

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 Summer 2025

### Volunteer Drivers Needed!

Volunteer drivers provide transportation to seniors and people living with a disability. Volunteer drivers receive federal mileage reimbursement of \$.70/mile, recognition, and are covered under the program's liability insurance.

Examples of Local Transportation Provided:

- Rides to Medical Appointments (if not on MA)
- Trips to the Grocery Store
- Transportation to Social Events



### Volunteer to Rake This Fall!

It's time to get a group together and volunteer to rake seniors yards for our annual Senior Community Clean-Up event

In Bemidji  
On October 25th, 2025



To register to volunteer, please call 218-333-8266 or  
Register online  
[northwoodscaregivers.org/senior-cleanup-day/volunteer-registration/](http://northwoodscaregivers.org/senior-cleanup-day/volunteer-registration/)

## Upcoming Events

- August 16th: Provider CPR/1st Aid Training 8am-1pm
- August 20th: Alzheimer's Disease with Dr. J. Gaugler: Northwoods service information
- August 27th: Foot Clinic in our office 8:15am-11:15am
- September (to be determined): Respite Education and Support Tools (REST) in Cass Lake
- September (to be determined): Caregiver Conference in Cass County
- September 24th: Foot Clinic in our office 8:15am-11:15am
- September 26th: Alzheimer's Walk & Brain Train, Red Lake
- September 27th: Weekend Respite and Memory Cafe at Adult Day Services Bemidji
- October 18th: Bemidji Caregiver Conference at Adult Day Services 8am-1pm. \*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 8am-2pm

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!

## Caregiver Support Groups

***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

### **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



## What We've Been Up To

### Brain Train Event in Cass Lake June 6th, 2025

Northwoods Caregivers along with the University/ Memory Keepers, sponsored a “Brain Train” event on June 6th, at the Cedar Lakes Event Center in Cass Lake. Research shows that almost half of all dementia cases are preventable by doing things to keep active, protecting against memory decline as we age. This includes a healthy lifestyle with eating foods that provide essential nutrients, keeping active with a routine physical of body movements, challenging our minds to exercise our brain and engaging the community with family, friends, and neighbors. The brain train consisted of 12 stations offering information on healthy aging, making a body-mind connection to keep active, and service organizations to help us navigate issues that arise as we age.

Approximately 120 people attended the event, gathering information and speaking with staff from the various stations.



### “A Walk Down Memory Lane,” Event May 31st, 2025

Northwoods Caregivers held its first annual “A Walk Down Memory Lane” at the Sanford Center in Bemidji—a morning filled with compassion, community, and powerful storytelling. Participants walked in honor of those affected by Alzheimer’s and dementia, sharing memories and raising awareness with every step. The event wasn’t just a walk, it was a visible statement of support and unity. We’re grateful to everyone who joined us, and we welcome continued conversations around resources, caregiving, and hope.



### Respite & Memory Cafe at Adult Day Services, June 21st, 2025

Thank you to Adult Day Services for allowing us to use their beautiful facility for our event. Primary caregivers had the option to drop off their loved ones for a couple hours during our weekend respite event. Some caregivers chose to bring their loved one and join us. Our trained staff at Northwoods provided respite care as well as caregiver support. We look forward to holding a similar event in Cass County soon!



## Cost Share Statement

Northwoods Caregivers appreciates the support of our grant funders that you will find listed at the end of each newsletter and the volunteers that donate their time to events like Senior Community Clean Up, serve on our Board of Directors and Advisory Committee and provide volunteer based transportation. Many of our services have costs above what our funders are able to help with including fixed costs that go above what we are able to write grants to help cover such as personnel, our direct service providers including our respite providers, home-makers, chore and handy-persons, RN's office rent, supplies, utilities, insurances, mileage reimbursement. The program fees and cost shares or any donations are what keeps our programs running and our doors open. With our Caregiver Support Program including our support groups, Powerful Tools for Caregivers Classes, REACH, REST, Virtual Dementia Tours, Caregiver Conference and our Chore and Home Modification Program (Gift) program- which allows us to put up grab bars, handrails, and help with heavier chores; these programs are supported by Federal Title III E dollars and Title III B dollars. Each year in order to keep receiving these funding streams- which get smaller each year- we ask that you consider giving any amount as a donation or that if you have been directly helped by one or more of these services that you use the tables listed below to determine a suggested amount to contribute for services that you received if you are able and willing to do so. Do not pay the caregiver coach, support group facilitator, chore or home modification providers. Send all contributions or cost shares to the office location at Northwoods Caregivers at 616 America Ave #110 Bemidji, MN 56601. Contributions are tax deductible.

On behalf of all of our staff and the communities that we serve, Thank You! Please note that NO ONE will be denied services because he or she is unable or unwilling to make a contribution.

*Cindi Lee Jernigan, Executive Director*

### ***Suggested Cost Share for Caregiver Support Services      Suggested Cost for GIFT Services***

| <b>Income Level<br/>Household size of 1</b> | <b>Caregiver Coaching- one to one –</b> | <b>Full Group Sessions- Powerful Tools, Caregiver Conference, REST, REACH, minimum of 6-9 hrs</b> | <b>Income Level<br/>Household size of 1</b> | <b>Chore<br/>Includes outside chore, raking, heavy homemaking, changing light bulbs, batteries in alarms<br/>PER Hour</b> | <b>Home modification-<br/>PER PROJECT<br/>Includes grab bars, leaking toilets, minor home repairs, installing ring camera- includes up to \$100 in supplies</b> |
|---|---|---|---|---|---|
| \$0-\$15,650                                | Voluntary Contribution                  | Voluntary Contribution  | \$0-\$15,650                                | Voluntary Contribution  | Voluntary Contribution  |
| \$15,651-\$23,475                           | \$15.56                                 | \$147.56  | \$15,651-\$23,475                           | \$8.83  | \$33.29   |
| \$23,476-\$39,125                           | \$31.25                                 | \$295.14  | \$23,476-\$39,125                           | \$17.67   | \$66.57   |
| \$39,126+                                   | \$62.50                                 | \$590.27  | \$39,126+                                   | \$35.33   | \$133.14  |

# 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, LiveWell 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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|---|---|--|
| Cindi Lee Jernigan<br>Executive Director<br>218-333-8264                  | Jenn Cole<br>Associate Director<br>218-333-8097   | Denise Smid<br>Home Health Care Manager<br>218-333-8204            |
| Earlene Buffalo<br>Caregiver Advocate<br>218-333-8261                     |  The logo for Northwoods Caregivers features a stylized blue icon of three interconnected human figures on the left, followed by the text "NORTHWOODS" in a large, bold, black sans-serif font, and "CAREGIVERS" in a smaller, blue sans-serif font below it. | Karen Bedeau<br>Dementia Outreach Advocate<br>218-333-8098         |
| Katelin McDonald<br>Office Manager &<br>Media Coordinator<br>218-333-8266 | Antoinette Malone<br>HCBS Manager &<br>First City Coordinator<br>218-333-8262   | Evelyn Bauer<br>Intake Specialist & Transportation<br>218-333-8247 |