



**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.

FOUNDATION HAS NEW FUNCTIONAL HOME-BASE

BY VALERIE MARASCO ELIASSEN, EXECUTIVE DIRECTOR

Commercial office space in Cook County is rare. When the North Shore Health Care Foundation (NSHCF) needed a new home in June of 2020 to accommodate the Sawtooth Mountain Clinic's much-needed pharmacy, we were lucky to be able to rent a small office in the YMCA. While this was a great temporary solution during the pandemic, packing an entire organization in a single 8'x12' room, presented challenges for our growing nonprofit in the long-run.

NSHCF jumped at the chance to take over the former State Farm office in the Cascade Cornerstone Building on the corner of 1st Ave and 2nd St, in Grand Marais. On Feb 15, we moved into our new functional two-room home-base which will help us better serve the community. Building managers Cascade Vacation Rentals refreshed the offices for the Foundation with new paint, electrical updates and carpeting. The new office provides staff, board members and donors a bright, more private space to carry out our work championing health solutions in Cook County.

The Health Care Foundation is a grant-maker, educator, incubator, convener and advocate for health services in Cook County MN. We are now in our 29th year as a 501(c)(3) nonprofit dedicated to improving health services and access to equitable care in Cook County, AND we are striving to do more.



Executive Assistant Georgene Daubanton is the welcoming face you'll see first at the Foundation's new office space located in the Cascade Cornerstone building in Grand Marais.



BECOME A FRIEND & GET A FOUNDATION PACK, NOW - MAY 1

Community Members are welcome to stop in to Suite E in the Cornerstone Building to learn more about the work NSHCF does to work toward a healthy community for all in Cook County.

Become a Friend of the Foundation before May 1, and get a 'Foundation Pack' including a stylish NSHCF t-shirt, breathable NSHCF jersey knit facemask, vinyl decal and an eco-friendly reusable shopping bag.

To donate online, scan the QR code or go: NorthshoreHealthCareFoundation.org

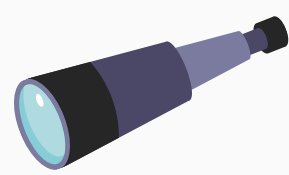


This newsletter is written and designed in-house to reduce costs and award more funds in the community. Thanks for reading!
Valerie - Editor in Chief



FOUNDATION WELCOMES NEW LEADERSHIP

INGER ANDRESS, PRESIDENT



It is an honor to accept the Board's nomination as President of the NSHCF. There are many dear faces of past Board Members that are still brought to the table with my acceptance. They are the shoulders I stand on, who have taught me much over the years. I will remember their wisdom laced with laughter after many difficult deliberations. This is something any successful organization needs - including a variety of perspectives to find the right mix to create champion programs.

The NSHCF is moving forward in the process of incubating the Cook County Restorative Justice program. We are excited to be recruiting for its first quarter-time Case Coordinator position thanks to a Cook Co. Public Health & Human Services grant. This is a role I have taken on since the inception of the program; however, with an increase in case referrals coming from local partners, filling this position is much-needed.

partnering organizations in this community who are open to collaborating with us in larger scale projects. This collaboration allows the Foundation to be more effective and efficient, one of our core values. We continue to pursue coming alongside this community to bring about equity in health for all.

To many of you who have contributed in a variety ways over the years, we thank you

~ Inger Andress

We at the NSHCF, are truly grateful for all the



**PAT CAMPANARO,
SECRETARY &
TREASURER**

One of the key strategies of the foundation is organizational sustainability: We will actively manage our financial and human resources to increase our organizational capacity to serve our community and maintain a vibrant organization culture.

The Foundation is in a strong financial position thanks in large part to the annual funding we receive from the Walter & Phyllis Anderson Charitable Trust managed by Security Bank & Trust Co., and the Foundation's Endowment Funds with the St. Paul & MN Foundation. These important sources of funding have allowed the NSHCF

to give over \$1 million in grants to organizations in Cook County that help move toward our vision of a healthy community for all. We are also evolving as an organization to create a more integrated, holistic program model to serve three of the barriers many residents face: Serving children's mental health needs, identifying the needs of our senior population, and making it easier for residents to travel outside our community for health care. To accomplish this we will need your help. Watch for more information in our newsletters this year.

The past two years were filled with both challenges and victories. How reassuring it's been to see our Public Health system withstand the strain of the pandemic and keep our community safe. We continue to extend our heartfelt appreciation to all those who serve. *~ Pat Campanaro*

We are pleased to welcome Mike Boomer to the NSHCF Board of Directors. Mike and wife Lori "Sam", live in Grand Portage and own/operate Ryden's Border Store & Duty Free. He brings a strong background in coaching and youth mentorship. Mike developed and taught a course for dads who attended Early Childhood Development classes called F.A.N. (Fathers Are Needed).

Mike looks forward to helping create positive, results-orientated resolutions to issues affecting all families in our community, and helping bridge the far east end of Cook County.



