



A Weekly Update
For The Employees of
North Central Health Care



NEWS YOU CAN USE



WEEKLY CONNECTION WITH GARY OLSEN

On Friday, we recognized World Elder Abuse Awareness Day asking employees to wear purple. Adult Protective Services (APS) staff, with help from Facilities, placed a banner by the entrance of our Wausau Campus parking lot and tied purple ribbons on the trees around campus to bring awareness to elder abuse.

We expanded our efforts to an entire week, as we promoted an internal and public campaign to raise awareness, promote education,

and take action to prevent elder abuse. Elder abuse can take many forms, including physical, emotional, financial, and even neglect. It's an issue that affects millions of older adults worldwide, often going unnoticed or unreported. Here at NCHC, we believe it is our collective responsibility to be vigilant, informed, and proactive in recognizing and preventing elder abuse.

NCHC's Core Values of Dignity, Integrity, Accountability, Partnership, and Continuous Improvement dictate that we are vigilant in treating all individuals with respect. World Elder Abuse Awareness Day is a vital opportunity for us to reflect on how we can protect and support some of the most vulnerable members of our society. Being informed, vigilant, and proactive, we can help prevent elder abuse and ensure our elders live with dignity and respect.

I want to thank all of you for how you demonstrate our Core Values, provide Person-Centered Service, and how you care for and respect the elderly individuals we serve.

Let's commit to continuing our excellent Person-Centered Service and to making a positive impact this month and beyond for some of the most vulnerable individuals in our communities. Together, we can help create a safer and more compassionate community for everyone.

Gary D. Olsen

Gary Olsen
Executive Director



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Person-Centered Shout out

**Noel Boismenue,
Community
Treatment
Adult - CCS**

Noel shows excellent initiative and acre in getting a consumer's meds set up. Thank you!

**Shared By:
T. Stelzer**



Occurrence Reporting Hotline

x4488 or 715.848.4488



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



TURTLE CROSSING Use Caution!

This week the Wausau Campus has had their run in with wildlife. Mainly these amazing creature... snapping turtles. Facilities has relocated a few to safety and even marked a nest out in the newly, soon to be seeded field on the north side of Campus. If you come across a turtle, please do not handle, move or attempt to feed or touch the turtle. Contact your manager or facilities to assist. In most cases, they will go about their business and keep on moving. They are faster than you think!

As far as momma turtle, she laid her nest and the grounds team has it marked. The area will be seeded but not driven over until the babies make their way to water in 45-75 days. Good luck little turtles!!




**Tune In on June 19
at 8:30 am**
Wednesday Wellness
with C.A.R.T. on WAVE 100.5 FM

RADIO INTERVIEW WITH C.A.R.T.

Tune In on June 19 at 8:30 am

Tune into the Wave 100.5 FM for the "Wellness Wednesday" segment as NCHC's Patrick Bacher shares information about the Crisis Assessment Response Team (C.A.R.T.) and our role in the community. The segment airs Wednesday, June 19 at 8:30 am. Thanks for taking the time to share information about services with our community Patrick!

CONTACT US

Ascension WI EAP is here to help!

