



**NORTH POINT**  
Health & Wellness Center

# COMMUNITY NEWSLETTER

JULY 2024



*Pictured: Free Fresh Food Fridays Volunteers*



## Welcome Kimberly!

NorthPoint Health & Wellness Center welcomes Kimberly Spates as its new CEO.

Kimberly has been at NorthPoint since 2014 as Chief Operations Officer of NorthPoint's 501(c)(3) nonprofit Human Services organization. Prior to her time at NorthPoint, Kimberly worked in Hennepin County Administration from 2007 to 2014. She brings her unique background as a strong collaborator to this role.



## SUPPORT NORTHPOINT'S FOOD SHELF

*Help make food more accessible in our community.*

### July Food & Fund Drive!

Join [NorthPoint](#) this July as we work to increase access to healthy food close to home. We're participating in the **July Summer Challenge!**

For decades, [NorthPoint's Food Shelf](#) has been a consistent source of healthy food in North Minneapolis. With rising costs of food and limited food options in the area, NorthPoint continues to break down barriers to nutritious food, hygiene and household items, donor milk, and more. We meet our community's needs by providing culturally appropriate food items, fresh produce at Free Fresh Food Fridays, and resources to learn about other NorthPoint services.

#### **We are stronger with your support!**

Did you know [financial gifts](#) are the most effective way to support the Food Shelf? With financial gifts, we can purchase even more food at wholesale prices. You can also support our Food Shelf by [volunteering](#) or organizing your own [food drive!](#)

**Thank you for partnering with us to create a healthier community!**

### Healthy Vision Month!

July is Healthy Vision Month, a time to raise awareness about the importance of eye health and safety to people in our communities to make their vision a priority.

At NorthPoint we care about your eye health.

We can help you with:

- Eye exams
- Eyeglass prescriptions
- Treatment for health concerns such as glaucoma, conjunctivitis and pink eye
- Referrals to outside specialist if needed



To make an appointment with [Eye Care](#), call 612-543-2500.

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## World Hepatitis Day!

July 28, 2024, is World Hepatitis Day! July 28th is World Hepatitis Day. Learn more about Hepatitis diseases by watching our episode of Making Health Happen with Dr. Robin Councilman. We discuss prevention, symptoms, treatment, and debunked myths about Hepatitis diseases. Watch the episode on YouTube and make sure to subscribe to our channel [World Hepatitis Day](#).

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## Free Fresh Food Fridays Return for 2024!

We are excited to bring back Free Fresh Food Fridays for 2024! 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

Remaining dates:

- July 12 & 26
- August 9 & 23
- September 13 & 27

Time: 9:30am until supplies run out

Location: Parking lot at Penn & 14th

[Volunteer questions and application](#)

[Community tabling reservations](#)

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## Northside Teen Clinic

The Northside Teen Clinic will be open for appointments and walk-ins during the summer break and is located at PYC High School, 2210 Oliver Avenue N. Minneapolis, MN



Walk-ins and appointments are available at this location Monday through Thursday, 3:00 pm to 6:00 pm. Please feel welcome to stop by for a visit!

To schedule an appointment ahead of time, please call or leave a message at 612-643-2001 or call 612-543-2500 to schedule an appointment.

## 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.



Learn more and become involved today @

[Get Involved](#) or contact Jamiela Taylor at [jtaylor@npimn.org](mailto: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 [MNsure 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!

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## 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.

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# COVID-19 Basics

The graphic features a red header with the NorthPoint Health & Wellness Center logo on the left and the text "To Protect Yourself and Others from Covid-19" and "If you feel sick..." on the right. Below the header is a yellow section with four circular icons: a person with a lightning bolt and a thermometer labeled "CHECK YOUR SYMPTOMS", a person wearing a mask labeled "START WEARING A MASK", a test tube and a virus particle labeled "GET TESTED", and a person inside a house labeled "STAY HOME IF YOU TEST POSITIVE". At the bottom is a red section with the text "GET VACCINATED" and "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](#)



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