



Volume 36 * No. 3 * Fall 2017

Scenes from Summer Camp

Camp songs, swimming, logrolling, hiking, horseback riding, silly skits and campfires are just a few of the activities that made for a fun-filled week at Camp Olson in Longville, MN. At camp, the Northwood staff make having fun a daily criterion. Camp activities in a natural environment provide for successful and healthy development. Children have time to interact with positive role models, relax, and reflect. They learn to work together, take responsibility, try new things and gain self-confidence. Of course, the #1 priority is to have FUN!

We often hear from former students that camp was the highlight of their Northwood experience. All in all, camp was filled with smiles and made a lasting impression on the children who have never experienced all the splendor of the outdoors and activities offered. For all of you who helped make this possible - thank you!



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PRESIDENT'S REPORT



Northwood Children's Services recently was honored to receive the "Provider of the Year" award from the National Alliance on Mental Illness (NAMI). This award recognizes an organization that provides mental health services that demonstrates excellence, respect and best practices. In introducing the award, Sue Abderholden, NAMI Minnesota's Executive Director, commented, "Northwood has done incredible work around children's mental health. The organization offers a variety of programs with a focus on resiliency, but also respect and compassion. Every time I have visited I have been impressed with how caring the staff is and the variety of ways in which you work to engage the children and youth. Northwood is about changing lives."

We are truly grateful to be chosen by NAMI to receive this prestigious award. To be recognized by an informed stakeholder and respected advocacy organization in the mental health field that our programs demonstrate excellence, respect and best practices is, indeed, an honor. It is gratifying to Northwood's Board of Directors, affirming to our staff for the work they do, and comforting to parents of the children and youth we serve to receive this kind of recognition. We thank NAMI's Board of Directors for selecting Northwood. We will do our best to live up to the ideals it represents.

Charlie Appelstein, a renowned author and sought after national presenter, conducted a workshop for Northwood staff last month. He reminded us about the shattered lives many of our students have experienced, and suggested that we could not watch even five minutes of a tape depicting the trauma in their lives. It would be unbearable. It is not easy, this process of building brighter futures for children, youth and their families. Recognition such as the NAMI award gives everyone in the Northwood family a huge boost of energy. It reminds us of the awesome responsibilities we have, and the fact that we are fortunate to have so many partners supporting our mission.

Thank you!

Richard Wolleat
President & CEO

The Bear's Tackle the Fun

As part of the Bear team's new mission statement, we made it a point to highlight our commitment to fun and active programming. After this month's Northwood Football League (NFL) tournament, it can be said with certainty that we've managed to hit both parts of that statement. Whether it was the constant chatter on the wing about how the match-ups went the week before, or the myriad pick-up games on the playground, it seems clear that the kids have found something truly valuable in the experience. Not only have they taken a new found interest in one of America's favorite past times,

but they've found a game that draws them closer together as a team. Be it organizing games, picking teams, or drawing plays, every step of the process has seen them grow as both the teammates that they are on the field and the family that they are on the wing. Patrick Willis, famed linebacker of the San Francisco 49er's, once said of his teammates, "The bond we have is so much deeper than the game we play." If there's one thing to take away from the season, it's just that. After four weeks of teaching them how to play the game, it's the bonds they formed during the experience that are the real lesson.



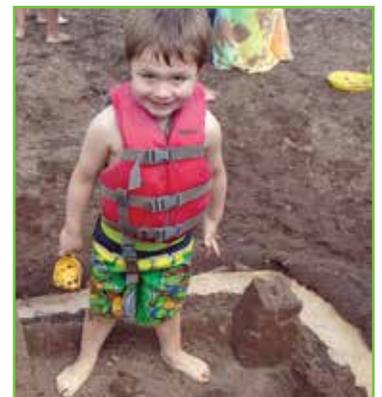
"Bre-Crocker"



When you think of programming for middle school aged boys, cooking is probably not the first activity that comes to mind. Well, the Wolverine boys love it and have embraced our new cooking groups this quarter titled, "Bre-Crocker". Under the tutelage of master chef's Bre and Caleb (staff) the boys have been cooking up practical life skills and learning how to make some tasty treats. They have learned a range of cooking knowledge from making meals such as tacos to creating delicious deserts. The cooking group teaches team work, nutritional facts, basic cooking skills, and most importantly fun! Bre-Crocker has become one of the Wolverines most anticipated groups every week. When asked why he likes cooking group, one student replied, "I love the cooking group! I get to make delicious food and it is interesting." The Wolverines are learning life skills that they can utilize as they grow older in the future.

