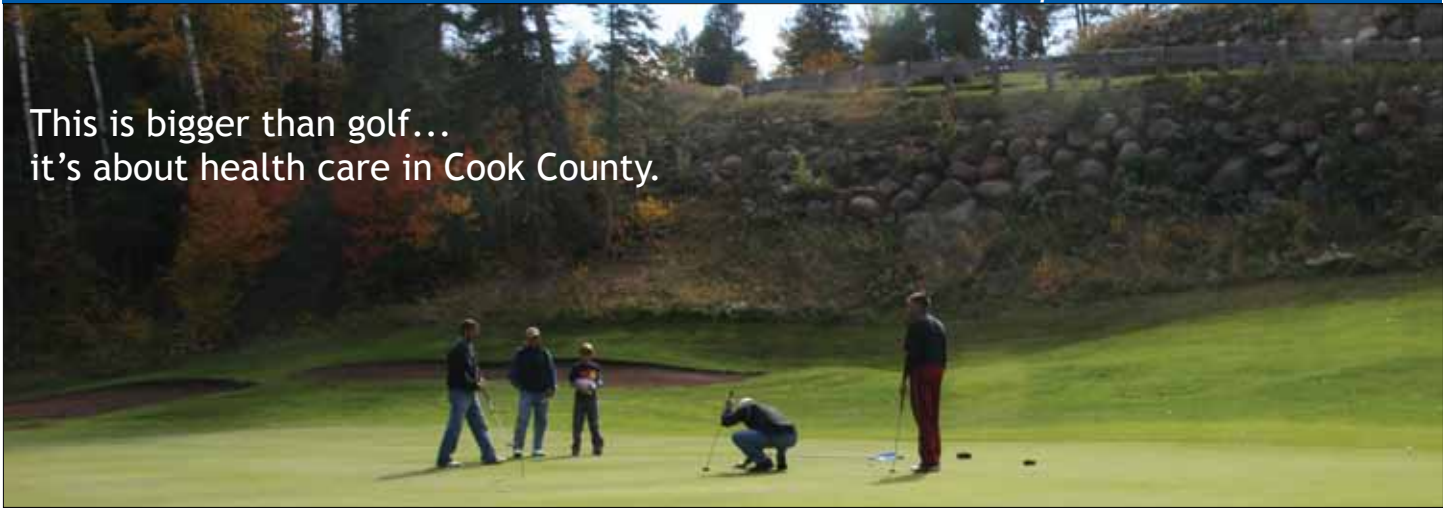




# North Shore Health Care Foundation News

Benefiting health care for those who live, work & visit in Cook County

April 2011 Volume XIV Issue 1



This is bigger than golf... it's about health care in Cook County.

This is bigger than golf...it's about health care in Cook County. The golf tournament on the first Sunday in October is our primary funding source for all the grants we give. Read about the most recent grants on page 3, or go to the web site for a complete list of over \$426,000 given since 1995. All benefiting health care for those who live, work and visit in Cook County.

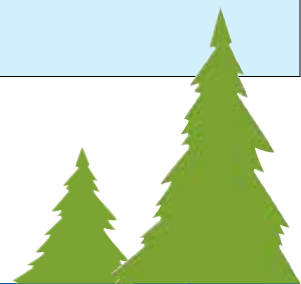
You are cordially invited to participate in the 16th Annual Health Care Golf Tournament to benefit health care in Cook County on Sunday, October 2, 2011, when the fall colors are at their peak. Play on one of Minnesota's most scenic golf courses, Superior National at Lutsen. Set between the Sawtooth Mountains and Lake Superior, Superior National's 27 holes provide challenging tournament golf. The format will be a four person team-scramble. Proceeds of this tournament go to the North Shore Health Care Foundation, a tax exempt 501(c)3 organization. Registration is available for 32 teams

on first-come basis. Register early. Early paid registration will assure your place. Go to our web site [www.northshorehealthcarefoundation.org](http://www.northshorehealthcarefoundation.org) and click on 'forms' to get the registration form. Return the filled out form to the Foundation. You will be assigned a team number and confirmed by return mail. Not a Golfer? You can still participate in this important event. Sponsors are always welcome...and needed! You may also choose to be a volunteer during the tournament. Thank you for your early registration. 16th ANNUAL NORTH SHORE HEALTH CARE GOLF TOURNAMENT Sunday, October 2, 2011 – Superior National at Lutsen, [www.superiornational.com](http://www.superiornational.com)

