



A NOTE FROM THE DIRECTOR

LISA PORTHAN

Executive Director – Caregiver Consultant

Our Wonderful Story

I often wish I had a crystal ball where everyone could look in and experience what a day at Northwoods Partners looks like. From moment to moment, we get to experience so many meaningful parts of people's lives.

There are moments when people are struggling to find that much needed ride to a medical appointment hours away. Our amazing volunteers not only safely deliver them to their appointment but often share words of encouragement and meaningful conversation as they make their way.

Often distant family members call us to express their gratitude for all of our services as they struggle to help living so far away. Other individuals share their amazing love stories with us as they are caring for their spouses or even sadly preparing to say to good bye to them. How blessed are we to get hear the details of how they met and beautiful parts of their story. And the incredible burdens they have bared caring for them. Others are just in need of a friend to share life with over a cup of coffee or a game of cards. Our volunteers go above and beyond, making sure people feel loved and valued.

Programs like Memories & Movement and our variety of exercise groups help people connect with others, it increases their physical activity and improves their balance. We get to hear how these programs are improving their overall wellbeing. It feels so great to hear how much improvement people see in their physical health and it's heartwarming to see strangers become such close friends.

I am so blessed to get to witness all the good work that over eighty incredible selfless individuals do for our community. Lives truly are changed! And our part of this beautiful world is so much better thanks to the support and love we receive from all of you. Thank you for being a part of our story at Northwoods Partners!

Do Small Things with Great Love
Mother Teresa



NORTHWOODS PARTNERS

~ Festival of Trees ~

A Season of Giving

THURSDAY, NOVEMBER 24

5pm Kick-off to 2022 Festival of Trees

Lighting Ceremony

Silent Auction Begins

Holiday Boutique Opens

Buy it Now Items for Sale

Please join us as Northwoods Partners celebrates 20 years of Festival of Trees!

Festival of Trees is at long last upon us. Because of our communities' generous support, and a little holiday magic, the lobby of the Grand Ely Lodge will be transformed into a winter wonderland. Complete with beautifully decorated Christmas trees, wreaths, chairs for care, and a holiday boutique.

This year's holiday event kicks off with a Lighting Ceremony at 5pm on Thanksgiving evening, November 24 and runs through December 4.

Because of our talented Festival of Trees committee, the decorators, the artists, the crafters, and the support of our community, the holiday magic continues throughout the year in the lives of our area seniors that are helped by Northwoods Partners every day.





NORTHWOODS PARTNERS HEALTHY AGING EXPO

Northwoods Partners Healthy Aging Expo held June 27th at the Grand Ely Lodge was an enormous success.



A total of eight experts in their respective fields shared information on a wide array of health aging topics. We, as a community, are so grateful for all these wonderful speakers for taking time out of their busy days to share their wisdom and knowledge with all of us.

Thank you to our Event Sponsors: Ely-Bloomenson Community Hospital, EBCH Ely Community Pharmacy, and Essentia Health Pharmacy; because of them we were able to provide this event, including lunch, free to the public. Also, a much-deserved round of applause for the kitchen and banquet staff at the GEL, they were absolutely fantastic.

If you missed the event, it's not too late. Visit NorthwoodsPartners.org/events to see recordings of the day's presentations.



At the heart of Northwoods Partners is our team of 83 amazing volunteers. These volunteers support our seniors by providing transportation to appointments, making friendly visits, providing telephone reassurance, celebrating birthdays, and helping with shopping...truly doing whatever it takes to brighten the lives of our area seniors.

Our volunteers are students, working folks and retired folks, men and women, those who have unlimited time to volunteer and those that have just a few hours a month to give. The one thing they all have in common is that they care about our seniors.

Every one of us has some special gift to share. A friendly visit, a ride to the beauty shop, picking up groceries, a chat on the phone—it really doesn't take much to add some cheer to a senior's life. If you'd like to volunteer, we know several seniors who would be thrilled to meet you!

The smallest act of kindness is worth more than the grandest intention ~ Oscar Wilde

Oktoberfest



Miners Dry House served as the perfectly decorated backdrop for this year's Oktoberfest Fundraising Dinner. September 29th was the quintessential fall day and attendees were in the celebrating spirit. Many dressed for the event in the traditional Bavarian attire of Lederhosen and Dirndls. Tyrolean hats and flower garlands adorned many a kopf.

We're already busy planning next years dinner. The theme is still a surprise, we hope you will join us!





NORTHWOODS PARTNERS WAS PROUD TO BE
THE LEAD AGENCY WORKING IN PARTNERSHIP
WITH THE NORTHLAND FOUNDATION'S
COMMUNITY PLANNING AND CARE COORDINATION

For over two years our Ely Area Coalition has been diligently working on our overall goal of increasing awareness, availability, and access to aging services and supports to help older adults and their family caregivers age successfully in their homes and our community.



Through this project we were able to strengthen partnerships and collaborations to have a greater reach and a greater impact on the health of our community. Efforts around increasing awareness include a **Local Resource Directory** that will be distributed in 2023. A variety of marketing efforts have helped support an increase in participation in programming throughout a variety of agencies. Distribution of a **Monthly Calendar** providing resources, senior center dining menu, and activities has been a great tool in increasing the knowledge of resources in our community. **Tasty Tuesday** has provided an opportunity for participants to learn to

prepare tasty meals on a budget. At each class an area Chef demonstrates how to cook nutritious dishes and provides samples.

