

# News from the School District Clinic

By Ashley Seiler, APNP

Aspirus Business Health/Primary Care

October 2017

## National Breast Cancer Awareness Month

The month of October is National Breast Cancer Awareness Month. Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early.

If you are a woman age 40 to 49, talk with your health care provider about when to start getting mammograms and how often to get them.

If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a health care provider about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your health care provider can help you decide when and how often to get mammograms.

To schedule your annual screening mammogram, please call the Aspirus Rhinelander Clinic at 715-361-5480.

Also, if you are interested in attending one of the upcoming Aspiring Women Girls' Nights Out, please visit the following link: <https://aspirus.shghealth.com/events/>



## Welcome Sharon!

Please join us in extending a warm welcome to Sharon Eichhorn, NP. Sharon will be helping to cover at the school clinic during times that I am out of the office. She is a board certified family nurse practitioner who is experienced in Occupational health and Family Practice in the urgent care setting. She is looking forward to meeting you and your families.

# Flu Shots!

In partnership with the Oneida County Health Department, the School District of Rhinelanders is offering the following Community Mass Flu Clinic dates:

## Thursday, October 19, 2017 (RHS Commons/Cafeteria)

- Community Mass Clinic @ RHS from 3:30 P.M.- 7:30 P.M. (Staff/retirees welcomed too)

## Monday, October 23, 2017 (JWMS Chorus Room)

- SDR staff/retiree flu clinic @ JWMS 9:00-11:00 A.M.
- Community Mass Clinic @ RHS from 11:00 A.M.- 4:00 P.M. (Staff/retirees welcomed too)



*School District of Rhinelanders Staff may also go to the Oneida County Health Department and “walk in” anytime between 8:30 A.M. AND 4:00 P.M. daily starting Monday, September 11th through the end of October.*

If you miss the above scheduled dates, we do have flu vaccines available at the school clinic and can bill them through your health insurance.

There have been positive cases of influenza identified in the past several weeks. I would encourage all eligible staff to get your flu vaccine along with dependent children and spouses. As a reminder, please check the status of all vaccinations regularly with your primary care provider. Receiving your flu shot and being up to date on recommended vaccines such as Tdap (tetanus + pertussis booster) can help prevent the spread of contagious infections such as influenza and whooping cough. Not only can you protect yourself, but also your community!

# World Mental Health Day

Tuesday October 10, 2017 is designated as World Mental Health Day. This year’s theme is *Mental Health in the Workplace*. Because such a large portion of our lives is spent at work, our experiences while in the work environment have a significant impact on our overall wellbeing and productivity. Depression and anxiety disorders are common and are estimated to cost the global economy over \$1 trillion annually in lost productivity. If you are interested in additional information on the topic, please take a moment to review this article from U.S. News : [World Mental Health Day Focuses on Feeling Good at Work](#)

We at the Aspirus School District of Rhinelanders Clinic are here to support you and your family with your mental health needs. Please remember that Aspirus Licensed Professional Counselor, Steve Kuhn, provides counseling services in Rhinelanders at no cost to you. For help with stress, depression, and anxiety. Call 800.236.4457 today to schedule your appointment.

# Recipe of the month:

## Roasted Salmon with Sherry Vinaigrette

### Ingredients:

1 1/4 pounds boneless, skin-on salmon fillet  
Salt and black pepper to taste  
1 tablespoon olive oil  
1/3 cup finely chopped shallots  
1 teaspoon sugar  
3 1/2 tablespoons sherry vinegar  
1/3 cup walnut oil (or extra-virgin olive oil)  
1/2 cup walnut halves, toasted, chopped

### Preparation

Preheat oven to 375 F and put a 13x9-inch shallow flameproof roasting pan (not glass) in oven until hot.

Place salmon skin-side down on a cutting board and cut into four equally sized pieces. Sprinkle with salt and pepper. Remove hot pan from oven and place salmon, skin side down, in roasting pan and roast until salmon is just cooked through and flakes easily when pressed with the back of a fork. Do not overcook or the salmon will be dry.

Meanwhile, heat olive oil in a small skillet over medium heat and cook shallots, stirring often, until soft and golden, about 2 minutes. Add sugar and cook, stirring, until sugar is dissolved. Add vinegar and more salt and pepper and cook, stirring, for 1 minute. Transfer to a bowl, then whisk in walnut oil until combined. Stir in walnuts.

Transfer salmon to serving plates and drizzle with vinaigrette. Serve with sugar snap peas or asparagus.

### Nutritional Info:

4 oz

**Amount per serving:** 450 calories / 31 g protein / 32 g fat / 5 g saturated fat / 2.5 g fiber / 79 mg sodium



## 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:

- October—National Breast Cancer Awareness Month: <https://healthfinder.gov/NHO/OctoberToolkit.aspx>
- Recipe from Aspirus Aspiring Women Website: <https://aspirus.shghealth.com/article/roasted-salmon-walnut-sherry-vinaigrette/>



### **Location**

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

### **Aspirus SDR Clinic Line**

715-365-9770

