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2019 Kindergarten Readiness Groups Begin Enrollment

By: Angela Schoeppach, OTR/L

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February 2019**NorthLakes**
COMMUNITY CLINIC

Our Growth Has a Formula

Reba Rice

CEO, NorthLakes Community Clinic



"You guys are growing so fast!" I can't tell you how many times I have heard that over the past ten years. Sometimes, it is a compliment: people are inspired or grateful or impressed with the way we see a need and respond to it. However, in other cases it can be something on the spectrum between uncertainty and downright criticism. And you know what, we get it! We really do understand that sometimes it's not at all apparent that we are thoughtful and strategic in our decisions.

But it's important for our communities to know that we take our work very seriously and that we understand that growth is not a goal; it's just a means to an end. The goal is always the improved health of our communities. So, as we expand yet again this year, I wanted to just take a minute to outline how we decide whether or not to expand. Our clinical and administrative leadership team takes a step by step approach, asking ourselves a LOT of questions. And we take every one of these steps, even when we move very quickly! We never leave any of them out. Any time we run into a definite NO, we stop.

1. We ask ourselves BIG QUESTIONS.

Does this expansion align with our mission, vision, values and strategic goals? Do we have or can we build capacity to take this on? Can we honor the commitments we've already made if we commit to a new project?

2. We talk to the COMMUNITY in question.

We ask, what is the specific need? Do you want us here? What available services/providers and local resources are already here?

3. We put together a BUNCH OF DATA.

For example, what are the local poverty rates and demographics? How does the financial analysis look?

4. Because our patients govern our Health Center, they are the final authority.

We talk to our PATIENT-LED BOARD OF DIRECTORS. Present a proposal with all the analysis, invite discussion and request insights, get the final "Go" or "No Go" from them.

Truly, we are GRATEFUL that folks may have questions about why or how we grow! We understand and appreciate your concern for us and for the health of our friends, families and neighbors. It's an honor to serve such vibrant, engaged and resourceful communities! Please feel free to reach out any time if you have questions, comments, concerns or ideas.

Onward!

call: 888.834.4551 -or- visit: nlccwi.org



Services by Location

1 - Ashland Two Clinic Locations 	7 - Minong
2 - Balsam Lake 	8 - Oconto
3 - Birchwood 	9 - Park Falls
4 - Hayward Two Clinic Locations 	10 - Turtle Lake
5 - Iron River 	11 - Washburn
6 - Lakewood 	12 - White Lake

Kindergarten Readiness Groups Offered at Ashland Downtown Clinic

By: Angela Schoeppach, OTR/L
Therapies Director



NorthLakes Community Clinic - Ashland Downtown Therapies Department is gearing up for another summer of kindergarten Readiness groups. Kindergarten is a time for children to build foundation skills for higher learning and life. A time to expand upon fine motor, gross motor, social, and play skills.

Transition into kindergarten can be a large change for children even if a child has attended a 4K or early intervention program. Delays with motor, speech, or social skills can make this transition even more challenging for a child.

Our Ashland Downtown Clinic will be offering two types of Kindergarten Readiness Groups during the summer of 2019.

The motor group will be facilitated by occupational therapy with an emphasis on fine and gross motor skill development including balance, coordination, and strength. Following routines and directions, turn taking, and sharing are naturally built into the motor group structure.

The social and regulation group will be facilitated by occupational and speech therapy. This group will have a more deliberate focus on social interaction and group skills (i.e. waiting, attending, and routine following) in addition to language development and self-regulation.

The structure for both groups includes a greeting and good-bye routine, peer interaction, and fluctuation between seated and movement tasks. The overall goal of these groups is to assist in preparing participants for entering kindergarten and being part of a larger group setting.

Participants need to be entering kindergarten in the fall of 2019 and demonstrate challenges with motor skills, social interaction, or self-regulation. Priority will be given to current patients of the Occupational and Speech Therapy Department at NorthLakes Community Clinic. Children not currently receiving occupational or speech therapy at NorthLakes Community Clinic will need a referral from the child's primary care provider and an evaluation at NorthLakes to determine appropriateness. *Please call our Therapies Program Coordinator, Alaina Archer (888) 834-4551 extension, 3119 for more information.*



A special thanks to the Otto Bremer Foundation for supporting our efforts to expand speech and occupational therapies in northwest Wisconsin. Read more about their generous grant on page 6.

NorthLakes News

Catch up on NorthLakes News by visiting our website: nlccwi.org/news.

New Providers

Jenna Ingersoll
Physician



Ashland
Downtown &
Iron River

Jenna's main professional interest is in pregnancy care; she completed a fellowship in obstetrics in order to be certified to perform C-sections. Jenna is also interested in opioid abuse and buprenorphine, and has had some additional training in HIV and viral hepatitis.

