

News from the School District Clinic

By Ashley Seiler, APNP

Aspirus Business Health/Primary Care

June 2017

Summer Clinic Hours

Summer hours are in effect June 12th-August 21st:

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



Dates to remember:

- **Mobile Mammogram Unit to be on site Friday, August 25th!** See [flyer](#) for scheduling instructions. No referral is needed.
- For those of you choosing to participate in the voluntary health insurance incentive, the deadline to have your 3rd Health Coaching Session completed is September 1st, 2017.

Tricks to Make New Habits Stick

Many of you have been participating in health coaching sessions with me at the onsite clinic over the past several months. One of the common themes that I have heard repeatedly regarding healthy eating and exercise habits is that “I do so much better over the summer months” or “Once the school year is over, I am going to make some healthy changes.” Well...here we are! Congratulations on making through another successful school year. I would like to challenge you to put the above statements into action. There is no better time to start a new healthy habit and make it stick than over these upcoming months before the next school year is in session. If we make something a habit, it'll be much more difficult to let things slip next fall.

You might be wondering, what is the best way to make something part of your daily routine? Here are some suggestions from Lifehack blogger, Scott Young:

“With a small amount of initial discipline, you can create a new habit that requires little effort to maintain. Here are some tips for creating new habits and making them stick:

1. Commit to Thirty Days – Three to four weeks is all the time you need to make a habit automatic. If you can

make it through the initial conditioning phase, it becomes much easier to sustain. A month is a good block of time to commit to a change since it easily fits in your calendar.

2. Make it Daily – Consistency is critical if you want to make a habit stick. If you want to start exercising, go to the gym every day for your first thirty days. Going a couple times a week will make it harder to form the habit. Activities you do once every few days are trickier to lock in as habits.

3. Start Simple – Don't try to completely change your life in one day. It is easy to get over-motivated and take on too much. If you wanted to study two hours a day, first make the habit to go for thirty minutes and build on that.

4. Remind Yourself – Around two weeks into your commitment it can be easy to forget. Place reminders to execute your habit each day or you might miss a few days. If you miss time it defeats the purpose of setting a habit to begin with.

5. Stay Consistent – The more consistent your habit the easier it will be to stick. If you want to start exercising, try going at the same time, to the same place for your thirty days. When cues like time of day, place and circumstances are the same in each case it is easier to stick.

6. Get a Buddy – Find someone who will go along with you and keep you motivated if you feel like quitting.

7. Form a Trigger – A trigger is a ritual you use right before executing your habit. If you wanted to wake up earlier, this could mean waking up in exactly the same way each morning. If you wanted to quit smoking you could practice snapping your fingers each time you felt the urge to pick up a cigarette.

8. Replace Lost Needs – If you are giving up something in your habit, make sure you are adequately replacing any needs you've lost. If watching television gave you a way to relax, you could take up meditation or reading as a way to replace that same need.

9. Be Imperfect – Don't expect all your attempts to change habits to be successful immediately. It took me four independent tries before I started exercising regularly. Now I love it. Try your best, but expect a few bumps along the way.

10. Use "But" – A prominent habit changing therapist once told me this great technique for changing bad thought patterns. When you start to think negative thoughts, use the word "but" to interrupt it. "I'm no good at this, but, if I work at it I might get better later."

11. Remove Temptation – Restructure your environment so it won't tempt you in the first thirty days. Remove junk food from your house, cancel your cable subscription, throw out the cigarettes so you won't need to struggle with willpower later.

12. Associate With Role Models – Spend more time with people who model the habits you want to mirror. A recent study found that having an obese friend indicated you were more likely to become fat. You become what you spend time around.

13. Run it as an Experiment – Withhold judgment until after a month has past and use it as an experiment in behavior. Experiments can't fail, they just have different results so it will give you a different perspective on changing your habit.

14. Swish – A technique from NLP (Neuro-Linguistic Programming). Visualize yourself performing the bad habit. Next visualize yourself pushing aside the bad habit and performing an alternative. Finally, end that sequence with an image of yourself in a highly positive state. See yourself picking up the cigarette, see yourself putting it down and snapping your fingers, finally visualize yourself running and breathing free. Do it a few times until you automatically go through the pattern before executing the old habit.

15. Write it Down – A piece of paper with a resolution on it isn't that important. Writing that resolution is. Writing makes your ideas more clear and focuses you on your end result.

