

News from the School District Clinic

By Ashley Seiler, APNP

Aspirus Business Health/Primary Care

November 2017

November is American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

Depending on your age, weight, and other factors, you may be 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
- Attend regular screening events such as the annual SDR biometric screening or your yearly preventative exam with your primary care provider.

For more information on what you can do to stay healthy, please visit us at the Aspirus School District of Rhinelander Clinic.

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!

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.

Recipe of the month:

Thanksgiving is right around the corner. Try this low carb substitute from *sheknows.com* for a twist on a traditional favorite!

Cranberry and walnut stuffing recipe

Yields 15 (1/2-cup) servings

Ingredients:

- 2 tablespoons salted butter
- 1-1/2 cups onion, chopped
- 2 cups celery, chopped
- 2 cups cranberries (fresh or defrosted if fresh-frozen)
- 1 cup walnut pieces
- 1-1/2 cups almond flour
- 1 pound ground pork
- 3 tablespoons lemon juice
- 2 teaspoons ground thyme
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon ground pepper, or to taste



Directions:

1. In a large skillet, melt the butter. Cook the celery and onion together until soft, about 10 minutes.
2. In a large bowl, mix the remaining ingredients, and add the celery and onion mixture.
3. Use the mixture to stuff the turkey, weighing the bird before roasting to calculate the correct cooking time. Roast as directed on the package.

Note: Generally, the amounts in these recipes will stuff a medium- to large-size turkey for a family gathering. As a rule of thumb, use a third to half the recipe to stuff a chicken or to roast separately in a pan to serve with pork. To roast separately from the turkey, butter a suitably sized baking pan, spoon the mixture in, and smooth the top. Bake at 350 degrees F for 45 to 60 minutes, until the top is crispy.

Per serving: 7.0 grams carbs, 2.8 grams fiber, 18 grams total fat, 26 milligrams cholesterol, 7 grams protein, 120 milligrams sodium, 216 calories

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.

Resources:

Healthfinder.gov National Health Observances:

- November—American Diabetes Month: <https://healthfinder.gov/NHO/NovemberToolkit.aspx>
- Recipe from sheknows.com: www.sheknows.com/food-and-recipes/articles/4806/low-carb-stuffings-for-thanksgiving-and-christmas



Location

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

Aspirus SDR Clinic Line

715-365-9770

