



# COMMUNITY NEWSLETTER

NOVEMBER 2022

*Pictured: NorthPoint Community Food Shelf staff and volunteers*

## Give to the Max Day is tomorrow!



Get ready! Give to the Max is back on Thursday, November 17, for a 14th year! Last year, more than 6,000 organizations, including NorthPoint Health & Wellness Center, received donations as part of Minnesota's giving holiday. Please consider including NorthPoint in your giving plans for Give to the Max Day this year. [Donate](#) on NorthPoint's GiveMN page. Thank you for your continued support!

## Campus Expansion Updates

Campus Expansion Spotlight:  
*Child Wellness Center*



This month, we are highlighting the exciting efforts behind NorthPoint's campus expansion construction that will build a new Child Wellness Center. NorthPoint Health & Wellness Center will provide age-appropriate care and educational care and educational experience in our drop-in center during parent or caregiver visits. Please stay tuned for updates on when the Child Wellness Center will be open to guests.

### **New clinic entrance now in effect**

Beginning in early September, the NorthPoint clinic entrance moved to its final, permanent entrance on Plymouth Ave N. All patients will enter the clinic from this new main entrance, pictured below.

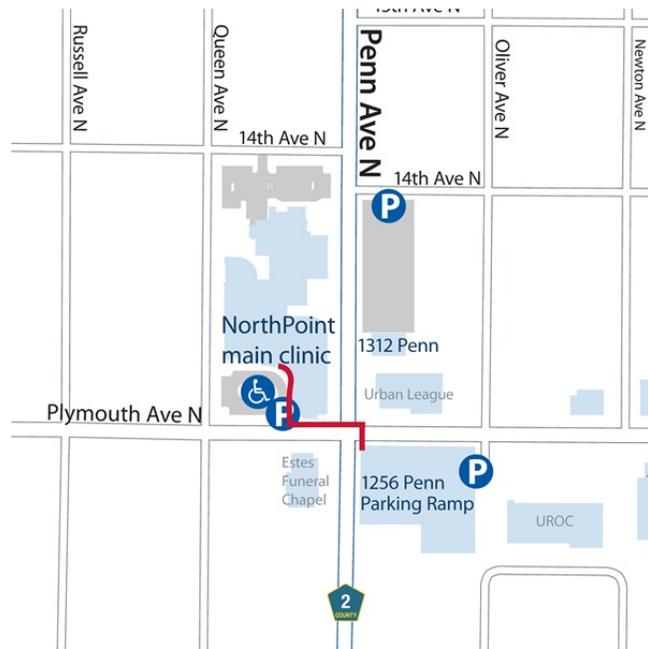


*Pictured: The new NorthPoint clinic patient entrance on Plymouth Ave N*

## Parking Updates

Entrance to the clinic is on Plymouth Ave N on the south side of our building. Parking is available in the following locations:

- Free handicap parking is available in the new parking lot at Plymouth Ave N and Queen Ave N.
- Visitors may use the free parking ramp at 1256 Penn Ave N. The entrance is at Plymouth Ave N and Oliver Ave N.
  1. Exit building on 1st Floor
  2. Cross Plymouth Ave N
  3. Turn left to walk west on Plymouth Ave N
  4. Turn right as the building curves
- Visitors may also use the free parking lot at Penn Ave N and 14th Ave N.



**Please allow extra time before your appointments to adjust to these changes!**

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



*Pictured: NorthPoint's Community Food Shelf staff and volunteers*

## Donate to NorthPoint's Community Food Shelf

If you would like to contribute to NorthPoint's Community Food Shelf, please consider donating the following items that are most in need:

1. Financial gifts (to purchase perishables like meat, eggs, and dairy).  
[Donations](#) can be made on our website.
2. Peanut Butter & Jelly
3. Diapers in large sizes (sizes 4, 5, and 6)

*NorthPoint's Food Shelf - 1835 Penn Ave. N., Minneapolis, MN 55411. Monday through Friday, 9 a.m. to 5 p.m. If you expect to bring in a large amount, please call ahead at 612 767-9175 so we can prepare for your delivery. You may also call to request a pick-up if you are unable to deliver. Thank you for your continued support!*



*Pictured: NorthPoint Community Food Shelf on the corner of Penn Ave N & Golden Valley Road*

## NorthPoint Community Food Shelf is open

NorthPoint's Food Shelf is open to the community year-round. Located at 1835 Penn Ave N, the Community Food Shelf is open Monday to Thursday from 10 AM to 4 PM. And free produce giveaways happen on Tuesdays and Thursdays at 9 AM. Visit our [Community Food Shelf page](#) for more details.



### *Watch Making Health Happen*

If you've tuned into 89.9 KMOJ on Monday evenings you may have caught our new talk show, Making Health Happen. Each episode we interview guests about health and wellness topics important to North Minneapolis and now you can watch each episode on YouTube. Make sure to [subscribe to our YouTube channel](#) to watch new episodes! And listen on 89.9 KMOJ "THE PEOPLES STATION" Mondays at 6:00 PM.

#### **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](#)

**NEW!** [Episode 20: Breast Health Awareness with Lisa Jonas](#)

**NEW!** [Episode 21: Diabetes Awareness with Michelle Kimber](#)

## COVID-19 Basics



**NORTHPOINT**  
Health & Wellness Center

As we spend more time  
indoors, here are some  
important reminders:



**GET  
VACCINATED**

**FOLLOW VACCINATION  
GUIDELINES**



**WEAR  
A MASK**

**IN PUBLIC INDOOR  
SPACES**



**TEST  
YOURSELF**

**IF YOU HAVE SYMPTOMS  
OR EXPOSURE**

**Visit [northpointhealth.org](http://northpointhealth.org) to find  
out more about the COVID-19 vaccine.**

**Please Note:**

Due to COVID restrictions, NorthPoint medical, dental and behavioral health

services are by appointment only. Call 612-543-2500 to get scheduled.

Appointments are required to receive a COVID-19 vaccine. Call for an appointment at 612-348-9000.

Masks are still required in all NorthPoint facilities, no matter your vaccination status.

[Visit our COVID-19 information page](#) to learn more about the COVID-19 vaccine.

## Join the NorthPoint Team

- [Employment at Hennepin County](#)
- [Employment at NorthPoint Inc.](#)



### Quick Access:

- [Visit our website](#)
- [The Pharmacy App](#)
- [Online Bill Pay](#)

