



NORTH POINT
Health & Wellness Center

COMMUNITY NEWSLETTER

SEPTEMBER 2022



Pictured: NorthPoint staff at Free Fresh Food Fridays

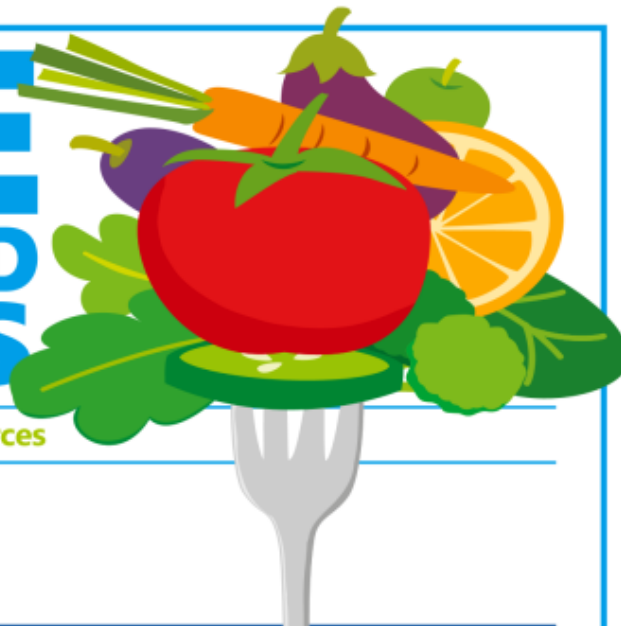
Free Fresh Food Fridays are almost over!

Please join us for the **last Free Fresh Food Friday of 2022!** As usual, free produce and community resources will be available **beginning at 9:30 am until supplies run out.** Rain or shine, we will be there! **Located at the parking lot at Plymouth & Oliver.** Make sure to mark your calendars and don't miss the last Free Fresh Food Friday of 2022! Thank you for participating all summer!

Upcoming Free Fresh Food Fridays

September 23 (Last one of 2022)

