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**The North Shore Health Care Foundation
invites you to the 20th Annual Barbecue
at the Gunflint Lodge on Sunday, June 24, 2018**

*This event is a fundraiser for the North Shore Health Care Foundation.
All proceeds will go to the North Shore Health Care Foundation Endowment Fund.*

Cash Bar opens at 4 pm / Barbecue Buffet 5 pm | \$55.00 per person
Register online at NorthShoreHealthCareFoundation.org | (\$30 is tax-deductible)

RSVP by June 14, 2018 Call the Foundation office at 218-387-9076,
E-mail nshcf@boreal.org, or send your check to NSHCF, P.O. Box 454, Grand Marais, MN 55604
The North Shore Health Care Foundation is a 501c3 local organization that benefits health care for those who live, work and visit Cook County.



North Shore Health Care Foundation *News* Our vision: A healthy community for all in Cook County

June 2018 Volume XX11 | Issue 1

North Shore Health Care Foundation Funds Vital Emergency Services Training

The 29th Annual Cook County Emergency Services Conference, sponsored by the North Shore Health Care Foundation, took place in Grand Marais, on April 27 and 28. This conference is the North Shore's flagship training event provide local training opportunities for EMTs, First Responders, Law Enforcement, Fire, Search & Rescue, Dispatchers, Ski Patrol, Chaplains, STOP Teams, hospital personnel, and others involved with our county-wide emergency response system. The conference is also an opportunity to recognize and support the excellent emergency services provided to the residents, visitors and businesses in Cook County.

A total of 89 responders and volunteers from EMS, Fire, Law Enforcement, Community Emergency Response Teams and STOP Teams from Cook and Lake Counties came together to train, network and learn together through various pieces of the conference. This year's conference, themed Answering the Call, focused on giving the heroes that serve our community the tools and training they need for effective response and to take care of themselves.

The two-day event delivered insightful keynote sessions including "Dealing with the New Norm & Emotional Survival in the Emergency World" from former Law Enforcement Officer/Professor and Trainer Mike Kutzke, and "Communication Peace: Balancing Conflict & Diffusing Negative Behaviors" from Dr. Jody Janati.

Fire Departments participated in a live-burn training rotation which took place at the site of the former Tomteboda Motel on Hwy 61 – a rare opportunity for local volunteer fire departments which helps certify new firefighters and keep suppression skills up-to-date for veteran firefighters. This session was supported by Search & Rescue who ran the Mobile Command and Rehab Trailer on scene. Fire Departments and Search & Rescue also completed three, two-hour rotations of Cold Water Rescue Training in the Harbor. The Command Post and staging area was set up at the Grand Marais Rec Park Pavillion on the west side of the Harbor. North House Folk School staff were invited to participate in the Reach, Throw, Tow rescue techniques as they see hundreds of visitors climbing all over the rocks in front of their campus during the busy spring through fall seasons. *continued on page 2*



Live burn training.

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North Shore Health Care Foundation Funds Vital Emergency Services Training

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Local and visiting emergency services providers took part in:

- Arson & Fire Investigation with the State's Deputy Fire Marshal
- Incident Command System Training
- Responding to a Fighter Wing Aircraft Incident with the 148th Fighter Wing
- USNG Emergency Trail Marker System
- Community Emergency Response Team Intro & Refresher
- Trafficking in the North with Investigator Kelly Haffield, Commander of the TRUST Multi-Jurisdictional Sex Trafficking Task Force
- Psychological 1st Aid with Susan Cebelinski of the Red Cross

The Conference closes with a dinner banquet and awards ceremony to recognize an outstanding emergency responder and support of emergency services. Awards were presented to:

- Keck Melby - Outstanding Emergency Service Provider Award
- Rose & John Schloot – Dolly Johnson Friend of Emergency Services Award
- Nancy Koss, former Cook County Emergency Manager – Outstanding Career Award
- Renee & Garry Gamble – A Decade of Support of the Emergency Services Conference – (For 10 years, the Gambles coordinated the food service and cooked for conference attendees)



Special thanks to some fantastic volunteers including the Lake County CERT crew, Cook County Sheriff Pat Eliassen, Commissioner Heidi Doo Kirk, County Administrator Jeff Cadwell, County Engineer Krysten Foster, along with Bev Wolke from the Auditor's office who volunteered their time to serve meals to responders.

Training required by the State and Federal governments is often costly to the individual, in both a financial and time commitment and makes access for responders difficult. The Cook County Emergency Services Conference helps bring important training, professional speakers and exercises to the responder locally to train together. The support of the North Shore Health Care Foundation is paramount and helps our responders all work together to be better prepared and trained for the communities they serve.





Executive Director's June 2018 notes

We learned in our strategic planning process that there is an important distinction between program output and human outcomes. For example, the output of the Oral Health Task Force work can be measured in the number of encounters with children or dollars spent on dental work, but if there is no outcome of happier healthier kids then we have not succeeded. Many times, the grants we give are hard to track down to the outcome for an individual, and in the medical world the information would be restricted. Thank you to the parents who have agreed to share their experiences in these pages.