Margot Wenger
Behavioral Health
Therapist



Ashland
Downtown

Margot values strength based approaches to working with people. She has an interest in helping people find meaning and connection in their lives. She also has been trained in Trauma Informed Cognitive Behavioral Therapy.

Sara Linton
Behavioral Health
Therapist



Ashland
Downtown

Sara is interested in Cognitive Behavior Therapy, play therapy, mindfulness, trauma informed care, ADHD, autism, parent resources and substance abuse prevention.

Michele Armstrong
Physician



Hayward - Hospital
Campus

Michele is interested in full spectrum family medicine. Women's medicine and dermatology. She highly regards respect of individuals and is committed to being a partner in care.

Aaron Hamilton
Behavioral Health
Therapist



Hayward - Rivers
Edge

Aaron likes working with a variety of individuals and populations. He believes that making connections with people and being a positive part in recovery is exciting and rewarding.

Michaela Perlberg
Behavioral Health
Therapist



Hurley School
District

Michaela will be providing counseling services within the Hurley School District beginning in March and seeing patients at NorthLakes. Michaela is excited to have the opportunity to help others in a creative, challenging and purposeful way.

Expansion News

Ashland East will be moving services into the newly expanded Ashland Downtown this spring. Patients visiting for dental, chiropractic and/or pharmacy appointments will enter at the entrance marked "Entrance B". We'd like everyone to be aware, that there is never a wrong door when coming to NorthLakes Community Clinic, please don't hesitate to ask our staff for directions.

NorthLakes News

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Expansion News

In February, NorthLakes added three new clinics to our team. We are now serving north eastern Wisconsin in the communities of Oconto, Lakewood & White Lake. We are excited to serve these communities and look forward to expanding services to this region.



Access

As of January 1, our Slide A nominal fee became zero (\$0). It used to be \$5. NorthLakes made this change because we felt it would allow us to increase our access by removing payment barriers that our patients sometimes face. If you have any questions regarding this change, please contact a NorthLakes Resource Coordinator.

For the wheelchair bound, simply accessing a dental chair can be extremely challenging and prevents many from seeking care. Our new Turtle Lake Clinic is installing a wheelchair-accessible operatory with a wheelchair lift this winter thanks in large part to a generous grant from The Reeves Foundation. We thank the many donors and are excited to provide access to dental services for all people.

In comparison with urban areas, rural areas have a 25% higher infant mortality due to a lack of prenatal care for mothers during pregnancy. NorthLakes has challenged this disparity by adding a family doctor with a focus on obstetrics to our Iron River and Ashland Clinics. Additionally, we are fundraising to add an ultrasound machine to our Iron River Clinic.



Members of Our Savior's Lutheran Church in Iron River raised \$2,575 for an ultrasound machine in our Iron River Clinic.

NorthLakes is committed to fighting the addiction crisis in our communities. Last December we received national recognition from National Public Radio in an article titled, *"For one Rural Community, Fighting Addiction Started with Recruiting the Right Doctor."* The article describes the lack of basic services in rural communities, and features some of the ways NorthLakes has begun to address this growing problem. Read the full article here:

<https://www.npr.org/sections/health-shots/2018/12/09/674329075/for-one-rural-community-fighting-addiction-started-with-recruiting-the-right-doc>

Grant Programs

Children in northwest Wisconsin will have expanded access to occupational and speech therapy services at our Ashland Downtown Clinic in part due to a generous grant by the Otto Bremer Foundation. In fall of 2017, the Otto Bremer Foundation awarded NorthLakes Community Clinic \$61,000 to expand treatment spaces and equipment in the clinic's downtown location. Our Ashland Downtown Clinic delivers occupational and speech therapy to children birth through 18 years of age. Read the full article on our website at:

<https://northlakesclinic.org/otto-bremer-foundation-awards-northlakes-community-clinic-61000-for-ot-and-st-space-expansion/>

The School District of Ashland is using a new intervention tool developed by the Hazelden Betty Ford Foundation called, Teen Intervene, a program developed for adolescents who are experimenting with vaping, alcohol and other drugs. Training for school staff and implementation is made possible through a generous grant that NorthLakes received from the US Dept of Health and Human Services Office on Women's Health. NorthLakes is proud to be a part of this initiative as we work inside and outside of our clinics to help improve the overall health of our communities. Find and read the full article on our website at: nlccwi.org/ashland-school-district-introduces-new-intervention-tool/

In the Community



A collage from our first Showcase for Recovery event held at The Sandbar in Ashland this past January. Thanks to our community's generosity, we were able to raise funds for our Resource Coordinators, who help both patients and non-patients remove barriers to health in the Ashland area.



