A Note from the Director
Lisa Porthan
Executive Director – Caregiver Consultant

Reflections and Gratitude

As I reflect on the past year, I continue to be amazed by the generosity, compassion and kindness that is shown throughout our community. People helping out their neighbors, friends and yes even strangers.

As Director of Northwoods Partners I have the privilege of witnessing numerous self-less acts of kindness. Individuals willing to go the extra mile to bring joy to those in need.

I am also amazed by the support of our business community as they generously give to every wonderful cause. Our community is blessed to have exceptional health care facilities that also support the important work of Northwoods Partners. Thanks to Ely Bloomenson Hospital, our office can be located where patients can easily access our services. Over seventy volunteers graciously give of their time, talents and heart as they compassionately support mission of Northwoods Partners.

The list goes on and on how this community rises to the needs of its members. Northwoods Partners supports those caring connections which makes Ely and the surrounding area a great place to age. We can’t thank you enough! GRATEFUL!

NORTHWOODS PARTNERS 17TH ANNUAL FESTIVAL OF TREES
NOVEMBER 28 ~ DECEMBER 8
GRAND ELY LODGE

LIGHTING CEREMONY ~ 5PM THANKSGIVING EVENING
BUY IT NOW OPTIONS CHRISTMAS BOUTIQUE
SILENT AUCTION MEMORIAL BALLS
RAFFLE

Welcome to Northwoods Partners 17th 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 28 through December 8.

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.

Silent Auction for decorated trees and wreaths begins on Thanksgiving night and continues until noon on Sunday, December 8th. 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 by Nancy Andreae – drawing to be held at noon on December 8th.

Please help support our area seniors and their caregivers by making the Festival of Trees a part of your holiday festivities.
Northwoods Partners is excited to be offering a new program called Aging Mastery.
Completed this fall, our first ever 10-week session provided a fun approach to living that celebrates the gift of longevity. Central to the AMP philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered to cultivate health and longevity.

One participant said, “The class offering was actually profound for me. The classes offered ways to make my golden years happier, healthier, and more worry free.”

**Classes Include:**
- Navigating Longer Lives
- Sleep
- Falls Prevention
- Medication Management
- Healthy Relationships
- Community Engagement
- Advance Planning
- Financial Fitness
- Healthy Eating & Hydration
- Exercise and You

Next session will be spring 2020 call our office to reserve your spot 218-365-8019

Launching spring of 2020…SAIL is a strength, balance and fitness program for older adults.

**Stay Active & Independent for Life (SAIL)**

The curriculum of exercises in the SAIL program can help improve strength and balance.

Visit our website 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.

We hosted our 10th Annual Health Aging Expo on October 10th at Amici’s Event Center. The Healthy Aging Expo is an event dedicated to Senior Adults’ Healthy Lifestyles, Education and Caregiver Support.

This year’s Expo featured a wide variety of presentations by area experts:

- Dr. Crystal Chopp, Taking Care of Your Smile
- Autumn Cole & Michelle Moore, Get Fit! Get Happy!
- Lighthouse for Vision Loss, Technology and Me
- Michael Coyle, The Future of Aging in Ely
- Dr. Joe Bianco, Healthy Approaches to Pain
- Peter Hafften, Dementia Friendly Living

In addition to 14 vendor displays, attendees could also get a free chair massage from Pebble Spa and a free flu shot from Ely Bloomenson Hospital.

Join our caregivers support group the 4th Monday of the month. This support group is for anyone caring for a loved one. It gives you the opportunity to connect with others in similar situations. Sharing with others reduces stress, validates your experiences and gives you support.

Questions? Call our office at 218-365-8019
COMMUNITY EXERCISE GROUP

All area seniors are invited to join our Community exercise group. We meet Every Thursday morning at 10:30am in the First Lutheran Church basement.

Our full body exercise routine involves both seated and standing exercises designed to help increase and maintain flexibility, stability, and movement.

MEMORIES & MOVEMENT

During the group we share our memories, our stories, and our life experiences over coffee and snacks and join in light movement ~ light exercises to keep us active and increase balance, range of motion, and strength.

Join us at the Senior Center Wednesdays from 10:30-11:30am.

EXERCISE BUDDY

Trained volunteers meet with seniors weekly in their homes to help increase their strength, flexibility, and balance. Exercises are customized for each individual. Call for more info 365-8019.

TAI JI QUAN

MOVING FOR BETTER BALANCE

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

Session consists of 24 classes - meeting every Tuesday and Thursday for 12 weeks. Our next session Starts February 4th. To register call NP at 218-365-8019.

Board of Directors

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

100+ Ely Women Who Care,
Arrowhead Area Agency on Aging,
Ely Bloomenson Community Hospital,
Lake Country Power, Medica
Foundation, Northland Foundation,
Older Americans Act, Spiritwood
Foundation, United Way of
Northeastern MN, Victory Fund

And by generous donations from businesses and individuals.
CALENDAR OF EVENTS

UPCOMING CLASS:
TAI JI QUAN MOVING FOR BETTER BALANCE
ELY RECREATIONAL CENTER
TUESDAY & THURSDAY • FEBRUARY - MAY

TAI JI QUAN CONTINUATION GROUP
OPEN TO THOSE WHO HAVE SUCCESSFULLY COMPLETED
THE TAI JI QUAN MOVING FOR BETTER BALANCE CLASS
ELY RECREATIONAL CENTER
MONDAY & WEDNESDAY • FEBRUARY - MAY

GROUPS:
MEMORIES & MOVEMENT
ELY SENIOR CENTER
EVERY WEDNESDAY 10:30-11:30AM

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

CAREGIVER SUPPORT GROUP
ELY BLOOMENSON HOSPITAL CONFERENCE ROOM B
4TH MONDAY OF EACH MONTH 10:00-11:30AM

EVENTS:
FESTIVAL OF TREES
GRAND ELY LODGE
THURSDAY, NOVEMBER 28
5PM LIGHTING CEREMONY
FESTIVAL OF TREES AND
HOLIDAY BOUTIQUE RUN
THROUGH SUNDAY, DEC. 8

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