



Happy Valentine's Day! I have felt and witnessed so much love this past year!

LISA PORTHAN, EXECUTIVE DIRECTOR

Our community felt so much love from our volunteers and staff as they provided over 15,000 hours of service this past year. These hours included transportation both local and long-distance rides, friendly visits, & caregiver support to name a few. Some volunteers also provided opportunities for our older adults to increase their physical activity and improve their balance and well-being. We are so happy to see our programs so well attended and new programs created in 2024 & even more to come in 2025.

It has been an exciting year as Northwoods Partners moved into the Ely Area Community Hub (The HUB). This has provided us a wonderful opportunity to have our programs in one location with our own program space and two offices to better serve our community. If you haven't seen our beautiful new space definitely stop by to check it out.

We are also excited to have a new staff member Heidi Vanderbeek who works to connect individuals with resources and support healthy aging in our community. She is such a joy to work with and has a beautiful heart for this important cause.

With the help of fourteen amazing board members & over eighty volunteers, Northwoods Partners will continue to LOVE on our community to change lives and strengthening the health of our community. We are grateful for all the support we have been given this past year. We hope you will continue to provide that support in 2025 as we continue to see our demand grow as the aging population is on a rapid rise.

Thank you for loving Northwoods Partners! Thank you for loving our community!

"Love is a condition in which the happiness of another person is essential to our own."



In this newsletter you can expect:

Love Note from Lisa

Meet Heidi

Our Programs

2024 Event Recap

What's Coming in 2025

How Can I Support Northwoods Partners?

Our Board of Directors

Meet Heidi



My name is Heidi Vanderbeek. I have lived in the Ely area since 2007 with my wonderful husband, our three children, cat and dog. Being in Ely has been an incredible gift. Community members truly value and care about one another, which encompasses my heart.

I have always felt everyone deserves to feel happy and accepted no matter where their life path has brought them and to show them they're not alone. It's truly a joy to work with an organization like Northwoods Partners who carries those same values.

XOXO Lisa

Northwoods Partners Programs

Tai Ji Quan - Now with Weight Training!

Our traditional balance training course, now with a twist! This regimen is designed for older adults, people with balance disorders, and those who want to build strength! We collaborate with Functional Fitness to offer this class.



Tasty Tuesday

Our monthly gathering of those who enjoy cooking, eating, & learning about food is going strong! We've had local experts, like Barb Dunsmore, teaching us more about the varieties of squash grown in Minnesota, You don't need to be a cooking fanatic to join us. Come to enjoy the company of others & taste something new! Class size is limited, & registration closes the 2nd Friday of the month. Class is held on the 3rd Tuesday of each month from 2-3:30 pm. There is no cost to attend, however donations are gratefully accepted. Register by email @ tastytuesdayely@gmail.com



"I look forward to Tasty Tuesday each month. Kathleen has three or four recipes she presents & demonstrates for the group while carrying on a lively discussion of techniques, ingredients & options. At the end of the session, we taste each dish. Yum!"

-Tasty Tuesday Participant

Chair Yoga

A gentle form of exercise where you perform yoga stretches and postures.



Always remember that this is your practice and I'm here to guide and ensure you're in proper alignment to avoid pain or injury.

-Chair Yoga Instructor

Other Programs Offered

- Transportation services
- Memories & Movement
- Women's Coffee Group
- Friendly Visitors
- SAIL



Stepping On:
New opportunity to reduce your risk and fear of falls

Falls don't have to be inevitable as you age with this evidence-based, 7-week program for older adults with the goal of reducing the risk of falls. The course covers a range of real-life scenarios that adults encounter to help us think more about ways to reduce risks at home and in our daily lives. The class facilitators are Kathleen Miller, RN and Liisa Norman, RN.

Our first session was fall 2024. We were grateful to have the experts from EBCH join us during the course to provide health information and answer questions from the group. Thank you to Abby (pharmacy), Deb (PT) and Kaylie (OT) for your time and for sharing your expertise.

Please contact NP for dates for our next session.

Events: Recap of 2024

April: Volunteer Appreciation Dinner

We celebrated our volunteers by having dinner and conversation. We would not be the successful organization we are today if it weren't for our 80+ volunteers making it happen. Thank you!



WE LOVE AND APPRECIATE OUR

VOLUNTEERS



May: Healthy Aging Expo

Our Annual Health Aging Expo features expert speakers on a wide range of topics of interest to anyone who is aging. This year we had over ten speakers and over 100 participants!

June: Themed Fundraising Dinner Wild, Wild West

We rounded everyone up and had a great turn out for our Annual Fundraising Dinner! Thank you to everyone who donated, attended, and supported.



Save the Dates: 2025!

Volunteer Appreciation Dinner: April 15th 5:30pm

Healthy Aging Expo: May 15th 9am-3pm @ Grand Ely Lodge

Themed Fundraiser Dinner [Night at the Movies]: June 26th 5pm @ Miner Dry

Volunteer & Donor Reception: November 23rd 6pm @ Grand Ely Lodge

Festival of Trees: November 23rd - December 7th @ Grand Ely Lodge

November: Volunteer & Donor Appreciation & Festival of Trees

We lit up the Grand Ely Lodge again this year with our Festival of Trees! We kicked off the season with our Volunteer and Donor Appreciation event and tree lighting ceremony. Throughout those two weeks, we spread holiday cheer and raised money for Northwoods Partners!



NORTHWOODS PARTNERS

760 E MINERS DRIVE
ELY, MN 55731

NEW ADDRESS!

NONPROFIT ORGANIZATION
US POSTAGE PAID
ELY, MN 55731
PERMIT NO. 00000



Sid and Diane Thomson & Walt Leino
Thank you for your time and
dedication to Northwoods Partners!

Thank you for reading and supporting Northwoods Partners!



BOARD OF DIRECTORS

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How can you support Northwoods Partners?

It's as easy as 1, 2, 3!



- ①** Monetary Donations
- ②** Volunteer your Time
- ③** Spread the Word

You can donate via mail or online at our website! We also offer a monthly giving option. Northwoods Partners is a 501(c)(3) non-profit organization and all donations are tax deductible.

We love having new volunteers! From providing transportation to becoming a friendly visitor to helping at events, we appreciate all that our volunteers do! For all opportunities, please visit our website.

Help us fulfill our mission and make a difference in our community by following us on Facebook and sharing our services with others!