



**NORTH SHORE
HEALTH CARE
FOUNDATION**

NAVIGATOR

North Shore Health Care Foundation News

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L-R: On behalf of their colleagues local health care leaders including, Grace Grinager – Supervisor Cook County Public Health & Co-Incident Commander Cook County Emergency Operations Center (32 members and approximately 50 additional EMTs/EMRs), Kimber Wraalstad, CEO & Administrator – North Shore Health Hospital & Care Center (146 employees) Kate Surbaugh, CEO – Sawtooth Mountain Clinic (53 employees), Jennifer Sorenson, Director – Grand Portage Health Services (25 employees), attended the NSHCF presentation.

INITIATIVE ADVOCATES FOR HEALTH WORKERS

BY VALERIE MARASCO ELIASSEN – EXECUTIVE DIRECTOR

The North Shore Health Care Foundation (NSHCF) proudly took the lead on a community initiative to recognize local health workers. During the week of Valentine's Day, more than 300 hand-written cards of thanks and gifts of comfort for all health workers in Cook County, were delivered at a special presentation at the North Shore Health Hospital & Care Center and Sawtooth Mountain Clinic medical campus in Grand Marais. This presentation was part of the Foundation's Heart-Felt Thanks to Health Heroes initiative to celebrate and recognize the extraordinary job these essential workers have done throughout the pandemic responding to COVID-19 and protecting they community.

"Cook County health workers and the Incident Command Team can be exceptionally proud of the tremendous job they have done in managing the COVID-19 response in Cook County," said Jerry Lilja, President – North Shore Health Care Foundation. "These folks have shown amazing dedication and resiliency working under tough conditions and demands, living in PPE for nearly a year now while performing already difficult jobs. The unified response from our health leaders as well as the community at large have proven to be highly successful and the Foundation wanted to demonstrate its gratitude on behalf of the whole community."

Cook County has maintained some of the lowest case counts of the COVID-19 virus in the state and nation for much of the pandemic, has the highest vaccination rate and has zero COVID-related deaths to date. Every employee of the North Shore Health Hospital & Care Center, Sawtooth Mountain Clinic network, Grand Portage Health Services, the Cook County Emergency Operations Center & Incident Command Team, as well as employees involved with response from Cook County Public Health & Human Services each received a hand-written card of thanks, organic hand lotion and lip balm sourced through the Cook County Whole Foods Coop and a certificate for a complimentary coffee and treat on the Foundation, valid at a variety of locations across the county. Free postcards for anyone to send a message of thanks to health workers, are still available county-wide at the Cook County YMCA, health facilities and local coffee shops.

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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.

LIVING...IN BETWEEN

We, in Cook County, can be justly proud that a major portion of our residents have now had at least one or even two doses of vaccine for COVID-19. Our public health leaders and healthcare providers have helped us to be uncommonly safe. We are truly thankful and optimistic, as spring arrives, that life is beginning a return to some kind of normalcy.

But there's the rub. What can we expect 'normal' life to be like as the threat of COVID recedes? Getting vaccinated feels liberating ...up to a point. We read about COVID variants, how long it will take to reach herd immunity, and the virus becoming a long-term fact of life in the world. There remains an edge of anxiousness and uncertainty.

For many, it's been a traumatic year. For most all, it's been a year of disruption and dislocation. As humorist Kevin Kling has said, we continue to be "living between the self we were and the self we're growing into".



A core value for the North Shore Health Care Foundation is Compassion. Another value is being Nimble in the face of change. We don't know exactly what self we are growing into, but we clearly recognize the spirit of neighborly caring and compassion.

We are experiencing that spirit as we show up to get our shots. It shapes who we were and who we will be as our new post-COVID selves.

Our commitment at the Foundation is to support and promote healthcare and healthy living with compassion. Together we will move nimbly and creatively toward a new normal for everyone in our community.

