



A special thanks...

to Mick Paulucci and Brian Daugherty for exclusively inviting all Northwood students to Grandma's Sports Garden in December. For the past 21 years, our children have enjoyed this holiday event that includes arcade games, pizza, and a gift. This year students received a sweat-shirt that was personalized with their individual names embroidered on them. Also, our thanks and appreciation to the volunteers who made it such a special day for our children!

THE SPIRIT OF GIVING

On December 22, the Intensive Day Treatment students from Merritt, Chester and Little Learner's programs were invited to get into the spirit of giving by having the opportunity to do some Christmas shopping for their families.



The Pathfinder team organized the shopping event with items donated by Northwood employees

and the teaching staff, as a way for students to inexpensively purchase gifts for their parents and siblings. After they finished shopping, the students were surprised to find Santa and Mrs. Claus waiting for them to sit and have their photo taken and to share a candy cane and a Christmas wish. Thanks Pathfinders for such a great event!

CHEYENNES CELEBRATE CHRISTMAS



It was a joyful evening at Northwood Children's Services when the Cheyenne team held their annual Christmas party with students dressed in their festive red sweater vests. The evening was filled with presents and the sounds of Christmas carols being sung throughout the building.

As the sounds of cheering and clapping subsided, the sound of Santa was heard. The look on the students' faces was a present in itself. After sitting on Santa's lap and receiving a present, it was off to the Cheyenne living room to open more gifts and to play with the wonderful toys they received.

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PRESIDENT'S REPORT



Each year about this time, the Executive Team at Northwood endeavors to lay out the vision for the organization, which is the driving force in creating our desired future as an agency. The vision is designed to convey an energizing and exciting view of Northwood that is based on optimism and hope. It articulates what makes us unique and what sets us apart. Execution and planning make the vision a reality. As we look forward to 2010, it is helpful to take stock of our progress and accomplishments over the past year.

We served almost 500 students in our various programs in 2009. The average age of the students was 13 years, and they stayed for an average of 10 months in our residential treatment programs, and nine months in our day treatment programs. Informed stakeholders - parents and referring workers - reported a high degree of satisfaction with our services. On a six point rating scale, the overall average score was a five. The most highly rated items were the knowledge and skills of our staff; the staff's level of understanding of each child's unique needs, including their mental health needs; understanding and focusing on individual strengths; the quality of the educational services provided; progress made toward individual goal achievement; and the attractiveness of our facilities.

We strive to continuously improve the knowledge and skills of our staff, the functioning of our teams, and the satisfaction level of each staff member. Our staff are well trained. Last year, 227 workshops and seminars were offered for a total of 8,359 staff training hours. Included in that impressive number were a clinical certification program, a certification program for counselors, and various leadership and management training opportunities for supervisory staff. A survey was conducted recently with all staff designed to capture the most important information measuring the core elements involved in finding and retaining talented employees. The survey results were very positive and we will utilize the information we gathered in the coming year to plan specific team development priorities.

Our objective is to be the service provider of choice in each of the programs we choose to operate. The satisfaction surveys noted above and the fact that our programs all operated at full occupancy throughout the year speak to our success in that area. We maintained excellent relationships with our many local, statewide, and national partners. We met regularly with representatives from key stakeholders throughout the course of the year to evaluate our approach and outcomes with individual children and families and to identify program development opportunities.

Overall, we accomplished a good deal last year in pursuit of our vision. There is always work to be done. The coming year certainly will present significant challenges brought about by the unique current economic situation in our state and the nation. Nevertheless, whatever the challenges, we will continue to do our best to be viewed as an organization with an unmatched reputation for quality that consistently achieves outstanding results; where energized and committed people put children first in all that they do; and where everyone associated with Northwood - staff, board members, donors, and volunteers - are proud and excited to be a part of helping guide the children we serve to a brighter future.

