



NORTHPOINT  
Health & Wellness Center

# COMMUNITY NEWSLETTER

SEPTEMBER 2024



*Pictured: Participants in the Kids Run at Fit4Fun 2023*

## NorthPoint's Fit4Fun Returns to Open Streets West Broadway September 21

Join us at [Open Streets West Broadway](#) for an afternoon of family fun!  
Community resources, cultural & line dancing, yoga, Zumba and much more!  
Date: Saturday, September 21, 2024

Time: 11 a.m. - 4:00 p.m.

Location: 800 West Broadway (corner of Aldrich and Broadway)

And don't miss the Kids Run at 1:30 p.m.!

If your organization would like to set up a table at our event, contact the Outreach & Health Initiatives team at [ohi@npimn.org](mailto:ohi@npimn.org).



# Hmong Blessing Ceremony!

NorthPoint leadership and staff participated in a Hmong Blessing Ceremony on August 2, 2024. The purpose of the event was to bless NorthPoint's newly completed campus. It was a full-circle moment in the completion of the NorthPoint expansion and a sign of good things to come for NorthPoint and everyone who passes through our doors.

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## Back to School Back to Safety!

On Saturday, September 7th NorthPoint Health & Wellness will partner with the American Red Cross to host a Sound the Alarm volunteer training and smoke alarm installation event for members of our Northside community from 9:00am to 2:00pm.

The training will take place at the NorthPoint Conference Room, located at 1256 Penn Ave N, 5th Floor, Minneapolis, MN 55411.

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!](#)

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## Helping Patients Recover!

NorthPoint provides support with opioid use, alcohol use, and chemical dependency.



We can help with:

- Medication Assisted Treatment (MAT)
- Opiates – buprenorphine, suboxone, naltrexone
- Alcohol– naltrexone, acamprosate
- Harm reduction
- Individualized care coordination services
- Behavioral health therapy
- Syringe exchange services

- Referrals to Rule 25 assessment and treatment
- Other services

Please call (612) 543-2500 for more information.

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## Health Screenings!

Getting regular health screenings can help prevent serious diseases or catch them early for better treatment options.

To learn more, contact your provider at (612) 543-2500.

And check out our [Health Screenings episode](#) of Making Health Happen!

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## Talking About Suicide

Suicide is a complex public health problem, that can have lasting harmful effect on our family, friends, neighbors, and communities. At NorthPoint our Behavioral Health providers offer a wide range of services for all ages.

We can help you with:

- Individual, couple, and family therapy
- Support groups
- Teen therapy
- Chemical health support

- Psychiatric care

Watch our [Suicide Prevention episode](#) of Making Health Happen or call (612) 543-2500 to learn more.

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## Free Fresh Food Fridays Continue Through September!

We still have one more event this summer! Tons of fresh fruits, vegetables, and community resources will be set up rain or shine! Everyone in the community is welcome at this event!

Remaining date:

- Friday, September 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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## 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

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

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## *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 US

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