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SPONSORED BY:

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

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Thank You Board of

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

* **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 Mystic**
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!



SPRING 2023

NORTHWOODS CAREGIVERS



We are proud to recognize Scott Anderson as Volunteer of the year here at Northwoods Caregivers. As a part of our services, we offer transportation to individuals in the community. Most of our riders are veterans who request rides to medical appointments, pick up groceries or prescriptions in Bemidji and the surrounding area. Scott began volunteering to drive clients in May of 2022.

From then until now, he has driven 2222 miles and put in over 107 hours of his time. Many of his passengers are disabled veterans who do not have access to transportation and live well outside of city limits.

Scott shows a deep concern for all of those he transports and has formed many friendships through his volunteer services. He is a very affable, reliable, and compassionate individual. We are lucky to have him as a part of our team.

Thank you for all you do Scott

What does it mean to be a volunteer?

Visiting with Marilyn a volunteer driver since Nov. of 2022 she shared what it means to her. She was helping "Jim" for over a year, that is what brought her to Northwood's Caregiver as a volunteer. Jim requested that Marilyn be his driver as they had built that relationship. In her words "it's the Joy of being around people and helping as much as I can." Taking care of our elders with love and respect. She stated they have built a relationship as they visit on the phone as Jim does not have family in the area.

Thank you Marilyn!

In this Newsletter you'll find

What's happening

VDT - Take the tour

PTC - Don't go through it alone

TJQ - Maintain balance with exercise

Spotlight On

Volunteer Driver - Scott Anderson

Below is a summary of upcoming info to watch for in future eblasts

VDT/BSU Social work

May is Older American's month

Upcoming to watch for

MAY: Watch your mail "Happy May Day from NWCG"

VDT: May: 17th & 31st 4:00-5:30 pm In the County building break room. Please contact Jenn Cole at 218-333-8097 to register for a tour.

JUNE: NEW! PTC - NORTHOME 13TH, 14TH & 15TH - Wisdom steps with Jenn & Karen in Mahnomen

JULY: NWCG 25TH Anniversary community picnic

"Misty" commented about Tai Ji Quan: The slow movement connected with breathing, and needing to think about what was coming next. This helps with both relaxation and mental sharpness at the same time.

Tai Ji Quan: Moving For Better Balance® Classes



Sign Up Now!

Join us to improve your balance through participating in an evidence-based, adapted Tai Ji Quan program

Benefits:

- Improving muscle strength, balance, flexibility, and mobility
- Reducing risk of falls

DATE/TIME: Mondays and Fridays
10:00 to 11:00 am

LOCATION: In Person at Bemidji Senior Center

ATTIRE: Wear comfortable, cotton exercise clothing; dress light
COST: Free

INSTRUCTOR: Jenn Cole

PREREQUITES: No prior experience necessary!

REGISTER: By phone Jenn at 218 333 8097



Dancing Sky Area Agency on Aging
Minnesota Chippewa Tribe
Northwoods Caregivers
Sanford Health
Stratis Health
Wisdom Steps

Powerful Tool for Caregivers Classes:

I attended a class as an employee of Northwood's but since I have been a caregiver for years that was my focus. I was impressed with our staff, they are so caring and knowledgeable! What I learned how important it is to share your story, I realized how healing it was and that others in the group experienced the same feelings. The support I felt was overwhelming. I learned some techniques that will help me in the future. I was so thankful that I attended and would recommend it to all caregivers! Don't go through it alone!

Take Better Care of Yourself and Better Care of Your Loved One



It's not easy to care for a loved one.

We can help...



POWERFUL TOOLS
for Caregivers



When you take care of yourself, everyone benefits!

Six classes consisting of 1.5 hour sessions to be hosted at Northome Community Church located at 12071 Bartlett St. on Tuesdays starting April 25th 10am – 11:30am

Please Contact:

Jenn at
218-333-8097
For more details

Cost: \$25.00* (includes 6 classes & the Caregiver Helpbook)

*Scholarships for class fee may be available
Funding to support these classes is provided by MN DHS Livewell at Home and Dancing Sky Area Agency on Aging



CAREGIVER SUPPORT GROUPS

APRIL:

18TH SG Blackduck - Senior Center 10:30-noon

26TH - SG Bemidji - EC Church 1-3

MAY:

10TH SG Bemidji - EC Church 1-3

16TH SG Blackduck - Senior Center 10:30-noon

24TH SG Bemidji - EC Church 1-3

This is interesting and helpful!