YOUR Participation and CONTRIBUTIONS are more important than ever. Please HELP make a healthcare difference in our community. To register or to become a sponsor please contact Sherri Moe at 218.387.9076 or go to our web site for more information. [www.northshore-healthcarefoundation.org](http://www.northshore-healthcarefoundation.org)

## Inside the NEWS

- THIS IS BIGGER THAN GOLF..... 1
- DIRECTORS NOTES.....2
- BBQ AT THE GUNFLINT LODGE..... 2
- NSHCF GRANTS AWARDED..... 3
- NEW DENTAL TASK FORCE..... 4
- DR. TERRILL RECEIVES AWARD..... 5
- BOARD OF DIRECTORS.....5
- CARE PARTNERS BRINGS IT HOME..... 6
- NEW PARAMEDIC SERVICE..... 7
- NORTH SHORE DRAGON BOAT..... 7





## Directors notes April 2011

*It has been a long seven months since our last newsletter. We are sending them less frequently to conserve resources, so there is a lot of ground to cover in this issue.*

*A small number of you are reading this issue on line for the first time – if you have a paper copy and you would prefer electronic, go to [www.northshorehealthcarefoundation.org](http://www.northshorehealthcarefoundation.org) then click on News and then enter your email. The “Donate Now” buttons on the web site make it easy to send money to any or all of our projects.*

*The common theme that I see running through all of our activities right now is collaboration. Our small local foundation is multiplying the positive effect it has in the community by working with many other groups, and acting as a catalyst to promote cooperation. The Care Partners program is now a model of this idea that the dental health initiative is following. The Dragon Boat Festival would not be happening if we were not in partnership with North House and WTIP. We could not have a golf tournament without our partners at Superior National at Lutsen and the volunteers, golfers and sponsors.*

*The exciting new partner for us this year is the State of Minnesota Department of Human Services matching grant contract that has allowed the Care Partners concept to take flight. We would never have been in a position to apply for that program without support from the Lloyd K Johnson Foundation, the Scott Hawkins Fund at the Duluth Superior Area Community Foundation, the Peter and Carol Harris Family Funds and many others over the last few years.*

*Our grants to local groups enable them to do more than they could do on their own. Most important, the Collaboration between you and the North Shore Health Care Foundation makes all the work possible.*

*Thank you for your support,*

*Karl Hansen*

## BBQ at the Gunflint Lodge

June 26th, 2011

Every year the North Shore Health Care Foundation hosts a fund raiser BBQ at Gunflint Lodge. The date to circle on your calendar is Sunday, June 26th. The “Red Paddle” bar will be open at 4 pm. with the buffet from 5 - 8 pm. We look forward to the BBQ ribs, chicken and all the “fixings”.

Gerald Thilmany, accordionist extraordinaire, will again play throughout the event. You can listen, sing-a-long or even make a request. His music adds an excitement to the evening – like a “party”. Ask a friend or neighbor to come along for the evening of fun and food. The “more” in attendance the “merrier” the night.

The “more” in attendance also means more dollars for our endowment fund. The BBQ is held each year to help this fund grow. This fund insures our permanent ability to support health care in Cook County. To find out more about Foundation projects and events visit our website at

[www.northshorehealthcarefoundation.org](http://www.northshorehealthcarefoundation.org).

*Remember*

**BBQ**  
**June 26th at Gunflint Lodge**  
**Bar opens at 4pm Buffet 5-8pm**  
*Cost \$50 per person*

To make reservations or get more information call the Foundation office at 218-387 9076 or email [nshcf@boreal.org](mailto:nshcf@boreal.org).

Bring a friend – support health care in Cook County and have a fun BBQ experience!



# NORTH SHORE HEALTH CARE FOUNDATION

Grants Awarded 4th Quarter 2010 and 1st Quarter 2011

## 1ST QUARTER 2011

On March 14, the NSHCF board voted to award five grants totaling \$10,321.

**The Grand Portage Health Clinic** was granted \$4753 for a new High/Low exam table. This is the electric type that patients and staff at Sawtooth Mountain Clinic have come to rely on since they were installed a couple of years ago. It makes it much easier for elderly or incapacitated patients to comfortably get into a position to be examined by the medical staff.

**Cook County Schools, ISD 166**, requested \$491 for several items to be used by the school nurse in nutrition education, as well as a noise level indicator. The 'Yacker Tracker' looks like a stop light that can be mounted on a wall and stays green until noise levels reach a set level. The yellow or red lights clearly show everyone in the room (like the elementary gym) when the sound is dangerously loud.