 1-800-540-3758

 eap@ascension.org

 www.ascensioneap.org



NCHC COURIER CHANGE DUE TO JULY 4TH HOLIDAY

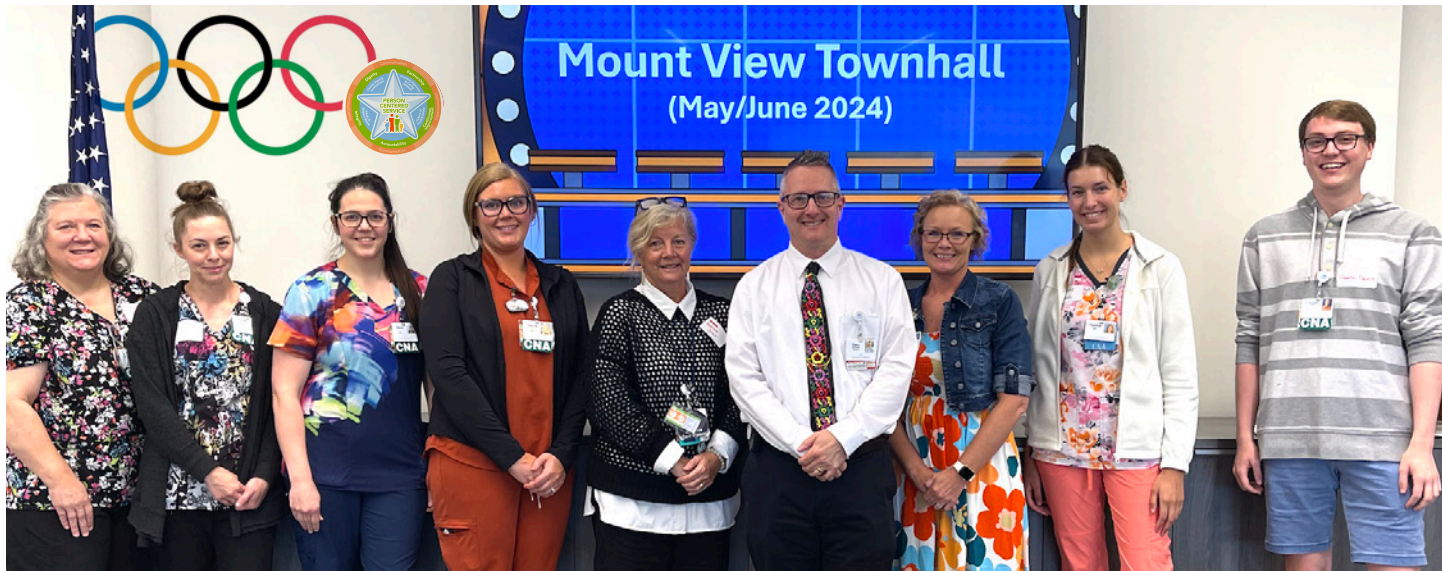
During the week of July 4th, the NCHC Courier will be operating on Friday, July 5. Please plan ahead for this date change. NCHC Offices will be closed on Thursday, July 4.



EAP WEBSITE ADDRESS

Our EAP has shared that they will slowly be changing over to a new website address which will be www.ascensioneap.org. It will be the same website, just an updated address. The address www.ascensionwieap.org will still be accessible and direct you to the same site.

As they make this transition, you may see some promotional materials with either address. We've been assured the website glitches are now resolved and that you can reach them either way! Please feel free to reach out to schedule an appointment or find out more about your EAP benefit.



Recognizing National CNA WEEK

June 10-14, 2024

Executive Director, Gary Olsen, has been talking with employees at the recent Town Hall Meetings for skilled nursing staff. Last week he got a chance to show off his handmade tie from Mexico that he wore for International Spirit Day in honor of C.N.A. Week. We snapped this great photo of the team before they began their session.

NCHC wishes to 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.

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.



Last Screening Date Available!

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



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





GABBIN' with GARY

A Monthly Gab Session with Executive Director, Gary Olsen

JUNE GAB SESSION: INFORMATION MANAGEMENT SERVICES (IMS)

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!

ORIENTATION NEWS

Feedback from Our New Employees

As NCHC onboards new employees, they are given a survey about their first few days on the job and what they think of the orientation process. As the Human Resources and Learning & Development Teams get this feedback, they make adjustment to Orientation as needed. Here is some of the great feedback that NCHC has received at the latest orientation:



"I like that NCHC actually takes onboarding and orientation seriously and you aren't just thrown right in."

"Informative - Impressive that HR knows as much as they do about various areas as compared to other places I've worked. Well done!"

"Amazing, in-depth orientation."

"Very positive!"

"It felt welcoming, and everyone was really nice! Everything was useful in learning."

"10/10. Love the people and energy of orientation. Everything was thorough and well-communicated."

"I thought it was thorough and organized. I really appreciated that NCHC went through benefits. It was helpful."

"Very long, but stuff you need to learn."

"Felt it was very informational."



June 2024 Organizational Learning Modules



Each month staff are assigned 30-60 minutes of organizational training that needs to be completed by the due date.

Trainings Have Been Assigned

Log in to *UKG Pro Learning* and complete the following courses:

- **Compliance and Code of Conduct – 2024** (45 minutes)
- **Complete any outstanding assignments**



North Central Health Care
Person centered. Outcome focused.



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

TICK BITE What to Do

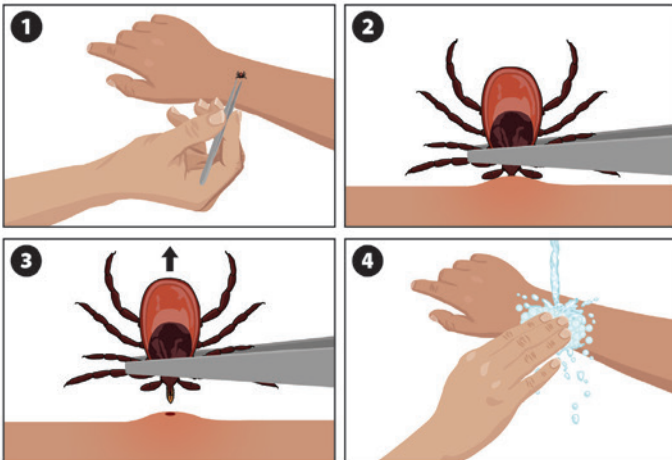


U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Tick bites can make people sick. Below are some steps that you can take after a tick bite to reduce your chances of getting sick and how to get treatment promptly if you do get sick.

