

## 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 &  
Congregational Contact
- ✧ **April Collman**  
(Treasurer)  
Adult Day Services
- ✧ **De Pickett**  
(Secretary)  
Volunteer & Congrega-  
tional Contact
- ✧ **Jamie Eisterhold**  
Beltrami County
- ✧ **Carla Mistic**  
Sanford Sr Behavioral  
Health Unit
- ✧ **Emily Bakken**  
Bemidji School District  
Nurse
- ✧ **Paige Jourdain**  
Clearwater DAC



SPRING 2017

*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 recognize, Daniel Sherman. Dan has been a volunteer with Northwoods Caregivers since 2015. Dan's care extends beyond volunteer driving. He's quick to help



Serenity presents  
Daniel Sherman with  
Volunteer of The Year  
certificate

whenever time allows; bringing vegetables to care receivers and aiding in home repair projects. He is a true asset to our organization and the clients he so willingly serves.

Thank you!!!!



## 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 & Event Volunteers

Joan Ditty	Lee & Gloria Bannor
Ron Komulainen	Betty Lehman-Hanson
Dan Strehlo	Bill & Emily Schueller
Jane Furuseth	Donna Weir-Ringhand
De Pickett	Richard Peggy Grundmeier
Dan Sherman	Maureen Sanders
John Schwegman	Kathy & Bernie Anderson
Roheet Ouditt	
Craig Kinsella	Jesse Anderson
Nicole Vlasich	Jean Beaulieu
Russ King	Karen Bedeau
Grace Gilsrud	April Collman
Maryanne Wilimek	Don & Patricia Conner
Ed Espe	Tricia Cowan
Pat Durh	Glenda Duhamel
Hannah Pearson	Candy Edland
Pat Pederson	Kaia Edland
	Jane Furuseth
	Lynda Stenseng

### Advisory Committee

Angeline Losh	Eva Wilson	Lindsey Olding	Denise Smid
Anna Atkinson	Joe Ann Powell	Marilyn Martin	Jane Furuseth
Carol Kelly	Karen Bedeau	Melissa Tindell	Bruce Holden
De Pickett	Kathryn Gonzales	Connie Norman	Erin Geiger
Earlene Buffalo	Carrie Krump	Rita Pemperton	Fran King
			Glennis Dudley

### ACT on Alzheimer's

Carol Kelly	Randy Fossum	Jerry Vargo
Linda Hendrickson	John Hendrickson	Lisa Lussier
Jolene Lundin	Patrick Lochwood	Shelby Harden
Marilyn Martin	Mark Papke-Larson	Krysta King-Merrick
Saundra McLean	Dan Strehlo	De Pickett
Mary Miller	Joann Stute	Claire Rafferty
Chasidy Myhrer	Julie Swedberg	Mary Salter
Connie Norman	Casey Frances	Susan Shelquist
Kendra Olson	Earlene Buffalo	Denise Sand
Judy Parker	Grace Gilsrud	Karen Spargo
Jeanne Thompson	Judi Weiss	Eva Wilson
		Cheryl Yarnott

## Grateful for Grace!



*"I am passionate about the wellbeing of all individuals, especially the elderly and those with disabilities..."*

We had the joy and privilege of hosting an Intern from Bemidji State University over the past several months. Her incredible work ethic was something we could count on and her sweet spirit won over the hearts of our staff and our clients. We're happy she will be staying on part-time with us as a Caregiver Coach and wish Grace the best as she graduates this spring and moves on with her future! Here's a little more about Grace....

"Hi everyone! My name is Grace Gilsrud and I am interning here at Northwoods Caregivers. I am originally from Longville, MN where I grew up on a resort owned and operated by my family. I moved to Bemidji about 2.5 years ago when I started school at Bemidji State University. I am currently a senior in the Social Work Program and will graduate with a Bachelor's Degree in Social Work after completing this internship at the end of April. I am passionate about the wellbeing of all individuals, especially the elderly and those with disabilities. In my spare time I like to read, take pictures/photography, sing, and watch movies. I also love to spend time outside, especially in the summer. I enjoyed my time with Northwoods Caregivers and learned so much about this wonderful community!"

