



**NORTH SHORE
HEALTH CARE
FOUNDATION**

NAVIGATOR

North Shore Health Care Foundation News

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OUR MISSION

The Foundation proactively identifies opportunities to expand equitable health care and healthy living in Cook County, and champions solutions through funding, education, and advocacy.

Brokers Mike Larsen - Lutsen Real Estate Group (not pictured), Mike Raymond - Red Pine Realty, Virginia Palmer of Coldwell Banker North Shore, John Oberholtzer on behalf of Timberwolf Realty, pictured with Executive Director Valerie Marasco Eliassen (right), have all committed to piloting the Foundation Home Program to help build capacity in the community with the North Shore Health Care Foundation - ultimately allowing for more dollars to be extended to health initiatives in Cook County.

REAL ESTATE LEADERS INVEST IN HEALTH THROUGH NEW PARTNERSHIP

*BY VALERIE MARASCO ELIASSEN,
EXECUTIVE DIRECTOR*

The Foundation (NSHCF) is teaming up with local real estate leaders in an innovative new partnership that invests in local health. The **Listings That Give Back: Foundation Home Program** is a project developed by the Foundation in which local real estate professionals donate a percentage of the commissions received from the sale of selected properties.

"Selling real estate isn't just about the properties, rather it's about the relationships we create with those that work with us," said Kim Wolff, Broker & Owner - Timberwolff Realty. "We are so thankful for those relationships and our ability to give back to the community. We are proud to step up in this way to invest in the health of our community and those we serve." Timberwolff Realty issued the first donation of \$2,500 to the program this spring.

"Whether you're buying or selling through the Foundation Home Program, you can feel good that a portion of the commission from your transaction is being donated to the North Shore Health Care Foundation (NSHCF) and invested in community health," said Mike Larsen, Lutsen Real Estate Group.

"The Foundation is tremendously grateful to our local real estate leaders for their community stewardship and stepping up in this significant way," said Valerie Marasco Eliassen, Executive Director. "A dollar donated to the Foundation has an incredible ripple effect locally. Establishing Foundation Home program will have positive impacts for years to come and help us develop solutions to key community health issues."

"This is an opportunity for us to come together and demonstrate leadership in our profession and community to help support the local health care agencies, emergency services, and healthy living where we live work and play," said Virginia Palmer, Coldwell Banker North Shore. "After all, these are the services that support and sustain our population from birth to aging well in this special place we all love."

"We have an opportunity here to support our community, and we are proud to partner with the Health Care Foundation," said Mike Raymond, Red Pine Realty. "This is something that has never been done before in Cook County and we feel it's important to come together and build a program that helps do more for the people that live and own property here through this investment in future health."



VICE PRESIDENT'S MESSAGE

A BRIGHT LIGHT IN COOK COUNTY



The last nearly 18 months can surely be called unprecedented and have included so much uncertainty for many individuals and families. One thing that has remained a bright light in Cook County is the North Shore Health Care Foundation's support and collaboration with our local health agencies, and the work we are doing to remove barriers to accessing equitable health care.

Our vision of a healthy community for all in Cook County is not just a tagline for our non-profit. It, along with our values, remain at the forefront of all we do at the Foundation and how we make decisions. I am honored to be a part of a group that is dedicated to making this vision a reality. Now, in our 28th year, the Foundation is focusing on

thoughtful growth and implementation of our strategic plan to shine even brighter and be a guiding light for local health and healthy living.

We are making mindful decisions to undergo a transformation that will ensure our sustainability and to ensure we are able to be responsive to the needs of this community. We are staying the course outlined in our strategic plan which was developed with extensive community consultation, and it is such a joy to see so much progress being made in collaboration with community partners. We are making strides to invest in prevention programs as well as staying nimble to be able to react emerging health and emergency services

needs. This is evident in the grants we award, but also in our partnerships in the Aging Well in Cook County Coalition, Restorative Justice Program, the COVID-19 Response, the Health Care Planning Committee, continued involvement in the Oral Health Task Force, and most recently the study we're partnering on to identify the needs around health-related transportation. None of this would be possible without our supporters – thank you to all of our generous donors for helping us be a bright light in Cook County!

~ Inger Andress, Vice-President NSHCF

DONOR SPOTLIGHT: LEAVING A LASTING LEGACY

HEALTH, COMMUNITY IMPORTANT TO RATELLE FAMILY

The North Shore Health Care Foundation was honored to receive a \$10,000 legacy gift in memory of the late Dr. Alex & Patricia "Patty" Ratelle. Patty passed away this past fall, and Dr. Ratelle, a Grandma's Marathon legend, died June 10, 2012, in Grand Marais, at age 87. Both Dr. and Mrs. Ratelle, were passionate about health care and community, relocating to Cook County in their retirement following a decorated career as an anesthesiologist and Patty a nurse by training.