FREE FRESH FOOD FRIDAYS



Free Produce • Community Resources



9:30 am

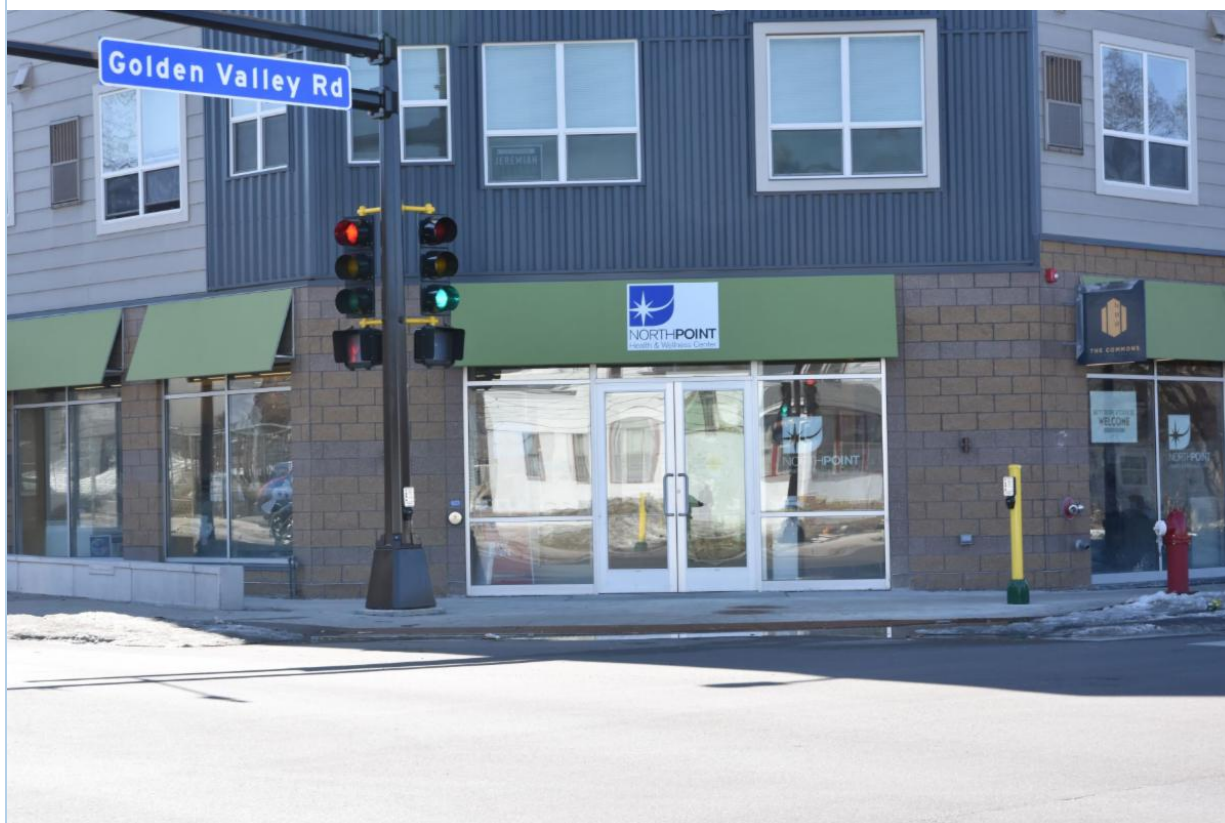
until supplies run out
rain or shine

LOCATION: Parking Lot at Plymouth & Oliver

| MAY | JUNE | JULY | AUGUST | SEPTEMBER |
|---------|---------|--------|---------|-----------|
| 13 & 27 | 10 & 24 | 8 & 22 | 12 & 26 | 9 & 23 |

612-767-9500 • www.northpointhealth.org

For information about the COVID vaccine, please visit us on the web!



Pictured: NorthPoint Community Food Shelf on the corner of Penn Ave N & Golden Valley Road

NorthPoint Community Food Shelf is open

While Free Fresh Food Fridays come to an end for this year, we want to remind you that NorthPoint's Food Shelf is open to the community year-round.

Located at 1835 Penn Ave N, the Community Food Shelf is open Monday to Thursday from 10 AM to 4 PM. And free produce giveaways happen on Tuesdays and Thursdays at 9 AM. For more details about the Community Food Shelf, please [visit our website](#).



NorthPoint food shelf asks for peanut butter donations

Peanut butter is a staple at our food shelf, and we've experienced a shortage due to supply chain delays. We are completely out of peanut butter, and we do not expect our vendors to stock it for several weeks. Please consider donating jars of peanut butter to

our food shelf. We accept donations Monday to Friday from 9:00 AM to 5:00 PM at 1835 Penn Avenue North. Please park in the lot immediately south and ring the doorbell on the door marked "Staff & Volunteers." We appreciate your support in service of our neighbors! For details, please [visit our website](#). And thank you to those who have already contributed!

Commissioned Painting Revealed



Pictured left to right: Dr. Kevin Gilliam, Dr. Paul Erickson, CEO Stella Whitney-West, Mr. Charles Caldwell

"Life's Journey" is the title of a painting by local artist and NorthPoint Board Member Charles Caldwell. NorthPoint commissioned "Life's Journey" to recognize Dr. Paul Erickson, who served as Medical Director of NorthPoint from 2006 to 2022. The painting pays tribute to the work of a family physician, who provides care to people in all stages of life. It portrays an hourglass with a baby on the top, and a person walking into the distance on the bottom. To learn more about Mr. Caldwell, [visit his website](#). Read more about Dr. Erickson's service to NorthPoint below.

Dr. Paul Erickson to continue practice at NorthPoint

After serving NorthPoint Health & Wellness Center as Medical Director from 2006 to 2022, Dr. Paul Erickson will continue his role as a family physician at



NorthPoint. Dr. Erickson has served as a family physician at NorthPoint since 1996 and he will continue his practice and see adult patients at the Cora McCorvey Health & Wellness Center, and pediatric patients at our NorthPoint

Main Campus. We are pleased that Dr. Erickson has chosen to continue his practice at NorthPoint.



Thank you for attending Fit4Fun!

Thank you to everyone who participated in Fit4Fun at Open Streets West Broadway and visited NorthPoint at our 800 West Broadway location on Saturday September 10th! We heard Open Streets West

Broadway was one of the most well attended Open Streets of this summer. Thank you to our community members for making that happen! And thank you to all the young participants of Fit4Fun, which has been a part of Open Streets West Broadway since 2012. NorthPoint looks forward to next year when we celebrate the 10th annual Fit4Fun. We'll see you there next summer!

Campus Expansion Updates

New clinic entrance in effect now

Beginning Monday September 12th, the NorthPoint clinic entrance moved to its final, permanent entrance on Plymouth Ave N. All patients will enter the clinic from this new main entrance, pictured below in a photo rendering.

