

Community Newsletter



WELCOME!

At NorthPoint Health & Wellness Center, we believe that Health Happens in Healthy Communities. For more than 45 years, we have provided the North Minneapolis community with access to health and social services. We are advocates for health equity. Our caring employees are dedicated to partnering with individuals and families to improve their health and wellness for today and tomorrow.

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May is Mental Health Month

Good Mental Health is Part of Overall Health

During national Mental Health Month NorthPoint Health & Wellness is raising awareness of the importance of understanding the signs of a mental illness and that help is available. Identifying how depression, stress, or anxiety feels, some of the most common issues of mental health, can be difficult and confusing for the person experiencing it and often contributes to a hesitation to get help.

In May, NorthPoint is setting up special booths every Tuesday and Thursday in its main lobby and in the human services building to offer community outreach. The clinic's mental health staff are available from 8:30 a.m. to 4:00 p.m. to answer questions about the clinic's behavioral health services.

"Free Produce Fridays"

Starting May 20!

Once again, the NorthPoint Outdoor Market will distribute fresh produce to those who desire it. Last year we served 2,686 individuals (households) and 9,359 total family members during the distribution season.

Free Produce Fridays are free and open to the general public. "The only thing we request is for our guests to provide some basic demographic information for our data collection," says NorthPoint's Director of Community Outreach Donn Vargas.

Second Harvest Heartland is a primary partner in making Free Produce Fridays possible, providing the produce for the event. "We also have a variety of nonprofit community partners who have been with us over the years. They provide information on their services along with contact information to the visitors that stop by each Friday the market is open," Donn says.

Some of our corporate volunteer groups include: Second Harvest Heartland and other food shelf partners; CHS Inc; Optum; TCF Bank; Benesys-TASC Online; Creatis; Lindquist & Venum; Target; Michael Foods; Guy Carpenter & Company; and Allina. We are still looking for volunteer groups to help fill out our 2016 schedule.

2016 Dates:

May 20, June 3 and 17, July 1, 15, and 29, Aug. 5 and 19, Sept. 2, 16, and 30.

NorthPoint's Outdoor Market also offers free health screenings, food demos, and access to community resources. In addition, NorthPoint partners with Fare For All Express (The Food Group) that comes one day each month after the produce distribution to offer a variety of

Educational literature will be available on a variety of topics such as ADHD, coping with stress, depression, and more. Visitors can enjoy a healthy snack and receive helpful tools such as stress meter cards (to monitor one's stress levels), pocket-size (Spanish and English) tip cards for reducing stress, stress balls in the shape of a human brain, bookmarks (Spanish and English), and daily activity calendars that promote good mental health.

How do NorthPoint's behavioral health services work?

Dr. Deirdre Golden is NP's behavioral health clinic director. "We begin by doing an evaluation," says Dr. Golden. "This interview allows us to get to know the person and find out what their needs are. If they need services they may be referred for individual, family, or group therapy." People can initiate services as a walk-in or by calling the clinic. A social worker will do an intake assessment to match the person with the appropriate therapist. "Each of our therapists have different competencies," says Dr. Golden. "Some of our therapists specialize in working with children, some with clients who have experienced trauma, and others specialize in counseling people dealing with stress and anxiety. We want to make the best fit possible."

NorthPoint also has mental health clinics in seven schools on the North side, offering individual and group therapies for children and adolescents. "We can help with various emotional or behavioral concerns that impact the child's ability to learn and be successful in school," says Dr. Golden. During the summer, students can see their therapists at NorthPoint.

[Read more...](#)



NorthPoint's behavioral health staff will be at visitor tables in the NorthPoint lobbies to answer general questions every Tues and Thurs in May.

fresh fruits, vegetables, and frozen meat packages at reduced prices.

Free Produce Friday's occur (just about) every other Friday starting May 20. The outdoor market is located in the NorthPoint parking lot from 9 a.m. to 12 noon.



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Save the Date!

Fit 4 Fun is Saturday, Sept 17!

NorthPoint will host our 5th Fit-4-Fun event in September. Fit 4 Fun features creative ways individuals, friends, and families can incorporate activity, movement, and healthy eating into our daily routines. You won't want to miss it! We're planning lots of family oriented activities.

More information will be available in the July issue of the NorthPoint Community News and on our Facebook page.

800 West Broadway Update

You can get involved!

