



North Shore Health Care Foundation News

Benefiting health care for those who live, work and visit in Cook County

September 2011 Volume XIV Issue 2



Sheila Costello and Jeff Denniston

NORTH SHORE HOSPITAL RECEIVES GRANT OF \$10,161 FOR AMBULANCE EQUIPMENT

Cook County North Shore Hospital was the recipient of a grant from the North Shore Health Care Foundation. The grant provided funds to purchase specialized equipment and supplies that will be used by the Paramedics on advanced life support ambulance runs. In early 2011, the Ambulance Service established a Paramedic Program and became licensed as a part-time Advance Life Support (ALS) Service. The Paramedics have advanced skills that allow them to use equipment, supplies and drugs that have never been previously able to use in the Ambulance. The following equipment was purchased with the grant funds: one Ventilator that is used to breathe for patients, two SPO2/CO2 Monitors that are used to measure the oxygen and carbon dioxide in the blood, two Emergency Pneumothorax Sets that are used to help a patient with a collapsed lung and two Advanced Life Support Cases that carry all the medication and supplies used by the Paramedics. Darrell Smith, Director of the Cook County Ambulance notes that “the ambulance service is always working to improve our skills and training so we can provide the best care to our patients and community, we thank the Foundation for helping us expand our abilities.”

Health Care News

HOSPITAL GIVEN GRANT.....	1
DIRECTORS NOTES.....	2
DRAGON BOAT 2011.....	2
UPDATE ORAL HEALTH.....	3
JEAN LJUNGKULL RETIRES.....	4
NEW BOARD MEMBERS.....	4
FALL BRUNCH.....	5
CARE PARTNERS NEWS.....	6
GOLF TOURNAMENT 2011.....	7
2ND QUARTER GRANTS.....	7





Directors notes September 2011

Suellen and I met with Jean Ljungkull this week to honor her retirement from the board after 18 years (see article on p.4) Looking back over her years of work inspired me. It can get a little crazy around here in the summer, and it is good to step back and remember what has been accomplished. By working cooperatively and consistently through the years we have made life better for everyone in Cook County. Most of the people who benefit directly do not know that the foundation had any role in providing the respirator in the ambulance or the bike helmet for the child or the training for the nurse or the program that got the support for someone in need. Raising money and building an endowment have made it possible to support many health care providers in an amazing variety of efforts.

We also say good bye to Michael Cowles who has served many years on our board and provided valuable legal insights.

We welcome new board members Bob Fenwick and Seamus Walsh and look forward to their new energy and experience.

Dragon Boat 2011 is behind us, just in time to start gearing up for the golf tournament on Sunday October 2. Thanks to Sherri Moe for her boundless energy in directing both of these events.

If you have not looked at northshorehealthcarefoundation.org lately, click on over and you will be pleasantly surprised. Kathy Hellner and Sandy Schutte's new venture, Boreal Sites, has made a lot of improvements to the appearance and the functionality of the site.

Care Partners has become an established part of the community of providers, and Kay and Jeanette are working every day to educate the public about palliative care.

It is a personal thrill for me to see so many people accomplishing so many things under the umbrella of this foundation.

As Paula Sundet Wolf of Cook County Higher Education so graciously posted on our new Facebook page: What a great organization for a small community with a big heart. Thank you for all the work you do behind the scenes to build and support our health care needs.

Karl Hansen



The 2011 North Shore Dragon Boat Festival was a feast for the eyes with colorful dragon boats, team t-shirts, music and dance on Friday and Saturday, July 29 - 30. The beautiful young ladies of the Nkauj Ntxuam Dej Daocan Dance School delighted crowds in Harbor Park with their dazzling dresses and exuberant dancing

QUETICO-SUPERIOR CLAIMS 2011 DRAGON BOAT FESTIVAL CHAMPIONSHIP

by Rhonda Silence/Cook County News Herald/
Photographs by Laurie Johnson/Cook County News Herald
Saturday, August 6, 2011.

