

THANK YOU

These individuals have shown special commitment to our agency by the number of years they have been involved or by the amount of service provided

Volunteers

Joan Ditty	Jack Drury
Joanne Jernigan	Johanna Pomp
Betty Hanson-Lehmann	De Pickett
Dan Strehlo	Lindsey Olding
Max & Bev Boyer	HongJae Kim
Roheet Ouditt	Kent Hering
Robert Montebello	John Schwegman
Maryanne Wilimek	Craig Kinsella
Donna Weir-Ringhand	Sharon Whelan
Bill & Emily Schueller	Ron Komulainen
Bruce & Linda Blancahrd	JoeAnn Powell
Charles Champlin	Mary Sager
Kayla Quittschreiber	Ruth Sherman
Nicole Vlasich	

Program Advisory Committee

Glennis Dudley	Marilyn Martin
Melissa Tindell	JoeAnn Powell
Jane Furseth	Kathy Mack
Anna Atkinson	Jeanie Hall

ACT on Alzheimer's Actions Team

April Collman	Susan Shelquist	Judi Frye
Jane Furseth	Nancy Hall	Fran King
Marilyn Martin	Chasidy Myhrer	De Pickett
Jolene Lundin	Lynda Stenseng	Cheryl Harms
Nicole Vlasich	Don & Patricia Conner	

**Thank you also, to our
amazing Respite Providers,
Homemakers and other Private
Contractors!**

Volunteer of the Year

Each year we choose a volunteer who has really stood out in their service and honor them with the title of Volunteer of the Year.

This year we recognize **De Pickett**. De has been a volunteer since 2007 and our congregational contact at United Methodist Church.

She has been a core Action Team member for ACT on Alzheimer's Bemidji and has attended meetings and provided invaluable participation in conducting community needs assessment surveys and entering data. Her dedication and ideas helped us put on a very successful Community Meeting, for which she was the emcee.

Her joy is recognized by anyone she comes into contact with as her smile is always present. She is always willing to be a volunteer driver when time allows and does it with that famous smile. **Thank you De for your service to Northwoods Caregivers and the people we serve!**



Thank You, Board of Directors...

for volunteering your time & expertise, and showing continuous support for Northwoods Caregivers!

Jeanie Porter (Chair), *Beltrami County Public Health*
 Danica Robson (Vice-Chair), *Area Agency on Aging*
 April Collman (Treasurer), *Adult Day Services*
 Emily Schueller (Secretary), *Volunteer*
 Melody Gordon, *Senior Behavioral Health*
 Emily Bakken, *Bemidji School District*
 Sherrie Clapp, *InfoMeld*

Carla Mistic, *Beltrami County Health & Human Services*
 Jen Kovach, *Evergreen Youth & Family Services*

A Special Thank You to Jeanie Porter for her commitment & years of service as our Board Chair. Your leadership is greatly appreciated!



Begin Your Conversation:

**If you couldn't make your own healthcare decisions, who would make them?
What would you want them to say?**

Submitted by:

Mark Papke-Larson

Advance Care Planning Coordinator

What are the chances that at some point you will become ill or injured and have to have someone else make your healthcare decisions for you? If you've had your 60th birthday there is a 70% chance (in the general public it's 50%) that someone else will need make medical decisions for you at some point! It's almost certain... someone you love will be asked to make medical decisions for you or you will be asked to make decisions for them!

There is no easy way to plan for future healthcare choices because they involve thinking and talking about complex and sensitive issues. However, the evidence is clear: having the conversations now will be a gift that will help you and your loved ones in difficult times to come. And, we have a process that can help you at no cost!

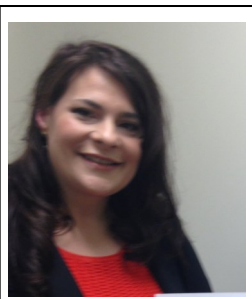
It's called "Begin Your Conversation" and you can join us to learn about the types of decisions that may have to be made by you or your decision maker. During our 1.5 hr. course we'll ask you to reflect on how your goals, values and beliefs can shape the decision making process. We'll help you create an advance healthcare directive that clearly communicates your decisions to those who need to know. If you already have a directive we'll help to make sure it fits your present needs.