Little Learner's Summer Adventures

The Little Learner's Enrichment Center's summer was an adventurous one. Our students (aged 3-6 years old) traveled around Duluth learning, playing, and occasionally needing the untimely bathroom break! With our imaginative Little Learner's, simple hikes turned into mini-adventures. Every other week we visited a different elementary school, meeting new friends, exploring the different playgrounds, and climbing on the spider web structures (the consensus favorite). Finding Nemo at the aquarium and exploring the Children's Museum proved to be both educational and exhilarating for their young minds. Voyageur Camp at Merritt IDT, library trips, two trips to the Lakes 10 Movie Theater, and watching the porcupine dance at the zoo were just a couple of other experiences that filled one of our busiest summers ever! All the while, our students were able to learn and practice positive social and coping skills that will serve them well as they continue to grow.



Wellness Committee

The Wellness Committee at Northwood Children's Services has been a successful venture for several years. Not only do we want to keep our students active and healthy, but our staff as well. The Wellness Committee is a small group of committed staff that aims to keep staff active by providing creative challenges, or wellness opportunities. Northwood has purchased and provided over 100 Fitbits in the last year for employees as a way to encourage an active, healthy lifestyle. We also offer opportunities to win prizes through activity. Our most recent challenge had 60 finishers who together went over 48 million steps and lost about 75 pounds in 12 weeks. Our newest challenge has 112 participants, making it our largest event of 2017!



Game On!



Students come with the physical and mental state that they are a team of one. Students at Northwood are provided the opportunity to be a part of something. This "something" happens from the option to be involved and included. At Northwood Children's Services, we provide the option to come together to be a part of a team. A football team operates similarly to a Northwood team. We have coaches (staff) and players (students). Coaches are going to continue to throw players the ball regardless of whether or not they catch it, continue to high five and celebrate victories together and continue to help them succeed.

Everyone has a game face, a persona they put forward with a purpose. A lot of students at Northwood Children's Services come with their game face on. This game face serves as a mask to hide the fear of not knowing and is intended towards anyone perceived as an opponent, or someone against them. Once we can build trust and relationships, students realize we're all on the same team and their "game faces" start to have a different purpose. These "game faces" now represent drive, control, readiness, and determination to succeed. At Northwood Children's Services no one wears their game face alone.

Husky Team Volunteers Throughout Community

Over the past several months the boys on the Husky team have been working to "pay it forward." The boys have acquired weekly jobs at the Duluth Zoo where they sweep and shovel the walking trails as well as pick up garbage. The Huskies recently received praise for all their work from the President of the Zoo Board of Directors. We traveled to a local horse ranch called North Country Ride. Students helped out with many weekly chores such as cleaning horse manure out of shelters, picking rocks, cutting brush around the fence and building new watering areas for the horses.

Finally, the boys have been volunteering to clean up parks in Duluth. Every week the team heads out to a local park and picks up garbage. The team spends an hour, or two cleaning up trash, old clothing, and cans. By volunteering, one can increase self-confidence, self-esteem, and even develop a more positive outlook on life. By doing something good for the community, we feel a sense of accomplishment and take pride in all that we have accomplished.

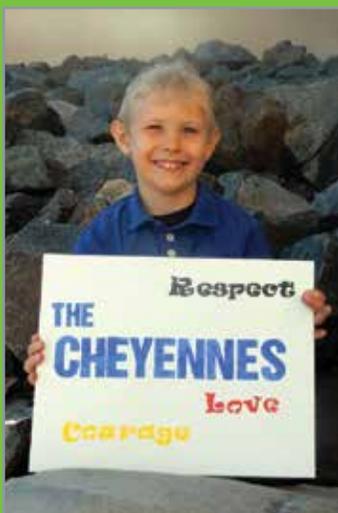


The Voyageur's Day Camp

The day treatment teams at Northwood participated in a week-long camp that would rival any traditional voyageur rendezvous from the days of the fur trade. The North Country is rich in the history of the fur trade and the West campus was transformed into an outpost for students to learn more about this amazing heritage.

