
getting cook county's children the dental care they need . . . read more on page 7.



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

April 2012 Volume XV Issue 1



The 17th Annual North Shore Health Care Foundation Golf Tournament Coming on October 7, 2012

The 17th Annual North Shore Health Care Golf Tournament to benefit health care in Cook County is scheduled for Sunday, October 7, 2012, when the fall colors are at their peak. Come and play at 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 beautiful scenery and challenging tournament golf. The format will be a four person team scramble. Following the event join us for the 19th Hole Reception sponsored each year by Lutsen Resort. Proceeds of this tournament go to the North Shore Health Care Foundation. This event is about so much more than golf. It is about health care in Cook County. The golf tournament is our primary funding source for the grants we give, all of which benefit health care for everyone who lives, works and visits in Cook County.

You can register online at www.northshorehealthcarefoundation.org,

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 participation in any form!

Your participation and contributions are more important than ever! Please help make a health care difference in our community. To register, become a sponsor, or volunteer for the tournament, please contact Dori Betts at 218.387.9076 or by email at dori.betts@yahoo.com.

Dori Betts is the Coordinator of the Health Care Golf Tournament beginning in 2012. Dori has lived in Cook County for two years and has enjoyed every minute of it, especially the opportunity to become part of such an active and involved community.

She used her project management skills from many years working as both a Paralegal and Law Office Manager in St. Paul to launch her own wedding and event planning business here in Cook County. She is also a golfer, although Dori says her league partners would question that statement!

She is enthusiastic about coordinating the tournament and looking forward to meeting and working with everyone involved with the tournament!



CARE PARTNERS Offers Support for Caregivers

Who cares for the family caregiver? Every day they provide essential care and put their loved ones' needs ahead of their own. Whether they provide care full-time, part-time or long-distance, caregiving does not come without a price—be it physical, emotional, or financial. Care Partners' Jeannette Lindgren, RN has been trained as a Caregiver Coach. She helps caregivers assess their own needs and develop a plan to sustain their caregiving. Thanks to the Cook County Community Fund and a federal Older Americans Act grant from the Arrowhead Area Agency on Aging for helping us fund this important service. If you are in a caregiving role and would like to hear more about the program, call Jeannette at 218-387-3787.

Inside the News

ANNUAL GOLF TOURNAMENT.....	1
CARE PARTNERS OFFERS.....	1
SPRING CONFERENCE.....	2
DIRECTORS NOTES.....	3
MEMBERSHIP 2012.....	4, 5
2012 GUNFLINT BBQ.....	5
15 GRANTS GIVEN.....	6
DRAGON BOAT 2012.....	7
IT'S WORKING ORAL HEALTH.....	7



Care Partners of Cook County *presents* Navigating Choices as We Age

May 5th, 2012 from 9 am to Noon,
Arrowhead Center for the Arts

featuring **Dr. Barry Baines**, author of *Ethical Wills*
on "Leaving A Legacy"

plus panel presentations on
"Being an Informed Health Care Consumer"
and "Staying at Home as We Age"

health care settings. We will also share materials from 'Honoring Choices Minnesota' on advance care planning and discuss the importance of talking about your choices with loved ones.

Staying at Home as We Age Marjori Bottila, from the Area Agency on Aging and Senior Linkage Line will address choices you can make today that will make it easier for you stay in your home. Jeannette Lindgren, RN, Care Partners' Care Coordinator and a trained Caregiver Coach will talk about her work to help people stay in their homes and especially ways to sustain ourselves as caregivers.

For more information on the conference contact
Kay Grindland, Care Partners Program Director at 387-3788
or carepartners@boreal.org.

Assessing and Alleviating Pain In Palliative Care

A Session for Professionals:

On Friday, May 4th from 3-4:30 p.m., Dr. Barry Baines will lead a session on "Assessing and Alleviating Pain in Palliative Care," in the Corcoran Classroom, lower level of the Sawtooth Mountain Clinic. Palliative care addresses not only physical pain, but social, emotional and spiritual discomfort. It supports the whole person and their family and seeks to enhance quality of life. Caregivers from many different disciplines are welcome to attend and appreciate their role in supporting individuals with chronic illness. Certificates of attendance will be available.



Dr. Barry Baines

This year's North Shore Health Care Foundation Health Conference focuses on positive steps people can take as they age. We may not know what will happen along that journey, but there are important choices we can make along the way to support quality of life and peace of mind for both ourselves and our loved ones.

Keynote for the conference will feature Dr. Barry Baines on *Leaving a Legacy*.

Barry Baines is author of *Ethical Wills: Putting your Values on Paper* and a leading authority on ethical wills. What is an ethical will? Ethical wills are a way to share your values, blessings, life's lessons, hopes and dreams for the future, love, and forgiveness with your family, friends, and community. Today, ethical wills are being written by people at turning points and transitions in their lives and when facing challenging life situations. They may be one of the most cherished and meaningful gifts you can leave to your family and community.

