



We are pleased to announce the opening of  
our newest partner:  
**ODOM HEALTH & WELLNESS**

### WHAT IS ODOM HEALTH & WELLNESS?

Odom Health & Wellness (OHW) is a state-of-the-art outpatient sports medicine and functional wellness clinic. We offer medically based treatments in Minnesota to help our patients improve their quality of life and/or recover from a physical injury. John Odom MD, MPH and his carefully selected team of clinical experts provide one-on-one attention and individualized programs for a variety of medical needs, including rehabilitation, nutrition counseling, weight loss, personal training and performance enhancement.

### WHY ARE WE DIFFERENT?

Odom Health & Wellness is different when compared to larger clinics or hospitals in Minnesota. We believe that being in motion is a vital part of every human being's life. The elderly woman seeking relief from knee pain and the injured professional athlete are treated with the same respect and importance in our welcoming and healing environment. We are our patients' best advocate.

One initiative that we are launching at the Cora McCorvey location is a complimentary Odom Optimal Living Screen performed by our Physical Therapist and Occupational Therapist. At this time, this FREE service will be available to all patrons of the Cora McCorvey Health and Wellness Center. The screening provides the following:

- Gait Analysis (quality of one's ability to walk)
- Balance Analysis (Likelihood of falling).
- Pain (Chronic or acute)
- Functional Mobility,
- Fine Motor Skills, and Cognition (When Applicable).

The results of the screen are examined and the determination is made if Physical or Occupational therapy services could benefit the individual. The Odom Team can then work directly with the individual and their physician to obtain orders. To learn more about the programs and services provided please call or text 612-505-1709 or visit our website at [www.odomhealthandwellness.com](http://www.odomhealthandwellness.com)

**Welcome Desk**  
612-344-2221

**Alive & Kickin**  
612-382-7155

**Grace Hospice**  
612-238-0034

**MHRC**  
612-342-1330

**Northside Funders  
Group**  
612-351-8214

**NorthPoint**  
612-543-2500

**Odom Health**  
612-505-1709

**Open Circle**  
612-843-4940

**Thomas T. Feeney**  
612-843-0090

**YMCA**  
612-230-3987

**Center Mgmt  
Office Hours**  
Monday – Friday  
8:00 a.m. - 4:30 p.m.

**Contact Information**  
Evelyn LaRue  
Center Director  
612-344-2210

**This publication  
highlights different  
programs, activities,  
and events at the  
Cora McCorvey  
Health and Wellness  
Center.**



**NORTHPOINT**  
Health & Wellness Center

Partnering to Create a Healthier Community

NorthPoint operates a multispecialty satellite clinic in the Cora McCorvey Health & Wellness Center. We provide holistic and integrated medical and behavioral health services for adults 40 years and up as well as seniors. The clinic is open Monday through Friday, 8:30am to 4:30pm. The clinic is located on the second floor, suite 201.



**New Provider Highlight:**

We are pleased to have Rose Agbor, NP join our clinic team in January, 2017. Rose is a board-certified Adult-Geriatric Nurse Practitioner at NorthPoint Health & Wellness's satellite clinic in the Cora McCorvey Health & Wellness Center. Rose

employs a holistic approach to primary care, chronic disease management, preventive medicine and geriatric medicine.

**Practice Philosophy:** *I partner with patients by listening, sharing information and working with them to come out with individual health goals that's comprehensive and holistic.*

**Best part of my practice:** *When patients move towards or achieve their health goals and improve their quality of life.*

**Why I became a provider:** *I am from an underserved community with less opportunity to medical services. I became a nurse practitioner to serve people, help with disease prevention and manage diseases in a holistic manner.*

**Favorite Health Tip:** *Be proactive about your health and wellness!* [www.northpointhealth.org](http://www.northpointhealth.org)

# THOMAS T. FEENEY MANOR

## Happy 5<sup>th</sup> Anniversary Thomas T. Feeney

February 14<sup>th</sup>, 2017 was not only Valentine's Day, but it marked the 5-year Anniversary of Augustana's Thomas T. Feeney Manor Grand Opening. Feeney residents and their families joined with members of the Cora McCorvey Health & Wellness Center family to enjoy classic love songs and a delicious barbecue lunch.

