



North Shore
Health Care Foundation

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North Shore Health Care Foundation
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North Shore Health Care Foundation

News

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

October 2016 Volume XIX | Issue 2

To the NSHCF Community of supporters,

It's that time of the year to renew your membership or become a member. Please join us in our mission of improving the health care of community members and friends who visit Cook County. Our foundation has come a long way in 23 years.

So far in 2016 we have given 13 grants totaling \$35,169. 2017 will be another exciting year and you can be a part of it. As we partner more with other organizations, it is our significant member base that gives us the ability to leverage more funding.

We invite you to be a part of the Foundation's continuing efforts through renewing your membership or becoming a new member. Please consider membership at whatever level works for you, using the enclosed envelope, or logging into the web site, www.northshorehealthcarefoundation.org. It is very easy to make your contribution online, either as a single payment, or a recurring monthly gift. Your tax deductible gift is especially important now.

If you have given recently, we thank you and ask that you mention our work to your friends. The foundation board thanks you in advance.

Sincerely,
Bob Fenwick, President

North Shore Health Care Foundation, a 501(c)3 nonprofit organization



The North Shore Health Care Foundation

celebrating **23** years

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EMS Vehicle Shuffle

If you call 911 in Cook County, Emergency Medical Services, our first responder volunteer teams are the people you will probably see first. Often they arrive in private vehicles, but they also have vehicles to carry their people and gear that are housed in the fire halls. The foundation is pleased to announce a \$7500 grant to Tofte EMS that will facilitate their purchase of Lutsen's 2005 Ford Excursion (pictured), and that Tofte's 1991 Chevy Suburban will go to Grand Marais. Lutsen has ordered a new vehicle scheduled for delivery soon. While the foundation does not usually fund this kind of equipment, the co-operation and the mutual benefit to the three groups made this grant a good exception.

History

The North Shore Health Care Foundation was established in 1993 by a group of committed residents dedicated to improving the health and wellness of the Cook County community. The original 6 member board assumed a leadership role in supporting projects that have had a significant impact on the health of our community. The commitment to provide leadership in sustaining and improving the health of individuals and communities continues today as a core value.

The foundation is a private, not-for-profit, grant making organization which serves as a liaison between the individuals, businesses, and organizations involved in health care and our family of generous donors. It has traditionally engaged in its' own fundraising activities as well as soliciting donations to continue to build an endowment fund. That fund is managed by the Minnesota Community Foundation.

Vision

To be a recognized community leader in supporting healthcare initiatives and programs through grants, project support, and education.

Value statement

The North Shore Health Care Foundation will conduct their activities with integrity, excellence, partnership and responsible stewardship.



President's October 2016 notes

When Fall is in the air, we at the North Shore Health Care Foundation think GOLF. This year's Golf Scramble, along with being a great success proved to be an event marked by "Firsts." The play took place for the first time on the beautifully rebuilt "River Nine" at Superior National Golf Course. With cooperation from Mother Nature, expectation is high that we may also utilize a newly rebuilt "Canyon Nine" next year. For the first time participants remained at the course for the awards ceremony and food service, taking shelter in a spacious tent provided by one of our generous sponsors. The availability of large screen TV and opportunity for socializing was a big hit and will be present at future events. AND, after years of potential chances a \$10,000 "Hole-in-One" was scored on Mountain #5. With payment coming from hole-in-one insurance purchased by another sponsor, Barry Pederson of Grand Marais is \$10,000 richer, and net proceeds to the NSHCF from the Scramble were not impacted. This event has always been the premier fund raiser for the foundation and in fact this year's proceeds were more than 20% higher than last year.

Now, certainly not for the first time, but as always we at the NSHCF heartily thank the many sponsors, the enthusiastic players, the many volunteers, and the dedicated committee members that assure the continued success of this event.

In November, as part of our commitment to benefit health care in Cook County, the NSHCF board members will participate in a health check up of our own. We will be spending an entire day together, with the help of a facilitator to consider our functions, roles, responsibilities, and obligations as a non-profit charitable organization and as individual members of the same. We all know that the Foundation has grown and changed much over time. It is time to revisit discussions of our mission, strategies, priorities, and get prepared to re-introduce a newly energized NSHCF to our community.

One last thought. I know there are many people out there with varying skill sets and a desire to be a positive force in our community. If that describes you, and you have wondered, even a little, if serving in an organization like the North Shore Health Care Foundation would be a good outlet, please contact our office. We are in a very good position to welcome new members to our board and would welcome a conversation with anyone interested. You can make a difference.

