

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!

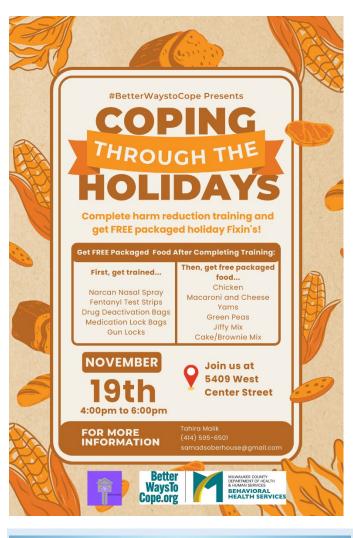


National Injury Prevention Day November 18, 2022

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



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.



Find a flu shot near you: 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



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/