



Celebrate Service

A HUGE Thank You to ALL of our Incredible Volunteers!

The following volunteers have shown special commitment to our agency, either thru the number of years they have been involved with our program, or by the number of hours they have provided.

In 2013 alone, these volunteers provided thousands of hours of service and drove more than 13,675 local miles!

Joanne Jernigan	Joan Ditty
Ron Komulainen	De Pickett
Betty Hanson-Lehmann	Jack Drury
Max & Bev Boyer	Sharon Whelan
John Schwegman	Craig Kinsella
MaryAnne Wilimek	Roheet Ouditt
Donna Weir-Ringhand	Dan Strehlo
Bill & Emily Schueller	Lori Wagar
Charles Champlin	Kent Hering
Linda Nelson	

Thank you also, to our amazing Respite Providers, Homemakers and other Private Contractors!

Volunteer of the Year

Each year we choose a volunteer who has really stood out in their service and honor them with the title of Volunteer of the Year.

This year we recognize **Betty Hanson-Lehman.**

Betty has a fun, youthful spirit that makes her plunge into helping out our clients when they need transportation to the grocery store, medical appointments, banking, etc. Betty willingly makes herself available and covers many requests for us. Thank you Betty for your service to Northwoods Caregivers and the people we serve!



Love cannot remain by itself -- it has no meaning. Love has to be put into action, and that action is service. ~ Mother Teresa

Thank You, Board of Directors...

for volunteering your time & expertise, and showing continuous support for Northwoods Caregivers!

Jeanie Porter (Chair), *Beltrami County Public Health*
 Darla Waldner (Vice-Chair), *Area Agency on Aging*
 Tonya Prim (Treasurer), *Rural Minnesota CEP*
 Emily Bakken, *Bemidji School District*
 Sherrie Clapp, *InfoMeld*
 Carla Mystic, *Beltrami County Health & Human Services*
 Emily Schueller, *Volunteer*
 Amanda Benson, *Sanford Health*

A Special Thank You to Jeanie Porter for her commitment & years of service as our Board Chair. Your leadership is greatly appreciated!



NORTHWOODS CAREGIVERS



Homecare Bill of Rights

Due to 2013 state legislative changes, all homemaking and respite clients are covered by the Minnesota Home Care Bill of Rights. A person receiving home care services has the following rights:

If you have any concerns feel free to contact Cindi lee Jernigan at Northwoods Caregivers (218-333-8266) or speak directly to your social worker.

1. The right to receive written information about rights in advance of receiving care or during the initial evaluation visit before the initiation of treatment, including what to do if rights are violated.
2. The right to receive care and services according to a suitable and up-to-date plan, and subject to accepted medical or nursing standards, to take an active part in creating and changing the plan and evaluating care and services.
3. The right to be told in advance of receiving care about the services that will be provided, the disciplines that will furnish care, the frequency of visits proposed to be furnished, other choices that are available, and the consequences of these choices, including the consequences of refusing these services.
4. The right to be told in advance, of any changes in the plan of care and to take an active part in any changes.
5. The right to refuse services or treatment.
6. The right to know, in advance, any limits to the services available from a provider, and the provider's grounds for a termination of services.
7. The right to know, in advance of receiving care whether the services are covered by health insurance, medical assistance, or other health programs, the charges for services that will not be covered by Medicare, and the charges that the individual may have to pay.
8. The right to know what the charges are for services, no matter who will be paying the bill.
9. The right to know that there may be other services available in the community, including other home care services and providers, and to know where to go for information about these services.
10. The right to choose freely among available providers and to change providers after services have begun, within limits of health insurance, medical assistance, or other health programs.
11. The right to have personal, financial, and medical information kept private, and to be advised of the provider's policies and procedures regarding disclosure of such information.
12. The right to be allowed access to records and written information from records in accordance with section 144.335.
13. The right to be served by people who are properly trained and competent to perform their duties.
14. The right to be treated with courtesy and respect, and to have the patient's property treated with respect.
15. The right to be free from physical and verbal abuse.
16. The right to reasonable, advance notice of changes in services or charges, including at least 10 day's advance notice of the termination of a service by a provider, except in cases where:
 - (i) The recipient of services engages in conduct that alters the conditions of employment as specified in the employment contract between the home care provider and the individual providing home care services, or creates an abusive or unsafe work environment for the individual providing home care services; or
 - (ii) An emergency for the informal caregiver or a significant change in the recipient's condition has resulted in service needs that exceed the current service provider agreement and that cannot be safely met by the home care provider.
17. The right to a coordinated transfer when there will be a change in the provider of services.
18. The right to voice grievances regarding treatment or care that is, or fails to be, furnished, or regarding the lack of courtesy or respect to the patient or the patient's property.
19. The right to know how to contact an individual associated with the provider who is responsible for handling problems and to have the provider investigate and attempt to resolve the grievance or complaint.
20. The right to know the name and address of the state or county agency to contact for additional information or assistance.
21. The right to assert these rights personally, or have them asserted by the patient's family or guardian when the patient has been judged incompetent, without retaliation.

