NOVEMBER IS NATIONAL FAMILY CAREGIVING MONTH.

Monthly support groups:

#### **BLACKDUCK**

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

### **BEMIDJI**

1st Wednesday
2-3:30pm
Bemidji Library
509 America Ave
&
3rd Tuesday
5-6:30pm
Luekens South

### **BAGLEY**

509 Washington Ave

2nd Wednesday 2-3:30pm Cornerstone 30 Sunset Ave

### **RED LAKE**

2nd Monday 2:30-4pm JPECC 24856 Hospital Dr

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



Connecting ~ Enriching ~ Empowering



Sat, Oct 28th 19th 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 12, 2018

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.

## WANT TO VOLUNTEER?

Call 333-8266

by Friday, October 12, 2018

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

Sign up by October 12 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!



8:00 am: Check in and get your assignment. FREE Continental breakfast.

Meet at the Boys & Girls Club @ 16th street and Minnesota

8:30 am: Volunteers rake yards

Noon: Complimentary lunch served at the Boys & Girls Club for volunteers

(hot dogs, chips, drink, and dessert)

In case of bad weather listen for cancellation notices through Paul Bunyan Broadcasting or call 218-333-8261 and listen to the recorded message.

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

# SAVE THE DATE!

# Caregiver Conference

In appreciation for all you do...

Let us take care of you while you enjoy time with other Caregivers and learn from Professionals who are dedicated to supporting you.

Saturday
December 8th

9am - 2pm
\*Registration/Breakfast at 8:30am

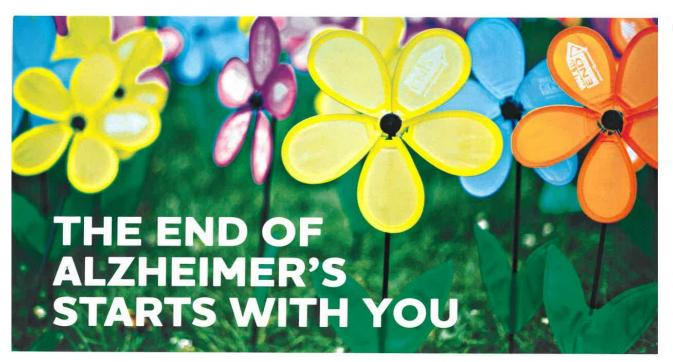
Adult Day Services
620 Carr Lake Rd
Bemidji

There is no fee for the Conference. Breakfast & Lunch will be provided.

Respite may also be offered at no cost to Family Caregivers, based on availability.

RSVP by December 4th to Missy: **218-333-8266**.





Dementia Awareness Week and
The BEMIDJI WALK TO END ALZHEIMERS
took place September 17-24th

Congratulations and thank you to all the walkers, volunteers, sponsors, presenters and donors who made it possible!





For more information, go to alz.org/walk or 800.272.3900



616 America Ave, Suite 170 Bemidji, Mn 56601

(218) 333-8264 or (888) 534-4432 info@northwoodscaregivers.org www.northwoodscaregivers.org

#### SPONSORED BY:

A LiveWell Grant from MN DHS, United Way of Bemidji Area, the Minnesota Board on Aging, Land of the Dancing Sky Area Agency on Aging, Northwest Minnesota Foundation, the Mardag Foundation Beltrami Child and Parent Connection (CAPC), Member Congregations and Private Contributions

### Do You Need Help with Fuel & Electric Bills?

If you are experiencing difficulty paying your heating and electric costs, the Energy Assistance Program (EAP) may be able to help!

BI-CAP has three programs that serve households with different needs and can help:



- Provide direct payments to energy suppliers
- Give crisis help for utility disconnections or emergency fuel
- Help homeowners w/qualifying emergency heating system repair/replacement
- Advocate with energy suppliers and service providers.

Cindi Lee Jernigan Executive Director 218-333-8264 Find applications at the Bemidji or Walker offices or online:
6603 Bemidji Ave N, Bemidji
8245 Industrial Park Rd NW, Walker
www.bicap.org or 1-800-332-7161

Kelsey Ebert
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218-333-8262

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