Bob Fenwick



Executive Director's report

Golf Scramble weather yesterday was perfect! Barry Pederson's hole-in-one is the talk of the town. Please note well that the \$10,000 prize he won is paid by a golf tournament insurance policy that we bought – NOT from foundation funds! Thank you to all the players, sponsors, donors and volunteers that made the 21st annual event a great success.

When you look at the list of grants awarded in the last six months, you may notice that a much smaller amount of money has been given out this year. The biggest reason for that is that we have had fewer applications submitted. We have struggled with a few requests that did not seem to fit our mission.

Supporting health care is easy to say, and obviously important work, but the implementation is complicated and difficult. There is no 'hole in one' where you can just get the job done in one stroke.

The board has spent a lot of time in recent months looking inward and asking questions. The foundation is a mature, successful organization that spun off a big part of itself and then took on a large new direction with Oral Health in the last few years. Only a few board members have been with us through all this change. It seems important to step back a bit and assess, so we are planning an all day board retreat on November 19th.

If you have not read it yet, go back and look at the Cook County News Herald of 10/8. Page B7 is all golf scramble, and on page A5, the Historical Reflections is something I found in our office. Our first grant ever went to the hospital and is featured in a March 6, 1995 photo from the paper. Past board Presidents Jean Ljungkull and Suellen Kruse are shown with baby Luke Fenwick on an "infant resuscitation table". The proud father, our current board President, is not pictured.

Thank you for all you do,

Karl Hansen



*Thank You to everyone
who made this event
possible*

MAJOR SPONSORS

Lakewalk Surgery Center
AgStar Financial Services
BOLDT
Superior National at Lutsen
Economic Development Authority

HOLE SPONSORS \$500-\$999

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Sven and Ole's
Hedstrom Lumber Co.
Bluefin Bay Resort
Isak Hansen's
Emergency Medical Apparatus
IRRRB

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Thomsonite Beach Inn & Suites
Timberwolff Realty
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Grand Marais State Bank
Grand Portage Lodge and Casino
Cross River Lodge
Voyaguer Brewing

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Grand Marais Family Dentistry
Fryberger Buchanan Smith & Fredrick
Edwin E. Thoreson, Inc.
Barb Heideman & Duane Hasegawa
John & Barb Bottger
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Sawbill Outfitters
Grand Marais Liquor Store

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Picnic & Pine
Joynes
Drury Lane Books

FOOD AND PRIZES

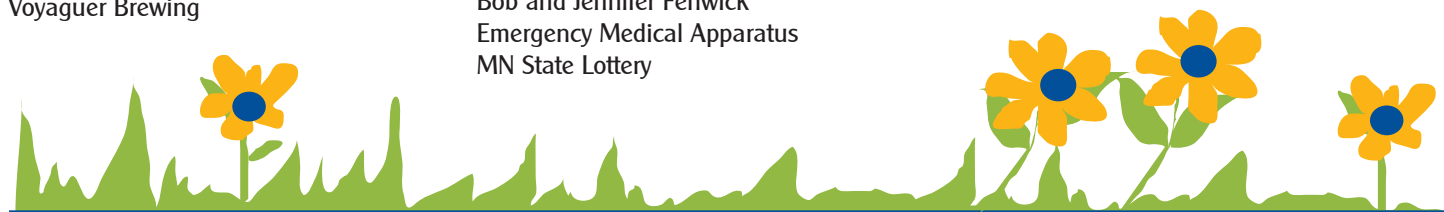
Bernick's
Reinhart Food Services
Dockside Fish Market
Coho Cafe
World's Best Donuts
North Shore Health
Angry Trout Café
North House Folk School
Hedstrom Lumber Co.
Bob and Jennifer Fenwick
Emergency Medical Apparatus
MN State Lottery

19th HOLE RECEPTION

Michael Valentini
Sundew Technical Services
Grand Marais State Bank
Alyce's Catering

VOLUNTEERS

Lee Anderson
Debby Rebeschke
John & Barb Bottger
Mary Brislance
Don Davison
Heidi Doo-Kirk
Bob Fenwick
Karl Hansen
Nancy Hansen
Sue Hansen
Duane Hasegawa
Barb Heideman
Jayne Johnson
Jack & Sandra McHugh
Inger Andress
Colleen Brennan
Dan & Karen Fehr
Britta Muus
Lee Stewart
Michael & Sally Valentini
Mark & Brooke Youngdahl
Jim & Jane Shinnars
Gail Englund
Bob and Jennifer Fenwick



2016 Winners



2016 Second Place



Hole in One



Best Dressed

It was another picture perfect day for the 21st annual North Shore Health Care Foundation Golf Scramble.