**The after school lounge program** for 3rd - 8th graders is a joint project of Cook County KIDS PLUS, Cook County Extension and Cook County Community Education. Now a new partner has joined the mix by donating \$2175 to provide healthy snacks for a full year. NSHCF is proud to be in a position to help with a successful program like this when it is faced with budget pressure.

At the other end of the age spectrum, the **Cook County Council on Aging** requested support for their new Water Fitness Class at the Grand Marais Recreation Area Pool. \$902 will buy a variety of Aqua joggers, Aqua gloves and square noodles that will make the classes safer and more fun, and maybe move some students out of the shallow end of the pool.

Finally, **Cook County Emergency Services** was granted \$2000 to support their annual Emergency Services conference. Personnel from many of the agencies the foundation regularly supports, come together each year for training including live practice with simulated disasters. This year the plan is a plane crash in Grand Marais harbor. As usual with all emergency services, we hope they never have to use this training, but if a situation did develop we want to be sure everyone is well prepared.

## 4TH QUARTER 2010

**Sawtooth Mountain Clinic** received \$1000 to start the planning and needs assessment for our new oral health program. For over a year the foundation has been leading and instigating a coordinated effort in Cook County, to be sure that every child gets a dental exam and evaluation and also access to needed care. A series of meetings has been held to try to include all schools and childhood programs, and everyone agrees that this is an important problem to address, but specific needs are hard to determine from anecdotal evidence. This grant will cover a part of the cost of doing surveys to quantify the needs so that effective strategies can be designed.

**Sawtooth Mountain Clinic** also requested help with a well established program of Childbirth Education that serves an average of forty families per year preparing for new babies. \$3052 was awarded to replace worn out cushions, buy new materials such as books, handouts and CD's and pay for some staff training and community outreach events.

**The Colville Volunteer Fire Department** was awarded \$241 for an adult traction splint for their rescue truck.

**Care Partners of Cook County** was granted \$5000 in our ongoing effort to improve comfort care (palliative care) for those with advanced illness as well as those at the end of life. A matching grant from the Minnesota Department of Health and Human Services has given this program a big boost, but local matching funds are part of the formula.



*NSHCF helps  
organize new...*

## DENTAL HEALTH TASK FORCE

Based on input from our board member/town dentist, Dr. Alyssa Hedstrom and Allison Heeren, our District 166 School Nurse, the Foundation has determined that many of the children in Cook County are not receiving proper dental care. Annual checkups to follow-up dental work. There are many reasons for this problem. For example, many parents in Cook County work multiple jobs and find it very difficult to find time to bring their children to the dentist. But a basic underlying factor is many of those parents cannot afford the dental care for their children, cannot afford to purchase health insurance, and don't qualify for the reduced health care insurance programs the State of Minnesota offers.

The real problem is that dental health issues not only make it difficult for children to be successful in school (it's hard to learn when your mouth hurts), but can really affect a child's overall health.

Once this problem was identified, a task force was formed to determine the actual extent of the problem and to seek solutions. Board members are involved, as are volunteers from the Sawtooth Clinic, the School District, Public Health, and Grand Portage Health Services. In order to reach all pre-school and school-aged children, informational letters and questionnaires were sent to all parents of school children, including all charter schools, the Reservation and to as many home-schooled children as we could identify. Results of those questionnaires are being evaluated, to determine our success in reaching those children and their parents, and to find other ways to get the word out that we are trying to find ways to make dental care more accessible and, hopefully, more affordable.

Dr. Hedstrom recently held a "Give Kids a Smile" day and a pre-school screening day, where she and her dental assistants and hygienists saw 45 children, providing exams, prophylaxis, surface sealants and bitewing x-rays. This first test program will help us determine the extent of the problem in

Cook County, and provide an estimate of overall cost to bring dental exams and follow-up dental care for as many children as we can reach.

Our goal is to set up an annual process in Cook County to bring good dental care to these children, working with the schools to provide evaluations on-site as much as possible, and providing follow up care at Grand Marais Family Dentistry.

Because she had just remodeled her clinic, Dr. Hedstrom was able to donate dental chairs and Panorex x-ray units to both the 166 school district and to the new Grand Portage Health Service facility, which will help make the school-site annual evaluations possible.

Funding to accomplish all this will be a combination of Dr. Hedstrom and her staff's volunteer time, task force volunteers' help, parent's health insurance, state health insurance, the Sawtooth Clinic's sliding scale program, and grants from various organizations, including the North Shore Health Care Foundation.

