



# NORTH SHORE

## HEALTH DEPARTMENT

### HEALTHY HIGHLIGHTS 2022

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

## March 16th, 2022: St. Patrick's Day & Spring Safety



This St. Patrick's Day, no matter if plans are to attend the parade or grab corn beef & green beer, ensure the day is full of lucky charms by planning ahead and taking steps to be safe.

### **Spring Safety Tips**

1. Be on the lookout for areas of wet pavement. Spring may be just around the corner, but this time of year, the pavement could be wet or icy.
2. Don't forget the sunscreen. We often forget that UV rays from the sun can be damaging in the late winter.
3. Dress appropriately for the weather and wear sturdy shoes.
4. Cross at marked intersections and make sure traffic is clear prior to entering the cross walk.

### **Alcohol and Substance Use Tips**

1. Eat and stay hydrated
2. Don't leave drinks unattended
3. Stay with your group and don't go off alone
4. Know the signs of an alcohol emergency. If a person is unconscious, semi-conscious, or unresponsive, check for symptoms of drug or alcohol overdose:
  - a. Cold, clammy skin
  - b. Unconsciousness
  - c. Slowed or irregular breathing
  - d. Vomiting, if especially unconscious/passed out

**Use the buddy system and have a plan for getting home safely. If you find you're in need of a little luck, [free bus rides are back in Milwaukee for St. Patrick's Day 2022](#)**



### **First Day of Spring**



*Some say spring is nature's way of smiling.*

March 20<sup>th</sup> is the first day of Spring AND International Happiness Day. This past weekend, we gained an extra hour of daylight when the clocks sprung ahead. Take a moment if you can today, to reflect on what makes you happy #internationaldayofhappiness.

However, if you or someone you know is struggling with depression, don't hesitate to seek help. Contact your medical care provider or NAMI.

The NAMI HelpLine can be reached Monday through Friday, 10 a.m. – 10 p.m., ET.  
1-800-950-NAMI (6264) or [info@nami.org](mailto:info@nami.org)



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## KICK ☹ BUTTS ☹ DAY THIRD WEDNESDAY IN MARCH

FAST FACTS ABOUT SMOKING, from [Do Something!](#)

1. About 8.6 million people in the US have at least 1 serious illness caused by smoking.
2. In the US, smoking is the cause of 1 in 5 deaths, annually.
3. About 1.69 billion pounds of butts end up as toxic trash each year, making cigarettes the most littered item on Earth.
4. A single cigarette contains over 4,800 chemicals, 69 of which are known to cause cancer. Secondhand smoke contains over 7,000 chemicals, including 70 cancer-causing chemicals.

### LOOKING FOR HELP TO QUIT SMOKING?

DHS is committed to helping Wisconsin residents who use tobacco and want to quit, including communities disproportionately affected by tobacco use.

People who need support to quit smoking can call toll free at 1-800-Quit-Now

## STEPPING ON FALL PREVENTION CLASS

Stepping  
On

**Who:** People age 60+ who live independently.

**What:** A 7-week (one 2-hour session per week) falls prevention program conducted by trained facilitators.

**When:** Wednesdays from May 4th to June 15th, 9:30am–11:30am

**Where:** Fox Point Village Hall - 7200 N Santa Monica Blvd. Fox Point

To sign up, go to our website and fill out the form:  
[www.nshealthdept.org](http://www.nshealthdept.org), or call 414-371-2980 if  
you need assistance registering.



wiha  
Wisconsin Institute  
for Healthy Aging

## STEPPING ON FALL PREVENTION CLASS

Register Here: [Stepping On Registration Form](#)  
([cognitofrms.com](http://cognitofrms.com))

# WHAT HAS NSHD BEEN WORKING ON?

## READ OUR SPRING NEWSLETTER

*FOR SPRING HEALTH & WELLNESS  
INFORMATION, TO LEARN ABOUT  
LOCAL EVENTS, AND TO STAY  
UPDATED ON THE WORK OUR  
DEPARTMENT IS DOING IN THE  
COMMUNITY.*

## 2022 Projects at NSHD

### GRANT RECIPIENT ANNOUNCEMENT

**THE NORTH SHORE HEALTH  
DEPARTMENT WAS AWARDED THE**  
**Mobilizing Communities  
for a Just Response Grant**

### OUR PROJECT

***Evaluating Childhood Immunization Disparities  
in Brown Deer and Glendale: An Assessment of  
Underlying Structural and Social Barriers***



Learn more about the grant  
and our project:

[Health Disparities Grant | Wisconsin  
Department of Health Services](#)