Richard Wolleat
President & CEO

FITGER'S HOLIDAY FOREST



In December, Fitger's hosted the inaugural Fitger's Holiday Forest, a fund-raising event to benefit the Northland American Red Cross. The 148th Fighter Wing had a tree, lights, bulbs, and ribbon, but they needed handmade ornaments. Interested children were asked to create red, white, and blue ornaments for a patriotic theme Christmas tree. Northwood children were very creative and enthusiastic. It was amazing to see their artistic abilities. Once they started, they didn't want to stop! The tree was displayed at Fitger's and was absolutely beautiful.

There were several categories for awards and our tree won three awards: Best of Show, Citizen's Award, and Fitger's Favorite Award. The tree sold for \$225. A big thank you to all the children who helped as a tree is not complete without homemade ornaments!

MARK YOUR CALENDAR!

The 12th Annual Northwood Children's Services Golf Tournament Fundraiser is set for Monday, July 12, 2010 at Ridgeview Country Club. Come and join us for 18 holes of golf, dinner, and a silent auction. If you aren't a golfer, there are other ways in which you can help us raise money by donating goods or services for our silent auction and raffle. It has been said many times by participants that our tournament is one of the most anticipated golf events of the summer. For more information, call Kathleen Wolleat, (218) 728-7196.



A JOLLY CADI CHRISTMAS

Our six CADI homes all got together for a festive celebration at the Columbus House! Our extra large family had a blast as we caught up with each other and ate lots of goodies. It is rare for us to all be able to get together and it was a welcomed opportunity to share in the holiday spirit. We send our blessings to all of you as well and hope your New Year is bright!

OLYMPIANS VISIT MAIN CAMPUS

On January 18, 2010, students at the main campus were visited by future Olympians. Two members of the U.S. Men's Olympic Curling Team stopped by to sign some autographs and share their love of the sport. This was an exciting opportunity for our students to learn about the value of belonging to a team and that hard work definitely pays off. It also provided some extra padding to our Northwood pride due to members of the team having ties to our agency. The coach of the team, Phil Drobnick, worked as a counselor on the Evergreen team five years ago and his wife, Laura, is currently working as a therapist with our early childhood program. Two members of the team also had relatives who worked in various programs in the past.



The Evergreen team had the opportunity to meet two members of the U.S. Curling team.

WITH A WILL THERE'S A WAY

No matter how large or small your estate is, at the time of our death, we all leave many things behind. Your will serves as a road map showing how to distribute your assets to other people or to a charitable organization.

Without a will, you have no control over how your assets are distributed. The laws of the state where your residence is, the state in which you spend most of your time, register to vote and hold your driver's license, determine how assets are divided.

Having a will is important because you work very hard during your life time and you want to ensure that your family, friends and favorite charities benefit from your assets the way you would want them to when you are gone.

Your will is your legacy and carries on the work you have done while you were living. It reflects your values and

your vision for the future. Once your heirs have been provided for within your will you can provide for the charities that reflect your vision and values. One such way to do this is to leave a residuary bequest.

A residuary bequest is a gift of all the "rest, residue and remainder" of your estate after all other bequests, debts and taxes have been paid. This allows you to divide up your estate into percentages of the residue (rather than specifying dollar amounts) thus ensuring that your beneficiaries receive the proportions you desire. This is helpful when your estate is significantly larger or smaller than you anticipated due to taxes, debts, and expenses.

A residuary gift to the Northwood Foundation will help provide the necessary funds to continue our mission to provide life-changing opportunities to the children, families and communities

we serve. The following language can be used in your estate planning to leave the Northwood Foundation a residuary gift:

"I give to the Northwood Foundation, 714 W. College St. Duluth, MN 55811 _____% of the rest, residue and remainder of my estate for its general purpose of caring for the children in their care."

Please see the enclosed pamphlet: *Questions and Answers About Wills and Bequests.*

Dr. James F. Yeager
Northwood Foundation President

When the time does come for your will to be executed, you won't be here to correct any misunderstandings. To avoid trouble for your heirs, be sure to seek the counsel of an attorney who specializes in probate and estate planning.

