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

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NORTHWOODS CAREGIVERS

Winter 2025 Newsletter



Thank You Volunteers & Sponsors

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- Sanford Health
- Security Bank
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- TruStar Federal Credit Union
- Waste Management
- Wild Care Bistro and Coffee



See you all again next year!

Upcoming Events

February 26th: Foot Clinic

March 26th: Foot Clinic

April: 30th: Foot Clinic

June: CNA Reimbursement opportunity through June 2025. Call our office for more details.

Upcoming Caregiver Classes

PTC (Powerful Tools for Caregivers): This 6 week evidence based class has been developed to give you skills to take care of yourself while caring for someone else. By taking care of your own health and wellbeing, you become a better caregiver. Class participants are given the Caregiver Help book to accompany the class and provide additional caregiving resources. Caregiving can take many forms. Whether you provide care for a spouse, partner, parent, or friend; at home or in a care facility; whether down the block or miles away, yours is an important role. This class will give you tools to help: Reduce stress, improve self-confidence, manage time, set goals, and solve problems, better communicate feelings, make tough decisions, and locate helpful resources.

CDSMP (Chronic Disease Self Management Program): This evidence-based program is designed to help people learn techniques and strategies for the day-to-day management of ongoing health conditions. Topics include appropriate exercise for maintaining and improving strength and endurance, fall prevention, healthy eating, breathing techniques, communication, and more.

TJQMBB (Tai Ji Quan Moving for Better Balance): This is an evidence-based balance training and fall prevention program for older adults. The goals of the program are to improve both static and dynamic postural stability, mindful control of body positioning in space, functional walking activities, movement symmetry and coordination, and to increase range of motion around the ankle joints and build lower-extremity strength.

PEARLS (Program to Encourage Active and Rewarding Lives): One-on-one training free to the public. This evidence-based program educates older adults about what depression is, and empowers them with new skills for living healthier, happier lives.

REACH: This evidence-based program helps caregivers of people with dementia or other chronic conditions. REACH can help caregivers learn to manage stress, solve problems, and improve their ability to cope.

Caregiver Support Groups: Monthly caregiver support groups. See support group schedule for more information.

May is Dementia Awareness Month. Stay tuned for upcoming events and activities throughout May, including:

-Walks for awareness in Bemidji and Red Lake

-VDT (Virtual Dementia Tour) in Walker at the Northern Lights Casino.

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. **Participants will receive a gift card as thank you.**

If you are interested in attending any of our upcoming classes or would like more information, please call Jenn at 218-333-8097 or our mainline 218-333-8264

Caregiver Support Groups

Caregiver Support Group Information

All caregiver support groups are confidential, no pre-registration required.

Bemidji Evangelical Covenant Church 5405 Hart Ln NW, Bemidji	2nd & 4th Wednesday of the Month 1:00pm-3:00pm
Blackduck Senior Center 24 1st St. NE, Blackduck	3rd Tuesday of the Month 10:30am-12:00pm
Red Lake Senior Apartments 2486 Hospital Rd, Red Lake	3rd Tuesday of the Month 1:00pm-2:30pm
Cass Lake Cass Lake St. Peter's Episcopal Church Contact Earlene at 218-333-8261	2nd Tuesday of the Month 1:00pm

For questions, please call Northwoods Caregivers office at 218-333-8264



Welcome to the Team!



Antoinette Malone
Home and Community Based Services Manager &
First City Visitation Coordinator

Antoinette joined our admin team in October of 2024 as the Home and Community Services Manager and First City Visitation Coordinator. As the HCBS Manager, she oversees the coordination of our respite and homemaking programs and works with all the components to keep our 245D License. She is in the middle of her Dementia Capacity and Caregiver Coaching Training and has already completed more than 80 hours in supervised visitations through the SVN Worldwide organization. She is a wonderful addition to our team, and we are lucky to have her!

Get Involved! Volunteer & Employment Opportunities



Now Hiring RNs & PHNs

Position Information:

- ▶ Flexible schedule with part-time or full-time opportunities available
- ▶ Independent contractor starting at \$32/hour
- ▶ Home care visits at clients residence
- ▶ \$1000 sign on bonus after 90 days

Requirements:

- ▶ Current RN license in good standing
- ▶ Ability to pass a criminal background check
- ▶ Previous home care experience preferred but not required
- ▶ Valid drivers license and reliable transportation



To Apply:

- ▶ Visit our website at northwoodscaregivers.org > applications > caregiver application to print off an application
- ▶ Or scan QR Code for link to application to print
- ▶ Or stop by our office at 616 America Ave Suite #110 for a paper application



Northwoods Caregivers is a non-profit agency that has been a part of the community for over 25+ years, providing home based services. Our main office is located in Bemidji @ 616 America Ave Suite #110

If you have any questions about this position, please contact Cindi or Denise at 218-333-8264

Now Hiring For Respite!

Become a respite provider today to provide a break to primary caregivers and help with daily activities, such as:

- **Transfers**
- **Exercising**
- **Dressing**
- **Bathing**
- **Companionship**
- **Meal Prep**



Flexible hours, you set your own schedule with your clients! Visits are a minimum of 2 hours. CNA training required.

