

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

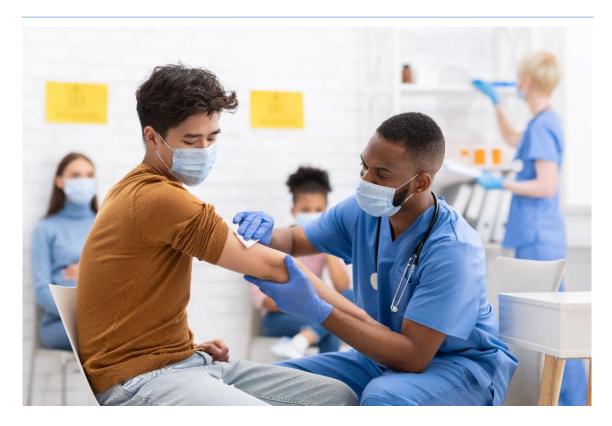
Community tabling reservations

Brought to you in partnership with <u>Urban League Twin Cities</u> and the <u>U of M Urban Research Outreach-Engagement Center (UROC)</u>.

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 <u>MyChart</u> or bring your newest information to your next visit.

### **Campus Expansion Updates**

### Campus Expansion Spotlight: Community Food Shelf

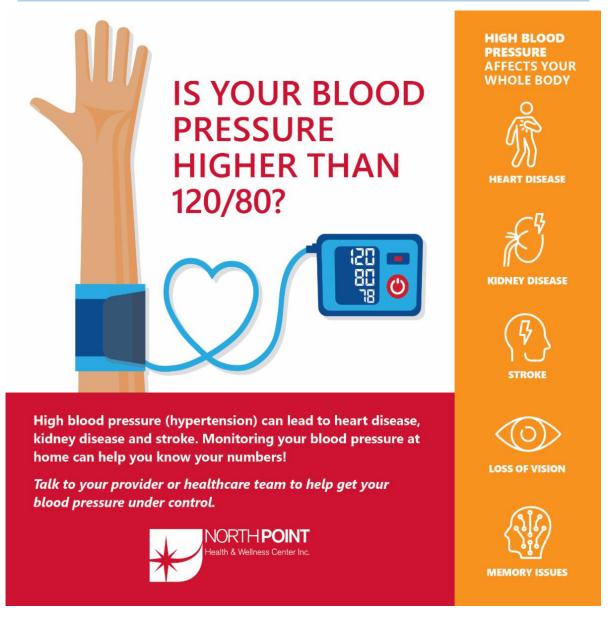


Pictured: The new Community Food Shelf waiting room

Each month we are highlighting some exciting features of NorthPoint's campus expansion. This month we highlight the new location for our <u>Community Food Shelf</u>, 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 <u>Campus</u>

<u>Expansion webpage</u>



### 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 <u>Making Health Happen</u> 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 <u>subscribe to our YouTube channel!</u>

#### **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**



# 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 <u>COVID-19</u> 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:**

- <u>Visit our website</u>
- MyChart/Pharmacy RefillsOnline Bill Pay