Twenty-five teams came out to compete in 18 holes on the newly renovated River and Mountain courses. This year we had 3 different contests. Lowest score, Skins, and a county wide fire department tournament within the scramble. We had a tie for first place between Team Gresczyk (Peter and Carlina Gresczyk, Gina Gervais, and Dinky Pederson) and Team Fenwick #3 (Casey Van Krevelin, Todd Tosel, Joey Boyce), with team Fenwick #3 coming out on top at the tie breaker.

For the first time in our scramble history we had a hole-in-one winner! Barry Pederson made the once in a lifetime shot to take home the \$10,000 winning prize! Our top prizes are insured and paid through Hole in One International. With the hole-in-one shot Barry's team also had the lowest score on a hole and won the Skins game. Something new this year was a tournament within the scramble between the fire departments in Cook County. This was put on by Michael Valentini and sponsored by Emergency Apparatus Maintenance. This year's winners were the Gunflint Fire Department and they won \$500 towards their annual equipment inspection.

We changed things up this year and finished off our scramble with the 19th Hole Reception at Superior National. Golfers enjoyed catered appetizers by Alyce's while watching the end of the Ryder Cup on two giant TVs under the big tent. It was a wonderful day and the scramble was able to bring in over \$19,000 in sponsorships that will go into the North Shore Health Care Foundations Grant Fund.

Thank you to all our fabulous volunteers, NSCHF board, golf scramble planning committee, golfers, and our major sponsors, Lakewalk Surgery Center, BOLDT, Agstar Financial, Superior National Golf Course, and all our sponsors.

We wouldn't be able to have a successful event without all of you!

By Brooke Youngdahl

Gunflint Trail Volunteer Fire Department News 10-7-16 GTVFD Golf Team Wins Among Fire Departments At NSHCF Fundraiser

"The North Shore Health Care Foundation golf fundraiser was held at Superior National Golf Course in Lutsen on Sunday, October 2nd. The weather was spectacular, the golf was competitive and the air was filled with fireworks and drama. Twenty-five teams competed in the 4 man scramble format. The highlight of the day came on the par 3 fifth hole of the Mountain course. That's where Barry Pederson stuck a 165-yard tee shot that landed 11 inches from the pin and rolled backwards into the cup. It was not your average run of the mill hole in one, no this one was worth \$10,000.

There was great news for the Gunflint Trail VFD as well. Within the tournament was a competition among the county fire departments. Emergency Apparatus Maintenance, the service company that repairs all the fire trucks and ambulances in the county, stepped up as a sponsor and offered a \$500 gift certificate to the fire department with the lowest score. The award went to Cory Christianson, Mark Darling, John Schei and Debbie Mark, the team that represented the GTVFD.

The NSHCF supports the medical community in Cook County which has included awards to the GTVFD over the years. All in all, it was a great day for the golfers, sponsors, volunteers and the foundation."

-as described by GTVFD member Michael Valentini



Grant Spotlight



One of our second quarter grants was requested by Elunia Steckelberg, Physical Therapist, Rehab Department of North Shore Health. \$2295 was awarded to purchase instruments for the Graston Technique (GT). GT is an evidence-based form of instrument-assisted soft tissue mobilization that uses specially designed stainless steel instruments. The clinician uses these instruments to identify and effectively break down scar tissue and muscular/ fascial restrictions as part of a comprehensive treatment approach to restore optimal mobility and decrease pain. GT is clinically proven to achieve faster outcomes in a variety of conditions, such as Achilles tendonitis, Plantar Fasciitis, IT Band Syndrome, and Lumbar Strain among many other acute to chronic musculoskeletal conditions.

Elunia was trained in GT as part of her professional continuing education. One other PT on staff, April Gerard, is also trained in this technique and the remaining staff have also been using these instruments since being introduced to them during a staff in-service.



Physical Therapy Department

Our staff: 5 PT's, 2 full time and 2 part time in the outpatient department

Areas of specialty include Orthopedics, Sports, Post-op rehab, Manual therapy, Mechanical diagnosis and treatment, Egoscue method of posture evaluation and treatment, Schroth Scoliosis exercise program, Geriatrics, Stroke rehab

We are movement specialists! Any movement disorder can be referred to and treated by physical therapists

PT's use a variety of techniques to address tissue injury and movement dysfunction. We evaluate each individual's range of motion, flexibility, strength and movement patterns and prescribe various exercises to address identified restrictions

Our goal is to help our patients achieve their highest level of function possible and restore normal movement without the limitation of pain

What is GT used for?

Typically any orthopedic injury will have a soft tissue component that can be addressed by GT. It is especially useful and has been clinically proven to achieve quicker and better outcomes for treating a variety of soft tissue injuries such as Achilles tendinitis, Plantar Fasciitis, Tennis or Golfer's elbow, IT band syndrome, as well as back and neck pain/strain.

