

# The Wave

June 2018

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

## northlakes COMMUNITY CLINIC

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3 Celebrate the Month with Salad.

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### A note from our CEO...

**Reba Rice**  
CEO, NorthLakes Community Clinic



After a long winter it's such a relief to have the colors come back into our beautiful north woods home! For NorthLakes, anytime there is not snow on the ground: we're renovating and building. This year is no exception and we're very pleased to be expanding in several communities. And we're grateful to all of YOU - our loyal friends - for your ongoing support and patience with us as we undertake another season of knocking down walls, literally and figuratively, to provide better health care to you and your family.

One exciting piece of news is

that, this June, we will expand services to our 8th community! We are honored to be taking over the Birchwood dental practice of a long-time colleague and partner, Dr. Gene Roush, who is retiring after many years of service. Congratulations, Dr. Roush! And we look forward to meeting our new Birchwood neighbors in the very near future! You can read more about our building projects and relocations, on page 6, in this edition of The Wave.

Enjoy!



call: 888.834.4551 -or- visit: [northlakesclinic.org](http://northlakesclinic.org)



## What reading adventures will you take your child on this summer?



**By: Jennie Zelenak, MS, CCC-SLP**  
Speech Language Pathologist

While kids are off school for summer vacation, parents can continue to foster language development, expand vocabulary learning and listening comprehension through storybook reading at home. No matter how young the child, storybook reading is an important piece to build into daily routine. If a child is below age level to begin reading, parents can foster pre-literacy skills: following words across the page, reading left to right, and turning pages, which can assist the child in becoming a stronger reader later on. By consistently reading to your children every day, they will begin to learn to concentrate and sitting still for longer periods of time, which may assist in their ability to attend to structured tasks at school later on. Through storybook reading, parents can expose their children to a variety of vocabulary not typically used in day-to-day conversation, assisting in diverse expansion and knowledge of language.

Reading with your child provides opportunities for entertainment and learning, opening the mind to new places and ideas. Storybooks provide opportunity for question asking, creating an avenue for discussion and greater learning. Children are able to make predictions about what might happen next in the story and through this engagement; they develop their imagination as well as grow in creativity.

When children delve into a story, they can also develop emotional skills of empathy - to feel what the characters in a story are feeling - and begin to understand or relate to them. Storybook reading at home with your child can help foster a positive relationship with reading as well as provide quality bonding time between parent and child.

## NorthLakes Encourages Childhood Literacy

### PROGRAMS

#### Reach Out & Read Read Aloud with Your Kids

These programs promote childhood literacy for children and their families by giving a book to each child that comes in for a medical appointment.



Dr. Anna & Lisa, MA celebrate giving away their 1000th book.

### EVENTS

#### Ride for Reading

In May, a group of NorthLakes staff rode hundreds of books to a local elementary school. The kids took an oath and promised to read the book twice, and to never throw it away.



Ride for Reading event in Ashland, WI

### VOLUNTEERING

#### Our Dedicated Employees

Our staff are dedicated to their communities! Many of our staff volunteer with children and many serve on boards that help to advance our children's education.



Dr. Kelley volunteering by reading with children at local schools.

## NEW Mental Health Therapist

Licensed marriage & family therapist now serving the Hayward & Minong Areas.

call NorthLakes **888.834.4551**

We accept all insurances including; Medicaid & Private Insurance. We also offer a sliding fee scale for qualifying patients. Ask us about it!



**Faye Wallus**  
Psychotherapist

Hayward & Minong Clinics  
call 888.834.4551

## Celebrate the Month of June ... with Salad



**By: Sarah Tarkington**  
Health & Wellness Manager

**M**ay is (*actually*) National Salad Month, but let's be honest, here in the north woods our June is really like May, so let's all agree to shift "Salad Month" to June. Now that we have that settled, it's time to take notice and enjoy some seasonal trends; rising temps, longer days, barer skin, lighter dining and more fresh seasonal foods on our plates!

Some of the first seasonal delights of our region are making an appearance and all of them make great salad additions! Items including; micro greens, fresh spinach, chives, asparagus - and eggs! If you keep chickens (or know someone who does) you may have noticed that egg production picks up steam as the days lengthen. Did you know that eggs are a seasonal food? Chickens lay best when they are able to get 14-16

hours of daylight - their seasonal pick up is why chicken eggs are a celebrated part of many Spring holidays and traditions.