~ Jerry Lijja, President NSHCF

SAVE THE DATE
**NAVIGATE THE TRAIL
 BBQ PICNIC ADVENTURE**
 SUNDAY, JUNE 27

A FUNDRAISER TO
 BENEFIT THE NSHCF
 JUSTINE KERFOOT MEMERIAL
 ENDOWMENT FUND

Details available soon!

GREAT LUNCH NOURISHES MINDS & BODIES **GRANTEE SPOTLIGHT**

Access to healthy food and proper nutrition is fundamental to children's physical, mental and emotional health. According to recent research, school meals utilizing fresh fruits, vegetables, whole grains, organic/grass-fed meats and dairy products is the most effective tool to use in combating obesity and promoting wellness in children.

Great Expectations School's (GES) Great Lunch Program was developed to ensure the public charter school's students could be getting a variety of fresh whole foods daily and to teach the K-8 graders the importance of healthy sustainable nutrition.

In 2020, the North Shore Health Care Foundation funded two grants for \$5,000 each to ensure that all students, regardless of ability to pay, had the same access to the Great Lunch Program.

The Foundation grants funded the meals for the 2020 school year for students eligible for the "free or reduced lunch program" and paid for a software and scanning system which ensures children who qualify are not singled out, providing all students and their families with a guarantee of their rights to privacy within the school meal system.

Every child with access to nutritionally balanced, environmentally conscious meals helps create healthier generations through good nutrition.

The second grant in December 2020, covered the addition of breakfast to the program five days per week, and is helping pay for lunches for the 2021 school year as the school saw significant enrollment increases this year, due to in-person learning availability.

"At a time when many families are struggling due to the impacts of COVID-19, it is crucial that students have access to healthy meals at school," said Jerry Lijja, President.

Just over 62% of students at the school qualify for the free or reduced meal program, but 100% of GES students are receiving fresh healthy meals as a result of the Foundation's contributions.



COMPASSION CRITICAL

Our values represent what we believe in, what we stand for and how we approach everything we do at the North Shore Health Care Foundation.

As communities are now one year into dealing with the global COVID-19 pandemic. These times are an opportunity for the NSHCF to live out our values and apply our mission in ways that are responsive and compassionate to community needs. We are proud to be a leader and a safety net which supports many organizations and programs that support the health and wellbeing of our residents with compassion at the forefront.

Our values, mission and priorities will be carefully considered when reviewing grant applications.



\$50,000 TO BE AWARDED

This year, the Foundation will distribute \$50,000 in grants to local organizations and initiatives dedicated to health care, emergency services, and healthy living. Grants are made semi-annually with application deadlines May 1 and Oct 1.

We are seeking funding proposals that deliver programming for seniors, children's mental health and substance misuse, and travel and lodging for medical care outside the community. Up to \$20,000 will be dedicated to these "key issues".

The Foundation also issues \$10,000 per year to each of our three block grantee applicants: Cook County Higher Education, Care Partners of Cook County, and Cook County Emergency Services.

These grants would not be possible without funding from the Phyllis & Walter Anderson Trust, the NSHCF and Justine Kerfoot Memorial Endowment Funds, and operational support from the Lloyd K Johnson Foundation.



HOVLAND FIRE WELCOMES MODERN TRUCK WITH HELP FROM FOUNDATION

Rural volunteer fire departments rarely have an opportunity to update their fleet of fire trucks. With the help of the North Shore Health Care Foundation, Hovland Volunteer Fire Department (VFD) will be welcoming a new-to-them 2000 Ford Fire Pumper at a smokin' deal. The small Hovland department has been operating with a 1985 Ford Engine which is getting more and more expensive to maintain and find parts for. When a call from the Bloomington MN Fire Department came in letting Hovland VFD know they were getting a new truck and could sell their existing truck, appraised at \$50,000, to Hovland.

for \$20,000 to help out a small rural department, Hovland Fire Chief Terry Spieker contacted the NSHCF. Hovland Fire was about to return a \$5,000 grant that was issued to the department from the Foundation in 2019, to install a dry hydrant at the Horseshoe Bay Boat Landing; however, the project was yet to be completed due to a number of more urgent department needs. With the North Shore Health Care Foundation Board's approval, the \$5,000 grant was redirected to be able to update the department's fleet with this rare opportunity.

