



A Weekly Update
For The Employees of
North Central Health Care



NEWS YOU CAN USE



WEEKLY CONNECTION WITH ROBIN STOWE

Partnership in Community Health

Partnership is not just a buzzword at North Central Health Care – it’s a core value ingrained in every aspect of NCHC’s operations. Recently, I had the opportunity to witness this commitment firsthand while collaborating with NCHC Behavioral Health leaders on a plan to strengthen outpatient Alcohol and Other Drug Abuse (AODA) services in Langlade County. Throughout this process, NCHC leaders have demonstrated the core value of *Partnership* by working closely with stakeholders in Langlade County, including the Department of Social Services. Working together, we have gone beyond merely identifying the community’s need for outpatient services, but we are actively engaged in developing a strategic plan on how to ensure the effectiveness of these services through seamless partnership.

At the heart of NCHC’s organizational priorities lies a dedication to providing care and services directly in the communities we serve. This recognition stems from the understanding that individuals struggling with substance use disorders require support close to home, to promote safety and stability. Moreover, these individuals often face interconnected challenges, such as limited access to transportation, unstable housing, and employment opportunities. It is the desired future state of North Central Health Care to work seamlessly with our partners in delivering human services to vulnerable individuals in our communities. This desired future state isn’t just about delivering services, it’s about creating a network of support that addresses the multifaceted needs of those we serve. In essence, our approach to partnership isn’t just about ticking boxes on a checklist—it’s about fostering partnerships and leveraging collective strengths to meet the needs of our communities. The core value of *Partnership*, as demonstrated by NCHC in strengthening AODA services in Langlade County, is an example of what can be achieved when organizations prioritize collaboration and community-centric care.

Robin Stowe

NCHC Board, Executive Committee
Langlade County Corporation Counsel

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Person-Centered Shout out



Amanda Fleischman, Patient Access

She always goes above and beyond in the office. She helps with IT things (figuring things out when IT is not able to help), supplies, questions about Cerner, etc. She is always researching things if we don’t have an answer until she gets the answer to figure them out. It’s kind of like she does 2 or 3 jobs in 1!



Shared By: Amanda Baddmoccasin-Barnes, MSW, APSW

Occurrence Reporting Hotline

x4488 or 715.848.4488



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



2024 STATE-WIDE TORNADO & SEVERE WEATHER AWARENESS DRILLS

2 Drills Scheduled for Thursday, April 11, 2023

Tornado and Severe Weather Awareness Week will be recognized in Wisconsin the week of April 8-12, 2024. Each year, as part of this campaign, a state-wide tornado drill is conducted. This year, the state-wide tornado drill will be held at 1:45 p.m. and 6:45 p.m. on Thursday, April 11.

NCHC utilizes these opportunities to exercise our emergency procedures and shelter locations to ensure staff know what to do in the event of severe weather. The 2024 Tornado Drill will consist of a mock tornado watch and a mock tornado warning issued for all NCHC locations. This is a great opportunity for North Central Health Care to review our policies on this. Please log in and review your Severe Weather Policy and Procedure in UltiPro/UKG Pro Learning.

Please review the attached critique worksheet. This will be used during the drill to provide discussion points in addition to the attached sign-in sheet of participants. All managers will be completing this critique and turning it in along with a sign-in sheet.

Thursday, April 11 DRILL SCHEDULE:

- 1:45 p.m. – NCHC issues a mock tornado watch and warning
- 6:45 p.m. – NCHC issues mock tornado watch and warning

On NCHC phones, there will be a mock Tornado Watch and Warning broadcast and all NCHC phones will have the Informacast message displayed. All staff are to “verbally walk through” in their departments what they would do during a live event and follow the information provided on the Informacast displayed.

In Langlade and Lincoln County locations, an overheard announcement will be made by NCHC staff in the locations. Sirens will not be heard. All staff are to “verbally walk through” in their departments what they would do during a live event.

IMPORTANT REMINDERS

***This is a “verbal walk-through” drill only. We do not want you to evacuate patients/residents/clients, however, all staff should be able to articulate clearly where and how they would evacuate in a real situation.**

*Make sure you are using the online policy system in UKG Pro Learning, badge buddies, and Connections guide as your reference. Practice how you get into the UKG Pro Learning system and find these policies. Determine if the overall policy covers your staff’s needs for information or if you need to develop a department-specific procedure to address any details.



