units. Visiting Hours M-F: 7am – 7pm, Weekends: 10 am – 6pm.
- **Pine Crest:** Enhanced Precautions: ALL units except Rehab. Covid-19 Confirmed Precautions: 9 positive residents on Special Care, 3 positive Residents on 900 South Unit and 1 positive resident on North Central Unit. In-Person Visiting Hours: M-F: 9am – 6 pm, Weekends: 9am – 3pm.
- **Residential Services:** Open and operational. Covid-Confirmed Precautions: Fulton & Chadwick. Positive Resident at each location.
 - o Enhanced Precautions: Jelinek.
 - o Contact Precautions: Jelinek due to presence of bed bugs.
 - 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.
- **Youth Crisis Stabilization Facility:** Covid-Confirmed Precautions: 1 Positive Patient on unit.
- **Lakeside Recovery/MMT:** Closed. No Admissions.

Open & Operational

Follow General Operational Guidelines (left).

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

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



UPDATE: Immediate Attention Required for Unvaccinated NCHC Employees

Federal COVID-19 Vaccination Mandate Details

If you have not been vaccinated for Covid-19 OR you have not completed the required medical or religious exemption form, you must act quickly.

On January 14, 2022, U.S. Federal Courts ruled to enforce the Federal emergency regulation requiring Covid-19 Vaccinations for all health care workers at facilities that participate in the Medicare/Medicaid programs.

All NCHC employees and contract staff members need to be vaccinated against COVID-19 by specific dates below or receive a valid medical or religious exemption. The Incident Command Team has established a policy specific to Covid-19 Vaccination Program that meets these federal requirements.

The COVID-19 vaccines are safe and effective at preventing infection and severe illness from COVID-19. Vaccination is encouraged as the best option for mandate compliance.

Timelines

To the right you will find the timelines for receiving the vaccine OR completing a religious or medical exemption.

If you previously completed a declination form prior to November 15, 2021, you ARE REQUIRED to complete the new applicable exemption form distributed in November 2021 to meet the new federal requirements.

If you completed the necessary exemption form after November 15, 2021, no action is needed. Your previous declination form will serve as an exemption form under the existing policy.

Vaccine Timeline

If you are currently unvaccinated and plan to get vaccinated:

NCHC Employee deadline to be fully vaccinated (2 doses of Moderna or Pfizer, or 1 dose of Johnson & Johnson) or approved exemption

FEB 27

CMS deadline to be fully vaccinated

FEB 28

Removal from work schedule and voluntary resignation for those not fully vaccinated or without approved exemption

FEB 28

Exemptions

Medical and religious exemptions for COVID-19 vaccination must be submitted for review by the February 14, 2022 deadline indicated in the timeline above to avoid any interruption in your employment and service to the organization. Once an exemption is submitted, there will be a thorough review of the submission on a case by case basis, including a review from Human Resources, legal and operations. The exemption review, approval and appeal process will be completed by Human Resources by February 23, 2022.

- Requests submitted after the deadlines will be considered at NCHC's discretion and approvals may not be possible prior to the February 28 CMS compliance date.

- Up-to-Date Vaccination is required for anyone without an approved exemption by February 27 to continue working at NCHC.

Exemption forms must be turned in by the dates in timeline via email to NCHCVaccineExemptions@norcen.org or in-person to Human Resources.

Exemption forms were sent by email to all staff and are available 24/7 at www.norcen.org/CovidResources.

Exemption Timeline

If you are currently unvaccinated and plan to complete a religious or medical exemption request form:

Employee religious or medical exemption form due to Human Resources

FEB 14

All religious or medical exemption appeals finalized w/ Human Resources

FEB 23

by 4:30 pm

NCHC Employee deadline to be fully vaccinated (2 doses of Moderna or Pfizer, or 1 dose of Johnson & Johnson) or approved exemption

FEB 27

Removal from work schedule and voluntary resignation for those not fully vaccinated or without approved exemption

FEB 28

CMS deadline to be fully vaccinated

FEB 28

New Employees

Employees who are joining our organization after the dates mentioned in this notice, will work with Human Resources before their first day of employment to complete the requirements. New employees will be required to be fully vaccinated or have a religious or medical exemption on file prior to their first day of employment. Fully vaccinated means a person has received their primary series of COVID-19 vaccines (2 doses of Moderna or Pfizer, or 1 dose of Johnson & Johnson).