BOARD MEMBERS ARE DEDICATED COMMUNITY BUILDERS

Many dedicated individuals from all backgrounds have served as Directors on the Foundation Board since its inception in 1993. What started as the Clinic Development Committee has certainly grown and touched all parts of our community. In recent years, it has taken extra grit to develop and start implementation of the non-profit's first strategic plan and begin a major transition.

Through this transition remain a handful of these community builders along with a diverse group of new members with a passion to help the community. After serving on the Board for many years, veteran Director Jack McHugh says, "I feel comfortable the Foundation is on a great track, and I can move on to enjoy other volunteer work."

Sincere thanks to Jack as well as Steve Nielsen, former Treasurer who retired in 2020, for all the work you put in to help make the Foundation what it is today.

We are proud to welcome two new Directors to the Board in 2021, who each bring a dynamic background and skillset to further diversify the Health Care Foundation. We extend a warm welcome to Linda Jurek and Hillary Freeman.

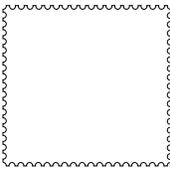
One initiative outlined in the strategic plan is to develop our human resources and create a succession plan. We are thrilled to welcome John Twiest, as Treasurer and Judi Barsness, as Secretary; both joined the Board last year.

President Jerry Lilja will retire at the end of this year as he has reached his maximum years of service. Vice President Inger Andress, will take over in 2022 and is working with President Lilja and our Executive Director on this transition. The Nomination Committee is working to diversify the Board and seeks to include representatives from all areas of the county and backgrounds.



Vision

A healthy community for all in Cook County



FULL-CIRCLE CHILDREN'S BOOK PROJECT

NSHCF was thrilled to be selected by Drury Lane Books as the recipient of the proceeds for the sale of the book Ice Cream & Fish: A History of Grand Marais which was written and illustrated by Cook County Children through the Minnesota Children's Press (MNC Press). "Ice Cream & Fish" was a unique project to celebrate 32 years of sobriety for MN Press's CEO & Chief Curiosity Officer Anne Brataas. The newly-published local book was donated to four local organizations to fundraise. More than 100 copies of the full-color soft cover book created by youth enrolled in the MNC Press August Pandemic Publishing Outdoor Book Camp and the Cook County YMCA day camp were sold for at-will donations with all proceeds donated to a non-profit organization of their choice. As one of the selected locations, Drury Lane raised and donated \$320 to the Foundation!

"This a prime example of a meaningful initiative coming full circle," said Valerie Marasco Eliassen, Executive Director. "The Foundation is honored to receive this donation. It is quite significant to us as children's mental health and the impacts of substance misuse is a top priority for us. We know that creative programs and opportunities like this for children, contribute to mental and emotional health. It's further meaningful that the Foundation chose to move into the YMCA last summer when we had to move offices and made this choice as our rent dollars help subsidize prevention and youth programs at the YMCA. This donation was such a welcome surprise to us, so we can reinvest in more opportunities like this and do more in the community."



FRIENDSHIPS THAT 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 in Cook County
- Children's mental health and substance misuse, and
- 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 health and a gift to your community. 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: _____

Name: _____

Address: _____

Address 2: _____

City: _____ State: _____

Zip/Postal Code: _____ Phone: _____

Email: _____

Credit Card #: _____

Expiration: _____ CVV: _____

Amount: _____

If purchasing as a gift/memorial/honorarium:

Recipient's Name: _____

Recipient's Email: _____

Recipient's Phone: _____

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: