



A NOTE FROM THE DIRECTOR

LISA PORTHAN

Executive Director – Caregiver Consultant

2020 – What a Year!

following the CDC guidelines for social distancing, PPE, and safety protocols. We were so grateful to still have volunteers willing to provide transportation to essential medical appointments as well as providing grocery delivery. Our volunteers and staff provided friendly visits in a variety of new ways, also using phone calls, zoom meetings and cards to continue our connections with our community members. Some exercise classes have become virtual while others have had to be postponed until we are able to meet again in small socially distance group.

As the weather has changed it is becoming more difficult to connect with individuals. We are hopeful that we will continue to find creative ways to connect. We encourage everyone to reach out to your neighbors and friends. A friendly phone call, a cheerful card or window visit can make such a difference in people's lives.

Northwoods Partners now also plays a role in a variety of Covid Response Teams which are working to distribute masks, hand sanitizer, COVID-19 information, food boxes, grocery delivery, and support to essential workers. It is wonderful to see how a collaboration of agencies can work so well together for the health of our community. We are blessed to have such a great health care system and so many passionate, caring individuals in this community.

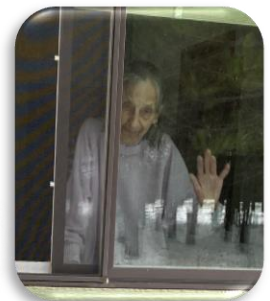
And as always, I am humbled by the continued generosity and support that our community shows Northwoods Partners and the people it serves. We are so grateful for all the wonderful donations we received as we were unable to do our annual Festival of Trees and Theme dinner fundraisers. It is so heartwarming to know our community recognizes the important work of Northwoods Partners.

2020 certainly will not be forgotten. As the world came to a screeching halt, Northwoods Partners also had to rethink, readjust and adapt its services and programs to find ways to continue to meet the needs of our area's seniors and caregivers.

We were blessed with a beautiful summer that allowed many of our programs to be moved outdoors

*The greatness of a community is most accurately measured
by the compassionate actions of its members,
a heart of grace, and a soul generated by love.
~ Coretta Scott King ~*

I wish you all a happy and healthy holiday season!





The most common question we get is, Are you Open? Yes, we are Open. NP was deemed an essential organization at the onset of COVID-19.

Our **Transportation** program is still in high demand. Volunteer drivers in safe and sanitized vehicles provide seniors rides to local appointments and assist with necessary errands. Select drivers are providing long-distance transportation for necessary medical appointments.

We have added **Grocery Delivery** to our list of services. The local grocery stores do the shopping and bill the seniors. NP's masked and gloved volunteers safely use a no-contact method for delivering the groceries.

Tai Ji Quan has gone virtual. Twice a week our class meets via the zoom platform. All are able to exercise together, see each other, talk and visit just as if we were all in the same room.

Friendly Visits and **Exercise Buddies** have become weekly phone calls and letters in the mail.

Caregiver Consulting and **Support Groups** have adapted too. Services are provided via zoom, telephone, and even socially distanced outdoor visits have been arranged.



ElyAreaFoodShelf.org
15 W. Conan St., Ely
218-25-8527

ely area food shelf

As winter comes to the Northland this year, the food shelf is definitely busier than normal. They recognize that everyone may need a little extra help during these unusual times. You can only plan so much and sometimes...life just happens.

In this season of COVID-19, the Ely Area Food Shelf is distributing food curbside, delivering to four Ely apartment buildings, and even to Babbitt. If you are in need of food assistance, the Ely Area Food Shelf is here to help.

2021 Classes and Groups

Eventually this will all pass and when it does, rest assured all our programming will be back.

Tai Ji Quan

February 2 – April 22, 2021

June 8 – August 26, 2021

October 5 – December 23, 2021

Memories & Movement

Wednesdays at the Ely Senior Center

10:30-11:30

Community Exercise Group

Thursdays at First Lutheran Church

10:30-11:30



All programming is tentative and will follow COVID-19 protocols set forth by the CDC and MDH



**Lighthouse
Center for
Vital Living**

Helping people challenged by
disabilities, vision loss or aging
live vital lives.

LCFVL.org

4505 W Superior St., Duluth

218-461-8969

The Lighthouse Center for Vital Living is a leader in the Northland in helping people harness the power of technology to live safer, more connected lives. Technology has tremendous untapped potential to improve people's lives. But not everyone is comfortable with technology or knows what's possible. They are now helping many more people try technology and, hopefully, reach one of those 'I can do this' moments.

They also continue with their pioneering vision loss services such as:

- Adjustment to Vision Loss Training
- Safe at Home with Vision Loss Program
- Transition Program for teens with vision loss
- Lighthouse Store
- Twin Ports News: online talking book program



EMAIL NEWSLETTER

Visit our web site **NorthwoodsPartners.org**. Be sure to check the news and calendar tabs so you are abreast of all that's going on. While on the home page, please sign up for **Email News**. We send out an Email Newsletter once a month...to keep you informed of the latest and greatest programs, classes, information and training opportunities being offered by Northwoods Partners.