A little rain didn't deter the dozens of Dragon Boat paddlers in the Grand Marais harbor on Saturday, July 30. The paddlers and the crowd along the shore dived under cover during a rain delay of about an hour between race heats but the skies cleared and the racing continued throughout the afternoon. At the end of the day, the Quetico-Superior team of Grand Marais finished as champions, followed by Hungry Jack Outfitters from the Gunflint Trail and Fired Up Puppies of Grand Marais.

The real winners of the North Shore Dragon Boat Festival are the three local non-profits—WTIP community radio, North Shore Health Care Foundation and North House Folk School—that receive not only a financial boost but the goodwill of the many folks who gathered for the boisterous "Parade of Teams" on Friday or who lined the waterfront to watch the racing under mostly sunny skies on Saturday.



update on ORAL HEALTH TASK FORCE

Originally organized by the North Shore Health Care Foundation (NSHCF), the task force has grown to become a true community effort. Now chaired by Rita Plourde, CEO of the Sawtooth Mountain Clinic, it includes our school nurses, local dentist and representatives from all our social service agencies, the Grand Portage Reservation Health Service and the NSHCF.

Our mission is to provide oral health care to the children of Cook County and the Grand Portage Reservation.

- The task force has defined our goals which are complex but designed to make the best use of our resources:
- Establish a very complete and accurate “needs assessment” to clarify exactly how many children in our area have medical assistance and need preventative and restorative oral care.
- Develop educational tools that describe the necessity for early preventative care (starting at 18 months) and what services and financial resources are available for parents. And ensure that these materials reach the parents of every child in Cook County and on the Grand Portage Reservation.
- Continue and improve the availability of children’s oral screenings and preventative and restorative care.

To cover the cost of this process, we’ve filed grant applications with four funding organizations. To date, two have been awarded, one by the Carlton-Cook-Lake-St. Louis Community Health Board and another by the NSHCF. In addition, this week the Lloyd K. Johnson Foundation made a site visit to discuss our application and its goals. The remaining grant application is under review and we expect to hear from them in late September.

As we’ve worked through the process of organization, with the participation of our social service agencies, school nurses and our dentist, we’ve learned a lot about what needs to be done to ensure every child in our area has access to quality, affordable oral health care. We believe that by eventually treating all of our children while they are still very young, we will be able to greatly improve oral health, which has the added benefit of reducing the cost of oral health care to their parents and to the community.



A youngster having their first dental appointment



Dr. Alyssa Hedstrom



Layne Lindquist

The NSHCF Welcomes Two New Board Members

We look forward to their new energy & experience.



JEAN LJUNGKULL *retires from the Board*

Jean has served on the board for almost the entire life of NSHCF. She was the second board president serving from 1995 to 1998. The early years were difficult as the organization struggled to raise funds, give grants and build an endowment all at the same time. A target was set at the beginning to build a \$2 million endowment, and at that time such funds were a new idea to most people in Cook County. Jean personally offered a challenge grant of \$25,000 while she was president that helped that effort along. Through the years she has been a regular and generous supporter of all of the foundation's activities and fundraisers. Although not a golfer, she has provided the coveted putter prize each year in addition to being a major sponsor of the golf tournament.

Jean has served many years on the Charitable Funds Distribution committee that reviews all quarterly grant applications and decides which grants to recommend to the board for funding. She will continue to serve as an advisor to the board, but she will be missed at the regular meetings. We are very thankful for all of her contributions to the continuing success of the NSHCF.



Bob Fenwick **Term: 2011-2013**

After graduating from Anoka I attended the University of Minnesota. Following college I signed as a professional baseball player and succeeded by playing in the major leagues with Houston and St Louis. Post those fun times worked in various sales management positions, with the most time spent in medical sales of CT, MRI, and nuclear medicine. In 1993 Jennifer and I moved permanently to Cook County where I've held retail sales management positions.

The most satisfying time of my life was serving the citizens of Cook County as a commissioner for twelve years, and while in that position I had the good fortune of serving as the president of the Association of Minnesota Counties. Presently I have accepted the challenge of being the General Manager of the Superior National Golf Course. I am looking forward to helping the health care foundation and I have a special interest in seeing assisted living come to Cook County.



