



A Weekly Update
For The Employees of
North Central Health Care



NEWS YOU CAN USE



WEEKLY CONNECTION WITH GARY OLSEN

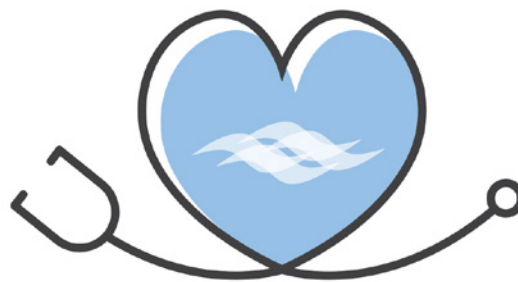
May is a month for us to take the opportunity to specifically recognize and celebrate Mental Health Awareness and Nurses.

There are many different events and information that are shared by NCHC related to educating people about mental health conditions and resources. We continue to challenge stigma by speaking respectfully and inclusively about mental health. We encourage people to seek help if they are struggling and encourage others to do the same. We also support local organizations that promote mental wellness and advocacy. One of the important aspects we do

is create safe and supportive environments for open conversations about mental health. The entire month of May NCHC will be sharing new materials and resources on our website in addition to social media posts that connect with our communities and raise awareness. We can demonstrate one of our Core Values of *Continuous Improvement* by continuing to support, and strive to improve, awareness of mental health in our communities during Mental Health Awareness Month and throughout the year. A special *Thank You* to our mental and behavioral health professionals for the rewarding services they provide to our communities.

May 6th is National Nurse's Day and May 6th – 12th is Nurses Week. I feel the following statement captures the essence of nurses: 'The heart of the healthcare sector is celebrated on National Nurses Day on May 6. Often the first and last person a patient sees during a hospital [or nursing home] visit, nurses are truly the rockstars!' Having had the opportunity to celebrate nurses for decades (since 1954 I believe), NCHC continues to recognize and applaud our NCHC nurses for the incredibly important work you do every day. THANK YOU to all our nurses and for all you do!

Gary D. Olsen
Gary Olsen
Executive Director



Thank You
NURSES
HAPPY NURSES WEEK • MAY 6-12, 2024

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Shout out



Teri Daigle, Lisa Murkowski, Marissa Glenn, and Paul Smith
Information Management Systems



I want to recognize them for their outstanding work assisting the helpdesk at CCITC with troubleshooting issues, equipment pick ups and tracking down random information needed for me to do my job successfully. They are always willing to help with a smile and they are quick with the responses. They teach me new troubleshooting techniques that help me troubleshoot applications that I am unfamiliar with.

Shared By: CeCe Parramoure, Helpdesk Technician, CCITC



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

Occurrence Reporting Hotline

x4488 or 715.848.4488



GABBIN' with GARY

A Monthly Gab Session with Executive Director, Gary Olsen

MAY GAB SESSION: TRANSPORTATION

PHOTO OF THE WEEK



Each month, Gary Olsen will select a manager to participate in Gabbin' with Gary! That manager will be asked to invite one employee from their program to join in. The trio will connect over lunch. The topic? *It's up to you!*

Inspired by Core Values & Committed to Person-Centered Service!

Tuesday, May 21

Join the Mount View Care Center Residents for a

BRAT FRY!

Mount View Care Center Courtyard

11 am - 1 pm

\$5 for Brat, Chips and Drink!



The NCHC Fashion Boutique is now accepting YOUTH clothing!

Gently used items are being accepted. Donations can be dropped off at the NCHC Volunteer office during regular business hours 8 am - 4:30 pm at the Mount View lobby.

HRinsights

Position Postings

Title: Crisis Professional

Status: Full Time

Location: Wausau

Crisis professionals provide crisis intervention, crisis counseling for individuals and families, referral and short-term follow-up, and collaborative community consultation, and education. As a Crisis Professional, you will perform crisis line risk assessments to evaluate and triage to the most appropriate treatment setting. We have positions available for all shifts.

