



A Weekly Update
 For The Employees of
 North Central Health Care



PHOTO OF THE WEEK



NEWS YOU CAN USE



WEEKLY CONNECTION WITH GARY OLSEN

May 12th was Mother's Day and I want to take this opportunity to wish all the mothers here at NCHC a belated Happy Mother's Day. I also want to take this moment to acknowledge and celebrate the incredible mothers among us. Whether you are a mother yourself or have a mother figure who has made a significant impact on your life, this is a day to honor the love, sacrifice, and dedication mothers bring into our lives each day.

To all the mothers on our team, your commitment to balancing work and family is truly commendable. Your ability to juggle multiple roles, often seamlessly, is an inspiration to us all. Your hard work, resilience, and nurturing spirit contribute not only to your families but also to the success of our team. I was very fortunate to have a mother who taught me the importance of values. She helped me understand how important it is to have *Integrity* and to treat everyone with *Dignity*, two of NCHC's Core Values.

For those who may find this day difficult due to the loss of a mother or for other circumstances, please know that you are not alone. We stand together as a supportive community, ready to offer comfort and understanding.

Thank you to all the incredible mothers we have at NCHC. Thank you for all you give and the values you share with us. You are very much appreciated!

Gary D. Olsen
Gary Olsen
 Executive Director

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!

- Skilled Nursing Care Week. **2**
- Meet Marnie Bredlau **3**
- Marathon County Social Services Open House - You Are Invited! **4**
- Realistic Job Preview Video **5**
- Housekeeping Updates on Wausau Campus! **6**
- Frontline News **7**
- Foodie Forecast **8-9**

Shout out



Craig Hinkens & Deanna Nowak Mount View Care Center

Thank you for being so flexible and so willing to talk about being a nurse at MVCC on camera for our Realistic Job Preview videos. Great work done on a great team in Post Acute Care!

Shared By:
Jessica Meadows



Occurrence Reporting Hotline
x4488 or 715.848.4488

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



North Central Health Care
CELEBRATING NATIONAL

Skilled Nursing Care Week

May 13-17, 2024

This year's national theme: **Radiant Memories - A Tribute to the Golden Age of Radio**, embraces a time when the airwaves resonated with captivating stories and melodies. More than nostalgia, "Radiant Memories" is a call to honor the enduring legacy of skilled nursing care centers. Residents and staff contribute to the creation of radiant memories, akin to the cherished moments shared through music and stories over the radio waves. Radio broadcasts have played a pivotal role in American life, from presidential fireside chats and war updates to old-time radio dramas and American Top 40 hits.

Let's celebrate memories with residents all week with some fun dress up days!

All Employees are invited to join in for a week of fun and memories!



Dress Up For Theme of the Day!

**MONDAY
13th**

1950's-1960's

Dress in 50's/60's
Rock & Swing



**TUESDAY
14th**

1970's

Dress in 70's
Pop, Punk & Rock



**WEDNESDAY
15th**

1980's

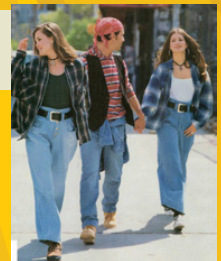
Dress in 80's Digital,
Electronic & Techno
or Michael Jackson



**THURSDAY
16th**

1990's

Dress in 90's
Fashion - Plaids,
Flannels, Big Hair,
& Bibs



**FRIDAY
17th**

2000's

Dress in 2000's
Pop Fashion - Track
Suits, Low Rise Jeans
& Trucker Hats



#SkilledNursingWeek #IamNCHC



**Wear Your Favorite Work-Appropriate
Band T-shirt & Jeans!
Any Day, All Week!**



MEET MARNIE BREDLAU Director of Human Resources

I am so very excited to join North Central Health Care as the Director of Human Resources. I look forward to meeting and working with all of you!

I have 22 years of experience in the field of Human Resources in various industries: retail, manufacturing, banking and healthcare. Most recently, I was the Human Resources Director at Schuette Metals and was responsible for human resources operations for the organization. For the past 10 years my roles have been in manufacturing in the Central Wisconsin area. I earned my Master's in Human Resources & Labor Relations from University of Wisconsin – Milwaukee which is also where I completed my Bachelor's in Business Administration – Human Resources. I truly enjoy and have a passion for the field of human resources. I feel like I have "Won" the day if I have made a positive impact or contribution for an employee...I strive to do this every day!

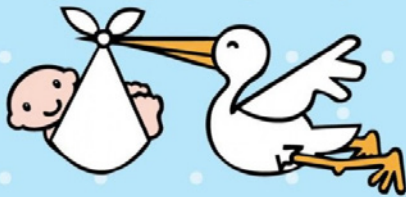
A little about me...I live in the town of Knowlton with my husband, Todd, our son, Hank (5 years old) and our dog, JoJo (boxer). As a family we enjoy anything outdoors or on the water. We also enjoy watching Hank grow up and participate in sports which include hockey and t-ball at the moment. I enjoy flowers and gardening, boating, live music, traveling, entertaining and spending quality time with family and friends.

