

**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 2017

*Connecting ~ Enriching ~ Empowering*



Sat,  
Oct 28th

# 18th 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 13, 2017

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 13, 2017

You can sign up to volunteer online,  
simply visit [NorthwoodsCaregivers.org](http://NorthwoodsCaregivers.org)  
and click "Senior Cleanup Day"

Sign up by October 13 and  
receive a free t-shirt.

A limited supply of rakes are  
available.

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.**



All events are provided at no cost. Registration is requested, but not required, by calling Carol Priest, 218-333-8265, or emailing [info@northwoodscaregivers.org](mailto:info@northwoodscaregivers.org).

## Monday, September 18

**6:00-8:00 PM: The Basics & Know the 10 Signs**

Presentation about Alzheimer's disease and dementia, how to recognize it, and what to do next!

*Adult Day Services, Bemidji*

## Tuesday, September 19

**9:00-12:00 PM: Planning as We Age**

Topics include: Designation of Custodian, Wills, Transfers on Death Deeds & Affidavits

*Anishinabe Legal Services,  
MN Chippewa Tribe Basement*

**6:00-8:00 PM: Welcoming LGBT Elders**

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

*First Lutheran Church, Bemidji*

## Wednesday, September 20

**12:00-1:00 PM: Dementia Friends**

A discussion where attendees turn their new understanding of dementia into action

*Red Lake Nation College, Red Lake*

**1:00-3:00 PM: Elder Connections Cafe**

A gathering where people with Alzheimer's/dementia & their caregiver come together

*Senior Activity Center, Bemidji*

## Thursday, September 21

**6:00-8:00 PM: Alzheimer's Basics and Beyond**

Learn what Dementia and Alzheimer's are and how they differ from normal signs of aging

*Good Samaritan Community Room,  
Blackduck*

## Friday, September 22

**9:30-11:30 AM: Legal & Financial Planning for Alzheimer's Disease**

Learn about important legal and financial issues to consider, practical strategies for making a plan of care, how to put plans in place, and how to access resources near you.

*Senior Activity Center, Bemidji*

**1:00-3:00 PM: Understanding & Responding to Dementia-Related Behavior**

Learn about common triggers for behavior, how to assess and identify challenging behaviors, and strategies for addressing these behaviors.

*Windsong Theater Room, Bemidji*

**6:00-8:00 PM: Conversations About Dementia**

Learn helpful tips to create a honest and caring conversation about Dementia, and about the need to plan ahead for difficult discussions.

*Adult Day Services, Bemidji*

## Saturday, September 23

**9AM Registration, 10AM Walk**



**Sanford Center**

**For more information:**

[alz.org/walk](http://alz.org/walk), or

**800.272.3900**



## BEMIDJI WALK TO END ALZHEIMERS

Saturday, September 23

The Sanford Center

Registration: 9:00 AM | Ceremony & Walk: 10:00AM

For more information, to register a Team, or to donate go to [alz.org/walk](http://alz.org/walk) or 800.272.3900

## 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:

- ◆ 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:** Wednesdays Oct 4 - Nov 8

**Time:** 11:30am - 1pm

**Location:** Luekens North

1171 Paul Bunyan Dr, Bemidji

**Cost:** \$25 includes all 6 classes, a copy of the Caregiver Helpbook and a light lunch. 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***

**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.**



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www.northwoodscaregivers.org

SPONSORED BY:

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## UPCOMING EVENTS

- ♦ **September 18-23rd: Dementia Awareness Week**
- ♦ *September 23rd: Walk To End Alzheimer's*
- ♦ **OCTOBER 28TH: SENIOR COMMUNITY CLEAN UP DAY**
- ♦ *December 6th: CAPC Luncheon Fundraiser* \*more details coming!

Cindi Lee Jernigan  
Executive Director  
218-333-8264

- ♦ **December 9th: Caregiver Conference**  
\*more details coming!

Kathryn Gonzales  
Caregiver Coach  
218-333-8097

Missy Thomas  
Billing & Media Coordinator  
218-333-8266

Carol Priest  
Caregiver Advocate  
218-333-8265

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218-333-8262

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Volunteer Coordinator  
218-333-8262

Karen Bedeau  
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