



NORTH SHORE

HEALTH DEPARTMENT

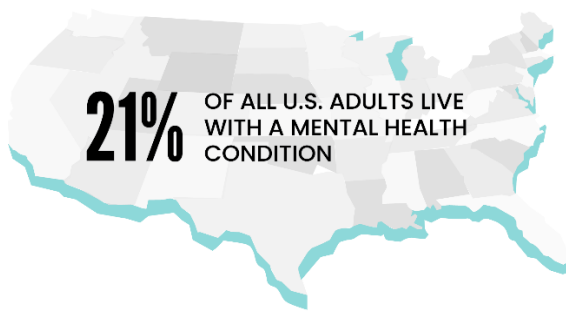
HEALTHY HIGHLIGHTS 2022

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

May 18th, 2022: Mental Health Awareness Month

May is Mental Health Awareness Month.

FAST FACT:

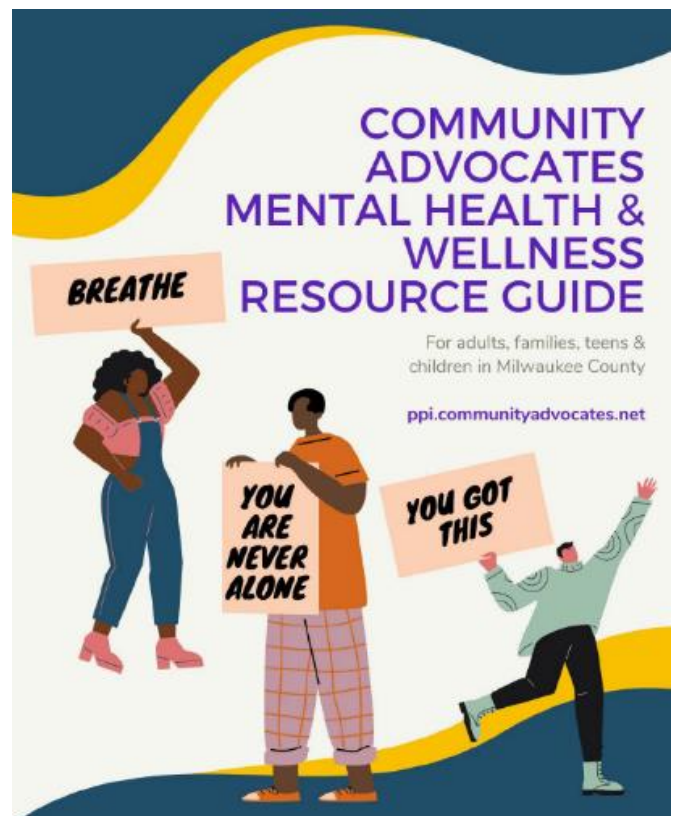


Learn more on the Mental Health America website:
<https://mhanational.org/mental-health-month>

Tomorrow, May 19 is **#MentalHealthAction Day**. Take a moment today to take action on your own mental health. From taking a moment for yourself, finding support, or connecting with a friend, taking action on your mental health can be easy.

If you don't know where to start, take action on the Mental Health is Health website:
www.mentalhealthishealth.us

Community Advocates has a great Mental Health and Wellness Resource Guide. It is a directory of resources for behavioral health, treatment, support groups and more for Milwaukee County residents that was updated March 2022 – [click on the image below to access the guide](#).



Learn more about mental health and resources available in Wisconsin: www.dhs.wisconsin.gov/mh

Older Americans Month – Aging in Place

Data from a 2021 study from AARP shows that 77% of adults over 50 would prefer to grow older in their current home rather than move to an assisted living or long-term care facility. This is known as “aging in place.” Older adults who age in place are happier and more independent. They also remain more socially engaged in their communities because they have access to the resources and social networks of their choice. If you’re one of the 77% of people who want to age in place, you can find resources for programs and services available in Wisconsin to help you. Visit dhs.wisconsin.gov/aging to get started.



AGE MY WAY: MAY 2022

The **Wisconsin Institute for Healthy Aging** sponsors evidence-based programs and workshops to promote healthy aging.

Find a workshop near you:

wihealthyaging.org/workshops

wiha

Wisconsin Institute
for Healthy Aging

Focusing on cognitive health as you age is just as important as focusing on physical health -

- Healthy Aging - Healthy Brain [Fact Sheet](#)
- National Institute on Aging – [Brain Health](#)

WHAT HAS NSHD BEEN WORKING ON?

READ THE

NORTH SHORE HEALTH DEPARTMENT

MONTHLY REPORT

APRIL 2022

THIS REPORT HIGHLIGHTS THE WORK DONE IN EACH OF OUR FOUR PRIORITY AREAS OVER THE PAST MONTH, AS WELL AS OTHER IMPORTANT WORK AND ACTIVITIES DONE BY OUR DEPARTMENT.

OUR 4 PRIORITY AREAS



MENTAL & EMOTIONAL WELLBEING
for a Healthy North Shore

SUBSTANCE-FREE LIVING
for a Healthy North Shore



INJURY PREVENTION
for a Healthy North Shore

PHYSICAL ACTIVITY and NUTRITION
for a Healthy North Shore

The goal of these monthly reports is to showcase the work being done at the North Shore Health Department and to increase transparency with community leaders, partners, elected officials, and the public.



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[READ OUR APRIL 2022 MONTHLY REPORT](#)

BOH MEETING

This Thursday, May 19, NSHD staff will be presenting at the North Shore Board of Health meeting to provide an update on the Community Health Assessment (CHA). A Masters of Public Health student who works at NSHD will also be presenting his Capstone project relating to childhood immunization rate disparities in the North Shore and the policy analysis he conducted.

NOTABLE HEALTH DAYS

Among the notable health observances in May are:

- [Hepatitis Awareness Month](#)
- No Tobacco Day: May 31: [World No Tobacco Day](#)

BLOOD PRESSURE & IMMUNIZATION CLINICS

IMMUNIZATIONS (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:

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. **TODAY, Wednesday, May 18.** There will be no blood pressure clinics at Lydell in June, July, or August. They will resume in the fall: Sep 21, Oct 19, Nov 16, Dec 21.
- **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. **Wednesday, June 1** is the next blood pressure clinic at Dolan Community Center. There is no clinic in July or August. They will resume in the fall: Sep 7, Oct 5, Nov 2, Dec 7.

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

COVID-19 INFORMATION

COVID-19 VACCINATIONS AT NSHD:

Thursday, May 19th from 11am-2pm in Shorewood
Tuesday, May 31st from 9am-11am in Brown Deer
Please call 414-371-2980 to schedule an appointment.

We highly recommend Health Connections if you need a COVID-19 booster. They have a tent set up in Lincoln Park through May 21 and have plenty of availability. No appointment necessary.



COVID-19: Testing Support for Camps

Wisconsin DHS is pleased to support COVID-19 testing in recreational, educational, and day camps. Free and convenient COVID-19 testing services are available for camps:

- COVID-19 testing is free of charge. COVID-19 testing supplies, specimen transport, diagnostics & reporting are available to camps.
- COVID-19 testing is safe and accurate. Camps can choose to offer laboratory-based testing or point-of-care antigen tests for their campers and staff/volunteers. Both provide reliable results.

Learn more and complete the necessary steps to test at your camp: www.dhs.wisconsin.gov/covid-19/testing-camps.htm



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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. [Resilient Wisconsin](#)
2. Wisconsin DHS - [Mental Health Resources](#)
3. [World No Tobacco Day](#)