

Governor Evers Visits NorthLakes

Reba Rice, CEO NorthLakes Community Clinic



This past month, Governor Tony Evers and Lt. Governor Mandela Barnes made a trip to Ashland to visit our Health Center! We were honored that we had a chance to sit down and talk about our priorities as well as those of the new administration.

The administration is focused right now on moving ahead with the Medicaid Expansion that WI has previously rejected. As a Health Center we are supportive of that expansion because it would mean greater access to health care services for more people. For NorthLakes, access is our mandate and so it was great to see that alignment. But, we know health isn't just about what happens within clinic walls. We also encouraged them to consider using some of the new money that would come into the State if they are successful in expanding Medicaid and tapping into the federal dollars to fund other non-health care programs that focus on education, arts, social connection, employment, etc., which improve health through making life worth living! I always get a kick out of how surprised people are when we advocate for others instead of just ourselves. But they did ask for our help in raising public awareness about the importance of the Medicaid Expansion. So I

am asking you: please reach out to your Senators and Representatives if you are in favor of this.

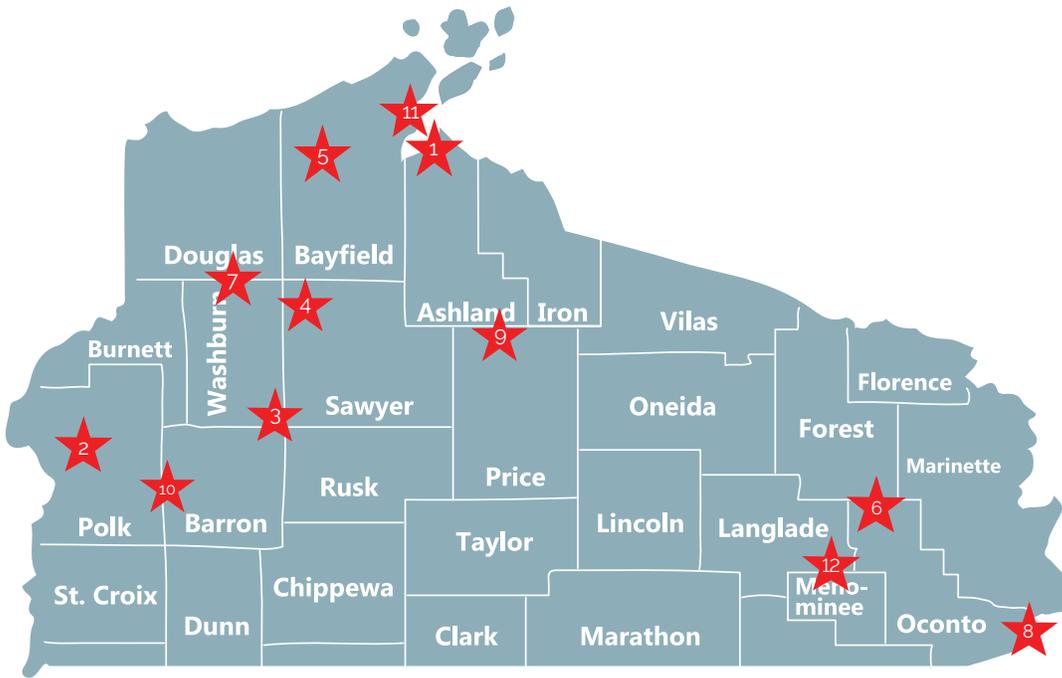
They were particularly interested in our Recovery Program; and it was pretty exciting to sit around a table and talk about the innovative program elements that are saving people's lives! We shared that in 2018 our Recovery Program Team served about 500 individual patients through almost 7,500 visits in Hayward and Ashland. They also loved our Occupational and Speech Therapy programs, and everyone wanted to climb into the "cloud" that the OT/ST group has built.

It's always an honor to show off the work being done in northern Wisconsin. I'm always inspired by what we are accomplishing when we work together. Thank you to everyone who is part of our efforts to expand access and improve the overall health of the communities we serve. I hope you enjoy learning more about these efforts in our newly updated newsletter, *The Current!*

Reba Rice



The Current // Services by Location



-  Medical Services
-  Dental Services
-  Behavioral Health Services
-  Chiropractic Services
-  Pediatric Therapy Services
-  Prescription Services
-  Optometry Services
-  Health Support Services

1. Ashland - Two Locations



7. Minong



2. Balsam Lake



8. Oconto



3. Birchwood



9. Park Falls



4. Hayward - Two Locations



10. Turtle Lake



5. Iron River



11. Washburn



6. Lakewood



12. White Lake



NEW PROVIDERS



Becky Payne

Pediatric Speech Therapist - Hayward

"I joined the NorthLakes team because the people, the mission and values replicate whole heartedly my passion in the quality of care for the patients they serve."

