



NORTH SHORE

HEALTH DEPARTMENT

HEALTHY HIGHLIGHTS 2022

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

April 13th, 2022: DONATE LIFE

April 22, 2022 is National Blue and Green Day, celebrating organ donation.

People are encouraged to wear blue and green and engage in conversations regarding the importance of organ, eye and tissue donation.

Why is organ, eye and tissue donation so important?

- In Wisconsin there are more than 1,800 people waiting for a life-saving transplant.
- One donor can save and heal the lives of more than 75 people. Donated corneas restore vision for the blind.
- Donated skin, bone and tissue help repair defects, promote faster healing (especially with severe burns) and save limbs.
- Heart valves give patients a chance to resume normal life.

To learn more:

- [Organ, eye and tissue donation: Donate Life Wisconsin](#)
- [Register to Donate Life](#)



EXCESSIVE ALCOHOL USE AWARENESS MONTH

Caring adults in the life of children and adolescents can impact and influence choices made, particularly about underage drinking. Think kids won't listen? Think again.

The changes children go through as they grow into adolescents can make it hard to recognize when a child is at risk for underage drinking or already drinking alcohol. Keeping an eye on changes in attitudes and behaviors may help identify a more serious problem. Talk with kids if you notice big changes or signs of drinking.

Big changes like...

- Big mood swings and/or a defensive attitude.
- Problems at school, like falling grades or poor attendance.
- Breaking family rules.
- Getting rid of old friends or not introducing new ones.
- A lack of interest in their appearance or favorite activities.
- Memory lapses and poor concentration or coordination.

Signs of drinking like...

- The smell of alcohol.
- Hangover symptoms, like bloodshot eyes.
- Alcohol missing from your home or finding alcohol in hidden places, like a closet or backpack.
- Hanging out with friends that use alcohol or other substances.

Underage drinking can affect how kids' brains develop. Alcohol damages areas responsible for learning, memory, and more.

Wisconsin

Department of Health Services (WDHS):

Small Talks is a great resource on ways to talk to children and adolescents regarding underage drinking.



Everyone brings their "patch" to the table

In celebration of our Interim Health Officer and Public Health Supervisor Kathy Platt's service to the health department, the team got together for some fun team building activities at Glaze. The health department is comprised of 7 core team members, with supportive staff members ranging from COVID response to assistant/interns.

Each member made a "patch" (glass square) to add to the quilt, with some members teaming together to create a shared square, to represent the collaboration and efforts of the team over the past year. Each square was then fused to create the quilt, that will hang in our offices, representative of the health department.



Milwaukee County Department of Aging provides Dementia education focusing on Let's Talk Brain Health, Caring for the Caregiver and Dementia 201. To learn more [visit this link](#).



WHAT HAS NSHD BEEN WORKING ON?

April 4-7 2022 Atlanta

REIMAGINING PREPAREDNESS
IN THE ERA OF COVID-19

PREPAREDNESS SUMMIT

Our Public Health Specialist attended the Preparedness Summit in Atlanta last week. The Preparedness Summit, *Reimagining Preparedness in the Era of COVID-19*, provided an opportunity to reflect on lessons learned from current and previous emergency responses, and highlighted tools and resources that we can apply in the future.

NOTABLE HEALTH DAYS

- Among the notable health observances in April are
- [National Stress Awareness Month](#)
 - [Oral, Head, and Neck Cancer Awareness Week](#)
 - [National Youth HIV and AIDS Awareness Day](#)
 - [World Hemophilia Day](#) (April 17)

MENTAL HEALTH RESOURCES

- You are not alone.*
- The National Suicide Prevention Lifeline provides help to individuals in emotional distress or experiencing a suicidal crisis through a national network of 200 crisis centers.
- ✓ **The Lifeline can be reached at its current number - 1-800-273-8255.**
 - ✓ **As of July 16, 2022, a new three-digit phone number, 988, will become available nationwide for people experiencing suicidal, mental health, and/or substance abuse crises** or those helping a loved one
 - ✓ **988** will be able to accept calls, texts, or chats.
 - ✓ People may continue to use the longer number if they would like, as **988** will simply provide an easier way for people to access the Lifeline crisis call centers and link to network resources. [Read more about 988](#)



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 414-371-2980 to find out what vaccines we have available and to make an appointment during 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-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.
- **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

COVID-19 INFORMATION

COVID-19 VACCINATIONS:

Tuesday, May 3rd from 1pm-3pm in Brown Deer
Thursday, May 5th from 9am-12pm in Shorewood
Tuesday, May 17th from 9am-12pm in Brown Deer
Thursday, May 19th from 9am-12pm in Shorewood
Please call 414-371-2980 to make an appointment.

APRIL 2022

EVER MON. WED. & FRI. 10AM – 4PM

EVERY SATURDAY 9AM – 12PM

FREE COMMUNITY COVID TESTING & VACCINATION TENT

1301 W. HAMPTON GLENDALE, WI 53209

MILWAUKEE COUNTY LINCOLN PARK PAVILION LOT
WWW.HEALTHCONNECTMKE.ORG

The advertisement features a blue and green color scheme. At the top left, a green banner contains the text 'APRIL 2022'. Below this, the schedule for the testing and vaccination tent is listed: 'EVER MON. WED. & FRI. 10AM – 4PM' and 'EVERY SATURDAY 9AM – 12PM'. The main text reads 'FREE COMMUNITY COVID TESTING & VACCINATION TENT' followed by the location '1301 W. HAMPTON GLENDALE, WI 53209' and the website 'WWW.HEALTHCONNECTMKE.ORG'. The background of the advertisement shows a diverse group of people, including a woman holding a child, a man, and a child, all appearing to be in a community setting.



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nshealthdept.org • (414) 371-2980

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



RESOURCES

1. [DonateLife Wisconsin](#)
2. [Answers - Donate Life Wisconsin](#)
3. [Small Talks: How WI Prevents Underage Drinking | Wisconsin Department of Health Services](#)
4. [MilwaukeeRec2022DementiaPresentations.pdf](#)
5. [Milwaukee County Department on Aging](#)
6. [988 Key Messages | SAMHSA](#)
7. [988 Suicide and Crisis Lifeline | SAMHSA](#)
8. [988 America's Suicide Prevention and Mental Health Crisis Lifeline \(samhsa.gov\)](#)
9. [National Stress Awareness Month | Office of Human Resources \(nih.gov\)](#)
10. [Head and Neck Cancers - National Cancer Institute](#)
11. [HIV Among Youth | Age | HIV by Group | HIV/AIDS | CDC](#)
12. [World Hemophilia Day – WFH - World Federation of Hemophilia](#)