What else can make a unique salad? Take a walk on the wild side and add wild greens for a big nutritional boost. Dandelion greens add a bitter, peppery snap to salad and are also delicious slightly sautéed in butter. Or grab a handful of violets (the leaves or blossoms!) and dress up your dish. Have you ever foraged for wild leeks (also known as ramps)? They are a lovely substitute for garlic or onion in any dish. Just make sure when foraging to steer clear of animal urine or fecal matter and places where chemicals may be sprayed. Also make sure you know the plant you intend to eat - you don't want to get sick from eating a poisonous look-a-like.

To properly honor salad month & spring eating, look below for a delicious recipe for a simple spring salad with bold flavor and big nutrition.

## A SIMPLE SPRING SALAD WITH BOLD FLAVOR & BIG NUTRITION

**Prep:** 10 Minutes **Total Time:** 30 Minutes **Yield:** 4-6 Servings

### Spinach Salad with Homemade Vinaigrette

#### Dressing:

1 clove of garlic (or use green garlic)  
1/2 tsp kosher salt  
2 Tbsp red wine vinegar  
1 Tbsp Dijon style mustard  
3 Tbsp extra-virgin olive oil  
freshly ground pepper to taste

#### Salad:

Fresh Spinach, torn into bite size pieces  
4 eggs, hard boiled, peeled and chopped  
optional: fresh garden chives, chopped  
optional: 1oz of your favorite nut (try sunflower seeds)



### Directions

**For the dressing:** Smash garlic clove with the broad side of a knife and remove its papery exterior. Chop the garlic finely. Sprinkle salt in with the garlic mixture and smash with a broad side of a knife, until you have formed a paste. Scrape into a medium bowl. Stir in vinegar and Dijon with a fork or a whisk. Gradually stir or whisk in oil. Season with pepper. **For the Salad:** Combine spinach, chives and nuts (optional) with cooled eggs into a large salad bowl. Pour dressing over the salad mixture and toss to combine.



## NorthLakes Community Clinic's School Based Services

### 2017/2018 School Year Wrap-Up



#### Superior Smiles

NorthLakes Superior Smiles partners with the Wisconsin Seal-A-Smile program to provide preventive dental services to children in Head Starts plus both Public and Private Schools throughout Northwestern Wisconsin.

# 11,259

Number of students that were seen by NorthLakes Superior Smiles program for the '17/'18 school year.

# 14

Number of counties that the NorthLakes Superior Smiles Program services in Northern Wisconsin.

# 137

Number of Public Schools, Private Schools & Head Start Programs Superior Smiles serviced in '17/'18.

# 2364

The amount of children seen that were sent home with a dental referral. 87% of those families sought care from a Dentist, due to our staff follow up.



#### School Based Counseling

The number of schools that NorthLakes Community Clinic provides school based behavioral health counseling.

# 9

*One of the largest benefits I have seen from school based behavioral health services, aside from removing the transportation and work absence barrier, is that the clients can take what they learned in session and immediately implement it into their day.*

*-Jes Springer, Psychotherapist & School Based Behavioral Health Manager*



Taking children to appointments multiple times a year can be costly & burdensome on the family.

*"If we didn't meet at school, I probably would never get to meet. My mom can't take any more time off from work."*



The children love to see our therapy dog, Khloe.

*"Yay! Khloe is here. I've been looking forward to seeing her all day."*

## NEW Mental Health Therapist

Licensed professional counselor now serving the Hayward & Minong areas.

call NorthLakes **888.834.4551**

*We accept all insurances including; Medicaid & Private Insurance. We also offer a sliding fee scale for qualifying patients. Ask us about it!*



**Melinda Johnson**  
Psychotherapist

Hayward & Minong Clinics  
call 888.834.4551

## JUNE

### Upcoming

# EVENTS

for a full list, please visit [northlakesclinic.org/upcoming-events/](http://northlakesclinic.org/upcoming-events/)

## JULY

**18th**  
**5:30pm** Meet & Greet // Ashland  
Chequamegon Food Co-Op  
*Meet chiropractor Erick Anderson and learn about upper cervical chiropractic care - also known as NUCCA.*

**19th**  
**5:30pm** Meet & Greet // Ashland  
Chequamegon Food Co-Op  
*Learn more about the essentials and benefits of chiropractic care.*

**21st**  
**10am** Farm Market // Hayward  
NorthLakes Hayward Clinic

**30th**  
**8am** 3rd Annual Run/Walk 5K // Minong  
Start @ NorthLakes Clinic in Minong  
*This event is free! As part of the Minong Summer Days celebration, NorthLakes is hosting a free run/walk 5K. Registration is required.*