Claude, the camp boss, was stern but fair in sending out his young voyageurs each day. He gave advice and tips on how to navigate the activities for the day, while also letting everyone know that the boss was always watching what goes on in his camp. Students and staff had the opportunity to make crafts, “portage” a canoe, search for items to trade, and practice marksmanship with a bow and arrow. There was also time to participate in traditional voyageur games and recreation, a much needed distraction from the hard work of the fur trade.

The week was filled with fun, laughter, and learning. Some of the young voyageurs were even able to earn a red sash, promoting him, or her to the level of junior voyageur. This great honor gave special privilege to each individual, as they would have added responsibilities around the camp. Each day treatment program served as a company and there was recognition daily for those who worked well together. At the end of the week, the most outstanding voyageurs were invited into the Sir Duluth Lodge as recognition for their hard work, dedication, and teamwork. As the week wrapped up, many voyageurs were overheard excitedly talking about the next rendezvous.



Penny Drive Donation

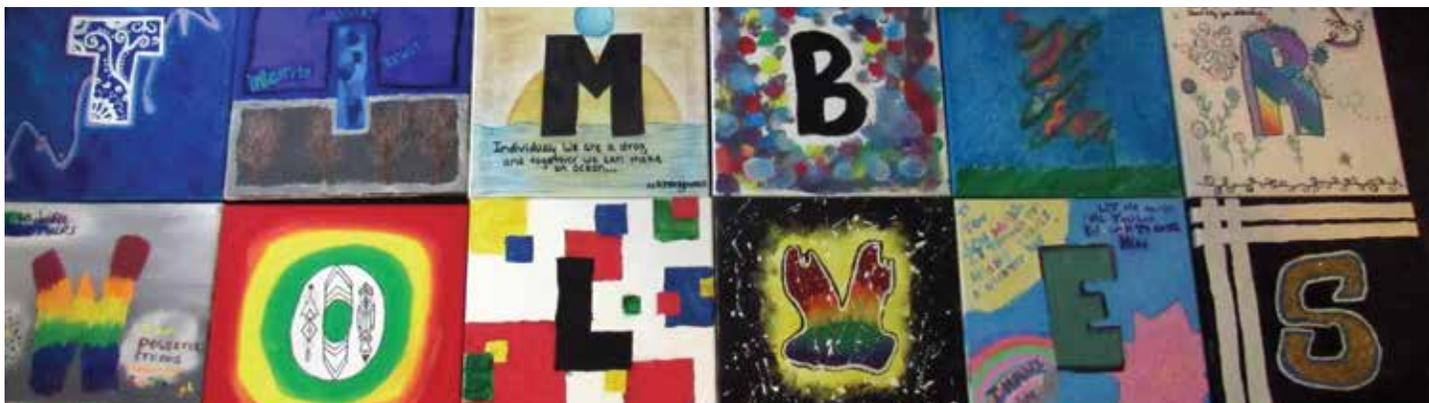
The Cheyenne team is no stranger to selflessness and practicing random acts of kindness. We have been learning about and practicing ways to help one another throughout the year by volunteering at a local garden, sending letters of kindness to students and staff, making aprons for the kitchen staff, and making kindness chains that decorate our hallways.

Recently, we wanted to step up our game. To do this, the kids and counselor Peter Cope decided to start a “penny drive” to help hurricane victims. Motivated by the giving spirit, the team set up a friendly competition with the other residential teams at the Main campus to see who can donate the most money. After three weeks of fundraising the Cheyenne students brought the money to the Red Cross to donate in person. The Cheyenne’s were excited to spread compassion and help those who are in need.