Check out our Turtle Lake team shown here at the Turtle Lake School District *In Plain Site Event* held in January. NorthLakes Community Clinic's Recovery Program Director, Brenda Goettl presented about the impact of addiction on the adolescent brain. Thanks to all those who attended!



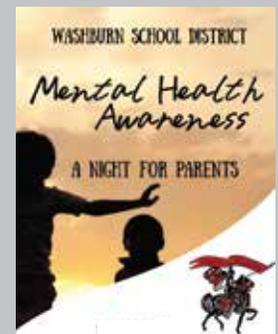
We are so proud to support wonderful community organizations like The BRICK Ministries by raising over \$200 at our northern holiday party to help those in need. We thank The BRICK for expanding access to food in our community!

RESILIENCE	
Upcoming FREE SHOWINGS	
2/21 6pm	Lac Courte Oreilles Community College
3/5 6pm	Birchwood School Commons

NorthLakes is proud to partner with community organizations that are interested in showing the film, *Resilience*. Check out our upcoming showings above. If you are interested in showing this film to your community or organization contact, Madelaine Rekemeyer, mrekemeyer@nlccwi.org.

MEN'S SPORT & HEALTH EXPO	
SUNDAY FEBRUARY 24	
11am-3pm	Find us at the Chequamegon High School - Park Falls Campus
1pm-3pm	Spinal screens performed by Dr. Oien.

Lots to do at the 11th Annual Men's Sport & Health Expo on February 24. Join our Park Falls chiropractor, Dr. Jordan Oien, who will be performing spinal screens & Arielle Hilgart, who will share about the roll of the NorthLakes Community Clinic resource coordinator. They will be there from 11-3pm.



Washburn School District is hosting a Mental Health Awareness night for parents February 25, starting at 5pm. NorthLakes will have two Mental Health Therapists hosting a round table discussion with parents featuring topics for adolescent mental health. We hope to see you there!

Wellness Ideas for Successful Behavior Change & Brain Health

By: Sarah Tarkington
Wellness Manager



The beginning of the calendar year inspires many to make resolutions. Often times these are acts of omission; cutting things out. Be gone potato chips, self-doubt, Netflix binges. And while I can get behind a strong mission of self-improvement, sometimes this “anti” or negative approach can thwart our best efforts, leaving us still hitting the donuts hard and the fitness routine soft. Positive psychology research shows that people have a better outcome when striving to meet goals with a positive mindset.

Whether you are resolution-er, goal-setter go-getter, or simply someone who wants to feel better and healthier overall, approaching self-improvement with positivity can ensure greater success on many levels. Perhaps, instead of committing to taking something away from our lives, we can re-frame and think about ADDING beneficial things in.

One really simple and wonderful boost to our nutrition is the addition of healthy foods, colorful foods, brain and body nourishing foods. We often approach eating as a way to care for our bodies, but it is just as essential, maybe even more so, that we eat for our brains. Our brains are literally comprised of what we eat. And what we eat can have big impacts on how we feel, think, process, and act.

Food carries the essential building blocks of all the carbon, nitrogen, zinc, and magnesium molecules that make up our brain, writes Dr. Drew Ramsey, in *Forget Dieting*, an Online article about food-based

resolutions. “Foods that are high in nutrients such as long-chain omega-3 fats, zinc, magnesium, B12, iron, vitamin E, and folate are foods that strongly support brain health,” he says. “Having high levels of these nutrients in our bodies is linked to preventing and treating depression. There’s also increasing data that certain foods and nutrients help our brain grow and recover from injury.”

So what are these brain building, sadness buffering, and resilience building foods? Here they are:

Leafy Greens: *boost cognitive function and help keep brains young.*

Red & Orange Fruits & Veggies: *rich hues are linked to a lower risk of dementia and contribute to a more positive mental outlook.*

Fermented Foods (like sauerkraut and yogurt): *probiotic powerhouses support gut health and the micro-biome.*

Legumes: *beans and lentils are chock full of antioxidants, helping rebuild & repair damage.*

Seafood: *sustainably caught deep water fish, like wild salmon or wild sardines (budget friendly!) are rich in Omega 3 fatty acids that support neuroplasticity. Seafood consumption is linked to lower rates of two conditions that neuroplasticity protects against- depression/suicidal ideation & mild cognitive impairment.*

Dining can also be a social event. Social interactions are an antidote to loneliness and loneliness can be harmful to our brain health. Positive social engagement can support physical and mental health and even boost your immunity. So here’s to adding (not removing) things to your life, pursuing positive change and sharing brain-boosting meals

1. Ramsey, D. (2018 December). *Forget Dieting: Make Your New Year's Food Resolution About This Instead.*
<https://www.refinery29.com/en-us/drew-ramsey-diet-plan-eat-complete>

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