BUILDING SCHOOL SUCCESS

The most important single factor that will determine our students' success as young adults is whether or not they graduate from high school. Progress in treatment without progress in school is not likely to be of real long-term benefit. Treatment that leads to progress in school is a life changing gift.

An outcome study completed in 2008 demonstrated that student attitudes about their education changed dramatically in just a matter of a few months at Northwood. Over 90% of the students entering treatment reported they understood graduation was very important to adult success, but two-thirds of them went on to report they planned to drop out as soon as they could. These young people were not apathetic about school because they "didn't get it" about the value of education. They were discouraged about their ability to be successful learners. Their self-concept was they were "dumb" and that was why they were failing in school.

The good news is that four months later, over 90% of those same students reported they planned to graduate. This critical difference in student motivation is

the result of a strong partnership between Northwood teachers and counselors. Northwood students receive individualized instruction from highly effective special education teachers. They also receive guidance and support from their staff. Teachers and staff working together encourage students to get involved in activities that develop and strengthen skills. These activities may be art, music, or sports, as well as academics. Often the road to math success will begin on the soccer field or in the art class. Any activity that helps students feel like they are capable and belong in the learning community will improve the motivation to learn. Structured daily routines are also important to school success.

For students coming out of instability, routines like getting homework done were not always a priority. The counselors also make sure homework gets done. Everyone knows what happens to a student's grades when he or she starts turning in their homework! And that success breeds success. Once students make the Merit Roll we have very few problems getting homework done.

WOLVERINES OVER THE EDGE

The Wolverine team found their personal oasis at The Edgewater Park during Duluth's very cold month of December. The Wolverine boys and staff dug out their summer gear, threw on their swimsuits, and relaxed the afternoon away at The Edge. For the adventurous, The Edge provided two towering and twisting water slides, both standing over four stories high. The Tiki Thriller was tackled by nearly all students and even some of the staff. Those who dared to submit themselves to the dark Tunnel of the Tiki Thriller and twisted their way to the pool below. At the end of the day, most relaxed floating and bobbing down the Lazy River.



FORTIFYING NORTHWOOD



Ronnie and Donovan reinforce the west wing wall of their fort.

The Northwood Bear team has been working on promoting teamwork and friendship. The team had a great opportunity to put these skills to the test with a snow fort competition with five teams participating. Everyone put in a great effort and made awesome snow forts!

The Bears came up with a triangle theme, and worked hard as a team to gather snow and ice to build their fort. Using compromise and communication,

the Bears topped off the fort with traffic cones and a welcome sign. The team was rewarded for their efforts by coming in first place and winning a 12-pack of soda. Way to go Bear team!

HONORS HOUSE



Joseph calming a Beargrease Sled Dog

The Honors students embrace winter and they are committed to staying active by sledding, ice skating, hiking, and spending time with mentors.

We participated in race day festivities at the 27th running of the John Beargrease Sled Dog Marathon in January. The Beargrease is an amazing event

and a great experience for the boys. The winner of this year's marathon was Nathan Schroeder from Chisholm, MN.

HAITI OUTREACH



With the recent tragedy that occurred in Haiti, many have felt its effects as well as its overall impact of those who have been injured or have lost their lives. With such a demand for food, shelter, clothing, and medical supplies, one Evergreen student at Northwood took a proactive approach in fund-raising for the Haiti earthquake victims.

Tiara teamed up with others to compile a fund-raiser at Northwood to help those in need during such a tragedy. According to Tiara, "I felt as though I needed to do something for all those people and wanted to make a difference". She encouraged other students and teams to donate to the relief fund to help people from the devastating event that took place thousands of miles away from Minnesota. Through matching anonymous donors, she raised \$653. Thank you, Tiara, for making a positive difference in the lives of many people.

ART CLASS AT MERRITT



Ms. Anderson and Kathy Stingl have kept students busy this school year making their wonderful art creations, which are displayed throughout Merritt. One of the projects the students worked diligently on was their flag book. A flag book describes the student's interests, qualities, family, things they care about, and future occupations. When asking Tara, a current student, what she likes about art class she responded, "I like to use my imagination". Keep your eyes open for future projects on display. They are always very creative!

