

Thank You
Board of
Directors

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

Dawn Wheeler
NW Legal Services

Jan Loisel
Community
Member

Sarah Reiners
Community
Member

Pam Bellew
Community
Member

Carla Mistic
Community
Member

Lisa Johnson
Sanford Bemidji Eye
Center & Optical

Ashley Charwood
Bemidji State
University

Rebekah Fineday
Sanford Health



Newsletter Fall 2025



26th Annual

Senior Community Clean-Up
SATURDAY, OCTOBER 25th, 2025

8:00 am - 2:00 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 218-333-8265

by Thursday, October 17th, 2025

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.

Volunteers Schedule:

8:00am: Group Leader check in at the BOYS & GIRLS CLUB to get your assignments. Continental Breakfast will be available.

8:30am: Volunteers rake yards and bring leaves back

Noon: Gift certificates available to local restaurants for lunch and door prizes distributed

If you are not able to rake, please consider helping 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 218-333-8265 and listen to the recorded message.

**WANT TO
VOLUNTEER?**

Call 218-333-8266

by Thursday, October 17th, 2025

You can sign up to volunteer online by visiting NorthwoodsCaregivers.org and clicking "Senior Clean-up Day"

Volunteers will receive a thank you gift!

There will be door prize drawings!!
Including: Xbox Series S, Beats by Dre Speaker & headphones, and more!!!

Please bring your own rake and work gloves if possible. Rakes available for checkout.

Can't Join Us?

Donate rakes and leaf bags at
616 America Ave. Suite 110



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

Upcoming Events

- October 4th: Caregiver conference in Cass Lake 9:00am-12:00pm
- October 13th: Office Closed for Indigenous People's Day/Columbus Day
- October 18th: Bemidji Caregiver Conference at Adult Day Services 9am-12pm. Registration begins at 8:30am. *If you are a caregiver who would like to attend but in need of respite care, please call our office for free respite during the event. First come first serve basis. 218-333-8264
- October 25th: Senior Community Clean-Up 8:00am-2:00pm
- October 29th: Foot Clinic in our office
- October 30th: Diabetes and Chronic Disease Self-Management classes start
- November 1st: Caregiver conference in Cass Lake 9:00am-12:00pm
- November 14th: Northwoods Caregivers staff to speak at MN State Caregiver Symposium
- November 22nd: Foot Clinic in our office
- November 27th: Office closed for Thanksgiving
- December 11th-12th: Treat Sale in Community Service Center lobby & our office Suite 110 Deliveries also available! Please call 218-333-8264 for orders. This fundraiser supports our First City Visitation program.

For additional information or to register for an event, please call our office at 218-333-8264
You can also like us on Facebook & Instagram to stay up to date with the latest news and events!

Everyone is welcome!

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

Cass Lake

St. Peter's Episcopal Church
301 Cedar Ave, Cass Lake
2nd Tuesday of the Month
1:00pm-2:30pm

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

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



Bulletin Board

HOLIDAY TREAT SALE

Join us on Thursday & Friday December 11th & 12th for our annual holiday treat sale!

Northwoods Caregivers will be selling boxes of homemade goodies in the Community Service Center building @ 616 America Ave NW, Bemidji, MN

We will be in the lobby Thursday morning and Friday in suite 110 until 5pm or sold out.

All proceeds go to help support First City Supervised Visitation Services, a program of Northwoods Caregivers.

**\$8 for box,
7-8 treats per box!**

Foot Clinic

Upcoming Foot Clinic Dates:

October 29th, November 19th & December 31st

Location:

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

Northwoods Caregivers accepts \$40 per visit in cash or check.

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



Save the date!

Memory Cafe and Respite Saturday at Adult Day Services

in December. Caregivers are invited to bring their loved ones for some coffee and conversation. To RSVP call Jenn at 218-333-8097

Honoring Elder Wisdom Conference 2026

April 22nd & 23rd

For questions, contact Karen at 218-333-8098

Northwoods Caregivers

Is hiring for the

Following positions:

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Homemakers  
Respite Providers  
Home Care RNs

Volunteer Drivers needed for local transportation

To apply, please call our office 218-333-8262

Must pass background checks before starting

### Diabetes & Chronic Disease

### Self-Management

Are you or someone you know living with an ongoing health condition? Take control of your health with a 6 week self-management workshop. This class is available to anyone 60 and over. Those completing a Class Series will receive a local grocery store gift card!



### Take One Class Series or Both

TIME: Begins October 30th, 10:00am-3:00pm

Lunch will be served between the two classes!

LOCATION: St. Peter's Episcopal Church, 301 Cedar Ave, Cass Lake, MN 56633

To learn more and register:

Call: (218)-333-8097

Email: Jenn.Cole@co.beltrami.mn.us



### Caregiver Conference

Hosted by:

In appreciation of all you do,  
Let us take care of you while you enjoy  
time with other caregivers and learn  
from Professionals who are dedicated  
to supporting you.

Saturday November 1st 9:00-12:00  
Registration & Breakfast at 8:30  
St. Peter's Episcopal Church  
301 Cedar Ave Cass Lake, MN 56633

#### Topics include:

Dementia, Brain Health,  
Positive Self-Care and Healthy Aging

Breakfast will be provided.

\*RSVP to Earlene at 218-333-8261\*

We look forward to serving you!

