

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 Library  
509 America Ave  
&  
3rd Tuesday  
5-6:30pm  
Luekens South  
509 Washington Ave

**BAGLEY**

2nd Wednesday  
2-3:30pm  
Cornerstone  
30 Sunset Ave

**RED LAKE**

2nd Monday  
2:30-4pm  
JPECC  
24856 Hospital Dr

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



WINTER 2018

Connecting ~ Enriching ~ Empowering

# Caregiver Conference

Saturday  
December 8th

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

- Healthy Eating & Stress Management
- Resources for Enhancing Alzheimer's Caregiver Health
- "Alive Inside" Music Therapy
- Caregiver BINGO

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 5th to  
Missy: 218-333-8266.



# Child And Parent Connection Lunch

Fundraiser



## \$7

- ♥ Homemade Chicken Wild Rice Hotdish
- ♥ Bun
- ♥ Chips
- ♥ Dessert
- ♥ Drink

Dine-in or Take Out! For Delivery call 218-333-8261 by Dec 3rd

Supporting the 2018 Radiothon to End Child Abuse.  
Online Auction & More info:  
[Radiothon.info](http://Radiothon.info)



## Wednesday, Dec 5th

11am - 1pm, 1st Floor Lunchroom  
Community Services Center  
616 America Ave, Bemidji

## Last Chance

to purchase \$1  
Raffle Tickets for  
this beautiful  
handmade quilt!



*Donated by Willow Wood  
Market Quilt Club*

Quilt Raffle to benefit the  
Radiothon to  
End Child Abuse,  
held on December 6-7.

Drawing will be  
heard live on  
KF101/KZY 95.5/Z99  
Friday, December 7th

**PAUL BUNYAN** **HB** Hubbard  
BROADCASTING



 **Prevent Child Abuse  
Minnesota**

# Welcome Jenn!



Jennifer Cole comes to Northwood's Caregivers with the role of Caregiver Advocate and will be sharing some of her duties with our current Caregiver Advocate, Kathryn Gonzalez.

Jenn is originally from the Bemidji area, having been gone for more than 25 years, she and her family

moved back to area so she could finish her degree in Community Health. Jennifer loves the outdoors and spends much time fishing during the summer months. During the winter she prefers to spend time creating healthy meals, as well as watching the Hallmark channel, and reading a good book. She is married to her high school sweetheart, has two boys, one dog, and one cat!

## 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 1st**, and will reopen with regular business hours on Wed, January 2nd.

Volunteer Transportation & First City Visitation Services will be conducted as normal if scheduled before Dec 22nd. Homemaking, Senior Companion, Respite & Homecare will also continue as arranged with your individual provider

## Thank You



to nearly 300 individuals, families, community and school groups for volunteering at our 19th Annual Senior Community Clean Up Day. Your hard work helped rake about 60 yards for seniors and those living with a disability throughout the Bemidji area!



## Thank you to our 2018 Sponsors!





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,  
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.

**Cindi Lee Jernigan**  
Executive Director  
218-333-8264

**Kelsey Ebert**  
Program Assistant  
218-333-8262

**Christina Knecht**  
Home Health Care Manager  
218-333-8204

**Missy Thomas**  
Billing & Media Coordinator  
218-333-8266

**Serenity Walker**  
Volunteer Coordinator  
218-333-8262

**Jenn Cole**  
Caregiver Advocate  
218-333-8097

**Karen Bedeau**  
Dementia Outreach Advocate  
218-333-8098

## **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**