Father Seamus Walsh/ St. John's Church **Term: 2011-2013**



OCTOBER 30TH, 2011

*Save the date for our Annual Fall Brunch
which will be held at 12 noon*

What a fabulous feast is being planned by Chef Judi Barsness along with a taste of champagne. Judi will supply tasting notes with a recipe and will talk about the champagne.

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. Please sign up to help support health care in Cook County and join us for this fabulous brunch.

\$50 per person.

You may register on our web site or call us at 218.387.9076
Credit cards are accepted. Prepaid reservations are required.
\$30 is tax deductible and at the same time it is for a good cause.

MENU

1ST COURSE - CHOICE OF

1. Fresh Fruit Granola Martini's
2. Lemon Ricotta Cheese Blintz w/Maple Syrup, Creme Anglaise, Apple Cranberry Compote

2ND COURSE - CHOICE OF

1. Eggs Benedict w/Poached Eggs, Roasted Potato Trio and Asparagus Choose From: Walleye/Chive Hollandaise, Crab Cakes/ Dill Hollandaise, Steak/ Bearnaise
2. Wood Fire Cedar Planked Salmon Salad Nicoise, Poached Egg, Roasted Potato Trio, Fall Vegetables, Maple Thyme Vinaigrette

3RD COURSE - CHOICE OF

1. Chocolate Espresso Pot De Crème
2. Buttered Scotch Pot De Crème

Beverages Available with Meal and extras

*A taste of champagne, Orange Juice and Coffee, Iced Tea or Lemonade
Mini Croissants, Butter & Blueberry Jam will be on each table
Cash Bar for Champagne, Mimosa's, Wine or Beer*

North Shore Health Care Foundation

*Benefiting Health Care for those who
live, work and visit in Cook County*

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Kay Grindland, 218-387-3788

GOLF TOURNAMENT DIRECTOR

Sherri Moe, 218-387-9076

The North Shore Health Care Foundation is a private, independent not-for-profit organization and is a 501(c)3 tax exempt organization.





News...

Compassion in Action

It's hard to believe that Jeannette Lindgren, our Care Partners Nurse, has been with us a year. In January we began piloting our program to work with clients in their home. In May the program was opened to referrals from all sources. In the past year we have served 25 clients and their families, providing over 140 hours of volunteer companionship and 40 nurse visits. But the numbers don't portray all the moments of quiet presence or gentle companionship given by our volunteers. Or the compassionate and knowledgeable support Jeannette provides to help navigate the journey of aging or serious illness. Thanks Jeannette and Care Partner volunteers for all that you do!

Volunteer Training Congratulations to the four new volunteers who completed our Care Partners Volunteer Training last May. We plan to hold another Volunteer Training this October. Call Kay Grindland at 387-3788 if you are interested in being a volunteer.

