



A Weekly Update For The Employees of North Central Health Care



Visitors at the Wausau Campus!

NEWS YOU CAN USE



WEEKLY CONNECTION WITH GARY OLSEN

It is hard to believe but June has started, and nicer summer weather is finally here!

June is **National Safety Month**, and the time we renew our commitment to creating a safe and healthy work environment for everyone at NCHC. National Safety Month, organized by the National Safety Council (NSC), is an annual observance aimed at reducing the leading causes of injury and death in the

workplace, on the road, and in our homes and communities. This month serves as a reminder that safety is not just a set of rules but a vital part of our workplace culture and Core Values of *Accountability* and *Continuous Improvement*. We continually strive to make NCHC a safe and wonderful place to work and serve those individuals who walk through our doors.

At NCHC safety is a very important aspect in what we do and how we do it. We believe that every employee has the right to work in a safe environment and that safety is a shared responsibility. Our goal is to ensure that everyone returns home safely at the end of each workday. We also believe it is very important that our facilities are a safe place for those we serve. With these aspects in mind, let's use June as a month to remind us about preventing workplace injuries, driving safely, promoting mental health, and working on preventing slips, trips, and falls.

National Safety Month is a time to reaffirm our commitment to safety and take proactive steps to create a safer work environment. By working together, we can prevent accidents and injuries and ensure that NCHC remains a safe place for everyone.

Thank you for your dedication to safety. Let's make this National Safety Month the safest one yet!

Gary D. Olsen

Gary Olsen
Executive Director

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Shout out

Leah Fleischman, Community Treatment Antigo

The day I came into this office, Leah welcomed me with open arms. She helps me w/everything she can and always has a supportive and positive attitude! Thank you!

Shared By: Amanda Leonard



Occurrence Reporting Hotline

x4488 or 715.848.4488



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



Recognizing National CNA WEEK June 10-14, 2024

NCHC would like to recognize and celebrate the contributions of our C.N.A.'s in programs across our organization. They are Champions! Join us for a week of recognition and fun as we honor the spirit of the Olympics and our Champions – our NCHC Certified Nursing Assistants.

Monday, June 10..... Sports Day – Wear Your Favorite Sports Team Attire

Tuesday, June 11..... International Spirit Wear Day
Wear colors or clothes from another country



Wednesday, June 12.. Medal Day – Wear Gold, Silver or Bronze (brown)

Thursday, June 13..... USA Day – Wear Red, White and Blue

Friday, June 14..... Wear Purple – 2024 Olympics Color Theme AND Recognizing Elder Abuse Awareness Day



Share Your Photos On Social!
#IamNCHC #CNAWeek



NATIONAL SAFETY MONTH

June is National Safety Month!
Preparing for emergencies, mitigating risks, preventing illness and recognizing hazards are critical points in this year's National Safety Month focus.



CELEBRATING SAFETY MONTH IN JUNE!

Today we kick off National Safety Month—a dedicated time to underscore the critical importance of safety in our daily lives. Whether at home, work, or out in our communities, ensuring a safe environment is a collective responsibility that benefits everyone.

Here are 4 important reasons why prioritizing safety is essential and how you can contribute to a safer world.

1. Protecting Lives and Health

The most compelling reason to prioritize safety is the protection of human life. Accidents and injuries can have devastating consequences, leading to loss of life, permanent disabilities, or prolonged suffering. By adhering to safety protocols and guidelines, we significantly reduce these risks, ensuring everyone goes home safely to their loved ones.

2. Promoting Well-Being

Safety measures also contribute to overall well-being. A safe environment reduces stress and anxiety, allowing individuals to focus better on their tasks, whether at work or home. This enhances productivity, morale, and quality of life.

3. Preventing Financial Loss

Accidents and unsafe practices can lead to significant financial burdens, including medical expenses, legal fees, and lost income due to time off work. For businesses, workplace injuries can result in higher insurance premiums, compensation claims, and damage to reputation. Implementing robust safety measures helps mitigate these financial risks.

4. Enhancing Community Trust

When organizations prioritize safety, they build trust and credibility. People feel more confident engaging with entities that demonstrate a commitment to protecting their well-being, leading to stronger, more positive relationships.



RETIREMENT NEWS

Congratulations Pamela Hetfield

We extend our warmest wishes to Pam Hetfield for a wonderful retirement. On Friday, May 31, the Pine Crest team gathered to celebrate with her. NCHC sincerely thanks you for your six years of dedicated service as an Administrative Assistant at Pine Crest. Enjoy your retirement, Pam!



MAY GAB SESSION: HEALTH INFORMATION MANAGEMENT

GABBIN' with GARY

Gary gabbed with Peyton Stefon and Chris Laurent!



BLOOD DRIVE

EVERY 2 SECONDS
SOMEONE IN THE U.S. NEEDS BLOOD.

