

**NOVEMBER IS
NATIONAL
FAMILY
CAREGIVING
MONTH.**

Join us at our
monthly support
groups

BLACKDUCK

4th Wednesday
10-11:30am

Good Sam Senior
Housing
152 Margaret Ave

Bemidji

1st Wednesday
2-3:30pm

PrimeWest Bldg
3124 Hannah Ave

3rd Wednesday

5-6:30pm

Luekens South
509 Washington Ave

Bagley

2nd Thursday

2-3:30pm

Cornerstone
Hwy2 & Sunset Ave

No RSVP required

Respite may be
provided at no charge

Sponsored by the
Land of the Dancing
Sky Area Agency on
Aging & the Minnesota
Board on Aging



WINTER 2016

Connecting ~ Enriching ~ Empowering

Caregiver Conference

**Saturday
December 10th**

9am - 2pm

Adult Day Services

620 Carr Lake Rd
Bemidji

In appreciation for all you do...

*Let us take care of you while you
enjoy time with other Caregivers
and learn from Professionals who are dedicated to supporting you.*

Topics Include:

- Living & Dying Well: The Game
- Everyday Homecare:
Herbs, Foods & Oils
- "Laughing with Mary Maxwell"

And more!

There is no fee for the
Conference. Breakfast &
Lunch will be provided.

Respite may also be offered at
no cost to Family Caregivers,
based on availability.

RSVP by Dec 2nd to
Carol: 218-333-8265.



Our New Caregiver Coaches

New

To Be a Caregiver?

What
Does
It
Mean

“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).

Let Us Help You!

Our Caregiver Coaches can provide a personalized service that equips family caregivers with knowledge, skills and tools needed to develop themselves and their role as caregivers.

“Caregiver Coaching helps caregivers gain insights into their role, understand the importance of self care and improve coping skills” (Strategic Alliance for Senior Services, 2006).

Meet our new Caregiver Coaches who also have specialized training in:

- ♦ **Dementia Caregiving**
- ♦ **Native American Culture**
- ♦ **LGBTQ Elder Concerns**

Caregiver Coaching services are available at no cost with support from United Way, Land of the Dancing Sky Area Agency on Aging, and the Minnesota Board on Aging.



Kim Broda

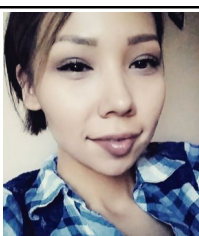
I started working with First City Visitation Services with Northwoods Caregivers in February of 2016. In July of 2016 I started caregiver consultant trainings and became certified the following month. I have a 2 year associates degree in Human Services from Itasca Community College in Grand Rapids, Mn which is geared

toward Native Americans and elders. My goal was to be an elder advocate but life took me in another direction. I love the opportunities Northwoods has given me and am finally working in a field where my heart and passions are.

My name is Kathryn Gonzalez and I began to provide services on behalf of Northwoods Caregivers in June as a Caregiver Consultant. I moved to Bemidji with my husband four years ago to better care for his aging parents. I have spent the last 16 years focused on improving individual and community well-being and bring a sincere commitment to enhancing quality of life for everyone. I especially look forward to serving family caregivers like you to support your self-care as you care for those you love or care for.



Kathryn Gonzalez



Krysta King-Merrick

I have attended Bemidji State University and am in the process of obtaining my Bachelor's Degree in Elementary Education. I have worked in the surrounding communities, particularly with the Native American population for over 10 years. It is in my nature to help care for those with special needs

and I look forward to this position and positively impacting this organization.



2017 Maximum Energy Assistance Program Income Guidelines

Household Size	Annual Income	3-month Max. Guidelines
1	\$24,541	\$6,135
2	\$32,092	\$8,023
3	\$39,643	\$9,910
4	\$47,194	\$11,798
5	\$54,745	\$13,686

The 2016-17 Energy Assistance Program will be accepting applications from Oct 1st – May 31st. If you live in Beltrami or Cass County please contact BI-CAP, INC. to receive an application. The Energy Assistance Program helps eligible households by paying a portion of heating and/or electric bills. Homeowners may also qualify for heating system repairs or replacements if needed.

For more info, feel free to contact the Energy Assistance staff at: 751-4631 or 800-332-7161. They will be happy to assist you and answer any questions!

Looking Ahead!



In order to allow our staff and employees the chance to spend time with family this Holiday Season, our **offices will be closed Dec 22nd - Jan 2nd**, and will reopen with regular business hours on Tues, January 3rd.

Volunteer Transportation & First City Visitation Services will be conducted as normal IF scheduled before Dec 22nd.



