

The Wave

October 2017



Ashland - Balsam Lake - Hayward - Iron River - Minong - Turtle Lake - Washburn

PG2

Tips and Tricks for Staying Healthy During the School Year.

...NorthLakes Flu clinics will begin in October. Make an appointment or check to the left for flu clinic times by location.

FURTHER READING

Information from the CDC on the 2017/18 flu season. [\(click here\)](#)

PG3

How Important is Sleep for a Child?

...turns out it's pretty important!

FURTHER READING

How Much Sleep Does your School Aged Child Need? [\(click here\)](#)

PG4

NorthLakes School Based Dental Services

Did you enroll your child in our Seal-A-Smile program? What to expect, and more!

FURTHER VIEWING

Watch the Wisconsin Seal-A-Smile video, produced by Children's Health Alliance of Wisconsin (CHAW). [\(click here\)](#)



Flu Clinic

No Appointment Needed at our Hayward, Minong and Iron River Clinics

- Iron River Clinic **October 12th**
9am-4pm
- Hayward Clinic **Oct 17 & 19, Nov 16**
4pm-7pm
- Minong Clinic **Walk ins are welcome**
at anytime

Appointments also Available
Call: 888.834.4551

We accept all insurances including; Medicaid/MA & Commercial Insurance. We also offer a sliding fee scale for qualifying patients.



Now Available! Digital Check-In with Electronic Forms on an iPad

NorthLakes Community Clinic is offering a quicker check-in experience and less paperwork with the new Visual Signature Capture Software. At check in, you'll receive an iPad to complete any needed forms for your appointment. Our staff will assist you in any way! Since testing the program in our Hayward Medical Clinic, staff along with patients have been highly satisfied, rating their experience at 4 out of 5 stars. Expect all locations to have this feature within the next year, with the exception of dental, which will be offered in the future.



call: 888.834.4551 -or- visit: northlakesclinic.org



Staying Healthy at School & at Home

By: Kiana Abel (proofread by Dr. Deborah Dryer, Chief Medical Officer)
Marketing & Communications Specialist

Welcome to another school year! Or better said, welcome to another year of discovering illnesses like strep throat, influenza, stomach flu, hand foot mouth.... okay, I'll stop there. How do parents go about keeping their child healthy in the petri dish of scholastic learning? Here are some tips on keeping your little one(s) strong and healthy through this year's cold and flu season.

First, avoid infection (like the plague) by washing hands with soap and water to help reduce the spread of cold and flu. Second, let's boost those immune systems. How do we do that? It's a multi pronged approach that starts with immunizing. Immunizing is the single most preventive measure one can take in avoiding dangerous viruses (like the flu). Second is providing a healthy diet. Keep everyone in the family healthy by eating a balanced mix of some protein, some carbohydrates and plenty of fruits and vegetables. Third, manage your child's schedule so they have the opportunity for good quality sleep, every night. Quality sleep is very important for a healthy child! Check out Page 3's article written by NorthLakes Occupational Therapist Angie Schoepach on the importance of sleep – for healthy bodies and beyond. And last, plan for lots of physical activity when you are at home together. The Department of Health and Human Services says that children age 6 and older need at least one

hour of physical activity per day. Noting that most of the hour should be either moderate or vigorous aerobic activity.

So, you've followed all the preventive measures, and **still** someone in the family catches a cold. Unfortunately, you cannot give an antibiotic to make the cold go away, but you can help manage symptoms and support the immune system in doing its job.

Headache, body aches and fever in older infants and children can be treated at home with acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). Be sure to check with a professional on the proper dosing and how often the medicine can be given. Fever is a sign that the immune system is working hard, however if a fever lasts longer than 2-3 days and it's greater than 100.4 degrees, you should consider taking your child in to the primary care provider. And for ANY fever in a baby 2 months or less, you should always see your primary care provider. We often get questions about over the counter medications to help with symptoms in children. The FDA recommends avoiding over the counter cough and cold medications for children less than 4 years old and many experts say avoiding these medications for children up to 6 years old is ideal.

If your child isn't feeling well, keep them home from school. During that stay at home, be sure to provide your little one with plenty of rest and fluids. They may not feel like eating much, and it's okay to eat a little less for a day or two; just make sure they are drinking enough fluids to stay well hydrated.

So that's it! Wash hands, get your shots, make good food, quality sleep and exercise a priority, and if someone does get sick, stay home to rest and get better. With these practices, hopefully we can all thrive in a healthy community this cold and flu season.