LEARNING ABOUT THE NATIVE AMERICAN CULTURE

Michele Gordon and Kathleen Prescott made a special visit to Merritt Creek Academy to share their knowledge about the Native American culture with our students. It was an interactive presentation that involved the students in learning about the Native American language, song, dance, drumming, and medicines. We even participated in a sage and sweet grass (two of the medicines) burning ceremony, which in the Native American culture use as a way to cleanse themselves during prayer and spiritual ceremonies. The students were also given the opportunity to ask many questions and the event was a wonderful learning experience.



Michele Gordon and Kathleen Prescott (seated center) shared their knowledge of Native American culture with Merritt students.

TIMBERWOLVES EXPERIENCE LACROSSE



Mahaila, Allison, Natalie, and Chelsea had a great time watching and experiencing a lacrosse game.

Some select members of the Timberwolves team recently made the trip to St. Paul to see their very first professional lacrosse game at the Excel Energy Center. They saw the Minnesota Swarm take on the Roughnecks from Calgary. With eight Timberwolves total, six students and two staff, they walked into the Excel Center not knowing what to expect as nobody had ever been to a game.

For the team, it wasn't the hard hitting of the players on the turf, or the goals that were scored that made this a memorable experience, it was the atmosphere of the game that made it so exciting. In the four quarters that were played there was loud music, exciting chants, and fun trivia that got the girls and crowd really involved. Allison from the Timberwolves team said, "It was super fun and energetic. I liked watching the funny guy stand up in the crowd and spin the board around anytime something exciting happened. It was a good game." Natalie commented, "The game was really fun! And I would like to go again, I loved watching the game."



An exhilarating sport, lacrosse is fast-paced and full of action.

The Swarm ended up winning the game 12-10 after four quarters of play, but the Timberwolves from the Northwood West Campus took away a lot more than just a win for the Minnesota Swarm. They took away fun memories of getting the rare chance of seeing a professional lacrosse game played live.

BEACH HOUSE

Are you looking for that special venue for your memorable event? The Park Point Beach House is located at the end of the peninsula and is situated on the 10 mile long sandy beach that offers scenic views of Lake Superior and the Duluth hillside. It is an ideal, venue for private parties, corporate events, fund-raisers, reunions, weddings and receptions. The building has been painted from floor to ceiling, decorated and landscaped by Northwood students and staff. All proceeds are dedicated to the youth at Northwood Children's Services. Contact Jerry Snyder at (218) 349-1226 for additional information, or to book your next event!



SCOUTS VISIT ST. PAUL



Jordan and Scout team member Brandin enjoyed the MN Children's Museum

This past fall, the Scouts set up an incentive to go to the Minnesota Children's Museum in St. Paul. This trip was earned as a team by having positive behaviors in school. The boys were ecstatic when they realized that they reached their goal, and that their hard work and determination would soon be paying off.

The Scouts made the exciting journey to St. Paul to visit the fascinating exhibits of the museum. Many of the students enjoyed the "Our World" exhibit, where they were able to mimic daily life in the many different neighborhoods of Minnesota, by getting dressed up and pretending to work at a grocery store, Japanese restaurant, or driving a massive metro bus. Another exhibit the kids really enjoyed was the "Dinosaur" exhibit, where they got their hands dirty digging for fossils and dressing up like archeologists to learn about dinosaurs of our ancient past. But, the one exhibit that the students absolutely did not want to leave was "Earth World", in which they were able to dress up like ants and make their way through the tunnels of the giant-size ant hill to learn about nature and the environment of Minnesota.

At the end of the day, the Scouts were exhausted from playing and exploring, but they were still eager to share with everyone how much fun they had and what they had learned!