NCHC Employee Vaccination Clinics

NCHC Vaccination Clinics are already scheduled to make vaccination as easy as possible. You may receive your 1st, 2nd or Booster dose of the Moderna vaccines at these clinics. Clinics are available to employees in all three of our service counties at no cost to employees. Visit www.norcen.org/CovidResources and click the Covid-19 Vaccination Clinic Sign Up Link. Please check website for most up to date vaccination clinic times and locations. If you have any questions please reach out to your manager or Employee Health 715.848.4396.

Employees may also elect to receive their Covid-19 vaccination outside of the organization by your physician or at one of several free community Covid-19 Vaccination Clinics below. Not all options are listed. Please consult your local Health Department or <https://www.dhs.wisconsin.gov/covid-19/vaccine-get.htm> for additional options. See page 4 for additional locations in the community.



2022 Covid-19 Vaccination Clinics for NCHC Employees

To receive your 1st, 2nd or Booster dose in 2022, vaccination clinics will be available for staff on the first Friday of each month.

Covid Vaccine Sign Up
<https://bit.ly/2022Vaccinations>

Upcoming Vaccination Clinics:

3/4/22 from 2:00 - 3:00 pm

1st Floor Dining Room of OLD Mount View Building

The Covid-19 vaccine is a 2-dose vaccine. After you receive your first dose, please make sure to sign up for your second dose for the following month. For example, if you're signing up for your first vaccine in February – make sure to sign up for your second in March. You will also be given your return date for the 2nd vaccine on your COVID Vaccine Card when receiving your first dose.



LINCOLN COUNTY FREE COVID-19 VACCINE CLINICS



Pfizer, Moderna, J&J
1st, 2nd, booster &
pediatric doses
available!

LINCOLN COUNTY HEALTH DEPARTMENT HAS PARTNERED WITH AMI EXPEDITIONARY HEALTHCARE TO PROVIDE COVID-19 VACCINE CLINICS

Tuesdays
Feb. 1, 8, 15, & 22
3:00 - 5:00 PM

Saturdays
Feb. 5, 12, 19, & 26
10:00 AM - 1:00 PM

Lincoln County Health
Department, 607 N. Sales
St. Ste 101, Merrill

TB Scott Free Library
106 1st St, Merrill

PRE-REGISTRATION IS ENCOURAGED. WALK INS WELCOME.

To pre-register, go to <https://bit.ly/3AEGPCE>, scan the QR code or call 715-539-1375.

COVID-19 vaccine is provided at no charge. Children must be accompanied by a parent or guardian. Face masks are required.



Expanded Days & Hours!!!

Free Community COVID-19 Vaccine Clinic

Center for Business & Industry Building
Northcentral Technical College - Wausau
1000 W Campus Drive, Wausau, WI 54401

Enter lot off Campus Drive. Follow the signs.

Appointments are strongly recommended, but walk-ins are welcome!

The clinic has ALL approved vaccines and booster doses available (Pfizer, Moderna, and Janssen).

Minors under 18 years of age do require parental consent to receive the vaccine.

View booster dose information:
<https://www.dhs.wisconsin.gov/covid-19/vaccine-dose.htm>

Call 1-844-684-1064 or visit <https://vaccinate.wi.gov> to confirm availability.

Tuesdays
through
Fridays
11am-7pm

Saturdays
11am-3pm



10262021



Marathon County Employees Credit Union

Use MCECU's Remote Deposit Capture to Deposit Checks from Anywhere!

Register through the "Remote Deposit" tab in your mobile app today!

- Once registered, you will get an approval email
- Sign your check and add "For RDC Deposit Only to MCECU"
- Then simply snap a picture of the front and back of your check
- Click Next
- In most cases, check will be deposited into your account on the same business day
(submission deadline 3pm during normal business hours)

Questions? Give us a call!

We are a full-service credit union that offers products and services to meet all your financial needs.

Not a member? Join today!

Proudly Serving NCHC Employees and Your Families.

Some RDC restrictions and limits apply. Contact for details.

www.mcecu.org
715 261-7680
cuteller@co.marathon.wi.us
400 East Thomas Street
Wausau, WI 54403



FOOD TRUCK UPDATE Wausau Campus

Our food truck vendors reached out and let us know it will be a little longer yet before they start their trucks back up. Below zero, frigid weather is not the best for food truck sales or their guests waiting to be served. We will get an update in a few weeks and hopefully once the weather starts to change, we will have food trucks back again! Thanks for your patience!



NEW MANAGER OF CBRF SERVICES

Christina Harris

NCHC is pleased to announce that Christina Harris has accepted and already started transitioning into the Manager of CBRF Services role for Residential. Christina has been with NCHC for over 24 years and most recently was a Care Coordinator II overseeing two CBRF's.

