

Thank You
Board of
Directors

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

Caregivers!

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Newsletter Spring 2025

DEMENTIA AWARENESS

Join us this May for a month filled with events and activities
geared towards dementia and Alzheimer's awareness.



Upcoming Events

May 22nd: Virtual Dementia Tour in Cass Lake

May 28th: Foot Clinic

May 31st: "Walk Down Memory Lane," A Walk to Create Alzheimer's Awareness at the Sanford Center

June 11-12th: Booth and VDT at Wisdom Steps

June 25th: Foot Clinic

June 28th: Respite and Memory Cafe at Adult Day Services Bemidji

June: Chronic Disease Self-Management Program (CDSMP) in Cass lake

June: CNA Reimbursement opportunity through June 2025.

July 24th: Red Lake Health Fair Booth

For additional information or to register for an event, please call our office at 218-333-8264

You can also like us on Facebook to stay up to date with the latest news and events!

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



Dementia Facts

1. **Dementia** is a term used to describe different brain disorders that affect memory, thinking, behavior and emotion.
2. There is currently **no** cure for **Dementia**, but a range of support is available for people with **Dementia** and their carers.
3. **Dementia** knows no social, economic, or ethnic boundaries.
4. There are currently estimated to be over **55 million** people worldwide living with **Dementia**. The number of people affected is set to rise to **139 million by 2050**, with the greatest increases in low and middle income countries.
5. Up to **three quarters** of those with **Dementia** worldwide have **not received a diagnosis**.
6. Over 50% of caregivers globally say their overall health has suffered as a result of their caring responsibilities even whilst expressing positive sentiments about their role.



Tips for a Healthy Brain

Stay Physically Active

Adopt a Healthy Diet

Stay Mentally and Socially Active

10 Early Signs and Symptoms

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality



We are Dementia Friends! Check out dementiafriendsusa.org to become a Dementia Friend.

Northwoods Caregivers is a proud member of:



**Giiwedinong
Northland**

Client Stories

Julie became a caregiver for her mother, Frances, after an Alzheimer's diagnosis led her to move in with Julie and her husband, Jim. At first, Julie struggled—overwhelmed by caregiving's demands and misinterpreting her mother's behaviors as intentional frustration. Through Northwoods Caregivers' respite program, she found relief, enabling her to attend support groups where she gained vital education, community, and understanding. Learning that Frances's actions were symptoms of the disease—not deliberate—transformed Julie's perspective. Her mental health improved, and she no longer felt alone. When Frances passed, the support group rallied around Julie, attending the memorial and providing comfort. She remains connected to these friends, continuing to champion the power of shared compassion and understanding.

Debbie always cherished time with family, even before her dementia diagnosis. As her memory and health declined, daily tasks became more challenging, and in-person visits grew less frequent. With Northwoods Caregivers' respite support, her family found relief and time to explore long-term care options. The caregivers became a comforting presence, offering companionship and assistance. When Debbie transitioned to a permanent placement, her family expressed deep gratitude, with one of her children saying, "Peace of mind is priceless."



Linda joined a DSMP class in 2024 to manage her diabetes while caring for her husband, Tom. The facilitator, a caregiver coach, introduced her to Northwoods Caregivers, sharing resources for future support. At the time, Linda felt confident in her role, but five months later, the demands of around-the-clock caregiving left her exhausted. Remembering the card she'd received, she reached out for help. With homemaking and respite care services, plus a monthly support group, Linda regained balance. She now feels healthier and more optimistic, grateful for the support that transformed her well-being.

George, 85, lives alone above his beloved shop, where he still works full-time honing his craft. While he enjoys reminiscing about hunting and time with friends, losing his ability to drive has severely limited his independence—especially for essential errands and medical visits. Frustrated by slow-healing wounds after a hospital stay, George reached out to Northwoods Caregivers for skilled nursing (SN) support. Concerned about cost, he initially requested monthly visits, planning to change dressings himself. However, after the first visit, he saw real improvement and agreed to more frequent care. As his wounds healed, George found comfort in having a trusted caregiver who explained each step, reassured him, and involved him in his care decisions. He now feels hopeful about recovery, grateful for the personalized support that helped him regain control over his health.

Donate

Connecting, Enriching, and Empowering the Lives of Northwoods Individuals and Families is the mission of Northwoods Caregivers. This mission defines all of the services we provide to our clients and their families.

Make a charitable contribution today to support our mission.

Checks can be mailed to: Northwoods Caregivers 616 America Ave Suite #110, or
Donate on our website at: NorthwoodsCaregivers.org/donate

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 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.

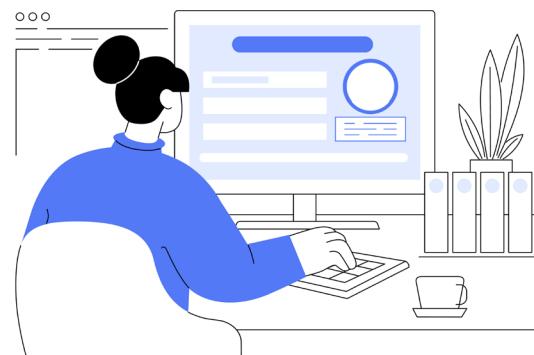
Applications are available on our website:

Northwoodscaregivers.org/care receiver-application

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
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.

Cindi Lee Jernigan 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 & Billing Specialist 218-333-8261	 The logo for Northwoods Caregivers features a stylized blue icon of three interlocking shapes resembling hands or stylized human figures. To the right of the icon, the word "NORTHWOODS" is written in a large, bold, black sans-serif font. Below "NORTHWOODS", the word "CAREGIVERS" is written in a smaller, blue sans-serif font.	Karen Bedeau Dementia Outreach Advocate 218-333-8098
Katelin McDonald Office Manager & Media Coordinator 218-333-8266	Antoinette Malone HCBS Manager & First City Coordinator 218-333-8262	Evelyn Bauer Intake Specialist & Transportation 218-333-8247