DAILY HABITS LAY GROUNDWORK FOR INDIVIDUAL RESILIENCE

DR. LOREN STONER, DC - GRAND MARAIS WELLNESS CENTER

This has been a tough two years for all of us with many painful losses for the community and individuals. Setting aside all opinions about COVID, it is ultimately a call to all of us to examine our own health practices. What we do on a daily basis lays the groundwork for our individual resilience so that when faced with such viral challenges, we can at least have a fighting chance to mount a defense. It comes down to lifestyle choices to be able to respond and recover.

Even though we are not hearing it on the nightly news, everyone can start where they are and begin to build immune system resilience. An anti-inflammatory diet will ease some of the burden to your digestive tract which is your first line of defense.

Anti-inflammatory eating includes daily consumption of a majority of fresh vegetables, some fruits, reasonable amount

of clean (not factory farmed) meat, fish and poultry cooked with high quality oils such as olive, avocado or coconut oil in moderation. Go very light on breads, grains and pasta products. Grain products convert to sugars which are very inflammatory. This also helps to manage blood sugar or insulin load which, uncontrolled, has led to Type II Diabetes. This diet can help manage weight as well. Don't let anyone tell you your food choices have nothing to do with your health!

DAILY RESILIENCE CHECKLIST

- **Water** - Half your body weight in ounces
- **Sleep** - 7-8 hours a night (get off devices)
- **Exercise** - Enough to get your heart rate up, even enough to get you breathing harder than sitting still is a start, and be consistent (check w/your doctor based on your medical history).
- **A high-quality multivitamin** - You cannot eat enough food to consistently to get all necessary nutrients.

- **Vitamin D3 w/ Vit K2** (3,000 - 5,000 IU or 75-125 mcg/day) is the cheapest, safest, least-used, critical substance you can take to enhance your immune response. The research is abundant.
- **Vitamin C** (1,000-3,000 mg/day) - Is also very well documented for viral suppression, but you need to take it daily because it is water soluble
- **Zinc** (10-15 mg/day) - Zinc is a known inhibitor of viral replication, and is found mostly in red meat, chicken, nuts, pork, eggs, spinach, and even mushrooms.
- **Quercetin** - helps get Zinc into your cells and is found in fruits and vegetables such as onions, kale, tomatoes, broccoli, apples and blueberries, to name a few.

"YOUR HEALTH IS YOUR FREEDOM, SO GUARD IT WITH YOUR LIFESTYLE CHOICES."



INNOVATIVE PROGRAM ADDRESSES WORKFORCE SHORTAGE & ACCESS

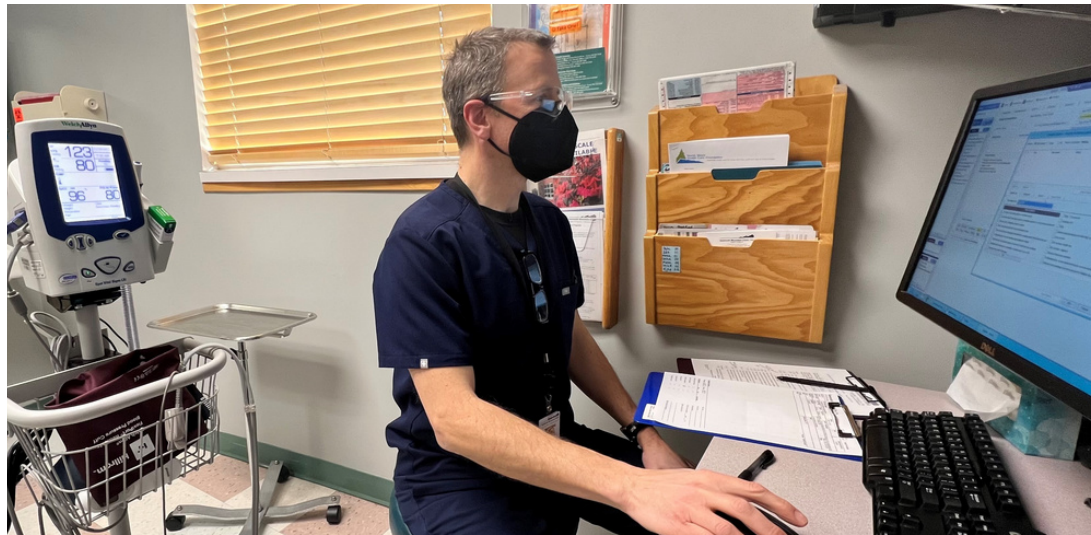
The Health Care Foundation is supporting the Sawtooth Mountain Clinic (SMC) to pilot a training certification program that will address a critical shortage of health care staffing. The Medical Assistant Training Program will provide a mechanism for ongoing workforce development to fill a need for Medical Assistants (MAs) locally.

The Foundation provided a \$10,000 grant to help SMC launch the program and train up to six Medical Assistants in 2022. Medical Assistants and/or LPNs are required to continue to provide vital health care services to patients in Cook County. Without these important staff to room patients, take vitals and update patient records, we cannot have more practitioners and doctors.

"There is an unprecedented shortage of Licensed Practical Nurses and a complete lack of certified Medical Assistants in our service area," said Erin Watson, HR Director & Chief Operating Officer - Sawtooth Mountain Clinic. "Without these critical healthcare professionals, we cannot ensure access to the high quality healthcare residents and visitors deserve and are accustomed to. Life here has always been challenging in unique ways; however, over the last few years, compounding factors have created a dire need for innovative solutions to healthcare staffing and local workforce development."