Expressions on Canvas

On the Timberwolves team, our students learn to express their feelings through talking with staff and peers, gardening, caring for animals, and so much more. We do art and love to paint on canvases. Sometimes we paint our feelings, or give our creations as gifts. The expressions on our canvases are like mirrors so that we can see ourselves more clearly. In this canvas mural we mirror our unity as a team and the core belief that we can accomplish so much more when we are working together. Each canvas is uniquely painted, but as we put them together, we see as one square amplifies:

“Individually, We Are a Drop; Together We Can Make an Ocean” - Anonymous



Duluth Traverse Trail



The students and community members in Lincoln Park now have a new access point to a multi-use trail that completely traverses the entire length of the city of Duluth. This is in part thanks to the hard work and determination of our Intensive Day Treatment Program at Lincoln Park Middle School. These students were invited to participate in a trail-building event this summer where they worked with shovels, rakes, and axes to form a trail bed that completed a section connecting to the 43-mile long Duluth Traverse Trail.

The Cyclists of Gitchee Gumees Shores (COGGS) and the City of Duluth collaborated for the creation of this trail. They supplied Northwood students with tools and trail-building expertise to complete the project. This September, Northwood students and community leaders attended a Grand Opening ribbon-cutting ceremony to celebrate the accomplishment. Mountain bikes were made available by Duluth Public Schools and experienced cyclists from COGGS instructed students on bike safety and maneuvering, before heading out on the trails. Many of the Lincoln IDT students have already shared their pride as they point out the trail to friends and family members!

Barnes & Noble Fundraiser - December 2, 2017

Please stop by Barnes & Noble in Duluth on Saturday, December 2, 2017 to support our organization. We will have two Minnesota authors - Elizabeth Verdick, “*Small Walt*” and Linda Glaser, “*Way Too Many Latkes*,” who will be signing their picture books and doing a story time reading. If you mention Northwood Children’s Services at checkout, Barnes & Noble will donate a percentage of your sale to our organization. If you are from out of town, or can’t make it on this date, you can make your purchase online at barnesandnoble.com. With online shopping as part of our book fair, supporters can reach out to family and friends literally anywhere and everywhere. For online purchases from 12/2 - 12/7, you must input Northwood’s ID#12263547 at checkout. Some restrictions apply. The money raised will be used to purchase more books for our children and youth.

“Whenever you read a good book, somewhere in the world a door opens to allow in more light.” ~Vera Nazarian

Participating and Volunteering at Grandma's Marathon



One of the staple events in Duluth during the summer is Grandma's Marathon. Our students and staff were very involved this year as almost all of our students volunteered at the Mile 23 aid station as they have for over 20 years! As a part of this effort, they help hand out water, Gatorade, ice, and most importantly help encourage the thousands of runners who pass through on their way to the finish line.

This year's encouragement was very special. The students often get to encourage some of the Northwood staff and teachers who run by the water station, but this year they got to encourage a record number of students who participated! Northwood had seven students complete the Garry Bjorklund Half Marathon. They all proudly ran through the water station and received a few extra loud cheers from their peers and staff who were volunteering.

4th Annual Coney Dog Eating Contest Fundraiser

Our new found supporters and friends at Krech-Ojard & Associates, Inc. held a coney dog eating contest in October to raise money for local charities. We were very honored that Northwood Children's Services was one of the charities selected and we are thrilled to announce that Northwood received \$8,530! The donation will be used for our outdoor recreation fund. So, how many coney's do you think the winner ate in 15 minutes, 38 seconds? The winner ate 11 Coney Dogs and, as far as I know, kept all them down!



Summer Activities



One of the highlights of every summer is the day camp that Northwood provides for the kids. Some of the highlights this year included a hike through Jay Cooke State Park, the treasure hunt around the West campus, and capture the flag. The students from Laura MacArthur Intensive Day Treatment Program really enjoyed participating in the Summer Olympics and demonstrated fantastic sportsmanship, as well as teamwork. As the school year progresses, students are adjusting to the schedule and continue to work hard on their treatment as well as developing skills to help them in school and at home.