Thank You



NORTHWOODS CAREGIVERS

Hill's
PLUMBING & HEATING

WM
WASTE MANAGEMENT

1st NATIONAL BANK BEMIDJI

United Way
United Way of Bemidji Area

ACE Hardware
Amity Graphics
Aquarius Kinetico Water
Arby's

Keith's Old River Pizza
L&M Fleet Supply
Lakeland Farmers Insurance

DUNN BROS COFFEE

Bemidji Cooperative Association
Bemidji Dental Clinic
Bernick's

Lakeland Public Television
Lake N Woods Realty
Lucky Dogs

Lucaschick Architecture
McDonald's

Big Apple Bagels
Bob Lowth Ford
Choice Therapy

Northway Insurance Services
Paul Bunyan Broadcasting
Pepsi Nei Bottling

Pinnacle Publishing
Raphael's Bakery Cafe
Security State Bank

Citizen's State Bank
Coca Cola Bottling Co
Bemidji

Paul Bunyan COMMUNICATIONS
Country Kitchen
Countryside Restaurant

Olson-SCHWARTZ FURNITURE HOME INC.

Country Kitchen
Culligan Water Conditioning
Dondelinger Motors

PAUL BUNYAN - out door

Thrivent Financial For Lutherans
TruStar Credit Union
Walmart

GREGG'S
LUMBER & HARDWARE

BOYS & GIRLS CLUB OF THE BEMIDJI AREA

Wild Hare Bistro
AmeriPride Services

PER MAR SECURITY SERVICES

Disability Linkage Line
1-800-333-3466

CONCORDIA LANGUAGE VILLAGES
SANFORD HEALTH
marco

to over 250 individuals, families, community groups and school organizations for volunteering at our 17th Annual Senior Community Clean Up Day. Your hard work helped rake nearly 70 yards for seniors and those living with a disability throughout the Bemidji area!





Our Team:

The Courageous Caregivers helped plan the event, participated in the walk and raised \$1,105.00 for the Alzheimer's Association!

Thanks to all who participated in our First Walk To End Alzheimer's!

- ♦ 19 teams
- ♦ 30 volunteers
- ♦ 150 participants
- ♦ \$20,054.85 raised



New! Alzheimer's Caregiver Support Group

Presented by:

Alzheimer's Association

Minnesota- North Dakota

Meets the 2nd Tuesday of each month, at 1:00 & 6:00 PM
NO PRE-REGISTRATION NECESSARY

True North Health Care
516 Beltrami Ave., Suite 102
Bemidji, MN

Questions? Call facilitators Tammi Hagen (218)368-6644,
Carol Priest (218)333-8265 or Kendra Lund, Alzheimer's
Association Program Manager (218)998-3603

Visit alz.org/mnnd to learn more about caregiver programs and resources. To further extend your network of support, visit ALZConnected®, our online community, at alzconnected.org.

Build a support system with people who understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

800.272.3900 | alz.org

The Child and Parent Connection

Homemade
Chicken
Wild rice
Hotdish
Bun
Chips
Dessert
And Drink
All for \$7!

Dine in or Take out.
Pre-order for local
deliveries of 5+
meals.

Call 760-4000 by 11/29

Supporting the
2016 Radiothon to
End Child Abuse

Check Out the
On-Line Auction
Now-November
30th :Radiothon.info

On-Air Auction
December 1-2



CAPC Lunch



Wednesday November 30, 2016
From 11:00am until 1:00pm

At the Community Service Center
Lunch Room
1st Floor 616 America Avenue NW

**Last Chance to purchase
Raffle Tickets for this beautiful
homemade queen-sized quilt**

Quilt Raffle to benefit the Radiothon to End Child Abuse
Sponsored by: Beltrami County Child & Parent Connection



Raffle Tickets
\$1.00 each

Donated by:
Willow Wood Market Quilt Club
Custom quilted by Dolly McGrath

Drawing will be heard live on
KB101 / KZY 95.5 / Z99
Friday, December 2, 2016





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

WANTED:

Board Members

We are currently seeking a diverse group of professionals, providers and/or community leaders who will volunteer to bring support and development to our organization and as representatives, be the primary force in leading our agency to serve the community.
Meetings are held every other month.

On-Call Volunteer Drivers

- ♦ Provide Local Transportation and/or Grocery Shopping Assistance to Seniors or Others Living with a Disability
 - ♦ On-Call Drivers are not obligated to agree to any request or commit to a certain number of Volunteer Hours
 - ♦ Mileage Reimbursement, Liability Insurance, Training and Recognition Provided
- Contact Serenity! 218-333-8262**



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 Bedeau
Dementia Outreach Advocate
218-333-8098