For over 43 years, SMC's mission has been to ensure access to high quality healthcare for the residents and visitors of Cook County and Grand Portage. At SMC and in healthcare more broadly, medical support staff are the linchpin to enabling consistent and timely access to essential medical services. These essential roles are entry-level or entry-level-adjacent positions. Higher-than-ever housing costs and extreme childcare shortages have also deterred potential applicants from outside of Cook County and Grand Portage from applying for or accepting positions here.

"To fulfill our mission and to support the development of healthcare work and education opportunities in our community, we developed an innovative Clinical Assistant position in 2020," said Watson.



Michael, one of the new Medical Assistants in training, switched career paths to help fill the need in health care and because of this opportunity in Cook County.

"By December 2021, we employed four SMC-trained Clinical Assistants, all hired from within the community, to assist in providing safe effective care. However, we recognized early in 2021 as the pandemic persisted and local healthcare needs continued to increase, that we needed to find a more robust and stable long-term solution to this healthcare labor shortage."

Through dialogue with the Minnesota Association of Community Health Centers (MNACHC), it was learned they had begun exploring the possibility of piloting a licensed MA Training/Apprenticeship program for Minnesota Community Health Centers. Since May of 2021, SMC's Chief Operations Officer and Director of Nursing have been working closely with MNACHC on development of the program locally - the first of its kind for Minnesota community health centers.

"With the Foundation on board as a funder and supporter, we were able to launch a program here in Cook County that will lead to MA certification and enhanced opportunities for participants - a pathway to continued education, and perhaps most importantly, the stabilization and guaranteed continuation of essential healthcare services for all residents and visitors of our community," said Watson.

The grant will help offset tuition and exam fee costs, and ensured the program could be

launched in January of this year. SMC will provide program management and administrative oversight and will continue to employ two licensed LPNs to serve as the MA Coaches and supervise all student-employees to ensure they are well-supported and successfully completing coursework. Four current employees and one new addition to the SMC team have enrolled in the first-year cohort of the program.

"This is a prime example of why the North Shore Health Care Foundation exists," said Valerie Marasco Eliassen, Executive Director - North Shore Health Care Foundation. "We act on opportunities to expand equitable health care and healthy living in Cook County and champions solutions through funding, education, and advocacy. We are proud to partner in this innovative initiative by providing the funding needed to launch a local health care accreditation program, as well as a solution to local health care needs that expands access for patients."

"We believe in the possibilities of people, organizations, businesses, and governments working together to create healthy communities. The Foundation and the Sawtooth Mountain Clinic value these opportunities to partner and support each other; this program is a shining example of organizations working together for a healthier Cook County all-around."



IT'S BEEN A LONG ROAD

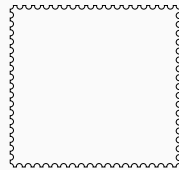
HEART-FELT THANKS

to all

HEALTH WORKERS

We see you and appreciate you! Thank you for continuing to show up each day and all you do for community health.

Let our health workers know you care. Free postcards are available at the Clinic, Hospital and NSHCF Office



GRANT SPOTLIGHT: Growing Families Program a Lifeline During the Pandemic

Growing Families is a collaborative peer-support program for childbearing families that began in 2020, as both Cook County Public Health & Human Services (PHHS) and the Parent-Child Health Nurse at Sawtooth Mountain Clinic (SMC) noted an increase in social isolation among pregnant and postpartum families due to the COVID-19 pandemic

NSHCF awarded a grant of \$7,110 to help fund the program which safely connects families to one another by offering regular opportunities for conversation and peer support via Zoom, using social media or through outdoor, socially distanced meetups. Since Dec 2020, Growing Families has been facilitated by trained peer support professionals from PHHS and SMC, including the WIC Peer Breastfeeding Counselor and a Midwife & Doula. As the pandemic continues, so too does this valuable program which addresses the acute need to safely provide connection and community to childbearing families remains.

During such a time of uncertainty, Growing Families allowed me to be a part of a community to ask questions, vent and learn. Being a first-time mom during the pandemic was tricky, but the weekly visits were comforting and gave a sense of stability. A big thanks to all who made it available!



SUPPORT IN NUMBERS:

- 24 individuals have participated in Growing Families groups, and
- 83 participate in the Growing Families Facebook page/online discussion forum.

REMINDER: Applications for 2022 Grant Funds are Due May 1 & October 1



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 2022 - 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: _____
- T-Shirt Size (M-XXL): _____

Name: _____

Address: _____

Address 2: _____

City: _____ State: _____

Zip/Postal Code: _____ Phone: _____

Email: _____

Credit Card #: _____

Expiration: _____ CVV: _____

Amount: _____ Check Enclosed:

If purchasing as a gift:

Recipient's Name: _____

Recipient's Email: _____

Recipient's Phone: _____

Memorial/Honorarium dedication: _____

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

Donations can be made online at
www.NorthShoreHealthCareFoundation.org