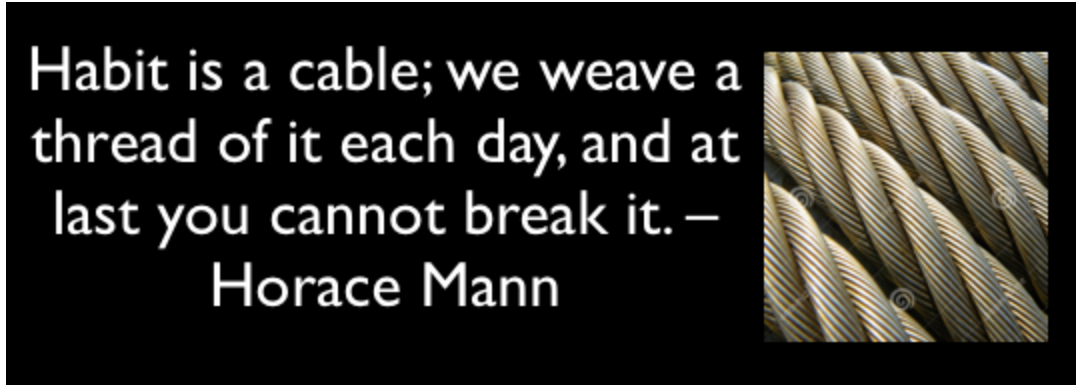
16. Know the Benefits – Familiarize yourself with the benefits of making a change. Get books that show the benefits of regular exercise. Notice any changes in energy levels after you take on a new diet. Imagine getting better grades after improving your study habits.



17. Know the Pain – You should also be aware of the consequences. Exposing yourself to realistic information about the downsides of not making a change will give you added motivation.

18. Do it For Yourself – Don't worry about all the things you "should" have as habits. Instead tool your habits towards your goals and the things that motivate you. Weak guilt and empty resolutions aren't enough."

<http://www.lifehack.org/articles/featured/18-tricks-to-make-new-habits-stick.html>



June is National Safety Month

Injuries are a leading cause of disability for people of all ages – and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries.

During National Safety Month, the Aspirus School District of Rhinelander Clinic is working with community members to help reduce the risk of injuries. This June, we encourage you to learn more about important safety issues like prescription painkiller abuse, transportation safety, and slips, trips, and falls.

- Prescription painkiller abuse: Prescription painkiller overdoses are a growing problem in the United States, especially among women. About 18 women die every day from a prescription painkiller overdose – more than 4 times as many as back in 1999.
- Transportation safety: Doing other activities while driving – like texting or eating – distracts you and increases your chance of crashing. Almost 1 in 5 crashes (17%) that injured someone involved distracted driving.
- Slips, trips, and falls: One in 4 older adults falls each year. Many falls lead to broken bones and other health problems.



You can make a difference. Find out ways to help reduce the risk of these safety issues.

For more information, visit:

- Oneida County Public Health Department: [Water Safety Tips](#)
- Rhinelander Police Department: [Medication Collection Box](#)
- Wisconsin Poison Center: [Poison First Aid](#)
- CDC Medication Safety: [Put Your Medicines Up and Away and Out of Sight](#)
- KidsHealth.org: [Household Safety Checklists for Parents](#)
- Eldercare.gov: [Preventing Falls at Home](#)

Recipe of the Month:

One of my favorites from Brittany Turco at Bebe a la Mode Designs....

Cowboy Caviar

- 1 (11oz) can white shoepeg corn, drained & rinsed
- 1 (15oz) can black beans, drained & rinsed
- 1 (10 oz) can Rotel tomatoes, with juice
- 2 ripe avocados, diced
- 2/3 c. red onion, chopped
- 1/4 c. olive oil
- 1/4 c. red wine vinegar
- 2 cloves garlic, minced
- 3/4 tsp. salt
- 1 tsp. cumin
- 2/3 c. cilantro, chopped
- a few dashes of tabasco (optional)

Combine all ingredients, adding avocados last, and toss gently. Serve with chips. I normally don't use the tabasco since the Rotel tomatoes add a little spice, but if you like extra spice...go for it!

NOTE: If you don't have black beans, use black-eyed peas, or whatever you've got! Or if you have a plethora of fresh tomatoes from your garden, use those instead of the Rotel. It's a very versatile recipe and can be adapted to your liking.



<http://bebealamodedesigns.blogspot.com/2015/02/recipe-revisit-cowboy-caviar.html>

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

