



NORTHWOODS PARTNERS

- caring connections -

NORTHWOODS PARTNERS
328 WEST CONAN STREET
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NORTHWOODSPARTNERS.ORG

NEWSLETTER

Volume 9

Fall / Winter 2023

A NOTE FROM THE DIRECTOR

LISA PORTHAN

Executive Director – Caregiver Consultant

Gratitude!

My heart is so full of appreciation and love for all of you who make the work of Northwoods Partners possible. Our beautiful community continues to wrap its arms around us and so many other wonderful programs in our little neck of the woods. In a world that at times can seem so hard and hopeless, YOU bring light and love. Your support this past year provided over 10,000 hours of service to our area older adults and their caregivers. That's AMAZING!

As we look back with gratitude, we also look forward with excitement for what lies ahead in 2024. We have been blessed with the opportunity to move into a new space this coming summer. We will have over 900 square feet of program space and two offices that will allow us to grow our programming opportunities and more efficiently & effectively serve our ever-increasing aging population. This opportunity is made possible through your generosity and support. Thank you for believing in us and caring for your community. You are the "GOOD NEWS"! Let your LOVE shine!

Gratitude can transform common days into *Thanksgivings*, turn routine jobs into *Joy*, and change ordinary opportunities into *Blessings*.

William Arthur Ward



NORTHWOODS PARTNERS

~ Festival of Trees ~

A Season of Giving

SUNDAY, NOVEMBER 19

7:30pm Lighting of the Trees
Silent Auction Begins
Holiday Boutique Opens

Please join us as Northwoods Partners celebrates 21 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 7:30pm on Sunday, November 19th and runs thru December 3rd.

Because of our talented Festival of Trees committee, decorators, artists, crafters, and 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.



ROCK *Around the* CLOCK

Miners Dry House served as the perfect backdrop for our "Rock Around the Clock" fundraising dinner in June. Attendees dressed in their finest 50's attire including poodle skirts, pencil skirts, fit-and-flair dresses, rockabilly, and some greaser looks too.

Our area businesses and community members really stepped up in donating items for our raffle and silent auction. Thank you!

The celebration continued late into the night with dancing to the musical stylings of Ed Ely.

We're already busy planning next years "Wild, Wild West" theme dinner. Watch social media for more information.



Thanks to the Heart of the Woods Quilters, Members of our Men's M&M group: Jim Orcutt, Byron Moren, Bob Maki, Duane Bieber, Dwight McConnell, and Gerry Fuhrmann were presented with Quilts of Valor.



We (and the ducks) loved our summer Tai Ji class on the shores of Shagawa Lake.



During our monthly Tasty Tuesday classes, the instructor demos healthy recipes like risotto with roasted winter squash and a garden fresh rustic galette. The best part is the samples at the end.



A total of eight experts in their respective fields shared information on a wide array of healthy 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 our sponsors, we were able to host this event including lunch, free to the public.

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

Northwoods Partners Healthy Aging Expo, held May 22nd at the Grand Ely Lodge, was an enormous success.



November is National Family Caregivers Month

"During National Family Caregivers Month, we recognize the love and sacrifice of more than 50 million Americans providing crucial care and medical assistance to parents, children, siblings and other loved ones, ensuring their health and dignity."

"Today, far too many Americans find themselves sandwiched between the enormous tasks of supporting aging parents, raising young children and earning a living. Others bear the responsibility of caring for loved ones with a disability or looking after wounded, ill or injured service members and veterans who have sacrificed so much for us all. The truth is, at some point in our lives, each of us will likely need to be a family caregiver — but the burden falls especially hard on those who cannot afford support. Women, people of color and immigrants shoulder a disproportionate share of the obligation, sometimes forced to leave good jobs to instead provide care. Their work is a profound service to their families and to our nation, but they are still too often unseen, undervalued and unpaid."

From The American Presidency Project, Proclamation 10488—National Family Caregivers Month, 2022

Caregiver Support Group

Are you caring for someone:
Aged
Chronically Ill
Suffering from Memory Loss

Caregiver Support Group
2nd Monday of the Month
10-11am @ Ely Senior Center



1 in 5 adults
are caregivers

CAREGIVERS provide regular care or assistance to a FRIEND or FAMILY member with a health problem or disability

CAREGIVING CAN BE

LENGTHY
Half have provided care for at least two years



INTENSE
30% have provided care for at least 20 hours per week



HOW DO CAREGIVERS HELP?

4 in 5 manage household tasks

Over half assist with personal care



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

WHO ARE CAREGIVERS?