The 800 West Broadway building redevelopment is well underway. Sherman Associates is the development firm that is giving the once abandoned building a complete renovation. The overall plan is to breathe new vitality into this already busy and growing retail area of North Minneapolis. The building has leased 45,000 square feet and has an additional 4,400 square feet available on the first floor for a retail space. Construction is moving forward including updating the building's infrastructure and technology systems.

This project represents an innovative partnership between the State of Minnesota's North Minneapolis WorkForce Center, Minneapolis Public Schools, and NorthPoint Health & Wellness. Once the renovations are complete, this site will bring new opportunities to North Minneapolis including employment, education, and access to medical, behavioral health, and dental services. The North Minneapolis Workforce Center and NorthPoint will reside on the first floor along with retail space. An educational center headed by Minneapolis Public Schools in collaboration with Minneapolis Community & Technical College will reside on the second floor. These organizations are working together to coordinate their service offerings.

There are opportunities for the community to learn more about the site and the services that will be provided. Community meetings take place the second Tuesday of each month and the public is welcome to attend. You can get a project update, ask questions, and share feedback.

800 West Broadway Community Meeting
Second Tuesday of the Month
8:00 to 9:00 a.m.
North Minneapolis Workforce Center
1200 Plymouth Avenue

The next meeting is Tuesday, June 14. The agenda includes a review of the structure and a review of the marketing and communications plan and materials.



The 2016 Fit 4 Fun event is
Saturday, Sept 17!



Support NorthPoint

NorthPoint Health & Wellness Center, Inc. has been providing services designed to meet basic needs and promote health and self-reliance for over 47 years. While providing support during an emergency is a temporary "leg up" during a crisis, sometimes hunger and poverty create a cycle that becomes very difficult to break without attacking the causes of the problems that create them.

NorthPoint provides services designed to meet basic needs including food support, housing assistance, advocacy, and counseling, as well as linkages to healthcare and other support services, with the overall goal that our collective activities will not only help bring about stability in an individual's life, but that they receive a level of support that enables them to thrive and reach their maximum potential.

If you would like to support NorthPoint Health & Wellness Center you can [donate here](#). Thank you!



Architectural rendering of 800 West Broadway

Celebrating Our Volunteers

At NorthPoint, we love our volunteers! Over 500 volunteers and interns donate their time throughout the year. In April, during National Volunteer Week, we were pleased to recognize just a few of our outstanding volunteers on our Facebook page.

"Community members come to us to volunteer for a variety of reasons," says Sally Newbury, NorthPoint's new volunteer engagement coordinator. "Some want to give back because they have been recipients of services, some are students and want to learn more about health and wellness careers, some are between jobs and want to add volunteer experience to their resumes, and some volunteer with their corporate groups who want to give back to the community where they work and build camaraderie among their team."



Sally Newbury kicked off Volunteer Week with her traveling snack basket. Sally greeted community health worker intern volunteers, Bretaina Brigham (l) and Magdalena Lopez (r).

Patrice (Pat) Smith, food shelf volunteer

Pat started volunteering with us in June 2015 and donates her time five days a week to the Food Shelf! Pat was



recruited by Ms. Dotty McCray when Pat was a customer and encouraged her to use her great customer service skills to serve the community. Pat says her children are grown and out of the house and she has free time to give back. She has past experience as a certified nursing assistant and really enjoys helping people.



Pat Smith

[Meet more of our Volunteers!](#)

An Update on NorthPoint's Free Oral Cancer Screening Clinic

Did you know that over 43,000 people (in the US alone) are diagnosed with oral cancer each year? Oral Cancer is something that routinely goes undiscovered until it reaches late-stage, resulting in a very high death rate. If oral cancer is detected early, the survival rate is 80% to 90%; but when found at a later stage the chances of survival drop to 20% to 30%. The rates of oral cancer occurrence and death among African Americans are twice as high as they are among Caucasians. This is related to lifestyle choices and socio-economic factors, not biology.

In April, during a special two-day clinic, **NorthPoint provided 53 clients with a free oral cancer screening exam.** "We set aside this time each year to offer free dental screenings (plus X-rays and exams) to patients who want to establish care or would like more information about this disease," says NorthPoint's Dental Director, Dr. Michael A. Brooks, Jr. "This is an important way we can reach out to our community and improve oral health awareness." [Read more...](#)



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