



# NORTH SHORE

## HEALTH DEPARTMENT

### HEALTHY HIGHLIGHTS 2022

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

## November 16, 2022: Social Isolation and Loneliness Awareness Week

**Loneliness and social isolation are on the rise in Wisconsin and across the United States, exacerbated by the COVID-19 pandemic.** While people of all ages and backgrounds can experience loneliness and social isolation, older adults and people with disabilities are uniquely susceptible which puts them at risk for significant health problems.



- In the U.S., 40% of people who have a disability and 43% of people aged 65 or older say they feel lonely some or all the time.
- According to a 2020 AARP Foundation report, two-thirds of adults in the U.S. are experiencing social isolation, with 66% reporting that their anxiety levels have increased during the pandemic.

### What can you do?

- **Join** a local book or fitness club or **connect through hobbies**. There are many people, locally and/or virtually, who share the same hobbies that you do.
- **Volunteer in the community**. Volunteers report better physical and mental health compared to non-volunteers. Research has shown that volunteering reduces rates of depression and anxiety, especially for people 65 and older.

## Volunteer!

Do you have time to share? You can make a big difference in your community by volunteering. You'll be amazed at what you get in return when you volunteer.



## Make Your Hobby Your Happy Place

What do you love to do? There are others who love to do it too! By connecting with people who enjoy the same hobby, you have something in common right away!



## How's Your Neighbor?

Is there someone in your family or community who may be lonely and isolated? There are simple ways to help. It starts with reaching out.

Stop by, call, schedule a video chat.  
Invite them to an event or over for coffee.

**Reach out. Stay in touch!**



## National Injury Prevention Day November 18, 2022

**Unintentional injuries and violence are the leading causes of death and hospitalization for people ages 1 to 44.** They account for over 250,000 deaths, 2.8 hospitalizations, and 18.5 million emergency department visits

### What can we do to prevent this?

- Wear bicycle helmets and wear your seatbelt
- Safe home and infant sleep practices
- Secure firearm storage
- Fall prevention programs for older adults

#BetterWaysToCope Presents

# COPING THROUGH THE HOLIDAYS

Complete harm reduction training and get FREE packaged holiday Fixin's!

Get FREE Packaged Food After Completing Training:	
<b>First, get trained...</b> Narcan Nasal Spray Fentanyl Test Strips Drug Deactivation Bags Medication Lock Bags Gun Locks	<b>Then, get free packaged food...</b> Chicken Macaroni and Cheese Yams Green Peas Jiffy Mix Cake/Brownie Mix

**NOVEMBER 19th**  
4:00pm to 6:00pm

Join us at  
5409 West Center Street

FOR MORE INFORMATION  
Tahira Malik  
(414) 595-6501  
samadsobherhouse@gmail.com

**BE SURE TO ADD**  
get a flu shot  
**TO YOUR THANKSGIVING TO-DO LIST!**

Find a flu shot near you: [vaccines.gov](https://www.vaccines.gov)

### Blood Pressure Clinics

(WALK-IN – NO APPOINTMENT):

- **NSHD Shorewood Office:** 2010 E Shorewood Blvd. 4th Wednesday of the month from 3:30 p.m. to 4:30 p.m. *No blood pressure clinics at our Shorewood Office for the rest of the year.*
- **Lydell Community Center:** 5205 N Lydell Ave, Whitefish Bay. *No blood pressure clinics at Lydell Community Center for the rest of the year.*
- **Lois & Tom Dolan Community Center:** 4355 W. Bradley Rd, Brown Deer. 1st Wednesday of the month from 12:30 p.m. - 1:15 p.m. Clinic dates: Dec 7.
- **LX Club Sponsored Clinic at the Longacre Skating Pavilion:** 7343 N Longacre Rd. Monday, December 12 from 11:30 a.m.-12:30 p.m.

Please visit our website for up-to-date information about BP Screenings: [www.nshealthdept.org/Clinics](http://www.nshealthdept.org/Clinics)

## WHAT HAS NSHD BEEN WORKING ON?

NORTH SHORE HEALTH DEPARTMENT  
**CONGRATULATIONS!**  
**LESLIE WROBLEWSKI, RDN, CD**  
ENVIRONMENTAL HEALTH SPECIALIST



We are excited to announce Leslie Wroblewski has joined our team as an Environmental Health Specialist.

Leslie graduated from the coordinated program in dietetics at Mount Mary University in 2014. Since then, she has been committed to promoting public health through nutrition and food safety.

Leslie's experience includes 2 years as an environmental health specialist with the City of Milwaukee Health Department. There, she protected consumer safety by inspecting restaurants and other retail food establishments to ensure compliance with the Wisconsin Food Code.

Leslie has also served as a supervising dietitian with Milwaukee Public Schools where she specialized in food safety and sanitation. Additionally, Leslie has 5 years of experience as a nutritionist and certified lactation counselor with the Special Supplemental Nutrition Program for Women, Infants and Children working to reduce disparities in maternal and child health. Leslie is excited to bring her dedication and passion for public health to the North Shore.

In addition to her background in public health, Leslie also has a degree in art history from UW-Madison, and she was on the UW rowing team.

Leslie enjoys spending time with family and friends, traveling, bird watching, cooking, and gardening. She lives in Hales Corners with her husband, Paul, son, Jacob, dog, Lulu, and 2 cats - Chuck and Toby.



[nshealthdept.org](http://nshealthdept.org) • (414) 371-2980

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



### RESOURCES AND REFERENCES

1. [End Isolation & Loneliness - WIHA](#)
2. [Social Isolation & Loneliness Awareness Week](#)
3. [National Injury Prevention Day \(injuryfree.org\)](#)
4. <https://www.vaccines.gov/find-vaccines/>