Collaborating with Families for Pediatric & Adolescent Health & Wellness

Dr. Anna
Pediatric Nurse Practitioner

Pediatric Care
from birth to 21 years old

Ashland Downtown Clinic - 300 W Main Street
call: 888.834.4551 -or- visit: northlakesclinic.org



Check Out
Dr. Anna's YouTube Video

Asthma

Behavior Concerns

Autism

Walk-In Care

Confidential STD Testing

Early Childhood Development

Nutrition

LGBT+ Informed

ADHD

Now offering QBTech/QBTest

Mental Health

Now offering GeneSite Testing

Sleep Recommendations for School Aged Children



By: Angela Schoeppach, OTR/L
Therapy Director - Ashland

Sleep plays an important role in physical health and brain function. After a quality night sleep, one will feel more energized - but also the brain and body go through vital healing and housekeeping processes. Research has shown that during sleep the brain clears out toxins, consolidates memories, makes creative connections, and transfers short-term memories for motor tasks to long-term memory aiding in the process of making a physical task (such as swinging a tennis racket) more automatic. Sleep is also a time when the body has a chance to boost the immune system, release hormones to promote normal growth in children and adolescents, and repair cells, tissues, and organs.

Sleep helps the brain work properly. Without adequate (length and quality) sleep, brain function is greatly impacted. Children can show difficulty in areas of; learning new information, attendance, problem solving, decision making, controlling emotions and coping with change. Sleep deficiency can also cause or enhance mood swings, impulsivity, and risk-taking behaviors. Research has also found links between sleep deficiency and obesity, heart disease, and diabetes. Did you know that losing just 1-2 hours of sleep a night can impair brain state and health?

Throughout the school day children are confronted with new challenging situations, and

they are asked to making lots of choices. This learning environment helps a child develop new motor skills, and expand problem solving skills. Without a rested and healthy brain these challenges and daily tasks might be too much of a demand and might result in failure, frustration, high levels of stress, and low self-esteem.

Sleep is a powerful way to help a child function better at school.

Prepare the night before with a good bedtime routine, make that time consistent, and help them prepare for a full night of quality sleep. If your child does not feel rested in the morning, wakes during the night, or shows signs of a sleep disorder (like snoring) then he or she is not getting quality sleep.

Here are some strategies to improve sleep. Different strategies work for different individuals.

- Be consistent with bed and wake times through the week (even on weekends)
- Establish a bedtime routine and stick to it
- Remove electronics from the bedroom
- Set limits of no screen time within one hour of bed
- Avoid caffeine and large meals before bedtime
- Make the bedroom a quiet, dark, and calming environment
- Keep the bedroom temperature cool
- Physical activity during the day, aids in falling asleep at night
- Avoid stressful, suspenseful, or scary books, movies, or shows before bed
- Try a warm or hot bath within 1-2 hours of bedtime
- Massage can calm the body
- Layers, weighted blankets or a Lycra bed wrap can provide deep pressure input which aids in calming the body and brain
- Respiration activities like deep breathing also provide a calming effect
- Use music, but do not play through the night. It is important that the auditory (hearing) system has a break during the night.

How Much Sleep Does My Child Need Every Night?

Age	Hours of Sleep per Day
0-3 Months	14-17 Hours
4-12 Months	12-15 Hours (including naps)
1-2 Years	11-14 Hours (including naps)
3-5 Years	10-13 Hours (including naps)
6-12 Years	9-11 Hours
13-18 Years	8-10 Hours
Adults	7-9 Hours

Information taken from the following websites:
The Center for Disease Control and Prevention & The National Sleep Foundation.

Thank You!

A huge thank you to Kathryn Grafsgaard and Dave Olson who donated generously to NorthLakes Community Clinic's Occupational and Speech Therapy Programs. Thank you!



NorthLakes School Based Dental Services

Seal-A-Smile

Do you have a school aged child who received a NorthLakes Community Clinic Seal-A-Smile permission form at the beginning of the school year? If you choose to enroll your child, what will your child receive?

3 Dental Visits at School

Every Child is Eligible

 regardless of insurance status

Dental Education & Supplies

 generally a toothbrush & toothpaste

Fluoride Varnish & Dental Sealants

 sealants and fluoride can work together to prevent tooth decay

Oral Health Assessment by a Licensed Dental Professional

 you receive an easy to read report listing services provided and recommended further action if needed

find the form on-line
sealasmile.wisconsin.gov/Consent



115

Number of schools that are serviced by NorthLakes Superior Smiles program for the 2017/18 school year.

10

Number of county WIC departments serviced by NorthLakes Superior Smiles program in 2017.

18

Number of Head Start programs serviced. NorthLakes will be expanding this year into Early Head Start and Daycares.

9000

Kids seen during the 2016/17 school year.

Superior Smiles is one of the largest Seal-A-Smile programs geographically in Wisconsin!