

**Senior Community
Clean Up Day!**

**14th Annual
Senior Community
Clean Up Day!**

Saturday, October 26th

*Services are provided to seniors and disabled
individuals living in the Bemidji city limits.*

TO VOLUNTEER:

218-333-8266 or
sign up online:

northwoodscaregivers.org
by OCTOBER 11 to receive a free t-shirt

**Saturday, Oct 26th
8am - 1pm**

Volunteer Opportunities Include:

Raking, picking up leaf bags and more!

**Volunteers are encouraged to bring a rake
and gloves. A complimentary breakfast &
lunch also be served*



TO RECEIVE SERVICES:

218-333-8261
BY OCTOBER 11

**When calling, PLEASE LEAVE A MESSAGE and
we will get back to you - do not press "0"*

**Services are provided on a first
come/first serve basis.**

**Depending on the number of volunteers
that register to help, we may need to instill
a waiting list.**

***Seniors are asked to provide a box
of leaf bags for their yard.**

On Call Transportation

If you would like local transportation to a medical appointment, the grocery store or other around-town errands, please contact
Katie: 218-333-8262

If she is unavailable at the time of your call, please leave a message with the details of your appointment.

We also ask that you give her a 5-day notice when requesting transportation and a 24-hour notice if you need to cancel your appointment. Multiple and short-notice cancellations can often create volunteer burnout and may result in additional fees for you.

If you are on Medical Assistance, please remember to call your worker to request medical transportation



Having trouble reaching Missy?

Throughout the months of August and September, it may be difficult to reach Missy Thomas, the Director of Care Services, as she is taking some time off for maternity leave!

Elias (Eli) Mark Thomas was born to Trent & Missy (and big brother Jonah) on August 5th, 2013 weighing in at 5 lbs, 15 oz.

For questions/concerns you would normally direct to Missy, instead please feel free to contact Cindi Lee (218-333-8264), Katie (218-333-8262) or Carol (218-333-8265).



Bemidji Community Food Shelf

The mission of the Bemidji Community Food Shelf (BCFS) is to provide emergency food to families or individuals who have short-term, emergency food needs. If you are having difficulty feeding yourself or your family for any reason, the BCFS can help! There are no income restrictions and the Food Shelf serves individuals of all race, religion and age.

By far the people most important to the Bemidji Community Food Shelf (BCFS) are Volunteers. For more information on the Food Shelf or to find out how you can Get Help or Get Involved, contact them at (218) 444-6580 or bcfs@paulbunyan.net

NORTHWOODS **CAREGIVERS**

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Northwoods Caregivers Receives The Innovation Award

If you are a Homemaking Client or Provider, you most likely have become familiar with our latest system of tracking/recording homemaking hours with the electronic Tablets. A few Homemakers were brave enough to test out this paperless system (created and developed by several students from Bemidji State University) in 2011. Since then, and after a great deal of testing and tweaking, most of our Homemakers have transitioned over to the electronic system of recording and reporting homemaking hours.

Because of this project, Northwoods Caregivers was one of eight individuals and organizations from across Minnesota that were recognized for their work in improving and enriching the lives of seniors and people with disabilities at the 2013 Age & Disabilities Odyssey Conference.

This year marked the most nominations ever received for awards in the categories of service, community, innovation and policy. "The 2013 Odyssey award winners are excellent examples of individuals and organizations coming together to better serve aging Minnesotans, people with disabilities and their caregivers," said Human Services Commissioner Lucinda Jesson. "It is wonderful to see the difference these people and organizations are making in their communities."



*Missy Thomas (Director of Care Services),
Cindi Lee Jernigan (Executive Director),
Katie Johnson (Volunteer Coordinator)*

A huge THANK YOU to Bemidji State University's Computer Science class for their time and expertise and to our Board of Directors for their continuous support!



*Back Row: Charlie Cadwell (BSU),
Carol Priest (Staff), Katie Johnson, (Staff),
Cindi Lee Jernigan (Staff), Missy Thomas (Staff),
Trent Thomas (BSU)
Front Row Board Members: Hank Moller,
Emily Schueller, Carla Mistic*

Northwoods Caregivers received an award in the innovation category, which recognizes an organization that has championed innovations in direct services, coordination of services, and community-based partnerships, and increased the resilience, interdependence and quality of life for elders, people with disabilities and their communities.

The 2013 Innovation Award recognized Northwoods Caregivers for using a Department of Human Services grant to partner with Bemidji State University students to customize and create a database and software application that automates time reporting, data entry and billing. With the new database and application designed by students from Bemidji State University and the use of electronic tablets supported in part by the George W Neilson, Northwoods Caregivers has reduced errors and frustration and has saved time for office staff and homemakers. The efficiency allows the agency to reach out to more potential clients and referring partners.

We can all learn from and be inspired by the exemplary work of these award winners," said Don Samuelson, chair of the Minnesota Board on Aging.

Northwoods Caregivers
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nice@paulbunyan.net
www.northwoodscaregivers.org

SPONSORED BY:

CS/SD Grant from MN DHS, United Way of Bemidji Area, George W Nielson Foundation, Land of the Dancing Sky Area Agency on Aging, Northwest Minnesota Foundation, Beltrami County Child Abuse Prevention Council, Member Congregations and Private Contributions.

Upcoming Events: Stay Tuned for More Details!

Later September-Early October

Powerful Tools for Caregivers: a 6-week class designed to give Primary Caregivers the Tools they need to strive in their role, not just survive!



October 26th

Senior Community Clean Up Day:
a one-day raking event in Bemidji



December 4th

Soup & Sandwich Lunch Fundraiser:
Funds support the Beltrami Child Abuse Prevention Council and the Radiothon



December 5-6th

The Radiothon to End Child Abuse:
helps support Northwoods Caregivers' First City Visitation Services

December 7th

Caregiver Conference:
a free event for individuals caring for a loved one. Free breakfast, lunch and respite care provided

