

PrimePartners

for Case Managers

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New Staff Members and Staff in New Roles

We are excited to introduce you to four new staff members who have joined us over the past few months and tell you about two familiar faces in new roles. Get to know a little about each of them below.



Dana Frovarp, MSN, RN, CARN, Population Health Coordinator
Care & Population Health Management

Dana was born and raised in Alexandria, MN. Dana and her husband have three young kids and a dog. In her free time, she enjoys four-wheeling and dirt biking with her family at their cabin in Pine River. For the last six years, Dana worked at Alomere Health in Alexandria as an RN Clinician/Care Coordinator for the medication assisted treatment (MAT) program. She recently received her master of science in nursing (MSN) with an emphasis in public health. Dana joined PrimeWest Health in July.



Brooke Kolstad, LSW, Behavioral Health Care Coordinator
Care & Population Health Management

Brooke grew up and lives in Browerville, MN, with her partner and two children. She enjoys being outside, going on walks, baking and cooking, playing board games (especially *Monopoly*—it gets pretty competitive!), listening to music, and spending time with family and friends. She has a master of social work (MSW). Brooke joined PrimeWest Health in May.



Andrea Nelson, Care & Population Health Management Specialist
Care & Population Health Management

Andrea lives in rural Clitherall, MN—population 61. She married into a farm family and has cows, llamas, goats, chickens, turkeys, guinea hens, emus, cats, and dogs. Andrea has one daughter, two stepdaughters, and four step-grandchildren. She enjoys spending time with her family at the lake, and her favorite things include Diet Pepsi and cherry ChapStick. Andrea joined PrimeWest Health in June.



Megan Teale, LADC, Substance Use Disorder (SUD) Behavioral Health Care Coordinator
Care & Population Health Management

Megan recently moved with her significant other from the Twin Cities to Foreston, MN, where they share their home with four dogs. Megan enjoys walking the dogs and taking classes at the gym. She is a licensed alcohol and drug counselor and has a graduate degree in mental health counseling. Megan joined PrimeWest Health in July.



Leah Anderson, Population Health & Community Development Manager
Care & Population Health Management

Leah joined PrimeWest Health in 2008. This year, she moved to a new role as our Population Health & Community Development Manager. Leah lives in the country outside of Hoffman, MN, with her husband, Jason, and their three children. Leah stays busy watching her kids play sports, participating in outdoor activities, and spending time with family and friends. In her free time, she enjoys exercising and staying active, as well as the occasional book.



Amanda Englund, Dental Services Coordinator
Member & Provider Services

Amanda joined PrimeWest Health in 2021. This year, she moved to a new role as our Dental Services Coordinator. Amanda is from Luverne, MN, grew up on a farm, and currently lives in Evansville. She and her husband have one young daughter. Amanda likes to fish, be outside, and sing karaoke. One thing she doesn't like? Chickens—she is terrified of them! 

PrimeWest Health Community Reinvestment Grants

PrimeWest Health's commitment to our members, providers, and communities is one we stand behind: since 2003, PrimeWest Health has awarded over \$18 million in Community Reinvestment Grants to providers, county agencies, and community-based organizations to fund projects to benefit the health and well-being of PrimeWest Health members.

PrimeWest Health is now pleased to announce the release of our **2023 Community Reinvestment Program Request for Proposals (RFP)**.

Through this RFP, PrimeWest Health seeks to award up to \$2.5 million in grants to health care and human services providers, community-based organizations, and county agencies for projects and programs that will help improve the health and social well-being of PrimeWest Health members.

You can access the RFP materials on our [Grant Opportunities web page](#). Proposal submissions are due **Monday, August 21, 2023**. 

Two Birds with One Stone: How Some Food Shelves Are Addressing Both Food Insecurity and Lack of Transportation

Tasha Jevnager, RN, SNBC Care Coordinator

When a member needs food support, we often share a list of local food shelves with them. However, if they also struggle with transportation due to medical or financial reasons, they may not be able to access the food support they need. Some food shelves are addressing this issue head on by taking the food to those in need!

The following is a list of food shelves that may be able to offer food delivery to our members. If you are aware of additional sites that offer this service, please share them with us by sending an email to CareManagement@primewest.org.

Beltrami County – Bemidji Community Food Shelf/Mobile Food Pantry

Phone: **1-218-444-6580**

Website: www.bcfsmn.org/shelf-saver

Douglas County – Outreach Food Shelf

Phone: **1-320-762-8411**

Email: ofsfourcorners@gmail.com

Website: www.outreachfoodshelf.org

Hubbard County – Hubbard County Food Shelf

Phone: **1-218-732-1282**

Website: www.hubbardcountyfoodshelf.org

Kandiyohi County – Kandiyohi County Food Shelf

Phone: **1-320-235-2641**

Website: www.kandiyohicountyfoodshelf.com

Meeker County – Meeker Area Food Shelf

Phone: **1-320-693-7661**

Website: www.meekercountyfood.org

Stevens County – Stevens County Food Shelf

Phone: **1-320-589-7436**

Website: www.stevenscountyfoodshelf.org/announcements/free-rides-free-delivery

Note: Residents of Morris, MN, can schedule a free ride to the food shelf through Morris Transit (**1-320-589-1000**). All residents of Stevens County outside of Morris are eligible for free food delivery. 

Help Us Help You!

We are so appreciative of the hard work and time you put into serving our members. We are here to help support you in that mission! If there are topics you would like to see covered or expanded on in future issues of *PrimePartners*, please let us know by sending an email with your ideas to tasha.jevnager@primewest.org. 

Important Dates

✓ County case management supervisor meetings

Meetings are held on the third Thursday of the month, from 10:30 a.m. to 1 p.m., at PrimeWest Health in Alexandria, unless otherwise noted. Lunch is provided.

- August 17
- September 21
- October 19
- November 16

You can find current and past issues of *PrimePartners* at www.primewest.org/primepartners.