NOVEMBER IS NATIONAL FAMILY CARE-GIVING MONTH.

Join us at our monthly support groups

Northwoods CAREGIVERS

Connecting ~ Enriching ~ Empowering

BLACKDUCK

4th Wednesday 10-11:30am Good Sam Senior Housing 152 Margaret Ave

BEMIDJI

1st Wednesday 2-3:30pm Bemidji Public Library 509 America Ave

3rd Wednesday
5-6:30pm
Luekens South
509 Washington Ave

BAGLEY

2nd Wednesday 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 &





9am - 2pm *Registration/Breakfast at 8:30am

Adult Day Services 620 Carr Lake Rd Bemidji

Saturday

December 9th

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

◊ Grieving Well?
 ◊ "Return to Community" Initiative
 ◊ "REST" & "REACH" programs

Please RSVP by Dec **4th** to **218-333-8266**

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.





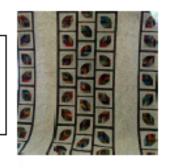
CAPC Lunch



Wednesday, December 6, 2017 From 11:00am until 1:00pm

Community Service Center 616 America Ave, NW - Bemidji 1st Floor Lunch Room

Last Chance to purchase Raffle Tickets for this beautiful handmade 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 8, 2017











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

Dine In, Take Out Or Delivery! (Call 218-333-8261)

Supporting the 2017 Radiothon to End Child Abuse

Check Out the On-Line Auction and On-Air dates: Radiothon.info

Radiothon December 7-8





My work with Northwoods Caregivers for the last 4 ½ years has been a joy to me. I have offered support to many caregivers who have opened their lives and hearts to me, and trusted me to help them on their journeys. The development and coordina-

tion of ACT on Alzheimer's Giiwedinong Northland has given me a special sense of purpose in supporting a collaboration of

diverse communities. I am accepting a position with the Leech Lake Human Services Division, and am looking forward to returning to work with one of our area Tribal Nations. I do feel sadness over leaving all of you that I have met through this work, and wish you all the best for your work and personal lives. My relationships with you have been a blessing to me!

Goodbyes are difficult, but my career path is taking me to my next adventure and hopefully my last! I am moving to the Northwest Regional Development Commission under the Land of the Dancing Sky Area Agency on Aging to become a Community Living Specialist for Beltrami, Clearwater and Hubbard County. I am excited to work with Seniors who are not eligible for MA in the Return to Community Initiative. Thank you all for everything and I won't be a stranger! -Sahrina



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 23rd - Jan 1st,

and will reopen with regular business hours on Tues, January 2nd.

Volunteer **Transportation & First** City Visitation Services will be conducted as normal IF scheduled before Dec 23rd.



to nearly 200 individuals, families, community and school groups for volunteering at our 18th Annual Senior Community Clean Up Day. You bravely weathered the COLD & SNOW and your hard work helped rake over 40 yards for seniors and those living with a disability throughout the Bemidji area!







Thank you to our 2017 **Sponsors!**

Keith's Old River Pizza Co.

Kraus-Anderson Construction

Lakeland Farmers Insurance

Lucky Dogs

McDonald's

Northway Insurance

Pepsi Nei Bottling

Security State Bank Subway



Bemidii Dental Clinic Bernick's Big Apple Bagels Bob Lowth Ford Harmony

DOWNTOWN Citizen's State Bank C.K. Dudley's Coca Cola Country Inn & Suites

Country Kitchen Countryside Restaurant Culligan Water Conditioning







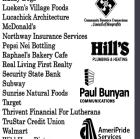
TruStar Credit Union BOYS & GIRLS CLUB Walmart Wild Hare Bistro

Skeeter Stitch



Target

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DUNN BROS COFFEE



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

SPONSORED BY:

A LiveWell 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, the Mardag Foundation Beltrami Child and Parent Connection (CAPC), Member Congregations and Private Contributions



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
Billing & Media Coordinator
218-333-8266

Kathryn Conzalez Caregiver Coach 218-333-8097

Serenity Walker Volunteer Coordinator 218-333-8262 Karen Bedeau
Dementia Outreach Advocate
218-333-8098