Learn More or Apply Online:
www.norcen.org/Careers



<https://bit.ly/3We4qXU>



Thank you to Alex Eichten of Communications & Marketing for setting up the NCHC table to provide brochures and giveaways for attendees at the Raise Your Voice Mental Health Awareness Walk in Wausau this past Sunday!



Shown in photo above: Right: Alex Eichten, NCHC Communications and her dog Maggie. Left: DCE Raise Your Voice Officer Ember (daughter of Jessica Meadows, NCHC) and her dog Merlin.



You're Invited! Mural Dedication + Open House

Join us for the unveiling of the RISE UP mural in our lobby and tours of our office space as we celebrate our 1st year at the Lake View Campus!

Friday, May 17, 2024

3:00 PM - 4:00 pm

3:15 PM - Presentation
Tours to Follow

Marathon County Social Services

1000 Lake View Drive, Door 28
Wausau, WI 54403
Parking available in lots D & E.

No RSVP's are necessary. Light refreshments will be provided.

employees on the move

Congratulations to these employees for their recent transfer or promotion!



Bobbi Hansen transferred from Case Manager in Youth Community Treatment to Intake Specialist in Adult Community Treatment reporting to Holly Westberg effective 04/28/2024.



Madelynne Van Ermen transferred from CNA to LPN at Mount View Care Center reporting to Kelly Roe effective 04/28/2024.

congrats!



NCHC Employee Health & Wellness Center Onsite Clinic

Aspirus Employee Health & Wellness Center
1000 Lake View Drive, Suite 200
North Central Health Care Campus, Door 34
Wausau, WI 54403



Theresa Micke, PA-C
Physician Assistant

SKIN CANCER AWARENESS

Skin cancer is the most common form of cancer in the United States.

Most skin cancers are caused by exposure to ultra-violet rays from the sun. People who have a close relative (parent, sibling, or child) with a specific type of skin cancer called melanoma may be at greater risk of developing the disease than the general population. The best way for people to prevent skin cancer is to protect themselves from the sun.

- Current estimates are that one in five Americans will develop skin cancer in their lifetime. It is estimated that nearly 9,500 people in the U.S. are diagnosed with skin cancer every day.
- Researchers estimate that 5.4 million cases of nonmelanoma skin cancer, including basal cell carcinoma and squamous cell carcinoma, were diagnosed in 3.3 million people in the United States in 2012.
- It is estimated that 161,790 new cases of melanoma, the deadliest form of skin cancer, will be diagnosed in the U.S. in 2017.
- Melanoma rates in the United States doubled from 1982 to 2011.
- Nearly 20 Americans die from melanoma every day. In 2017, it is estimated that 9,730 deaths will be attributed to melanoma - 6,380 men and 3,350 women.
- Skin cancer, including melanoma, is highly treatable when detected early.

Who is at risk?

- Risk factors for all types of skin cancer include skin that burns easily; blond or red hair; a history of excessive sun exposure, including sunburns; tanning bed use; immune system-suppressing diseases or treatments; and a history of skin cancer.
- People with more than 50 moles, atypical moles, or large moles are also at an increased risk of developing melanoma.
- Caucasians and men older than 50 have a higher

risk of developing melanoma than the general population.

- While people with skin of color have a lower risk of developing melanoma, the disease is often diagnosed at later stages in skin of color, when melanoma is more advanced and more difficult to treat.
- Skin cancer in skin of color is often found on areas of the body that get little sun, such as the soles of the feet, groin, buttocks and inside the mouth.
- Melanoma is the second most common form of cancer in females age 15-29.

How can I prevent skin cancer?

- Exposure to UV light is the most preventable risk factor for all skin cancers. The American Academy of Dermatology encourages everyone to protect their skin from the sun's harmful UV rays by seeking shade, wearing protective clothing and using a sunscreen with a Sun Protection Factor of 30 or higher.
- People should not use tanning beds or sun lamps, which are sources of artificial UV radiation that may cause skin cancer.
- Using indoor tanning beds before age 35 can increase your risk of melanoma by 59 percent; the risk increases with each use.

