



NORTHPOINT
Health & Wellness Center

COMMUNITY NEWSLETTER

OCTOBER 2022



Pictured: NorthPoint clinic staff promote mammograms for Breast Cancer Awareness Month

Get your mammogram at NorthPoint!

October is Breast Cancer Awareness Month

We may not be able to prevent breast cancer, but we can catch it in its earliest stages. If you have breasts and are over age 40, you can get a yearly mammogram at NorthPoint! It's the best way to catch breast cancer early, before your body shows any signs of the disease. Yearly mammograms can catch breast cancer when it is still small. Cancer caught early needs less treatment and is the most curable!

Schedule your mammogram at NorthPoint by calling 612-543-2677. If you're over 40 years old and don't have insurance, free mammograms are available through the Minnesota Sage Program and Minnesota Department of Health.

Give to the Max Day is November 17, 2022

give TO THE **MAX** 
Nov. 17, 2022

Mark your calendars! Give to the Max is back on Thursday, November 17, for a 14th year! Last year, more than 6,000 organizations, including NorthPoint Health & Wellness Center, received donations as part of Minnesota's giving holiday. Please consider including NorthPoint in your giving plans for Give to the Max Day this year. Follow [this link](#) to visit NorthPoint's GiveMN donation page. Thank you for your continued support!

NorthPoint staff receive community recognitions

NorthPoint's Medical Director Dr. Kevin Gilliam and Clinical Services Director Dr. Rahshana Price-Isuk received a special award from Loring Community School for their service to the Northside community. The award was presented in honor of Black History Month, but because of COVID the presentation was postponed until May.



Pictured above: NorthPoint Medical Director Kevin Gilliam, M.D., and Clinic Services Director Rahshana Price-Isuk, M.D., receiving the award from Loring students Xavier Graham and Aria Taylor.



Pictured above: Lesley Tuomi, center, with NorthPoint staff. Lesley is the 2020 recipient of the University of Minnesota Distinguished Dental Hygiene Alumni Award.

NorthPoint's Community Health Dental Hygienist, Lesley Tuomi, RDH is the 2020 recipient of the University of Minnesota Distinguished Dental Hygiene Alumni Award. Lesley is recognized for her work focusing on serving pregnant women and children from birth to age five, spending her time seeking out grant funding to promote dental health in the North Minneapolis community. She's passionate about reaching out to schools for health screenings and follow-up care, serving patients at community events in her spare time, and finding the right care for patients. Due to COVID, Lesley was presented with her award on September 15, 2022.



Pictured: NorthPoint's Community Food Shelf staff and volunteers

Donate to NorthPoint's Community Food Shelf

If you would like to contribute to NorthPoint's Community Food Shelf, please consider donating the following items that are most in need:

1. Financial gifts (to purchase perishables like meat, eggs, and dairy).
Donations can be made [on our website](#).
2. Peanut Butter & Jelly
3. Diapers in large sizes (sizes 4, 5, and 6)

NorthPoint's Food Shelf - 1835 Penn Ave. N., Minneapolis, MN 55411. Monday through Friday, 9 a.m. to 5 p.m. If you expect to bring in a large amount, please call ahead at 612 767-9175 so we can prepare for your delivery. You may also call to request a pick-up if you are unable to deliver. Thank you for your continued support!



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

NorthPoint Community Food Shelf is open

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](#).

Campus Expansion Updates

Campus Expansion Spotlight:
Environmental Equity



This month, we are highlighting the exciting efforts behind NorthPoint's campus expansion construction that will work to ensure environmental equity. NorthPoint's goal is to create environmental equity through community education on renewable energy, electronic charging stations, rideshare options, and solar gardens. NorthPoint will also partner with the Mississippi Watershed Districts to use rainwater as a renewable resource. Stay tuned for more features of our new building as NorthPoint's campus expansion continues!

New clinic entrance now in effect

Beginning in early September, 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.

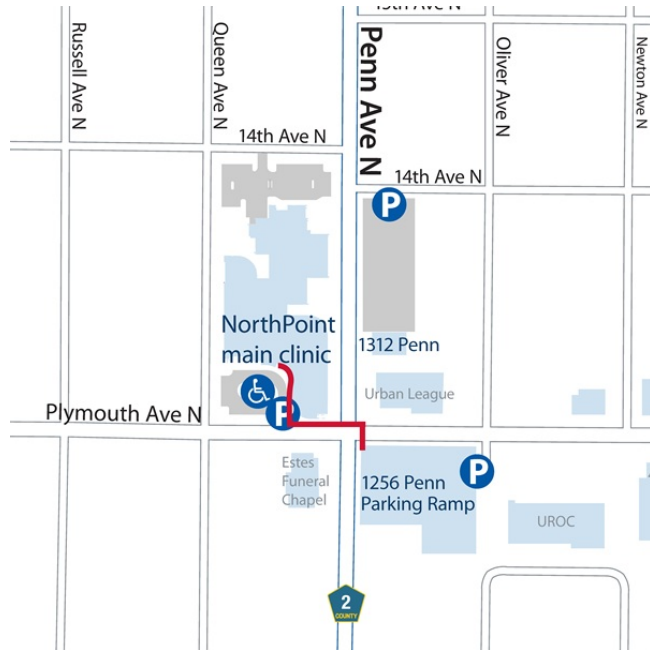


Pictured: The new NorthPoint clinic patient entrance on Plymouth Ave N

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:

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

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



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 STATION" Mondays at 6:00 PM.

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](#)

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

NEW! [Episode 18: Recovery Awareness with Dr. Lolita King](#)

NEW! [Episode 19: Lung Health Awareness with Dr. Paul Erickson](#)

COVID-19 Basics



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



GET
VACCINATED

FOLLOW
VACCINATION
GUIDELINES



WEAR
A MASK

IN PUBLIC
INDOOR
SPACES



TEST
YOURSELF

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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