Read more on our website:
nlccwi.org/becky-payne



Brenda Baribeau

Behavioral Health Therapist - Hayward

"I wanted to be part of the NorthLakes team because they offer comprehensive wrap-around services for clients and their families. NorthLakes offers a client centered approach in that they don't ask 'what is wrong with you but rather, what happened to you.'"

Read more on our website:
nlccwi.org/brenda-baribeau



Corwin Sateren

Optomestrist - Ashland

"For over 20-years I have had the privilege of helping patients in the Ashland area with their eye care needs. By partnering with NorthLakes Community Clinic, I can expand my reach to help more people in the area I call home. I look forward to being a part of the NorthLakes team and serving the Ashland area for many years to come."

Read more on our website:
nlccwi.org/corwin-sateren



Theresa Nehring

Behavioral Health Therapist - Ashland

"I've dedicated my career to meeting clients where they are at in their recovery journey and motivating them to develop healthy coping skills for a lifestyle of wellness. After meeting with NorthLakes, it became clear that I could further develop my skills while continuing to remove barriers to care for those suffering from mental health and substance abuse."

Read more on our website:
nlccwi.org/theresa-m-nehring

EXPANSIONS



NorthLakes Now Offers Optometry Services

[>>>CLICK TO READ THE FULL ARTICLE](#)

In April, NorthLakes Community Clinic merged with Sateren Eye Care in Ashland. NorthLakes Community Clinic CEO Reba Rice says this is a continuation of NorthLakes commitment to expanding access of quality services to patients. "Up until now, we have been unable to offer integrated optometry services to our patients. This addition allows us to expand access to patients who might not otherwise have access to primary eye care, eye wear and contact lenses."



Pediatric Therapies Expanding to Hayward

[>>>CLICK TO READ THE FULL ARTICLE](#)

Starting in mid-April, Pediatric Occupational and Speech Therapies will be available in the Hayward area. Until now, patients often had to travel long distances to receive this type of integrated treatment. "We've been seeing a number of clients from the Hayward area in our Ashland clinic for quite some time," says Angie Schoeppach, NorthLakes Community Clinic Therapies Director. "We know the distance creates an unnecessary burden for families and results in clients missing school. By expanding our services to Hayward, we can remove some of these barriers to care."



NorthLakes Expanding Services to Hurley, Wisconsin

[>>>CLICK TO READ THE FULL ARTICLE](#)

We will be opening a new clinic at 210 5th Avenue North in Hurley as part of our efforts to reduce barriers to care throughout northern Wisconsin. The clinic, seen in the photo on the left, is anticipated to open this summer and will start by offering Behavioral Health and Chiropractic services.



DONATIONS



Our Saviors Lutheran

We would like to thank Our Savior's Lutheran Church of Iron River for donating \$1,200 towards NorthLakes Re-Entry Program.

[>CLICK TO READ MORE](#)



Associated Bank

We would like to thank Associated Bank in Ashland for donating \$250 to the NorthLakes Farm to Patient Program. This program helps enrolled NorthLakes patients achieve wellness goals and prevent illness by providing them access to healthy foods from area farmers.



Pizza Parlor

We would like to thank Pizza Parlor in Iron River for hosting a community fundraising event toward the purchase of an ultrasound machine at our Iron River Clinic.

GRANTS

Public Services Commission of Wisconsin's Telemedicine's Universal Service Fund Grant

NorthLakes Community Clinic recently received a \$98,000 grant from the Public Services Commission of Wisconsin's Telemedicine's Universal Service Fund for a new digital x-ray. The x-ray was installed in our recently expanded Ashland Downtown site. [>CLICK TO READ MORE](#)

UW-Carbone Cancer Center Grant

NorthLakes is committed to improving the health of our communities and the processes in which we serve our patients. We received a grant from UW-Carbone Cancer Center in order to improve patient screenings and outcomes for preventable cancers in the Iron River and Ashland communities including colorectal and breast cancers.

University of Wisconsin & Wisconsin Voices for Recovery Grant

NorthLakes Community Clinic was just awarded a grant from the University of Wisconsin/Wisconsin Voices for Recovery to participate in the Hospital-Based Recovery Coaching Network. Funds will be used to contract Recovery Coaches who will provide peer support to individuals with opioid use disorder. Recovery Coaches will be on call to the Emergency Department at Memorial Medical Center. The goal of the program is to increase treatment and recovery support services, reduce Emergency Department recidivism and decrease the number of overdose fatalities in Wisconsin.