## Honoring Elder Wisdom

*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!*



**Giiwedinong Northland**

Northwoods Caregivers, along with Giiwedinong Northland ACT on Alzheimer's, was beyond pleased to host Honoring Elder Wisdom: A Conference for people living with dementia and their families. With over 15 vendors, nearly 300 people in attendance from all over the state and several well-known, professional speakers, there were many extremely informative and beneficial presentations throughout



the day. The conference began with a welcome/opening ceremony including a blessing and prayer and included topics on Cultural Awareness, Elder Abuse, and an American Indian Caregiver's journey.

**A huge thank you to the Conference Committee, the vendors and sponsors and all those who spent their day with us!**



# Reach Community

Resources for Enhancing Alzheimer's Caregiver Health—Indian Country

We want to  
**REACH** out

to those who are caregiving for people with dementia.



**REACH (Resources for Enhancing Alzheimer's Caregiver Health) is a proven dementia caregiving intervention designed to empower Family Caregivers with:**

*Information □ Safety □ Caregiver Emotional Well-Being □ Behavior Management □ Caregiver Health*

#### What is the REACH Intervention?

- ◇ 4 Active Phase Core Sessions
- ◇ Optional Additional Sessions if needed
- ◇ Maintenance Sessions if requested

#### Caregivers will learn:

- ◇ Problem Solving
- ◇ Positive Thinking & Mood Management
- ◇ Stress Reduction

REACH has been shown to decrease burden, depressive symptoms, the impact of depressive symptoms on daily life, the potential for abuse as measured by caregiving frustrations and the number of troubling dementia related behaviors reported.

*Through the generosity of the curriculum providers, we are now able to use REACH across all cultural lines, as many of the tools could benefit all caregivers of those with dementia.*

*let us help you...*



**Supporting Caregivers across Indian Country...**  
***Call Us Today!***

**Karen Holstein Bedeau**  
**Dementia Outreach Specialist**  
**218-333-8098**

**Kathryn Gonzalez**  
**Caregiver Coach**  
**218-407-7266**

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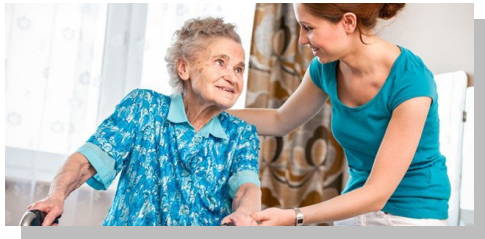
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SPONSORED BY:

**United Way of Bemidji Area, the Minnesota Board on Aging,  
Land of the Dancing Sky Area Agency on Aging, Beltrami Child and Parent Connection (CAPC),  
Northwest Minnesota Foundation, Member Congregations and Private Contributions**

## Now Providing Home Health Care!



Northwoods Caregivers is pleased to announce the addition of Home Health Care services to our options for elders and those living with a disability.

**We are looking forward to better serving our community!**

**For more information, contact Sabrina:  
218-333-8262 or [northwoods.sabrina@gmail.com](mailto:northwoods.sabrina@gmail.com)**

### Powerful Tools for Caregivers

*Take Better Care of Yourself and  
Take Better Care of Your Loved One*

#### Learn To:

Reduce Stress	Balance Your Life
Improve Self-Confidence	Locate Resources
Better Communicate	Make Tough Decisions

**Thursdays, May 18th - June 22**

**6:00-7:30pm**

**Trinity Lutheran Church, Laporte**

**\$25.00/person**

*Scholarships available upon request. Respite may  
be available at no cost, based on availability*

**RSVP: Missy 218-333-8266 or I  
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