

Senior Community Clean Up Day!

15th Annual Senior Community Clean Up Day!

Saturday, October 25th

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 13 to receive a free t-shirt

**Saturday, Oct 25th
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 13

**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 us at **218-333-8262**



If Sabrina or Michelle is unavailable at the time of your call, please leave a message with the details of your request and they will get back to you!

We also ask that you give a 5-day notice when requesting transportation and a 24-hour notice if you need to cancel your appointment. Please also understand that your fee is based on your gross monthly income and the number of miles your volunteer drives, however, there is a minimum of \$2.50 per round trip. The cost of transportation also helps to cover your volunteer with liability insurance.

Meet Michelle!



Greetings to you all! I am Michelle Crow, the new Volunteer Coordinator for Northwoods Caregivers. I am so glad to begin my new position and look forward to meeting all of you. Let me tell you a little about myself.

I have worked with the elderly as a Certified Nursing Assistant during my high school and college years. While in college, I took classes in adulthood and aging and I graduated with a Bachelor of Science in Psychology. After college, I worked with adults with disabilities in two roles. I helped them in their homes to live independently through Beltrami County SILS and as Program Coordinator at the Occupational Development Center, I was part of a team that helped teach them job skills to gain and maintain meaningful employment. During my time as Director of the Bemidji Senior Center, I had the joy of working with numerous senior citizen volunteers and I served on the Board of Directors of Northwoods Caregivers. When my youngest child entered kindergarten, I began work at Schoolcraft Learning Community in Special Education. While at Schoolcraft, I was able to receive training in conflict mediation and nonviolent deescalation techniques.

My husband and I have two children and an energetic dog. In my free time, I enjoy: reading, yoga, tai chi chih, and meditation. I also spend time volunteering at my church and at my children's school.

Please stop by our office sometime as I would love to meet you!



Our website has a new look and some great features, including the "Caregiver Corner!" Here you will have the option to log in and participate in discussions, ask questions of our staff and other Caregivers, and get the resources and support you need in your caregiving journey.

**To sign up for the Caregiver Corner, just visit our website :
www.northwoodscaregivers.org**

College Students Volunteering

Quilt Raffle!

Tickets available in our office!



**REVERSE
SIDE
DETAIL**

Quilt Raffle to benefit the Radiothon to End Child Abuse
Sponsored by: Beltrami County Child & Parent Connection



Raffle Tickets
\$1.00 each



Donated by:
Willow Wood Market Quilt Club
Custom quilted by Dolly McGrath

Drawing will be heard live on
KB101 / KZY 95.5 / Z99 / Classic Hits 104.5
Friday, December 5, 2014



Over the next several months, we have the pleasure of having two college students volunteer their time in our office.

We gladly welcome Kayla!

"My name is Kayla Sophie Quittschreiber, I am 18 years old and I attend Oak Hills Christian college. I am majoring in psychology and hope to eventually work with individuals dealing with mental illnesses. For my hobbies I enjoy traveling, mission work, dancing, hanging with friends, and playing cards with my family. My mom works at the Vergas State Bank and my dad works at Hanson's Plumbing and Heating. I have one brother who is attending Minnesota State University of Crookston, where he is majoring in Natural Resources with an emphasis in law enforcement. At my school we do a program called Outreach, where we get involved with our community and find a place where we can volunteer. I chose this organization because I love to visit with elderly people and learn about their lives and I believed that this will be a perfect opportunity for me!"

And here's HongJae!

"Hello! My name is HongJae Kim. I am from South Korea. I have been to the U.S. for about 3 years. I have done military service last year that is one of national duties for men in South Korea. I am a junior at Bemidji State University. My major is social work. I hope I become an international social worker or working with elder people in the future. I have parents and 2 older sisters. My father owns a heavy equipment company, also my mother and one of sisters are working at his company. My second sister is a disabled person who has mental illnesses. She does the best in her way. Then my mother takes care of her all the time. I spend some times doing exercises, walking around the town, and watching documentary tv show."

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SPONSORED BY:

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

Upcoming Events:



Oct 2, Nov 6, Dec 4:

Bemidji Caregiver Support Group

Oct 14, Nov 11, Dec 9:

Bagley Caregiver Support Group

Oct 25th: Senior Community Clean Up Day

a one-day raking event in Bemidji



Dec 3rd: Lunch Fundraiser

11am - 1pm in the Community Services Center
Funds support the Beltrami Child Abuse Prevention Council and the Radiothon



Dec 4-5th: Radiothon to End Child Abuse

helps support our First City Visitation Services

December 13th: Caregiver Conference

a free event for individuals caring for a loved one. Free breakfast, lunch and respite



Northwoods Caregivers received a grant through ACT on Alzheimer's to help make Bemidji a more dementia-friendly

community.

ACT on Alzheimer's is a volunteer-driven, statewide collaboration preparing Minnesota for the personal, social and budgetary impacts of Alzheimer's. Bemidji is one of 12 new action communities working to prepare Minnesota for the growing number of people with Alzheimer's disease and related dementias.

Bemidji joins seven other pilot communities - Cambridge, Forest Lake, St. Louis Park, St. Paul, Walker, Willmar and the Twin Cities Jewish Community. Northwoods Caregiver's grant for Bemidji is funded through Blue Plus (an HMO affiliate of Blue Cross and Blue Shield of Minnesota), the Medica Foundation, and Greater Twin Cities United Way.