



A Weekly Update For The Employees of North Central Health Care



Purple ribbons are tied to trees around Wausau Campus to raise awareness about Elder Abuse.

NEWS YOU CAN USE



WEEKLY CONNECTION WITH GARY OLSEN

June 10th is the start of CNA week. I wanted to take this time to personally thank all the CNAs that work for NCHC. Thank you for your dedication, compassion, professionalism, and for providing essential services with unwavering commitment and care for the individuals we serve. Our CNAs exemplify the Core Values of our organization: *Dignity, Integrity, Accountability, Partnership, and Continuous Improvement*. Their work is not

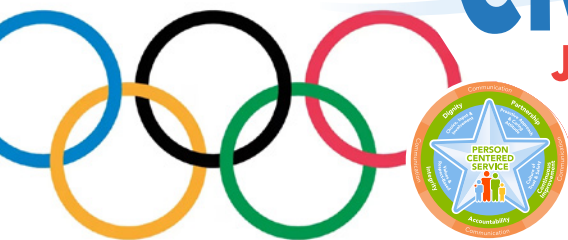
just a job, but a calling. They are the ones who ensure that the daily needs of our patients are met with dignity and respect. Whether it's assisting with daily activities, providing emotional support, or monitoring vital signs, our CNAs are there, ensuring the highest standard of care.

As we celebrate CNA Week, we extend our heartfelt gratitude to every one of our CNAs. Your hard work, kindness, and dedication do not go unnoticed. You are integral to our NCHC family, and we are immensely proud to have you on our team.

Thank you for your unwavering commitment to excellence and for making a profound difference in the lives of our residents and patients every day. Your contributions are invaluable, and we are honored to celebrate you this week.

Gary D. Olsen
Gary Olsen
Executive Director

Recognizing National CNA WEEK June 10-14, 2024



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Person-Centered Shout out



Rachel Budnick, Adult Protective Services

Thank you for working on a difficult dynamic case, serving clients far away and for collaboration w/cases. All super-appreciated!

Shared By: **Amanda Flatter**



Occurrence Reporting Hotline  Only significant or sentinel events requiring immediate notification to this hotline.
x4488 or 715.848.4488



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



Join us for a week of information, statistics, & reminders for keeping our elders safe. Check your email, Facebook and NCHC website daily for the latest news and information!



WORLD ELDER ABUSE AWARENESS WEEK

NORTH CENTRAL HEALTH CARE

Elder Abuse: What You Need to Know

Elder abuse refers to intentional or negligent acts by a caregiver or trusted individual that cause harm or a risk of harm to an older adult. This can occur in various settings, including the elder's home, a family member's house, an assisted living facility, or a nursing home.

Types of Elder Abuse

- Physical Abuse** Use of physical force that may result in bodily injury, physical pain, or impairment.
Signs: Bruises, broken bones, abrasions, and burns.
- Emotional or Psychological Abuse** Inflicting mental pain, anguish, or distress through verbal or nonverbal acts.
Signs: Withdrawal, depression, agitation, or unusual behavior.
- Sexual Abuse** Non-consensual sexual contact of any kind.
Signs: Bruising around the breasts or genitals, unexplained venereal disease, or torn, stained, or bloody underclothing.
- Neglect** Failure to provide necessary care, assistance, or attention to the elder's needs.
Signs: Dehydration, malnutrition, untreated health problems, poor personal hygiene, or unsafe living conditions.
- Financial Abuse or Exploitation** Illegal or improper use of an elder's funds, property, or assets.
Signs: Sudden changes in financial situations, unauthorized withdrawals from accounts, or missing personal belongings.
- Abandonment** Desertion of an elderly person by someone who has assumed responsibility for their care.
Signs: The elder being left alone in unsafe conditions.

Who is at Risk?

Elder abuse can happen to any older adult, but certain factors increase the risk:

- Physical or cognitive impairments
- Social isolation
- History of domestic violence
- Dependence on the caregiver for daily needs
- Substance abuse by the elder or caregiver

How to Prevent Elder Abuse

- Stay Connected:** Maintain regular contact with older adults through visits, phone calls, or social activities.
- Be Informed:** Educate yourself and others about the signs of elder abuse and the resources available for assistance.
- Plan Ahead:** Encourage older adults to plan for their future through legal documents like wills, powers of attorney, and health directives.
- Support Caregivers:** Offer help and respite to those providing care to alleviate stress and prevent burnout.