MY MOTO:

"If you see someone without a smile, give them one of yours." – Dolly Parton



Marnie joined NCHC on May 6, 2024



Congratulations!

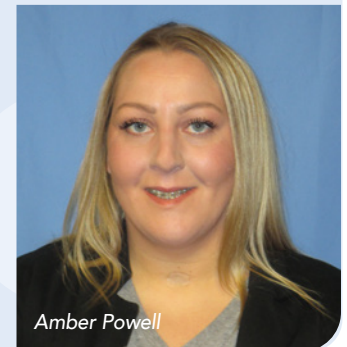


Please Join Us in Welcoming Jett Qani Ibraimi!

Born: 5/6/2024 9:33am

Height: 18.5 inches

Weight: 6 lbs., 8 oz.



Amber Powell

WELCOME BABY JETT!

Congratulations to Amber Powell and fiancé', Tony Ibraimi on the birth of their new baby boy, Jett! Amber is an Employment Specialist with the Marathon County Adult Community Treatment program.



Position Postings

Title: Certified Nursing Assistant

Status: Full Time

Location: Wausau - MVCC

As a CNA at Mount View Care Center your number one job is to enhance residents' experience. Interested in becoming a CNA but don't know where to start? Ask our awesome HR team. They are happy to help guide you through what is required to become a CNA! Already a CNA? Check out the current CNA opportunities on our website!

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



<https://bit.ly/CNA-NCHC2024>



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

Be sure to SHARE our Career Posts on Social!



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.



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.

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



BH-340A

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



WOM154a (1.7.19)



Craig Hinkens, Registered Nurse, shares his journey at MVCC in skilled nursing.

WHAT IS IT LIKE TO WORK AT MOUNT VIEW CARE CENTER AS A REGISTERED NURSE?

Realistic Job Preview Video

We answer that question and more with our next installment of Realistic Job Previews Videos! This past month, the Communications & Marketing team worked on creating a video to help prospective job seekers determine if working at Mount View Care Center as a Registered Nurse is the right fit for them. Our video crew interviewed Registered Nurse Craig Hinkens and Manager Deanna Nowak as they explained their favorites aspects of the job, along with challenges and rewards. A big thank you to both Craig and Deanna for sharing so many great details about their job and for allowing cameras to follow them around most of the day. Thank you to all the staff and residents on Floor 2. Everyone was so gracious and helped out so much with the video production. A true team effort!



Deanna Nowak completes her on-camera interview about working as a nurse at MVCC.



PHOTO OF THE WEEK

OUTPATIENT SERVICES RECEIVES INSTANT IMPACT GRANT From United Way of Marathon County

North Central Health Care Outpatient Services was recently awarded an instant grant from the United Way of Marathon County. The grant funds will be used to make an instant impact for program clients by providing bus token for transportation to and from Outpatient Services appointments. This effort will assist clients with financial stability while relieving some of the challenges of accessing transportation. Shown in the photo above are Gregory Schubring, Outpatient Services Operations Manager and Ben Lee, Director of Community Impact at United Way of Marathon County. More information can be found online about Instant Impact Grants at <https://unitedwaymc.org/grants>.

Person-Centered **Shout out**

To All the MVCC Staff Who Help with Nurse and CNA Clinicals

Check out this amazing feedback from the latest class of Nurse and CNA Students completing their clinicals at Mount View Care Center:

"Before completing this clinical rotation, I would not have considered practicing being a CNA. Because of the amazing staff, and incredible facility and care for patients, I am now considering applying for a position as a CNA at this location."

