



2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

January 4, 2023: Reducing Clutter and E-Waste Recycling

Less can be more. Are you embracing the new year by cleaning and organizing your spaces? Reducing the amount of items in our spaces (decluttering) can help improve mental and physical wellbeing.

Too many objects and items can add extra stress to our lives, make it hard to focus, and increase anxiety. For many, **reducing clutter in their physical space can help their mental and/or emotional well-being.** By using decision-making and problem-solving skills, a sense of confidence and self-efficacy can be created through organizing and decluttering. If time is limited, consider decluttering in blocks of 5-10 minutes.

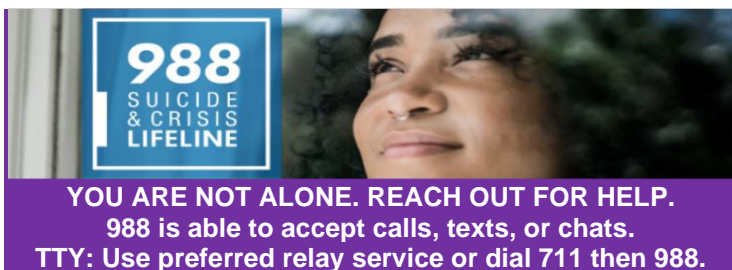
Old electronics taking up space?

Don't toss them in the garbage! Many electronics are made from valuable resources and materials, and by recycling them, you conserve natural resources and avoid pollution. Visit the EPA to learn more about [certified electronics recyclers](#) and [donating or recycling electronic waste \(e-waste\)](#).



The CDC provides text, phone and app resources for those who resolve to be smokefree in 2023, to help increase odds of success.

1. [Quitlines](#)
2. 1-800-QUIT-NOW
3. [National Texting Portal: QUITNOW](#)
4. [quickSTART app](#) (Android and iOS)



- YOU ARE NOT ALONE. REACH OUT FOR HELP.**
988 is able to accept calls, texts, or chats.
TTY: Use preferred relay service or dial 711 then 988.
- ❖ [MentalHealth.gov](#)
 - ❖ [NIMH » Help for Mental Illnesses](#)
 - ❖ [Mental Health | Wisconsin Department of Health Services](#)
 - ❖ [Free Mental Health Resources \(Milwaukee\)](#)
 - ❖ [Rogers Behavioral Health](#)

WHAT HAS NSHD BEEN WORKING ON?

NORTH SHORE HEALTH DEPARTMENT

WELCOME! LYDIA KORTHALS

PUBLIC HEALTH INTERN



North Shore Health Department would like to extend our congratulations to Lydia Korthals, our new Public Health Intern!

Lydia is a senior at the University of Wisconsin – Milwaukee, majoring in Public Health (BSPH). While many aspects of public health are of interest, Lydia has a passion for Lydia's passions in public health include promoting health equity, environmental justice, data analysis, statistical modeling, infectious diseases, data visualization, urban planning, and global health. After graduation, Lydia plans to obtain her Master of Public Health in Epidemiology.

In her free time, Lydia enjoys staying active through hiking, taking walks by the lake, and working out. She also enjoys cooking and baking, reading, shopping at local businesses, caring for her many houseplants, and catching up on a good TV series

The (NSHD), as a steward of public health, aims to provide students with a well-rounded internship that exposes them to the multiple aspects of public health at a local health department. This role provides an in-depth internship into public health programming and Public Health 3.0 strategy planning, with goal to increase interest in Public Health as a career path. During her internship, Lydia will be exposed to all things public health, with an emphasis in assisting with a range of community health programs and public health services, data collection and analysis, creating public health messaging and supporting evidence-based research.

We are excited to have her as part of our team!

WELCOME TO NSHD!

STAY SAFE. BE WELL.

LET'S CONNECT!

If you know of someone who should be added to our health highlight and/or our NSHD newsletter distribution lists, please let us know.



COMMUNITY COLLABORATIONS

Positive improvement of population health requires multi-agency collaboration and action. NSHD is excited to collaborate to better serve our communities.

