

Northwoods Partners 2015 Annual Report
Executive Director/ Caregiver Consultant Lisa Porthan
Annual Report Data from September 1, 2014- August 31, 2015
Annual Fiscal Year January 1 2015-December 31 2015

Mission Statement

The mission of Northwoods Partners is to provide services that will enhance the quality of life for individuals who are aged, chronically ill or disabled and for their families and caregivers.

Volunteers and staff spent 6,348 hours serving area seniors and caregivers from September 1 2014 through August 31st 2015.

Fifteen board/committee members provided 968 hours of volunteer service to Northwoods Partners.

Current Board of Directors

Nancy Andreae	Ann Johnson
Rae Bentz	Walt Leino
Shawn Bina	Deb Mackie
Lori Dubbin	Carole Marks
Marge Forsberg	Denise Norman
Ernestine Forsman	Char Robinett
Susan Germek	Trudy Staubit
John Jesme	

Key Employee

Lisa Porthan, Executive Director/ Caregiver Consultant

Northwoods Partners recruited, trained and coordinated sixty-three volunteers this year.

Volunteers and staff met quarterly for a volunteer social and training. Volunteers are recognized annually at a Volunteer Appreciation Dinner. NP became members and received training from MAVA (Minnesota Association for Volunteer Administration) this year.

Program Update: Transportation

Northwoods Partners transportation program continues to be a vital service for the continuum of care for our area seniors. Almost hundred round trip long distance rides were provided to medical appointments in Virginia, Hibbing, Cook and Duluth. Almost two hundred round trip local rides were also provided. These rides also included trips to the grocery store, pharmacy, and social outings. These rides are provided by trained volunteers and coordinated through the Northwoods Partner office. Volunteer drivers receive reimbursement for long distance rides only. Transportation participants are given a survey and recommended donation request to cover costs but are made aware that no ride is ever denied due to inability to pay. Survey results state participants are pleased with their experience and state this service helps them remain living in their homes. Participants are very thankful for the transportation program.

Program Update: Exercise Programs

Our Exercise Buddy program matches volunteers to assist clients with a tailored exercise program they do in their homes. This program helps increase their strength, flexibility and balance. The staff and volunteers provided 978 one hour exercise sessions with individuals this year. Northwoods Partners also offered two eight week Matter of Balance sessions in 2013. This is an award winning program that helps reduce the fear of falling and increases the activity levels of older adults. Sixteen

participants completed this course this year. Each participant completes a pre and post evaluation. Evaluation results indicated that this course did indeed reduce their fear of falling and improve their physical well-being. Participants also stated they did not experience falls during this eight week period. Many participants went on to join our weekly exercise group.

Northwoods Partners group exercise class continues to meet weekly for one hour in a local church basement. This class appeals to clients interested in gathering with other individuals to increase physical activity and improve health. This group also provides a wonderful social opportunity for our seniors.

New in 2015, Northwoods Partners began a Memories and Movement class held once a week at the Senior Center. This class is an opportunity for individuals to have a social outing, pleasant diversion, stimulation for their minds as well as an opportunity to keep bodies active.

Program Update: Friendly Visits

Our friendly visit program connects individuals who may be homebound or alone with volunteers and their community. Volunteers have spent many hours sharing life stories, playing cards or attending community functions with Northwoods Partners clients. Beautiful relationships have been formed and life changing experiences are being gained daily. The hours shared with an area senior are priceless.

Program Update: Northwood's Memory Care

NMC program continued to partner with Essentia Health on the Dementia-Capable Health Care Home project. Northwoods Partners and Essentia share a common commitment to a coordinated, integrated partnership between primary care and community-based services for individuals with Alzheimer's disease and other dementia's. Our work has focused on implementing a better continuity of care to improve the quality

of life and care for these individuals and their caregivers. Through this project we have created communication tools, built relationships, improved service, as well as added computer software and technology to allow for more effective and efficient communication flow between patients, providers and community resources.

Our caregiver consultant has spent over one thousand hours supporting caregivers, care receivers and their families dealing with dementia related issues. This year over ninety caregivers & care receivers' benefited from participation in this program. Our NMC program helps guide families through this very difficult journey. This program provided assessment, education, family meetings and care planning. This year Northwoods Partners provided two support groups for the caregiver's, one meeting in Ely, the other in Babbitt. Volunteers and staff are also able to provide a social experience for the care receiver during these meetings.

We hosted our fifth annual Elder Expo Ely. This event is dedicated to senior adults' healthy lifestyles, education and caregiver support. The past four years our keynote speaker has address dementia care and support. Following the keynote speaker, we offer a variety of topics dealing with medication safety, compassion fatigue for caregivers, long term care options, as well as arts & healthcare. During this event there were over a dozen vendor tables also sharing information, resources and support to our participants. Approximately eighty people attended.

Program Update: Caregiver Consulting

Northwoods Partners provides professional assessment, information, education, coordination and training for caregivers and care receivers. This past year our Caregiver Consultant and volunteer coordinator became certified in Powerful Tools for Caregivers. This is a six week educational program to provide caregivers with tools to increase their self-care and confidence. This class will be offered in 2015-2016.

Our Caregiver Consultant was also trained in the REACH (Resources for Enhancing Alzheimer's Caregiver Health in the Community). This support program will be offered to caregivers coming in the Fall of 2015.

Northwoods Partners continues to build a resource library which offers a variety of literature and videos to share with caregivers and their families for support and education.

Program Update: Respite/Hospice

We continue to coordinate volunteer help for the person who cares for a chronically ill home-bound loved one. We continue to partner with Essentia Health Hospice & Palliative Care. This partnership includes referrals and volunteer recruitment as needed.

Who are we serving

Northwoods Partners clients include those individuals who are aged, chronically ill, or disabled as well as caregivers and their families. Our services are provided to individuals living within an area of approximately 480 square miles. This includes Ely, Winton, Babbitt, Embarrass, Tower, Soudan and surrounding townships.

Functional Expense Allocation

Programming \$85,605 or 86% of expense allocation

Administration \$12,610 or 13%

Fundraising \$1,668 or 1%

Northwoods Partners

Balance Sheet

Fiscal Year January 1, 2015 - December 31, 2015

ASSETS

Current Assets

Checking/Savings

BWB Checking	81,799.86
BWB Plus Savings	26,410.35
State Farm Bank	
State Farm Operating Reserve	11,212.92
State Farm Bank - Other	<u>4.80</u>
Total State Farm Bank	<u>11,217.72</u>

Total Checking/Savings 119,427.93

Other Current Assets

State Farm Bank - CD	<u>10,306.81</u>
Total Other Current Assets	<u>10,306.81</u>

Total Current Assets 129,734.74

Fixed Assets

Office Equipment	8,616.00
Office Equipment-A/D	<u>-4,419.84</u>
Total Fixed Assets	<u>4,196.16</u>

TOTAL ASSETS 133,930.90

LIABILITIES & EQUITY

Liabilities

Current Liabilities

Other Current Liabilities

Payroll Liabilities	<u>1,916.40</u>
Total Other Current Liabilities	<u>1,916.40</u>

Total Current Liabilities 1,916.40

Total Liabilities 1,916.40

Equity

Net Assets	99,769.91
Net Income	<u>32,244.59</u>
Total Equity	<u>132,014.50</u>

TOTAL LIABILITIES & EQUITY 133,930.90