Future editions of the newsletter will describe our progress in organizing our annual dental care process.



**DR. TERRILL**

*Awarded Physician of the Year*

On December 2, the Lake Superior Medical Society awarded Dr. Paul Terrill, of Grand Marais, with the community-nominated “Physician of the Year” award.

This award is given in recognition of consistently demonstrating qualities recognized as defining excellence in medical care delivery.”

This is the second time Dr. Terrill has been recognized by the Lake Superior Medical Society. In 2007, he received the “Thomas S. Stolee Exceptional Dedication To Medicine Award.”

Terrill attended medical school at the University of Minnesota, Duluth/Minneapolis and completed his residency in family practice in Duluth. He joined the Sawtooth Mountain Clinic in 1991 as a board certified family practice physician.

His clinical interests include cancer, cardiology, and chronic disease.

*Reprinted with permission of Cook County News Herald.*

# North Shore Health Care Foundation

*Benefiting Health Care for those who live, work and visit in Cook County*

**BOARD OF DIRECTORS**

- Joan Abrahamson, Sec., 218-387-2326
- John Bottger, Treas., 218-388-0868
- Jean Christie, 952-920-9501
- Micheal Cowles
- Sue Hansen, 218-663-7443
- Alyssa Hedstrom, DDS, 218-387-1987
- Kathy Hellner, 218-387-9291
- Jayne Johnson, 218-388-0186
- Suellen Kruse, Pres., 218-387-1268
- Jean Ljungkull, Past Pres., 218-663-7110
- Judy Meath, V. Pres., 651-485-8250
- Paul Nelson, 218-370-0656
- Roxy Sherer, 218-475-2171
- Fran Smith, 218-388-0613
- Cindy Tiffany, 218-370-1000
- Jodi Yuhasey, 218-387-1967

**ADVISORS**

- Kimber Wraalstad, Hosp. Admin., 218-387-3040
- Rita Plourde, Clinic Dir., 218-387-2330

**EXECUTIVE DIRECTOR**

- Karl Hansen
- NSHCF Office 218-387-9076
- 218-387-2983

**CARE PARTNERS**

- Kay Grindland, 218-387-3788

**GOLF TOURNAMENT DIRECTOR**

- Sherri Moe, 218-387-9076





## *brings it home...*

The dream and persistent efforts of many volunteers and community leaders has finally become a reality. Care Partners is providing companionship and supportive care for clients in their homes. Care Partners volunteers have for several years offered companionship at the Care Center and a supportive presence at the bedside of dying patients in the North Shore Hospital and Care Center. Now we are also supporting members of our community with chronic illness or at the end-of-life who wish to stay in their homes.

For those facing advanced illness or the end-of life, we're able to provide a few more strands of support. A game of cribbage, a friendly visit, a good 'listening to' about loved ones lost or a life reviewed, a much needed break for a caregiver, a check in on days when no one else is around. Jeannette Lindgren, our RN Clinical Care Coordinator visits palliative care clients to learn their concerns, needs and wishes—anything that affects their quality of life. It may be medical, social, emotional, financial, or spiritual. Then Jeannette works with other local service providers to address those needs and to help coordinate these services so they work well together.

Care Partners has been piloting the program this winter and will be ready to accept new clients beginning May 1. Ask your doctor or find Care Partners' new brochure describing our services, on the Care Partners link of the North Shore Health Care Foundation web site. Or visit Care Partners' new office across the hall from the NSHCF office in the lower level of the clinic. Our phone number there is 387-3788.

All this is possible because of excellent support from both the community and outside the region.

The Rural Palliative Care Team, with members representing Cook County Health and Human Services, local clergy, Home Health, our volunteers, the clinic and the hospital, continues to meet monthly. Palliative care depends on an interdisciplinary approach to address the needs of the whole person. In a rural area those needs are addressed by collaborating with many community resources. Our team has been invaluable in helping to establish those connections and to develop different areas of our program. Fortunately, Stratis Health, who helped us develop the team through a technical assistance grant, has renewed their support for another year.

Care Partners also received a generous grant from the Minnesota Department of Human Services

Community Services/Community Service Development Project.

This grant has afforded Care Partners the resources and staff time to develop program infrastructure, operational procedures, and companion educational materials. It also supports training for our staff, volunteers and health care providers. This grant required a 50% match, so the local donations, pledges, grants and in-kind support Care Partners has received were crucial in obtaining the grant and remain our main source of support for the future.