Clinic Hours

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

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.

Updated Schedule!

- 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~~
- Thursday, June 27 | 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

- Skin cancer warning signs include changes in size, shape or color of a mole or other skin lesion, the appearance of a new growth on the skin, or a sore that doesn't heal.
- If you notice a new spot or an existing spot that changes, itches, or bleeds, the American Academy of Dermatology recommends that you make an appointment to see a board-certified dermatologist.

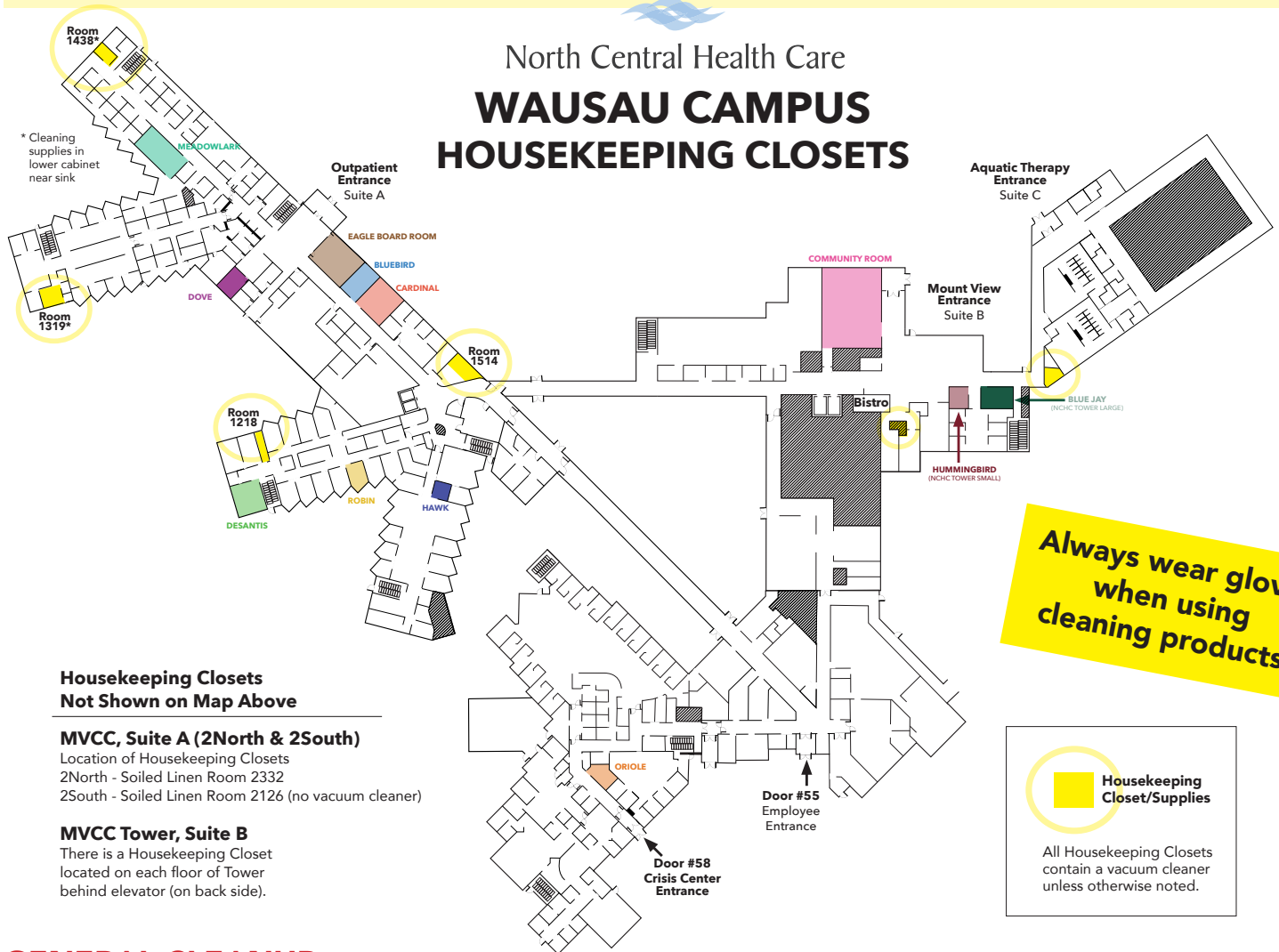
Schedule your appointment by calling 715.843.1256