GT is a beneficial adjunct to assist with treatment. When combined with stretching, strengthening and patient education, this technique can be very effective at resolving movement restrictions and allow our patients to restore normal mobility.

How is it used?

The clinician (physical therapist) uses these instruments to identify and effectively break down scar tissue and muscular/ fascial restrictions as part of a comprehensive treatment approach to restore optimal mobility and decrease pain.

The soft connective tissue (called fascia) is a membrane under the skin that wraps and connects the muscles, bones, nerves and blood vessels of the body. At times the muscles and fascia lose their flexibility and can become stuck or tear, which results in injuries or adhesions.

GT allows clinicians to detect and treat these adhesions and restrictions. Using instruments is also easier than using thumbs and hands to mobilize soft tissue.



oral health care for children

• oral health task force •

Taking the long view

Our task force has been doing great work this year: Our sliding fee scale payments subsidizing children's oral health care are up nearly 300% over this time last year, meaning that our outreach to the community has really taken hold. We have increased our screenings and more parents are bringing their children in for checkups and restorative care (fillings, etc). Best news is that approximately 65% of those payments are for preventative care, rather than restoration, which means our kids in Cook County are truly benefiting by our regular screenings in schools, at homes and at WIC events. So they have healthier mouths, much less decay and should be able to maintain those healthy mouths long into the future. Our investments in education and early contacts are really paying off.

But we are concerned about how we maintain this standard of care into the future. The foundations who support our efforts with their wonderful generosity prefer to help organizations get started with new initiatives, but are reluctant to support the organizations' ongoing operations, feeling the latter divert funds that can help other worthy organizations get started on new healthcare initiatives.

So we understand that we need to do something different to keep our oral care operation alive and growing. We decided that since we are already working with the community health services, our local dentist and the Sawtooth Mountain Clinic to help provide our services, we should try to "institutionalize" our services. That is, we create an educational and treatment system that is efficient, inexpensive, effective and can be performed by these professionals as part of their standard, daily operation. For example, we are working to upgrade the information our community health nurses give to expectant moms on their home health visits. Further, we will train those nurses to do fluoride varnishes on those moms' other young children during these home visits. Fluoride varnishes are one of the best tools available to not only prevent tooth decay and related illnesses, but they also neutralize plaque development and can stop already existing decay in its tracks. It takes just a few minutes to apply, is cheap and lasts for months.

To complete this transition from Task Force staff and volunteers reaching out to the community to our community health services adopting it as standard operations, we will need a few years to research and develop the best education materials available and

train the healthcare professionals on what they need to do while maintaining our present operation. We needed to hire an oral health care professional to do our research, education and training. Thankfully, the Delta Dental Foundation thought our project had merit and gave us a three-year grant to get it done. At the same time, our other granting foundations (Lloyd K. Johnson, Northland, Medica, Mardag plus others) have stuck with us and continue to fund our regular outreach and treatment services.

We were equally fortunate to find Bonnie Dalin, a dental hygienist from the Twin Cities who has not only great working experience as a hygienist but has also been involved in outreach services similar to ours. Bonnie moved her family to Grand Marais and began immediately to do our educational research, doing screenings at our local schools and meeting with the community health workers to learn what will and won't work for them in bringing our services on family visits. With that and the great growth we are experiencing in treating children, we are very optimistic that our oral health initiative will survive and continue to spread throughout Cook County, creating healthy mouths and healthier kids.

Paul Nelson

Bonnie Dalin

Hired by Oral Health Task Force

I'd like to first say thank you to everyone at Grand Marias Family Dentistry, OHTF, North Shore Health Care Foundation, and my family who have made this a possibility for me. Looking back six months ago, I never dreamed that I would become a part of something so wonderful in a place that I now call home.

I've been a registered dental hygienist for the past thirteen years, working in the twin cities for a large practice. I spent several of those years as the Clinical Team Lead, overseeing the clinical operations of the dental team. I moved to Grand Marias in June of this year with my three children and began working both as a Dental Hygienist at Grand Marias Family Dentistry and as the Oral Health Education Coordinator for the Oral Health Task Force. Delta Dental of Minnesota Foundation awarded the Oral Health Task Force a three year grant to establish an oral health prevention program that will integrate the health services in Cook County with the dental team. Our goal is to make it the norm for the children and families of Cook County to have dental care along with the knowledge and resources to obtain good oral health.