Dr. Baines received his medical degree from Georgetown University in Washington, DC, and completed his residency in family practice at the University of Wisconsin at Madison. He is Board Certified in both Family Practice and Hospice and Palliative Medicine. Dr. Baines currently serves as the Associate Medical Director for Hospice of the Twin Cities and Medical Director of Shalom Hospice. He previously held the Chief Medical Officer position at UCare.

Following the keynote address are two panel presentations. In *Getting the Health Care I Want* Sandy Stover, MD., a family physician at the Sawtooth Mountain Clinic will talk about how to promote your goals of care with your physician and cross



North Shore Health Care Foundation

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

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Directors notes April 2012

Since our last newsletter in September the foundation has been a very busy place. Our new mode of collaboration and initiative means lots of people involved, lots of meetings and lots of paperwork. You will get a taste of all of this by reading these pages, but we cannot possibly print the huge volume of detail that comes along when you try to do good work. The newest and most dramatic example of this is the Oral Health project, but even giving grants has become more complicated than it once was. The new leadership of our board is working hard to update our policies and procedures to keep up with the times.

There is a lot of interest on the board around the issue of elder care. Many of us have parents or personal concern with the issue of how to stay in their own homes as long as possible. Plan to attend our May 5 conference - "Navigating Choices As We Age" presented by Care Partners. Sue Futterer convened an ad hoc group of Cook County leaders to look at housing issues for seniors, and we have been very much involved. One of the most difficult parts of that is finding the right terms to talk about it. There has been a lot of discussion of assisted living without much understanding of what type of facility and program that actually entails. Defining the future role of the foundation in all of this is one of our goals for 2012.

One of the grants awarded at our March meeting was to the Cook County Broadband Commission for an elder monitoring pilot program. Our small grant was used to leverage a 20 fold project with many partners including the Lloyd K Johnson Foundation. There is a whole new industry that has sprung up in recent years that applies the electronic and communication revolution to the challenge of elder care. As the county gets wired for broadband internet connection, it will become possible to set up a home or apartment with a system that allows caregivers and loved ones in ways that were completely unimaginable just a few years ago.

Thank you again to all our supporters, whether you sent a small memorial or left a significant bequest, it all means that Health Care in Cook County has a special advocate in place that will support and nudge and co-ordinate and lead the way to a better future for all of us.

Karl Hansen
Executive Director



MEMBERSHIP 2012

Thank you so much!

to these people who have supported the work of the foundation by becoming members between 4-1-2011 and 3-20-2012 at any level. We have many wonderful friends who are not listed as members. We will acknowledge all the other kinds of gifts they have given in a future newsletter: special gifts, bequests, memorials, honoraria, golf tournament sponsors, golfers, donor advised fund grants, foundation grants, barbeque and brunch tickets, payroll check-offs, 1st and 2nd Thrift Store work. *Please let us know if we have made errors in the membership list.*

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save this date !!!

June 24th will be a fun evening at Gunflint Lodge. It is North Shore Health Care Foundation's annual BBQ to benefit our Endowment Fund which supports health care in Cook County. What a great opportunity to have a delicious meal, enjoy music by Gerald Thilmay and socialize with friends. Reservations can be made at nshcf@boreal.org or by calling 218-387 9076. Cost of the BBQ is \$55. Cash bar opens at 4 pm and the BBQ Buffet begins at 5 pm. Invite a friend, travel up the Trail and support health care in Cook County. See you there.

15 Grants Given TOTAL \$34,360

As you look through the list of our grants awarded in the last three quarterly cycles, it is easy to see what some of them will do, but some need a little explanation. The first point is that we have committed \$5000 per year to our initiative programs, Care Partners and Oral Health Project. Otherwise, all of the grants are given in response to applications from these local groups, almost all asking for a portion of a larger project being undertaken by multiple partners. Three out of four of the grants to the clinic are great examples. The clinic is one part of the School Community Action Team, a long established group that supports the children of the county, and asked for funds to print small flip books that can be used by families at meals together to generate conversation. Research shows that families that share even one meal a day together are much more successful in many ways. The workshops by Dr. Sax on 'Why Gender Matters' is what we like to call a 'spark-plug grant.' With this money in hand, other groups got on board and this national figure will spend time in several venues in Cook County in the fall. Bike helmets will once again be available at the annual Bike Rodeo with the clinic partnering with the schools and our local bike shop to promote safe and healthy riding.

The Grand Portage Safe Journeys - car seats for kids program started in 2008 with our help. Since then 11 people have been trained as car seat technicians, and 34 car seats have been provided for children. The new grant will provide about 1/3 of the cost of keeping the program going for two more years and allow the purchase of 82 more car seats. As the legal requirement for car seat use has been extended to children up to 8 years of age, more seats are needed as is the continuous public education effort for their proper use.

See the Director's Notes column for more on the Broadband Commission, and watch for much more from them and Boreal Access as a demonstration gets set up in the very near future.

Cook County Higher Education continues to train entry level nursing staff all the way to RN's and many of them are working in our local facilities. This grant is for scholarships for LPN students. This is a great way to fulfill our mission: Benefiting Health Care for those who live, work & visit in Cook County.



