

Thank You Board of Directors

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

Jan Loisel

First National Bank

Pam Bellows

Community
Volunteer

Jordan Lewis

Faculty Investigator on the
Memory Keepers Medical
Discovery Team at the
University of MN Duluth

Carla Mistic

Red Lake
Family & Children Services

Lisa Johnson

Sanford Bemidji Eye
Center & Optical

Sarah Reiners

Community Member

Dawn Wheeler

NW Legal Services

Ashley Charwood

Bemidji State University

Thank you!



FALL 2023 NORTHWOODS CAREGIVERS



24th Annual

Senior Community Clean-Up
SATURDAY, OCTOBER 28th, 2023
8:00 am - 1:00 pm

FREE Leaf Raking

for Seniors & Individuals living with Disabilities!

To qualify, you must live within the Bemidji city limits. Seniors must be 60+ years

NEED YOUR LEAVES RAKED?

Call 333-8261

by Friday, October 6th, 2023

You are encouraged to provide
one box of leaf bags. The filled bags
will be picked up by volunteers for
disposal at your request.



We encourage early registration
as we anticipate a waiting
list of persons in need.

Our ability to provide this service
is based solely on volunteer help.

WANT TO VOLUNTEER?

Call 333-8266

by Friday, October 6th, 2023

You can sign up to volunteer online,
simply visit NorthwoodsCaregivers.org
and click "Senior Clean-up Day"

Volunteers will receive a thank you gift!

We will have door prizes!

Please bring your own rake and
work gloves if possible.

Can't Join Us?

Donate rakes and leaf bags at
616 America Ave. Ste. 170



Volunteer Schedule:

8:00 am: Check in at the Boys & Girls club to get your assignments.
Continental Breakfast will be available

8:30 am: Volunteers rake yards

Noon: Gift certificates available to local restaurants for lunch

If you are not able to rake, please consider helping to pick up filled leaf
bags for those who are unable to haul. Leaf bags need to be returned
to our gathering site after yards are raked.

In case of bad weather listen for cancellation notices
through Paul Bunyan Broadcasting or call 218-333-8261



**Senior Community Clean-Up Day is organized by Northwoods Caregivers,
with collaboration from Community Resource Connections,
and United Way of Bemidji Area.**



Congratulations to Michelle Nelson on her new role at Northwoods Caregivers as the Home and Community Based Services Manager.

In this position her primary emphasis is on coordinating HCBS/245D services including supervision/coordination of HCBS providers including homemakers, respite providers, and other direct service providers. Michelle has been with Northwoods Caregivers for a year and a half and will continue to coordinate First City Supervised Program. Her recent accomplishments include the addition of the two new program components including:

EDUCATIONAL SUPERVISED VISITATION; Educational Supervised Visitation uses The Nurturing Parenting Curriculum in working with families at risk for abuse and neglect with children birth to 18 years. The program features activities to foster positive

parenting skills with nurturing behaviors, promote healthy physical and emotional development, and teach

appropriate role and developmental expectations

PARENTS FOREVER COURSE

Parents Forever Course is available for parents and other caregivers of children who are experiencing

divorce, separation, or changes in custody. Parents who attend a Parents Forever™ course learn valuable

skills and tools that will help to reduce the effects of the family transition on themselves and their children.

Parents Forever™ meets all 25 minimum standards required by Minnesota Statute 518.157 for Minnesota

court-ordered education. The course will take 8 hours to complete.



Congrats to Jenn Cole

as she steps into her new role as Associate Director after five years as the leader of our Dementia education and support services. Jenn's last five years has seen our primary caregiver support grow to include multiple support groups, virtual dementia tours and the Honoring Elder Wisdom Conference. Jenn has been instrumental in fund development that has directly supported primary caregivers. Jenn will still be supporting caregivers with her facilitation of the Bemidji Primary Caregiver Support Group. In this new role Jenn will be responsible for building a strong team, fostering a dynamic organizational culture and strengthening our programs and impact in our community. The Associate Director will embody and assist in the execution of its mission and vision, while upholding the organization's values. As a member of the senior leadership team the Associate Director is a key liaison between Programs, Operations and Development. This new position interacts with all programs, assists with program-focused capacity building activities, and provides vision and strategy around future organizational needs, while strengthening staff capacity and organizational culture.

We had our 25th Birthday celebration on September 6th. Here are a couple of photos from the day.

**Thank you to everyone that came to help us
Celebrate!**



Josie Prolux

Winner of the flowers



**Jenn &
Her Mom**





CAREGIVER
CONFERENCE



SAVE THE DATE

Who: Primary Caregivers

When: Saturday October 7th, 2023

Where: Adult Day Services

Time: 8:30am- 2:00 pm

Please join us for a time of learning and Fellowship.

Breakfast and Lunch will be served.

Please: RSVP to Jenn @ 218-333-8097



October

November 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 Columbus Day	10	11 SG Bemidji EC Church -1-3	12	13	14
15	16	17 SG Blackduck SC 10:30-noon 1:00-2:30 Red Lake Senior Apartments	18	19	20	21
22	23	24	25 SG Bemidji EC Church -1-3	26	27	28
29	30	31 Halloween				



November

December 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8 SG Bemidji EC Church -1-3	9	10	11
12	13	14	15	16	17	18
19	20	21 SG Blackduck SC 10:30-noon 1:00-2:30 Red Lake Senior Apartments	22 SG Bemidji EC Church -1-3	23 Thanksgiving Day	24	25
26	27	28	29	30		

For more information please call Jenn at 218-333-8097* New location Evangelical Covenant Church 5405 Hart Ln NW or Karen at 218-333-8098 all support groups are confidential, no pre- registration required.

Honoring Elder Wisdom

**Tuesday, April 16th &
17th 2024**

8am - 5pm

**Northern Lights Events Center
Walker MN**

Registration Fees & Forms: www.northwoodscaregivers.org



Foot Clinics

Wednesday October 25th

Wednesday November 29th

8:15 am to 11:30 am

616 America Ave NW, Bemidji

Just follow the signs.

**Northwood's accepts medical
assistance / waiver or \$40.00
per visit.**

**Please call to set up an
appointment.**

PH:# 218-333-8204





**616 America Ave, Suite 170
Bemidji, Mn 56601**

(218) 333-8264 or (888) 534-4432
info@northwoodscaregivers.org
www.northwoodscaregivers.org

SPONSORED BY:

**A LiveWell Grant from MN DHS, United Way of Bemidji Area, , Dancing Sky Area Agency on Aging,
Otto Bremer, Member Congregations and Private Contributions**

Cindi Lee Jernigan Executive Director 218-333-8264	Jenn Cole Associate Director 218-333-8097	Michelle Nelson HCBS Manager & First City Coordinator 218-333-8265
Denise Smid Home Health Care Manager 218-333-8204	Jennie Lake Billing & Media Coordinator 218-333-8266	Karen Bedeau Dementia Outreach Advocate 218-333-8098
Earlene Buffalo Caregiver Advocate 218-333-8264		Evelyn Bauer Office Administrative Support 218-333-8247