



## A NOTE FROM THE DIRECTOR

**LISA PORTHAN**

Executive Director – Caregiver Consultant

### Grateful Thankful Blessed

Northwoods Partners has been **BLESSED** to serve our community for sixteen years. This organization started by the hands and hearts of an amazing group of women who recognized the need and filled it. Since its inception, Northwoods Partners has continued to be supported by so many amazing individuals who look beyond themselves to better our community and the world.

I am continuously humbled by the generosity both monetarily and of time. Our organization is guided by fifteen devoted board members and seventy-five volunteers who serve our area seniors. That's amazing!

And hundreds donate to Northwoods Partners, often not just once a year but many times throughout the year. Our business community and health care providers generously support our work and make many of our fundraisers possible.

We hope you know how incredibly **GRATEFUL** we are. I am blessed with the opportunity to hear daily how this organization is changing lives! Your generosity and simple acts of kindness are making a difference.



**GRATEFUL  
THANKFUL  
BLESSED**



**THANK YOU!**

What an amazing place we call home!



## NORTHWOODS PARTNERS

*- Festival of Trees -*



**Northwoods Partners 15<sup>th</sup> Annual Festival of Trees**  
**November 23 ~ December 3**  
**Grand Ely Lodge**

**Lighting Ceremony ~ 5pm Thanksgiving Evening**  
**Buy it Now options**  
**Silent Auction**  
**Christmas Boutique**  
**Memorial Balls**  
**Raffle**

Welcome to **Northwoods Partners 15<sup>th</sup> Annual Festival of Trees**, where holiday magic transforms the lobby of the Grand Ely Lodge into a winter wonderland. Complete with beautifully decorated Christmas trees, wreaths, and a holiday boutique. This holiday event runs November 23 through December 3.

Festival of Trees opens at **5 pm** on **Thanksgiving evening** with the **Lighting Ceremony**. The community is invited to join us for refreshments & entertainment by Bernie Palcher and an assortment of **Buy it Now** options.

**Silent Auction** for decorated trees and wreaths begins on Thanksgiving night and continues until noon on Sunday, December 3<sup>rd</sup>. The Festival also includes a **Christmas Boutique** with a wonderful selection of handmade gift items. **Memorial Balls** may be purchased throughout the holiday season to remember or honor a loved one. This year's Festival also includes a **Raffle** for a chance to win a handmade queen size quilt and pillow – drawing to be held at 1 pm December 3<sup>rd</sup>.

While this holiday magic lasts only 11 days, it continues throughout the year in the hearts of those who participate and support the Festival of Trees. Most of all, the magic continues in the lives of our area seniors that are helped by Northwoods Partners every day.

# The Importance of Social Interaction over the Holidays

Social interaction is important at any age, but especially for seniors as studies show that social connections have added health benefits.



## Improves Overall Health

There has always been a strong correlation between social interaction and health amongst people of all age groups. Social interaction is especially important for older adults because it enhances the immune system while also keeping mental and physical health in peak condition.

## Lowers Blood Pressure

Volunteering 200 hours a year can enhance your social life while lowering high blood pressure by up to 40%.



## Sharpens Memory

Social activities can sharpen your mind, resulting in a greater sense of self-confidence and an upbeat attitude.

## A Happier Life

Seeing family members and friends on a daily basis can help boost the spirits of anyone, especially seniors.



## Ways to stay Social and Active in Ely



Attend Northwoods Partners Memories and Movement  
Wednesdays 10:30-11:30 am at Ely Senior Center



Participate in the Community Exercise Group  
Thursdays 10:30-11:30 am at First Lutheran Church



Join Silver Sneakers at Studio North  
Tuesdays and Thursdays 9-10 am



Share in the fun at Heavy Metal Sports Quintastics (50+ Fabulous) Class  
Mondays 5-6 pm and Thursdays 9-10 am



Sign Up for Northwoods Partners upcoming Session of Tai Ji Quan  
Starts February 6, 2018

## Tai Ji Quan: Moving for Better Balance

Is a research-based balance training regimen designed for older adults (60+) and people with balance disorders. TQMBB is an adapted 8 form Tai Chi routine that is intended to address common and potentially debilitating movement and balance issues.

