



Nov, 2011

November is National Family Caregivers Month!

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! According to the National Family Caregivers Association, family caregivers provide 80% of our nation's long-term-care services which currently equals over \$306 billion annually on "free caregiving services!"

If you are caregiving for a loved one, empower yourself, first, by recognizing how great you are, and the honor in what you are doing. Secondly, reach out for the help and the support available to you. Start by attending Northwoods Caregivers' Annual Caregiver Conference on Saturday, December 10th, 9am – 2pm in Bemidji (see right side for more info). The conference is free of charge and will include presentations by local speakers on important caregiving topics, a variety of resources and educational materials, and a complimentary breakfast and lunch. Free respite care is also available to conference participants.

We encourage you to take time this month to celebrate who you are, and the importance of what you are doing. While November may be the official month to recognize your acts as a family caregiver, every month - and every day - is one in which you make a difference!



Thriving As A Caregiver

FREE Caregiver Conference! Breakfast & Lunch Included

Saturday, December 10th, 2011
9am - 2pm

Adult Day Services
(620 Carr Lake Rd, Bemidji)

Please RSVP By December 8th:
Missy (218) 333-8266

FREE RESPITE CARE

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.

NORTHWOODS CAREGIVERS

Holiday Pie Fundraiser



*A delicious way to donate to Northwoods
Caregivers & Community Resource Connections!*

Here's how it works!

- 1) Most importantly...decide which scrumptious holiday dessert(s) you'd like and the day you'd like to pick them up.
- 2) Place your order by leaving a voicemail at 218-333-8261. We will call back to confirm.
- 3) You pick up your desserts on the day of your choice and pay Perkins directly. They will then donate \$2/pie back to us!

Thanksgiving Pies must be ordered by **November 19th**
and Christmas Pies must be ordered by **December 20th**

\$9.99: Pumpkin or a Tin of Mini Muffins/Cookies

\$10.99: Apple or Blueberry

\$11.99: Cherry, Caramel Apple, Coconut Cream Pump-
kin Cream or Lemon Meringue

\$12.99: Wildberry (Sugar Free), Pecan, Banana Cream

\$13.99: French Silk, Dream Bar or Peanut-Butter Silk

\$15.99: Basket of Mini Muffins, Cookies & Brownies

UPCOMING FUNDRAISERS

Dine In or Take Out Lunch!

*Funds support Beltrami's
Child Abuse Prevention
Council and the Radiothon t
o End Child Abuse
(Scheduled for Dec 1-2, 2011)*



Wednesday, November 30th

11am - 1pm

Community Service Center
1st Floor Lunchroom
(616 America Ave, Bemidji)

Menu

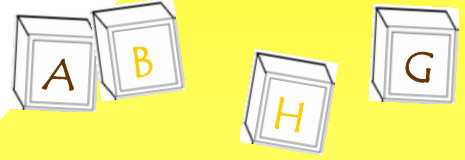
Creamy Wild Rice or
Tomato Basil Soup

Meat/Cheese or Chicken Salad
Sandwiches

A Variety of Desserts & Drinks
(Vegetarian Option Available if Preordered)

Dine in or Take Out!

\$5.00 if preordered by November 29th
(333-6856) or \$6.00 at the door



First City Supervised Visitation Services

News for Parents

First City Visitation Services is a project of Northwoods Caregivers that offers a positive, child-friendly site where children and parents can be assured that a supervised visitation or exchange will occur safely.



Guardian ad Litem Program

A Guardian Ad Litem provides advocacy for children by gathering information to make recommendations in court regarding their best interest. Most cases are related to allegations of child abuse and/or neglect, family violence or marital dissolution proceedings. Unlike the other participants, the Guardian Ad Litem has no interest other than that of the child.

The Guardian Ad Litem's job is to ensure that the child is protected, to ensure that a stable home is provided, and to ensure that a thorough family assessment is made.

Guardian Ad Litem's conduct interviews and observe the children and significant people in their lives. They review social service, medical, school, psychological and criminal records and reports. They attend meetings with the other professionals involved with the children and their families. They outline options and make written and oral recommendations in court regarding the short and long term best interests of the children. They monitor court ordered plans to ensure the children's best interests are being met.

If you would like more information about the Guardian ad Litem program, contact Program Manager Traci Kapella: 218-327-1040



Special Holiday Hours:

Please remember we are only open **every other weekend** for Supervised Visitation and Safe Exchanges.

However, during the months of November & December, we will only be available:

November 5th-6th
November 12th
December 11th
December 17th-18th

All other visits/exchanges may be scheduled during weekdays or evenings during those months (based on staff and room availability). We will resume our normal schedule in January with open weekends on January 14th-15th and 27th-28th.

Please remember all visits/exchanges must be paid for **BEFORE** they can be scheduled. If you have questions/concerns about our hours or policies, feel free to contact us at 218-333-8262.

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

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

SPONSORED BY:

**CS/SD Grant from MN DHS, United Way of Bemidji Area, Land of the Dancing Sky
Area Agency on Aging, Beltrami County Child Abuse Prevention Council,
Member Congregations and Private Contributions.**

Board Members Wanted!



As representatives of Northwoods Caregivers, the Board of Directors is the primary force leading the organization to serve the community. We are currently seeking a diverse group of professionals, providers and/or community leaders who will bring support and development to our organization. If you are interested in assisting us with our mission of Connecting, Enriching and Empowering the lives of Northwoods Individuals and Families, please contact Cindi Lee at 218-333-8264. We meet every other month and have room for several more dedicated individuals to join our team beginning January, 2012!

On-Call Transportation

If you would like to use one of our volunteers for transportation to a medical appointment, a trip to the grocery store or other around-town errands, please remember to give our office as much notice as possible. We require a **minimum of two days notice**, however, due to the high demand of requests and the minimal number of volunteer drivers we have, **5 days ahead of time** would be ideal.

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. We appreciate your cooperation and will get back to you as soon as possible to verify your request.

THANK YOU!

Cindi: 218-333-8264 Missy: 218-333-8266
Katie: 218-333-8262