

Northwoods Interfaith Caregivers are Essential



Volume 8, Issue 2 -- April 2005

Page 1

Inside This Issue:

Page 1

- ~ NICE Volunteers
- ~ Child Abuse Prevention Month

Page 2

- ~ Support Northwoods Interfaith

Page 3

- ~ Behind the Scenes of NICE
- ~ NICE Member Congregations

Page 4

- ~ "United for Children & Youth Conference"
- ~ Humor is NO JOKE

Enclosed

- ~ Volunteer Timesheet
- ~ April Wishlist

Northwoods Interfaith Volunteers: We Succeed Because Of You!

Volunteering has always been central to the American character. From raising barns to organizing educational activities, people came together to do whatever was needed for their neighbors, even from our nation's earliest days. Though our country has changed dramatically since its founding, the need for caregiving has not. The Independent Sector estimates that more than 83 million Americans volunteer each year and that the value of volunteer time, updated yearly, has increased to over \$17.50/hour. However, to Northwoods Interfaith, volunteer caregivers are priceless!

The worth of volunteering was officially recognized in 1974 when President Richard Nixon signed an executive order establishing National Volunteer Week as an annual celebration of volunteerism. Every President since then has signed a proclamation promoting National Volunteer Week as a time to recognize and celebrate the efforts of volunteers at local, state, and national levels. Not only do we proudly recognize YOUR volunteer service during National Volunteer Week (this year, during April 17-23rd), but we also strive to encourage more Americans to continue strengthening our country by helping others. Our community members continuously show a kindness that transforms, if only one heart and one soul at a time. These individuals serve in a variety of ways -- mentoring and tutoring children, providing companionship to the elderly, serving on nonprofits' Boards and Committees, and offering physical and spiritual aid to the hungry and homeless. It has become apparent that everyone can do something to help, no matter how young or old.

What a perfect time to join the movement to do something to make a difference in the lives of those in need. Volunteers not only inspire others to volunteer but also the people they serve. Volunteers are needed throughout the Bemidji Trade Area. If you know of someone that wants to make a difference, we most certainly have the right opportunity that matches their time, talent and interests with Northwoods Interfaith Volunteer Caregivers! The spirit of volunteerism is the 'heart work' that

April is "Child Abuse Prevention" Month Get involved and help end Child Abuse!



Thursday, April 14th, 2005
Blue Ribbon Ceremony
7:00 pm at the Waterfront
Downtown Bemidji

Tie a Blue Ribbon around your
vehicle antennae to represent
Child Abuse Prevention. We
CAN make a difference!

Northwoods Interfaith Caregivers are Essential



Page 2

YOU can help support Northwoods Interfaith...



WE CARE Program

Marketplace Foods is proud to announce an easy and convenient way for YOU to help Northwoods Interfaith earn money! It's called the "WE CARE" program and it's very simple... Upon purchase of your groceries at Marketplace Foods, just ask the cashier for the "WE CARE" sticker for your receipt. Turn your receipt in to the NICE office (with the proper "WE CARE" sticker attached) and it will be submitted to Marketplace Foods. Northwoods Interfaith will earn 1% of all the sales receipts that are collected and turned in!

Thank you for your support!
We look forward to your receipts!

Volunteer Recruitment

Tell your friends, family and neighbors how they can get involved!
YOU are our best advertisers!
Please help us spread the word about the volunteer opportunities Northwoods Interfaith has to offer:

- Friendly Visiting
- Shopping Assistance
- On-Call Transportation
- Respite Care for Adults & Children
- Minor Chore Services
(Raking, lawn-mowing, etc.)
- Serving on the Board of Directors or program committees
- Congregational Contact

All volunteers are covered with liability insurance and receive Volunteer Recognition & Mileage Reimbursement (\$0.405/mile).

Timesheets

We know that your time is very valuable and we want to make sure you receive the credit and the recognition you deserve! But we need your assistance to do this. Please help us record the time you have spent volunteering by filling out and turning in your timesheets (enclosed). Even if you humbly provide these services with no intent of being recognized, please know that your hours support our program. Your timesheets provide us with statistics that enable us to continue writing and receiving grants. You are the success behind Northwoods Interfaith and we want to ensure you are recognized for sharing your precious time with someone else.