Christina's new role will provide direct management to our Residential CBRF locations ensuring staff, resident, and family needs are met. Please join me in welcoming Christina to her new role and assist her through the transition from her previous role to the Manager of CBRF Services.



NCHC EMPLOYEE CONTACT DIRECTORY Is Your Info Up To Date?

If someone needs to get a hold of you while you were at work, we would look for your internal work contact information on the Intranet NCHC Phone Directory. Sometimes the last thing we think about is updating our contact information, but it is really important so you can be contacted quickly and easily. If your contact information is not up to date, we may not be able to transfer a call or contact you as quickly as needed.

Please take 1 minute to access the NCHC Intranet Phone Directory and make sure that your name, phone options, department and email are correct.

If you do not have a direct extension, perhaps the best way to contact you by phone is a nurse's station(s), main office or a manager's extension. Discuss with you manager if you are unsure.

If your contact information is incorrect or you are not listed, let's get it updated! Please contact the CCITC HelpDesk at helpdesk@co.marathon.wi.us or 715.261.6710 (x6710). Thank you for your time and making sure our communication system is up to date.



NCHC EMPLOYEE PHONE DIRECTORY

This phone listing is automatically generated from user account information on our network, and is updated nightly.

Please do not dial the prefix 261 for internal numbers.

NCHC Staff: If your name does not appear in this directory or if you have a change to your internal contact information, please contact the CCITC HelpDesk at helpdesk@co.marathon.wi.us

The **complete** Employee Phone Directory (including CCITC, Wausau, Marathon County, and NCHC) is available [HERE](#).

Department: [ALL] Search: [ALL]

Page 1 of 16 First Previous [1] 2 3 4 5 6 7 8 9 10 Next Last

First Name	Last Name	Phone 1	Phone 2	Department	Email
Chad	Adams	715-848-4436	715-581-0806	NCH-In-House Transport(0710)	CAdams@norcen.org
Jessica	Aderman	715-848-4509		NCH-Protective Services(1300)	JAderman@norcen.org
Wally	Alford	715-841-5113		NCH-Adult Day Services(2400)	KAlford@norcen.org

NCHC DIRECT CARE STAFF N95 Fit Testing

For staff in Community Living, Long Term Care, BHS Acute, Housekeeping, and Security programs at NCHC, you may be required to use a N95 mask.

Proper use of N95 masks requires fit-testing to ensure the best possible fit for your face. Before wearing a N95 mask, you need to ensure you are fitted with the proper size.

If you have not been fit-tested for a N95 mask and it is required for your position, please contact Learning & Development: Cagney Martin CMartin@norcen.org 715.848.4482 or Andrea Hebert AHebert@norcen.org 715.848.5136



NCHC EMPLOYEE HEALTH & WELLNESS CENTER SURVEY

For all NCHC Employees
and Their Spouses

NCHC is working in partnership with Marathon County to gather feedback about the Employee Health & Wellness Center located at the NCHC Wausau Campus. Below is a survey link that all employees in all NCHC locations and their spouses are encouraged to complete, whether you use the clinic or not. Your responses are confidential and will help us with future communication and planning.

Please complete the short survey here
<https://bit.ly/EHandWellness>



PHOTO OF THE WEEK



Wear Your NCHC Every Day Shirt Every Friday!

Share a photo with #NCHCEveryDay on



for a chance to win!

SHARE YOUR PHOTO OF THE WEEK

Email: Communications@norcen.org or Text: 715.370.1547

HELP SUPPORT OPPORTUNITIES FOR KIDS IN COMMUNITY TREATMENT

My Local Deals Coupon Books Available!

Our NCHC Comprehensive Community Services (CCS) Team has started their annual coupon book fund raiser! Please help out kids with special needs by purchasing one of the 2022 My Local Deals coupon books. This year there are over 100 participating businesses (many with multiple coupons) in the Wausau, Stevens Point, Marshfield, Merrill, Mosinee, Wisconsin Rapids, Tomahawk and Rhinelander areas.



Books are \$20 each and \$14 from each book goes directly to help the youth in our programs!!

There are over \$5,000 worth of savings in each book!

A few examples of the coupons include \$20 in Kwik Trip gas coupons, buy one get one for WOW laser tag (\$17 value), free cheese curds at Milwaukee Burger, golfing, spa services, pizza, oil changes, and tons of restaurant coupons! Cash or check only and please make any checks out to Gina Lenz. Thank you so much for helping us to improve the lives of the children we serve. These funds are used to send children to camps that they wouldn't otherwise have the opportunity to attend, incentives to help them meet their goals, and basic needs items. Please contact Gina Lenz at glenz@norcen.org to get your Coupon Book today.

Your Support is greatly appreciated!



