



Newsletter Winter 2026



WHEN

Tuesday and Wednesday
April 21st & 22nd, 2026



WHERE

Northern Lights Events Center
6800 Y Frontage Rd. Walker, MN



WHO

Elders, caregivers, family and
health professionals interested
in learning about healthy aging
and brain health



CONTACT

Karen Bedeau
Northwoods Caregivers
218-333-8098
karen.bedeau@co.beltrami.mn.us

Save the Date for: Honoring Elder Wisdom

A two-day conference to learn and
hear from medical professionals and
others who cherish the wisdom of our
elders to take care of our health and
each other.

DETAILS

CEU's will be available for healthcare professionals
and those who request it.

**Vendor booth space available \$50/table for two
days**



Thank You Board of Directors

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

Dawn Wheeler
NW Legal Services

Sarah Reiners
Community
Member

Carla Mystic
Community
Member

Ashley Charwood
Bemidji State
University

Jan Loisel
Community
Member

Pam Bellew
Community
Member

Lisa Johnson
Sanford Bemidji Eye
Center & Optical

Rebekah Fineday
Sanford Health

Bulletin Board

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

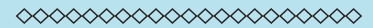
Red Lake

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



Northwoods Caregivers is Hiring!



Homemakers
Respite Providers
Homecare RN's

NEW Full Time Caregiver Position!

35+ hours/week \$20/hour
Employee provides homemaking and respite services
This position included vacation, sick leave, and holiday leave.
CNA preferred.

Volunteer Drivers Needed

Provide local transportation to seniors. Mileage reimbursement of .70/mile from your door.

Must pass a background check before starting any position

Application available on our website or in our office at
616 America Ave NW Suite 110, Bemidji
NorthwoodsCaregivers.org

Foot Clinic



Upcoming Foot Clinic Dates:

January 28th, February 25th,
& March 25th

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.



Join us for the 6th Honoring Elder Wisdom Conference in Walker on April 21st & 22nd, 2026!

Registration for the 2 day event is available on our website or scan the QR code below

Registration \$50

Registration for Professionals \$100, includes CEU from University of MN

Attendees responsible for reserving hotel rooms. Northern Lights Hotel rooms available for \$55+tax, be sure to mention that it is for the Honoring Elder Wisdom Conference when reserving room.

Northwoods Caregivers Office Will be Closed For the Following Holidays:

January 19th: Martin Luther King Jr. Day

February 16th: President's Day



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!

26th Annual Senior Community Clean-Up Event

WOW! Another successful Senior Community Clean-Up Event in the books! Our community showed up in a big way this year with over 250 volunteers coming together to rake over 45 yards for seniors and people with disabilities in Bemidji. That is 5 large dumpsters PACKED with leaves! Thank you to all of our sponsors for supporting this event. Thank you to our partners the United Way of Bemidji Area and Boys & Girls Club of the Bemidji Area! And again thank you to all of our amazing volunteers of all ages!! See you all next year!



CIVIL RIGHTS COMPLAINT PROCEDURE

Civil Rights Policy

The services, facilities and benefits of this program are for the use of all older people regardless of race, color, creed, religion, national origin, sex, disability, use of public assistance, or sexual orientation. Any individual who feels he/she has been denied the opportunity to participate in this program and wishes to file a complaint of discrimination should write to the following office:

Executive Director
Minnesota Board on Aging
Elmer L. Andersen Human Services Building
PO Box 64976
St Paul, MN 55164-0976

Your complaint will receive immediate attention and prompt corrective action as may be necessary will be undertaken. As complainant, you will be informed of the disposition of your complaint as soon as possible.

Complaint Resolution Policy

It is the policy of this agency to provide service to all persons without regard to race, color, creed, religion, national origin, sex, disability, use of public assistance, or sexual orientation. The same requirements are applied to all and there is no distinction in eligibility for or in the manner of providing services. All persons and organizations having occasion either to refer persons for services or to recommend our services are advised to do so without regard to race, color, creed, religion, national origin, sex, disability, use of public assistance, or sexual orientation. The person designed to coordinate compliance with Section 504 of the Rehabilitation Act of 1973, Older Americans Act of 1965, Minnesota Human Rights Act of 1989, and the Americans with Disabilities Act of 1990 and amendments thereto is:

Name: Cindi Lee Jernigan and can be reached at 218-333-8264 or Jennifer Cole at 218-333-8097.

***Hearing impaired persons are requested to access this number through Minnesota Relay at 711.**

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

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.

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 218-333-8261		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