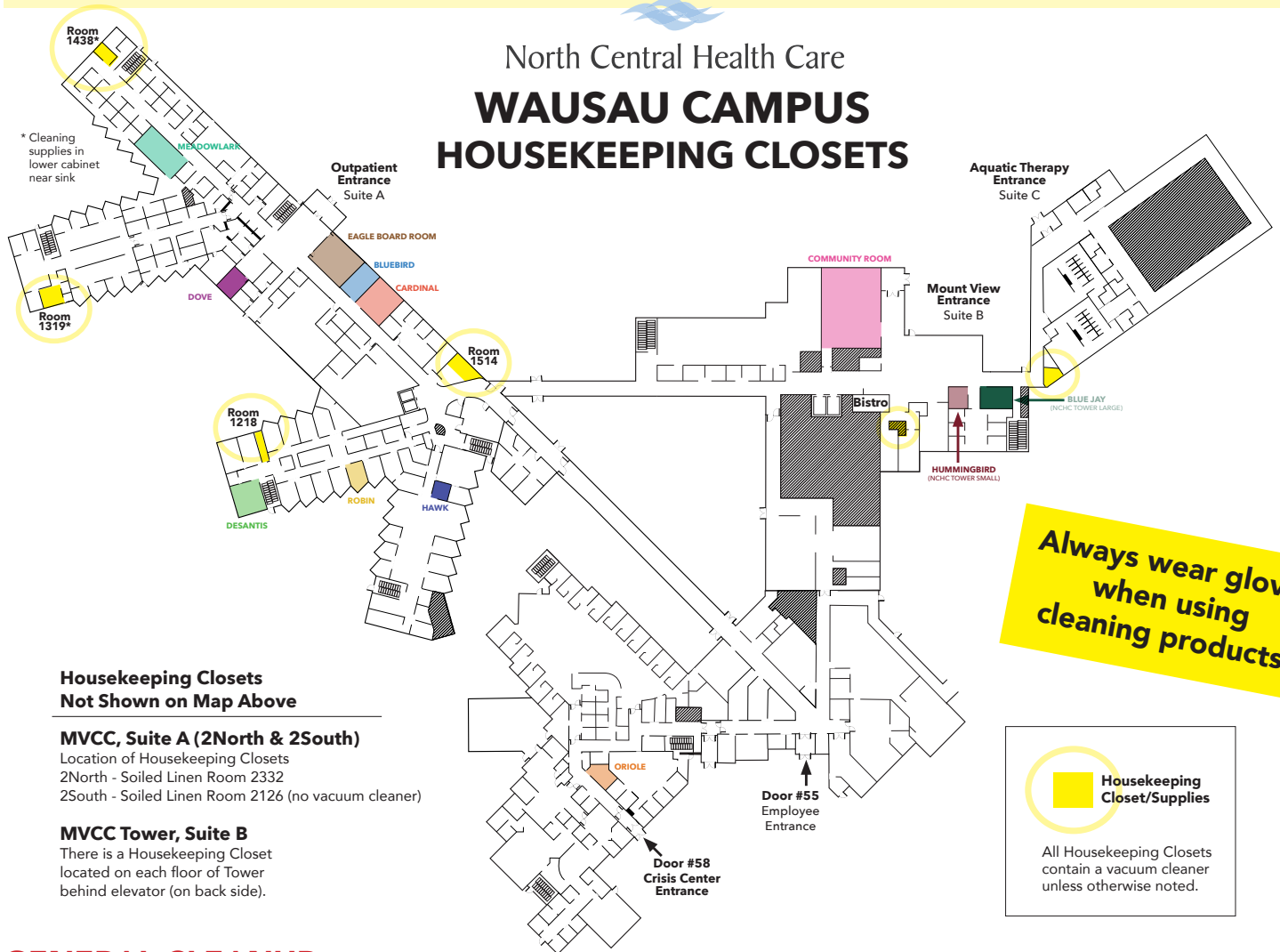
"I truly could not think of anything that could have gone better at this clinical facility. From activities, to direct patient care and cares overall, the facility did an incredible job at welcoming us, and taking care of residents."





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.



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).

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



Ascension

FrontLine

Frontline | May 2024

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

Avoid Workplace Communication Landmines

Many organizations view communication problems as their biggest and costliest challenge. Virtually nothing happens without communication, so this leaves a lot of room for trouble. Regarding impact on staff, employee conflicts, hard feelings, resentments, and even a desire to leave the employer entirely are consequences associated with problematic communication. How many of the following communication landmines do you recognize? 1) Misreading the tone of text (misinterpreting a received message creates unnecessary tension); 2) lack of clarity or information when given an assignment (leads to confusion, frustration, and delay or possibly fear of asking for further clarification); 3) failure to validate (not giving the speaker verbal and nonverbal cues that confirm the message is being received and understood, causing frustration and tension); 4) withholding information (deliberately withholding information or excluding coworkers from important discussions leads to feelings of exclusion and resentment); and 5) ignoring nonverbal cues such as facial expressions or other body language during a conversation meant to convey feeling and meaning (the person speaking feels the listener is disinterested or lacks empathy, creating tension). If there is one overarching strategy for preventing or overcoming communication challenges, it is promoting a workplace culture that fosters respect. This positive workplace lays the groundwork for better communication by promoting trust, collaboration, and mutual understanding among employees. Respectful workplaces solve conflicts faster and their frequency because employees are more willing to speak up, dialogue about issues, and find solutions. This shortens the life of conflicts and helps avoid damage to relationships.