FEBRUARY EMPLOYEE ANNIVERSARIES

Thank you for your service!

Table listing employee names and their anniversary dates in February.



tidbits on benefits

WELLNESS CORNER
Submitted by Sherry Hughes, PA



MAKE WINTER BRIGHTER WITH SOME VITAMIN D!

Why all the talk about Vitamin D? Can it really make me happier? Vitamin D is actually the only vitamin which is also a hormone. That can affect many different areas of our health both mental and physical.

Vitamin D helps our body build stronger bones by helping our body be able to absorb calcium. In addition to stronger bones, vitamin D can help improve immune system, reduce inflammation, help with seasonal affective disorder (SAD), potentially decrease the risk of cardiovascular disease, diabetes, and risk of some cancers. Not getting enough vitamin D can affect each person differently, thus the symptoms of Vitamin D deficiency can look different from one person to the next. Below are some examples of symptoms people can experience. Remember, these symptoms could potentially be symptoms for other concerns, so it is always good to check with your health care provider to rule out other medical conditions.

Potential Vitamin D deficiency symptoms: (not limited to)

- Depression
- Bone and or joint pain
- Decrease immune system
- Fatigue and tiredness
- Chronic pain
- Crankiness
- Hair loss
- Muscle pain or weakness
- Frequent respiratory problems
- Psoriasis
- High blood pressure
- Reduced endurance

"When it snows, you have two choices: shovel or make snow angels." – unknown



There are a number of places that you find vitamin D. One of them is sunlight. But, there is a catch to the theory "you can get all of your vitamin D for the day from 20 minutes of being in the sunlight." Depending on how your body absorbs sun and your skin color can limit how much. However, the bigger issue with the sun is where you live. The further north you live the less sun you get. Come fall through early spring one cannot bank on the daily sunlight as a good source of vitamin D when you live in states like Wisconsin and Michigan. You can find Vitamin D in a number of fortified foods like milk, yogurt, fatty fish (like salmon), and egg yolks.



If you feel like you may benefit from a daily Vitamin D supplement, the recommended dietary allowances (RDAs) for 1-70 year olds is 600 IU's daily and for 70+ year olds 800 IU's daily. Anything higher it is best to check with your health care provider or a registered dietitian, as you can take too much Vitamin D which can harm you. If you do take supplements look for "D3" on the bottle.

This winter if you are feeling a little "blah," "down," or just not yourself consider finding ways to get more Vitamin D to brighten your day. One key thing to remember with vitamin D is that it is a fat soluble vitamin. So, in order for your body to absorb it you need to eat foods that have at least some fat as Vitamin D (and as all fat soluble vitamins), will leach into the fat in our food so that our body can absorb it. Check out the below website for more information.

<https://www.webmd.com/diet/guide/vitamin-d-deficiency>

<https://www.healthyway.com/content/symptoms-of-vitamin-d-deficiency-that-most-people-ignore/>

"Keep your face always toward the sunshine – and shadows will fall behind you."

~ Walt Whitman

Employee Health & Wellness Center

1100 Lake View Drive, Wausau, WI
North Central Health Care Campus
Door 25

Schedule an Appointment:
715.843.1256 or MyAspirus.org

Updated Hours:

Monday - Wednesday - Friday: 8:00 am - 4:30 pm
Tuesday: 6:30 am – 3:00 pm
Thursday: 9:30 am – 6:00 pm





<https://bit.ly/Tria2022B>

How to Start AND Finish Your 2022 New Year's Resolution

To start off being successful in your resolution, you should set specific goals. A great method to use is the SMART goals method. SMART goals help you to identify the clear results that you are working to achieve.

- S – Specific:** What will be accomplished? What actions will you take?
- M – Measurable:** What data will measure the goal? (How much? How well?)
- A – Achievable:** Is the goal doable? Do you have the necessary skills and resources?
- R – Relevant:** Does the goal align with your broader goals? Why is the result important?
- T – Time-Bound:** What is the time frame for accomplishing the goal?

This layout should give you a clear vision of what you hope to achieve, and a plan mapped out of how to get to that result.

What if You Fail? Try, Try Again

This is not going to be an easy journey and challenges will arise. You may miss a day, fall back into old habits, or simply just want to give up. Whatever the case may be, try not to be too hard on yourself.

Here are a few ways to be kind to yourself and not put yourself down:

Instead of "I blew it. What's the point now?"
...say, "That was a bad decision, but a good learning opportunity. What's my next step?"

Instead of, "My legs are SO sore. I can't possibly work out today"
...say, "Let's give my leg muscles a rest today. What can I do to work my arms?"
or: "Of course my muscles are sore. They're supposed to be. It will get easier."

