



2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

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

May 10, 2023: National Nurses Week



Please join the NSHD as we celebrate National Nurses Week from May 6-12, 2023!

Nursing has long been recognized as the most-trusted profession – and for good reason! Nurses are known to provide compassionate care for patients and their families during the most difficult times. The substantial amount of time they spend with patients allows nurses to form close relationships with them. Nurses work in a variety of settings such as hospitals, clinics, schools, and even local Health Departments like the NSHD.

Public Health Nurses play a critical role in their communities by promoting health, preventing disease, and providing care to those in need. The NSHD is lucky to have four talented and dedicated Public Health Nurses who provide a wide range of services for adults and children in the North Shore community. Some examples include:



Providing communicable disease investigation and surveillance to help stop the spread of diseases.

Providing home visits for parents of new babies to provide support, health education and community resource referrals.



Providing routine vaccinations for North Shore residents to keep everyone healthy and happy.

Take a moment to thank a nurse during National Nurses Week for their hard work and dedication.

Thank you!

Healers.
Advocates.
Supporters.
Thank you nurses!



Happy National Nurses Week

The Importance of Blood Donation

About 38% of the population is eligible to donate blood, yet less than 5% donate. Blood donors are critical community resources and are often in short supply.

Join NSHD and the Village of Brown Deer, Wednesday, May 10, 2023, from 9:00A – 2:00P to donate blood.

Five facts about blood donation:

1. Every two seconds, someone in the United States needs blood.
2. One donation can potentially save up to three lives.
3. There are 8 different blood types (A+, A-, B+, B-, AB+, AB-, O+ and O-), and 4 types of blood donation (whole blood, double red cells, plasma, and platelet donation).
4. Blood cannot be artificially made; it can only come from volunteer blood donors. The blood used in an emergency is already on the shelves before the event occurs. This means that regular blood donations are needed to ensure that blood is always available for those who need it.
5. The average adult body holds about 10 pints of blood, and a person can typically donate one pint of blood every 56 days.

Appointments are preferred. Scan the QR code, call 877.232.4376 or visit <https://bit.ly/vobd51023> to schedule your appointment.

DONATE BLOOD & SAVE LIVES

Sign up for the blood drive at the Brown Deer Village Hall on **MAY 10, 2023**
9:00 AM - 2:00 PM

4800 W Green Brook Dr.
Brown Deer, WI 53223
In the courtroom

Valid form of ID that displays your date of birth required. We will accept a drivers license, state issued ID or donor card.

APPOINTMENTS PREFERRED:
Scan the QR code, call 877.232.4376
or visit <https://bit.ly/vobd51023>



NWHW

NATIONAL WOMEN'S HEALTH WEEK

May 14th – May 20th 2023

National Women's Health Week is celebrated each year, beginning on Mother's Day, to encourage women and girls to make their health a priority. Historically, women have assumed the role of caregiver, and this continues to be true today with 2 out of every 3 caregivers being a woman.

As a caregiver, it's easy to put the health and wellbeing of loved ones first. So, as part of Women's Health Week, we are encouraging women in our North Shore community to take control of their health.

Not sure where to start? Try one or more of these ideas:



Enjoy a **Healthy and Balanced Diet** that includes fruits, vegetables, whole grains, low-fat dairy, and lean meats.



Lower your risk for heart disease by participating in moderate **Physical Activity** for 2-3hrs each week.



Prioritize Mental Health and keep your mind as healthy as the rest of your body. Practice stress reduction techniques like deep breathing, stretching and meditating.

For more information, visit [Women's Health Week | CDC](#) and [Women's Health Week | FDA](#).



NORTH SHORE
HEALTH DEPARTMENT

nshealthdept.org • (414) 371-2980

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



RESOURCES AND REFERENCES

1. [Versiti - Learn About Blood Donation](#)
2. [Facts About Blood Supply in The U.S. | Red Cross Blood Services](#)
3. [Thank You for Making a Difference Every Day - AACN](#)