SKIN SCREENINGS ARE OPEN TO ALL EMPLOYEES & DEPENDENTS REGARDLESS OF HEALTH INSURANCE ENROLLMENT.

Free Skin Cancer Screening

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.



- Tuesday, May 7 | 8:00 - 11:00 am
- Wednesday, May 15 | 12:30 - 4:00 pm
- Thursday, May 16 | 2:00 - 6:00 pm
- Tuesday, May 21 | 7:30 - 10:30 am
- Tuesday, June 11 | 8:00 - 11:00 am
- Thursday, June 13 | 2:00 - 6:00 pm

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, Door 34
Wausau, WI 54403

715.843.1256



SteppingOn

Better Your Balance

Take a Stepping On Workshop!
Stepping On can help you avoid a dangerous and costly fall, so you can keep doing the things you love to do.

Hear from the Experts

- Physical Therapist**
Strength and balance
- Optometrist & Pharmacist**
Vision, hearing and medication increase fall risk.
- Community Safety Expert**
Avoid hazards in your home

Pre-registration required



Thursdays, April 18- May 30, 2024
1:00 PM - 3:00 PM
Location: The Landing, 707 N 3rd Street, Wausau
*You do not need to be a member of the YMCA or of The Landing to Participate in this Program. Non members are welcome.
To register: Call The Landing at: 715-841-1855

Tuesdays, April 30- June 11, 2024
9:30 AM - 11:30 AM
Location: SAFER Fire Dept, 224225 Hummingbird Road, Rib Mtn
To register: Call the ADRC-CW at 888-486-9545



JOIN OUR NCHC TEAM & VOLUNTEER AT GREEN+CLEAN 2024!
Get a FREE Shirt, Donuts, Coffee, and Lunch & Help Keep Central WI Green & Clean!

PROUD EVENT PARTNER



CLEANING UP
Today
FOR A GREENER
Tomorrow

REGISTER ONLINE AT:

www.ghidorzigrreenandclean.com

Register by Friday, April 12 to guarantee your free t-shirt.

Contact Taylre at 715.348.1360 or hello@ghidorzi.com with questions.

JOIN US ON APRIL 27!

Ghidorzi Green and Clean is greater Wausau's annual community-wide cleanup to free our beautiful landscapes of litter and debris. The event is a productive way to celebrate Earth Day and a healthy outdoor activity for families, friends, neighbors and coworkers. Safety green t-shirts, trash bags and gloves are provided free of charge, along with hot Starbucks coffee and donuts to energize our efforts.

Event Kick-Off Location

Corporate Cove Tower | One Corporate Drive, Wausau, WI

8 a.m. Refreshments, check-in, live announcements with giveaways **NEW!**

8:45 a.m. Deployment of volunteers

9 - 11 a.m. Trash pick-up

11 - 1 p.m. Incredible Bank FREE Brat Fry thank you luncheon! **NEW!**

Brat Fry Location

Incredible Bank | 327 N 17th Ave., Wausau, WI [incrediblebank](http://incrediblebank.com)

Your free safety green t-shirt, trash bags, gloves, and site map may be picked up ahead of time from Union Station at 2100 Stewart Ave. on Monday, April 22 through Thursday, April 25 from 8:30 a.m. to 4:30 p.m. or at the Event Kick-Off!



Join us online to stay current with event happenings!



f @GhidorziCompanies

@ @GhidorziGreenandClean





April is North Central Health Care **STRESS** AWARENESS MONTH



#STRESSLESS

Take the first step towards
a healthier, happier,
stress-free life!

norcen.org/StressLess

STRESS AT WORK

Workplace stress is a serious issue for employers. It is an issue that has no respect for position or seniority - it is just as likely to affect a new recruit as the executive director.

We are expected to work longer hours than ever before, with many of us at the mercy of '24/7' technology like emails on our smartphones. This is leading to a growing imbalance between our home and work lives and can spiral into a vicious cycle of working longer and sleeping less. This, in turn, reduces our ability to function productively, meaning we have to work even longer to finish all our tasks.

If you consider yourself stressed at work, it is important to do something. It is not worth risking your health for your job. After all, no-one at the end of their life ever said "I wish I'd spent more time at work".

