

News from the School District Clinic

By Ashley Seiler, APNP

Aspirus Business Health/Primary Care

December 2017

December 1st—World AIDS Day

Around the world, about 37 million people are living with HIV. In the United States, about 37,600 people get infected with HIV every year. World AIDS Day is a global initiative to raise awareness, fight prejudice, and improve education about HIV and AIDS.

In recognition of World AIDS Day which was observed on December 1, the Aspirus School District of Rhinelander Clinic encourages everyone to consider getting tested for HIV, the virus that causes AIDS. In the United States, about 1 in 7 people who have HIV don't know it.

The only way to know for sure whether or not you have HIV is to get tested. You could have HIV and still feel healthy. Everyone ages 15 to 65 needs to get tested at least once. Some people may need to get tested more often.

To find an HIV testing location near you, text your ZIP code to KNOWIT (566948) or use this [online locator](#).

HIV is passed from one person to another by:

- Having unprotected sex with a person who has HIV
- Sharing needles with someone who has HIV
- Breastfeeding, pregnancy, or childbirth if the mother has HIV
- Getting a transfusion of blood that's infected with HIV (very rare in the United States)

Learn more about HIV/AIDS and how to prevent this disease: visit HIV.gov

School Year Clinic Hours

Starting August 28th:

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



Flu Shots!

Reminder: If you missed this year's community flu shot clinic, we do have flu shots available at the school clinic that can be billed to your health insurance. Please call for an appointment or schedule online via MyAspirus.

Insurance Cards

We would like to request that you remember to bring your insurance card with you to each appointment. With the New Year fast approaching, we want to verify that we have the most up to date insurance information on file in your electronic health record. Thanks in advance for your cooperation and understanding of this request!

World Handwashing Awareness Week

December 3-9th is World Handwashing Awareness Week. The holiday season is a good time for a reminder about the importance of hand washing in order to protect ourselves and others from the spread of infection. In fact, hand washing is one of the most important things we can do to prevent spreading germs and stay healthy. Please review the following tips from the [CDC Handwashing Website](#):

Stop germs! Stay healthy! Wash your hands.

WHEN?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



HOW?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** hands well under clean, running water.
- **Dry** hands using a clean towel or air dry them.

Stress, depression, and the holidays: Tips for coping

“Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.” If you are interested in learning more about how to prevent stress and depression this holiday season, please follow this link to an article written by Mayo Clinic Health Staff: [Coping with Holiday Stress](#)

If you are having difficulty coping with stress this holiday season, please consider scheduling an appointment with Steve Kuhn, Aspirus Licensed Professional Counselor. The number to call is 800.236.4457 to schedule your appointment.

Recipe of the month:

Speaking of reducing stress this holiday season, who doesn't like an easy breakfast bake for Christmas morning! Check out this recipe from [Allrecipes.com](https://www.allrecipes.com):

Hash Brown and Egg Casserole

Prep	Cook	Ready In
15 min	1h 20m	1h 40m

Recipe By: MELISSAKOVACS07

"This is my family's recipe that has been handed down through the years. We've always used the maple flavored pork sausage but any kind is good. This casserole is a nice and cozy breakfast or brunch meal that everyone will enjoy. It's got the perfect taste with lots of cheese. Yum! Be sure to use a baking dish that is deep enough to cover with aluminum foil."



Ingredients

- 1 (2 pound) package frozen hash brown potatoes, thawed
- 1 pound pork sausage
- 1 small onion, diced
- 5 eggs
- 1/2 cup milk
- 1/2 teaspoon onion powder
- 1/8 teaspoon garlic powder
- salt and ground black pepper to taste
- 12 ounces shredded Cheddar cheese

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart baking dish. Place the hash brown potatoes in the bottom of the baking dish.
2. Heat a skillet over medium heat and cook and stir the sausage and onion until the sausage is crumbly, evenly browned, and no longer pink; drain. Meanwhile, whisk together the eggs, milk, onion powder, garlic powder, salt, and pepper, and pour over the potatoes. Layer with half the Cheddar cheese, the sausage mixture, and the remaining Cheddar cheese. Cover with aluminum foil.
3. Bake in the preheated oven for 1 hour. Remove cover; return casserole to the oven and bake until a knife inserted into the center comes out clean, about 10 minutes. Let stand for 5 minutes before serving.

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

