

News from the School District Clinic

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Aspirus Business Health/Primary Care

January 2018

Happy New Year!

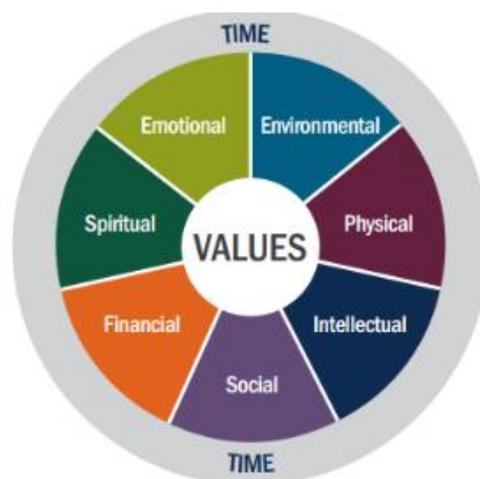
The staff at the Aspirus School District of Rhinelander clinic would like to wish you a happy and healthy new year. This is a good time to revisit last year's advice pertaining to your New Year's resolutions for 2018.

Finding the motivation to turn New Year's resolutions into lasting change can be challenging, especially since these good intentions can take a back burner when life gets busy. Research has found that realigning our reasons for motivation can help us stick with our goals long term.

Many people set a goal of losing weight in order to fit into a specific pair of jeans, for a special occasion coming up (weddings, vacations, etc...), or because their health care provider told them it would improve their health. And while these seem like perfectly legitimate goals, research has shown that finding other motivators for our goals besides weight and health helps us stick to them long term. Examples of these other types of motivators include:

- "running makes me more patient,"
- "weight lifting helps me clear my head," or
- "yoga is my time for me"

This made me think of my health coaching sessions and the wellness wheel handout that I like to refer to. There are so many areas of our life outside of physical health that tie into our own personal wellbeing. I would encourage you to take a moment to review the goals that you have set for yourself coming into this new year and aim to find motivators more related to your spiritual, emotional, and intellectual wellbeing in order to improve your chances of long term success.



School Year Clinic Hours

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

Cervical Health Awareness Month

January is Cervical Health Awareness Month, and the Aspirus School District of Rhinelander Clinic wants you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.

HPV (human papillomavirus) is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news?

- The HPV vaccine (shot) can prevent HPV.
- Cervical cancer can often be prevented with regular screening tests and follow-up care.

In honor of National Cervical Health Awareness Month, our providers encourage:

- Women to start getting regular cervical cancer screenings at age 21
- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12

Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you. Check with your insurance company to learn more.

Taking small steps can help keep you safe and healthy.

For more information or to schedule an appointment for review of your preventative screenings, please call the Aspirus School District of Rhinelander Clinic at 715.365.9770.

KEEP THOSE RESOLUTIONS!



WHETHER IT'S DIET, EXERCISE OR SOMETHING ELSE, FIND OUT HOW TO MAKE HEALTHY NEW YEAR'S RESOLUTIONS THAT YOU CAN STICK TO.

GO TO:

[ASPIRUS.ORG/RESOLUTIONS](https://www.aspirus.org/resolutions)

TO LISTEN TO OUR PODCAST WITH STACY BUSSIÈRE, FITNESS SUPERVISOR AT ASPIRUS KEWEENAW.



Insurance Cards

We would like to request that you remember to bring your insurance card with you to each appointment. With the start of the New Year we want to verify that we have the most up to date insurance information on file in your electronic health record. Thank you in advance for your cooperation and understanding of this request!

Recipe of the month:

Slow cooker tortilla chicken soup

Recipe by: Elena [Allrecipes.com](https://www.allrecipes.com)

Prep: 30 min | **Cook:** 8 hours | **Serves:** 8

From the author: "This tortilla chicken soup tastes delicious. And it's healthy too! Don't let the long list of ingredients fool you. All you do is chuck everything into the slow cooker and walk away. Garnish with grated Cheddar, avocado and a splash of fresh lime juice."

Ingredients

- 450g shredded, cooked chicken
- 1 (400g) tin whole tomatoes, mashed
- 1 (352g) jar enchilada sauce
- 1 medium onion, chopped
- 100g sliced jalapeno peppers in jar, drained and chopped
- 2 cloves garlic, minced
- 475ml water
- 400ml chicken stock
- 1 teaspoon cumin
- 1 teaspoon chilli powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bay leaf
- 280g frozen sweetcorn
- 1 tablespoon chopped coriander



Preparation method

Place chicken, tomatoes, enchilada sauce, onion, chilies and garlic into a slow cooker. Pour in water and chicken stock, and season with cumin, chili powder, salt, pepper and bay leaf. Stir in sweetcorn and coriander. Cover, and cook on Low setting for 6 to 8 hours or on High setting for 3 to 4 hours.

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.

References:

Healthfinder.gov. January—Cervical Health Awareness Month. Accessed January 10, 2018 from <https://healthfinder.gov/NHO/JanAnnounce.aspx>



Location

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

Aspirus SDR Clinic Line

715-365-9770

