



NORTHWOODS CAREGIVERS

Connecting ~ Enriching ~ Empowering

December, 2013

Caring for a loved one can be difficult and frightening at times, especially during this time of year. Take this opportunity to get away from the stresses and anxieties the holiday season can bring and join us for a **FREE Caregiver Conference!**

Caregiving: The Whole Package

Saturday, December 7th
8:30am-2:00pm
Adult Day Services
620 Carr Lake Rd, Bemidji
RSVP: 218-333-8265

FREE RESPITE CARE

If you would like to attend the Caregiver Conference but need someone to stay with your loved one while away, please contact Cindi (333-8264). Free respite care will be arranged on a first come/first serve basis.

 Hosted By
**NORTHWOODS
CAREGIVERS**



Caregiver Coaching

Caregiver Support Group



1st Thursday of Every Month

2:30-4:00pm

PrimeWest Building

3124 Hannah Ave, Bemidji

(Use the doors on the WEST side of the building. The Conference Room is located straight thru on the EAST side)

Sponsored by funding from the Mardag
Foundation and the Northwest
Minnesota Foundation.

For more information, contact

Carol Priest: (218) 333-8265

What does it mean to be a caregiver?

- ♦ A caregiver is someone who provides unpaid care for the physical and emotional needs of a family member or friend who is ill, disabled or frail (*National Family Caregivers Association*).

What is coaching?

- ♦ Coaching is a goal focused process of assisting individuals to improve personal and professional achievement.

Caregiver Coaching is

- ♦ a personalized service that equips family caregivers with knowledge, skills and tools needed to develop themselves and their role as caregivers.
- ♦ According to a 2005 survey, coaching helps caregivers gain insights into their role, understand the importance of self care, and improve coping skills
(*Strategic Alliance for Senior Services, 2006*).

**For More Information on the
Caregiver Coaching services offered
thru Northwoods Caregivers, Contact
Carol: 218-333-8265**

Homemakers Wanted!

Private Contractors needed to work with seniors and those living with a disability - prior experience with housekeeping a plus. Contact our office or get an application online at www.northwoodscaregivers.org!

First City Supervised Visitation Services

LUNCH FUNDRAISER

Dine In or Take Out!

Wednesday, December 4th

11am - 1pm

Community Service Center

1st Floor Lunchroom

(616 America Ave, Bemidji)

Menu

Homemade Beef Stew, Rolls, Chips

Homemade Desserts, Water or Soda

\$7.00 at the door

*Funds support Beltrami's Child
Abuse Prevention Council, the
Radiothon to End Child Abuse
and Northwoods Caregivers'
First City Visitation Services*



Raffle Tickets for
the Willowood
Quilt will also be
available!



*First City Visitation Services is a project of
Northwoods Caregivers that offers a posi-
tive, child-friendly site where children and
parents can be assured that a supervised
visitation or exchange will occur safely.*

Special Holiday Hours:



Please remember we are only
open **every other weekend** for
Supervised Visitation and Safe
Exchanges.

During the month December, we will only be
available:

**December 6-8th
December 20th-22nd**

All other visits/exchanges may be scheduled
during weekdays or evenings (based on staff
and room availability).

Please remember all visits/exchanges must be
paid for BEFORE they can be scheduled. If
you have questions/concerns about our hours
or policies, feel free to contact us at 218-333-
8262.



**Our office will be closed
Dec, 23rd - Jan, 2nd.
HAPPY
HOLIDAYS!**

Northwoods Caregivers
616 America Ave, Suite 170
Bemidji, Mn 56601

(218) 333-8264
(888) 534-4432
nice@paulbunyan.net
www.northwoodscaregivers.org

SPONSORED BY:

**Mardag Foundation,, the Northwest Minnesota Foundation, United Way of Bemidji Area,
Land of the Dancing Sky Area Agency on Aging, Beltrami County Child Abuse Prevention
Council, Member Congregations and Private Contributions.**

Northwoods Caregivers thanks the Senior Community Clean Up Day Sponsors!

*Havenwood
Care Center*



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Dunn Bros.

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Big Apple Bagels

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Northway Services of Bemidji

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Affinity Plus Credit Union

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Beltrami Electric Coop

TruStar Credit Union

Lake-N-Woods Realty

Bemidji Dental Clinic

Peterson Sheet Metal

John Carlson Agency

Pinnacle Publishing

Citizens State Bank



"LIKE" us on Facebook!



Congratulations
Dean Flansburg
for winning a free
pizza from Keith's
Pizza of Bemidji! "LIKE" us
on Facebook for a chance to
win another gift
certificate, once we get 100
LIKES!

Board Members
wanted! Please
contact Cindi Lee
(218) 333-8264 if
you're interested!