

News from the School District Clinic

By Ashley Seiler, APNP

Aspirus Occupational Health/Primary Care

April 2017

April is Alcohol Awareness Month

Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. This April during Alcohol Awareness Month, the Aspirus School District of Rhinelander Clinic encourages you to educate yourself and your loved ones about the dangers of drinking too much.

In Wisconsin alone, there were approximately 24,000 convictions for drunken driving offenses in 2015. Alcohol-related crashes killed 190 people in Wisconsin and injured nearly 2,900 in 2015. To spread the word and prevent alcohol abuse, the Aspirus School District of Rhinelander Clinic is joining other organizations across the country to honor Alcohol Awareness Month.



If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Limit the amount of alcohol you keep at home.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

If you are concerned about someone else's drinking, offer to help.

Take this quiz to assess your own alcohol or drug use: [CAGE screening questionnaire](#)

If you would like to seek advice, treatment, or appropriate resources, please contact your primary care provider or dial 211. This service provides free and confidential information and referrals regarding community services.

If you are experiencing a mental health crisis, please call the Emergency Crisis Line for Forest, Vilas and Oneida Counties at 1-888-299-1188. SDR and GHT also provide counseling services at no cost through an Aspirus Licensed Professional Counselor in Rhinelander. Call 1-800-236-4457 to schedule an appointment.

For more information regarding local Alcoholics Anonymous and Narcotics Anonymous Meetings, call 715-367-7920 or visit <http://www.area74.org>.

Six Tips for Developing Stress-Resilient Attitudes and Beliefs

During my recent health coaching sessions over the past several weeks, there has been a common theme: **STRESS**. Life is filled with challenges, interpersonal conflict, physical and emotional pain, loss, and stress. The way we react to stressful situations can make a difference. I would encourage you all to take a moment out of each day to practice mindfulness. Here are six tips for developing stress-resilient attitudes and beliefs from the Department of Psychiatry at UMass Medical School:

1. Promote optimistic thinking with these strategies:
 - View setbacks as temporary
 - Avoid generalizing a problem to your whole life
 - Don't dismiss positive events as due to luck
 - Avoid blaming yourself for things beyond your control
 - Practice an attitude of gratitude by focusing on what you have and positive events from the day. We can all find many positives in the course of the day if we look for them.

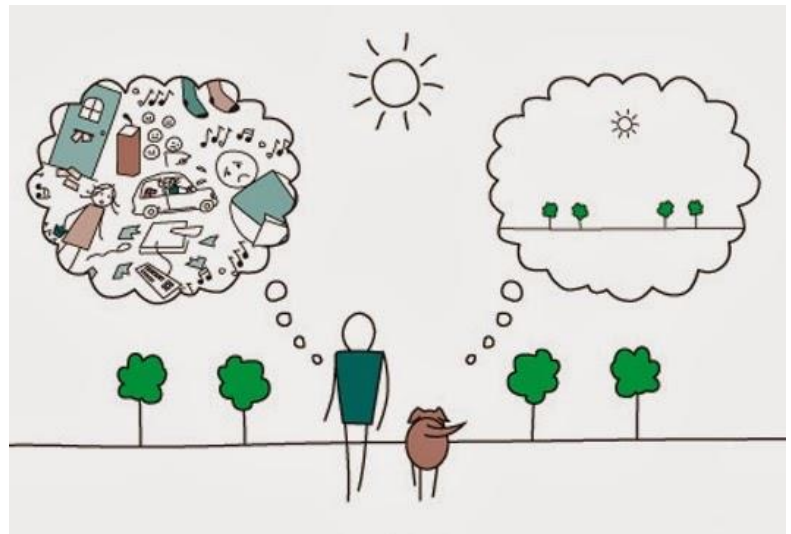


Figure 1. Mind Full, or Mindful?

2. View change in your life as normal, constant, and a challenge instead of a threat. Change is stimulating, healthy, and essential for growth and personal development.
3. Develop the attitude that “people need people”. Substantial evidence indicates that people with adequate social support- defined as family, friends, community contacts, social or religious organizations, or even a pet- manage stress better.
4. Don't expect perfection or that others should always meet your expectations. When perfectionism isn't achieved or the behavior of others does not live up to our expectations, we get angry or frustrated. Be realistic and modify your expectations concerning perfectionism and the behavior of those around you.
5. Empathy and forgiveness reduce stress. If you follow basic religious and spiritual teachings by forgiving when you feel you have been wronged, and treat others as you would have them treat you, you will sleep better, be happier, and healthier.
6. Instead of going to bed angry, put anger in perspective by asking yourself how important an anger-producing situation would be if you only had one week to live. Ask yourself what difference the situation will make next week, month, or year.

Onsite Clinic Remodel Project Complete!

As promised in previous issues, I am happy to finally share pictures of the completed remodel project that was done over winter break. A window was cut into an existing wall in the waiting area in order to make a more formal reception desk. This has helped to improve patient confidentiality as well as improve the patient flow through the clinic. A big shout out to Jeff Zdroik and the rest of the SDR maintenance team for helping get this project done!

THANK YOU



School Year Clinic Hours

- Monday: 3pm-5:30pm
- Tuesday: 11am-1pm
- Wednesday: 3pm-5:30pm
- Thursday: 11am-2pm
- Friday: 2:30pm-4:30pm



Upcoming events:

Off-site health coaching sessions:

- 4/13/17 Crescent 2:30pm – 6:00pm

In review from previous issues:



Scheduling an Appointment

The best way to schedule is online through [MyAspirus](#).

If you've lost your access code, let it expire, or did not receive it, you may contact our **MyAspirus Patient Support Line at (888) 692-7740** to request a new, secure password. After we verify your information, a new code will be sent via U.S. Postal Mail. Privacy issues prevent us from e-mailing a new access code to you.

If unable to obtain an appointment that way, you may stop by the clinic or call the **Aspirus SDR Clinic Line at 715-365-9770**.



MyAspirus Frequently Asked Question:

Can I view a family member's health record or schedule an appointment for my child through MyAspirus?

Yes you can! This is called Proxy access and allows a parent (or guardian) to log into their personal MyAspirus account, and then connect to information regarding their family member. Complete a [Proxy Consent Form](#) and return it to one of our medical facilities to request access to this convenient service.



Mental Health Services:

Counseling services are available!

Aspirus Licensed Professional Counselor, Steve Kuhn, provides counseling services in Rhinelander at no cost to you. For help with stress, depression, and anxiety. Call 800.236.4457 today to schedule your appointment.



Location

665 Coolidge Ave. Door #7
Rhineland, WI 54501
(Northwest side of the building)

Aspirus SDR Clinic Line

715-365-9770