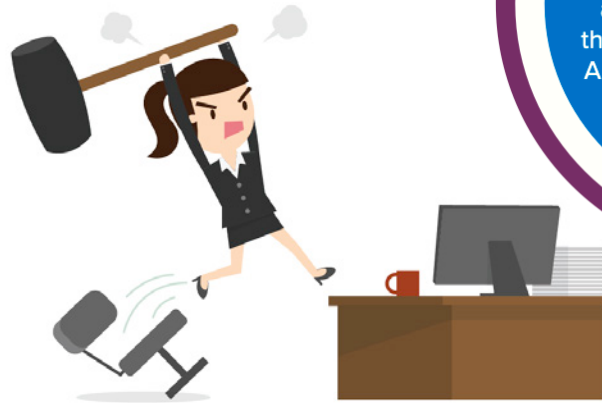
If you work with other people, it is also helpful to learn to recognize the symptoms of stress in others and, if necessary, refer the problem upwards to someone who can deal with it. Not only is it the ethical thing to do as you are helping a colleague, but it will also benefit you as you are improving your working environment.

Find more tips on managing your stress at norcen.org/StressLess



STRESS is believed to trigger 70% of visits to doctors and 85% of serious illnesses

Nearly 37 million working days have been lost consequent to workplace ill health and injury resulting in an estimated total cost to the economy of £18.8 billion. Almost half is attributable to workplace stress, depression and anxiety.



COPING WITH STRESS

- Get enough sleep
- Listen to music
- If you are ill, rest
- Learn to say 'no'
- Manage your time optimally
- Work off stress with physical activity
- Breathe
- Do something you enjoy like a hobby
- Avoid nicotine, alcohol, caffeine and refined sugar
- Talk to someone
- Take breaks



DID YOU MISS THE SPRING EMPLOYEE UPDATE SESSION?

Don't worry - we've got you covered with a recorded version.

If you couldn't attend an Employee Update Session in person this March, you can still access the recorded version online. Stay informed by watching the March 2024 video!



<https://bit.ly/SpringUpdates2024>



North Central Health Care and Aspirus Women's Health have teamed up to offer your annual mammogram right onsite!

May 23, 2024
July 18, 2024
November 6, 2024
Appointment is required



3D mammography is available and covered by North Central Health Care's Health plan benefits.

- Note: You will need 3D CPT codes: screening mammogram 77067 and 77063

For an appointment, call Aspirus Central Scheduling at 866.672.5133. Tell them you want a **North Central Health Care Mobile Mammo unit** appointment. An order from your health care provider is not needed.

You will be asked to provide:

- The name of your physician or nurse practitioner to receive results
- Insurance information
- The location(s) of your prior mammograms



WOM-1546 (1.7.19)

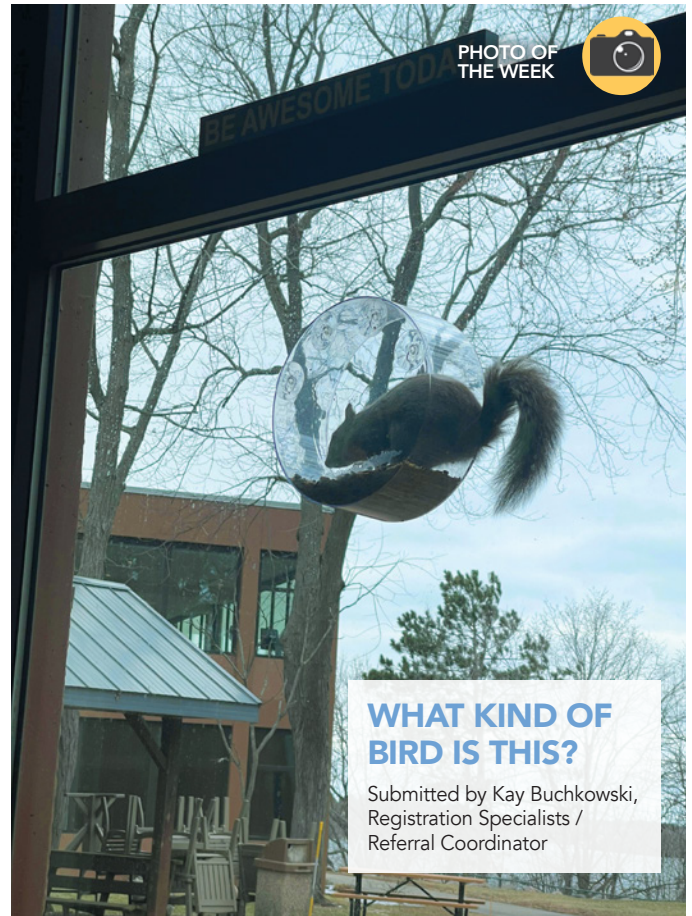


PHOTO OF THE WEEK



WHAT KIND OF BIRD IS THIS?

