



NORTHPOINT
Health & Wellness Center

COMMUNITY NEWSLETTER

MARCH 2024



Pictured: NorthPoint Outreach and Health Initiatives Manager Marissa Elliott. Credit: David Pierini.



Pictured: NorthPoint Health & Wellness Center, CEO Stella Whitney-West. Credit: Uche Iroegbu.

With Gratitude

Please join us in congratulating our Chief Executive Officer, Ms. Stella Whitney-West, on her upcoming retirement in June 2024.

Stella has served NorthPoint as CEO since 2007. She joined NorthPoint in 2004 as the Chief Operating Officer of NorthPoint Human Services.

Over the last two decades, Stella has led NorthPoint through huge changes, including a \$100 million campus expansion doubling the size of NorthPoint's

main campus facility, as well as the opening of several satellite clinic locations throughout North Minneapolis. During this time, NorthPoint constantly evolved to meet the community's changing needs, becoming a certified Health Care Home, introducing interpreter services, transitioning to electronic health record systems, and making our property smoke-free before any other Hennepin County property. Under Stella's leadership, NorthPoint has led the way in creating standards for health and wellness across Hennepin County.

Stella has also shown up as a representative for NorthPoint by sitting on the Twin Cities LISC Advisory Board, Minnesota Association of Community Health Centers Board, African American Leadership Forum Board, Federal Reserve Advisory Council (9th District), State of Minnesota: Community Resiliency & Recovery (CRR) Advisors, Penn-Plymouth Partnership (PPP) Board, Minneapolis Inclusive Economic Recovery Work Group, Love MPLS, and the Lifesource Community Advisory Council.

"We're making health happen" has been a favorite phrase of Stella's over the years. Her legacy includes all the health we have made happen and will make happen in North Minneapolis. We wish her continued success in her next chapter of life.

As we approach a time of transition, the NorthPoint Community Board will work diligently on a succession plan to appoint a new CEO. We represent our vibrant and diverse community and will ensure our new leader will be the best person to continue NorthPoint's 55-year legacy. As Stella has demonstrated time and time again, a great leader shows us what it means to honor our history and create our future.

Thank you Stella, and congratulations!

Congratulations to Dr. Lolita King-Bethel, Ph.D., LP

On Friday, February 2, 2024, our very own Dr. King-Bethel received the 2023 John M. Taborn Award for Outstanding Contributions to Psychology by a Person of African Descent from the Minnesota Psychological Association Diversity

Committee.



March is National Nutrition Month

March is National Nutrition Month. This year's theme for National Nutrition Month® inspires us to look Beyond the Table when thinking about our health and the environment. Choices we make daily, including what we're going to eat and drink, can make a big difference — both now and in the future.

School and family meals are important, but healthy choices go beyond the foods and drinks we enjoy while sitting at the lunch or dinner table. They include our snacks, breakfasts on the go, eating out with friends, and even where foods are grown and how they're prepared.

NorthPoint guests have access to registered dietitians and nutrition services.

Check out our Nutrition Services page here [Nutrition services | NorthPoint \(northpointhealth.org\)](https://www.northpointhealth.org/nutrition-services)

March Food & Fund Drive

NorthPoint's mission of partnering to create a healthier community includes increasing access to healthy, culturally appropriate food. Join us by

participating in our **March Food & Fund Drive**. We have relationships with local partners that allow us to get food for lower prices. A \$10 donation can provide enough food for 25 meals. **You can make a difference**. Please make a [Donation](#) today.



March is Colorectal Cancer Awareness Month

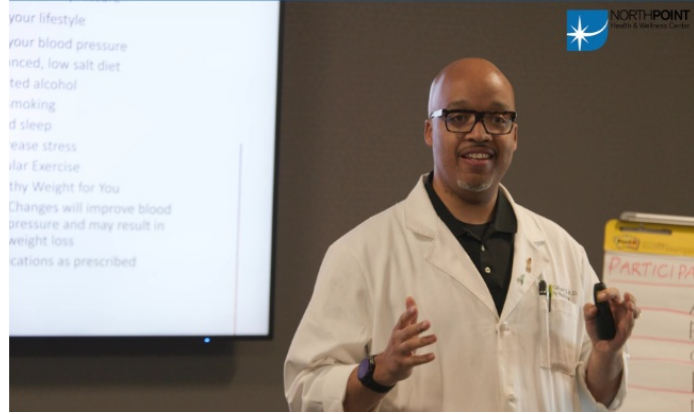
Colorectal Cancer Awareness Month is observed in the month of March to highlight the importance of screening for colorectal cancer, as well as promote healthy lifestyle habits that can decrease a person's risk of developing cancer of the colon, rectum or anus - the three distinct cancer types referred to collectively as colorectal cancer.

Talk to your doctor about colorectal cancer. Doctors can help you with referrals for screenings. If you don't have a primary medical provider, the first step is finding a provider you can trust. NorthPoint is a one-stop place to receive services, and we help individuals and families in all financial situations.

Seven Ways to
Improve Your
Health!

We encourage everyone to become more aware of the things that affect your heart health.

Read our Sahan Journal article [Seven Ways to Improve Your Heart Health](#) for Dr. Gilliam's helpful tips.



Looking for an impactful volunteer opportunity?

Amplify your social impact! Become a NorthPoint Super Supporter by volunteering in our Food Shelf or assisting with events like Free Fresh Food Fridays! We're looking for folks like YOU to partner with us to create a healthier community. Contact Jamiela Taylor at jtaylor@npimn.org or visit our [Volunteer sign-up form!](#)

Do You Have Medical Assistance (Medicaid) or MinnesotaCare?

Your time to re-apply and renew your health insurance may be soon. Visit the [MN Department of Human Services](#) to find out ways to renew.

If your information is updated, they will be able to contact you directly when it's time to renew.

If you have already received a renewal application and need help completing it, call NorthPoint at **612-767-9500**, or contact a [MNsured navigator](#).





Get Help with MyChart, Phone, and Video Visits!

At NorthPoint we can help you complete your phone or video visits with your providers. We can also support you with [MyChart](#) access and other technical services like Zoom, Teams, and email newsletter sign-up. Call us at **612-348-9151** for more information!



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.

COVID-19 Basics

The poster features the NorthPoint Health & Wellness Center logo in the top left. The main heading reads 'To Protect Yourself and Others from Covid-19' with the sub-heading 'If you feel sick...'. Below this are four circular icons: 1. A person with a lightning bolt above their head and a thermometer, labeled 'CHECK YOUR SYMPTOMS'. 2. A person wearing a face mask, labeled 'START WEARING A MASK'. 3. A test tube and a virus particle, labeled 'GET TESTED'. 4. A person inside a house, labeled 'STAY HOME IF YOU TEST POSITIVE'. At the bottom, a red banner says 'GET VACCINATED' and provides the website 'northpointhealth.org/coronavirus-updates'.

NORTHPOINT
Health & Wellness Center

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

CHECK YOUR SYMPTOMS

START WEARING A MASK

GET TESTED

STAY HOME IF YOU TEST POSITIVE

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**.

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 by checking out our [Making Health Happen Playlist](#) on YouTube.

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](#)



NorthPoint Health & Wellness Center | 2220 Plymouth Ave N, Minneapolis, MN 55411

[Unsubscribe sherrie.simpson@hennepin.us](mailto:sherrie.simpson@hennepin.us)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by northpointnews@hennepin.us