**30th**  
**noon** Minong Summer Days Parade  
Look for NorthLakes in the Parade!  
*This year's theme is "Salute to the Military".*



June is Pride Month  
Celebrate Diversity with Pride Month  
*Cities across the country will host parades, festivals and other events for LGBT+ communities.*

All Clinics Closed  
Happy Independence Day! **4th**  
all day

Farm Market // Hayward  
NorthLakes Hayward Clinic **5th**  
10-2pm

Farm Market // Hayward  
NorthLakes Hayward Clinic **19th**  
10-2pm

Blueberry Festival // Iron River  
Look for us in the Parade! **29th**  
10am

## NEW Mental Health Therapist

Licensed professional counselor now serving the Iron River community.

call NorthLakes **715.372.5001**

We accept all insurances including; Medicaid & Private Insurance. We also offer a sliding fee scale for qualifying patients. Ask us about it!



**Jennifer Hodgson**  
Psychotherapist

Iron River Clinic  
7665 US Hwy 2

## clinic updates

### Ashland

Ashland has welcomed a chiropractor to its team and added a second dentist. Both are seeing patients at our Ashland Children's Clinic. Our Ashland Downtown Clinic will be expanding into the building next door at the end of the year. Renovations are in progress and are on-time for completion for January 2019.

### Birchwood

Introducing, Birchwood - our newest location! The clinic is currently a dental clinic run by Dr. Gene Roush, DDS who has retired and passed the business to NorthLakes in order to continue serving the community. The clinic is located on Main Street in beautiful Birchwood, WI situated in Washburn County. It is approximately 28 miles south of Hayward, WI and 53 miles northeast of Turtle Lake, WI.

### Hayward

Hayward has completed phase 1 of 3 phases in our move to the clinic on Rivers Edge Drive. We have big plans for this new location and will be feeling very settled once all of our phases of the move are complete and all services are in one location. Dental services will be moving next, expect phase 2 to be complete this Fall!

### Iron River

Iron River has added a new dentist and a full time mental health provider. We are excited to be walking in the Blueberry Festival Parade July 29th. Look out for our booth at the Bayfield County Fair between August 9th-12th. Also we will be hosting a community appreciation event the evening of August 16th - mark your calendars!

### Minong

Our Minong Clinic welcomed two new mental health providers, expanding behavioral health services to the area. Additionally, the staff have a full summer of events planned for the community. The Minong clinic will be hosting the 3rd Annual (free) Run/Walk 5K in June and will take part in the Minong Summer Days Parade. We look forward to seeing you there!

### Turtle Lake

Turtle Lake dental and mental health will soon have a new location and will have all services under one roof. The expansion will give our team more space to operate and will help in serving the community with added access to dental and mental health care. We hope to have all services up and running in the new building in the Fall of 2018.

### Washburn

In May our two Washburn Clinics combined into one location. Our providers are now seeing patients at our 101 Thompson Road location. We currently have 5 Mental Health Therapists and a Resource Coordinator (plus support staff) all working under one roof. The Washburn team will be hosting an aid station at the Superior Vista Bike tour June 23rd. We hope to see you there!

## Meet our NEW Dentist

*General family dentistry for the whole community.*

call NorthLakes **715.372.5001**

*We accept all insurances including; Medicaid & Private Insurance. We also offer a sliding fee scale for qualifying patients. Ask us about it!*



**Heidi Roberts**  
Dentist

**Iron River Clinic**  
7665 US Hwy 2

## northlakes COMMUNITY CLINIC In the Community



NorthLakes staff promoting the importance of becoming a foster parent in May.



Our Turtle Lake staff and families participating in the Polk County Suicide Awareness Walk.



We love to volunteer. Because we have SO MUCH FUN - promoting great organizations and events in our communities.

A few shots from the National Ride for Reading event that our Ashland crew participated in, in May. Our staff rode hundreds of donated books in backpacks and on bikes to an area elementary school - where EVERY child at school that day received a free book. The children did have to take an oath and promise to; read their book twice, and to never, ever, ever throw their book away.

## Meet our NEW Chiropractor

Board certified doctor of chiropractic care in Ashland, WI.

call NorthLakes **715.685.2200**

We accept most insurances including; Medicaid & Private Insurance. We also offer a sliding fee scale for qualifying patients. Ask us about it!



**Chris Gilbaugh**  
Chiropractor

Ashland Children's Clinic  
719 Main Street East