

# News from the School District Clinic

By Ashley Seiler, APNP

Aspirus Occupational Health/Primary Care

November 2016

## School Year Clinic Hours

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

**Hello and welcome to the November edition of the School District of Rhinelander Onsite Clinic Newsletter.** Finally after almost 6 months of working with you all, I have made it around to each of the individual schools in the district. Thank you all for your participation and feedback during the Communication Meetings with Kelli Jacobi. My plan is to use that feedback to continue to evolve and expand the services that we are able to offer from the on-site clinic. As we gear up for the upcoming holiday season, I've included some topics to start us off on the right track!

## American Diabetes Month

November is American Diabetes Month. Diabetes is one of the leading causes of disability and death in the United States. One in 11 Americans has diabetes – that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing Type 2 Diabetes.

If you are overweight, have high blood pressure or are age 45 or older you are at higher risk of developing Type 2 Diabetes. The good news is that making healthy changes can greatly lower your risk.

To help prevent Type 2 Diabetes:

- Watch your weight
- Eat healthy
- Get more physical activity

For more information, visit [healthfinder.gov](http://healthfinder.gov)

"Take Steps to Prevent Type 2 Diabetes" ([link](#)).

**Calculate Your Risk**  
**Type 2 Diabetes Risk Test**  
Click [here](#) for link to online test.

# Gearing Up for the Holidays

As we enter into November, the holidays are right around the corner. From Halloween candy to Thanksgiving feasts, to holiday parties, these last few months of the year can present a challenge to staying on track with diet and exercise. Despite the media's claim that the average American puts on 7-10 pounds between Thanksgiving and Christmas, several studies show that it is actually only one pound. However, the fact that many American adults never lose this additional pound is what adds up over time.

The key to success is mindfulness and moderation. It would be unrealistic to say that we won't indulge, but it helps to go in with a plan. Here are a few suggestions:

- Remember, the holiday season is not all about food. Next time you're at a holiday party, admire the decorations, enjoy the entertainment and focus on visiting with family and friends.
- Don't show up to a party hungry. It helps to have a light healthy snack beforehand.
- Once you're at the party, avoid going into "auto pilot" mode and sampling every dish. Take a survey of the spread and of the less healthy options, pick 2 or 3 you really want to try and for the rest of the meal, stick with healthier options. If you're worried about having healthier options to choose from, offer to bring a dish.
- Don't hang out next to the bar or the buffet table and keep your hands occupied. For example, holding a glass of water, seltzer, or low calorie beverage makes it harder to tote around extra appetizers. Plus when you get the urge to eat, you can take a drink or chew on some ice instead.
- Moderate consumption of alcohol. Alcoholic beverages tend to be loaded in calories and lower our inhibitions, which can lead to increased tendency to overindulge.
- Just because someone offers you food doesn't mean that you have to accept it.
- Remember to take time for yourself this holiday season. Ideally, take 20 minutes to devote to yourself each day, whether that be for some extra physical activity or downtime with a book, you deserve it!

## SuperTracker:



My foods. My fitness. My health.

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead.

<https://www.supertracker.usda.gov/default.aspx>

Here are some healthy recipe ideas to get you started:

# Bacon Sweet Potato Spinach Salad

Yield: 8-10 servings

## NOTES

- *Author suggests using a small amount of bacon fat to roast these sweet potatoes. You can also use olive oil, melted butter or your favorite oil.*
- *You can use fresh or frozen pomegranate arils (seeds). Just be sure if you use frozen to thaw them and blot off any additional moisture.*

## INGREDIENTS

2 pounds Sweet Potatoes (Garnet Yams), cleaned, skins left on, cut into 1" cubes

A pinch of Garlic Salt

A pinch of ground Cinnamon

A pinch of ground Ginger

A pinch of ground Black Pepper

A few tablespoons pure Maple Syrup

18-24 ounces Baby Spinach Leaves

12 ounces crumbled Bacon (author used uncured Pork Bacon in this recipe) set aside bacon grease

A few handfuls of Pomegranate Seeds (arils)

Grated Gruyère or your favorite cheese



## METHOD

Preheat oven to 400°F with rack in the center. Cook bacon until brown and crispy in a fry pan. Remove bacon from pan and drain on paper towels. Reserve bacon fat in a heat resistant container and set aside to cool a bit.