Birch Grove Creative movement pack

12 Sept 2011 Total \$8213

Rita Plourde - Sawtooth Mountain Clinic	Wheel chairs	\$600
Paula Sundet Wolf - Cook County Higher Education	Outdoor Emergency Care Training Course	\$950
K.B. O'Neill - ISD 166 - Sawtooth Elementary	Healthy Habits Summer Program.	\$200
Jennifer Schulz - Grand Portage Health Service	Safe Journeys - car seats	\$6463

12 Dec 11 Total \$17,225

Rita Plourde - Sawtooth Mountain Clinic	School Community Action Team booklets	\$1,000
Rita Plourde - Sawtooth Mountain Clinic	Dr. Leonard Sax workshops	\$2,625
Bev Green - Cook Co Council on Aging	Senior Transportation	\$3,000
Arvis Thompson - Girl Scouts	Pool passes - trip support	\$600
Care Partners - Annual support		\$5,000
Oral Health Project - Annual support		\$5,000

Total 2011 \$52,790

26 Jan /12 March 2012 Total \$8,922

Paul MacFarlane - Colville Fire Department	AED Batteries	\$509
Patty Nordahl - Birch Grove Foundation	Creative movement pack	\$752
Rita Plourde - Sawtooth Mountain Clinic	Bike helmets	\$2,000
Terry Meath - Cook County Broadband Commission	Home health monitoring sys. demo	\$2,170
Paula Sundet Wolf - Cook County Higher Education	Health Care scholarships	\$4,000

Grand Total Since 1995 \$478,546



Ainslie, Mary, Julie, Matthew, Debbie, Karl and Greg

Dragon Boat 2012

coming July 27-28

The North Shore Dragon Boat Festival welcomed 2 new board members in January - Julie Carlson of Joynes Ben Franklin, and Mary Hjellev Black, County Assessor and owner of the Pump House in Grand Marais. Already they've made substantial contributions of energy and expertise, and we feel fortunate that each of them is on board!

Continuing members are Greg Wright (North House Folk School), Debbie Benedict (WTIP Community Radio), the NSHCF's Karl Hansen, and Dave Teersteg, Grand Marais Parks Department Manager.

Also in January, the board hired a new Festival Director, Ainslie Kincross, and Race and Safety Director, Matthew Brown. Ainslie is a newcomer to Grand Marais, drawn here by the natural beauty of the North Shore landscape and the strong community. Her professional background is in architecture and outdoor education, and includes organizing and overseeing many different kinds of projects and events. Many people know Matthew, a long-time resident, as the former captain of North House's Hjørdis and as the Race Marshall for the John Beargrease Sled Dog Race.

The new staff and board are busy getting ready for this year's festival - and 2012 is the Year of the Dragon in Chinese culture, so we think we've got a special impetus this year! Visit our updated website www.northshoredragonboat.com ; gather your friends, family and co-workers and create a team - most people who experience the thrill of dragon boat racing once come back again and again!



it's working!

The Oral Health Task Force has been working hard to meet its goal of bringing oral health care to every child in Cook County and the Grand Portage Reservation. Thanks to a partnership with school nurses and administrators, we were able to complete an oral health screening for most elementary children at Birch Grove Community School, Great Expectations School and Sawtooth Elementary. Our local dentist, Dr. Alyssa Hedstrom, the Sawtooth Mountain Clinic outreach nurse, Teresa Borak, and our staff person, Kay Grindland completed these 'peek in the mouth' screenings for a total of 239 children.

A real concern of the Oral Health Task Force is children with un-treated cavities. We found 25 children with some form of gross decay and were able to send letters to parents and guardians to encourage them to seek treatment. Better yet, for those families concerned about the cost of dental work, we were able to offer a sliding fee scale program. There are many parents in Cook County and on the reservation who cannot qualify for Minnesota's Health Care Programs and cannot afford the high cost of oral care premiums. The Sawtooth Mountain Clinic's Sliding Fee Scale Program can help cover the cost of preventative care (exams, x-rays, sealants) for their children, but it does not cover restorative work such as fillings.

Thanks to support from the North Shore Health Care Foundation, Carlton-Cook-Lake-St. Louis Community Health Board, the Lloyd K. Johnson Foundation, the Atkins Memorial Fund and Grand Marais Family Dentistry, the Oral Health Task Force has been able to set up a generous sliding-fee scale program to help parents with the cost of restorative care. Families can learn more about the program by calling Kay Grindland of the Oral Health Task Force at 387-2334. It's wonderful to be able to support parents in getting care so important to their children's health.

What's next? The Oral Health Task Force is working to complete oral health screenings for some of the older grades at the ISD 166 and for home-schooled children. We are working with the Grand Portage Reservation to find opportunities for supplementing their oral health programs. Several preschools are taking field trips to Grand Marais Family Dentistry. We are looking at ways to make sure children get sealants, an important prevention tool AND we are planning an outreach event this spring.

None of this would have been possible without the support for the staff at Sawtooth Mountain Clinic, our Cook County Health and Human Services, school nurses and the Grand Portage Reservation and especially without the many volunteer hours and enthusiastic support of Dr. Hedstrom.

Finally, it wouldn't have happened at all without the financial support of our NSHCF members.

thank you!