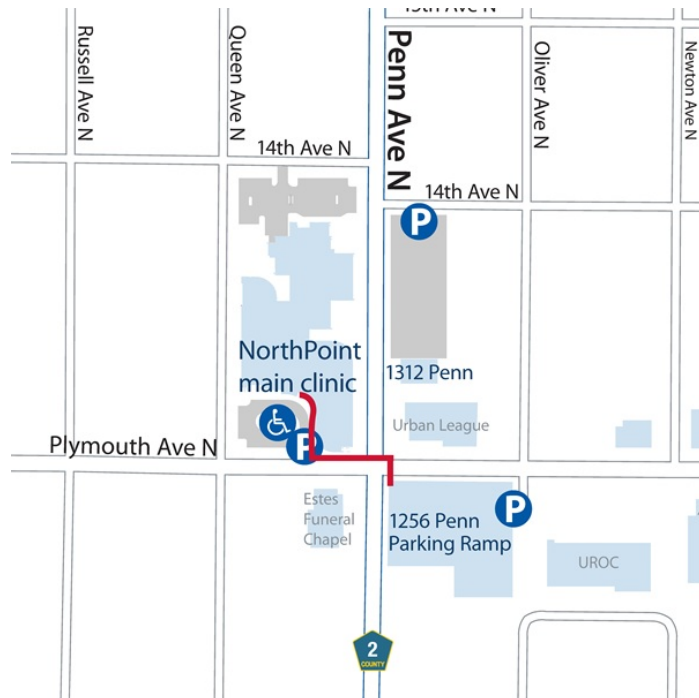


Pictured: The new NorthPoint clinic patient entrance on Plymouth Ave N

Parking Updates

Entrance to the clinic is on Plymouth Ave N on the south side of our building. Parking is available in the following locations:

- 1)** Free handicap parking is available in the new parking lot at Plymouth Ave N and Queen Ave N.
- 2)** Visitors may use the free parking ramp at 1256 Penn Ave N. The entrance is at Plymouth Ave N and Oliver Ave N.
 - Exit building on 1st Floor
 - Cross Plymouth Ave N
 - Turn left to walk west on Plymouth Ave N
 - Turn right as the building curves
- 3)** Visitors may also use the free parking lot at Penn Ave N and 14th Ave N.



Please allow extra time before your appointments to adjust to these changes!

Campus Expansion Spotlight: *Bistro Café and Teaching Kitchen*

An exciting new feature of NorthPoint's campus expansion includes a Bistro Café and Teaching Kitchen. The purpose of the kitchen will be to provide training and employment for youth and young adults and space for community nutrition education. Our nutrition staff will also be part of the health education, incorporating nutrition education in an area of North Minneapolis considered a food desert.



For the most recent updates to location and parking, please visit our [Campus Expansion webpage](#)



Watch Making Health Happen

If you've tuned into 89.9 KMOJ on Monday evenings you may have caught our new talk show, Making Health Happen. Each episode we interview guests about health and wellness topics important to North Minneapolis and now you can watch each episode on YouTube. Make sure to [subscribe to our YouTube channel](#) to watch new episodes! And listen on 89.9 KMOJ "THE PEOPLES

WATCH NOW:

[Episode 1: Health Equity & Black History with Stella Whitney-West](#)

[Episode 2: Heart Health with Dr. Rahshana Price-Isuk](#)

[Episode 3: Nutrition with Karen Blanchard](#)

[Episode 4: Colorectal Cancer Awareness with Dr. Rahshana Price-Isuk](#)

[Episode 5: Alcohol Awareness with Dr. Helen Thomas and Wendy Nelson, RN](#)

[Episode 6: Oral Cancer Awareness with Dr. Michael Brooks](#)

[Episode 7: High Blood Pressure Awareness with Dr. Kevin Gilliam](#)

[Episode 8: Mental Health Awareness with Carmita McGlory](#)

[Episode 9: Kids' Mental Health with Zadok Nampala](#)

[Episode 10: Kids Ask Us about COVID](#)

[Episode 11: Men's Health with Dr. Kevin Gilliam and Isiah Jones](#)

[Episode 12: 2SLGBTQIA+ Pride with Dr. John Gatermann](#)

[Episode 13: Health Screenings with Dr. Janna Carlson](#)

[Episode 14: Hepatitis Awareness with Dr. Robin Councilman](#)

[Episode 15: Maternal and Child Healthcare with Dr. Lavonne Moore](#)

[Episode 16: Immunization Awareness with Dr. Carrie Nedrud and Kathy Kreitzer](#)

NEW! [Episode 17: Suicide Prevention with Zadok Nampala](#)

COVID-19 Basics



Fall season is approaching and as we spend more time indoors, here are some important reminders.



FOLLOW VACCINATION GUIDELINES



IN PUBLIC INDOOR SPACES



IF YOU HAVE SYMPTOMS OR EXPOSURE

Please Note:

Due to COVID restrictions, NorthPoint medical, dental and behavioral health services are by appointment only. Call 612-543-2500 to get scheduled.

Appointments are required to receive a COVID-19 vaccine. Call for an appointment at 612-348-9000.

Masks are still required in all NorthPoint facilities, no matter your vaccination status.

[Visit our COVID-19 information page](#) to learn more about the COVID-19 vaccine.

Join the NorthPoint Team

- [Employment at Hennepin County](#)
- [Employment at NorthPoint Inc.](#)



Quick Access:

- [Visit our website](#)
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