Pay starting at **\$20/hour** & **\$250 Sign On Bonus!**

Applications to print @ Northwoodscaregivers.org
Or scan QR code for link



For more information:
218-333-8262 or 218-333-8264
info@northwoodscaregivers.org



VOLUNTEER DRIVERS NEEDED

Volunteer drivers provide transportation to medical appointments, shopping, and small errands to seniors and people living with a disability. Volunteer drivers receive mileage reimbursement of \$0.70/mile, recognition, and are covered under the program's liability insurance.



APPLY TODAY!

Please fill out our caregiver application available on our website NorthwoodsCaregivers.org
Or contact Evie at 218-333-8247

Make a difference in your community!



To apply for any position, please fill out our caregiver application located on our website.

Website: Northwoodscaregivers.org

If you need assistance with printing the application, please call our office and we will be happy to help.

Office: 218-333-8264

All caregivers must be able to pass background checks.

If you would like to support Northwoods Caregivers mission of "Connecting, Enriching, and Empowering the lives of Northwoods Individuals and their Families," please consider volunteering or donating to our non-profit organization. Please visit our website at northwoodscaregivers.org or call our office 218-333-8264 for more information. All donations are tax deductible.

Services Offered

Volunteer Services

Volunteers provide services such as transportation to medical appointments, grocery shopping assistance, and friendly visiting to seniors and people living with a disability. Transportation Fees apply to the care receiver and are based on a sliding fee scale, according to their household income. All volunteers receive Mileage Reimbursement, recognition, and are covered under the program's liability insurance. Volunteer as little or as much as you'd like. For more information, please contact Evelyn 218-333-8247.

Respite Services

In-home respite care provides a break to primary caregivers who are caring for a loved one and just need a break! Northwoods Caregiver Respite Providers are Certified Nursing Assistants, RN's or LPN's and have all passed several background and reference checks. They can help with daily activities such as: safety and supervision to complete tasks, transfers, meal preparation, feeding, exercising, dressing, bathing, and companionship. Care is based on a fee per home and may be paid by county AC/EW payments.

Homemaking Services

Homemaking services are provided to seniors and people living with a disability who are in need of assistance with daily household duties, such as dishes, dusting, bathroom, laundry, changing bedding, vacuuming, light meal preparation, and grocery shopping. Services are available on a Private Pay basis or through the Alternative Care/Elderly Waiver programs through your county. Each Homemaker has passed several background and reference checks.

Caregiving Coaching & Support

Caregiver coaching is a personalized service that equips family caregivers with knowledge, skills, and tools needed to develop themselves and their role as caregivers. Caregiver Support groups are held in Bemidji, Red Lake, Blackduck, and Cass Lake at no cost. They are open to the public and focus on different topics each month. No preregistration is required. For more information, please contact Jenn 218-333-8097.

First City Visitation & Exchange

The mission of First City is to offer a neutral, safe, and child-friendly space where children and parents can experience supervised visitations or exchanges that are safe and conflict free. Services are provided on a sliding fee scale. Fees must be paid in advance before a visit or exchange can take place. To schedule an intake interview please call Antoinette 218-333-8262. We have served over 350 families in the last 15 years.

Home Health Services

Home Health services provide skilled, non-skilled, and maintenance visits from a Registered Nurse along with Home Health Aide assistance with ADLs (Activities of Daily Living). Home Health Services provide assistance that allows clients to remain in their home and as independent as possible while receiving the care they need. In order to ensure the safety of our clients, all of our Home Health Providers must pass an extensive background check (criminal, personal, and professional references). Additionally, each of our Home Health Providers has experience working with seniors and those living with special needs. All staff receive specialized dementia training and are supervised by a Registered Nurse. For more information, please contact Denise 218-333-8204.

Apply for Services

To receive our services, an application must be on file.

Applications are available on our website:
Northwoodscaregivers.org/carereceiver-application

Or call our office and we will mail you an application.
Bemidji (218)-333-8264 Toll Free (888)-534-4432





616 America Ave, Suite 110
Bemidji, MN 56601

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

Northwoods Caregivers is Sponsored By:

United Way of Bemidji Area, Dancing Sky Area Agency on Aging, Central MN Council on Aging, LWAH Caregiver 2.0, MN Board on Aging, Medica Foundation, Radiothon to End Child Abuse, Member Congregations and Private Contributions.

<p>Cindi Lee Jernigan Executive Director 218-333-8264</p>	<p>Jenn Cole Associate Director 218-333-8097</p>	<p>Denise Smid Home Health Care Manager 218-333-8204</p>
<p>Earlene Buffalo Caregiver Advocate & Billing Specialist 218-333-8261</p>		<p>Karen Bedeau Dementia Outreach Advocate 218-333-8098</p>
<p>Katelin McDonald Homecare Program Specialist & Media Coordinator 218-333-8266</p>	<p>Antoinette Malone HCBS Manager & First City Coordinator 218-333-8262</p>	<p>Evelyn Bauer Office Administrative Support & Transportation 218-333-8247</p>