This event is sponsored in part by:



We are excited to share that this year we will be holding one in Bemidji AND one in Cass Lake for the first time ever! We are dedicated to serving and supporting caregivers in both communities, and are looking forward to seeing you there! Please RSVP as soon as you are able, and if you are attending the caregiver conference in Bemidji, we are offering free in home respite care for your loved one so you can attend with piece of mind. Free respite for this event is on a first come first served basis.

### Caregiver Conference

Hosted by:

In appreciation of all you do,  
Let us take care of you while you enjoy  
time with other caregivers and learn  
from Professionals who are dedicated  
to supporting you.

**Topics include:**  
Dementia,  
Brain Health,  
Positive Self-Care  
and Healthy Aging

Respite available at no  
charge to family caregivers  
on a first come first served  
basis. Please call Jenn at  
218-333-8097

Breakfast will be provided

Saturday  
October 18th  
9:00am-12:00pm  
Registration/Breakfast at  
8:30am  
Adult Day Services  
620 Carr Lake Rd.  
Bemidji

We look forward to serving you!

This event is sponsored in part by:



# **Minnesota Home Care Bill of Rights for Clients of Licensed Only Home Care Providers**

As a licensed Home Care provider, we post this annually

## **Statement of Rights**

A client who receives home care services in the community has these rights:

1. Receive written information, in plain language, about rights before receiving services, including what to do if rights are violated.
2. Receive care and services according to a suitable and up-to-date plan, and subject to accepted health care, medical or nursing standards and person-centered care, to take an active part in developing, modifying, and evaluating the plan and services.
3. Be told before receiving services the type and disciplines of staff who will be providing the services, the frequency of visits proposed to be furnished, other choices that are available for addressing home care needs, and the potential consequences of refusing these services.
4. Be told in advance of any recommended changes by the provider in the service plan and to take an active part in any decisions about changes to the service plan.
5. Refuse services or treatment.
6. Know, before receiving services or during the initial visit, any limits to the services available from a home care provider.
7. Be told before services are initiated what the provider charges for the services; to what extent payment may be expected from health insurance, public programs, or other sources if known; and what charges the client may be responsible for paying.
8. Know that there may be other services available in the community, including other home care services and providers, and to know where to find information about these services.
9. Choose freely among available providers and to change providers after services have begun, within the limits of health insurance, long-term care insurance, medical assistance, other health programs or public programs.
10. Have personal, financial, and medical information kept private, and to be advised of the provider's policies and procedures regarding disclosure of such information.
11. Access the client's own records and written information from those records in accordance with Minnesota Health Records Act, Minnesota Statute, Sections 144.291 to 144.298.
12. Be served by people who are properly trained and competent to perform their duties.
13. Be treated with courtesy and respect, and to have the client's property treated with respect.
14. Be free from physical and verbal abuse, neglect, financial exploitation, and all forms of maltreatment covered under the Vulnerable Adults Act and the Maltreatment of Minors Act.
15. Reasonable, advance notice of changes in services or charges.
16. Know the provider's reason for termination of services.
17. At least ten calendar days' advance notice of the termination of a service by a home care provider. This clause does not apply in cases where:
  - The client engages in conduct that significantly alters the terms of the service plan with the home care provider;
  - The client, person who lives with the client, or others create an abusive or unsafe work environment for the person providing home care services; or
  - An emergency or a significant change in the client's condition has resulted in service needs that exceed the current service plan and that cannot be safely met by the home care provider.
18. A coordinated transfer when there will be a change in the provider of services.
19. Complain to staff and others of the client's choice about services that are provided, or fail to be provided, and the lack of courtesy or respect to the client or the client's property, and the right to recommend changes in policies and services, free from retaliation, including the threat of termination of services.
20. Know how to contact an individual associated with the home care provider who is responsible for handling problems and to have the home care provider investigate and attempt to resolve the grievance or complaint.
21. Know the name and address of the state or county agency to contact for additional information or assistance.
22. Assert these rights personally, or have them asserted by the client's representative or by anyone on behalf of the client, without retaliation.
23. Place an electronic monitoring device in the client's or resident's space in compliance with state requirements.

# Highlighting Some of Our 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 cost share 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, and they also complete yearly education requirements following 245D licensing standards.

## 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 pre-registration 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 ADL's (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 first be on file.**

Applications are available on our website:

[Northwoodscaregivers.org/care receiver-application](http://Northwoodscaregivers.org/care receiver-application)

Or call our office and we will mail you an application.

Bemidji (218)-333-8264 Toll Free (888)-534-4432

Our service area includes the following counties:  
Beltrami, Lake of the Woods, and parts of Clearwater,  
Cass, Hubbard and Koochiching.





616 America Ave, Suite 110  
Bemidji, MN 56601

(218) 333-8264 or (888) 534-4432

Nice@paulbunyan.net

northwoodscaregivers.org

Northwoods Caregivers is Sponsored By:

United Way of the Bemidji Area, Dancing Sky Area Agency on Aging, Central MN Council on Aging, Live Well at Home Grant, MN Board on Aging, Medica Foundation, Age-Friendly Minnesota, Radiothon to End Child Abuse, DAV, Member Congregations and Private Contributions.

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Executive Director  
218-333-8264

Jenn Cole  
Associate Director  
218-333-8097

Denise Smid  
Home Health Care Manager  
218-333-8204

Earlene Buffalo  
Caregiver Advocate  
218-333-8261



Karen Bedeau  
Dementia Outreach Advocate  
218-333-8098

Katelin McDonald  
Office Manager &  
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