We also surveyed seniors, asking what **Social Engagement Activities** they'd like to see offered in 2023. This will be our guide to reduce isolation and keep seniors socially engaged in our community. Efforts also focused on filling the gap in home-based services like **PCAs**. Partnering with agencies like Access North have helped fill the gap in in-home care. Through these funds we were also able to purchase **Chromebooks** for area senior housing complexes, in hopes of connecting seniors with their family and friends via email, Facebook, Zoom and other platforms.

We've witnessed how great an impact we can make as a collective group, supporting one another in our efforts to change lives and strengthen our community. We are grateful for everyone's participation and support, and in the guidance and funding from the Northland Foundation. We look forward to our ongoing efforts in years to come as we continue to grow our collaborations and partnerships in 2023.



Please visit our web site **NorthwoodsPartners.org**. While on the home page, sign up for our **Email News** to stay informed of the latest and greatest programs, classes, information and training opportunities being offered in our community by Northwoods Partners. Be sure to check the **News** and **Events** tabs too, that way you'll be up-to-date with all that's going on at Northwoods Partners.



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
United Way of Northeastern MN

And by generous donations from businesses and individuals like you.





NORTHWOODS PARTNERS

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NONPROFIT ORGANIZATION

US POSTAGE PAID

ELY, MN 55731

PERMIT NO. 00000

ADDRESS CORRECTION REQUESTED

Congratulations 2022 Heart of Gold Recipients



Linda Fink & Sally Moose



Follow us on
Facebook

CALENDAR OF EVENTS

UPCOMING CLASSES:

S.A.I.L. STAY ACTIVE AND INDEPENDENT FOR LIFE
BABBITT COMMUNITY CENTER GYM 10-11AM
TUESDAY & THURSDAY • JANUARY - MARCH

TAI JI QUAN MOVING FOR BETTER BALANCE
ELY RECREATION CENTER 10-11AM
TUESDAY & THURSDAY • FEBRUARY - MAY

TAI JI QUAN ADVANCED CLASS
OPEN TO THOSE WHO HAVE SUCCESSFULLY COMPLETED
THE **TAI JI QUAN MOVING FOR BETTER BALANCE** CLASS
ELY RECREATION CENTER 9-10AM
TUESDAY & THURSDAY • FEBRUARY - MAY



GROUPS:

MEN'S 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: FOLLOW US ON  FOR THE LATEST INFORMATION

FESTIVAL OF TREES

GRAND ELY LODGE, KICK-OFF IS 5PM THANKSGIVING EVENING
SILENT AUCTION BUY-IT-NOW
HOLIDAY BOUTIQUE CHAIRS FOR CARE
THURSDAY, NOVEMBER 24 THRU SUNDAY, DECEMBER 4

DONOR APPRECIATION EVENT (PLEASE RSVP)
GRAND ELY LODGE

DONORS MAY JOIN US FOR LIGHT APPETIZERS AND BEVERAGE
WEDNESDAY, NOVEMBER 30, 6:30PM – 8:00PM

VOLUNTEER APPRECIATION DINNER APRIL 2023

HEALTHY AGING EXPO SUMMER 2023

DINNER TO DONATE SUMMER 2023



amazonsmile
You shop. Amazon gives.



AMAZON WILL DONATE 0.5% OF YOUR PURCHASE
PRICE 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 2022

In Loving Memory of the following:

A Friend	Mary Jokela	Phyllis Olson
Frank	Nancy Kasa	Bill Palo
Gail	Dave Kochendofer	Margaret Campbell
Sharon	Stan & Pauline Landa	Verna Peterson
Evelyn Anderson	Bob Lassi	Dorothy Popesh
Terry Anderson	Jan Lekatz	Carol Przybylski
Lucie Brula	Harold "Sonny" Leustek	Miriam V. Pucel
Joe & Rosemarie Buchner	Tootsie Loe	Julie Puzel
Dorothy Budris	Carol Rautio Mack	Ann Reko
Helmut Buettner	Dolly Maki	Nancy Rodich
Sharron Clasen	Simon & Frances Marolt	Sue Rohloff
Woods Davis	Donald Maroney	Lolita Schnitzius
Oliver & Ann Filson	Pat Marsnik	Gail Sheddy
Donna Fink	Judy McClure	Tony Shober
<i>Brother of D. Flesvig</i>	Frank & Beatrice Mikolich	Arden Siebert
Linda Fryer	Ann Mobilia	Joye Soderberg
Charles Fynboh	Al and Caroline Musich	Anna Hill Sullivan
Gordon C. Gaulke	Donald Myntti	Fred Sundblad
George Gray	Jean Nelson	Anne Swenson
Mike Haney	Tootie Nelson	Paulette Tekavec
James T. Hart	Jerry Nemanich	Gloria Vertin
Molly Hill	Rose Lee Newman	Emily Wahlberg
Antoinette Hokkanen	Bob Niskala	Mike Weinzierl
Paul Ivancich	Thomas Noonan	Pat Wick
Karen Jiacik	Sheldon "Nobby" Norby	Brian Roy 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*

Gifts have been made to Northwoods Partners in 2022

In Honor of

Robert & Jodi Barkdoll Richard & Susan Flesvig Gene & Jane Hicks
Matt & Michelle Jamnick Mike Musich & Atticus Gene & Jane Ott
Lisa Porthan Candy Schindele



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

Lisa@NorthwoodsPartners.org

Giving is not just about making a donation.

It is about making a difference.

~ Kathy Calvin ~