LOOKING FOR HOUSEKEEPING SUPPLIES?

Use the map below to find the nearest housekeeping closets on the Wausau Campus, along with some guidelines and contact information for the Housekeeping Team! This map and guidance was sent out to all departments for Communications Boards and can be found on the Odrive in the **NCHC Information Folder** as well.



Always wear gloves when using cleaning products.

Housekeeping Closets Not Shown on Map Above

MVCC, Suite A (2North & 2South)

Location of Housekeeping Closets
2North - Soiled Linen Room 2332
2South - Soiled Linen Room 2126 (no vacuum cleaner)

MVCC Tower, Suite B

There is a Housekeeping Closet located on each floor of Tower behind elevator (on back side).

Housekeeping Closet/Supplies
All Housekeeping Closets contain a vacuum cleaner unless otherwise noted.

GENERAL CLEANUP

Make sure trash bags are tied and placed in large garbage container which housekeeping will empty each night. Housekeeping will restock supplies each night.

CLEANING FREQUENTLY TOUCHED SURFACES

The following surfaces may be cleaned with Sani-Cloth Purple Top Wipes:

- Tables
- Chairs
- Desks
- Counters
- Computer Keyboard/Mouse
- Door Handles
- Light Switch
- Telephone
- Drawer Handles

** Sani-Cloth Purple Top Wipes have a contact time of 2 minutes.**

LARGE SPILLS OR GENERAL CARPET CLEANING

If **general carpet cleaning** is needed, staff can email Jackie Aschebrock and Mathew Beyer with your room number and what the spill consists off for cleaning purposes. Your request will be taken care of in 24 hours, in most cases.

For any **major clean up** or soiled areas, or if you need immediate attention due to spill or another reason, please call the Housekeeping Cell.

SPECIAL CLEANING ITEMS

For disposal of large or heavy items please call Housekeeping Cell.

If carpet or chairs need to be extracted, please email Mat Beyer or Jackie Aschebrock. We will try to have this completed within 24 hours.

Housekeeping Contact Information

Housekeeping Cell
715.581.0832

Jackie Aschebrock
x4379
jaschebrock@norcen.org

Mat Beyer
x4349
mbeyer@norcen.org

Housekeeping Staff Hours
Monday – Friday:
6:30 am – 12:00 am

Saturday – Sunday:
6:00 am – 10:30 pm



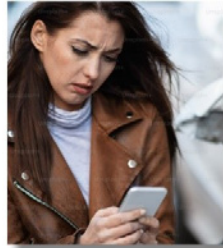
FrontLine

Frontline | May 2024

Employee Assistance Program | ascensionwieap.org | eap@ascension.org | 800.540.3758

Mental Health Awareness Month: Overcome Fear of Stigma to Seek Counseling

Personal challenges can impact well-being, and mental distractions that often accompany them can keep you from feeling like your best self. Your employee assistance program (EAP) is an easy path to help with challenges, but does stigma or embarrassment hold you back? You are sure of confidentiality, but you believe handling problems on your own better demonstrates you are not incompetent or weak. Here's the big reveal: Nothing could be further from the truth. Seeking counseling is a courageous and proactive decision that demonstrates strength, self-awareness, and a commitment to personal growth. Just as you would seek medical care for a physical ailment, seeking counseling for challenges or emotional pain is a vital aspect of self-care. Today, employers are committed to fostering a culture of support where seeking counseling is encouraged. So, go for it. Make the call. Your future self will thank you for it.