EVENTS



Price County Town Hall Meetings

In March, our Park Falls Resource Coordinator Arielle Hilgart presented to attendees about the roll of a Resource Coordinator in the community. It was a great series of events!



Ashland Community Play Day

NorthLakes Wellness Manager Sarah Tarkington taught kids yoga and provided healthy snacks to kids at the annual Ashland Community Play Day in April.



Oconto Written Off

In April, we attended a showing of *Written Off*, a film about the experience and impact of opiates on an individual and his family. We are proud to participate in these critical conversations in our communities.



Minong Puzzle Competition

Our team in Minong hosted a fun, family friendly puzzle competition in April. Shown here is the first place team named, *Piece of Work*.



Washburn Mental Health Night

We sponsored the Washburn School District Mental Health Awareness Night in April. NorthLakes Behavioral Health Therapist Theresa Ketchum-Fish talked with parents about childhood mental health and other staff volunteers were on hand to talk about area mental health resources.

ADVOCACY



Madison, WI

In February, NorthLakes traveled to Madison to advocate for Wisconsin Community Health Centers to local representatives at Advocacy Days.



Washington, D.C.

NorthLakes traveled to Washington, D.C. to advocate for Community Health Centers in Wisconsin in March.



Park Falls, WI

Lieutenant Governor Mandela Barns visited our Park Falls Clinic in March.



Ashland, WI

Governor Tony Evers, Lieutenant Governor Mandela Barns & Representative Beth Meyers toured our new expansion in Ashland in April.



The Current // Favorite Things

RHUBARB TORTE



Leslee Granke
Nurse Practitioner
Lakewood

Our Favorite *SPRING* RECIPES

CRUST

Mix together
2 c flour
1/2 tsp. salt
3/4 c brown sugar
3/4 c butter (softened)
2 c oatmeal

FILLING

Beat together
8 eggs
3 c sugar
1/2 c flour
dash of salt

DIRECTIONS

Line a 9x13 pan with all but 1 cup oatmeal mix. Pour about 6-8 cups chopped rhubarb into crust. Pour filling over rhubarb and sprinkle with remaining mix. Lightly sprinkle with cinnamon and dot with butter. Bake at 350 for about 1 hour or until custard is done.

SALMON IN LEMON BRODETTO WITH PEA PUREE



Mark Witmer
Director of Finance
Hayward

SHOPPING LIST

Lemon Brodetto

2 TBS olive oil
1 shallot, diced
2 lemons, juiced
1 lemon, zested
2 c chicken broth
1 TBS mint leaves, chopped

>CLICK ANYWHERE FOR INSTRUCTIONS

Pea Puree

2 c frozen peas, thawed
1/4 c fresh mint leaves
1 clove garlic
1/2 tsp kosher salt
1/2 tsp black pepper
1/2 c olive oil
1/2 c grated Parmesan

Salmon

1/4 c olive oil
4 pieces of salmon
Kosher salt
Freshly ground black pepper

SPRING ASPARAGUS SOUP



Nicole Zalusky
PSR
Oconto

INGREDIENTS

1 Bunch of Asparagus
Olive oil
Salt and pepper to taste
1 onion, chopped finely
3 TBS minced garlic
8 c of chicken broth
1 pkg gnocchi
1 pkg roasted carrots
8-9 oz spinach
1 c half and half
1 rotisserie chicken, diced
1 tsp oregano
1 tsp basil
Fresh Thyme
3 Celery Stalks, diced

DIRECTIONS

Drizzle olive oil over asparagus and roast asparagus at 425 for 10 min, cool and cut into 1-2" pieces, melt butter and add onion, garlic, celery, add chicken broth, half and half and bring to a low boil. Then add asparagus, carrots, chicken, gnocchi, spinach. Cook to taste when veggies are soft enough. Let it low boil and stir often for at least 1hr.

AMBROSIA SALAD



Amber Rusch
Behavioral Health Therapist
Ashland

INGREDIENTS

1 c sour cream
1 c mini marshmallows (white or fruit flavored)
1 c coconut
1 c canned pineapple tidbits well drained
1 c canned mandarin orange segments drained

DIRECTIONS

Fold together all ingredients in a large bowl. Refrigerate at least 4 hours or overnight.
Serve cold.

MV

WILD RAMPS
Marian Vaughn
Business Analyst
Ashland

"In the springtime, my favorite recipe is anything with fresh wild leaks (ramps)."
>CLICK TO LEARN ABOUT RAMPS & FIND RECIPES

