

Thank You
Board of
Directors

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

Jan Loisel

First National Bank

Pam Bellows

Community Volunteer

Jordan Lewis

Associate Director
of 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



NORTHWOODS CAREGIVERS



Winter 2024 Newsletter



"To keep a warm heart in winter is the real victory."

- Marty Rubin



Thank You
Volunteers & Sponsors

We at Northwoods Caregivers would like to give a huge thank you to all of our Sponsors and Volunteers for making our 24th annual Senior Community Clean-up a huge success again this year. Without you all, we could not make this happen. Your generosity and contributions helped us rake 40+ yards this year and we had 150 volunteers. We are so proud of our community for their willingness to help our elderly.

You're all amazing. Thank you all so much!

- Amity Graphics
- Bemidji Sports Centre
- Image Photography
- KodaBank
- Wild Hare Bistro
- Culligan Water
- Headwaters Mutual Insurance
- Higgins Heating, Air Conditioning & Refrigeration
- Harmony Food Co-op
- Keith's Pizza
- Lueken's Village Foods
- Northway Insurance
- AmeriPride
- Big Apple Bagels
- Nei Bottling
- Coca-Cola Bottling
- Deerwood Bank
- Dondelinger GM
- First National Bank
- Hill's Plumbing & Heating
- Paul Bunyan Communications
- Raphael's Bakery
- Security Bank USA

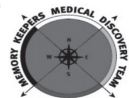
SAVE THE DATE FOR:
HONORING ELDER WISDOM
NOW A TWO DAY CONFERENCE!

TUESDAY AND WEDNESDAY APRIL 16TH-17TH, 2024

Northern Lights Events Center
6800 Y Frontage Rd. Walker, MN

CEU's will be available for healthcare
professionals who request it

Vendor booth space will be available



Medical School,
Duluth Campus
UNIVERSITY OF MINNESOTA
Driven to Discover™



Giiwediniḡ
Northland



For information call Karen Bedeau, Northwoods Caregivers, at 218-333-8098
or e-mail karen.bedeau@co.beltrami.mn.us

Foot Clinic



Upcoming Foot Clinic Dates:

Wednesday January 31st, February 28th
& March 27th

Location:

616 America Ave Suite 110, Bemidji
First floor in the Community Service Center
building downtown- follow the signs.

Northwoods Caregivers accepts medical
assistance/waiver or \$40 per visit.

Please call Northwoods Caregivers
@ 218-333-8266 to set up an appointment.

First City Visitation Facilitators

Apply today!

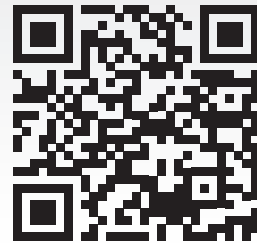
First City visitation facilitators monitor visits in a safe, neutral environment to encourage positive relationships between children and their non-custodial parent.



Students are encouraged to apply! This is a great addition to your resume, especially if you are seeking a degree in social work or community health.

To apply, please fill out our caregiver application located on our website @ www.northwoodscaregivers.org under applications. The QR code will take you there.

For more information please contact:
Michelle Nelson 218-333-8262
Michelle.Nelson@co.beltrami.mn.us



PROUD MEMBER OF

**Supervised
Visitation
Network**



EDUCATE . COLLABORATE . ADVOCATE

Thank you to everyone who came to support us at this year's Holiday Treat Sale at Northwoods Caregivers!

Your generosity made a huge difference, helping us raise funds for our First City Visitation Services. We appreciate each and every one of you for being a part of this festive and meaningful cause.



>>> January 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 <i>New Year's Day</i>	2	3	4	5	6
7	8	9	10 Bemidji Support group 1:00 to 3:00pm Ev. Cov. Church	11	12	13
14	15 <i>M.L. King Day</i>	16 Blackduck Support Group Senior Center 10:30- noon	17	18	19	20
21	22	23	24 Bemidji Support group 1:00 to 3:00pm Ev. Cov. Church	25	26	27
28	29	30	31	1	2	3

>>> February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14 Bemidji Support group 1:00 to 3:00pm Ev. Cov. Church	15	16	17
18	19 <i>Presidents' Day</i>	20 Blackduck Support Group Senior Center 10:30- noon	21	22	23	24
25	26	27	28 Bemidji Support group 1:00 to 3:00pm Ev. Cov. Church	29	1	2

>>> March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
3	4	5	6	7	8	9
10	11	12	13 Bemidji Support group 1:00 to 3:00pm Ev. Cov. Church	14	15	16
17	18	19 Blackduck Support Group Senior Center 10:30- noon	20	21	22	23
24	25	26	27 Bemidji Support group 1:00 to 3:00pm Ev. Cov. Church	28	29 <i>Good Friday</i>	30
31 <i>Easter Sunday</i>	1	2	3	4	5	6

For more information about our support groups please call Jenn at 218-333-8097, Karen at 218-333-8098, or Earlene at 218-333-8265

**Evangelical Covenant Church
5405 Hart Ln. NW, Bemidji**

**Blackduck Senior Center
24 1st St. NE, Blackduck**

Red Lake & Cass Lake support group information will be updated on our Facebook page.

All support groups are confidential. No pre-registration required.