Finally, thanks to all of you who supported Care Partners second annual Light Up a Life Event in December. You helped us raise over \$1,300 to support Care Partners. We were pleased to have so many of you participate and were moved by the sharing of music, words and memorials at the Tree Lighting Ceremony.

---

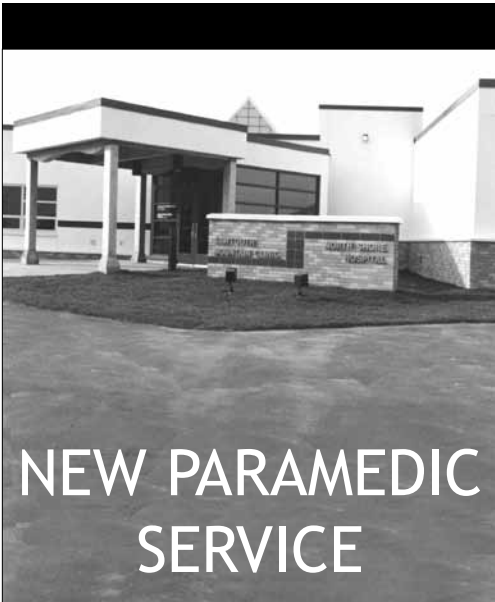
**Care Partners Presentations**  
Care Partners has been presenting short programs on understanding palliative care and Care Partners for health care personnel. We'd love to share them with the community. If you know of a group or meeting that might be interested in a presentation, give us a call.

---

**Care Partners Volunteer Training!**  
Are you interested in sharing the gift of your presence? Care Partners Volunteers provide companionship in the clients' home, at the Care Center, or the Hospital. Volunteers provide a compassionate presence at end-of-life, on-going friendly visits, phone check-ins, or caregiver respite.

---

**The 2011 Spring Training will be held Mondays and Thursdays, May 9, 12, 16, and 19 from 4:30-8 pm, in the Corcoran Classroom, lower level of the Sawtooth Mountain Clinic. Contact Kay Grindland at 387-3788 for more information. Pre-registration is required.**



## NEW PARAMEDIC SERVICE

Cook County North Shore Hospital is upgrading the Cook County Ambulance service and is excited to announce the addition of Paramedics. The Emergency Medical Technicians - Paramedics (Paramedics or EMT-Ps) will be responsible for ambulance transfers from the local hospital to the other hospitals, primarily in Duluth. Because of our distance, the addition of Paramedics will allow the transport to begin sooner because there will not be a delay in waiting for a helicopter to arrive. The Paramedics will be scheduled to be at the Hospital every day and on call for ambulance transfers. The hours at the Hospital will be from 12:00 noon until 10:00 p.m. every day. While not on a transfer, the Paramedics will provide assistance in the Emergency Room and to other departments. Two Paramedics joined the Hospital and Ambulance service on March 14, 2011. Sheila Costello, EMT-P and Jeff Denniston, EMT-P will begin employment on approximately March 1, 2011. Ms. Costello has been a Paramedic for over 20 years with services in North Carolina and Missouri. Mr. Denniston has been an EMT-P with Cook County Ambulance service since 2002 and obtained some of his Paramedic clinicals at the Hospital.



## NORTH SHORE DRAGON BOAT FESTIVAL

The North Shore Dragon Boat Festival is an annual event that supports the work of important regional non-profit organizations. By raising funds through a community-focused summer festival, that welcomes outdoor enthusiasts, families, and paddlers from throughout the Greater Midwest, Canada, and around the world. The festival engages individuals and groups in athletic participation, celebrates the beauty of the North Shore, rekindles people's connection to Lake Superior, and benefits the region by fostering economic vitality. All proceeds from the festival are split evenly between WTIP North Shore Community Radio, the North House Folk School, and the North Shore Health Care Foundation.

Dragon Boat racing is the fastest growing water sport in the world. And, because of its extreme popularity in Asia, is rated the second most popular sport in the world, according to Paddler Magazine. In recent years the sport has taken off in North America. Many major cities and regions in both the United States and Canada, can now boast that they have a Dragon Boat Festival as part of its summer event schedule.

The goal of the North Shore Dragon Boat Festival is for folks to have a good time while raising money to benefit local nonprofits. For more information visit the festivals' website.

[northshoredragonboatfestival.com](http://northshoredragonboatfestival.com)  
Join us in the fun ! July 29- 31, 2011