Caregiver Support

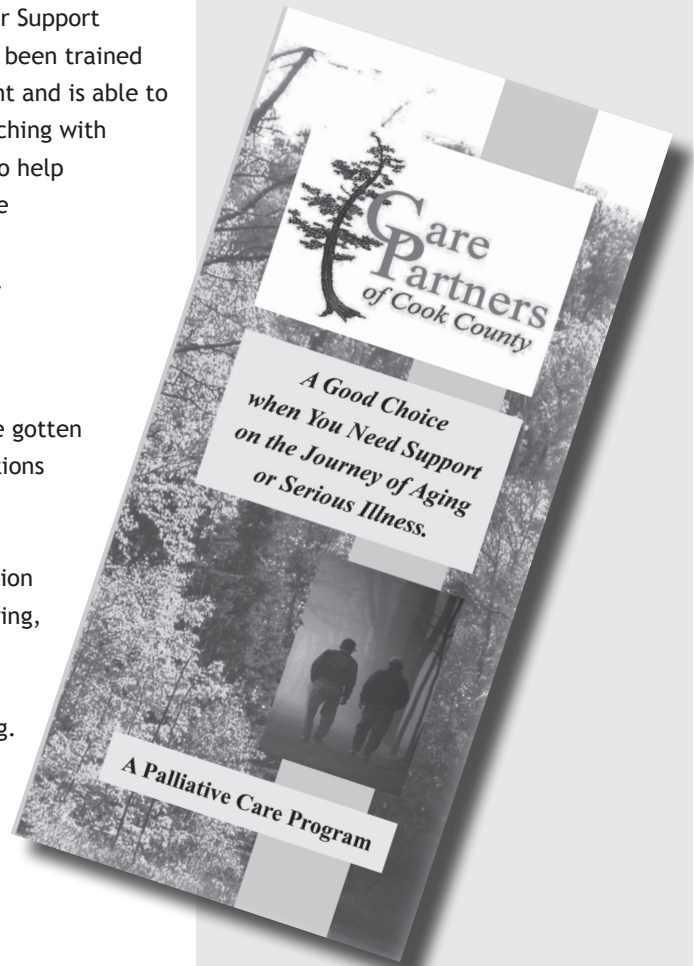
An important part of our work is to support the client's family. Care Partners received a \$2500 grant from the Cook County Community Fund to begin developing our Caregiver Support program. Jeannette has been trained as a Caregiver Consultant and is able to provide one-on-one coaching with caregivers. Her goal is to help each caregiver find more support, resources and strategies for living well with all the stresses of caregiving.

Care Partners 101 We've gotten good at giving presentations on palliative care, Care Partners and caregiving. If you'd like a presentation for your group or gathering, contact Kay at 387-3788 or carepartners@boreal.org.

Older and Wiser: A Conference on Healthy Aging

Mark your calendars! On May 5th, 2012 the North Shore Health Care Foundation and Care Partners of Cook County will present a conference for the adults of all ages on "Healthy Aging" at the Arrowhead Center for the Arts.

Author and family physician, Barry Baines, will present a keynote on Ethical Wills. In addition, we will have a variety of practical sessions on strategies for aging well and independent living, such as "Advance Care Planning" and "Caring for the Caregiver". For more information, please contact Kay Grindland, Care Partners Program Director at 387-3788.





The 16th Annual North Shore Health Care Foundation Golf Tournament *is almost upon us!*

This is bigger than golf...it's about health care in Cook County. The golf tournament on the first Sunday in October is our primary funding source for all the grants we give. The most recent grants are listed to the right or go to the web site for a complete list of over \$443,677.00 given since 1995. All benefiting health care for those who live, work and visit in Cook County.

2ND QUARTER **2011 GRANTS**

On June 13, 2011 , the North Shore Health Care Foundation awarded seven grants totaling over \$17,000. Each recipient is an organization that helps achieve the mission of benefitting health care for those who live, work and visit in Cook County. This is the largest amount ever given in a single quarterly cycle, and it brings the total awarded since 1995 up to \$443,677.

Grand Marais Fire Department \$1850
First Responder Training

Grand Marais Fire Department \$300
Fire Safety Education in schools

Cook County Extension Service \$601
Nutrition Education Kits

Cook County North Shore Hospital \$10,161
Advanced Life Support ambulance equipment

North Shore Collaborative \$1000
Books and supplies - LOTS program

Cook County Higher Education \$2300
Technology Expansion project

Colville Fire Department \$819
Medical Supplies

The hospital/ambulance equipment grant provided funds to purchase specialized equipment and supplies that will be used by the Paramedics on advanced life support ambulance runs. See article on page one. Cook County Higher Education received funding to expand its technology equipment and resources to support distance learning students in the community. Specifically, nursing students and others will now be able to produce and distribute video resumes online, as well as presentations or speeches required for class work.

Go Green!

In an effort to help save our planet...The North Shore Health Care Foundation is proud to announce that we have gone to 100% post consumer recycled paper, made with 100% Green Energy on our newsletters and all other printed materials.


We now also provide a paperless version of our newsletter on our website at www.northshorehealthcarefoundation.org



Foundation Connections
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North Shore
Health Care Foundation



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