58% are women

20% are 65 years old or older

37% are caring for a parent or parent-in-law

Nearly 10% are providing care to someone with dementia



FUTURE CAREGIVERS

1 in 6 NON-CAREGIVERS expect to **BECOME** CAREGIVERS within 2 years



cdc.gov/aging

CE 29-4025-A August 2018



Please visit our website **NorthwoodsPartners.org**. While on the home page, sign up for our **Email News** to stay informed on 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
Arrowhead Economic Opportunity Agency
Ely-Bloomenson Community Hospital
Essentia Corporate Giving
Medica Foundation
Northland Foundation
United Way of Northeastern MN

And by generous donations from businesses and individuals like you.





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328 WEST CONAN STREET
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ADDRESS CORRECTION REQUESTED

Congratulations 2023 Heart of Gold Recipients



Sheila Gruba & Norma Cersine



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 - APRIL

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 - APRIL

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
2TH MONDAY OF EACH MONTH 10:00-11:00AM



EVENTS: FOLLOW US ON  FOR THE LATEST INFORMATION

DONOR APPRECIATION EVENT (PLEASE RSVP)
GRAND ELY LODGE
DONORS MAY JOIN US FOR LIGHT APPETIZERS AND BEVERAGE
SUNDAY, NOVEMBER 19, 6:30PM – 8:00PM

FESTIVAL OF TREES
GRAND ELY LODGE, KICK-OFF IS SUNDAY, NOV 19 AT 7:30 PM
SILENT AUCTION • HOLIDAY BOUTIQUE • CHAIRS FOR CARE
SUNDAY, NOVEMBER 19 THRU SUNDAY, DECEMBER 3

VOLUNTEER APPRECIATION DINNER APRIL 2024

HEALTHY AGING EXPO SPRING 2024

WILD, WILD WEST DINNER TO DONATE SUMMER 2024

MAKE A MEANINGFUL IMPACT THIS GIVE TO THE MAX DAY
AS A DONOR, YOUR SUPPORT CAN MAKE A WORLD OF
DIFFERENCE TO THE CAUSES AND ORGANIZATIONS YOU
CARE ABOUT. WITH GIVE TO THE MAX DAY 2023 JUST
AROUND THE CORNER - THURSDAY, NOVEMBER 16 - IT'S



THE PERFECT TIME TO
REFLECT ON YOUR
CHARITABLE CONTRIBUTION
PLAN AND ENSURE YOU'RE
MAKING THE MOST OF YOUR
GIVING OPPORTUNITIES.



DONATE NOW

In Memorial

Gifts have been made to Northwoods Partners in 2023

In Loving Memory of the following:

Al & Caroline Musich	Grace Cherne	Melia Shikonya
Ann & Oliver Filson	Jackie Carlson	Merlin Pipho
Ann Mobilia	Jean Nelson	Mike Pechek
Ann Reko	Jerry Nemanich	Mike Weinzierl
Antoinette Hokkanen	Jim Belehar	Molly Hill
Arden Siebert	Jim Pluth	Pat Lammi
Bernice Anderson	Joan Nicholas	Paulette Tekaveck
Betty Erickson	John Braun	Richard Jiacik
Bob Niskala	Joseph Baltich, Sr.	Robert Wilmunen
Bonnie Zupancich	Joyce Maki	Roberta Anne Eastman
Brian Roy Zimmerman	Joye Soderberg	Roger Thompson
Carol Marshall	Judy Vollom	Rollie Green
Chuck Glass	Karen Jiacik	Sharon Anderson
Clary Larson	Linda Fryer	Sheila Shultz
Darlene Graupman	Linda Williams	Tootie Nelson
Dave Staubit	Lois (Jeno) Warren	Violet Aldrich
Don Christey	Loren Sampson	Virginia Brula
Donald Maroney	Lorena (Rena) Loushin	Walter Bonovsty
Doris Adamic	Lyle Klein	Watson McCray
Dorothy Harri	Marilynn Mazva	Winnifred Thaisen
Elsie Wiermaa	Mark Leustek	Woods Davis
Evelyn Anderson	Marlene Gabbson	
George (Sonny) Bonovsty	Mary Ann (Dolly) Starkman	

*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 2023

In Honor of

Byron Moren's 95th Birthday

Richard & Susan Flesvig Gene & Jane Hicks the Hotaling Family
Mike Musich & Atticus 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 or State. 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 reasons and ways to give:

- Remember a loved one with a **Memorial**
- Honor someone special with an **Honorarium**
- Join our **Monthly Donors Circle**
- 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

\$60 = one medical trip to Virginia

\$140 = 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 ~*