FREE Classes available:

the second Wednesday of every month from 1:00 PM to 2:30 PM

the third Tuesday of every month from 6:00 PM to 7:30 PM

To register or for more information call 333-6060 or email at ACP.Bemidji@sanfordhealth.org



Meet Serenity, Our New Volunteer Coordinator!

I have spent most of my life in Bemidji, and (despite the harsh winters) have grown to love this town and community. I can't imagine living somewhere without being able to enjoy four seasons. Spending time in the woods, gardening and painting are my favorite things to do in my spare time. I also love playing board games and watching movies with my three teenagers. I obtained my degree in Applied Psychology: Human Services

From Bemidji State University because I wanted to give back to my community, and am so happy to be doing so as the Volunteer Coordinator at Northwoods Caregivers! I am excited to serve in this capacity. My focus will be on our volunteer program and First City Supervised Visitation. Please, let me know if there are questions or concerns in these areas, and I will do my best to provide the necessary support!

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. ***Powerful Tools for Caregivers*** is a 6-week class designed to provide you (the Family Caregiver) with the skills you need to take care of yourself.



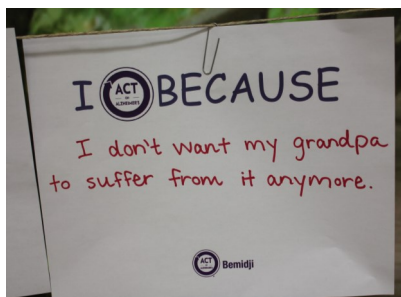
**POWERFUL
Tools**
for Caregivers

For more information on our next set of classes starting in May, contact Missy: 218-333-8266



ACT on Alzheimer's Update!

The Bemidji ACT on Alzheimer's Action Team has made great progress! Our goal is to make Bemidji a more dementia-friendly community; one that is informed, safe, and respectful of people with Alzheimer's disease, and offers services and support for these people and their caregivers. Last summer we gathered a broad-based team of concerned community members and discussed the many good resources we already have in Bemidji for people with dementia and their caregivers, and also the gaps in services and community awareness of this illness. Last fall, we conducted a community assessment with a variety of community members, compiled the data, and analyzed the results for areas that the community identified as needing more activity. The components of a dementia-friendly community that were identified as top action priorities are awareness, information and



support for caregivers, wellness programs and meaningful engagement for people with dementia. Most recently, the Action Team hosted a Community Meeting at Adult Day Services, inviting interested community members to join us in determining two priority action steps to carry out in the remainder of 2015. After much discussion and input, the action steps were decided and the priorities include: implementing a community-wide effort to have recognizable, affordable identification bracelets for people with dementia and putting together materials for local resources for people with dementia and their caregivers.

We are extremely excited about these priorities, and ready to ACT on Alzheimer's! If you would like to join the Action Team, or want more information, please contact Carol Priest: 218-333-8265, 888-534-4432(toll free) or carol.priest@co.beltrami.mn.us.

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SPONSORED BY:

DHS Community Services/Service Development, the United Way of Bemidji Area, ACT on Alzheimer's, Land of the Dancing Sky Area Agency on Aging, Beltrami County CAPC, Member Congregations and Private Contributions.

Tummy Time Blankets

The Beltrami County Child and Parent Connection (CAPC) distributed 187 Tummy Time blankets to Sanford Nursery. Blanket kits were bought with a grant submitted by CAPC and was funded by the Bemidji Eagles Auxiliary. Local volunteer groups put together the blankets which are large enough to have both a parent and child share Tummy Time together for years to come!

Northwoods Caregivers has been involved with CAPC for many years and receives funding from the program to help support our First City Visitation Services project.



Caregiver Support Groups



Caring for ourselves while caring for a loved one is a difficult task! If you are providing care for an elderly or disabled person and would like to connect with others in similar situations, please join us for our Monthly Support Groups!

For more info, contact Carol: 218-333-8265

BEMIDJI

1st Thurs of each month
2:00-3:30pm
PrimeWest Building
(3124 Hannah Ave)

BAGLEY

2nd Tues of each month
5:00-6:30pm
Faith Lutheran Church
(32 Bagley Ave)