Americans who have family members with Alzheimer's Disease have found a convenient way to keep tabs on their location - Apple Airtags.

The \$30 tracking device was initially created to help people track the location of their things using Apple's 'Find My' technology.

But some caretakers have found the device is helpful in locating their loved ones who may wander away, according to the [Wall Street Journal](#).

Those living with [Alzheimer's are prone to wandering](#). If a person becomes confused or cannot recognize their surroundings, they may begin walking.

Healthy Recipe for a Healthy Brain!



Energizing Antioxidant Smoothie Recipe

This quick, easy smoothie recipe is filled with antioxidant-rich blueberries and kale. "A number of studies have shown that dietary intake of antioxidants from fruits and vegetables significantly reduces the risk of developing cognitive impairment," says Daniel Amen, MD.

This sweet smoothie gives you a healthy dose of protein and leafy greens to start your day off right.

Ingredients:

- 1 oz pea protein powder
- 1 cup raw blueberries
- 1/2 small banana
- 1/2 cup unsweetened almond milk
- 1 cup chopped raw kale

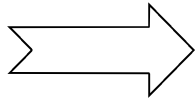
Preparation (Serves 1):

Combine all ingredients in blender and blend until smooth.

Nutritional Info:

Calories 268; fat 2.4g; sodium 106mg; carbohydrates 57.2g; protein 10.4g; fiber 6.7g

By Dr Daniel Amen, Medically reviewed Jan 2023



New & exciting research information for Alzheimer's and Dementia patients!

There's a no cost virtual presentation coming up on April 24th from 11 am to 1 pm CST that you won't want to miss.

You can register by calling the number at the bottom of the flyer to the right

Alzheimer's and Dementia: Where are we at now

WHAT THE LATEST RESEARCH IS TELLING US



Monday, April 24, 2023 | 11 a.m. - 1 p.m. CST | Virtual Presentation

Join us as we take a look at the exciting recent updates in Alzheimer's and dementia research in this no-cost presentation. Participants will hear from three experts discussing trends and treatment options. There will also be an opportunity to hear about current studies in rural and other underrepresented communities as well as how to engage in research.

PRESENTERS



LISA GROON | Senior Health Systems Director, Alzheimer's Association
Lisa Groon is an Alzheimer's Association Research Champion and is also the Senior Health Systems Director, where she specializes in quality improvement changes within health care settings—both large and small—in Minnesota, North Dakota, Iowa, Nebraska, South Dakota and Wisconsin. Lisa collaborates with health systems and providers to increase early detection and diagnosis of dementia and Alzheimer's as well as adoption of evidence-based care models to best serve those impacted by the disease.



DR. WILL MANTYH, MD | Neurologist, University of Minnesota Physicians
Dr. Mantyh is a neurologist and dementia specialist who sees patients in clinical settings and also researches new ways to diagnose dementia in the earliest stages. His work includes dementia related research in Native American communities.



DR. JOSH FERGEN, Ph.D | Senior Research Associate, Memory Keepers Medical Discovery Team, University of Minnesota, Duluth Medical School
Dr. Fergen works on research coordination for Center for Community Engaged Rural Dementia and Alzheimer's Research (CERDAR) projects focusing on rural issues related to Alzheimer's disease and dementia care, including preventative exercise programs, perceptions and understandings of dementia, and socio-cultural barriers to clinical research.



OLDER AMERICANS MONTH



AGING UNBOUND: MAY 2023

MAY is Older Americans Month

Older Americans Month began in 1963 when the National Council of Senior Citizens met with John F. Kennedy. They advocated for the needs of older adults, which led to the month of May being designated as "Senior Citizens Month." The name was ultimately changed to Older Americans Month. Every May, the Administration for Community Living encourages others to honor and acknowledge the contributions of older adults in the United States. It is a time to recognize and support the diverse aging populations of our communities. The theme for 2023 is "*Ageing Unbound.*"

Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.



Northwest Technical College

HAVE YOU EVER THOUGHT OF TAKING ONLINE CLASSES?

STUDENTS WHO ARE MINNESOTA RESIDENTS AND AGED 62+ are eligible to take reduced-priced courses at Northwest Technical College of \$12 per credit. Classes are offered in-person and online. Training on taking online courses will be provided.

Connect with others and explore your interests with \$12 online classes at NTC - Bemidji's Technical College.

