

Thank You Board of Directors

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

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Newsletter Summer 2026

Miigwech & Thank You!

HONORING ELDER WISDOM CONFERENCE



Miigwech to everyone who joined us in Walker to learn, connect, and celebrate the knowledge and strength our elders bring to our communities. Your presence helped create a truly meaningful gathering.

Special thanks to the Northern Lights Event Center staff, our generous sponsors, and the volunteers whose support made this gathering possible.



Giiwednong Northland



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Upcoming Dates

July 3rd: Office Closed in observation of Independence Day

July TBD: REST (Respite Education and Support Tools) Training in Cass Lake. This is an 8 hour class. Call our office to register!

July 29th: RN Foot Care Clinic in our office, Call to schedule 218-333-8266

August 3rd, 10th & 17th: Powerful Tools for Caregivers series in Cass County. Call to register!

August 26th: RN Foot Care Clinic in our office, Call to schedule 218-333-8266

September 7th: Office Closed for Labor Day Holiday

September 30th: RN Foot Care Clinic in our office, Call to schedule 218-333-8266

October 24th: Senior Community Clean Up Event in Bemidji

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

Cass Lake

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

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



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**

Spotlight

At Northwoods Caregivers, our homemakers do far more than tidy a room or check off a task list — they bring comfort, dignity, and peace of mind into the homes of those who need it most. Their work is personal, attentive, and rooted in genuine care. Every visit is an opportunity to make someone's day easier, safer, and a little brighter. We recently received a letter that beautifully captures the impact our homemakers have in the lives of our clients:

"We want to give our deep thanks to you for finding such an exquisite match for us when you sent Abbie to us. What a sweet, intelligent, and considerate young woman. Her willingness and competence were extraordinary and we miss her deeply. Thank you for your part in the deal. We so appreciate what all of you have done for us. With so much gratitude, K"

Thank you Enbridge!

Thank you to Enbridge for supporting our First City Visitation and Safe Exchange Program. Their generosity helps ensure local families have a safe, neutral space for supervised visits and exchanges.



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 Bemidji MN 56601, or

Donate on our website at: NorthwoodsCaregivers.org/donate

Services Offered

Volunteer Transportation Services

Volunteers provide transportation services to medical appointments and grocery shopping. Transportation Fees apply to the care receiver and are based on a sliding fee scale, according to their household income. Max of 2 rides per week and we must have 7 business days notice. 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.

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 or have passed the REST training, 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 family 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, Itasca, 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:

Northwest MN Foundation, 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, Enbridge, Member Congregations and Private Contributions.

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