



**NORTHPOINT**  
Health & Wellness Center

# COMMUNITY NEWSLETTER

APRIL 2026



Pictured: (left to right) Community Board Member, Rafaela Salido, Hennepin County Administrator Jodi Wentland, Community Board Chair Leticia Selmon, Community Board Member, Karen Washington and NorthPoint Chief Executive Officer Kimberly Spates.



## Care for your body. Support for your mind.

Medical & Behavioral Health:

- New & existing patients welcome
- In-person, phone & video options

Coverage available! We help individuals and families in all financial situations. We can help you with insurance, discount options and payment plans.

Call 612-543-2500.

## Rooted in Justice & Joy

NorthPoint invites you to join us for a week of connection, education, and celebration, April 13 – 17, 2026.

We are celebrating and welcoming all Black birthing people — honoring the joy in your journey and affirming the justice behind why your maternal health matters.



Learn more at [Black Maternal Health Week](#).



## Free Fresh Food Fridays!

We are excited to bring back Free Fresh Food Fridays for 2026!

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:

- May 8 & 22
- June 12 & 26

- July 10 & 24
- August 14 & 28
- September 11 & 25

Location: NorthPoint main campus, north parking lot, corner of Penn Ave N & 14th Ave N

[Volunteer questions and application](#)

[Community tabling questions and reservations](#)



## Healthy Hearts Social Group!

Having serious heart problems can be scary. NorthPoint offers support and resources for African American, Black, and Indigenous women who've had heart attacks, strokes or been diagnosed with heart disease.

Join us for our Health Hearts Social Group.

Thursdays, 5:30-7:30pm

Starting 5/07/26 through 06/11/26

Childcare available

Dinner Provided

Sign up at [Healthy Hearts Registration](#)



## Oral Cancer Awareness

Finding oral cancer early can save your life.

Things that may put you at higher risk are smoking, drinking, and HPV.

Ask your dental provider about your risk for oral cancer.

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## Alcohol Awareness

Drinking less alcohol is better for your health.

Concerned about your drinking? Or someone you love? Talk to your medical provider.

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## Interpreter Services

NorthPoint provides interpreter services for guests in over 80 languages, including Spanish and Hmong.

We can also provide interpreter services when you call us.

Please let us know if you need an interpreter when you call 612-543-2500.

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## Never Miss An Update!

We use a new texting system.

Learn how to [get texts about your care](#) from our new number.

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## Download MyChart!

MyChart is an app that allows you to communicate with NorthPoint and manage your care from your computer, tablet or phone.

This tool helps you save time and keep your family healthy.

Go to [northpointhealth.org/mychart](https://northpointhealth.org/mychart) to sign up and download the app.

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## NorthPoint Can Help You Pay For Your Visit

NorthPoint helps families and individuals in all financial situations.

We can help with insurance, discount options, and payment plans.

If you are part of the NorthPoint Discount Program, some of our fees are updated for 2026.

Learn more at [Billing and insurance](#) or call us at 612-543-2500.

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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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## Parking at NorthPoint

Our free parking ramp at 1256 Penn Ave N is available to all guests of the NorthPoint main campus and the NorthPoint Conference Center.



The ramp entrance is located at Plymouth Ave and Oliver Ave N.

We have additional areas with free parking, including disability parking.

For more information, visit [NorthPoint | Locations](#).

## 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. We're looking for folks like YOU to partner with us to create a healthier community.

Visit our [Volunteer sign-up form!](#)



## 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. Check out our episode on [Interpreting Language and Culture](#) featuring NorthPoint's Interpreter Services Supervisor, Yesica Gonzalez De Evans, discussing

bridging gaps for our guests who receive care in a language other than English.

You can also 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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