



# NORTH SHORE

## HEALTH DEPARTMENT

### HEALTHY HIGHLIGHTS 2022

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

## March 23<sup>rd</sup>, 2022: Spring Ready Home

Spring is here and it's a great time to tackle those spring projects on your to-do list. Get your home spring ready by cleaning and making needed repairs around your home. As you get your home spring ready, check your tools and supplies to ensure they in tip-top shape and wear sturdy shoes. Be mindful of seasonal hazards that can result from the transition between late winter and early spring, such as variability in temperatures, melting snow refreezing as ice, and freezing rain.



### Outside

1. Make sure your home address numbers are visible
2. Trim back bushes and shrubbery not only for curb appeal but also home safety and maintenance
3. Clear drains and gutters of leaves and debris to prevent flooding
4. Inspect all outside structures and boundaries and repair if damaged
5. Check outside lighting and replace bulbs if they are not working

### Inside

1. Clean and dust smoke and carbon dioxide alarms, test to make sure they are working and if needed, replace the batteries
2. If you have an alarm system, update your security code, and remove passcodes given out to those who no longer need to access your home
3. Once a year, have your heating and cooling systems, water heater and other appliances serviced by a qualified technician
4. Clear your fireplaces of ash and schedule a chimney cleaning
5. Check windows and door locks and don't forget to clean your windows



### First Day of Spring



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

March 20<sup>th</sup> ushered in the first day of Spring. However, if you or someone you know is struggling with depression, don't hesitate to seek help. Contact your medical care provider or NAMI.



If you or someone you know needs help,  
contact NAMI HelpLine  
Mon. – Fri. from 10 a.m. – 10 p.m. ET

**1-800-950-NAMI (6264)**  
or  
**info@nami.org**

### Simple Tips To Reduce Single-Use Plastics

- Carry reusable shopping bags
- Look for ways to add reusable sandwich bags, leftover covers and other items in the home
- Avoid throwaway bottles and cups by using a reusable coffee mug or plastic water bottle
- Swap shampoo, conditioner and soap bottles for bars
- Avoid plastic straws if possible
- Switch to plastic-free chewing gum
- Visit your local farmers market
- Compost food waste

# WHAT HAS NSHD BEEN WORKING ON?

## *We are excited to announce our new Health Officer -* **Becky Rowland, MPH, MBA**

*Public health work is Becky's life's work. She adopts a relational approach in her practice, building strong relationships with clients, constituents, and teams. She is deeply committed to supporting individuals to live their best lives, while mindfully stewarding resources to make the most impact. Her career, although always rooted in her desire to serve, has moved from the nighttime streets (harm reduction, and youth outreach) to clinical settings (HIV, clinical research, and LGBT+ Health) to local government health departments (City of Evanston, City of Milwaukee).*

*Born and raised in Chicago, Becky currently lives in Cedarburg, Wisconsin. She earned her Master's of Public Health in 2016 and her Master's of Business Administration in 2020. She is married to her best friend (Camm), loves sewing, reading, gardening, her huge extended family, and getting her butt kicked in all games by her kiddos—Wynn (age 9) and Calla (age 7.5).*

### **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.*

## NOTABLE MARCH HEALTH DAYS

Among the notable health observances in March are: [National Inhalants and Poisons Awareness Week](#) and National Physicians Week.



### Stress, Anxiety, and Resilience: Thriving in Uncertain Times

THURSDAY, APRIL 7, 2022 | 7:00-8:15 PM  
UNIVERSITY SCHOOL OF MILWAUKEE  
2100 WEST FAIRY CHASM ROAD  
RIVER HILLS, WI



RSVP at  
[redgen-damour.eventbrite.com](https://redgen-damour.eventbrite.com)

[Register for the next REDgen event at USM on Thursday, April 7.](#)

## MEMORY SCREENINGS

*Tuesday, April 5 | 12:00-4:00 p.m.*

*North Shore Library | Community Room*

### **REGISTRATION REQUIRED.**

**Sign up March 4-April 4:**

<https://www.eventbrite.com/e/memory-screenings-tickets-211448075887>.

Sign up for a free memory screening with a Dementia Care Specialist from the Aging and Disabilities Resource Center of Milwaukee County! Memory screenings are designed to detect and identify early signs of memory loss and cognitive changes and are great for brains at all health levels! A Dementia Care Specialist will work with

you to address your concerns about memory loss and connect you to any resources you may need, such as a memory clinic or brain health doctor. Space is limited, so sign up early! Masks required.

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### **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

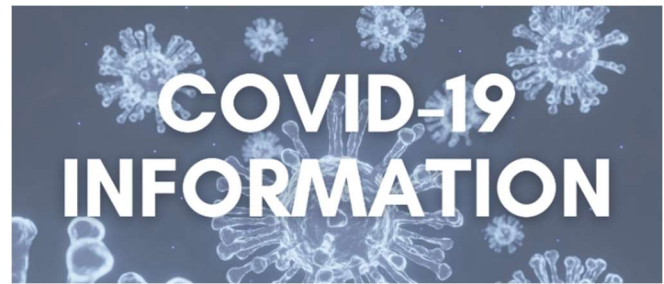
4th Wednesday of the month • 7:30-9am

*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. 1:00 p.m. – 2:00 p.m. 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:** 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](#).

**COVID-19 Community Level:** Milwaukee County is at a low community level with data through March 17, 2022. [Check updated level here.](#)



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



### **RESOURCES**

1. [NAMI HelpLine | NAMI: National Alliance on Mental Illness](#)
2. [Colorectal Cancer Awareness Feature | CDC](#)
3. [Deaf History Month | Diversity & Inclusion \(fsu.edu\)](#)