

News from the School District Clinic

By Ashley Seiler, APNP
Aspirus Business Health/

May 2018

School Year Clinic Hours

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

Summer Clinic Hours

Starting Monday June 11th:

- Clinic will be open from 11am-2pm Monday-Friday
- Closed for lunch 12:30-1pm Monday-Thursday

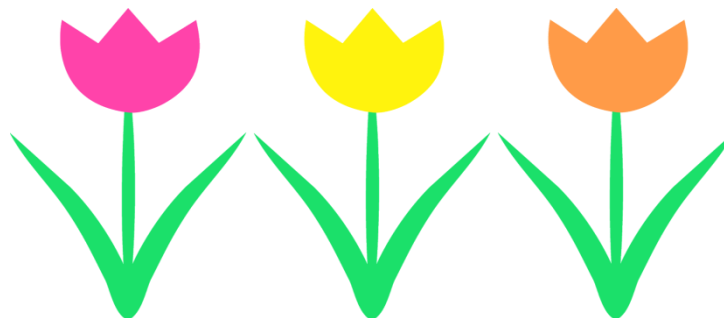
Spring has finally arrived!

Hello and welcome to the May edition of the School District of Rhinelander monthly newsletter. I apologize for getting this out a little later than usual, so I'm just going to keep it short (before I know it, I'll be sitting down to type the June edition)!

As we approach the end of the 2017-2018 school year, I just wanted to make a couple of announcements. You will notice that the summer clinic hours will be slightly different than previous years. We will remain open for a total of 12 hours/week. Beginning June 11th, our hours are from 11am-2:00pm on Monday through Friday (closed for lunch from 12:30pm-1:00pm Monday-Thursday).

Health coaching sessions have been well underway.

Please call, stop by, or schedule via MyAspirus if you are planning to see us at the School District Clinic for your health coaching sessions. I am currently working on my Psych Mental Health Nurse Practitioner Certification, so I am taking a couple graduate courses this summer. I will be off every Wednesday from now through the first week of August. The clinic will be staffed by my colleague Sharon Eichhorn, NP on most Wednesdays when I am gone. She is happy to see you for health coaching sessions as well as urgent care needs. Any wellness exams, sports physicals, and medication refills will continue to be scheduled on days that I am in the clinic. Please do not hesitate to reach out with any questions or concerns.



Recipe of the month:

Southwestern Wraps

Recipe adapted from Aspirus Wellness Team

Serves 4

Ingredients

- 1 cup diced fresh tomatoes
- 1 1/2 tablespoons chopped fresh cilantro
- 4 whole-wheat tortillas, 8 inches in diameter
- 1 cup low-sodium black beans, drained
- 1 cup chopped lettuce
- 1/2 cup finely shredded cheddar cheese
- 1/4 cup sour cream
- 1/4 cup salsa

Directions

In a small bowl, stir together the tomatoes and cilantro. Set aside.

Wrap 2 tortillas in paper towels and warm in the microwave for 20 seconds on high. Repeat with the remaining tortillas.

Scoop the drained black beans into a microwave-safe bowl. Warm on high in the microwave for 1 minute. Stir to make sure the beans are heated through. Mash the beans with a fork.

To serve, spread 1/4 cup of the black beans on 1 tortilla. Top with 1/4 cup lettuce, 1/4 cup of the tomato-cilantro mixture and 2 tablespoons cheese. Fold the sides and the bottom of the tortilla up over the filling, and then roll to close. Garnish with 1 tablespoon sour cream and 1 tablespoon salsa. Repeat with the remaining tortillas and serve immediately.

Nutritional analysis per serving

Serving size: 1 wrap

Calories 211

Total fat 7 g

Saturated fat 4 g

Trans fat 0 g

Monounsaturated fat 2 g

Cholesterol 20 mg

Sodium 422 mg

Total carbohydrate 26 g

Dietary fiber 13 g

Total sugars 2 g

Added sugars 0 g

Protein 11 g

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 or Aspirus Business Health-Rhineland Office at 715-361-5482**



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 Rhineland 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
Rhinelanders, WI 54501
(Northwest side of the building)

Aspirus SDR Clinic Line

715-365-9770

Aspirus Business Health-Rhinelanders Office

715-361-5482