Check Your Blood Pressure

Even million people in the U.S. have hypertension (high blood pressure) and don't know it. Are you one of them? Monitor your blood pressure if you haven't done so before or if it's been a while since your last check. High blood pressure is often called the "silent killer" because it has virtually no noticeable symptoms until its effects suddenly create a hypertensive crisis, which could be a heart attack or stroke. Contrary to popular belief, experiencing a headache does not necessarily indicate high blood pressure! Scary fact: One-third of stroke victims experience vision loss—some permanently and in both eyes. Source: millionhearts.hhs.gov [search "hypertension"]



Get the Positivity Back

Does your workplace team have a strong bond with a high level of trust? If not, getting the positivity back is probably easier than you think. Team morale will naturally erode if simple tasks that reinforce cohesiveness are ignored due to time pressures, deadlines, staff shortages, and overwork. This allows minor tensions and miscommunications to fester. So, create routine opportunities for facilitated discussions where the whole team can privately address conflicts, miscommunication, and perceived tensions to constructively resolve issues. Use this time to also clarify roles, responsibilities, and expectations. Dispel ambiguity and new potential sources of conflict. Now, witness how better you feel coming to work tomorrow.



Stay Safe on a Bicycle

Each year, about 1,000 deaths occur from bike accidents, and most happen because traffic rules weren't followed. Accidental deaths in Canada involving bicycles is proportionately similar. Spring begins a surge in bicycle riding, so it's smart to consider tips you may not have heard of before to help you stay safe. Here's one regarding lighting: Safety is maximized during night riding when lights can be seen from both ends of your bicycle. Have one blinking to attract attention and a separate one that is steady on. This allows other road users to gauge your distance. In addition to proper lighting, wearing reflective clothing and using hand signals are also crucial for safe biking. Remember, staying visible and predictable on the road can significantly reduce the risk of accidents, ensuring a pleasant and secure ride for everyone. Source: www.nhtsa.gov





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

Daily Hot Sandwich Menu

FEATURING DAILY SPECIALS LIKE GRILLED BEEF & CHEDDAR, CHEESEBURGERS, BBQ SANDWICHES, TUNA MELTS, PIZZA & MORE!!
Make your own cold or hot sandwich with fixins' OR self-serve at the salad bar.

MAY 6 – 10, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
DESSERT	Marble Cake with Frosting	Pie	Shirley Temple Poke Cake	Fresh Melon	Dirt Cup
SANDWICH	Hot Turkey on Croissant	Chicken Supreme	BBQ on a Bun	Monté Cristo Sandwich	Tuna Melt
SOUP	Cream of Broccoli Soup	Cream of Potato Soup	Chicken Vegetable Soup	Taco Soup	Stuffed Green Pepper Soup
MAIN ENTRÉE	Beef Stroganoff Noodles Broccoli	Boneless Country-Style BBQ Ribs Mac & Cheese Glazed Carrots	Beef Liver with Onions Mashed Potatoes & Gravy Corn	Spaghetti with Meat Sauce Green Beans Garlic Toast	Meatballs w/ Gravy Mashed Potatoes Mixed Vegetables

MAY 13 – 17, 2024

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



WAUSAU CAMPUS SUMMER FOOD TRUCKS

UPDATED SCHEDULE!

Wausau Campus
Mount View Care Center
LOT B Parking Lot
11 am – 1:30 pm

Third Thursdays of the Month
Next Visit: May 23



Please note: Food trucks are independently operated and may cancel with little notice. We apologize for any inconvenience.



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

Chicken Bacon Ranch Panini

CHICKEN | BACON | SPINACH | PROVOLONE | RANCH

LATTE OF THE WEEK



Honey Cinnamon Latte

\$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

