

**Senior Community  
Clean Up Day!**

**13th Annual  
Senior Community  
Clean Up Day!**

**Saturday, October 27th**

*Services are provided to seniors and disabled individuals living in the Bemidji city limits.*

**TO VOLUNTEER:**

218-333-8266 or  
sign up online:

northwoodscaregivers.org  
by OCTOBER 15 to receive a free t-shirt

**Saturday, Oct 27th  
8am - 1pm**

**Volunteer Opportunities Include:**  
Raking, picking up leaf bags and more!

*\*Volunteers are encouraged to bring a rake and gloves. A complimentary breakfast & lunch also be served*



**TO RECEIVE SERVICES:**

218-333-8261  
**BY OCTOBER 15**

*\*When calling, PLEASE LEAVE A MESSAGE and we will get back to you - do not press "0"*

**Services are provided on a first come/first serve basis.**

**Depending on the number of volunteers that register to help, we may need to instill a waiting list.**

**\*Seniors are asked to provide a box of leaf bags for their yard.**

# NORTHWOODS CAREGIVERS

## On Call Transportation

If you would like local transportation to a medical appointment, the grocery store or other around-town errand, please contact

**Katie: 218-333-8262**

If she is unavailable at the time of your call, please leave a message with the details of your appointment.

We also ask that you give a 24-hour notice if you need to cancel your appointment. Multiple and short-notice cancellations can often create volunteer burnout and may result in additional fees for you.

If you are on Medical Assistance, please remember to call your worker to request medical transportation



***Seniors!  
Are You Interested in Learning  
Some Basics About Computers?***

***Come Surf the Web at  
The Bemidji Public Library!***

The Bemidji Public Library continues to offer the Senior Surf computer training classes. If you have always wanted to learn about computers and how to access the internet...now is your opportunity. Join others in a relaxed, comfortable atmosphere where you can learn new things about Medicare, Social Security, as well as fun websites.

Space is limited so please call the Library (218) 751-3963 to reserve your session.



# NORTHWOODS CAREGIVERS



## The Gift of Service

Do you have a neighbor or loved one that may be ill, coming home from the hospital or could just use some extra help around the house? Rather than sending flowers, consider giving them a “Gift of Service!” Your thoughtfulness and generosity could enable their independence and help them remain in their own home.

### Services available to give as gifts:

#### Respite Care:

Services are provided by one of our qualified and compassionate Respite Providers who are at minimum, Certified Nursing Assistants. This gives the Primary Caregiver a chance to take a much-needed break away from the stresses a caregiving role can bring on.

#### Shopping Assistance:

Shopping Assistance services are provided by one of our experienced and kindhearted Caregivers. They are available to provide the client with transportation to the grocery store or can simply pick up the items and deliver them to the home.

#### Homemaking:

Services are provided by our skilled and caring Homemakers to those in need of assistance with daily household duties (laundry, cleaning, cooking, etc).

For more information or to  
Give a Gift of Service, visit our website!  
[www.northwoodscaregivers.org](http://www.northwoodscaregivers.org)



## Support The Radiothon To End Child Abuse (December 6-7, 2012) and Help Support Northwoods Caregiver's First City Visitation Services

In Bemidji, the Radiothon to End Child Abuse is a joint effort of KB101-FM, KZY-FM and Z99-FM. Funds raised during the event are shared equally between several counties' Child Abuse Prevention Councils. Each agency then allocates those funds to programs within their own counties that are working to end child abuse — such as our First City Visitation Services. Since the inception of the Radiothon to End Child Abuse in 1989, over half a million dollars has been raised to help end child abuse and neglect in Beltrami, Cass, Clearwater and Hubbard Counties.

Be sure to tune in to this year's Radiothon on any of the radio stations listed above or bid on the Auction Items online. A heartfelt thank you goes out to all those in advance who pledge funds to the Radiothon! Your sponsorship will help support important services in our communities, including our First City Visitation Services!



## Soup & Sandwich Lunch Fundraiser! Wednesday December 5th

11 am - 1 pm

Community Service Center  
1st Floor Lunch Room  
(616 America Ave Bemidji)

*Funds support the Beltrami Child Abuse  
Prevention Council and the Radiothon*

Northwoods Caregivers  
616 America Ave, Suite 170  
Bemidji, Mn 56601

(218) 333-8264  
(888) 534-4432  
nice@paulbunyan.net  
www.northwoodscaregivers.org

SPONSORED BY:

**Northwest Minnesota Foundation, United Way of Bemidji Area, a DHS Caregiver Support and Respite Grant, Mardag Foundation, Beltrami County Child Abuse Prevention Council, Member Congregations and Private Contributions.**

## Thriving As A Caregiver

Caregiving often takes many forms. If you provide things like transportation, housekeeping, personal care, financial support or other similar tasks to family, friends or neighbors, you are a Caregiver!

If you are caregiving for a loved one, empower yourself, first, by recognizing how great your work is, and the honor in what you are doing. Secondly, reach out for the help and the support available to you. Start by attending our Annual Caregiver Conference!

If you would like to attend the Caregiver Conference but need someone to stay with your loved one while away, please contact us (333-8264). Free respite care will be arranged on a first come/first serve basis.



### **FREE Caregiver Conference! Breakfast & Lunch Included**

Saturday, December 8th, 2012  
9am - 2pm  
Adult Day Services  
(620 Carr Lake Rd, Bemidji)

Please RSVP By December 7th:  
Missy (218) 333-8266