The last three months have been very busy. I have been continuously working on broadening my knowledge of dentistry with a focus on community health and Caries Management by Risk Assessment (CAMBRA), a simple tool used to assess one's risk for decay based on their dietary habits, frequency of dental care, brushing and flossing habits, and medical issues (especially those that require the use of saliva reducing medications). It looks at the risk factors such as frequent sugary snacks and poor oral health habits and weighs them against the protective factors such as

Continued on page 8

oral health task force *continued*



Bonnie Dalin and Georgene Daubanton

fluoride use from drinking water, toothpastes, and fluoride varnishes. Once the risk is assessed, then the patients' homecare and fluoride use can be modified to increase these protective factors.

Meeting many of the families and children through WIC has been a wonderful opportunity for me. I have had the chance to not only meet some of the families here in Cook County, but also help to provide information, new toothbrushes, and answer questions about oral health for new and expecting mothers and their children. I plan to provide fluoride treatments and risk assessments for the children who come to WIC.

Another one of the goals of the OHTF is to prepare an educational component that will be presented to healthcare providers and public health nurses, as well as providing fluoride treatments for their patients. In the near future, I will be making some home visits with public health nurses to provide oral health education to the families of Cook County.

Far too often the importance of good oral health in relation to our overall health is overlooked. I'm looking forward to being an educator and a resource for the families of this community.

Bonnie Dalin

Oral Health Education Coordinator

As you just read from the articles written by Paul Nelson and Bonnie Dalin, much is happening here at the Oral Health Task Force. I'm happy to say that the OHTF is in great shape and doing great work. It has been my honor and pleasure to be a part of this for the past four years.

Bonnie and I represented the OHTF at Cook County High School ISD 166 on August 31st, 2016. We will also be doing a "Peek in the Mouth" screening at the school on October 17th for K-5th graders. The pre-school children are seen at the dental office in the spring of each year which is paid for by the OHTF. "Free Day" at the dentist is scheduled for November 28th and another in the spring. This is also paid for by the OHTF. Great Expectations and Birch Grove Charter Schools will be held this coming spring.

A traveling dental bus visits the Grand Portage Reservation yearly and does dental screenings.

My job as coordinator is to set up and coordinate school screenings, do the necessary follow up work for parents, set up and work the "Free Day" at the dental office, special events that happen throughout the year, office work including data entry, invoicing, running monthly committee meetings and minutes. Bonnie will concentrate on the educational component of the Oral Health Task Force. We're thrilled to have Bonnie on board and I look forward to working with her this coming year.

Georgene Daubanton

Oral Health Task Force Coordinator

The Oral Health Task Force: This program is made possible by support from grants received 2011- March 2016.

Arrowhead Electric Cooperative, Duluth Superior Area Community Foundation, First and Second Street Thrift Store, Grand Marais Lioness Club, Grand Marais Lions Club, Lloyd K Johnson Foundation, Mardag Foundation, Medica Foundation, Minnesota Dental Foundation, Minnesota Power Foundation, North Shore Health Care Foundation, Northland Foundation, Carlton-Cook-Lake-St. Louis Community Health Board, Atkins Memorial Fund, Robert Wood Johnson Foundation and the Delta Dental of Minnesota Foundation.



Grants Awarded

2nd and 3rd Quarters 2016 - \$20,421

North Shore Health (Cook County Hospital) Physical Therapy Dept - \$2,295 for a Graston Technique 6 piece instrument set

Oshki Ogimaag Charter school - \$925 for ½ of total payment for specialized training for Social Emotional Staff in
“Eye Movement and Desensitization and Reprocessing therapy” (EMDR)

YMCA - \$2,301 for wall mounted, adult sized, special needs changing station for adaptive locker room.

Grand Marais Fire Dept - \$300 for Fire safety educational program

Cook County Search and Rescue, CC Sheriff - \$2,000 for a portion of a new Command Post Trailer

Care Partners of CC /Sawtooth Mtn. Clinic - \$1,000 for Advance Care Planning Promotion

Cook County Higher Ed - \$5,000 for 6 to 8 Health and Mental Welfare Workshops

Cook County Public Health and Human Services - \$100 for Adult Protection Training binders for law enforcement

Tofte EMS - \$7,500 for part of a used Emergency Medical Service vehicle

Farewell to Katie and Doug Anderson



We will miss Katie's presence at the foundation. Her husband Doug was a board member from 1995 to 1997. Katie worked in the office as a part time office manager in 1996 and 1997. She joined the board herself in 2008, serving as vice president until 2010. She returned to the board in 2013, and served again until this year. During all those years and in between, she was involved in many foundation events and activities. They leave the community a better place for all their good works.

North Shore Health Care Foundation

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

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Bonnie Dalin -Oral Health Education Coordinator

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