ALWAYS REPORT SUSPECTED ELDER ABUSE

Adult Protective Services (APS)
Marathon, Lincoln & Langlade Counties

715.841.5160 OR 855.487.3338 (toll free)



For additional awareness information & resources visit NORCEN.ORG/ElderAbuse

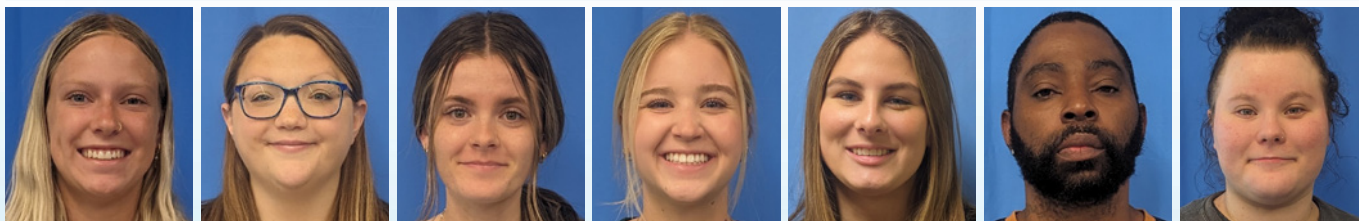




WELCOME THESE *New Employees* TO THE TEAM!

These employees were welcomed at Orientation June 3, 2023!

Mount View Care Center



Addison Lavicka
– Hospitality Assistant

Amanda Brandt
– Hospitality Assistant

Marlee George
– Hospitality Assistant

Bailey Orzech
– Hospitality Assistant

Katelin Hall
– Hospitality Assistant

Kargie Cooper
– CNA

Taylor Louis – CNA

Outpatient Services Antigo



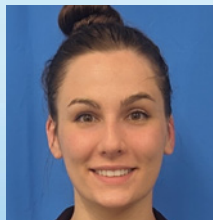
Aubrey Newton – In-Training Therapist

Outpatient Services Merrill



Laurie Sarasin – Registration Specialist

Outpatient Services Wausau



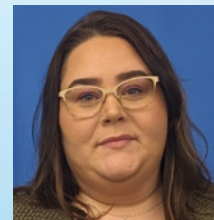
Kaitlin Collier – Registered Nurse

Community Treatment Youth



Claire Krueger – Case Manager

Community Treatment Adult



Cecelia Upton – Employment Specialist

Adult Behavioral Health Hospital



Emma Piette – Graduate Nurse

Crisis Services



Kathryn Haupt – Manager of Crisis Stabilization Clinical Services

Pharmacy



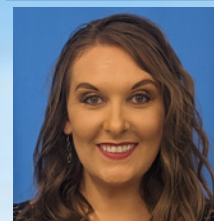
Madalyn Bartz – Pharmacy Youth Apprentice

Accounting



Sarah Hernandez – Administrative Assistant

Health Information



Erin McCarthy – Medical Records Destruction Specialist

We are so excited to have you on our team!





IF IT LOOKS PHISHY, IT PROBABLY IS.
Report phishing and block the sender.

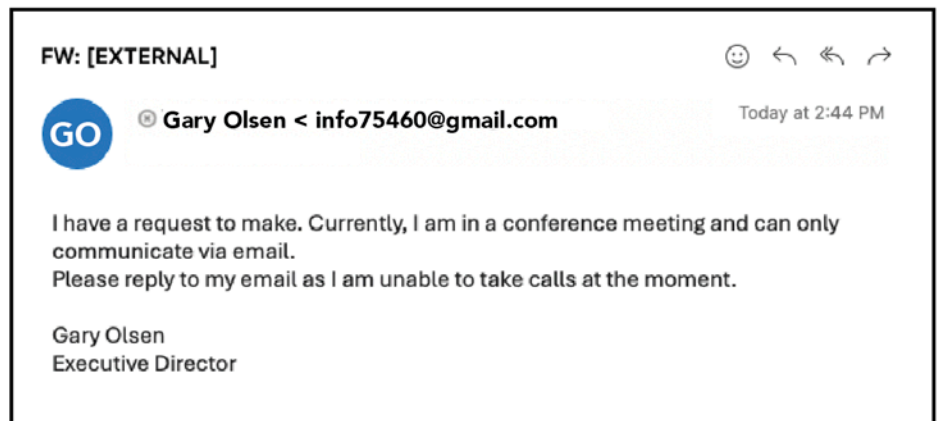


PHISHING ALERT!
Be Aware of EMAIL and TEXT SCAMS

NCHC has been alerted to an additional phishing scam that is being sent via email or text appearing to be from Gary Olsen, NCHC Executive Director. The email or text requests recipients to reply to assist with a task, provide additional information like a phone number, or for the recipient to make purchases. **This is NOT an email or text from Gary Olsen.**