Although he ran high school track at Minneapolis Washburn, Ratelle didn't resume running until he was 40. His career included 60 missions as a navigator in a B-17 bomber with the Army Air Corps during World War II. He was shot down twice, but sustained only minor injuries when his plane crash-landed. He spent 40 years in the medical profession as an anesthesiologist, living in Edina.

Handwritten results from the inaugural Grandma's Marathon, on June 25, 1977, note Alex Ratelle as the oldest finisher. He was 52, and placed fourth. Not fourth among Masters runners, those 40 and older, but fourth overall, in 2:37:32. Ratelle, an International Falls native, went on to finish Grandma's Marathon for 21 straight years through 1997.

He completed 161 marathons, none more amazing than the 1981 Grandma's Marathon, finishing in 2:30:40 at age 56. That stood as an American record for ages 55-59 for six years and remains a course record for that age group.

Patty, who died Sunday, Nov. 22, 2020, at age 88, was a nurse by training and the ultimate giver by nature. Patty's love and energy were focused on caring for her family, friends, the Catholic Church and her



local community. Her pursuit of lifelong learning started with her formal training at St. Catherine's University and St. Joseph School of Nursing. She dove into her passions by taking many trips to Europe to perfect her culinary skills. She also became a Master Gardener to nurture both her personal gardens and the community gardens in Grand Marais.

A Mass of Christian Burial at St. Peter's Church in Richfield, MN followed by an interment at Ft. Snelling National Cemetery was held April 16, 2021, which would have been her and Alex's 66th wedding anniversary.



Justine Kerfoot Memorial Endowment Fundraiser

TASTE OF THE TRAIL BBQ PICNIC ADVENTURE

SUNDAY, AUGUST 22 - 1-4 PM

Navigate the beautiful Gunflint Trail on a scenic and tasty adventure, sampling the culinary delights of iconic Trail venues, to raise funds for the NSHCF's Justine Kerfoot Memorial Fund. The late Mrs. Kerfoot, former owner of the Gunflint Lodge, was a passionate supporter of the Foundation. We are proud to host a new, take-out style adventure in support of this important fund which benefits our non-profit operation and the grants we give to community health agencies. Start at our offices, in the parking lot of the YMCA, or at the Schaap Community Center/Mid-Trail Fire Hall, where you'll pick up your picnic bag and adventure passport, make your way at your own pace to each food stop, ending at the Gunflint Lodge. Pick your favorite spot along the Trail to picnic once you've collected all your courses, or enjoy seating at the Gunflint Lodge. For more information and tickets, go to:

www.NorthShoreHealthCareFoundation.org or call 218-387-9076



\$30,000 IN BLOCK GRANTS ALLOW STRATEGIC SUPPORT

In recent years, the NSHCF has moved to issuing block grants, or lump-sum payments, to certain repeat applicants who provide critical core-mission services such as health education, senior supports and emergency services. As outlined in the Foundation's strategic plan, block grants make a broader impact, encourage collaboration, increase efficiencies and provide greater stability for recipients. The 'big three' are Cook County Higher Education, Care Partners and Cook County Emergency Services. They re-apply each year and demonstrate how funds (max \$10,000) will be used to benefit the health of the community.

2021 Block Grant-Funded Activity Highlights:

- Bringing advanced Search Management training from Vermilion Community College to Cook County for up to 20 responders from Search & Rescue, Law Enforcement, Forest Service, Border Patrol and local Fire Departments at no cost to responders.
- Building a live-burn Fire Training Facility in Colvill for all departments to train together locally and more often.
- A variety of affordable and/or free healthy living workshops and trainings, and Health Care education opportunities through Cook County Higher Ed.
- Core programming that assists approximately 120 older adults to remain safely in their homes and navigate the challenges of aging and serious illness, including:
 - Care Partners' Senior Rides
 - Chore Helpers
 - Caregiver Coaching
 - Care Coordination
 - Companion Programs
 - Expansion of programs that support caregivers, address social isolation in elders, build a dementia friendly community, and assist community members to 'age wisely' in Cook County.



COMMUNITY SUPPORT AND COLLABORATION ENABLES SWIFT COVID-19 RESPONSE EFFORT

As of June 5, 3,633 Cook County residents (or 67.6% of the population) have completed the COVID-19 vaccine series. Throughout the pandemic, there have been 173 lab confirmed cases of COVID-19 in the County. Through mass vaccination, a robust, localized case investigation and contact tracing, diligent efforts from the community and local businesses, we have been able to keep the case count relatively low despite record number of visitors to the county.