How to Fix Your Day

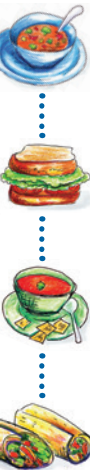
Experiencing a negative event can disrupt your day, causing your previously uplifted mood to seemingly vanish. Take these actions to restore your positive mindset: 1) Admit things have been thrown out of whack and your feelings are normal. 2) Attempt a short "geographic" change (like a walk outside to change visuals away from the scene of the event). 3) Identify negative thoughts reverberating from the event. 4) Challenge the negative thoughts to disrupt their effects. 5) Identify positive thoughts to make #4 a speedier step. 6) Focus on what you can control—reaction, perspective, prevention, improvements, boundaries, self-care, etc. This gives you a constructive outlet to match your need to respond. 7) Plan a good thing or two—events, experiences, and treats—to rebalance the day. 8) Need support? Reach out to that friend to vent. 9) Find the lesson. Discover or consider what positive outcome exists indirectly or directly because of the event? 10) Celebrate that you fixed your day!

Osteoporosis: Out of Sight, Out of Mind

Osteoporosis is a disease that weakens bones and contributes to fractures. It's a myth that only the elderly are affected, although they do experience increased risk. Young people are affected by conditions that impede bone health. For example, a young person suffering from bulimia may sustain a bone fracture due to adverse effects of the condition interfering with the absorption of calcium and essential nutrients. Hormonal disorders, diabetes, celiac disease, inflammatory bowel disease, and conditions like rheumatoid arthritis can play a role in weakening bones. Certain medications also weaken bones, especially if they affect calcium or vitamin D absorption. Brittle bones in osteoporosis are comparable to dried twigs that snap easily when bent or stepped on. This fragility has implications for everyday activities, as even minor stresses could fracture a bone. Work closely with your medical doctor, know your risk for osteoporosis, and follow their guidance. Learn more: www.columbiapsychiatry.org [search "ssri osteoporosis"]

Mental Decluttering— a Different Kind of Spring Cleaning

Mental clutter is overpowering stress created by the daily demands of modern life, our multiple roles, to-do lists, thoughts, emotions, responsibilities, and the constant influx of information. Enter the self-help concept of decluttering to reduce stress, improve concentration, enhance creativity, and cultivate a greater sense of well-being. Mental decluttering is about creating space for what truly matters and letting go of what no longer serves us mentally and emotionally. Signs indicating the need for mental decluttering include difficulty concentrating, experiencing a lack of creativity, and feeling disconnected from a positive sense of well-being. The practice of mental decluttering may involve various techniques, such as mindfulness meditation, journaling, prioritizing tasks, setting boundaries, and letting go of negative thoughts or emotions. New resource: "Declutter Your Mind and Stop Overthinking: 87 Tools & Techniques to Calm Your Mind & Improve Your Wellbeing (2023)"



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 13 – 17, 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 Potatoes 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

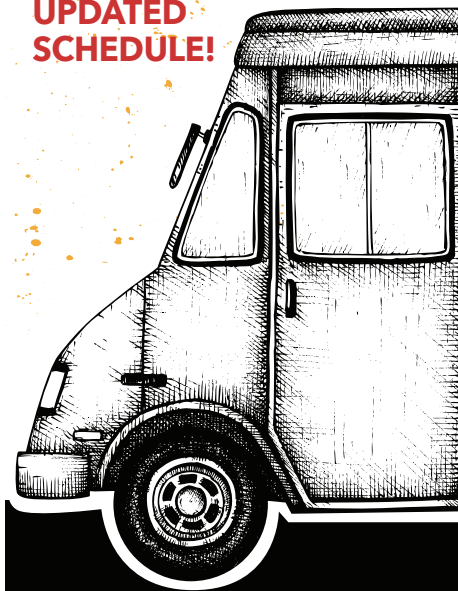
MAY 20 – 24, 2024

	MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
MAIN ENTRÉE	Homestyle Meatloaf Baked Potato Broccoli	Honey Mustard Chicken Rice Pilaf Beets	Breaded Pork Chop Brown Gravy O'brien Potatoes Mixed Veggies	Mac & Cheese and Ham Green Beans	Chicken Lasagna Breadstick Broccoli
SOUP	Cream of Broccoli Soup	Cream of Potato Soup	Chicken Vegetable Soup	Taco Soup	Stuffed Green Pepper Soup
SANDWICH	Hot Turkey on Croissant	Chicken Supreme on a Bun	BBQ on a Bun	Monte Cristo Sandwich	Tuna Melt
DESSERT	Brownie	Frosted Chocolate Cake	Strawberry Pie	Fruit Cobbler	Cherry Delight



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

HANUMAN EXPRESS



Mitch's Texas Tacos



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

Hawaiian Panini

SESAME GLAZED CHICEKN | GRILLED PINEAPPLE
RED ONION | SHREDDED CABBAGE

LATTE OF THE WEEK



Cinnabon Latte

Rich espresso, velvety steamed milk,
caramel & cinnamon.

**\$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

