

News from the School District Clinic

By Ashley Seiler, APNP

Aspirus Business Health/Primary Care

September 2017

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**

Hello and welcome to the September edition of the Aspirus School District of Rhinelander Clinic newsletter. The deadline for final health coaching sessions was Friday, September 1st. I enjoyed meeting with those of you who chose to participate in the insurance incentive program. There truly was some great progress made since last year. I am hoping that your healthy lifestyle changes became habits over the summer so that it will be easier to continue them throughout the 2017-18 school year. We are now about 6

months out from the next biometric screening event—so, now is a great time to work more diligently on your health goals so that you will be able to see the impact on your screening numbers!

September is National Childhood Obesity Awareness Month

One in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, the Aspirus School District of Rhinelander Clinic encourages your family to make healthy changes together.



- Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.
- Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight.

- Try these healthy snacks for kids: <http://1.usa.gov/WKA2wC>

Fruits & Veggies – More Matters



Most people know that eating fruits and vegetables is important for good health, but most of us still aren't getting enough.

Eating a healthy diet with plenty of vegetables and fruits can help you:

- Lower your risk for heart disease and some types of cancer.
- Maintain or reach a healthy weight.
- Keep your body strong and active.

Here are some ideas to help you and your family fit more fruits and vegetables into your day:

- Keep a bowl of fruit handy where the whole family can see it.
- Cut up fruits and veggies ahead of time so they're ready for quick, healthy snacks.
- Challenge your family to try a new veggie or fruit every week.

Remember, eating more fruits and veggies can be fun – and it's worth it!

Recipe of the month:

Consider including your children in shopping and meal preparation. The following is an easy recipe that you could make with your child!

Fruit Salad in Seconds

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

Prep	Ready In
10 min	10 min

Recipe By: CATHY BYRON

"Caught in a pinch for a salad when unexpected company showed up at mealtime, I improvised with this combination. Instantly it became one of my family's favorites. Best of all, it is quick and easy. You can use lemon yogurt instead of strawberry, if you wish."



Ingredients

- 1 pint fresh strawberries, sliced
- 1 pound seedless green grapes, halved
- 3 bananas, peeled and sliced
- 1 (8 ounce) container strawberry yogurt

Directions

1. In a large bowl, toss together strawberries, grapes, bananas, and strawberry yogurt. Serve immediately.

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:

- September—National Childhood Obesity Awareness Month. Sponsor: American College of Sports Medicine
- September—Fruits & Veggies – More Matters Month. Sponsor: Produce for Better Health Foundation



Location

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

Aspirus SDR Clinic Line

715-365-9770