NORTHWOODS CAREGIVERS

Page 3

Caring for a loved one with a chronic illness such as dementia, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially stressful. *Powerful Tools for Caregivers* is a 6-week class designed to provide you (the Family Caregiver) with the skills you need to take care of yourself.



**POWERFUL
TOOLS**
for Caregivers

For more information on our next set of classes (Thursdays, May 1– June 5, 5:30-7pm), contact Carol: 218-333-8265.

CPR and First-Aid Training

Thanks to a Venture Grant from the United Way of Bemidji Area, Northwoods Caregivers will be offering CPR and First-Aid trainings to any current primary caregivers, respite providers, homemakers, and transportation volunteers that would like to be certified. The first training will be held during the first week of May.

Seating is limited to only 7 spots that will be offered on a first come-first serve basis.

For more information or to register for this free training, please contact Katie: 218-333-8262.

THANK YOU UNITED WAY!

LIVE UNITED 

Caregiver Support Groups



Caring for ourselves while caring for a loved one is a difficult task! If you are providing care for an elderly or disabled person and would like to connect with others in similar situations, please join us for our Monthly Support Groups! For more info, contact Carol: 218-333-8265

BEMIDJI

1st Thursday of each month

2:30-4:00pm

PrimeWest Building
(3124 Hannah Ave)

BAGLEY

2nd Tues of each month
(except June 3)

5:00-6:30pm

Faith Lutheran Church
(32 Bagley Ave)

“Seniors Day” at Bemidji Food Shelf

Starting Monday, April 21st, every 3rd Monday of the month will be “Seniors Day” at the food shelf. Other clients will still be served that day, but specifically seniors are invited to take advantage of the services offered, including the NAPS program—a Nutrition-based program for Seniors over the age of 60. For more info, contact the food shelf at 218-444-6580.

Northwoods Caregivers
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(888) 534-4432
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www.northwoodscaregivers.org

SPONSORED BY:

The Mardag Foundation, the Northwest Mn Foundation, United Way of Bemidji Area, ACT on Alzheimer's, Land of the Dancing Sky Area Agency on Aging, Beltrami County Child Abuse Prevention Council, Member Congregations and Private Contributions.

Truck For Sale!

**Thank you to
Ray and JoAnne
Bohne for their
generous donation
of this 1999 Dodge
Ram 4x4 Sport!**



This pickup has approximately 140,000 miles on it, is Canary Yellow and had new tabs in November. The sale of this truck will help support services we provide in Northern Beltrami County.

If you are interested in purchasing the truck, please contact Cindi at (218)333-8264 or cindi.jernigan@co.beltrami.mn.us

On-Call Transportation

If you would like to use one of our volunteers for local transportation, please remember to give Katie as much notice as possible. Due to the high demand of requests, **5 days ahead of time** is preferred.

When calling to request a volunteer driver, please know that even if we are in the office, we may not be able to answer your call at that time, so please leave ALL of the details of your request on our voicemail: date of your appointment, time you'd like to be picked up, place you'd like to go, etc.

Because of the many other programs & services we provide, we appreciate your cooperation and will get back to you as soon as possible to verify your request. **THANK YOU!**

**To request a Volunteer Driver, contact:
Katie: 218-333-8262**