



NORTH SHORE

HEALTH DEPARTMENT

HEALTHY HIGHLIGHTS 2022

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

June 1st, 2022: Happy Pride Month



PRIDE MONTH

The entire month of June is Pride Month is dedicating to celebrating the LGBTQ+ community. Historically it marks the anniversary of the Stonewall Riots in 1969 which helped spark the modern gay rights movement. Most Pride events take place each year in June, although some cities hold their celebrations at other times of the year.

For more information please [click here](#)

PRIDEFEST and Pride Parade 2022

Milwaukee's Pridefest will be held from June 2nd-4th at the Summerfest grounds.

Enjoy an array of different headliners including, music, drag, and comedy as well as food/goods vendors for all your needs while on the festival grounds.

On June 5th at 2pm, the City of Milwaukee will hold their annual Pride Parade which starts on S. 2nd and Greenfield and makes its mile long route to 2nd and E Oregon. The Pride Parade was cancelled the last two years due to the COVID-19 Pandemic so this year the parade is celebrating a triumphant return.

For more information, please visits the following links:

- <https://www.pridefest.com/>
- <https://www.prideparademke.org/>

THE IMPORTANCE OF PRONOUNS

A person's name is a proper noun, and we often use pronouns in place of proper nouns, when referring to someone without using their name. The most commonly used pronouns in English, he/she refer to gender.

For LGBTQ+ community members, expressly queer, gender non-conforming, non-binary, and transgender people, he/she pronouns may not fit how they identify. Use of *he/she* pronouns may cause stress and anxiety.

A gender neutral or inclusive pronoun does not associate a gender with the individual who is being discussed.

Languages which do not include gender neutral pronouns have attempted to create them, in the interest of greater equality.

Having trouble understanding why this would upset someone? Think about how it feels when someone mispronounces or calls you by the wrong name... Now, think about your pronoun (likely "*he*" or "*she*"). Imagine someone referring to you by a pronoun you don't identify with... imagine them doing it over and over again, even after you've corrected them. According to 2018 University of Texas study, in transgender youth, using correct pronouns and names reduces depression and suicide risks.

GENDER PRONOUNS

SUBJECT	OBJECT	POSSESSIVE	POSSESSIVE PRONOUN	REFLEXIVE
ae	aer	aer	aers	aerself
fae	faer	fer	faers	faerself
e/ey	em	eir	eirs	eirself
he	him	his	his	himself
per	per	pers	pers	perself
she	her	her	hers	herself
they	them	their	theirs	themself
ve	ver	vis	vis	verself
xe	xem	xyr	xyrs	xemself
ze/zie	hir	hir	hirs	hirself



LGBTQ+ COMMUNITY COMMON TERMS

Sex and gender are different and do not necessarily match someone's gender/gender identity.

- **Sex:** Sex is a label (male, female or intersex). Doctors assign gender based on sexual organs and chromosomes.
- **Gender:** Gender is complex social construct defining legal status, and societal expectations including behavior, characteristics, and thoughts.

Gender Identity is the internal perception and identification of one's gender, and how they label themselves, based on how much they align or don't align with what *they know* their gender to be.

- **Cisgender:** Person whose gender is same as "assigned" sex at birth.
- **Transgender:** Person whose gender is different from "assigned" sex at birth.
- **Non-binary:** Non-binary is a spectrum of gender identities not exclusively masculine or feminine and are identities outside the gender binary of male and female.
- **Genderfluid:** Applies to a person whose gender identity changes over time or changes at different times.
- **Two-spirit:** Used by some indigenous people to describe their sexual, gender, or spiritual identity. Refers to an individual who has a feminine and masculine spirit.

Sexual Orientation: An emotional, romantic or sexual attraction to other people, of the same gender, different gender or multiple genders.



LGBTQ+ MENTAL HEALTH FACTS

LGBTQ+ people continue to show disparities in mental health, even though they are more likely to use mental health services.

People who identify as LGBTQ+ are:

- Twice as likely as non-LGBTQ+ people to have a mental health condition.
- In 2021, among LGBTQ+ individuals who took an MHA depression screening, 56% report having suicidal thoughts more than half or nearly every day of the previous two weeks (7% increase from 2019 MHA rate).

Trevor Project reports among LGBTQ+ youth:

- 73% report symptoms of anxiety.
- 58% report symptoms of depression.
- 45% report having seriously considered attempting suicide in the past year.

40% of transgender adults have attempted suicide during their lifetime, compared to less than 5% of general U.S. population (U.S. Transgendered Survey).

WHAT HAS NSHD BEEN WORKING ON?

Our Public Health Nurse Supervisor and interim Health Officer Kathleen Platt, RN, BSN, retired this week after 10 years of service at the North Shore Health Department. The North Shore Health Department was more than fortunate to have benefited from the passion and leadership of Kathy. She has had a significant impact on the lives of many North Shore residents, community leaders, and staff at our department through her leadership and devoted public health service.

**Thank you for your dedication and service,
Kathy!
Enjoy retirement!**

KATHLEEN PLATT, RN, BSN

PUBLIC HEALTH NURSE SUPERVISOR

Kathy has served as a public health nurse at the North Shore Health Department since 2012. In this role, she has gone above and beyond to promote the health of the seven North Shore communities. Kathy is passionate about geriatric health and childhood injury prevention. She serves on the Board of Directors for REDGen, an organization that advocates for youth mental health and well-being, as well as on the Board of Directors for the Respite Care Association of Wisconsin (RCAW). She also is involved in communicable disease case management and outbreak investigation, immunizations, rabies control, environmental health hazards, elder neglect, dementia and hoarding disorder investigation and follow up.

On two occasions, Kathy took on the position of interim Health Officer, stepping up to fill a vital role and leading the department through critical periods of change. Her most recent time as interim Health Officer started in August 2021 and recently concluded in March 2022.

NOTABLE HEALTH DAYS

Among the notable health observances in June are:

- [Alzheimer's & Brain Awareness Month](#)
- [PTSD Awareness Month](#)
- [Fireworks Safety Month](#)

BLOOD PRESSURE & IMMUNIZATION CLINICS

IMMUNIZATIONS (APPOINTMENT REQUIRED):

We provide vaccinations for individuals who are underinsured or uninsured, including infant, child routine immunizations and 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:** 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. 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:

Call 414-371-2980 to schedule an appointment.

➤ Pfizer (12+ years):

Thursday, June 16th • 11am-2pm in Shorewood
Wednesday, June 22nd • 9am-12pm in Brown Deer
Wednesday, June 29th • 9am-12pm in Brown Deer

➤ Pediatric Pfizer (5-11 years) Boosters

[DHS Recommendation for 5-11 y/o Boosters:](#)

Thursday, June 2nd • 3:30pm-5:30pm in Brown Deer



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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. <https://nationaltoday.com/pride-month/>
2. <https://www.pridefest.com/>
3. <https://www.prideparademke.org/>
4. [Using Chosen Names Reduces Odds of Depression and Suicide in Transgender Youths - UT News \(utexas.edu\)](#)
5. [Gender Pronouns | LGBTQ+ Resource Center \(uwm.edu\)](#)
6. [Pride and Mental Health | Mental Health America \(mhanational.org\)](#)
7. [Alzheimer's & Brain Awareness Month | Alzheimer's Association](#)
8. [Posttraumatic Stress Disorder Awareness Month | Youth.gov](#)
9. [Fireworks Safety Tips - National Safety Council \(nsc.org\)](#)