

**NOVEMBER IS
NATIONAL
FAMILY
CAREGIVING
MONTH.**

Join us at our
monthly support
groups

BLACKDUCK

4th Wednesday
10-11:30am
Good Sam Senior
Housing
152 Margaret Ave

Bemidji
1st Thursday
2-3:30pm
PrimeWest Bldg
3124 Hannah Ave

3rd Wednesday
5-6:30pm
Luekens South
509 Washington Ave

Bagley
2nd Thursday
2-3:30pm
Cornerstone
Hwy2 & Sunset Ave

No RSVP required
Respite may be
provided at no charge

Sponsored by the
Land of the Dancing
Sky Area Agency on
Aging & the Minnesota
Board on Aging



FALL 2016

Connecting ~ Enriching ~ Empowering



17th Annual Senior Community Clean Up Day

FREE leaf raking for Seniors & People with Disabilities!

To qualify, you must live within the Bemidji city limits. Seniors must be 60+ years old.

NEED YOUR YARD RAKED?

Call 333-8261

by Friday, October 14, 2016

You are encouraged to provide
one box of leaf bags. The filled bags
will be picked up by volunteers for
disposal at your request.

We encourage early registration
as we anticipate a waiting
list of persons in need.

Our ability to provide this service
is based solely on volunteer help.



Volunteers Schedule:

8:00 am: Check in at the Boys & Girls Club and get your assignment.
FREE Continental breakfast.
8:30 am: Volunteers rake yards
Noon: Complimentary lunch served at the Boys & Girls Club for volunteers
(hot dogs, chips, drink, and dessert)

WANT TO VOLUNTEER?

Call 333-8266

by Friday, October 14, 2016

You can sign up to volunteer online,
simply visit NorthwoodsCaregivers.org
and click "Senior Cleanup Day"

Sign up by October 14 and
receive a free t-shirt.
A limited supply of rakes are availa-
ble.

Please bring your own rake and
work gloves if possible.

Can't Join Us?

Donate rakes and leaf bags to any
agency listed below for the event!

**This event organized by Northwoods Caregivers, with collaboration
from Community Resource Connections, Disability Linkage Line and
United Way of Bemidji Area.**



Dementia Awareness Week

All events
are free
and held

at Bemidji Adult Day Services, unless otherwise noted.
Registration is requested, but not required. For more information,
contact Carol: 218-333-8265 or info@northwoodscaregivers.org

Sunday, September 18

2:00-4:00 PM

Living Well with Dementia!

Join us for a celebration of age with music, movement, conversation and refreshments. Affirm that we can live well with dementia!

Monday, September 19

6:00-8:00 PM

The Basics & Know the 10 Signs

These 2 one-hour workshops from the Alzheimer's Association will teach you about Alzheimer's disease and dementia, how to recognize it, and what to do next!

Tuesday, September 20

6:00-8:00 PM

Embracing the Journey of Ongoing Loss

For family caregivers and friends: help to live with the daily losses of dementia, find emotional and spiritual support, and grow from the journey.

Wednesday, September 21

2:00-4:00 PM

Memory Café

Bemidji Eagles Club

For people with Alzheimer's, or another dementia, and their caregivers. Join us for an afternoon of fun, creativity and socializing.

Thursday, September 22

6:00-8:00 PM

Welcoming LGBT Older Adults

Learn about the unique concerns and needs of lesbian, gay, bisexual & transgender elders with dementia, and their caregivers.

Friday, September 23

9:00-11:00 AM

The Driving Dilemma

Sanford Hospital Education Room

One of the toughest questions for families: Is it still safe for my loved one with dementia to be driving, and how do I tell them?

2:00-4:00 PM

Understanding Behavior

Windsong Theater Room, 1010 Anne St. NW

For professionals/caregivers: understand how changes in the brain contribute to different behaviors and communication limitations.

6:00-8:00 PM

Learning the Language

Learn how to communicate more effectively with people with dementia using verbal and non-verbal communication.

Saturday, September 24

9:00 AM-12:00 PM

BSU Gillett Rec. Center

For more information, go to

alz.org/walk or 800.272.3900



Adult Day Services, Inc.



alzheimer's  association®

POWERFUL Tools for Caregivers



Powerful Tools for Caregivers is a self-care educational program for family caregivers. This 6-week program will provide you with tools and strategies to better handle the unique caregiver challenges you face and has been shown to improve:

Caring for a loved one with a chronic illness such as dementia, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially stressful.

- ♦ Self-Care Behaviors
- ♦ Management of Difficult Emotions
- ♦ Confidence in coping with caregiver demands
- ♦ Use of Community Resources

****Respite may be provided at no charge, based on availability****

Dates: Saturdays Oct 1 - Nov 12

Time: 10:30am - 12pm

Location: Luekens North

1171 Paul Bunyan Dr, Bemidji

Cost: \$25 includes all 6 classes and a copy of the Caregiver Helpbook. Scholarships available

RSVP to Missy: 218-333-8266

"After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me... and a healthier 'us'!"
-Family Caregiver

Now Offering Aging Life Care Management

An Aging Life Care Manager is a health and human services specialist who is a guide, advocate and resource in the care of an older adult or person with disabilities. Aging Life Care has the goal of helping older adults to remain in their chosen living environment for as long and safely as possible.

Aging Life Care Managers have expertise in 8 areas of knowledge:



Health & Disability
Financial Management & Assistance
Crisis Intervention
Elder Housing
Family Meetings & Relationships
Local Resources
Service & Benefit Advocacy
Legal Concerns

Working with older adults and families, an ALC Manager's expertise provides answers at a time of uncertainty.

For more information

contact Carol Priest: 218-333-8265

*This service originated from a CS/SD grant from the Mn Department of Human Services and funds from the Northwest Mn Foundation



CS/SD from
Minnesota Department of Human Services



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UPCOMING EVENTS

September 18-24th: Dementia Awareness Week

September 21st: The United Way Of Bemidji's Chili Cook-Off

September 24th: Walk To End Alzheimer's

OCTOBER 29TH: SENIOR COMMUNITY CLEAN UP DAY

November 30th: CAPC Luncheon Fundraiser *more details coming

December 10th: Caregiver Conference *more details coming

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