



NORTH POINT
Health & Wellness Center

COMMUNITY NEWSLETTER

MAY 2023



Pictured: NorthPoint staff and volunteers lay out fresh carrots for Free Fresh Food Friday

Free Fresh Food Fridays Return for 2023!

We are excited to bring back Free Fresh Food Fridays for 2023! Tons of fresh fruits, vegetables, and community resources will be set up on each date, all summer long – rain or shine! Everyone in the community is welcome at this event.

Dates: 2nd and 4th Fridays of the month, May through September

- May 12 & 26
- June 9 & 23
- July 14 & 28
- August 11 & 25
- September 8 & 22

Time: 9:30 a.m. until supplies run out

Location: [Parking lot at Plymouth Ave N & Oliver Ave N](#)

[Event information and flyers](#)

[Volunteer questions and application](#)

[Community tabling reservations](#)

Brought to you in partnership with [Urban League Twin Cities](#) and the [U of M Urban Research Outreach-Engagement Center \(UROC\)](#).

Do You Have Medical
Assistance (Medicaid) or
MinneostaCare?



Your time to re-apply and renew your health insurance may be soon. Visit the [MN Department of Human Services](#) to make sure your address, phone number and email are up to date. If your information is updated, they will be able to contact you when it's time to renew.



Get Your COVID-19 Shot and Other Vaccines! Saturday, May 20

Due for a COVID-19 vaccine or booster? Need to get routine vaccines for school, work, or general well-being? NorthPoint is offering vaccine appointments **Saturday, May 20, from 8:30 a.m. to noon**. Some regular, routine medical appointment times are also available. **Appointments are required.** Call **612-543-2500** to schedule!

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.

Campus Expansion Updates

Campus Expansion Spotlight: *Community Food Shelf*



Pictured: The new Community Food Shelf waiting room

Each month we are highlighting some exciting features of NorthPoint's campus expansion. This month we highlight the new location for our [Community Food Shelf](#), which will be located at the north end of our main campus building. The design will feature spacious cooling and storage areas, as well as a waiting room for our guests. The new Community Food Shelf location will open to the public during the summer. For now, we are still at 1835 Penn Ave. Stay tuned for updates!

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

IS YOUR BLOOD PRESSURE HIGHER THAN 120/80?

HIGH BLOOD PRESSURE AFFECTS YOUR WHOLE BODY

- HEART DISEASE
- KIDNEY DISEASE
- STROKE
- LOSS OF VISION
- MEMORY ISSUES

High blood pressure (hypertension) can lead to heart disease, kidney disease and stroke. Monitoring your blood pressure at home can help you know your numbers!

Talk to your provider or healthcare team to help get your blood pressure under control.

 **NORTHPOINT**
Health & Wellness Center Inc.

May is High Blood Pressure Awareness Month!

High blood pressure (hypertension) can lead to heart disease, kidney disease and stroke. Monitoring your blood pressure at home can help you know your numbers.

Check out our [Making Health Happen episode on blood pressure awareness](#) and talk to your provider or healthcare team to help get your blood pressure under control.



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



NORTHPOINT
Health & Wellness Center

**To Protect Yourself and
Others from Covid-19**
If you feel sick...



GET VACCINATED

For more information, visit northpointhealth.org/coronavirus-updates

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 if you feel sick or if you have been around someone with COVID-19.

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. Appointments are required. Call for an appointment at 612-348-9000.

COVID-19 Testing

NorthPoint continues to administer COVID-19 tests. 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](#)
- [MyChart/Pharmacy Refills](#)
- [Online Bill Pay](#)

