



North Shore Health Department



The North Shore Health Department welcomes **Ann Christiansen** as our new Health Officer. Please stop in to say Hi and introduce yourself.

Last Friday February 6th was National **"WEAR RED DAY"** to help American Heart Association raise awareness for heart disease. According to the American Heart Association heart disease is the No. 1 killer of women.

For more information on signs, symptoms, or to find out your risk factors visit www.goredforwomen.org/.

The North Shore Health Department also offers free blood pressure screenings. For locations and times go to www.nshealthdept.org/

The North Shore Health Department met its objective for the 2014 Immunization Grant. By December 31, 2014, 73% of the children, 24 months of age, residing in our jurisdictions received all of their required immunizations.

Upcoming Immunization Clinics: (appointment required)

Tuesday, February 17th - 7:30-9:00am (Shorewood Office)

Wednesday, February 18th - 3:30-4:30pm (Brown Deer Office)

Adult Health Clinic: (appointment required)

Wednesday, February 18th - 8:00-10:00am (Brown Deer Office)

Upcoming Events

Village Hall
4800 W Green Brook Dr.

February 16th

- EMG/Village Board/6:30pm

February 18th

- Rm 101/4th of July/5:00pm
- EMG/Municipal Court/5:00pm (Pre-scheduled Cases Only)

"Quote of the Week"

"Competition for our natural resources continues to threaten our wilderness areas & wildlife species. America's Wild Horses are synonymous with what America's value most FREEDOM what threatens them threatens us all. It is time to make available solutions a priority now while we work together for long term solutions to protect America's horses, wildlife & natural habitats"

- Robert Redford (actor) & supporter of Return to Freedom



Contact Us

www.browndeerwi.org
manager@browndeerwi.org



Village of Brown Deer BLOOD Drive

We will be having a **Blood Drive** on Monday, **Feb 23rd** in the newly remodeled Village Board /Court Room.

A **light lunch** (soups, chili) will be available for all donors

Please plan your schedules accordingly so that you may join us.

First Time Donors are strongly encouraged.

This event is also **open to the general public**, so please **share this information** with your family, friends, neighbors, vampires, etc.

If you would like to make a soup/chili, bread, cookies, dessert, fruit, etc., please let us know. **All edible donations are welcome!**

If you have any questions or would like to help, please do not hesitate to contact either Jill Kenda-Lubetski in the Village Manager's Office or Nancy Hoppe in the Brown Deer Police Department.

STEP Volunteers Needed

The Senior Tax Exchange Program (STEP) provides an opportunity for retirees age 55 or older to work in the schools in exchange for an annual property tax credit up to \$595.00. STEP workers help in the classrooms, tutor students and help in the school offices. There are interesting volunteer opportunities for everyone!

For more information, please contact the **STEP Coord. Jan Williams** at jwilliams@browndeerschools.com or (414) 371-6870.

Department of Public Works



GENERAL: The Director attended the Village Board meeting on Monday, February 2nd. The Director presented the W. Bradley Road (TIF No. 2) street re-lighting project. The project will replace the existing green street lights throughout the corridor with new black anodized fiberglass decorative poles to match the poles in the General Capitol Dev. (Deerwood Crossing & Bradley Village). The street re-lighting project is expected to occur concurrently with the

W. Bradley Road street reconstruction this spring/summer 2015.

STREETS & TRAFFIC: DPW crews are continuing to fill potholes throughout the Village with cold-patch asphalt. Special attention is given to W. Bradley Road between N. 60th Street and N. Teutonia Avenue. W. Bradley Road requires routine maintenance due to the failing concrete surface. W. Bradley Road between N. 51st Street & N. Sherman Blvd. is scheduled for pavement replacement and reconstruction this spring & summer 2015.

Brown Deer Library



Week's activities for Kids, Teens and Families include:

Lego Club, Tuesday February 24th at 5:30pm

The club is open to anyone who is old enough to play with Legos by themselves. The manufacturer's recommended age is 4+.

Family Movie Night, Thursday February 26th at 5:30pm

The movie is rated PG. We'll be watching...

"Alexander and the Terrible, Horrible, No Good, Very Bad Day"

Feel free to bring your own snacks, popcorn and beverages.

Have you heard? 1,000 Books before Kindergarten

Brown Deer Library has started the 1,000 books before Kindergarten program! **How It Works:** Stop by the Brown Deer Library and receive a reading record that you can use to keep track of your books. Each time you finish 100 books, bring your reading log to the library and your child will receive a paperback book. After finishing 1,000 books, your child will receive their choice of hardcover book and special recognition on our Wall of Fame. Most importantly, they will get an awesome jumpstart on success in school.

DID YOU KNOW THERE ARE...

5 Simple Ways to Add Fiber

- Start the day with a hot or cold high fiber cereal, such as oatmeal or kashi. Add a handful of berries for added fiber & polyphenols.
- Add avocado. This delicious and creamy food packs a healthy dose of fiber! Try adding diced avocado to salads or sandwiches.
- Simple swaps - Stay away from white starchy carbs and opt for whole grains, such as brown rice, quinoa, whole wheat pasta, and whole grain breads.
- Stay lean with legumes. Add black beans, chickpeas, or other beans to your meals to add fiber. Try them in soups, salads, casseroles, even pasta dishes!
- An apple a day keeps the doctor away. In between meals, snack on fiber filled fruits such as apples. Mangoes, peaches, and berries are also great!



Recycling Center Hours

**OPEN SATURDAYS ONLY
10:00am to 5:00pm**

**The Recycling Center is now
on 2015 Winter Hours.**

The Recycling Center is open on Saturdays for the months of January, February, and March.

For further information regarding the recycling center hours, please call the DPW office at 414-357-0120

Weekly Health Tip(s)

**FEBRUARY IS
AMERICAN HEART
Month**

**At the heart of good
health is good nutrition.**

**Find recipes, healthy
cooking tips, heart
smart shopping tips
and much more at the
American Heart
Association web site:
www.heart.org**