Together, these crucial public health activities have saved lives and kept our community safer. This collaborative effort among all of our healthcare and public health partners has been a key success factor in the local pandemic response from its very earliest days. Staff from Cook County Public Health & Human Services, Grand Portage Health Services, North Shore Health, and Sawtooth Mountain Clinic, Emergency Management and public safety agencies, have all worked tirelessly to make sure that we've done all that we can to keep our community healthy in an incredibly challenging year. The North Shore Healthcare Foundation has been a strong supporter of these efforts and key partner, particularly through the creation of the COVID-19 Medical Response Fund and matching \$20,000 in community donations. This funding allowed for the efficient and smooth roll out of COVID-19 vaccines.

"With the financial support of community and the Foundation, we were able to convert the Cook County Community Center into a site for mass vaccination and get rolling much quicker than many other jurisdictions," said Grace Grinager - Incident Commander and Supervisor, Cook County Public Health.

The COVID-19 Medical Response Fund, totaling just over \$42,000, helped from the very earliest days, making the following activities possible according to Grinager:

“Just under 70% of Cook County population vaccinated as of June 5”

- Development of outreach and communications materials to let the community know about vaccination opportunities,
- Creation of clear signage and systems so that the site would be easily accessible to people of all ages and abilities,
- Development of patient education materials so that everyone knew what to expect after vaccination, and
- Support of our amazing Minnesota Responds volunteers in their duties which spanned screening people in, helping with registration, staffing the education and observation area, and keeping the site clean and sanitized.

In this latest phase of vaccination with our local youth and teens, the Foundation has remained a key partner as we reach out to students and parents with information about the vaccines, as well as to thank teens with gift cards to local businesses for getting vaccinated.

"We're very excited that teens are eligible because the vaccine lowers their risk of becoming infected and also passing the virus to others," said Grinager. "Young people in our community have been through so much in the past year with disruption to school, sports, and isolation from family and friends during a critical time in development. We know that vaccination can help teens get back to things that are important to them, as well as help keep them healthy, and protect others in the community who may not be able to be vaccinated."

A very generous community and the North Shore Health Foundation have been key financial supporters of our local pandemic response efforts, which has allowed us to respond quickly and effectively to the emerging public health needs. Thank you for your support!"





NORTH SHORE HEALTH CARE FOUNDATION

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218-387-9076
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Save the Date!

UPCOMING FUN IN SUPPORT OF THE FOUNDATION

- **Sunday, Aug 22, 2021, 1-4 pm:**
Taste of the Trail BBQ Picnic Adventure –
Tickets available in July on NSHCF website
- **Friday & Saturday, Sept. 24-25, 2021, 8 am - 4 pm:**
Golf For The Good – Superior National Golf Course
Sponsorships available. Book a tee time early, but pay
for event on site!

BECOME A FRIEND – INVEST IN HEALTH

Donations and 'Friends of the Foundation' membership purchases help with critical operating funds and help the Foundation develop solutions to address key community health issues identified as priorities, including:

- Senior services and aging well in Cook County
- Children's mental health and substance misuse
- Travel and lodging resources for out-of-town medical care and treatment

Give the gift of a Foundation Friendship to your loved ones or renew your annual friendship for 2021 – an investment in a healthy community for all in Cook County. If gifting a Friendship, please indicate your preference and complete the form below. Suggested levels include:

- ☐ \$1,000 – North Star
- ☐ \$500 – Guiding Light
- ☐ \$250 – Navigator
- ☐ \$100 – Wayfinder
- ☐ \$50 – Beacon
- ☐ Other donation amount: _____
- ☐ Legacy endowment donation: _____

We hope we can count on your support to help us be the light for health in Cook County. Donations are tax-deductible and can easily be made online through credit card or PayPal, or by cash or check, mailed to:

North Shore Health Care Foundation
P.O. Box 454
Grand Marais, MN 55604

Name: _____

Address: _____

Address 2: _____

City: _____ State: _____

Zip/Postal Code: _____ Phone: _____

Email: _____

Credit Card #: _____

Expiration: _____ CVV: _____

Amount: _____ Check Enclosed: ☐

If purchasing as a gift/memorial/honorarium:

Recipient's Name: _____

Recipient's Email: _____

Recipient's Phone: _____

Dedication: _____

Donations can be made online at
www.NorthShoreHealthCareFoundation.org