HUSKY TEAM EXCELS AT SCHOOL

The Husky team at Northwood Children's Services has always strived for academic excellence. Throughout the years, countless students have earned Merit and Honor Roll status, but the events of this year's school term are something that the team has never before accomplished - at least not in the twenty plus years that Husky senior staff member Keith Larson has observed. During the first grading period of the school term, every student on the team made the Merit Roll and one student achieved the highly coveted Honor Roll. Staff on the team may like to take some credit for their accomplishment, but in reality the students on the team made it happen. Husky student Blake commented, "We encouraged each other to work hard." Ryan stated, "We relied on each other for support during the school term." While the awards are individual, these comments highlight the teamwork and community effort necessary to achieve academic excellence.



The Husky team proudly displays their certificates of academic achievement.

Memorials

Lavern & Barbara Hammer	Orval Wick
Lavern & Barbara Hammer	Ken Maki
Lavern & Barbara Hammer	John F. Kangas
Lavern & Barbara Hammer	Ann Smrekar
Janet Haynes	Donald K. Haynes
Laura Rapp	Andrew Anthony Riley
Katie Thovson	Mr. and Mrs. James Reynolds
Dennis and Sharon Hanson	Polly Schmidt-Pozega
Gaylin and Nadean Schmidt	Polly Schmidt-Pozega
Lisa and Todd Haskins	Polly Schmidt-Pozega
Arland and Sandra Geiszler	Polly Schmidt-Pozega
Scott and Nikki Wahlberg	Polly Schmidt Pozega
Glen and Mary Holt	Clarence Simensen
Robert and Barbara Hotop	Deb (Johnson) Lee
Robert Walker	Margaret A. Walker
Virginia Thompson	Mrs. Warren Starkey
Tom and Nancy Roseen	Dick Lund
Bud and Ellen Waldhoff	Susan Diane Thompson
Clyde and Lillian Waldhoff	Susan Diane Thompson
Jon and Celeste Dallman	Susan Diane Thompson
Rita Sandwick	Susan Diane Thompson
Lynal Larson	Susan Diane Thompson
Mrs. Helen Eagles	Susan Diane Thompson
Ralph and Karen Kiel	Susan Diane Thompson
Jeff and Nancy Odden	Susan Diane Thompson
Susan and Jay Helt	Marie Grubb
Susan and Jay Helt	Daisy Baillie

TRIBUTES

Muriel Abram	Molly Sadoff - Happy Hanukah
Priscilla Knighton	In honor of my brother Harvey Edson
Harvey Edson	In honor of Priscilla and Bob Knighton at Christmas Time
Bernie & Mary Lou Kalkbrenner	Mrs. Marilyn LeHouillier Mr. and Mrs. Mike Bania and Family Mr. and Mrs. Brian LeHouillier
Ted and Ruth Johnson	In Loving tribute to Beth Brown
Ann and John Ek	In honor of the children of Northwood at Christmas Time
Gudrun and Geoffrey Witrak	In honor of Ruth and Bohd Witrak at Christmas Time

MEMORIAL GIVING

You can help sustain our program and the services we provide to disabled children with a memorial gift. Honor the memory of a special person by investing in the future of a little boy or girl. 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.

Your gift to Northwood may also be used to honor someone special by remembering them on a significant day - birthday, anniversary, graduation, wedding, Mother's Day, Father's Day, Easter, Christmas, or others.

To 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



Wish List

Baseball & Softball Equipment
Hockey Equipment
Rollerblades Basketballs
Frisbees Cross Country Skis
Board Games Puzzles
Books K-12 Skates
Automobiles Musical instruments

Gifts to Northwood Children's Services are tax deductible.

Telephone Your Gift

To improve our services to you, Northwood accepts memorial gifts by telephone. The same day you call your gift in, we'll mail a beautiful acknowledgment card to the bereaved family so that the message of your thoughtfulness arrives without delay. You can then mail your memorial gift to Northwood. To phone in your memorial gift, call Clare at (218) 724-8815.

Visit Northwood's web page
www.northwoodchildren.org

Leave a Lasting Legacy

By naming Northwood Foundation in your Will, you can guarantee that your 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.

\$ _____
Amount

MEMORIAL AND HONOR GIFTS

Your remembrance will help restore the life of a needy child

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