COMMUNITY HEALTH SERIES

SOCIAL MEDIA WELLNESS: UNDERSTANDING ADOLESCENT TRENDS AND IMPACTS ON MENTAL WELLNESS

Social media can be a great way to stay in touch with friends and family, schedule events, learn new skills, and show no signs of slowing down. Social media popularity continues to grow, with more than half the world's population using social media for an average of 2 hours and 30 minutes a day. Social media also continues to be more accessible, with approximately two-thirds of the world's population accessing social media from mobile devices. **In partnership with Dr. Mike Zussman, Psy.D., LPC, of Sunrise Consulting, LLC, the January Community Health Series focuses on understanding social media trends among adolescents, social media dangers, and their impact on mental well-being and tips for creating a healthy balance.**

Wednesday, January 18, 2023 6:30-7:30 pm
Lydell Community Center
(5205 N Lydell Ave, Whitefish Bay, WI 53217)
Pre-registration required.

Register by Thursday, January 12, 2023
Visit your local park and rec department or
Whitefish Bay Recreation

NORTH SHORE HEALTH DEPARTMENT COMMUNITY HEALTH SERIES

Health topics that matter to the North Shore Community.

6:30 PM - 7:30 PM | LYDELL COMMUNITY CENTER

ROOM 17 | 5205 N LYDELL AVE, WHITEFISH BAY, WI 53217

+++ SOCIAL MEDIA: UNDERSTANDING ADOLESCENT TRENDS AND IMPACTS ON MENTAL WELLBEING
+++ Social media can be a great way to stay in touch with friends and family, schedule events, learn new skills, and show no signs of slowing down.
+++ Social media popularity continues to grow, with more than half the world's population using social media for an average of 2 hours and 30 minutes a day. Social media also continues to be more accessible, with
+++ approximately two-thirds of the world's population accessing social media from mobile devices. NSHD will focus on understanding
+++ social media trends among adolescents, social media dangers, and their impact on mental well-being and tips for creating a healthy balance.

FREE

**PRE-REGISTRATION
REQUIRED**

In partnership with Whitefish Bay Recreation, Brown Deer Park & Recreation, Nicolet Recreation and Shorewood Recreation. For more, or to register visit Whitefish Bay Recreation or local park and rec department website.

Thank you Whitefish Bay Recreation for hosting the series.

**JOIN
US!**



RITE-HITE YMCA

YMCA of Metropolitan Milwaukee provides services and programs that can help North Shore residents take action to improve and redefine health. YMCA membership may not be required, or financial assistance may be available to those who qualify. Contact Karen Kalkhoff to learn more at 414-357-2811 or kkalkhoff@ymcamke.org

→ **Blood Pressure Self-Monitoring**

Personalized support for individuals with hypertension, including nutrition education.

→ **Diabetes Prevention Program**

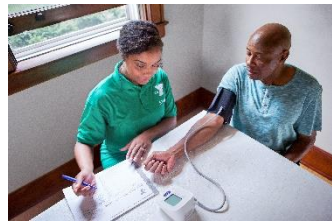
Yearlong program for individuals at risk for type 2 diabetes.

→ **LIVESTRONG at the YMCA**

Small group exercise program for adult cancer survivors.

→ **Moving For Better Balance**

Falls prevention program based on the principles of Tai Chi.



BLOOD PRESSURE CLINICS

Please visit our website for up-to-date BP Screening information: www.nshealthdept.org/Clinics



**NORTH SHORE
HEALTH DEPARTMENT**

nshealthdept.org • (414) 371-2980

Follow us on social media and visit our website for health information and updates



RESOURCES AND REFERENCES

1. [Decluttering your space can make you healthier](#)
2. [6 Benefits of an Uncluttered Space | Psychology Today](#)
3. [Decluttering Can Reduce Stress, Improve Focus](#)
4. [Electronics Donation and Recycling](#)
5. [Certified Electronics Recyclers](#)
6. [Resolve to be Smokefree in '23](#)