

NOVEMBER IS
NATIONAL
FAMILY CARE-
GIVING 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
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 &

mi MINNESOTA
LIVE WELL AT HOME™



WINTER 2017

Connecting ~ Enriching ~ Empowering

Caregiver Conference

Saturday
December 9th

9am - 2pm

**Registration/Breakfast at 8:30am*

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

- ◇ Grieving Well?
- ◇ "Return to Community" Initiative
- ◇ "REST" & "REACH" programs
and more!

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.



The Child and Parent Connection

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



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

PAUL BUNYAN **HB** Hubbard
BROADCASTING



Saying Goodbye! *to Carol & Sabrina*

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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 coordination of ACT on Alzheimer's Giiwedining 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! *-Carol*

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! *-Sabrina*



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.

Thank You



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!

| | | | |
|------------------------------------|-------------------------|----------------------------------|-------------------------|
| Norbord | ACE Hardware | Keith's Old River Pizza Co. | DUNN BROS COFFEE |
| Wildcare | Aquarius-Kinetico Water | Kraus-Anderson Construction | Hill's |
| Harmony | Bemidji Dental Clinic | Lakeland Farmers Insurance | PLUMBING & HEATING |
| HIGGINS Heating | Bernick's | Lucky Dogs | Paul Bunyan |
| PER MAR | Big Apple Bagels | Lueken's Village Foods | COMMUNICATIONS |
| HUB | Bob Lowth Ford | Lucachick Architecture | AmeriPride |
| BEMIDJI STATE UNIVERSITY | Citizen's State Bank | McDonald's | Services |
| True North | C.K. Dudley's | Northway Insurance Services | marco |
| CONCORDIA LANGUAGE VILLAGES | Coca Cola | Pepsi Nei Bottling | DEERWOOD BANK |
| SANFORD HEALTH | Country Inn & Suites | Raphael's Bakery Cafe | |
| | Country Kitchen | Real Living First Realty | |
| | Countryside Restaurant | Security State Bank | |
| | Culligan Water | Subway | |
| | Conditioning | Sunrise Natural Foods | |
| | Design Angler | Target | |
| | Dondelinger GM | Thrivent Financial For Lutherans | |
| | Home Depot | TruStar Credit Union | |
| | Image Photography | Walmart | |
| | | Wild Hare Bistro | |
| | | | |





616 America Ave, Suite 170
Bemidji, Mn 56601

(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

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
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