Remove the Tick As Soon As Possible

1. Use fine-tipped tweezers to grasp the tick as close to the skin as you can.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick.
3. After removing the tick, clean the bite area and your hands with rubbing alcohol or soap and water.
4. Dispose of the tick by flushing it down the toilet. If you would like to bring the tick to your healthcare provider for identification, put it in rubbing alcohol or place it in a sealed bag/container.



CONSIDER CALLING YOUR HEALTHCARE PROVIDER

In general, CDC does not recommend taking antibiotics after tick bites to prevent tickborne diseases. However, in certain circumstances, a single dose of doxycycline after a tick bite may lower your risk of Lyme disease. Consider talking to your healthcare provider if you live in an area where Lyme disease is common.

Watch for Symptoms for 30 Days

Call your healthcare provider if you get any of the following:

- Rash
- Fatigue
- Muscle pain
- Fever
- Headache
- Joint swelling and pain

Treatment for tickborne diseases should be based on symptoms, history of exposure to ticks, and in some cases, blood test results. Most tickborne diseases can be treated with a short course of antibiotics.

COMMON QUESTIONS AFTER A TICK BITE Should I Get My Tick Tested For Germs?

Some companies offer to test ticks for specific germs. CDC strongly discourages using results from these tests when deciding whether to use antibiotics after a tick bite.

- Results may not be reliable. Laboratories that test ticks are not required to meet the same quality standards as laboratories used by clinics or hospitals for patient care.
- Positive results can be misleading. Even if a tick contains a germ, it does not mean that you have been infected by that germ.
- Negative results can also be misleading. You might have been bitten unknowingly by a different infected tick.

Can I Get Sick From A Tick That Is Crawling On Me But Has Not Yet Attached?

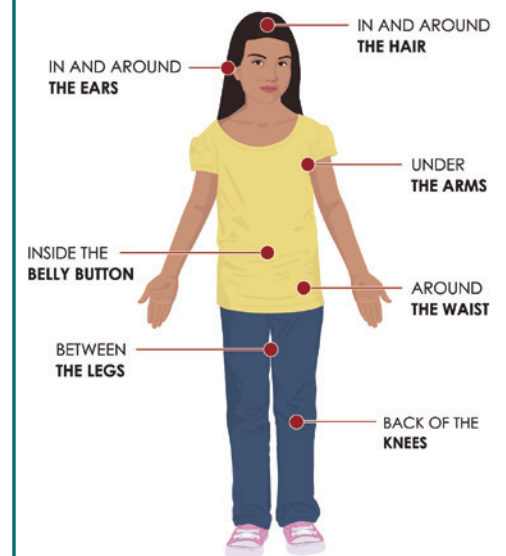
Ticks must bite you to spread their germs. Once they attach to you, they will feed on your blood and can spread germs. A tick that is crawling on you but not attached could not have spread germs. However, if you have found a tick crawling on you, it's a sign there may be others: do a careful tick check.

How Long Does A Tick Need To Be Attached Before It Can Spread Infection?

Depending on the type of tick and germ, a tick needs to be attached to you for different amounts of time (minutes to days) to infect you with that germ.

Your risk for Lyme disease is very low if a tick has been attached for fewer than 24 hours. Check for ticks daily and remove them as soon as possible.

WHERE TO CHECK FOR TICKS



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



Schedule your
appointment by calling
715.843.1256



LYME DISEASE RISK IN WISCONSIN

Lyme disease is a bacterial infection spread to humans by a tick named *Ixodes scapularis* (commonly called the black-legged or deer tick). In Wisconsin, the highest number of cases are seen in the western and northern regions, but recently cases have increased in the central and eastern regions. Lyme disease is the most commonly reported tickborne disease in Wisconsin and the number of cases continue to increase. The average number of reported cases has more than doubled over the past 10 years.



Ixodes scapularis



Lyme Disease Risk

The risk of Lyme disease and other tickborne diseases in Wisconsin is increasing as the state is seeing more months of the year when ticks are active. Longer tick seasons increase the chance of someone coming into contact with a tick.

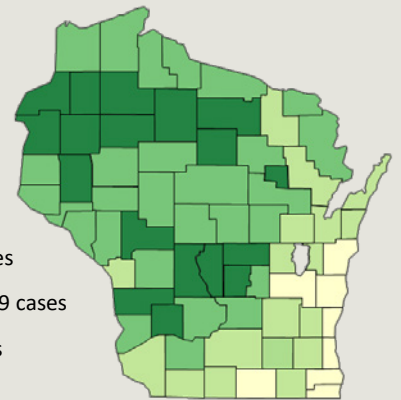
It is important to remember that ticks are present in all counties in Wisconsin. People living in any county in Wisconsin can contract Lyme disease and other tickborne diseases. Follow the prevention tips below to reduce your chances of being bitten by a tick.

