

**Senior Community  
Clean Up Day!**

**16th Annual  
Senior Community  
Clean Up Day!**

**Saturday, October 24th**

*Services are provided to seniors and adults living  
with a disability in the Bemidji city limits.*

**TO VOLUNTEER:**

218-333-8262 or sign up  
online:

[northwoodscaregivers.org](http://northwoodscaregivers.org)  
by OCTOBER 9 to receive a free t-shirt

**Saturday, Oct 24th  
8am - 1pm**

**Complimentary breakfast, lunch & door prizes!**

**Volunteer Opportunities Include:**

Raking, picking up leaf bags and more!

*\*Volunteers are encouraged to bring a rake  
and gloves.*



**TO RECEIVE SERVICES:**

218-333-8261  
**BY OCTOBER 9**

*\*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.**

Join Us!



Bemidji

## Upcoming Events:

## Dementia Awareness Days

Monday, September 21

8:00 AM-12:00 PM

**Volunteer Community  
Educator Training**

Learn to lead the Alzheimer's Association workshops "The Basics: Memory Loss, Dementia & Alzheimer's Disease" and "Know the 10 Signs". Participants are asked to commit to leading these workshops in the community.

*Prime West, 3124 Hannah Ave.*

6:00-7:30 PM

**Learning The Language:  
Communication & Memory Loss**

This class helps those taking care of someone with dementia learn practical skills for effective communication, which can increase positive interactions and positive outcomes!

*Adult Day Services, 620 Carr Lake Road*

Tuesday, September 22

8:00-9:00 AM or 12:00-1:00 PM

**Approaching Alzheimer's**

This training for law enforcement & first responders was developed in conjunction with police and emergency services teams, and provides practical information to better understand and respond to dementia in the field. Lunch included for noon session.

*Prime West, 3124 Hannah Ave.*

9:30-11:00 AM

**Partnering with your Doctor**

For people with dementia and their caregivers, developing a good relationship with your doctor may result in increased knowledge, decreased stress, and an ability to make informed decisions.

*Prime West, 3124 Hannah Ave.*

**Please pre-register** for these FREE workshops by calling Carol Priest at 218-333-8265 or emailing nice@paulbunyan.net. Refreshments will be provided.

Our trainer will be Deborah E. Richman, BS, ACC, Vice President of Education & Outreach for the Alzheimer's Association of MN/ND.

alzheimer's association®

Minnesota-North Dakota Chapter



### Monthly Caregiver Support Groups

**Bemidji:**

1st Thursday  
2:30-4:00pm

PrimeWest Building  
3124 Hannah Ave  
&

3rd Wednesday  
5:00-6:30pm

Luekens South  
509 Washington Ave

**Bagley**

2nd Tuesday  
5:00-6:30pm

Faith Lutheran Church  
32 Bagley Ave NW

**Blackduck**

4th Wednesday  
10:00-11:30am

Good Samaritan  
152 Margaret Ave N

### Powerful Tools For Caregivers

Thurs: Oct 1 - Nov 12  
(No meeting Oct 22)

5:30-7:00pm  
Luekens South, Bemidji

### Caregiver Conference

Saturday, Dec 12th  
9am - 2pm

## **Home and Community-Based Services: Service Recipient Rights**

Due to recent state legislative changes, all homemaking and respite clients are covered by the Minnesota Service Recipient Rights. If you have any concerns feel free to contact [Cindi lee Jernigan](#) at (218-333-8264) or speak directly to your social worker.

**Northwoods Caregivers** is licensed under Minnesota Statutes, Chapter 245D. It must help you exercise and protect your rights identified in Minnesota Statutes, section 245D.04.

