



## Upcoming Events

Village Hall  
4800 W Green Brook Dr.

### March 14<sup>th</sup>

- Library/ Library Board/ 5:00pm
- Plan Commission-**Cancelled**

### March 15<sup>th</sup>

- EMG/Municipal Court/5:00pm  
(Pre-scheduled cases only)
- Rm B26 /Beautification Committee/6:30pm

### March 16<sup>th</sup>

- Rm 101 /4<sup>th</sup> of July Committee/5:30pm

## “Quotes of the Week”



## Contact Us

[www.browndeerwi.org](http://www.browndeerwi.org)  
[manager@browndeerwi.org](mailto:manager@browndeerwi.org)

## LIBRARY UPCOMING WEEK'S ACTIVITIES:

### Preschool Storytime!

Monday & Wednesday March 14<sup>th</sup> & 16<sup>th</sup> at 10:30 a.m.



### Teen Coloring

Tuesday March 15<sup>th</sup> at 4:00 p.m.

**Adult Book Club!** Wednesday, March 16<sup>th</sup> at 6:30pm

“The Happiness Project” written by Gretchen Craft Rubin which created a global movement!

**eBook Help:** Want to check out ebooks on your device, but not sure where to start? Make an ebook appointment with a librarian and learn how to use the library's Overdrive program! Call or stop at the reference desk to schedule an ebook appointment. These one-on-one appointments are available on Tuesday afternoons and Wednesday nights and will be 30-45 minutes long. Remember to make sure your library card is in good standing (no more than \$5 in fees!!) and to bring your charger to the appointment.

## Brown Deer Village & Brown Deer School District Applied for the All-America City Award

We will keep everyone notified of the results!



## NORTH SHORE HEALTH DEPARTMENT

March is National Nutrition Month. The 2015-2020 Dietary Guidelines provide recommendations based on current scientific and medical knowledge. The key recommendations of a healthy eating pattern include:

- A variety of vegetables from all subgroups (dark green, red and orange, legumes, starchy, and other)
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes, nuts, seeds, and soy products
- Limiting saturated and trans fats, added sugars, and sodium

For tips, recipes, or more information please visit:

<http://www.choosemyplate.gov/dietary-guidelines> OR  
<http://health.gov/dietaryguidelines/2015/guidelines/>

### Last week at the North Shore Health Department

Ann Christiansen was appointed to serve as the Southeastern Region representative on the State Local Operations Team (SLOT). As the regional representative, Ms. Christiansen will work to strengthen and foster communication, understanding, and collaboration between the State of Wisconsin's Division of Public Health and local health departments. Ongoing discussion items include access to Vital Records data for health departments in sub-county jurisdictions; upcoming consolidated contract processes; and the review process for local health department credentialing.

Health department staff serve on the Milwaukee Hoarding Task Force. This Task Force raises awareness of hoarding by developing collaborative efforts among local services and resources. Their approach is that hoarding isn't just having clutter in the home, but a condition requiring teams of groups to manage these complex cases. The health department is often the agency involved in initially identifying someone who may be hoarding because of concerns about the health and safety risks for the person and the public. The Task Force has a number of resources on their website for information on where to go to for help.  
<http://milwaukeehoarding.weebly.com/resources.html>

The health department is focusing one of its Maternal Child Health grant objectives on providing support to workplaces to become breastfeeding friendly. As part of this objective, health department staff met with leaders from the African American Breastfeeding Network to hear about their programs and services. The Network hosts periodic community breastfeeding gatherings, with ones happening on March 10<sup>th</sup> at 5:30pm at the Northside YMCA or on March 19<sup>th</sup> at 10:30am at the Parklawn YMCA. The March gatherings will focus continuing to breastfeed after returning back to work/school. Contact the Network's website for more details:  
<http://aabnetwork.org/new-page/>

## Recycling Center Hours

The Recycling Center is now on WINTER hours.

Recycling Center is open **ONLY** Saturdays from 10am to 5pm. For further info regarding the recycling center hours please call the DPW office at 414.357.0120



## Weekly Health Tips

March marks National Nutrition Month, which can serve as an opportunity for Americans to focus on eating right and developing better diets. The observation occurs around the same time that many people start giving up on their New Year's resolutions and slowly start slipping back into their bad habits. Instead, they could use this time as a chance to refuel and refocus.

## 7 Worst Ingredients in Food



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**Upcoming Immunization Clinics (appointment required) -**

Please call the North Shore Health Department for an appointment at 414-371-2980.

Thursday, March 10<sup>th</sup> – 3:00pm-4:30pm-Shorewood

Tuesday, March 15<sup>th</sup> – 7:30am-9:00am – Shorewood

Wednesday, March 16<sup>th</sup> – 3:30pm – 4:30pm – Brown Deer

**Upcoming Adult Health Clinics (appointment required) -** Please

call the North Shore Health Department for an appointment at 414-371-2980.

Wednesday, March 16<sup>th</sup> – 8:00am – 10:00am – Brown Deer

Tuesday, March 22<sup>nd</sup> – 8:00am – 10:00am - Shorewood

**Upcoming Blood Pressure Screenings (walk-ins welcome – no appointment necessary)**

Wednesday, March 23<sup>rd</sup> – 3:30pm – 5:00pm – Shorewood

**BDPD Weekly Recap “Weekly Allocation of Services”**

For more info. and to see more “Noteworthy calls for the week” go to [www.browndeerwi.org/departments/police-department/](http://www.browndeerwi.org/departments/police-department/)



**DEPARTMENT OF PUBLIC WORKS**

To follow the 2015/16 construction projects & department reports go to DPW homepage at:

[www.browndeerwi.org/departments/public-wor](http://www.browndeerwi.org/departments/public-wor)

Note –  
  
We will not be holding an immunization clinic at the North Shore Library on March 29<sup>th</sup>. The next immunization clinic at the North Shore Library will be April 26<sup>th</sup>.  
  
We will not be holding a blood pressure screening at the North Shore Library on March 29<sup>th</sup>. The next blood pressure screening at the North Shore Library will be April 26<sup>th</sup>.

