

News from the School District Clinic

By Ashley Seiler, APNP

Aspirus Occupational Health/Primary Care

December 2016

Hello and welcome to the December edition of the School District of Rhinelander Onsite Clinic Newsletter.

Season's greetings from your staff at the Aspirus School District of Rhinelander On-site Clinic. I hope you are all looking forward to this holiday season as much as we are!

While the holidays are a time to be thankful and giving, we understand that they can also be stressful! Here are some suggestions for de-stressing during the holidays:

- Ditch the great expectations—*Expectations of how the holidays "should be" can keep us from enjoying life's simpler and more meaningful joys.*
- Think about what's worked for previous holidays. *Ask yourself what your best memories are from the holidays and what traditions or events were the most draining or stress-producing. Use your answers to make changes to lessen stress this year.*
- Determine who will help. *Don't do it all alone! Enlist help, set priorities, and simplify!*
- Get plenty of sleep! *7-9 hours every night is best.*
- Don't forget your workout! *Your emotions and body will thank you.*
- Take a few deep abdominal breaths to calm you. *Remember your mindfulness training from the beginning of the year in-service!*
- Enjoy! *Remember what it is that you are celebrating and take time to enjoy!*

School Year Clinic Hours

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

Portion Sizes and the Holidays

The holiday season brings with it parties, cookie exchanges and family gatherings. All of these events will have tons of delicious foods available to enjoy and savor. By following and remembering a few simple things about portion sizes you can be mindful of enjoying what you are eating and still watch your waistline. The following are some examples of simple ways to figure out portions and help to not overeat:

A portion of a baked potato = about 4 oz. or the size of your fist or a computer mouse



1 serving of hard cheese = 1 oz. or 3 regular size dice of a book of matches



One cookie = the size of the top of a 12 oz. pop can



One serving of butter = 1 tsp or one regular size dice of the tip of your thumb



Use your Hand to help guide you to what portion sizes you specifically need for your body type at each meal.

Starches/Grains (pasta, potato, corn, peas, beans, rice, etc.) = your fist



Fat (butter, oils, sour cream, etc.) = tip of thumb



Bread = palm of your hand and half of your fingers



Fruit = your fist for fresh fruit of ½ your fist of canned fruit



Meat (beef, chicken, fish, pork, etc.) = the palm of your hand



Dairy (milk, yogurt) = your fist



Vegetables (lettuce, green beans, carrots, green peppers, etc.) = the cup of your hand



Cheese = your thumb



Resources: American Diabetic Association and Academy of Nutrition and Dietetics
Article taken from December edition EAS Newsletter

School Clinic Scheduling Etiquette 101

1. The best way to schedule an appointment is still online through [MyAspirus](#). However, we understand that there are circumstances when this is not possible or convenient. In those cases, please call the school clinic number 715.365.9770 and leave a message. We will return your call and assist you with getting an appointment scheduled. Please do not schedule an appointment under your name to reserve a spot for another family member. When not caught ahead of time, this requires additional time to check in at the clinic and can create delays for you or other patients.
2. When scheduling an appointment online through [MyAspirus](#), please be aware that everything that you type into the reason for visit section is viewable throughout the Aspirus System. Everyone with access to viewing the schedule has to abide by the patient privacy rules, however I would recommend keeping the information brief (2-3 words) and leaving out any personal details that you would prefer other people not to see. If you would like to send me more of an explanation of why you are requesting to be seen, please send me a private message through your [MyAspirus](#) account.

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 Occupational Health Department to speak with Sherry, RN or Christie, CMA.

Upcoming Vacation

As a reminder, any time that the School District of Rhinelander buildings are closed for staff and students (i.e. breaks, holidays, inclement weather), the onsite clinic is also closed. The Aspirus Rhinelander Clinic Primary Care and Walk-In Departments are available to you for your health care needs through your regular health insurance on the days that the onsite clinic is closed or without provider coverage.

Location:

Aspirus Rhinelander Clinic
1630 North Chippewa Drive
Rhinelander, WI 54501

Main Phone:

715.361.5480

Hours:

Monday-Friday: 8 am – 7 pm
Weekends: 8 am – 4 pm
Holidays: 8 am – 1 pm



I do have some upcoming days off in December with alternate coverage as follows:

- Thursday December 1
Heather Hjelle, NP
- Tuesday, December 6
Heather Hjelle, NP
- Wednesday, December 7
Dr. Andres
- Thursday, December 8
Heather Hjelle, NP
- Friday, December 9
Medical Assistant Only Onsite
- Monday, December 12
Medical Assistant Only Onsite
- December 22nd – 30th
School Clinic Closed for Winter Break



Location

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

Aspirus SDR Clinic Line

715-365-9770