Submitted by Kay Buchkowski,
Registration Specialists /
Referral Coordinator



Free, safe disposal of your unused, unwanted or expired medications.

April 27, 2024 Take Back Locations:

Wausau Police Dept.

10 AM - 2 PM

Kronenwetter Police Dept.

Open 24/7

Rothschild Police Dept.

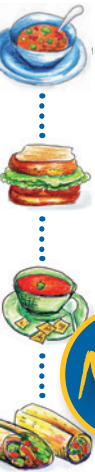
Open 24/7



Year round drop box locations can be found at local police departments, pharmacies, and hospitals.

Take a picture to find a drop box near you.





WHAT'S FOR LUNCH?

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

BREAKFAST HOURS
8:30 AM – 10:30 AM

LUNCH HOURS
MONDAY – FRIDAY
10:30 AM – 1:30 PM
HOT FOOD BAR &
SALADS \$.45/OUNCE
(Weekdays Only)

GRAB-N-GO HOURS
MONDAY – FRIDAY
8:30 AM – 5:30 PM
WEEKENDS:
GRAB-N-GO ONLY

New!

The Hot Sandwich Menu is Back!

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.

APRIL 8 – 12, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Baked Chicken Mashed Potatoes	Boiled Dinner Green Beans Dinner Roll	Mac & Cheese Beets	Potatoes Ham Brussels Sprouts	Hot Dog Bar
SOUP	Cheesy Chicken Salsa Soup	Chicken Noodle	Cheesy Broccoli	Stuffed Pepper Soup	Veggie Soup
SANDWICH	Reuben/ Rachael	Philly Cheesesteak	Quesadillas	Potato Bar	Hot Dog Bar
DESSERT	Carrot Cake	Cookies	Caramel Apple Crisp	Brownies	Rice Krispy Bar

APRIL 15 – 19, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Brat on a BU Potato Salad Creamy Cucumber Salad	BBQ Beef on Bun Buttered Diced Potatoes Green Beans	Shepard's Pie Dinner Roll Country Trio Veggies	Salisbury Steak Mashed Potatoes Steamed Rutabagas	Baked Cod Basked Potato Mixed Veggies
SOUP	Tomato Soup	Turkey Dumpling Soup	Cheddar Baked Potato Soup	French Onion Soup	Garden Vegetable Soup
SANDWICH	Grilled Cheese Sandwich	Chicken Strips	Pizza	Nachos Supreme	Reuben
DESSERT	Diced Watermelon	Brownie	Glazed Lemon Cake	Fruit Pizza	Strawberry poke Cake



Position Postings

Title: Registration Specialist

Status: Part Time

Location: Merrill

This position primarily involves greeting, registering, and assisting clients seeking mental health and substance abuse services, while also managing appointment scheduling. Key responsibilities include verifying patient demographics and updating records, coordinating appointments, offering exceptional customer service by welcoming patients and directing them appropriately, and ensuring effective communication both internally and externally through various channels. Additionally, this role involves providing coverage to other areas within the organization when needed and ensuring compliance with front-end revenue cycle processes.

Learn More or Apply Online:



www.norcen.org/Careers



**We want MORE
Awesome People
like YOU on
Our NCHC Team!**

**Be sure to SHARE our
Career Posts on Social!**



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 ACCOMODATE STAFF BREAKS

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



SPECIAL OF THE WEEK

Cuban Panini

ROAST PORK | HAM | SWISS | PICKLE | HOUSE MUSTARD SAUCE

LATTE OF THE WEEK



Salted Turtle Latte

Rich espresso, velvety steamed milk, salted caramel, chocolate and hazelnut.

\$1 OFF LARGE LATTES EVERY MONDAY!

**Please note: All sales subject to Sales Tax.*

- build your own - BREAKFAST SANDWICH

PICK YOUR STYLE

EGG + CHEESE 3.00

EGG, MEAT + CHEESE 4.00

PICK YOUR BREAD

CROISSANT

BAGEL

ENGLISH MUFFIN

PICK YOUR MEAT

HAM

SAUSAGE

BACON