CLASSES AVAILABLE:

- Intro to Gerontology:** 3 Credits
- Biology of Aging:** 3 Credits
- Death & Dying:** 3 Credits
- Dementia & Alzheimer's Care:** 3 Credits
- Psychosocial Aspects of Aging:** 3 Credits
- Healthy Aging:** 3 Credits

Looking for a different class?

Explore additional classes at <https://www.ntcmn.edu/academics/catalog/>
All of our classes are just \$12 per credit for seniors.

CONTACT NTC ADMISSIONS

at (218) 333-6600 for more information.
We'd love to see you on campus!



\$12 PER CREDIT!

It's never too late to go back to school. In fact as of a 2019 study, If you are in your fifties and considering going back to college, you are not alone. According to the National Center for Education Statistics, more than 600,000 adults age 50 and older were enrolled in a postsecondary institution. At \$12.00/credit per online class? Sure! Sign me up!

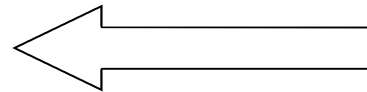
Admissions Office
(218) 333-6600 or (800) 942-8324
ntc.admissions@ntcmn.edu
TTY: (800) 627-3529
ntcmn.edu



Northwest Technical College

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On-Call Volunteer Drivers

- ◆ Provide Local Transportation and/or Grocery Shopping Assistance to Seniors or Others Living with a Disability
- ◆ On-Call Drivers are not obligated to agree to any request or commit to a certain number of Volunteer Hours
- ◆ Mileage Reimbursement, Liability Insurance, Training and Recognition Provided. Contact Michelle!
218-333-8097




We're Searching for Volunteers



During a Virtual Dementia Tour experience, trained facilitators guide participants outfitted with patented devices that alter their senses while they try to complete common everyday tasks and exercises. The Tour enables caregivers to experience for themselves the physical and mental challenges those with dementia face, and use the experience to provide better person-centered care.

The truth is that when dementia strikes, it strikes the whole community, not just the individual. The Virtual Dementia Tour was also developed to provide a way for members of the community to have a glimpse into the world of dementia... and then develop their own recommendations for their business, family, or anywhere that dementia is experienced.

There is no charge to take the Virtual Dementia Tour. Please call Jenn at 218-333-8097 to schedule your tour.



VIRTUAL DEMENTIA TOUR

HOSTED BY



May 2023 Tours:

Wednesday May 17 4:00-5:30pm

Wednesday May 31 4:00-5:30pm

Tours take place in the County Building Breakroom – please contact Jenn at 218 333 8097 to register for a tour.

The Virtual Dementia Tour is a “hands on” way to experience the physical and cognitive challenges associated with dementia. By “Walking in their shoes” you gain greater understanding of dementia and the steps you can take to improve the lives of people living with the disease

Karen Bedeau conducted a Dementia Basics/10 Warning Signs for the care giving staff at Tender Hearts Care Facility in Blackduck on March 29th. It is educational so if you haven't taken the tour, you should if you have someone in your life suffering from this disease.

Supported in part by:



Beltrami Electric Cooperative Trust



The following affects all aspects of our organization and what we do. PLEASE reach out to our state legislators to help. A few of them are listed below. Don't let them take away these much needed services. Among them that we provide are Respite, Caregiver Support Groups, Caregiver Coaching & Chore just to name a few.

Warren Limmer

Deb Kiel

Josh Heintzeman

Jeff Backer

Pat Garofalo

Greg Davids

Melissa Hortman

Gene Pelowski

Tina Liebling

Rick Hansen

Peter Fischer

Angie Craig

Steve Drazkowski

Jeremy Miller

Jim Abeler

Torrey Westrom

Jason Rarick

Bobby Champion

Northwood's Caregivers Gift

This program has been beneficial to many, but one story I would like to share was a woman who was struggling in the bathroom to get up from the toilet. Safety grab bars were installed, then a hand rail outside of the shower wall to make it safer to get in and out of the shower. This improvement not only helped the person we are serving but the family who will feel more secure for their loved one.



G.I.F.T. PROGRAM

Our **G**oal is to empower older adults to remain as **I**ndependent as possible while maintaining and enhancing quality of life through a **F**acilitated effort **T**ogether

This program provides services to older adults and their caregivers within the greater Bemidji area and surrounding counties.

Services may include:

- Heavy house work
- Yard work
- Handiwork
- Sidewalk Maintenance
- Grocery Shopping
- Minor home repair & chore including "Honey-do" tasks

Services available through December 31, 2023

For more information or to apply, please call: Perri Adelman at 218-333-8262

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Funded in part by:



United Way
of Bemidji Area