Timesheets can be sent to the NICE office



Northwoods Interfaith Caregivers are Essential



NICE Board Of Directors

Chair

Elaine Hazard

United Methodist Church, Bemidji

Vice-Chair

Danica Robson

Area Agency on Aging, Warren

Treasurer

Patrick Grundmeier

Beltrami Area Service Collaborative, Bemidji

Secretary

Sue Gunvalson

Senior Behavioral Health Unit, Bemidji

April Collman

Adult Day Services, Inc., Bemidji

Tessie Dahlman

St. Philips Church, Bemidji

Ray Grundmeier

First Presbyterian Church, Blackduck

Lynda Stenseng

First National Bank, Bemidji

Melissa Vacek

Chamber of Commerce, Bemidji

Flora Van Vranken

Evangelical Covenant Church, Bemidji

NICE Staff

Cindi Lee Jernigan

Executive Director
333-8264

Missy Thomas

Volunteer
Coordinator
333-8266

Sabrina Niskanen

Intern
333-8262

Email:

nice@paulburryan.net

Fax: 333-8263

NICE Member Congregations

Bemidji

*1st Lutheran
Calvary Lutheran
Evangelical Covenant
Headwaters Unitarian

Peoples Church
Salem Lutheran
St. Bartholomew's
St. Philips Catholic
United Methodist

Laporte/Guthrie

Malvik Lutheran
*Trinity Lutheran

Blackduck

*1st Presbyterian
*Faith Lutheran
*Zion Lutheran

Northome/Kelliher/

Mizpah

Bethlehem Lutheran
Bethesda Lutheran
Hope Lutheran
Our Saviors Lutheran

**Congregational
Contact Needed*

Our Mission

Northwoods Interfaith is a human services, nonprofit organization committed to serving the needs of seniors and families within the greater Bemidji area.

Our Purpose

Northwoods Interfaith coordinates a system of volunteers and professional support services, focusing on improving the overall quality of life.

Our Services

Northwoods Interfaith provides volunteer services such as transportation, friendly visiting, telephone reassurance, adult respite care and children's respite care.

So far, in 2005 alone, NICE Volunteers:

- Provided over 3,535 hours of transportation services
- Provided Respite Care over 75 times
- Helped with grocery shopping over 20 times
- Drove over 11,850 miles

(The above numbers ONLY reflect timesheets returned by NICE volunteers. Please help us record more accurate statistics by turning in YOUR timesheets!)

**Northwoods Interfaith
Caregivers are Essential**
616 America Ave, Suite 170
Bemidji, MN 56601



Is YOUR Name & Address
correct on the mailing label?

If not, please notify Northwoods
Interfaith so your name and
address can be updated:
333-8266

THANKS!

SPONSORED BY:

**Northwest Minnesota Foundation, United Way of Bemidji area, a DHS Caregiver Support
and Respite Grant, Mardag Foundation, Beltrami Child Abuse Prevention Council,
the Robert Wood Johnson Foundation, Beltrami County, Member Congregations and Private Contributions.**



**HUMOR IS NO JOKE!
The Therapy of Laughter**

Northwest Technical College invites
the community to be entertained with
an evening of wit and wisdom with
Camille Wade Maurice. Come tickle
your funny bone as you learn how
humor contributes to good health. Ms.

Wade Maurice is an internationally
known speaker. She helps people feel
good about themselves, their jobs & the
people they work with and serve.

**Thursday, April 14 at 7:00pm
NTC Community Commons
905 Grant Ave SE, Bemidji
FREE ADMISSION**

**4th Annual "United For
Children & Youth Conference"**

**Saturday, April 16, 2005
Park Rapids, MN**

Early Childhood & School Age Sessions

6 Clock Hours, 1 Credit
For More Information,
Call: (800) 450-1385

**If you would like to attend this
conference, please contact Northwoods
Interfaith for conference fee & mileage
reimbursement**

