



A NOTE FROM THE DIRECTOR LISA PORTHAN

Executive Director – Caregiver Consultant
Another year for which I feel
an Abundance of Gratitude...

These past two years have been filled with so many challenges, disappointments, heartaches and fear but through it all I was able to witness so much love and compassion for our community.

Throughout the COVID-19 pandemic our volunteers continued to support seniors in a variety of ways. They provided grocery delivery, friendly visits outdoors, through windows, with zoom, telephone reassurance, cards, and other acts of kindness all while following CDC guidelines. Many of Northwoods Partners programs met outside and socially distant.

This year NP was also busy helping to coordinate hundreds of vaccination appointments for the older adults in our community. I am so grateful to the scientists who created the vaccine that has allowed us to return to in person activities this spring.

We certainly learned how valuable our human contact is and will hopefully never take it for granted again. I continue to be humbled by the generosity of our area businesses and community members as they so faithfully support the work of Northwoods Partners.

I truly believe our organization and this community are stronger and better prepared to serve our aging population as we have strengthened our relationships & collaborations.



*Alone, we can do so little;
together, we can do so much.
Helen Keller*



NORTHWOODS PARTNERS

~ Festival of Trees ~

Yes, Festival of Trees is back this year!

The much-anticipated Northwoods Partners Festival of Trees is at long last upon us. With the generous assistance of our community of supporters, and a little holiday magic, the lobby of the Grand Ely Lodge will once again be transformed into a winter wonderland. Complete with beautifully decorated Christmas trees, wreaths, and a holiday boutique. This year's holiday event will run **November 25 through December 5.**

The Magic begins at dawn Thanksgiving morning, when the trees will be lit for the first time and they will remain lit until noon on December 5th. Thanksgiving evening, at 5 pm **Silent Auction Bidding** on the decorated trees and wreaths begins. 5pm is also the opening time for the **Holiday Boutique**, full of beautiful hand-crafted holiday must-haves and giftable items. Back by popular demand are **Buy it Now** items and the **Chairs for Care**. Each chair has been designed by local artists and crafters. Bidding and the boutique close at noon on Sunday, December 5th.

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.

Please note that due to COVID restrictions and the ongoing positive caseload in our area, there will be NO Thanksgiving Evening lighting ceremony this year.





Transportation is a large obstacle for seniors wishing to be independent. Without groceries, rides to medical appointments, or the ability to attend a local event, seniors are less likely to thrive and remain in their homes.

Our **Local Transportation** program is a volunteer-supported program that provides rides to and from local services, including running errands such as shopping, banking, haircuts, and local medical appointments. Volunteers can also provide transportation to meetings, social events, and religious services.

Long-Distance Rides are specifically provided for Medical Appointments. Using our network of volunteer drivers, we are able to help area seniors get to out of town medical appointments that are essential to maintaining their health and independence. This service is especially important in northern Minnesota, where residents must travel long distances to receive the specialty care they require. Volunteer drivers ensure that the senior is safely escorted from their home to the appointment and back home again. Volunteer long-distance drivers are reimbursed by NP 50¢ per mile driven and clients are asked to make a donation to NP to help us to sustain our programs.

Grocery Delivery is available for those who find it difficult or unsafe to navigate our local stores. Simply set up a store charge account with Zup's, and our friendly volunteers will deliver your groceries right to your home. Groceries are delivered Wednesdays between noon and 4pm.



NORTHWOODS PARTNERS HEALTHY AGING EXPO



11th Annual Healthy Aging Expo
Friday, March 18th, 2022
@ Grand Ely Lodge

This will be our 11th Annual Healthy Aging Expo (after a skip year due to COVID). It is an event dedicated to Senior Adults' Healthy Lifestyles, Education, and Caregiver Support. The Expo will feature a wide variety of presentations by area experts. Topics to be presented include:

Brain Health

Nutrition as we Age

Meditation for Better Health

Healthy Sleep, what is it and how to get it

Exercise Opportunities for Older Adults

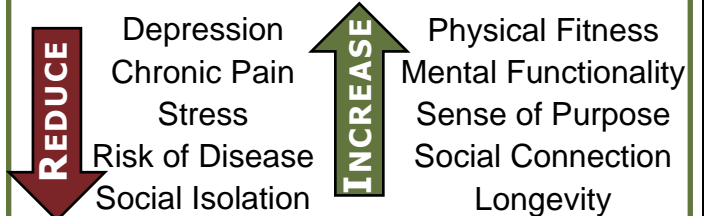
Launching summer of 2022...SAIL is a strength, balance and fitness program for older adults.



Stay Active & Independent for Life (SAIL)

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

volunteer
do good, feel good



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



Northwoods Partners is proud to be the Lead Agency working in partnership with the Northland Foundation's Community Planning and Care Coordination Project

The overall goal of the Community Planning and Care Coordination project is to increase awareness, availability, and access to aging services and supports to help older adults and their family caregivers age successfully in their homes and communities.

Our action plans specifically target awareness, availability, and access to aging services by addressing four key senior issues:

1. Reducing food insecurity
2. Promoting independent living by increasing access to in-home services
3. Increasing knowledge of the senior services available in our area
4. Reducing isolation by increasing social interaction

Our vision for the outcome of the Ely Coalition is: "A well-connected community where all seniors, regardless of social, economic, or cultural status have knowledge of and access to a full range of health, social, and independent living services."

