

# News from the School District Clinic

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Aspirus Occupational Health/Primary Care

August 2016

## Summer Clinic Hours

Summer hours are in effect June 13th-August 19th:

- **Monday: 11am-2pm**
- **Tuesday: 12pm-2pm**
- **Wednesday: 11am-2pm**
- **Thursday: 12pm-2pm**
- **Friday: 12pm-2pm**

## School Year Clinic Hours

Starting August 22nd:

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

## Welcome New Employees!

Hello and welcome to the August edition of the Aspirus School District of Rhinelander Clinic newsletter. As our summer is winding down, I wanted to take this opportunity to welcome new employees to the district. If you haven't stopped by already, we'd love to have you come in to meet us and give you a tour of our on-site clinic as well as explain the services available to you and your dependent family members free of charge.

I would also like to introduce you to the new medical assistant that will be working with me, Christena Freeman. Christena comes with over 9 years of experience working as a CMA and is a great addition to our team. Please take note of the 2016-2017 School Year hours to be starting on August 22<sup>nd</sup>. We look forward to helping to meet the health care needs of you and your family. ♦

## National Breastfeeding Month 2016

August is National Breastfeeding Month. I have heard that there were quite a few babies born at the end of the 2015-2016 school year! Kudos to those of you who have breastfed or helped support a breastfeeding mother. No matter how long or how brief your journey was, we all know that it takes commitment from all parties involved in caring for the baby. As we get ready for the

new school year, I would encourage those of you who are currently breastfeeding to continue to do so upon returning to work and/or continue to support your partners/coworkers in their return to work. Mothers who continue to breastfeed after returning to work need the support of those around them in order to be successful. This includes their coworkers, supervisors, and others in the workplace.

## Why Work and Pump??

By continuing to breastfeed after you return to work, you will:

- Provide the best nutrition for your baby
- Make it possible to keep breastfeeding when you are together
- Keep a special closeness to your baby even when you must be apart
- Save money
- Avoid the [health risks](#) associated with formula feeding
- Miss less work, because breastfed babies are sick less

Find out more useful information at [WorkandPump.com](http://WorkandPump.com). ♦



# Exercise With Your Child Week – August 7-13

This week is all about inspiring parents and guardians to encourage their children to grow up being physically active and healthy individuals.

Kids need 60 minutes of moderate to vigorous active play every day. Take 15 minutes a few times a day or get it all in at one time, either way, get the kids outside the house. Consider even setting aside 30-60 minutes each week for a play date with each child individually. Feed your inner-child and start playing with your kids and you might just realize how much fun you're having acting like a child again. As a bonus, exercising or "playing", usually consists of a lot of laughter. Like exercise, laughter is great for helping deal with the stressful things in life.

## Opportunity to help yourself too

If you have been thinking about changing things up, feeling like you need to play more with your children, or getting some exercise yourself – this might be just what you need to get started. Don't let regular exercise be just "another thing" on the long list of things to do. This will pay dividends the earlier you start by providing a solid foundation for healthy habits kids will use the rest of their life.

Here are some suggestions to get your imagination going and start "playing." And, don't forget to ask the kids what ideas they may have to add to the list, too.

- Basketball in the driveway is a great idea, but try challenging your child to a friendly game of HORSE, Around the World and a little on-one-one.
- When was the last time you actually rolled in the grass and got your hands and your clothes dirty with your kids? Maybe it's time to start; the kids will love it.
- Next time you go to the park, don't just push them in a swing, get on the swing next to them and fly together.
- Go for a family walk, run or ride bike.
- Look online for mommy/daddy and me exercises. Your search will provide lots of strength and conditioning exercise routines.
- Set up an obstacle course outside or inside. If you have stairs be sure to incorporate into the course. The next time you go to the park, pack a few hula hoops, cones, jump ropes, and beanbags for obstacle course making on-the-go to add to what the park already provides.
- Go for a walk and push your child in the stroller or use a carrier which helps with bonding due to the physical contact.
- Play tag and add a twist (i.e. when you're tagged you have to dance in place).
- Have your kids teach you all the latest dance moves, or teach your kids all the hottest dance moves from "back when."
- Have a snow ball fight; if no snow, wad up a bunch of paper snowballs and start throwing.
- See who can make the most snow angels or sandy beach angels the fastest.
- Make a new house rule: no sitting still during TV commercials.



There are a lot of resources giving you unlimited ideas on how to “play/exercise” with your kids. Here are a few for starters:

[www.letsmove.gov/active-families](http://www.letsmove.gov/active-families)

[www.psychcentral.com/lib/the-benefits-of-play](http://www.psychcentral.com/lib/the-benefits-of-play)

[www.kidsalfresco.com/articles/parents-play](http://www.kidsalfresco.com/articles/parents-play)

Article adapted from the Aspirus Employee Assistance Services August 2016 Newsletter



### Upcoming events:

- SDR Mobile Mammogram  
Friday, August 26<sup>th</sup>  
For an appointment, please call **1-866-672-5133**  
This service is free of charge to all employees and spouses on the district's health insurance.

## 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**. If it is outside of the regular clinic hours, you will be forwarded to the Aspirus Rhinelander Main Clinic Occupational Health Department to speak with Sherry, RN or Christena, CMA.



### 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.