



NORTHPOINT
Health & Wellness Center

COMMUNITY NEWSLETTER

SEPTEMBER 2023



Pictured: Participants in the Kids Run at Fit4Fun 2022

NorthPoint's Fit4Fun Returns to Open Streets West Broadway September 16

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 16, 2023

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.



Free Fresh Food Fridays Continue through September!

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

Remaining dates:

- September 8
- September 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 [Urban League Twin Cities](#) and the [U of M Urban Research Outreach-Engagement Center \(UROC\)](#).

Reminder: Food Shelf Has a New Address!

Our [Community Food Shelf](#) is located at a new address as of July 31:

**2220 Plymouth Ave N
Minneapolis, MN 55411**



The Community Food Shelf is located on the north end of the building.

Free parking is available in our north lot (enter from 14th Ave N). Free overflow parking is still available in our ramp at 1256 Penn (enter from Plymouth Ave N & Oliver Ave N).

Questions? We'd love to hear from you! Please call us at **612.767.9500**. Or learn more at northpointhealth.org/food.



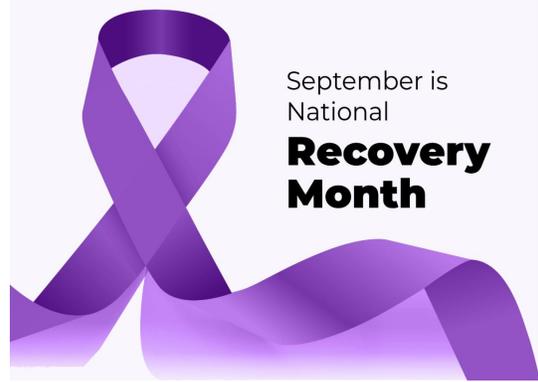
Do You Have Medical Assistance (Medicaid) or MinnesotaCare?

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, visit Billing and Insurance at NorthPoint or call **612-348-4900**, or contact a [MNsured navigator](#).

September is National Recovery Month!

National Recovery Month honors those in recovery from addiction and the importance of treatment and recovery programs.



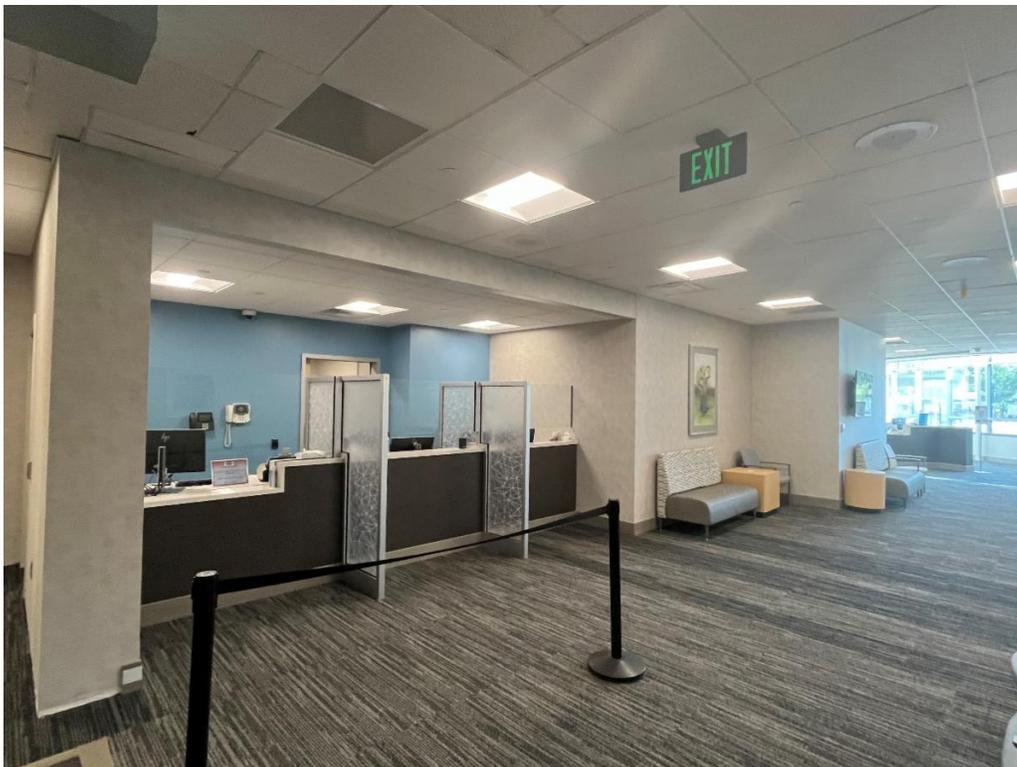
NorthPoint can help treat opioid use, alcohol use, and chemical dependency.

We also provide services to reduce the harm of drug use and prevent HIV and hepatitis infections. Visit our [Help with addiction page](#) or call **612-543-2500** to learn more.

And check out our [National Recovery Month episode](#) of *Making Health Happen!*

Campus Expansion Updates

New check-in locations for Dental and Eye care



Pictured: Check-in desks for Dental (left) and Eye care (far right)

NorthPoint is coming closer to the end of the campus expansion! In August we opened two new check-in desks, for Dental and Eye care. These check-in desks are near the south entrance from Plymouth Ave N. Guests with Dental or Eye

care appointments can check in here.

Note: some temporary walls are still up while the construction team finishes. Thank you for your patience as we enter the final stages of our campus expansion!

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



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



NORTHPOINT
Health & Wellness Center

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 [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 on YouTube. And make sure to [subscribe to our YouTube channel!](#)

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](#)

NorthPoint in the News

- [New Hennepin County program helps victims of domestic abuse and human trafficking](#) [WCCO Radio]



Join the NorthPoint Team

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



Photo Credit: Bill Cooper



Quick Access:

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