Toss sweet potato chunks with garlic salt, cinnamon, ginger, black pepper, maple syrup and some bacon grease. (A little bacon grease goes a long way, so add a small amount first and you can always add more. I use just enough oil to grease them until slightly glistening.) Spread sweet potatoes on a sheet pan in a single layer. Roast for about 35 minutes until cooked through and golden brown. Toss once with tongs about halfway through cooking time for even browning. Remove sweet potatoes from oven and let cool.

Salad assembly: Put baby spinach in a large bowl. Top with roasted sweet potatoes, bacon crumbles, Gruyère and pomegranate seeds. You can season with some more garlic salt and black pepper if desired. When ready to serve, toss salad with your favorite vinaigrette dressing or olive oil and balsamic vinegar.

# Brussel Sprouts with Feta & Pecans

Prep Time: 10 minutes

Cook Time: 15 minutes

Total time: 25 minutes

Yield: 8 servings

## INGREDIENTS

2 pounds Brussel Sprouts, cleaned, remove tough stem and slice into small pieces

Olive Oil

2 Shallots, diced

4 Garlic Cloves, diced

1 teaspoon Smoked Paprika

1 tablespoon Mustard Seed

A few pinches Sea Salt

A few pinches Black Pepper

A few pinches Ground Cinnamon

½ cup roasted pecans, chopped

Juice from 1 lemon (1 tablespoon)

2 ounces crumbled Feta Cheese, plus more for topping

Handful Dried Cranberries, Goji Berries or Raisins

## METHOD

Heat a large saucepan over medium heat with a good splash of olive oil, shallots and garlic. Soften them about a minute and add Brussel sprouts and 2 tablespoons of water. Toss sprouts with shallots and seasonings, there should be enough oil for them to glisten. If not, add more. Increase heat to medium high and cook for about 10 minutes until sprouts are sizzling, bright green and cooked through. Add lemon juice and another splash of water as needed. Stir mixture frequently.

Remove from heat; fold in nuts and some feta. Transfer to a serving platter and top with more nuts, feta cheese and dried cranberries, goji berries or raisins.

### Roasted Nuts

To roast nuts all you need to do is preheat the oven to 350°F. Arrange nuts on a baking pan in a single layer and bake for about 10 minutes until fragrant.





## Cheesy Bacon Spaghetti Squash Casserole

Yield: 6-8 servings

### INGREDIENTS

- 1 Spaghetti Squash (3-4 pounds) 1 about 3 cups cooked squash is needed
- Splash of Olive Oil
- A few pinches Garlic Salt
- A few pinches Black Pepper
- 8 ounces [Turkey Bacon](#) (or nitrate free Pork Bacon), cook according to package directions
- 1 large Egg, whisked
- 1 cup low fat Cottage cheese
- 1/8 teaspoon Nutmeg
- ½ cup Gruyère Cheese

### METHOD

#### Bake the Squash

- Preheat oven to 375°F with the rack in the middle. Put whole squash in a baking dish and bake until you can easily insert a paring knife, about 40 minutes to one hour. Remove squash from oven and let cool about 10 minutes.
- Cut it in half from tip to tip (long ways) and scoop out the seeds with a spoon. Scrape the sides of the squash with a fork until you have removed all the stringy spaghetti. Toss the strands in a bowl with some olive oil, garlic salt and pepper.

#### Casserole

- Preheat oven to 350°F with the rack in the middle. Prepare bacon according to package directions. In a medium bowl combine squash, cottage cheese, nutmeg and another pinch of pepper and garlic salt to taste if needed. Add the egg.
- In a 9 inch bake safe pie dish layer squash mixture, then a layer of the bacon, another layer of squash then bacon again. Top with Gruyère cheese and bake for about 25 minutes until cheese is bubbly and golden brown. If you want to crisp up the cheese a little more set the broil on low for a minute or two.

#### Notes

- Bake your squash before cutting into it and your life will be much easier!
- Use organic turkey bacon to keep things light. You can also use nitrate free pork bacon.
- Nutty and flavorful Gruyère cheese is great in this casserole, but feel free to use any cheese.

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



### **Location**

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

### **Aspirus SDR Clinic Line**

715-365-9770