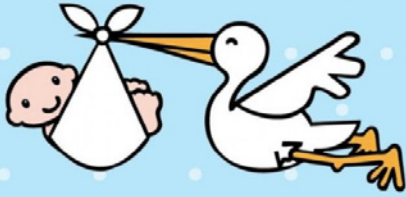
If you received the email or text, please DO NOT reply. You can simply delete the email and text as CCITC has been made aware.

If you did reply, please contact the Help Desk immediately. helpdesk@co.marathon.wi.us or call 715.261.6710 or x6710



Note in the phishing email above, the sender's email address is a gmail address.

Note in the scam text to the left, the person identifies themselves as Gary Olsen, then requests the employee go purchase gift cards.



Congratulations!



WELCOME BABY RIVER!

Congratulations to Tricia Kurtz and her husband JD for the addition of a baby girl to their family. Tricia is a Registered Nurse in Community Treatment Adult, Wausau. Their beautiful baby girl's name is **River Marlow**. She was born June 4 at 6:30 am weighing 6 lbs 7 oz, 19.5 inches. Congratulations to you and your family, Tricia.



THE COMMUNITY BLOOD CENTER
connecting lives | sharing life

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

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



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

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 WINDOW NOTICE

Please Keep Windows Closed

As everyone on the Wausau Campus get accustomed to the change in temperatures and new spaces, Facilities & Capital Management has asked us to remind employees to keep windows closed. It may be tempting to regulate temperatures in spaces by opening and closing windows, however it is taxing on the HVAC systems. The HVAC system is designed to create a controlled and safe environment for both patients and staff, which can be compromised by opening windows. HVAC systems are designed to work in a closed environment to optimize energy use. Open windows can cause the system to work harder to maintain the desired conditions, leading to increased energy consumption and costs. Open windows can lead to fluctuations in temperature and humidity, making it difficult to maintain the required environmental conditions.

Thank you for your understanding! If you have any questions, please talk with your manager!





FrontLine

Frontline | June 2024

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

Understanding Cyberstalking: Steps to Protect Yourself and Stay Safe

Out of the blue, you receive an unwanted and intimidating text from an unknown phone number. Cyberstalking involves repeated, unwanted, and threatening behavior over a period of time, but a single intimidating message can be serious and should not be ignored. While cyberstalking can affect individuals of any gender, statistics consistently show that women are disproportionately targeted and experience higher rates of harassment and intimidation online. Digital communication and online social media have increased everyone's vulnerability to cyberstalking. Stalkers can use fake profiles, invade privacy, and even threaten your safety. Here's what law enforcement, related associations, and other professionals recommend: 1) Don't respond to or otherwise engage with the harasser. Doing so can prompt continued harassment. 2) Block the number. 3) Take screenshots of the message as evidence for potentially legal purposes. 4) Although technically cyberstalking is repeated unwanted behavior, if you are concerned, contact the police for guidance and the next steps regarding prevention and safety. 5) Some cyberstalking events are initiated by locating someone's phone number or through public records; review your social media accounts and privacy settings to determine if personal information about you is too easily available. 6) Don't keep your experience a secret. Tell someone like a family member or friend. A single incident of cyberstalking can frighten you and cause you to lose sleep. Sharing your experience with a trusted friend can reduce the distress of the event.

Source: www.safehome.org [search "cyberstalking statistics"]

PTSD Awareness Month: Post-traumatic Stress Disorder Affects Millions

PTSD is commonly associated with war veterans, but anyone could suffer from the condition following a traumatic event. About 7%-8% of the population will experience PTSD at some point, and research shows millions of people who suffer symptoms years later may not associate them with a past trauma. Lingering symptoms of PTSD decades later may be blamed on other conditions, like stress, anxiety, or depression. Some of these may include being easily startled, having nightmares, fearing closeness in relationships, or engaging in negative thinking too often. But, it's a myth that traumatic events always cause PTSD. Likewise, you are not "in denial" if you claim to not experience PTSD following a traumatic event. For a full list of symptoms, visit the National Center for PTSD at www.ptsd.va.gov or contact your EAP to learn more.