We are currently teaching our 7th Tai Ji Quan sessions and continue to receive rave reviews:

*"I am able to shop with my granddaughter again"*  
*"The gentle movements have helped me increase my strength, balance & range of motion"*  
*"Everyone is so friendly, warm and welcoming"*

Our next 12-week session starts in February. If interested in participating in Tai Ji Quan, contact the NP office at (218) 365-8019



## Caregiver Support Groups:

Caregiving is a tough and isolating experience. Caregiver support groups provide an opportunity to connect with others that are in similar situations. Support Group members validate each other's experiences. They are a great place to ask for advice, find out about useful resources, and it's a place to vent your frustrations. Nobody will judge you, because everyone there is going through many of the same struggles. It's a safe place to share feelings and get support. You are not alone! We encourage you to join us:

3<sup>RD</sup> MONDAY OF THE MONTH  
6-7:30 PM

CAREFREE LIVING BABBITT

=====  
4<sup>TH</sup> MONDAY OF THE MONTH  
10-11:30 AM

ELY HOSPITAL – CONFERENCE ROOM B

If you have any questions  
please call Lisa at (218) 365-8019



## Ely

Working to become  
Dementia Friendly



## Goal:

To increase awareness and provide education and support to people living with dementia and their families.

### ACT Trainings Completed to date:

- ✓ 11/1 Lunch and Learn with Kristin Parendo of the Senior Citizens Law Project
- ✓ 9/20 Jenna Herbig from the Alzheimer's Association presented the training sessions Effective Communication Strategies and Understanding & Responding to Dementia Related Behavior
- ✓ 8/9 Healthy Aging Expo featured Key note speeches by Dr. Terry Barclay and Michelle Barclay, where they urged everyone to be sure to get a 'Check Up from the Neck Up.'

### Currently working on:

- Secured funding for "Caregiver Activity Kits" for 2018
- Creating a resource guide
- Additional training opportunities will be planned in 2018. Stay tuned!



This is a community wide effort! Your input and support is needed. Please contact Lisa if you have any questions or desire to join the efforts. TOGETHER we can make ELY DEMENTIA FRIENDLY!

## Board of Directors

Nancy Andreae  
Rae Bentz  
Shawn Bina  
Lori Dubbin  
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Marge Forsberg  
Ernestine Forsman  
Susan Germek  
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Walt Leino  
Carole Marks  
Cathy Mondati  
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Denise Norman  
Jana Planton

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Northwoods Partners is a non-profit organization that is funded by grants and support from:

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

And by generous donations from  
businesses and individuals.





**NORTHWOODS PARTNERS**  
**328 WEST CONAN STREET**  
**ELY, MN 55731**

NONPROFIT ORGANIZATION

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PERMIT No. 00000

ADDRESS CORRECTION REQUESTED



LET OUR LIVES BE FULL OF BOTH  
*thanks* AND *giving*

Help us SAVE PAPER and POSTAGE!

For an Email version of this newsletter contact [office@NorthwoodsPartners.org](mailto:office@NorthwoodsPartners.org)

## CALENDAR OF EVENTS

### GROUPS:

#### **TAI JI QUAN CONTINUATION GROUP**

ELY RECREATIONAL CENTER  
 EVERY MON & WED 10:00-11:00AM

#### **MEMORIES & MOVEMENT**

ELY SENIOR CENTER  
 EVERY WEDNESDAY 10:30-11:30AM

#### **COMMUNITY EXERCISE GROUP**

FIRST LUTHERAN CHURCH BASEMENT  
 EVERY THURSDAY 10:30-11:30AM

#### **MEMORY CARE SUPPORT GROUP**

CAREFREE LIVING BABBITT  
 3<sup>RD</sup> MONDAY OF EACH MONTH 6:00-7:30PM

#### **MEMORY CARE SUPPORT GROUP**

ELY BLOOMENSON HOSPITAL CONFERENCE ROOM B  
 4<sup>TH</sup> MONDAY OF EACH MONTH 10:00-11:30AM  
 Supervised care for the care receiver available

### CLASSES:

#### **TAI JI QUAN (WINTER)**

ELY RECREATIONAL CENTER  
 FEBRUARY - MAY  
 TUESDAY & THURSDAY 10-11AM

### EVENTS:

#### **FESTIVAL OF TREES**

GRAND ELY LODGE  
 THURSDAY, NOVEMBER 23 • 5:00 LIGHTING CEREMONY  
 FESTIVAL OF TREES RUNS THROUGH SUNDAY, DECEMBER 3

### Did you Know:

#### **NORTHWOODS PARTNERS PROVIDES OVER 600 RIDES FOR OUR AREA SENIORS EVERY YEAR!**

These rides include trips to medical appointments in Virginia, Hibbing, Cook, and Duluth. These rides also include local trips to the grocery store, pharmacy, dentist, and social outings. Rides are provided by trained volunteers and coordinated through the Northwoods Partners office.

Volunteer drivers receive a mileage reimbursement for long-distance medical appointments. Transportation participants are given a survey and a suggested donation to help maintain our Long Distance Ride Program. However, all seniors are made aware that no ride is ever denied due to inability to pay.

Our seniors are grateful for our rides program and continually state that thanks to this program they are able to remain living in their homes and stay active in our community.