Instead of, "This is too hard!"
...say, "Making it through today is going to really build my confidence."

Tria Health will help support you in managing your health, medications & healthcare budget.



Sign Up Today!

Sign up today for Tria Health's Pharmacy Advocate Program. Our online enrollment form makes signing up easier than ever!

[Sign Up](#) <https://bit.ly/Tria2022A>



Tria Health Help Desk

Call the Tria Help Desk at 1.888.799.8742 to speak with a pharmacist regarding any medication-related question.

[View Help Desk Hours](#)
<https://bit.ly/Tria2022B>



COMMUNITY TREATMENT /OUTPATIENT SPOTLIGHT AWARD FOR JANUARY 2022

Congrats RaeAnne Sciborowski, Service Facilitator

RaeAnne Sciborowski, Service Facilitator on the Marathon Youth Team, was nominated and selected as the January 2022 CT/OP Spotlight Award.



"Rae consistently goes above and beyond to assist the families she works with. She is able to cultivate motivation in her clients and has seen many consumers reach their goals as a result. She's creative and has excellent problem-solving skills. She stands out in her ability to build rapport and get engagement from families."

"She is very knowledgeable about community resources and has developed positive collaborative relationships with other agencies to meet needs. I consistently hear from community providers that Rae is excellent at teaming and is willing to help in any way possible. Rae is also able to have difficult conversations with families due to her excellent communication and relationship building skills. She has shown the ability to form trusting relationships with consumers who have had a very hard time forming relationships with providers in the past. She is personable, engaging and very competent in her role. Her clinical assessment skills are outstanding, as are her team facilitation skills. Rae is a fierce advocate and works hard every day to help her families live the best lives they can."



Integrity is doing the right thing even when no one is watching.

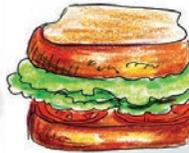


In the **NEW Mount View Building**

Now Open!

WAUSAU CAMPUS CAFÉ

Grab-N-Go



Monday – Friday
9 am – 5:30 pm



Breakfast 9:00 am

Assorted Pastries, Muffins, Bagels

Lunch 11 am – 1:30 pm

Hot Food Bar \$.45/ounce

9 am – 5:30 pm

Grab 'n Go Sandwiches, Soups & Salads,
Juice, Water, Snacks

REMINDER: When you use self check-out in Wausau Campus Cafe, please remember to hit the **SUBMIT** button on screen.

If you don't hit **SUBMIT**, you are not paying for your food.

What's For Lunch?

FEB. 7 – 11, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>main course</u> Oven Fried Chicken Steamed Broccoli Cheesy Mashed Potatoes	Roast Beef with Gravy Peas & Carrots Scalloped Potatoes	Cranberry Glazed Turkey Seasoned Carrots Bread Dressing	Roast Pork & Gravy Green Beans Rice Pilaf	Chicken Alfredo with Noodles Stewed Tomatoes Garlic Breadsticks
<u>dessert</u> Diced Pears	Frosted Spice Cake	Rice Krispie Treat	Fruit Fluff Dessert	Applesauce Gelatin
<u>soup of the day</u> Vegetable Beef Soup	Cheddar Cheese Soup	Beef Bowtie Soup	Navy Bean Soup	Chicken Dumpling Soup

REMINDER: The old NCHC Wausau Campus cafeteria has been closed indefinitely. There will be no access to the water/ice machine or microwave. Please transition into using the new cafeteria location.



THE BISTRO

FEBRUARY PANINI SPECIALS



PANINI OF THE WEEK CUBAN PANINI \$5

ROASTED PORK | HAM | SWISS PICKLE | MUSTARD/MAYO SAUCE



APPLE PIE PANINI \$3.5

HONEY WHIPPED CREAM CHEESE
BROWN SUGAR APPLE SLICES
CINNAMON | RAISIN BREAD

UPCOMING PANINIS OF THE WEEK

FEB. 14 | BBQ PORK PANINI | \$5

BBQ PORK | CHEDDAR | ONIONS | COLESLAW

FEB. 21 | CHICKEN BACON RANCH PANINI | \$5.25

GRILLED CHICKEN | BACON | PROVOLONE | RANCH | SPINACH

FEB. 28 | PIZZA PANINI | \$5.25

MARINARA | ITALIAN SAUSAGE | PEPPERONI | MOZZARELLA
CHOICE OF ONIONS | GREEN PEPPERS | MUSHROOMS



CASH, CREDIT OR QUICKCHARGE PAYMENTS ACCEPTED | ALL SALES SUBJECT TO SALES TAX