




NORTHPOINT
Health & Wellness Center

COMMUNITY
NEWSLETTER

FEBRUARY 2023

Pictured: NorthPoint Harm Reduction Team, from left to right: Nikki Monette, Gabe Lyrek, and Stone Davis.

NorthPoint Harm Reduction team highlighted in Star Tribune story

Nonprofits and clinics have handed out more than 100,000 fentanyl test strips since Minnesota legalized them in July 2021, including NorthPoint Health & Wellness Center.

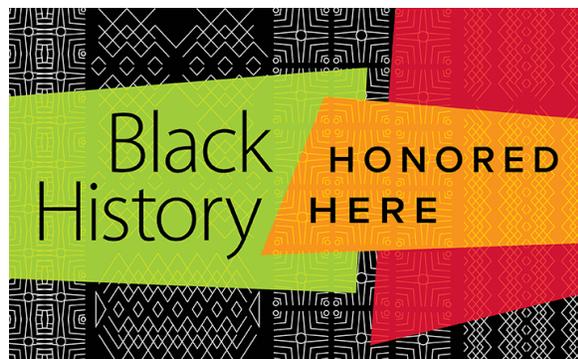
Fentanyl test strips are part of a broader approach called harm reduction, which gives people tools to reduce risk of dying or contracting infectious disease. Gabe Lyrek, a harm reduction specialist, and his team at NorthPoint have provided more than 2,700 fentanyl test strips since they were decriminalized – the most of any on-site location in Minnesota.

"Out of everything that we provide here, the most important thing of all is the fact that we care about you," Lyrek said. "You don't know our name. We don't know your name. But the second you walk in that door; you have somebody who cares whether you live or die."

Read more about the NorthPoint [Harm Reduction team's lifesaving efforts](#) in the Star Tribune.

February is Black History Month

Black History Month is celebrated nationally each year during February. It is a time to highlight the contributions and achievements of African American individuals and communities, as well as their struggles for freedom and equality in the United States. Hennepin County libraries will celebrate and honor Black History Month



this February with public programs, displays and activities in libraries, and recommended book, music, and film lists. Check out the [programs happening this month](#) on the Hennepin County Library website.



Good Faith Estimates

Did you receive a Good Faith Estimate for your upcoming visit?

If you received a Good Faith Estimate (GFE) recently, it may not reflect your newest benefits. Your insurance or Medicaid coverage may have changed or expired.

A GFE **is not a bill**. You may or may not be charged the full amount listed on the GFE. It lists the items or services that can be reasonably expected for your health care needs, and it shows you how much the items and services will cost. This is based on what we know at the time we make the estimate.

If you have new benefits information or questions, please call us at **612-543-2500** to update us over the phone. You may also update your benefits information on [MyChart](#) or bring your newest information to your next visit.

Metro Transit micro

[Metro Transit micro](#) serves the North Minneapolis community with easy-to-access bus rides. With Metro Transit micro, you can book a ride from wherever you are in the service area and a bus will come to you. It costs the same as regular Metro Transit buses, and you can pay with cash, a Go-To Card (including TAP cards, Metropass, College Pass, or Student Pass) or with the Metro Transit app. Scroll down to view the service area map with NorthPoint locations.



HOW IT WORKS:

1. Download the Metro Transit micro app or call 651-602-1170
2. Create an account with your phone number and email address
3. Book a ride
4. Get picked up

Metro Transit micro costs the same as local bus routes and you can pay fare in cash, Go-To Card, or the Metro Transit app



Pictured: Metro Transit micro service area map with NorthPoint locations



Start 2023 with a contribution to NorthPoint

We at NorthPoint thank you for valuing our leadership in North Minneapolis and surrounding communities. We're proud to partner with the residents of

North Minneapolis and the northern suburbs to help people overcome the many barriers that still exist, and to work alongside each other to create a healthier community. If you would like to make a tax-deductible financial contribution, please visit our [Donate page](#). And if you are looking for other ways to contribute, please visit our [Get Involved page](#). Thank you for partnering with us to create a healthier community!



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. Free produce giveaways happen on Tuesdays and Thursdays at 9 AM. Visit our [Community Food Shelf page](#) for more details.

Campus Expansion Updates

Campus Expansion Spotlight:
Community Courtyard



Each month we are highlighting some exciting efforts behind NorthPoint's campus expansion. This month we highlight the Community Courtyard, which will feature a garden and provide an outdoor gathering space for the community. The Community Courtyard will be part of the Spiritual Healing and Wellness Center.

New, permanent clinic address now in effect



Pictured: The new NorthPoint main campus entrance on Plymouth Ave N

Effective January 1, 2023, our address is **2220 Plymouth Ave N, Minneapolis, MN 55411**. We are staying in the same familiar spot in the heart of North Minneapolis at the corner of Penn and Plymouth, but as our building

grows, **our entrance has permanently moved to the Plymouth Ave side.**

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 Expansion webpage](#)



Watch Making Health Happen

Have you checked out *Making Health Happen* yet? In each episode, we interview guests about health and wellness topics important to North Minneapolis. You can now watch every episode on YouTube. And make sure to [subscribe to our YouTube channel!](#)

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](#)

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

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

[Episode 20: Breast Health Awareness with Lisa Jonas](#)

[Episode 21: Diabetes Awareness with Michelle Kimber](#)

[Episode 22: HIV/AIDS Awareness with Dr. Helen Thomas and To the Point](#)

[Episode 23: Flu Vaccine Awareness with Dr. Carrie Nedrud and Kathy Kreitzer](#)

[Episode 24: Health Literacy with Dr. Kevin Gilliam](#)

COVID-19 Basics

Don't forget...

- GET VACCINATED
- FOLLOW VACCINATION GUIDELINES
- WEAR A MASK
- IN PUBLIC INDOOR SPACES
- TEST YOURSELF
- IF YOU HAVE SYMPTOMS OR EXPOSURE

FEBRUARY 2023 February is American Heart Month, a time when all people can focus on their heart health. This includes getting a COVID-19 vaccine.

Please Note:

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

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.

COVID-19 Vaccine

It's easy to get a COVID-19 vaccine at NorthPoint. We provided 21,894 doses in 2021 and 5,630 doses in 2022. Appointments are required. Call for an appointment at 612-348-9000.

COVID-19 Testing

NorthPoint continues to administer COVID-19 tests. We administered 8,756 in 2020, 3,794 in 2021, and 2,665 in 2022. Appointments are required. Call for an appointment at 612-543-2500.

Join the NorthPoint Team

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



Photo Credit: Bill Cooper



Quick Access:

- [Visit our website](#)
- [The Pharmacy App](#)
- [Online Bill Pay](#)