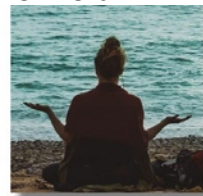
Myths Keeping You from Psychotherapy

If you ever decided against seeking psychotherapy, was it because of one of these myths? 1) The therapist will examine every detail about my past. Fact: Professional counselors help you decide what you want to accomplish in counseling, and your past may play no role in achieving these goals. 2) Only those with severe mental illness seek professional counseling. Fact: Most psychotherapy clients are not mentally ill. They are seeking solutions for life's challenges. 3) The professional counselor will judge or criticize me. Fact: Professional counselors are trained to be nonjudgmental and supportive so you feel safe and can work through your issues. 4) Seeing a professional counselor means I am weak. Fact: Seeking professional counseling shows a willingness to address problems and work toward a healthier, more balanced life. 5) Therapy takes a long time, and it might change my personality. Fact: Therapy can vary in length, often leading to positive changes in only a few sessions. However, the focus is on coping and solving problems, not changing your personality.



Stress Tips from the Field: Mindfulness

One of the most researched and proven techniques for managing stress – yet one of the least known and least practiced – is "mindfulness meditation." Mindfulness meditation involves paying close attention to your thoughts, feelings, and bodily sensations in a calm and intentional way. Do it by sitting quietly, eyes closed, and gently bringing awareness to your breath. When distractions arise, acknowledge them, but gently redirect your attention. This practice cultivates mental clarity, emotional balance, and well-being. Regular practice may improve concentration, reduce stress, and build emotional resilience. Resource (book): "Deeper Mindfulness: The New Way to Rediscover Calm in a Chaotic World," May 2023. (2) www.mondaycampaigns.org [search "mindfulness introduction"]



Information in FrontLine is for general informational purposes only and is not intended to replace the counsel or advice of a qualified health or legal professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact a qualified professional. Add "http://" to source links to follow. Link titles are always case sensitive.



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 10 – 14, 2024

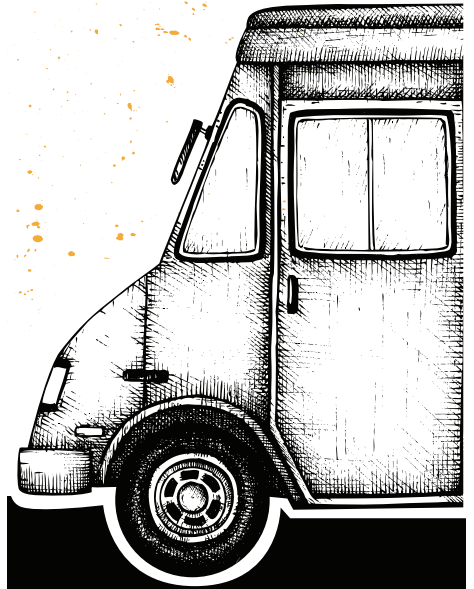
	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Bratwurst on a Bun Potato Salad Creamy Cucumber Salad	BBQ Beef on a Bun Buttered Diced Potatoes Green Beans	Shepperd's Pie Dinner Roll Country Trio Veggies	Salisbury Steak Mashed Potatoes Steamed Rutabagas	Baked Cod Baked Potato Mixed Veggies
SOUP	Tomato 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

JUNE 17 – 21, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Homestyle Meatloaf Baked Potato Broccoli	Honey-Mustard Chicken Rice Pilaf Beets	Breaded Pork Chop with Gravy O'brien Potatoes Mixed Veggies	Mac & Cheese and Ham Green Beans	Chicken Lasagna Breadstick Broccoli
SOUP	Chicken & Rice Soup	Cheesy Cauliflower Soup	Chili	Beef Noodle Soup	Cream of Broccoli Soup
SANDWICH	Hot Ham on a Bun	French Dip on a Hoagie with Aujus	Breaded Fish on a Bun	Hamburger with Fixins'	Tachos (Loaded Tater Tots)
DESSERT	Brownie	Frosted Chocolate Cake	Strawberry Yogurt Pie	Fruit Cobbler	Cherry Delight



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

Strawberry Turkey Panini

TURKEY | STRAWBERRIES | BRIE | BASIL

LATTE OF THE WEEK



Cinnabon Latte

Caramel and Cinnamon paired with smooth espresso and steamed milk topped with caramel and fresh whipped cream..

\$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

