

# News from the School District Clinic

By Ashley Seiler, APNP  
Aspirus Business Health/

April 2018

## April is Alcohol Awareness Month

Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. This April, during Alcohol Awareness Month, the Aspirus School District of Rhinelander Clinic encourages you to educate yourself and your loved ones about the dangers of drinking too much.

According to the National Highway Traffic Safety Administration, there were approximately 24,000 convictions for drunken driving offenses in Wisconsin in 2015. Alcohol-related crashes killed 190 people in Wisconsin and injured nearly 2,900 in 2015. To spread the word and prevent alcohol abuse, the Aspirus School District of Rhinelander Clinic is joining other organizations across the country to honor Alcohol Awareness Month.

If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Limit the amount of alcohol you keep at home.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

### School Year Clinic Hours

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

**NATIONAL**

**1.9%**

report driving after  
drinking too much

**WISCONSIN**

**3.1%**

report driving after  
drinking too much

*Source: Behavioral Risk Factor Surveillance System (BRFSS), 2012.*

# Dose of Reality Week: April 22-28<sup>th</sup>



**DOSE OF REALITY**  
PREVENT PRESCRIPTION PAINKILLER ABUSE IN WISCONSIN.

In recent years, the rate of prescription painkiller overdoses has increased by 260% among young Wisconsinites ages 12-25 and four out of five heroin addicts start by abusing prescription pain killers. The Wisconsin Department of Justice, in conjunction with the Wisconsin Department of Health Services and partners across the State, is sharing a DOSE OF REALITY and working to prevent prescription painkiller abuse in Wisconsin. Their website offers resources for community members, including students, parents, educators and coaches to learn more. I would encourage you to visit the following website for additional information and resources: <https://doseofrealitywi.gov/>

April 28<sup>th</sup> is “Drug Take Back Day”. There are two locations registered in Rhinelander for this event:

#### **Oneida County Landfill**

April 28, 2018 Drug Take Back Day Event  
7450 County Highway K  
Rhinelander, WI 54501  
Hours: 10:00 am - 2:00 pm

#### **Rhinelander Police Department**

April 28, 2018 Drug Take Back Day Event  
201 N. Brown ST  
Rhinelander, WI 54501  
Hours: 10:00am-2:00pm

*“Together, we can learn more to help prevent opioid, narcotic, and prescription painkiller abuse and addiction”*

*—Wisconsin Department of Justice*

For additional information on finding other locations or how to dispose of medications safely, visit: <https://doseofrealitywi.gov/drug-takeback/>

If you are concerned about someone else’s drinking or drug use, offer to help. If you have questions or concerns about yourself a loved one, please contact the onsite clinic and we would be happy to assist with scheduling an appointment or making referrals as appropriate. As a reminder, Steve Kuhn provides counseling services in Rhinelander at no cost to you (see contact information, page 4).

#### Resources:

Healthfinder.gov: <https://healthfinder.gov/NHO/AprAnnounce.aspx>

Wisconsin Department of Justice: <https://doseofrealitywi.gov/>

Wisconsin Department of Transportation: <http://wisconsindot.gov/Pages/safety/education/drunk-drv/default.aspx>

# Advanced Care Planning

Advance care planning is a process of understanding, reflecting on and discussing future medical decisions. All persons age 18 and older should have an Advanced Directive in writing so that your wishes are outlined in the event that you become unable to make your own medical decisions. Advance care planning is one of the best gifts you can give to the people you love, and it starts with a conversation. Eighty-two percent of people say it's important to put their wishes in writing, yet just 23 percent have actually done it.

How to begin advance care planning?

- Reflect on your values.
- Choose a health care agent.
- Explore your goals for treatment.
- Complete a written advance directive.
- Remember to place a copy on file with your primary care provider.

To learn more, request your free copy of "Advance Care Planning: It's About the Conversation" or a free "Advance Care Planning Kit" by calling the Aspirus Customer Contact Center from 8 a.m. to 5:30 p.m. at 715.847.2380 or 800.847.4707.

The following is a link to an electronic copy of the [Advance Care Planning Kit](#).



# Recipe of the month:

## Chicken Bacon Ranch Casserole

“This easy casserole has chicken, broccoli, bacon, and cheddar in a creamy homemade ranch sauce. It is low carb, keto, gluten-free and kid approved! Your whole family will love it.”

Author: Taryn from “Joy Filled Eats” ([link](#))

Prep Time	Cook Time	Total Time
10 min	30 min	40 min

### Ingredients

- 1.5 lb. cooked chicken , cubed
- 1 lb. fresh broccoli , steamed and drained or frozen broccoli, thawed and drained
- 1 tbsp minced onion
- 1 tbsp parsley
- 1/2 tbsp garlic powder
- 1/2 tbsp dill
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 cup + 2 tbsp bacon crumbles
- 8 oz. cream cheese softened
- 4 oz. sour cream
- 4 oz. mayo
- 8 oz. shredded cheddar



### Instructions

1. Preheat oven to 350 if baking immediately. Or you can prep ahead and keep in the refrigerator for a day or two.
2. In a big bowl combine cream cheese, sour cream, mayo, and spices and mix thoroughly.
3. To the cream cheese mixture, you just made add the chicken, broccoli, 3/4 of the cheese, and the 1/4 cup bacon crumbles and mix well.
4. Dump into a 9x13 baking dish sprayed with cooking spray. Sprinkle remaining cheese and 2 tbsp bacon crumbles on top.
5. Bake until hot about 35 minutes.

## 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