If you are interested in being a part of the Ely Area Coalition or would like more information, please contact Lisa.

Collaborating Agency Spotlight



NP is proud to be collaborating with the Ely Community Health Center; with support from the Northland Foundation, to offer **Tasty Tuesdays** at the Ely Senior Center.

This community-based program offers classes that provide a combination of healthy recipes and cooking techniques with evidence-based nutrition information appropriate for older adults.



Tasty Tuesday is all volunteer run and more volunteers are welcome. Class size is limited. If interested, call 218-302-1778 to register or receive class information. Email seniorprogramleader@elycommunityhealth.org Tasty Tuesday is usually held on the 3rd Tuesday of every month. Due to the Holiday's, December Tasty Tuesday will be held on December 14th.

Wellness Wednesday: Everyone is welcome to get blood pressure checks on the first and third Wednesday of the month 10:30-noon at the Ely Senior Center. Nurse volunteers can help you to "know your numbers".

Free fluoride varnish treatments are available without an appointment on Thursdays from 5:30 -7pm @ ECHC. Teeth cleaning is available by appointment. Call 218-365-5678 to schedule.

Board of Directors

- Rae Bentz
- Norma Cersine
- Heather Fitzgerald
- Dick Flesvig
- Sheila Gruba
- Craig Haberman
- Walt Leino
- Mike Musich
- Dave Nichols
- Caroline Owens
- Pat Rolando

Staff

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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

328 WEST CONAN STREET
ELY, MN 55731

NONPROFIT ORGANIZATION

US POSTAGE PAID

ELY, MN 55731

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ADDRESS CORRECTION REQUESTED



Congratulations
2021 Heart of Gold Recipients
Dick Flesvig and Nancy Andrea

CALENDAR OF EVENTS

UPCOMING CLASSES:

TAI JI QUAN MOVING FOR BETTER BALANCE
ELY SENIOR CENTER 10-11AM
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 SENIOR CENTER 9-10AM
TUESDAY & THURSDAY • 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 SENIOR CENTER
4TH MONDAY OF EACH MONTH 10:00-11:30AM



EVENTS:

FESTIVAL OF TREES
GRAND ELY LODGE
SILENT AUCTION BUY-IT-NOW
HOLIDAY BOUTIQUE CHAIRS FOR CARE
THURSDAY, NOVEMBER 25 THRU SUNDAY, DECEMBER 5



HEALTHY AGING EXPO
GRAND ELY LODGE
FRIDAY, MARCH 18, 2022



Celebrating our 20th year of providing resources that promote independence and healthy aging for those 60+ in the communities of Ely, Winton, Babbitt, Tower, Soudan, and surrounding areas.

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AMAZON WILL DONATE 0.5% OF YOUR PURCHASE TO NORTHWOODS PARTNERS WHEN YOU:

1. VISIT SMILE.AMAZON.COM
2. SIGN IN AND CHOOSE NORTHWOODS PARTNERS
3. SHOP AS USUAL

In Memorial

Gifts have been made to Northwoods Partners in 2021

In Loving Memory of the following:

Bernice E Anderson
Jean Arnold
Andrea Bailey
Jerry Benson
Dick Bevis
Lucy Bizula
Bertha Bottjen
Wally Brekke
Helmut Buettner
Bob Champa
Mary (Ryan) Corley
Pete Davis
Woods Davis
Joan Donahue
Ely Class of 1949
Becky Eruchul
Ron Ferdig
Frank Fifo
Oliver & Ann Filson
Geraldine Foster
Rocklyn Gaither
Nancy Harms

Estelle Harri
Jim Hart
Wes & Marie Hemquist
Molly Hill
Antoinette Hokkanen
Lee Hotaling
Gerald "Jake" Jacobson
Frank Jaeger
Albin J. Jasovec
Norma Kramer
Sugar & Tootsie Kuzma
Loren J. Larson MD
Renee Lassi
Gretchen Lobe
Wilbert Luhta
Carol Rautio Mack
Carol Maddern
Carol Marshall
Ann Mobilia
Wayne Murphy
Al & Caroline Musich
Jerry Nemanich

Fred & Anne Newman
Bob Niskala
Frank & Florence Pengal
Roslyn Perko
Joseph & Katherine Peshel
Lorraine "Toni" Phelps
Jean Pipho
Dorothy Popesh
Todd Przybylski
Vonda Schreffler
Gail Sheddy
Marcia Schader Sherman
Katherine Sprietzer
Dave Staubitz
Judy Vollom
Emily Wahlberg
André Widmer
Elsie Wiermaa
Bob Wood
Brian R. Zimmerman
Bonnie Zupancich

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

~ Hellen Keller ~

In Honor of...

Ely Class of 1949

Richard & Susan Flesvig Mike Musich Darlene Nemanich



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 or State. So, how are we funded? We are funded entirely through grants and donations from amazing people like you. 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



[Scan to Donate to NP](#)

What will your donation 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

Northwoods Partners is a 501(c)(3) nonprofit organization. EIN 41-2016401

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