AND IN JUST ABOUT AN HOUR,
YOU CAN HELP
PROVIDE LIFESAVING OPPORTUNITIES FOR PATIENTS IN NEED.

NORTH CENTRAL HEALTH CARE BLOOD DRIVE

Held in the Community Room
2400 Marshall Street Suite B, Wausau, WI 54403

FRIDAY, JUNE 14, 2024
11:00AM - 3:00PM

To schedule your life-saving donation, please call (800) 280-4102 or scan the QR code. Appointments are appreciated.



211 Forest St., Wausau, WI 54403 | (800) 280-4102 | communityblood.org | cbc@communityblood.org

HRinsights

Position Posting

Title: Life Enrichment Aide (CNA)

Status: Full Time

Location: Wausau - MVCC

The Life Enrichment Aide assists in the provision of structured activities of interest to residents via large groups, small groups and 1:1. Programming is designed to meet the resident's physical, emotional, social, spiritual, and cognitive needs.

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



<https://bit.ly/3R3ua5W>

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.

2 Dates Still Available!

Tuesday, June 11 | 8:00 - 11:00 am
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



BH-340A



COMMUNITY TREATMENT SPOTLIGHT AWARD FEBRUARY 2022



Dina Schubring, *Mental Health Tech* Community Treatment

NCHC Community Treatment is pleased to announce Dina Schubring was awarded the May Spotlight Award!

"Dina works for the Marathon County Adult Big Team. She has been a strong team player within the Adult Team. She takes her role as Mental Health Technician very serious and is always jumping in to volunteer and help anyone in need. She gets many compliments from staff and consumers over her bubbly positive attitude and her willingness to meet consumers where they are at and work them towards independence. One such compliment recently "I have just been very impressed with Dina. She was so warm and encouraging to XX. She seemed to have a great rapport with XX. It was very encouraging to see."

"Dina is always communicating with management and staff on her needs and consumer needs, and follows up with tasks. She also seeks out feedback for continuous improvement, which has helped her grow stronger in her role and within the team."



Congrats Dina!



NCHC WAUSAU CAMPUS ALERT! Skunks Present Near Walking Path Bridge

We wanted to inform you that a skunk family has been spotted near the walking paths around the Wausau Campus. It's important to be cautious to avoid any unpleasant encounters. The family of skunks was spotted by the bridge directly behind Suite A (see photos) just next to the bridge, but could be moving about in the area along the lake.

Here are a few tips to ensure your safety:

- **Maintain a safe distance if you spot a skunk.**
- **Avoid sudden movements or loud noises that could startle them.**
- **Do not attempt to feed or approach the skunks.**
- **If you see a skunk, slowly and quietly back away to give them space.**



Photos submitted by April Opper and Jason Hake, taken at a safe distance and from inside a building!

Safety and Facilities have been notified and are taking steps to ensure the skunks are relocated. Please share this information with others who frequently use the walking paths.



June 7 is now available for on-site mammography at the Wausau Campus!

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

June 7, 2024

July 18, 2024-schedule no later than 7/3/24

November 6, 2024-schedule no later than 10/23/24

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 scheduling call 715-843-1256. 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-154p (1.7.19)



WAUSAU CAMPUS BIKE USE ON WALKING PATH

BIKERS SLOW DOWN: Wheelchair Traffic Ahead

With the opening of the new walking paths on the Wausau Campus, NCHC has already received concerns regarding high-speed bicycle traffic on the paths. Resident Council had expressed their concern with bikers moving too fast on trails and instances have been reported of bikers narrowly missing residents in wheelchairs.

Our highest priority is the safety and well-being of the residents and patients in our care. **We would like all employees who use bicycle transport to and from work to limit their use of the walking paths and utilize the designated public sidewalks that lead to main entrances.** Bike racks are placed at the front of our facilities for your use. Additional signage will be placed out on paths warning bikers to SLOW DOWN.

For the safety of the pedestrians and those in our care, if incidents continue to be reported, the path will be in jeopardy of closing to all bike traffic.

So let's do our part to keep everyone safe and our walking paths open for everyone to enjoy.

Thank you for your Person-Centered Service!



WAUSAU CAMPUS LOST & FOUND

Missing Something - Come Take a Look!

Lost & Found is located at the Guest Services Desk near the Bistro at Door #5. Recently some more valuable items have been turned in that people are probably looking for. Watches, phones, key fobs, wallets, clothing, and a lot more. If you know of someone who has misplaced something, whether it be an employee or visitor, please point them in the direction of the Lost & Found at Guest Services.



