

THANK YOU BOARD OF DIRECTORS

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

✧ **Danica Robson**
(Chair)

Area Agency on Aging

✧ **Emily Schueller**
(Vice-Chair)

Volunteer & Congrega-
tional Contact

✧ **April Collman**
(Treasurer)

Adult Day Services

✧ **De Pickett**
(Secretary)

Volunteer & Congrega-
tional Contact

✧ **Sherri Clapp**
InfoMeld

✧ **Carla Mistic**
Sanford Sr Behavioral
Health Unit

✧ **Emily Bakken**
Bemidji School District
Nurse

✧ **Jen Kovach**
Evergreen Youth &
Family Services



SPRING 2016

Connecting ~ Enriching ~ Empowering

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 recog-
nize, Doug Grubbe for
his dedication as a
volunteer driver. His
contribution as an
invaluable volunteer has been proven time and again.



**Serenity presents
Doug Grubbe with
Volunteer of The Year**

He brings joy to our
clients, as they are able
to maintain some
independence through
our transportation
program. We couldn't do
this without volunteers
like you, Doug.

Thank you!!!!

Celebrate
Service
National Volunteer Week
April 10-16, 2016

Thank You to our Homemakers, Respite Providers, Private Contractors

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

Transportation Volunteers

Joan Ditty	Lee & Gloria Bannor
Jack Drury	Betty Lehman-Hanson
Phyllis Grubbe	Bill & Emily Schueller
Joanne Jernigan	Doug & Phyllis Grubbe
Ron Komulainen	Donna Weir-Ringhand
Johanna Pomp	Richard Peggy Grundmeier
Dan Strehlo	Maureen Sanders
Sharon Whelan	
Jane Furseeth	
De Pickett	
Don Emery	
Dan Sherman	
John Schwegman	
Roheet Ouditt	
Kathy Anderson	
Craig Kinsella	
Max & Bev Boyer	

Advisory Committee

Connie Norman	Joe Ann Powell	Jeanie Hall	Angie Losh
Marilyn Martin	June Anna Atkinson	Rita Pemberton	Glennis Dudley
Melissa Tindell	Carrie Krump*	Bruce Holden	Lindsey Olding
Erin Geiger	Fran King*	Kathy Mack	Jane Fursuseth*

**Also involved in ACT on Alzheimer's*

ACT on Alzheimer's

Maureen O'Brien	Denise Smid	Chasidy Myhrer	Glenda Duhamel	Judi Frye
Mary Miller	Ashley Loduca	Cheryl Harms	Heidi Fladeboe	Karen Spargo
Nancy Hall	Tony Kramer	Cheryl Yarnott	Holly Churchill	Kathryn Gonzalez
Nicole Vlasich	Arnold Dahl	Dan Strehlo	Jean Beaulieu	Kendra Olson
Patrick Lochwood	Ashley Carey	De Pickett	Jeanne Thompson	Keni Johnson
Randy Fossum	Ashley Gagola	Eva Wilson	Jesse Anderson	Krista Hart
Rebecca Stone	Bill Stoller	Marilyn Martin	Jolene Lundin	Linda Hendrickson
Andrew Ronnevik	Lynda Stenseng	Sarah Gennes	Mark Papke-Larson	Mary Salter
Renita Thonvold	Ruth Soukup	Cindy Schuppert	Saundra McLean	Kaira Edland
Don & Patricia Conner	Tammy Hagen	Candy Edland	Tricia Cowan	Susan Shelquist

A Special Thank You to our BSU Student, Kelsey Ebert, for her willingness to help provide office support and supervised visitation. We are grateful you chose to do your field experience with our agency!



"I'm very pleased to continue my involvement in the community with such an important issue as dementia and it's impact on families."

Alzheimer's may not be curable, but people with Alzheimer's or another type of dementia, and their caregivers, can still have a good life! Ask us how, or help make this possible for others in your community!



Giiwedining Northland

Welcome Karen!

Karen Holstein Bedeau started with Northwoods Caregivers on February 16 as a Dementia Outreach Advocate on a part time basis. Karen's focus will be on reaching out to the Native American community in the surrounding area to provide awareness and support to people living with dementia and their caregivers. As a trained caregiver coach, Karen will also be involved with other aspects of the dementia program as related to outreach, training and coordination of events to raise awareness of dementia.