# NOTABLE MARCH HEALTH DAYS

Among the notable health observances in March are: [American Red Cross Month](#), [National Colorectal Cancer Awareness Month](#) and the start of [Deaf History Month](#) observed from March 13 - April 15. Some notable health observances this week are [MS Awareness Week](#) and [National Sleep Awareness Week](#)

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## BLOOD PRESSURE & IMMUNIZATION CLINICS

### **IMMUNIZATIONS (NON-COVID, APPOINTMENT REQUIRED):**

We provide vaccinations for individuals who are underinsured or uninsured, including infant and child routine immunizations and those required for school. Please call us at 414-371-2980 to find out what vaccines we have available and to make an appointment during our immunization clinic hours:

#### **Brown Deer Office**

1st Tuesday of the month • 7:30-9am  
3rd Tuesday of the month • 3:30-5pm

#### **Shorewood Office**

2nd Wednesday of the month • 3:30-5pm  
4th Wednesday of the month • 7:30-9am

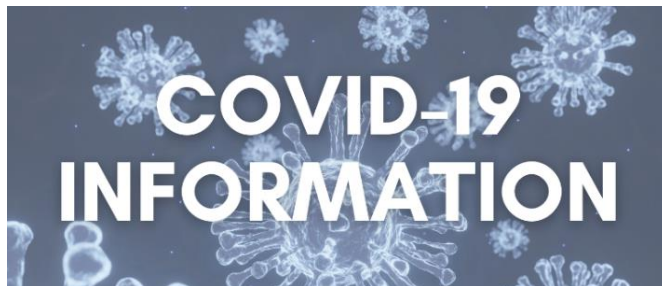
*If these days/times do not work for you, we will do our best to accommodate you at another time.*

### **UPCOMING BLOOD PRESSURE SCREENING (WALK-INS WELCOME – NO APPOINTMENT NECESSARY):**

- **NSHD Shorewood Office:** 2010 E Shorewood Blvd. 4th Wednesday of the month from 3:30 p.m. to 4:30 p.m.
- **Lydell Community Center:** 5205 N Lydell Ave, Whitefish Bay. **TODAY March 16**, and April 20.

- **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.

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



### **COVID-19 VACCINATIONS:**

**Still haven't gotten your COVID-19 booster?** Don't wait any longer! Although COVID-19 vaccines remain effective in preventing severe disease, [recent data](#) suggest their effectiveness at preventing infection or severe illness wanes over time, especially in people ages 65 years and older. Getting a booster dose is intended to boost your immune system for better, long lasting protection. [Who is eligible for a booster dose?](#)

**Find a vaccine location near you:** Call 1-800-232-0233 or visit [vaccines.gov](http://vaccines.gov).

**Look up your vaccination record in the Wisconsin Immunization Registry:** Those in Wisconsin can visit [Public Immunization Record Access webpage](#) for their vaccination records.

**COVID-19 TESTING:** [COVID Test Finder — Healthy MKE](#)

### **CURRENT COVID-19 GUIDELINES:**

[Visit the WI DHS website](#) for guidance on isolation and quarantine. Additional information can be found on the [CDC website](#).

**The Wisconsin Department of Health Services (DHS) supports the new Centers for Disease Control and Prevention (CDC) metrics used to determine the risk level of COVID-19 in communities.** Widespread access to vaccines and testing, available treatment options, and high levels of population immunity have combined to make a new approach to monitoring and preventing COVID-19 possible. Under the new [COVID-19 Community Levels metrics](#), wearing a well-fitting mask in public indoor settings is recommended only when a particular community is experiencing "high" COVID-19 Community Levels, unless you or someone you live with is at [high risk for severe disease](#). Milwaukee County is at a low community level with data through March 10, 2022. [Check updated level here.](#)



**nshealthdept.org • (414) 371-2980**

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



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## RESOURCES

1. [NAMI HelpLine | NAMI: National Alliance on Mental Illness](#)
2. [Women's History | BIG History | Wisconsin Historical Society \(wisconsinhistory.org\)](#)
3. [womenshistory.si.edu](#)
4. [Our History | American Red Cross History](#)
5. [Colorectal Cancer Awareness Feature | CDC](#)
6. [Deaf History Month | Diversity & Inclusion \(fsu.edu\)](#)
7. [MS Awareness Week | National Multiple Sclerosis Society \(nationalmssociety.org\)](#)
8. [Sleep Awareness Week® 2022 - National Sleep Foundation \(thensf.org\)](#)
9. [Milwaukee resumes St. Patrick's Day free bus rides on Miller Lite \(jsonline.com\)](#)
10. [St. Patrick's Day Safety Tips \(umich.edu\)](#)
11. [Microsoft Word - Alcohol Emergency Warning Signs & Steps.docx \(berkeley.edu\)](#)