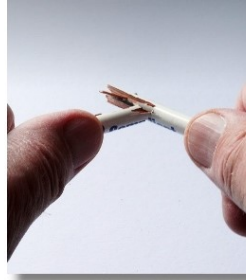
FrontLine

Frontline | June 2024

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

Stay Calm Under Pressure

Staying calm under pressure is an acquired skill, but it is unlikely you were taught how to do it. Work deadlines, facing irate customers, family emergencies, and public speaking are all examples of where staying calm under pressure counts. Remain calm under pressure by replacing negative thoughts with positive affirmations. Say to yourself, "I've done this before and will do it again this time." Focus on action steps to solve the problem or situation. Don't dwell on the magnitude of what you face. This practice reduces panic and emotional stress, and it reinforces a feeling of empowerment to help you feel in control. While solving the problem, practice deep breathing to reduce anxiety. How-to hint: Regularly practicing mindfulness and meditation can help you more quickly switch from panic to calm mode when under pressure because it conditions the part of your brain associated with awareness and attention.



Enhancing Your Relationship with the Boss: Share Personal Interests

These days, most bosses are aware of the risks associated with asking employees personal questions. Your boss may wonder about your personal interests outside of work but be understandably reluctant to probe. This is an opportunity for you. Tip: Consider sharing personal interests and hobbies with your boss in casual conversations. It sounds too simple, but it has a profound rapport-building effect because it helps your boss see you more as a whole person and builds a more personable relationship beyond just work-related interactions.



Be a Better Listener at Work

At work, you will build stronger relationships, solve more problems, and help customers feel valued if you practice "active listening." Active listening is a communication technique that demonstrates you are fully and effectively listening to another person. While listening, they know you understand what they are saying because you are reflecting their message and recognizing their verbal and nonverbal cues. Finally, you give feedback that reassures the speaker you have a mutual understanding of the discussion. So, here are the keys: Demonstrate attention, actively show understanding of what is being communicated, respond to nonverbal cues, validate the speaker's feelings by expressing empathy, and paraphrase what you heard.



Life-Saving Health Tests Men Often

Some men avoid health tests due to a fear of diagnosis, the potential of bad news from a test, or anxiety about medical procedures. Others are just unaware of the medical screening tests that could detect a health condition many years before it is too late to save their life. It's time to stop this practice. The leading causes of death for men for which there are medical tests for early identification and treatment include heart disease and hypertension, cancer, stroke, chronic liver disease and cirrhosis, chronic lower respiratory diseases, diabetes and related kidney disease, and depression. Which one of these tests or health screenings could help you live a longer life?





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.

JUNE 3 – 7, 2024

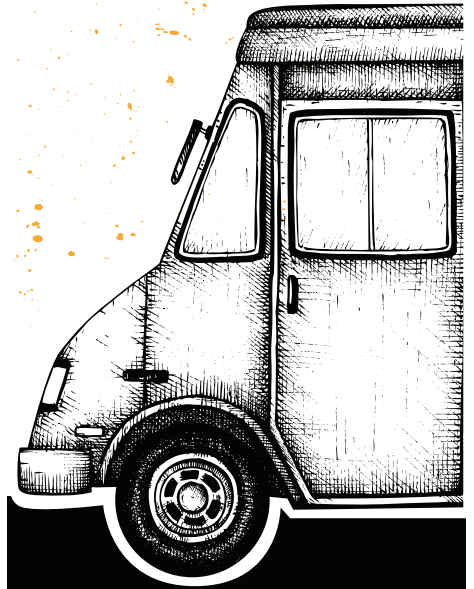
	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Beef Stroganoff with Noodles Broccoli	Boneless Country Style BBQ Ribs Mac & Cheese Glazed Carrots	Beef Liver with Onions Mashed Potatoes Corn	Spaghetti with Meat Sauce Green Beans Garlic Toast	Meatballs with Gravy Mashed Potatoes Mixed Veggies
SOUP	Chicken & Rice	Cheesy Cauliflower Soup	Chili	Beef Noodle Soup	Cream of Broccoli Soup
SANDWICH	Hot Ham on a Bun	French Dip on a Hoagie	Breaded Fish on a Bun	Hamburger	Tachos Loaded Tater Tots)
DESSERT	Marble Cake with Frosting	Pie	Shirley Temple Poke Cake	Fresh Melon	Dirt Cup

JUNE 10 – 14, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
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 Potato Mixed Veggies
SOUP	Tomato Soup	Turkey Dumping 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



WAUSAU CAMPUS SUMMER FOOD TRUCKS



Wausau Campus
Mount View Care Center
LOT B Parking Lot

11 am – 1:30 pm

Third Thursdays
of the Month

Next Visit: June 20



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

Pizza Panini

MARINARA | MOZZ | PEPPERONI | SAUSAGE | GRILLED ONIONS

LATTE OF THE WEEK



White Cow Latte

Chocolate Syrup and White Chocolate paired with smooth espresso and steamed milk.

\$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

