

# News from the School District Clinic

By Ashley Seiler, APNP

Aspirus Business Health/Primary Care

August 2017

## Summer Clinic Hours

Summer hours are in effect June 12th-August 18th:

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

Hello and welcome to the August edition of the Aspirus School District of Rhinelander Clinic newsletter. As our summer is winding down, I wanted to take this opportunity to welcome new employees to the district. If you haven't stopped by already, we'd love to have you come in to meet us. Myself or Christena Snyder, certified medical assistant will give you a tour of our on-site clinic as well as explain the services available to you and your dependent family members at no cost to you.

## 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**

I would also like to introduce everyone to Sharon Eichhorn a Nurse Practitioner that has joined our team. She will be providing coverage during times that I am out of the office. She is experienced in occupational health and urgent care and is a wonderful addition to our team! You will have the opportunity to meet her at the upcoming all staff in-service at the end of the month.

Please take note of the 2017-2018 School Year hours to be starting on August 21st. We look forward to helping to meet the health care needs of you and your family.

## Dates to remember:

- **Mobile Mammogram Unit to be on site Friday, August 25<sup>th</sup>!** 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 1<sup>st</sup>, 2017.**

# August is National Immunization Awareness Month!

We all need shots (also called vaccinations or immunizations) to help protect us from serious diseases. To help keep our community safe, the Aspirus School District of Rhinelander Clinic is proudly participating in National Immunization Awareness Month.

Shots can prevent serious diseases like the flu, measles, and pneumonia. It's important to know which shots you need and when to get them.

Everyone age 6 months and older should get a flu vaccine every year to help prevent the spread of influenza.



Many other shots work best when they are given at certain ages.

- If you have a child age 6 or younger, find out which shots your child needs.
- Find out which shots adults and teenagers need.
- Use this chart for adults to see if you are up to date on your shots [PDF – 156 KB].
- If you are pregnant, check out this recommended immunization schedule [PDF – 188 KB].

Did you know that you can look up your immunization record through the Wisconsin Immunization Registry (WIR)? To check what shots you are due for, use the following link to access the registry through the WI Department of Health and Human Services:

<https://www.dhs.wisconsin.gov/immunization/wir.htm>

Talk to your health care provider to make sure that everyone in your family gets the shots they need. Please watch for upcoming annual fall immunization clinic(s) to be held on campus in conjunction with the Oneida County Health Department or visit the Aspirus School District of Rhinelander onsite clinic for assistance in scheduling an immunization appointment.

# Recipe of the month:

A pressure cooker is a wonderful kitchen appliance for cooking quick and healthy meals. Consider purchasing a pressure cooker if you don't already have one. They can take the place of a crock pot for most recipes and cook meals in a fraction of the time! They are perfect for meal prepping and freezer cooking options on busy weeks this upcoming school year.

## Perfect Pressure Cooker Pot Roast

Recipe provided by Allrecipes.com ([link](#))

Prep	Cook	Ready In
15 min	45 min	1 hr

*Recipe By: MamaShea*

"I make this meal quite often it is so simple and so quick and always comes out perfect, if you love tender roast you must try this!"

### Ingredients

- 2 tablespoons vegetable oil
- 1 (3 pound) beef chuck roast
- 1 large onion, diced
- 1 (1 ounce) package dry Italian salad dressing mix
- 1 (1 ounce) package dry Ranch-style dressing mix
- 1 (1.2 ounce) package brown gravy mix
- 1 (14.5 ounce) can beef broth

### Directions

1. Heat oil in the pressure cooker over medium-high heat with the lid open. Brown the roast on all sides in the hot oil.
2. In a small cup or bowl, mix together the Italian salad dressing mix, Ranch dressing mix, and gravy mix. Sprinkle them evenly over the roast. Pour in the beef broth and add the chopped onion.
3. Seal and lock pressure cooker, and cook over high heat to build pressure until the indicator sounds (mine whistles). Turn heat down to medium, and cook for 45 minutes. Remove from heat and let stand for 5 minutes. Run under cold water to help release the pressure before unsealing the lid. You can use the juices as an au jus, or thicken with flour or cornstarch to make a yummy gravy.



## 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.

Image obtained from <https://www.limeade.com/content/uploads/2016/09/National-Immunization-Month.png>; accessed on August 9, 2017.



### **Location**

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

### **Aspirus SDR Clinic Line**

715-365-9770