Our new Program Director, Kelly Carlson, spoke with enthusiasm about becoming a leader in the amazing partnership we have here at the Heritage Park Campus. Minneapolis Public Housing employee Marci Holley-Bartlett shared with guests her early memories of opening Feeney Manor five years ago, noting that our first leased resident, Ms. Leora Harris, was in attendance and still residing at Feeney Manor.

Ms. Molly Brown, our current Resident Council President said a lovely prayer for all in attendance and the community. Hearts were moved as we enjoyed singing with residents and the community. Following that song, one of Feeney Manors' Home Health Aides, beloved by Residents, silenced every whisper in the room when she sang acapella. When guests wondered what more we could possibly have in store, they were blown away by the sultry music of Maureen Santiago and her jazzy accompaniment & husband. Maureen mesmerizes musical audiences with her rich Malaysian heritage combined with smooth, sultry vocals. Passionate about music, she discovered her love for singing at age nine and has enjoyed it ever since.

Love and happiness filled the air and we felt gratitude for the last five years of service to residents of North Minneapolis, the members of the community, the partnerships and said a blessing of peace and more love to come for the next five years

Helping Foster Healthy Living in Our Community

Visit us at [www.HeritageParkCampus.org](http://www.HeritageParkCampus.org)

EQUAL HOUSING OPPORTUNITY - EQUAL EMPLOYMENT OPPORTUNITY



Masonic Cancer Center

UNIVERSITY OF MINNESOTA

Comprehensive Cancer Center designated by the National Cancer Institute



# Lunch & Learn: Cancer Conversations

**APRIL 26 TH, 2017**

**12:00 PM - 1:30 PM**

**THE CORA MCCORVEY HEALTH  
AND WELLNESS CENTER**

**YMCA AT HERITAGE PARK  
THE GREAT ROOM  
1015 4TH AVENUE NORTH, MINNEAPOLIS, MN 55405**

**Free Chipotle Lunch Provided**

Join us for lunch and learning on what YOU can do to reduce your risk of cancer and how the cancer center can address cancer topics that YOU are interested in! Hear from leading cancer researchers from the Masonic Cancer Center, University of Minnesota. There is no cost to attend and everyone is welcome!! Plus, get FREE Masonic Cancer Center swag. Lunch will be served.

Helping Foster Healthy Living in Our Community

Visit us at [www.HeritageParkCampus.org](http://www.HeritageParkCampus.org)

EQUAL HOUSING OPPORTUNITY - EQUAL EMPLOYMENT OPPORTUNITY



## Mobile Food Shelf

NorthPoint Health & Wellness  
will provide FREE groceries

Friday, April 7, 2017  
1:00-3:00 p.m.



Friday, April 7, 2017 1:00  
P.M.

Mid-Minnesota Legal Aid  
will provide free legal  
services to eligible clients

Topic: Consumer and Home-Owner Issues

**SAVE THE DATE: WEDNESDAY, APRIL 19, 2017**  
**“STEP INTO SPRING” - ANNUAL HEALTH FAIR**  
**8:30 A.M. – 1:00 P.M**  
**CALL 612-344-2221**  
**FOR MORE INFORMATION**

**ALIVE&K!CK!N**  
THESE SENIORS ROCK

### Community Sing Out

Special Guest: Kat Brindisi

April 10<sup>th</sup>

Special Guest: Kat Perkins

May 8<sup>th</sup>



Tuesday, April 21<sup>st</sup>

Tuesday, May 16<sup>th</sup>

2:00-4:00 p.m.



Join us for a **FREE**  
performance of

### “Intimate Apparel”

Saturday, May 6<sup>th</sup>  
3:00 p.m.



Community Bingo

Monday, April 24<sup>th</sup>

Monday, May 22<sup>nd</sup>

12:30-2:30 p.m.

Great prizes, refreshments and fun!!!!

Join us for the  
“Senior Perspectives”

radio program on

KMOJ 89.9 FM

**every** Friday at 1:00 p.m.

Helping Foster Healthy Living in Our Community

Visit us at [www.HeritageParkCampus.org](http://www.HeritageParkCampus.org)

EQUAL HOUSING OPPORTUNITY - EQUAL EMPLOYMENT OPPORTUNITY