I have authorization to speak of my own outcomes, so here are a few stories from my personal point of view. On March 17, I was one of about 20 adults and 15 kids gathered in the Sawtooth Mountain Clinic waiting room at 3 p.m. Saturday afternoon the clinic is closed, but we were there for a recording session of the video series "Taking Care of Our Whole Selves", funded by an NSHCF grant last year. Four incredible local women lead us all through exercises that they have been doing in elementary school classrooms for a few years. Soon there will be four short You Tube videos available to anyone who wants to use a kid friendly stress reduction exercise anytime, anywhere. A few minutes of breathing or visualization goes a long way toward reducing the inner turmoil that is so common for me.

On March 30 at Higher Ed, I participated in a grant funded event called Green Dot, intended to be a follow up to the school event. Green Dot is a national program that trains people in appropriate responses as a bystander when a violent or abusive situation arises. I now have options and strategies that I had not thought of before.

Driving by the burning motel buildings on Highway 61 on April 28 was another significant event for me (see page 1 and 2). By focusing on our new vision of 'A healthy Community for all in Cook County' NSHCF is moving into its next quarter century poised to produce many more amazing outcomes. Thank you to all who make this possible.

Karl Hansen



23rd Annual Golf Scramble – Now in September

Our 2018 golf fund raiser will build on last year's big success. The dates will be Saturday and Sunday, September 22 and 23. The two day format was new last year, and worked really well. We will reverse the days this year, so the traditional scramble with all the games and prizes and food will be on Sunday, and the day of more competitive golf with cash prizes will be on Saturday.

Make plans early to play one or both days. Register or sponsor online at northshorehealthcarefoundation.org. DEADLINE TO REGISTER IS Sept 15.

This event has always been "MORE THAN GOLF." Just as the need for the services that the NSHCF provides are increasing we will be able to maximize the value of the sponsorship dollars. Nearly 100% of sponsor's contributions will be available as direct grant funds to benefit our Cook County residents. This is really what it is all about.

Traditionally held during peak leaf looking season, our golf event has been the primary fund raising event for the Foundation since its inception twenty five years ago, generating hundreds of thousands of dollars in grant dollars for our community.

See you in September!



As you know, the goal of the NSHCF's Oral Health Task Force is to improve and protect the oral health of all children and young adults (0-26 years) in Cook County and the Grand Portage Reservation. 2017 was another growth year for the Task Force, providing care, educating caregivers and children and reaching out to members of the community who could use help gaining oral health care for their children. Here's some examples of our progress in 2017:

oral health care for children

• oral health task force •

We met with all newly pregnant moms in Cook County to provide information on babies' oral health, including starting fluoride treatment as soon as the first tooth erupts. In 2017, 579 children received oral health screenings in our schools, and two "Free" Days at The Dentist, a 16% increase over 2016. Of those, through funding provided by the Task Force and Sawtooth Mountain Clinic, 127 children received follow-up care at the dentist, a 91% increase over 2016.

From all this work we learned that covering the cost of children's dental care is important, but education is most critical in combating tooth decay. To establish good oral health from birth, Cook County's medical professionals have learned to talk to families about taking care of children's teeth. Dental patient information is now shared among the Grand Marais Family Dentistry, the Sawtooth Mountain Clinic, and Cook County Public Health and Human Services. Teresa Borak, Cook County WIC coordinator said, "This is unique among medical providers and ensures that children get dental care quickly and efficiently."

And we had some good successes, including: Twelve nurses at Sawtooth Mountain Clinic have been trained to provide fluoride treatment at well child visits. Families learn the importance of brushing teeth, limiting sugary snacks and visiting the dentist regularly. Starting from birth, children can enjoy a life time of healthy mouths. Our Oral Health Educator, Bonnie Dalin also enables us to spread the word in the community that tooth decay is preventable and that every child can get dental care regardless of their parents/caregivers' ability to pay for care.

We now serve 700 children in Cook County, ten percent of whom live on the Grand Portage Reservation. In addition, we provide dental screenings or care for 32 children who live in Lake County but attend school in Cook County. Outreach is provided to more than 1,000 people in the community through health fairs, community functions, the library, and the YMCA. A Story: At a school open house, a parent was given information on our program by staff

and an OHTF team member. The sliding fee was explained, transport was offered, and a free tooth brush kit was provided.

The parent burst into tears, for a child in the family had been missing days in school through pain and lack of sleep.

We are grateful for your support and the support of our grantors which enables children to learn, play and grow free from dental pain and disease.