6th Annual Pow Wow

The 6th Annual Northwood Children's Services Pow Wow was held in June at our West campus. Before the event, students learned about the history, cultural significance, and learned a simple step. The Little Horse Band once again provided the music and is comprised of Native Americans from Duluth, Cloquet, Grand Portage, and Sawyer. They are very popular in the area, playing at most high school and college graduations. They appreciate our students' enthusiasm, interest, and always remark on how polite the group is! The pow wow is followed by a wonderful lunch provided by our kitchen staff. There is always at least one food included from the Ojibwe culture.



Memorial Giving

You can help sustain our program and the services we provide to troubled children with a memorial gift. Honor the memory of a special person by investing in the future of one of our children. The family of those whose memories you have honored are notified of the contribution by an appropriate card. No dollar amount will be indicated on the notice sent to them. Your name, and those whom you honor, will be listed in the Northwood Newsletter.

Thank you for your support!

Memorials

Given By:

In Memory Of:

Milton & Deanna Anderson	In memory of Margaret Anderson
Gretchen Karkoska	Nick Jagunich Sr.
Ann C. Anderson	G. Everett and Alvina Carlson
Mrs. Clifford Wiklund	Jenny Sisto Price
Laurie Johnson	Harold & Dorothy Madison
George & Evdoxia Gerorgeorge	In memory of our parents Steve and Christine Kontonkios
George & Evdoxia Gerorgeorge	In memory of our parents John & Asimo Gerorgeorge
Gretchen Karkoska	Josie Trost

Tributes/Honor Gifts

Given By:

Wallace Mattson & Lucille Holzemer

In Honor of:

Celebrating the 80th Birthday of Beverly Merritt



Wish List

Lego's
Yarn, knitting and crochet needles
Crayons
Board games
Stuffed Animals
Art supplies - brushes, paint, canvas
Musical Instruments
Coloring Books
Puzzles
Sleds
Books K-12
brushes, paint, canvas
community plays, zoo, aquarium, music, sporting events, circus!

Request Memorial Gifts

Instruct the funeral director to insert the following in the obituary notice: The family suggests contributions be sent to Northwood Children's Services 714 W. College Street, Duluth, MN 55811

Our Newsletter

If you no longer want to receive our newsletter, please contact Kathleen at 218-728-7196, or kwolleat@northwoodchildren.org to be taken off our mailing list. If you would prefer a digital copy instead of print, please provide your email address. We do not share email addresses to outside parties. We will use your email address to send you the newsletter and you can unsubscribe at any time.

Leave a Lasting Legacy

By naming Northwood Foundation in your Will, you can guarantee that our legacy of caring for troubled and abused children will continue for generations to come. Here are some specific language options for how you may desire to specify your gift:

FIXED AMOUNT: (I give, devise, and bequeath the sum of \$ _____ to the Northwood Foundation.)

SPECIFIC PROPERTY: (My _____, I give and devise to the Northwood Foundation.)

PERCENTAGE OF RESIDUE: (_____% of the rest, residue and remainder of my estate, I devise and bequeath to the Northwood Foundation.)

CONTINGENCY: (In the event _____ does not survive me, I give to the Northwood Foundation.)

These samples are suggestions only. Legal documents should always be prepared by your attorney. The Northwood Foundation's legal address is 714 W. College St., Duluth, MN 55811-4910

Northwood Children's Services is a 501 (c) (3) nonprofit charitable organization. Gifts are tax deductible under the full extent of the law.

MEMORIAL AND HONOR GIFTS
Your remembrance will help restore the life of a needy child

\$ _____
Amount

Given By (please print) _____
(NAME)

(STREET ADDRESS)

(CITY) _____ (STATE) _____ (ZIP)

In Memory/Honor (circle one) of _____
(NAME)

(STREET ADDRESS)

(CITY) _____ (STATE) _____ (ZIP)

Send cards to _____
(NAME)

(STREET ADDRESS)

(CITY) _____ (STATE) _____ (ZIP)

Please send me Memorial Forms **Book of 6** **Pad of 25**
Mail to Northwood Foundation, 714 West College Street, Duluth, MN 55811- 4910