Karen grew up in Red Lake and received her post-high school education in Minneapolis. Her exposure to working with dementia patients came at an early age as a student nurse at the Augustana Nursing Home in Minneapolis. After working as a Licensed Practical Nurse for three years, Karen opted to change careers and follow other interests. She went back to school and graduated from Minneapolis Community College and later went to Concordia College in St. Paul. She then went on to work in Public Affairs/Communication with the Minnesota Department of Transportation where she retired from after a little over 28 years.

Karen lives in Bemidji and has been active in various community organizations and boards since transferring to Bemidji in 1990 from St. Paul.

Welcome Karen!

218-333-8262 or karen.bedeau@co.beltrami.mn.us

ACT on Alzheimer's

ACT on Alzheimer's Bemidji has a new name and new goals! Our new name "Giiwedining" (pronounced gee-way-di-nong) means "The Northland", and reflects our geographic expansion from Bemidji to all of Northwoods Caregivers service area: Beltrami and Clearwater, northern Hubbard, northwestern Cass, and southern Koochiching Counties, and portions of the Red Lake, Leech Lake and White Earth Nations. We will continue our previous activities such as offering 2 free one-hour workshops from the Alzheimer's Association throughout this area, and distributing our Dementia Resource and Medical ID & Tracking Device brochures. We have two new committees to focus on groups that have somewhat different concerns/needs related to dementia: Native Americans and LGBTQ people. A doctoral nursing student, Tricia Cowan, is implementing a program called "Dementia Friends", that teaches community members simple ways to support people with dementia and their caregivers. She will be reaching out and offering these workshops in communities throughout our service area. Another committee is meeting to plan and start monthly Memory Café events where people with dementia and their caregivers will meet to socialize and engage in a variety of arts and music programs. This is a very exciting time for our ACT on Alzheimer's Action Team! If you would like more information, to schedule a workshop, get involved with a committee, or request a Dementia Friends training, please contact Carol Priest at 333-8265 or nice@paulbunyan.net.

Classes Starting Soon!

PAGE 3

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: Tues, April 12 - May 17

Time: 10am - 11:30am

Location: PrimeWest Health
3124 Hannah Ave, 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

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.

Monthly Caregiver Support Groups

Monthly Caregiver Support Groups

Blackduck

4th Wednesday
10:00 - 11:30am

Good Samaritan Sr. Housing
(152 Margaret Ave NW)

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

Bemidji

1st Thursday
2:00 - 3:30pm
PrimeWest Building
(3124 Hannah Ave)

&
3rd Wednesday
5:00 - 6:30pm

Lueken's South
(509 Washington Ave S)

Bagley

**NEW DAY,
TIME & PLACE!**

2nd Thursday
2:00 - 3:30pm
Cornerstone Residence
(Hwy 2 & Sunset Ave SW)

No Pre-registration required. For more info, contact Carol: 218-333-8265

*These groups are sponsored by MN Department of Human Services CS/SD grant,
the Minnesota Board on Aging & Land of the Dancing Sky Area Agency on Aging*



616 America Ave, Suite 170
Bemidji, Mn 56601

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

SPONSORED BY:

CS/SD 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, ACT on Alzheimer's, Beltrami Child and Parent Connection (CAPC), Member Congregations and Private Contributions

Individual Abuse Prevention Plan (IAPP)

If you are currently receiving homemaking or respite care services from Northwoods Caregivers, you may have or will be getting a request from us for a visit to complete an Individual Abuse Prevention Plan (IAPP). The IAPP is a form designed to protect you that is now required under our MN Department of Human Services license. Completion of this document involves a conversation with one of our staff or quality assurance contractors (Jeanie and Jenn) and your legal representative if you have one. You may also invite a family member to join the discussion if you wish. This conversation will cover issues of possible sexual abuse, physical abuse,

self-abuse or neglect, and financial exploitation by someone in your life. In each of these areas, if there is a possibility that you are more vulnerable to abuse because of a physical, mental health, or other condition, it outlines steps to protect you from such abuse.



Minnesota Department of **Human Services**

Completing the IAPP is for your benefit and protection as a person with a disabling or chronic condition.

If you have any questions about the IAPP, please call Carol Priest at 333-8265.

Cindi Lee Jernigan
Executive Director
218-333-8264

Missy Thomas
Director of Care Services
218-333-8266

Carol Priest
Caregiver Advocate
218-333-8265

Sabrina Anderson
Transportation Coordinator
218-333-8262

Serenity Walker
Volunteer Coordinator
218-333-8262

Karen Bedreau
Dementia Outreach Advocate
218-333-8262