

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**
Red Lake Family &
Children Services
- ✧ **Emily Bakken**
Bemidji School District
Nurse



SPRING 2018

Connecting ~ Enriching ~ Empowering

Volunteers Of The Year

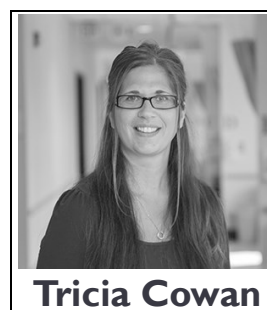
This year we recognize
TWO dedicated individu-
als who have really stood
out in their service!

Bruce Holden serves
with the North-Central
Minnesota DAV Chapter
7 providing support to
disabled veterans and
their families & has
served with our Advisory
Committee for many years. **Trisha Cowan**
has dedicated hundreds of hours to Dementia



Bruce Holden

Outreach,
focusing on
Dementia
Friends. She is
a Champion!



Tricia Cowan

Bruce and Tricia are both tireless
volunteers, ready to provide
support and assistance when we
need it!

**Thank you for
your great service!**



Thank You to our Homemakers, Respite Providers, Nurses and Aides!

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:

Volunteers & Private Contractors

Betty Hanson	Ron Komulainen
Bill & Emily Schueller	Russ King
Dale Ley	Sharon Dolezal
Dan Sherman	Luann Bleier
Dan Strehlo	Wayne Potter
Donna Weir-Ringhand	Ellen Smith
Lindsey Olding	Pat Hancock
Kim Broda	Mary May
Hannah Pearson	Kathy Mack
Jane Ferseth	Jeanie Porter
Joan Ditty	Jeanie Hall
Joanne Jernigan	Jean Beaulieu
Mary Allen	Karen Bedeau
Pat Duhr	April Collman
Grace Gilsrud	Tricia Cowan
Lee & Gloria Bannor	Glenda Duhamel
Richard & Peggy Grundmeier	

Advisory Committee

Angie Losh	Connie Norman	Glennis Dudley
Anna Atkinson	Earlene Buffalo	Jeannie Hall
Bruce Holden	Erin Geiger	Marliyn Martin
Carol Kelly	Eva Wilson	Rita Pemberton
Carrie Krump	Fran King	Scotty Allison
De Pickett	JoeAnn Powell	Melissa Heglund
Melissa Tindell		

PAC

Mary Salter
Cynthia Borgen
Judy Weiss
Michael Hill

ACT on Alzheimer's

Sarah Gennes	Carol Kelly	Randy Fossum	Lisa Lussier
Kathryn Gonzalez	Linda Hendrickson	John Hendrickson	Jerry Vargo
Tammi Hagen	Jolene Lundin	Patrick Lochwood	Krysta King-Merrick
Nancy Hall	Marilyn Martin	Mark Papke-Larson	De Pickett
Cheryl Harms	Saundra McLean	Dan Strehlo	Claire Rafferty
Fran King	Mary Miller	Julie Swedberg	Mary Salter
Sandy Hennum	Chasidy Myhrer	Earlene Buffalo	Susan Shelquist
Carol Jenkins	Connie Norman	Judy Parker	Denise Sand
Keni Johnson	Kendra Olson	Cheryl Swedberg	Karen Spargo
Ashley Stevens	Don & Patricia Conner	Glennis Dudley	Eva Wilson
Rebecca Stone	Jeanne Thompson	Elizabeth Andrews	Cheryl Yarnott
			Jesse Anderson
			Jude Weiss



Christina

*RN Home
Health Manager*

218-333-8204
christina.nwcg
@gmail.com

Meet Kelsey

Now Providing Home Health Care!

Northwoods Caregivers is pleased to announce the addition of Home Health Care services (home health aids and RNs) to our options for elders and those living with a disability. For more information on services and payment options, contact our new Home Health Manager, Christina Knecht!

Christina lives in Baudette and is originally from the Black Hills and Badlands of South Dakota. She has been a nurse for over 29 years and has traveled and worked extensively throughout the United States. Christina loves being a nurse and is very excited to be working at Northwoods Caregivers!

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

Payment options may include LongTerm Care, PrimeWest & Private Pay

Kelsey Ebert was hired near the end of 2017 and holds the title of Program Assistant in our office. She spends most of her time coordinating the volunteer transportation program and processing

Carereceiver and Caregiver applications. Kelsey is working towards getting her bachelors in social work, has been in the army reserves for six years and recently just signed for another six years!

Kelsey can be reached at 218-333-8262
or kelsey.ebert@co.beltrami.mn.us



A New Role for Kathryn

Kathryn Gonzalez began working with Northwoods Caregivers in 2016 as a Caregiver Consultant, providing coaching services to family caregivers. She is now serving as Caregiver Advocate and continues to build relationships with other organizations to strengthen the service quality and outreach we provide to elders and adults living with disabilities.

Kathryn grew up in Mexico and her husband, Brick, is from Roseau. "We have lived in Bemidji since 2012, a good place to enjoy our love for the outdoors, the arts & music, among other things."



Kathryn
218-333-8097
northwoods.kathryn@gmail.com

Welcoming the LGBT ELDERLY



My name is Glenda and as a consultant, it is my goal to encourage a message of welcoming and safety for LGBT caregivers and carereceivers as they negotiate the systems and life changes of aging as a LGBT person.

The latest US Census reports there are 2.8 million LGBT adults over the age of 60, with over 19,000 living in Rural Minnesota. We know these numbers are low as historically LGBT in this age group have not self reported. It has been dangerous for them to do so and many have been the victims of hate crimes.

I, and the LGBT committee, would like to offer our services to you , your organization and/or your staff on the needs and hopes of the LGBT Elders and two spirit elders.

Some of the information, support and trainings include:

- *one on one conversations
- *presentations, staff training & historical factors
- *caregiver coaching/consulting & support for LGBT

If you would like to discuss any of the above topics or just have a conversation about Welcoming The LGBT Two Spirit Older Adult please contact us!

UNDERSTANDING TOGETHER:

A NEW MONTHLY SUPPORT GROUP

for those in the Early Stages of Alzheimer's and other forms of dementia.

Meeting the 3rd Monday & Saturday of each month, 10am-12pm.

Call Kathryn for more details!

218-333-8097



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info@northwoodscaregivers.org
www.northwoodscaregivers.org

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),
MN DHS LiveWell Grant, Member Congregations and Private Contributions**



**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 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 show 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

"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

**Join us for our next set of
6-week classes, starting
Thursday, April 26th!
Kathryn: 333-8097**

Cindi Lee Jernigan
Executive Director
218-333-8264

Kelsey Ebert
Program Assistant
218-333-8262

Missy Thomas
Billing & Media Coordinator
218-333-8266

Kathryn Gonzalez
Caregiver Advocate
218-333-8097

Christina Knecht
Manager of Care Services
218-333-8262

Serenity Walker
Volunteer Coordinator
218-333-8262

Karen Bedreau
Dementia Outreach Advocate
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