

**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
509 Washington Ave

BAGLEY

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



FALL 2018

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!



Volunteers Schedule:

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**



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

SPONSORED BY:

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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.



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**

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218-333-8264**

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218-333-8262**

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218-333-8204**

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Volunteer Coordinator
218-333-8262**

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Caregiver Advocate
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