Grace (age 2 1/2) was so excited after Bonnie visited her daycare to talk about oral health. She started using her new flossers several times a day (by herself!) and use toothpaste on her new toothbrush. If we had gone to the dentist office, Grace would have been too shy and overwhelmed to learn much. I'm so thankful that the Oral Health Task Force can send dental hygienists to daycares, it is a great way to reach kids in their element, and make dental health fun. Grace still talks about Bonnie, and how she said to "Brush your teeth in the morning, and brush your teeth at night!"

Gwen & Grace Danfelt

We're a family of four with two working parents, but no dental insurance for the kids. However, our kids receive regular dental check-ups, at an affordable cost, thanks to the OHTF's very generous sliding fee scale program. For our family, this program means going to the dentist twice a year instead of just once. And goodness - the kids love Dr. Alyssa, and look forward to the day it's their turn at the dentist. Our OHTF participation means an affordable bill for us. Thanks to NSHCF for offering this generous program!

Carin Gulstrand
August - 7, Ruby - 10, Ollie - 3



To Whom It May Concern,

My name is Belle Janicek, I am a working, single mother of two teenage boys in Grand Marais. I am writing to thank you for the generosity the Task Force has extended to our family in the last few years. What you have done has not only made on going dental care affordable but also easy to access. For a parent who is considered low income, assistance can so often be a grueling process that will often make me feel like I am not working enough, despite working full time. The process you offer is in no way shaming and I feel as though there is a genuine personal effort to make me feel so supported in my own efforts to raise healthy and happy children.

The oral health care provided by Grand Marais Family Dental has always outstanding. The education you provide to our children helps them to recognize and maintain healthy teeth has helped me enormously.

Thank you so very much for you on going efforts and support in keeping our children healthy and informed without costs to me. It really is a life changing support for those of us who need financial support in providing our children with quality medical care.

My deepest appreciation and thanks, Belle



President's June 2018 notes

Let me begin by publicly thanking some special people. They include the many individuals in our community who were willing to be interviewed during our Strategic Planning process. You gave the NSHCF Board a baseline knowledge from which to move forward and guideposts along the way. In my role as President of the Foundation I especially want to thank our Board Members and Staff. You all showed your commitment

to the process by a genuine desire to expand and improve the outreach of the Foundation to our citizens. I need to single out the five volunteers who made up the invaluable Strategic Planning Committee. For more than a year you gave countless hours beyond your normal Board duties to lead us through this difficult challenge. What made it difficult and therefore ultimately successful is that you all cared a great deal about doing it right. In the end, it is that for which I most want to say, Thank You!

The planning process is now being turned into an action plan. During the listening sessions one thing became very apparent. The NSHCF needs to reconnect with the community and the changing aspects of health care. We need to "keep up with the times." So, while making internal changes, structure, strategy, etc. we are providing opportunities for the public to learn about the new North Shore Health Care Foundation. Please, take advantage of one of these opportunities to share your thoughts and feeling with us. Through this sharing you will help us determine how to best fulfill our mission.

What is that mission, you ask? Well, this gives me the chance to steer you to our web site. It also has taken on a new face. "Keeping up with the times" means a commitment to an informative and attractive web site. Front and center you can read our Mission, and I would ask that you scan it a few times. My take away is that it is a call to action stated in the present tense. I hope that you are curious and asking what role will the NSHCF will play in fulfilling that mission in Cook County and what strategies will we employ. If you are, you will want to learn more about us and how we can work together. Want to know more?

Northshorehealthcarefoundation.org

Bob Fenwick

North Shore Health Care Foundation

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North Shore Health Care Foundation

Grants Awarded December 2017 & March 2018

SAWTOOTH MOUNTAIN CLINIC

\$5,753 to fund training for two Behavioral Health staff in Eye Movement Desensitization and Reprocessing Therapy (EMDR), an integrative psychotherapy approach for the treatment of trauma. The total included both costs of offsite training and travel and per diem costs. Training takes place at 4 different times March – May.

COOK COUNTY EXTENSION

\$2,000 to assist in funding their “Snacks and Packs” program which supplies food to school children who are identified as eligible for free or reduced lunch on weekends and vacation days. Traditional funding for this program is falling short this year and increased need adds to the shortfall.

EMERGENCY MANAGEMENT

\$4,000 to help fund its 29th Annual Emergency Service Conference April 27-28, 2018. NSHCF has funded this request in years past.

CHOICES AND VOICES

\$1,000 For Green Dot Bystander Intervention Training as a support effort to the Social Justice Project sponsored by ISD 166. These funds helped bring trainers for three open public training sessions at Cook County Higher Ed on March 30 and 31.

CARE PARTNERS OF COOK COUNTY

\$4,000 for support of a yearlong project to make Cook County “dementia friendly”

SAWTOOTH ELEMENTARY

\$500 for “egg chairs” – swivel chairs with hoods that students can utilize in a classroom to isolate themselves. Teachers have found them very effective in the past as an option for special needs and special situations.

These grants total \$13,352 and the total of all grants since 1995 is now \$744,914!!