



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.

RESTORATIVE PRACTITIONERS AVAILABLE WEEKLY AT COOK COUNTY HIGH SCHOOL

BY VALERIE MARASCO ELIASSEN, EXECUTIVE DIRECTOR

Starting today, trained facilitators from Cook County MN Restorative Justice (CCMNRJ), a program of the North Shore Health Care Foundation (NSHCF), will have a presence each Wednesday at ISD 166 High School. During the advisory/lunch hour volunteers trained in restorative practices, including peacemaking through dialogue, harm reparation and conflict resolution, will be available for students and staff. Their goal will be to help build relationships and skills in positive conflict resolution.

"Students can often be experiencing some type of conflict whether that is among friends, at home, at a job or even feeling bullied," said ISD 166 Principal Megan Myers. "It is our hope that by having these trained volunteers available to students regularly, they will not only build relationships with these community members, but will take advantage of having access to supports which help resolve conflict and teach these important reparation skills."

The Restorative Justice program works with youth in about 80 percent of cases. The program which serves all of Cook County and Grand Portage is

overseen by an Advisory Committee made up of representatives from several community partners including ISD 166 Schools, the County Attorney's Office, the Cook County Sheriff's Office, Probation, Cook County Public Health & Human Services, Grand Portage Human Services, the Violence Prevention Center, and elected officials from both Cook County and Grand Portage.

"The Restorative Justice program, and learning how to use restorative practices, can dramatically change the course of people's lives for the better while healing wrongs and preserving relationships in communities," said Inger Andress, Chair - Cook County MN Restorative Justice and Board Member of the North Shore Health Care Foundation. "The benefits of this program are not limited to rectifying incidents of a criminal nature, but also have real potential to restore harms in any conflict situation, including bullying."

To date, the CCMNRJ has more than 25 trained volunteers throughout Cook County and Grand Portage. The program is also exploring taking on truancy cases and has a subcommittee of its partners developing a framework for doing that.



PRESIDENT'S MESSAGE

PATIENCE...AND PERSEVERANCE



We thought we'd be in a different place by now! We were feeling hopeful that we had gotten past the worst of it. We were feeling some cautious freedom of getting back to normal.

And then something called the "Delta Variant" showed up out of nowhere. And even here in Cook County, where our public health and medical providers have done an exemplary job of keeping us safe, we are beginning to be worried again. We're feeling stress as the case numbers rise ...even here!

Our patience is running thin as kids go back to school and activities, as the masks go on

again, as the culture wars over getting vaccinated flare up.

So where does the North Shore Health Care Foundation stand in these uncertain times? While we don't have a crystal ball to predict how this pandemic will continue to unfold, we have a set of core values that are essential to how we navigate these waters.

We are committed to operating ethically and with integrity, to being nimble as changes are happening around us, to being responsible stewards of the resources entrusted to us, and to governing our Foundation efficiently and effectively.

In times like these, the going can be difficult. The doubts and threats can sometimes feel overwhelming. The exact way forward isn't always clear.

But the Foundation is going to patiently stay the course. We're going to hold to our vision of "A healthy community for all in Cook County". We're going to continue looking for opportunities to support and expand equitable health care and healthy living in our community...and certainly to support a strong medical response in a pandemic. We are going to persevere

~ Jerry Liija, President NSHCF

GRANTEE SPOTLIGHT: LEARNING OPPORTUNITIES THROUGH STORIES (LOTS)

PROGRAM HELPS DEVELOP BONDS AND EARLY LITERACY

The Learning Opportunities Through Stories (LOTS) program is an early literacy program for children birth through age five. The program helps promote early learning, developing bonds, social skills and a sense of security through the time spent with parents or caregivers. LOTS has been offered in our communities since 2009, and distributes over 1,000 books annually. The Foundation was proud to again help fund the LOTS program through the North Shore Collaborative with a \$1,000 grant to make the program available this summer in six communities along the North Shore, including: Grand Portage, Grand Marais, Tofte, Silver Bay, Two Harbors and Finland.

"Sincere thanks to the North Shore Health Care Foundation for the generous donation to the Learning Opportunities Through Stories (LOTS) summer reading program," said Trisha Scamehorn, LOTS Coordinator. "For some children, the books offered through the LOTS program are their first very own books."

A total of 431 books were distributed to children ages birth through five, in Grand Portage, Tofte and Grand Marais. "We considered this program a success due to the number of families that participated and books distributed, and how few leftover books we had," she said. "Any leftover books were distributed free in our communities."

Families had the option to attend in person or use the pick-up book option.

