

**April Collman**  
(Treasurer)  
Adult Day  
Services

**Jamie Eister-**  
**hold**  
Board Member  
Beltrami County

**Carla Mystic**  
(Chair)  
Red Lake  
Family & Children  
Services

**Emily Bakken**  
Bemidji School  
District Nurse

**Ericka Medber-**  
**ry**  
Sanford Bemidji  
Eye  
Center & Optical

**Sarah Reiners**  
Community  
Member

**Dawn Wheeler**  
(Secretary)  
NW Legal Ser-  
vices

**Theresa**  
**Gehrke-**  
**Herwynen**  
Sanford Chaplain



## 2020 Senior Community



Senior Community Clean-up for fall 2020 has a tentative date of Oct. 24th. Please watch for more information coming as the Covid-19 situation changes. If you are interested in volunteering or receiving services, please contact us ASAP at 218-333-8264

### Northwoods Caregivers is Covid Responsible

Northwoods Caregivers is actively monitoring the situation and relevant guidance from appropriate governmental authorities such as the Centers for Disease Control and Prevention (CDC), the Minnesota State Department of Health. We also receive community updates from our local Beltrami County Public Health.

### **Honoring Elder Wisdom**

### **Conference (HEW)**

### **Living well with dementia in Native American Communities**

Save the date: June 2021 in Cass Lake, MN.

A program of



### **Mark your calendars!**

**Caregiver Conference coming December 12th 2020.**  
**Watch for more information.**



## **WALK TO END ALZHEIMER'S – SAVE THE DATE!**

The Walk to End Alzheimer's in Bemidji is scheduled for Saturday, September 19, 2020 and registration is now open.

To start a team or sign on to a team, click on [act.alz.org/Bemidji](http://act.alz.org/Bemidji) – your support is needed.

Jenn Cole is the team captain for “Northwoods Caregivers” and Serenity Walker is the team captain for the “Courageous Caregivers”.

## **DEMENTIA AWARENESS WEEK IS SEPTEMBER 14-19th**

Educational sessions on Alzheimer's Disease and related dementias will be held from Monday, September 14<sup>th</sup> through Friday, September 18<sup>th</sup>, followed up by the Walk on Saturday.

The classes tentatively set are as follows:

Monday: 10 Warning Signs and the Basics of Alzheimer's Disease

Tuesday: Healthy Living, Health Brain and Conversations about Dementia

Wednesday: Effective Communication and Understanding Behaviors

Thursday: Dementia Friends and Legal Issues

Friday: Younger On-Set Alzheimer's Disease

The classes through the Alzheimer's Association are currently being planned using the bluejeans platform. Discussions are also being held on using other platforms and social distancing. More information will be available at a later date on the Northwoods Caregivers website at [www.northwoodscaregivers.org](http://www.northwoodscaregivers.org)

You may also contact Karen Bedeau at 333-8098 or [karen.bedeau@co.beltrami.mn.us](mailto:karen.bedeau@co.beltrami.mn.us) with questions related to the walk and the education sessions.



**NORTHWOODS  
CAREGIVERS**

**Virtual  
Dementia  
Tour™**



**Take the  
'Inside View'  
of Dementia.**

Call to register:  
Jenn  
(218) 333-8097

*\*Ask us about CEU's!*

The Virtual Dementia Tour® is a simple and direct way to experience the physical and cognitive challenges associated with dementia. By "walking in their shoes" you gain greater understanding of dementia and the steps you can take to improve the lives of people living with this disease.

**Dementia Friendly COVID Responsible**

Aug 5 & 19th; Sept 16 & 30

tour begins at 4:30

616 America Ave, Bemidji

Register early space is limited

Supported in part by:  
**MINNESOTA**  
BOARD ON AGING



Operation Round Up®  
Beltrami Electric Cooperative Trust

**Paul Bunyan**  
COMMUNICATIONS



**"A dementia-friendly community is a city, town or village where people with dementia are understood, respected and supported. In a dementia-friendly community people will be aware of and understand dementia, so that people with dementia can continue to live in the way they want to and in the community they choose."**

We are excited to announce that our support groups are back. Please call the office at 218-333-8264 for more information.

**WHAT: CAREGIVER SUPPORT GROUP**

**WHEN: THURSDAY JULY 30TH, 2020**

**WHERE: Cass Lake MCT pavilion**

**TIME: 2:00 PM**

**Virtual Support Group**

1st Wednesday of every month from 2-3:30 PM and the 3rd Tuesday of every month from 5-6:30 PM either via zoom or in person with COVID-19 responsible gathering.

Please contact Jenn Cole for more information at

218-333-8097

**Has your loved one needed to be placed in a facility or has your loved one passed away? We are here to help you through these times.**

**We are now offering a  
Caregivers after effects  
support group for those that need help adjusting to life after you are no longer needed in a caregiver role.**

**Facilitated by: Kathryn Gonzalez**

Please contact Jenn Cole for more details at  
218-333-8097



Northwoods Caregivers would like to send a big **Thank You to the United Way of Bemidji** for their generous funding in providing enhanced programming to better serve our clients during the COVID-19 pandemic. If you are interested in receiving or giving assistance through these new options, Please call- 218-333-8264

We are excited to offer our clients within the Bemidji school district community, grocery shopping/delivery and transportation services related to medical care, *free* of charge!

To decrease the isolation and loneliness experienced by care receivers living in facilities, we have created Caregiver ADAPT tablets that can be checked out by care receivers and their loved ones. This program gives families impacted by restrictions created to inhibit the spread of COVID-19 with the opportunity to maintain meaningful communication, contributing to the overall wellbeing of participants.

Many thanks to the United Way for their tremendous support in upholding our mission to **Connect, Enrich and Empower** the lives of Northwoods individuals and their families!



**New State mask mandate effective  
7/25/2020**

**[https://www.leg.state.mn.us/archive/  
execorders/20-81.pdf](https://www.leg.state.mn.us/archive/execorders/20-81.pdf)**



**616 America Ave, Suite 170  
Bemidji, Mn 56601**

(218) 333-8264 or (888) 534-4432  
info@northwoodscaregivers.org  
www.northwoodscaregivers.org

Sponsored by:

United Way of Bemidji Area, the Minnesota Board on Aging,  
Dancing Sky Area Agency on Aging,

MN DHS LiveWell Grant, Member Congregations and Private Contributions

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**Executive Director**

**218-333-8264**

**Kimberly Jannson**

**Caregiver Coach**

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**Jenn Cole**

**Dementia Program Manager**

**218-333-8097**

**Perri Adelman**

**Program Assistant**

**218-333-8262**

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**Denise Smid**

**Home Health Care Manager**

**218-333-8204**

**Serenity Walker**

**Home and Community Based Ser-  
vices Program Manager**

**218-333-8262**



[www.northwoodscaregivers.org](http://www.northwoodscaregivers.org)