When receiving services and supports from this program name, I have the right to:

1. Take part in planning and evaluating the services that will be provided to me.
2. Have services and supports provided to me in way that respects me and considers my preferences.
3. Refuse or stop services and be informed about what will happen if I refuse or stop services.
4. Know, before I start to receive services from this program, if the program has the skills and ability to meet my need for services and supports.
5. Know the conditions and terms governing the provision of services, including the program's admission criteria and policies and procedures related to temporary service suspension and service termination.
6. Have the program help coordinate my care if I transfer to another provider to ensure continuity of care.
7. Know what services this program provides and how much they cost, regardless of who will be paying for the services, and to be notified if those charges changes.
8. Know, before I start to receive services, if the cost of my care will be paid for by insurance, government funding, or other sources, and be told of any charges I may have to pay.
9. To have staff that is trained and qualified to meet my needs and support.
10. Have my personal, financial, service, health, and medical information kept private and be notified if these records have been shared.
11. Have access to my records and recorded information that the program has about me as allowed by state and federal law, regulation, or rule
12. Be free from abuse, neglect or financial exploitation by the program or its staff.
13. Be free from staff trying to control my behavior by physically holding me or using a restraint to keep me from moving, giving me medication I don't want to take or that isn't prescribed for me, or putting me in time out, seclusion, restrictive intervention; except if and when manual restraint is needed in an emergency to protect me or others from physical harm.
14. Receive services in a clean and safe location.
15. Be treated with courtesy and respect and have my property treated with respect.
16. Be allowed to reasonably follow my cultural and ethnic practices and religion.
17. Be free from prejudice and harassment regarding my race, gender, age, disability, spirituality, and sexual orientation.
18. Be told about and to use the program's grievance policy and procedures, including knowing how to contact persons responsible for helping me to get my problems with the program fixed and how to file a social services appeal under the law.
19. Know the names, addresses and phone numbers of people who can help me, including the ombudsman, and to be given information about how to file a complaint with these offices.
20. Exercise my rights on my own or have a family member or another person help me exercise my rights, without retaliation from the program.
21. Give or not give written informed consent to take part in any research or experimental treatment.
22. Choose my own friends and spend time with them.

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Northwoods Caregivers  
616 America Ave, Suite 170  
Bemidji, Mn 56601

(218) 333-8264  
(888) 534-4432  
nice@paulbunyan.net  
www.northwoodscaregivers.org

SPONSORED BY:

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23. Have personal privacy.

24. Take part in activities that I choose.

CAN MY RIGHTS BE RESTRICTED?

Restriction of your rights is allowed only if determined necessary to ensure your health, safety, and well-being. Any restriction of your rights must be documented in your coordinated service and support plan or coordinated service and support plan addendum. The restriction must be implemented in the least restrictive alternative manner necessary to protect you and provide you support to reduce or eliminate the need for the restriction in the most integrated setting and inclusive manner.

WHAT IS THE PROGRAM REQUIRED TO DO IF MY RIGHTS WILL BE RESTRICTED?

Before this program may restrict your rights in any way this program must document the following information:

1. the justification (meaning the reason) for the restriction based on an assessment of what makes you vulnerable to harm or maltreatment if you were allowed to exercise the right without a restriction;
2. the objective measures set as conditions for ending the restriction (meaning the program must clearly identify when everyone will know the restriction is no longer needed and it has to end);
3. a schedule for reviewing the need for the restriction based on the conditions for ending the restriction to occur semiannually from the date of initial approval, at a minimum, or more frequently if requested by the person, the person's legal representative, if any, and case manager (meaning that at least every six months, more often if you want, the program must review with you and your authorized representative or legal representative and case manager, why the restriction is still needed and how the restriction should change to allow you as much freedom as possible to exercise the right being restricted); and
4. signed and dated approval for the restriction from you or your legal representative, if any.

CAN THE PROGRAM RESTRICT ALL OF MY RIGHTS?

The program cannot restrict any right they chose. The only rights the program may restrict, after documenting the need, include:

1. Your right to associate with other persons of your choice;
2. Your right to have personal privacy; and
3. Your right to engage in activities that you choose.

WHAT IF I DON'T GIVE MY APPROVAL? A restriction of your rights may be implemented only after you or your legal representative have given approval.

WHAT IF I WANT TO END MY APPROVAL? You may withdraw your approval of the restriction of your right at any time. If you do withdraw your approval, the right must be immediately and fully restored. If you have any concerns feel free to contact Cindi lee Jernigan at Northwoods Caregivers (218-333-8264) or speak directly to your social worker.