Average incidence of confirmed and probable Lyme disease cases by county of residence, 2009-2018

Risk Level

(Incidence per 100,000 population)

- Highest:** ≥ 100 cases
- High:** 50 to 99.9 cases
- Moderate:** 10 to 49.9 cases
- Low:** > 0 to 9.9 cases



Tick Bite Prevention

PROTECT YOURSELF FROM BITES. Wear insect repellent with 20% or more DEET. Wear long-sleeve shirt and pants while outdoors.

AVOID TICK-HEAVY AREAS. Ticks like to live in tall bushes and other vegetation. When walking on trails, stay in the center and do not go off into the brush.

PERFORM DAILY TICK CHECKS. Check your entire body after being outside, even if you were only in your yard. Shower as soon as possible after coming in from the outdoors.

TUMBLE DRY CLOTHES AFTER BEING OUTDOORS.

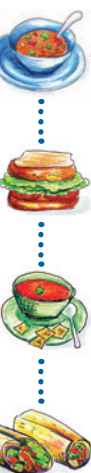
Tumble dry your clothes on **high heat** for 10 minutes to kill any ticks that may have come in on your clothes.

PREVENT TICKS ON ANIMALS. Try to prevent pets from bringing ticks into your home by not allowing them in tick-infested areas, and by using veterinarian-prescribed tick collars or spot treatment.



BE ALERT FOR FEVER OR RASH. Even if you do not remember being bitten by a tick, a fever or rash may be the first sign of Lyme disease. Other symptoms may include muscle/joint pain, fatigue, stiff neck, and headache. Contact your doctor right away if you have any of these symptoms.





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 17 – 21, 2024

DESSERT SANDWICH SOUP MAIN ENTRÉE

	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

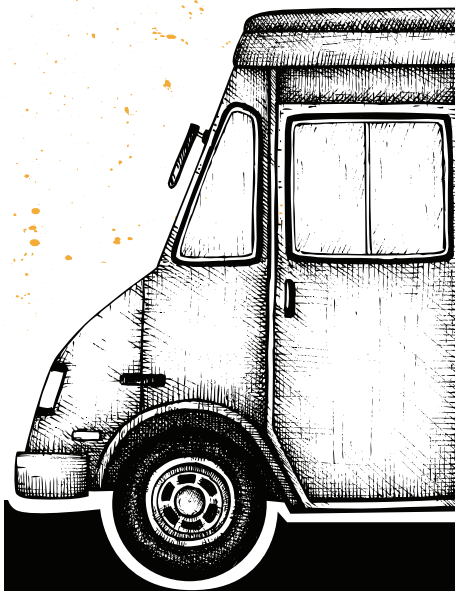
JUNE 24 – 28, 2024

DESSERT SANDWICH SOUP MAIN ENTRÉE

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Baked Chicken Drumstick Mashed Potatoes/Gravy Parslied Carrots	Chicken Pasta Alfredo Beets Bread Stick	Smoked Pork Loin Bbq Sauce Baked Sweet Potato Buttered Peas	Ranch Meatloaf Garlic Pasta Zucchini & Tomatoes	Battered Rock Fish Tartar Sauce Country Style Fried Potatoes Creamy Coleslaw
SOUP	Vegetable Chowder Soup	Potato Soup	Minestrone Soup	Beef Vegetable Soup	Split Pea Soup
SANDWICH	Baked Potato Bar	Egg Rolls	Chicken Bacon Flatbread Pizza	Baked Turkey Berry Wrap	Taco Bar
DESSERT	Mandarin Oranges	Chocolate Peanut Butter Bar	Fruit Crisp	Monster Cookie	Blueberry 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

Chicken Parmesan Panini

BREADED CHICKEN | MOZZ | MARINARA | BASIL

LATTE OF THE WEEK



Irish Sweet Cream

Sweet Irish cream paired with smooth espresso and steamed milk.

\$1 OFF LARGE LATTES EVERY MONDAY!

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

Ice Cream

ICE CREAM CONE1.50

ICE CREAM SUNDAE2.25



- build your own - **BREAKFAST SANDWICH**

EGG + CHEESE 3.00

EGG, MEAT + CHEESE 4.00

PICK YOUR BREAD

CROISSANT| BAGEL
ENGLISH MUFFIN

PICK YOUR MEAT

HAM | SAUSAGE | BACON