

Volunteer Newsletter

October 2008

HealthFinders Volunteer Spotlight Features Kristy North, Nurse, Cannon Valley Clinic, Faribault



Question 1: Why did you start volunteering at HealthFinders?

I started volunteering at HealthFinders for several reasons. First I just thought it was the right thing to do. Our oldest son graduated from Shattuck-St. Mary's where the kids are required to put in, at that time, 20 hours of community service each year. I think it's important to help those that need it, and I want our kids to see me volunteering in the hopes that someday as adults they will want to do it, too. The second reason was to try to master a new language (Spanish). I'm still not ready to try to speak more than a few words at a time but I do understand a lot.

Question 2: What is the most rewarding part of volunteering?

I think the most rewarding part is how appreciative most patients are. They are so pleasant and don't mind waiting to be seen.

Question 3: Any favorite volunteer experiences?

We lived in Northfield for about 14 years before moving to Faribault so it's a lot of fun to find myself working some nights with people I knew but haven't seen since leaving.

Question 4: In addition to serving as a volunteer nurse at HealthFinders, what else keeps you busy?

During the day, I'm a nurse with Cannon Valley OB/GYN in Faribault. My husband is an optometrist with 4 locations in the Twin Cities, and we have three kids. Our oldest son, Alex, is a 21-year-old freshman at St. Mary's in Winona. He spent 3 years playing Juniors Hockey in North Dakota, Wasilla, Alaska, and Winkler, Manitoba. Our middle son, Zach, is home now but heading to college in January. He was a goalie in high school so I look forward to watching him play again. Our daughter, Taylor, is a sophomore at Bethlehem Academy and plays volleyball and varsity hockey. Overall, we spend a lot of time on the road watching our kids' sporting events.

Question 5: With so many things in your life and so many volunteer opportunities within the community, why give your time to HealthFinders?

I think that Angie did a great job when presenting info on Healthfinders to us at the clinic in the very beginning. It's really an enjoyable way to volunteer and it's also alot of fun to work with different providers.

Laboratory and Diagnostic Care for HealthFinders Patients

HealthFinders clinic provides in-house laboratory exams, which include:

- Blood glucose screening
- Pregnancy testing
- Urine Analysis screening
- Mono testing
- Strep Throat testing
- Occult blood screening, and
- Hemoglobin screening

HealthFinders has been very fortunate to have the ongoing support of local clinic and hospitals in donating all other laboratory and diagnostic needs of our patients. Since 2005, HealthFinders has collaborated with all the following facilities, while insuring equal distribution of patient referrals. Therefore, Northfield and Faribault residents were sent to Northfield and Faribault facilities, respectively.

The following facilities have provided HealthFinders with in-kind donations of laboratory services:

- Allina Medical Clinic of Faribault
- Allina Medical Clinic of Northfield
- Cannon Valley Clinic
- District One Hospital
- Northfield Hospital

Laboratory services have included but are not limited to: hemoglobin A1C tests, basic metabolic panels, TSH, CBC, lipid panel, hepatic function panel, blood lead levels, and many more.

The following facilities have provided HealthFinders with in-kind donations of diagnostic services:

- Consulting Radiologists, St. Paul
- District One Hospital
- Northfield Hospital
- St. Paul Radiology, St. Paul

Diagnostic services have included but are not limited to: x-rays, CT- scans, MRI's, ultrasounds, EKG's, and many more.

****At least \$80,000 cumulatively is donated on an annual basis as in-kind donations from all participating medical facilities.****

HealthFinders provides the necessary referrals for patients needing diagnostic services that are available through county or state programs. For example, HealthFinders DOES NOT provide services for mammograms for they are available through the MN SAGE program. An underlying mission of HealthFinders is to NOT duplicate services in our community. We focus on filling the gaps in services for the low-income, uninsured Rice County resident.

HealthFinders staff and patients are most thankful to all collaborating facilities for their generosity in providing these services. One of HealthFinders ultimate goals is to decrease the amount of emergency visits to clinics and hospitals for medical conditions that could

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*** October's helpful clinic tip * :**

Fall is here and Winter is on its way.

If the clinic is seeming too cold for staff and patients, please feel free to increase the thermostat, located:

- In the hallway between both exam rooms (controls the rooms and reception area) and
- In the corner Sunday school room down the hall (controls the waiting area)