Following is a summary from each location:

- **Grand Marais:** 78 board books and 76 paperback books were distributed, for a total of 154 books distributed, along with several books for grades two through eight. We served 16 unduplicated children from 20 unduplicated families. There were also a few older children who attended.

"LOTS had a great turnout this year," said Grand Marais Site Leader Sara. "We hosted sessions outside at the outdoor classroom next to Sawtooth Mountain Elementary. There was a large turnout of families with infants (15-months or younger). We started the sessions with a hello song, read a story, then children and families were able to play with some developmentally appropriate toys, and enjoyed a healthy snack. We were also able to utilize the felted forest. Families could walk through the forest to find different felted animals hidden within the forest and used the playground after the sessions. Families were happy to have the opportunity for the children to socialize with other children."



- **Grand Portage:** 63 board books and 69 paperback books distributed, for a total of 132 total books distributed, along with 30 free books to older children grades two through eight. LOTS in Grand Portage was run this year by a book/activity pick-up (three times). LOTS served 17 children from 12 different families, almost all of whom went to every single session.

"The program offers quality time with my child and a fun activity to do together!"
- Participant

- **Tofte:** 55 board books and 90 paperback books, for a total of 145 total books distributed, along with numerous books for grades two through eight (averaged three older kids per session - some even came even if they didn't have a sibling attending). We served 22 unduplicated children from 16 unduplicated families.



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Ella H chose to get her COVID-19 vaccine on her 12th birthday as a gift to herself, family, friends and community.

INCENTIVES ENCOURAGE YOUTH VACCINATION

Local teens who become fully-vaccinated are eligible to win cash prizes this fall. In partnership with the local COVID-19 Incident Management Team, the Foundation is providing \$500 in cash prizes through the COVID-19 Medical Response Fund to encourage local youth to complete the vaccination process. Five Visa Gift Cards in the amounts of: \$150, \$125, \$100, \$75 and \$50 will be drawn through a raffle at the end of October. Anyone ages 12-18, who has received both vaccinations is eligible to win.

Youth also receive a \$5 Dairy Queen gift card upon completion of the first vaccination and a \$10 Subway gift card when they return for the second dose. The raffle for the cash prizes will take place Friday, Oct 29, 2021. Winners will be contacted.

"We want to ensure that our kids and local community are protected to the greatest extent possible," said Valerie Marasco Eliassen, Executive Director - North Shore Health Care Foundation. "The raffle and the gift cards our young people receive at each vaccination provide a little extra bonus for completing both and helps contribute to a healthy community -- especially as they head back to school, sports and activities."

If you are between the ages of 12-18, and have completed your COVID-19 vaccination outside of one of the local youth vaccination events hosted by CC Public Health & Human Services, be sure to get your name in the raffle for cash prizes.

To enter, go to:

<http://cookcountymnouthvaxraffle.eventbrite.com/?s=137843249>

Youth who attended the local vaccination events also received a complimentary *Mindfulness Coloring Book: Advanced Designs for Relaxation and Anti-Stress* along with a pack of colored pencils, to promote mental wellbeing as they transitioned into a new school year.

Stats to Celebrate So Far:

- 93 12-15-year-olds (represents 46% of our 12-15 year-olds in Cook County), and
- 46 16-17-year-olds (48% of our 16-17-year-olds) have completed the COVID-19 vaccination series.

"We've had great success in getting teens to come back for their second dose of COVID-19 vaccine using the raffle and gift cards provided through the COVID-19 Medical Response Fund to incentivize completion of the vaccination series," said Grace Grinager, Cook County Public Health Supervisor.

"When a teen gets vaccinated, they have a much higher chance of participating in normal school, social, and extracurricular activities with minimal disruption due to COVID-19. The positive impact of teen vaccination has ripple effect and contributes to a healthier, safer school environment for peers, siblings, and the community at large. We are fortunate in Cook County to have the COVID-19 Medical Response Fund and the support of the North Shore Health Care Foundation to have made our local vaccination process swift and effective. We have done extremely well as a community and want to make sure that continues as kids and families face another school year and return to group settings and indoor activities."

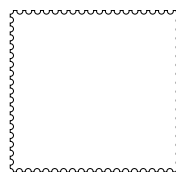
Cook County Public Health is currently working on a survey in collaboration with our local middle/high schools that will go to parents of local teens to explore whether there are any barriers to vaccination that we can address to continue to boost our teen vaccination rate.

Youth who completed their vaccinations at the Cook County-hosted youth vaccination clinics, will automatically be entered into the raffle.



NORTH SHORE HEALTH CARE FOUNDATION

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stewardship is amazing!

And THANK YOU to
all who attended
this tasty
fundraiser. We
hope to see you
back next year for
the second annual
event!



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
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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

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