EMAIL NEWSLETTER



BIG NEWS,
ELY AREA COALITION RECEIVES
**\$140,000 GRANT FROM NORTHLAND
FOUNDATION'S INTEGRATED RURAL
COMMUNITY AGING PROGRAM (IRCAP)**

Eight sites in northeastern Minnesota selected to participate in IRCAP, Northland Foundation's new, three-year, \$3.75 million program.

The \$140,000 grant will be used as part of a special initiative to implement actions plans to help area older adults and their family caregivers to successfully age in place. Northwoods Partners is serving as the lead organization of a local coalition that involves a wide array of organizations working together as a team.

Ely Area Coalition partners include Northwoods Partners, Ely Community Health Center, ARDC, Ely Area Food shelf, Ely-Bloomenson Community Hospital, Ely Area Ambulance Service, Ely Community Resource, AEOA, Light House Center for vital Living, Ely Senior Center, Northwoods Partners Board as well as staff and care facilitators from Essentia and St. Anthony's Catholic church.

Following an intensive coalition-building and planning process with an array of community and aging services participants, facilitated by the Northland Foundation, the funding will support the coalition's action plan over the next two and a half years. Among the broad goals outlined in the Ely area project are to:

1. **Reduce Food Insecurity** through direct delivery of food, including fresh produce, through the Ely Food Shelf and in collaboration with AEOA and the Ely Senior Center. Another activity will be ramping up the SNAP-Ed Program for Healthy Eating for Seniors working with the Food Shelf, Senior Center, and Meals on Wheels.
2. **Promote Independent Living with Improved Access to In-Home Services** by addressing the area's current lack of in-home health care through programming to provide personal care assistance and home medical (nursing) support to older adults, to help them remain in their homes for as long as possible.
3. **Increase Knowledge and Awareness of Available Senior Services** through the creation of an easy-to-use and up-to-date directory of senior services in the area and marketing efforts to help area seniors understand what services are available to them.
4. **Reduce Isolation by Increasing Social Interaction** will stimulate mental and physical activity through expanded intergenerational programs and by providing local seniors with training and assistance in using technology and social media.

Board of Directors

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Northwoods Partners is a 501(c)(3) non-profit organization that is funded by grants and support from:

*Arrowhead Area Agency on Aging,
Ely Bloomenson Community Hospital,
Essentia Corporate Giving, Medica
Foundation, Northland Foundation,
Older Americans Act, Spiritwood
Foundation, United Way of
Northeastern MN*

And by generous donations from businesses and individuals like you.



NORTHWOODS PARTNERS

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ELY, MN 55731**

NONPROFIT ORGANIZATION

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ELY, MN 55731

PERMIT NO. 00000

ADDRESS CORRECTION REQUESTED



2020 Holiday Fundraiser at
Grand Ely Lodge



VOLUNTEER SPOTLIGHT

CONGRATULATIONS TO OUR
2020
HEART OF GOLD RECIPIENTS



Dave Reiland



*Chuck & Jacque
Glass*



SPECIAL THANK YOU

TO THE 24 VOLUNTEERS THAT MADE THIS NEWSLETTER POSSIBLE!

In Memoriam

Gifts have been made to Northwoods Partners in 2020

In Loving Memory of the following:

Bonnie Adams	Marge Haasl	Bev Lewis
Helen Adkisson	Rev Steve Haggmark	Carol Maddern
Emrud Batalden	Margaret Hasse	Bill Maki
Mary Ann Berg	Ken Hegman	Ann Mobilia
Dick Bevis	Wes & Marie Hemquist	Frank & Florence Pengal
Linda Blauert	Molly Hill	Rosalyn Perko
Pat Boitz	Antonette Hokkanin	Betsy Polyner
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David Griffin	Carol Landa	Kari Wilcox
Louise Groom	Dr. Loren Larson	William Worringer
Frank & Ester Gustafson	Renee Lassi	Brian R. Zimmerman

*What we once enjoyed and deeply loved we can never lose,
for all that we love deeply becomes a part of us.*

~ Hellen Keller ~



Never is anyone charged for services provided by Northwoods Partners. We are not a line item on someone's budget. We are not funded by the City. So, how are we funded? We are funded entirely through grants and donations.

Please consider supporting the ongoing work of Northwoods Partners. There are many ways and reasons to give:

- Remember a loved one with a **Memorial**
- Honor someone special with an **Honorarium**
- Join our **Monthly Donors Circle**
- Give while you shop by using **AmazonSmile**
- Set up a **Legacy Gift** from your estate or will

This is what your donation will provide for our area seniors:

\$3 = one local ride

\$20 = one month of Exercise Buddies

\$50 = one medical trip to Virginia

\$100 = one medical trip to Duluth

For more information about donating to Northwoods Partners

Visit NorthwoodsPartners.org/give

Contact Lisa at 218-365-8019

or Email Lisa@NorthwoodsPartners.org

*Giving is not just about making a donation.
It is about making a difference.
~ Kathy Calvin ~*