

# Northwoods Interfaith Caregivers are Essential



Volume 8, Issue 3 -- July 2005

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~ POSTCARD:  
PLEASE RETURN!

## You're Invited!



Defensive Driver Safety Course

Hosted By: AARP

Bemidji Senior Center

**Cost: FREE!**



Northwoods Interfaith and the United Way of Bemidji Area care about YOU and your passengers' safety! Please take this opportunity to tune up your driving skills and update your knowledge on the rules of the road!

The AARP Defensive Driver Safety Course is offered to drivers of all ages. With the help of United Way, Northwoods Interfaith is offering this course for up to 80 volunteers and/or carereceivers...FOR FREE!

Sign up to attend and NICE will pay for YOUR registration fee and mileage reimbursement for this course!

**Please complete and return the enclosed postcard,**  
even if you are NOT interested in attending the  
Defensive Driver Course.

# Northwoods Interfaith Caregivers are Essential



## When Backing Up, Drivers Need Eyes in the Backs of Their Heads Page 2

The most common business auto claim is backing into something, writes Steve Moody in *Coverage Claims & Consequences*. But no matter how common the accidents occur, know that they are preventable. Here are some tips for backing up safely.

### Eliminate Blind Spots

Drivers must pay extra attention to blind spots: any areas which they can't see through the windows and/or in their mirrors. Drivers should make adjustments to eliminate blind spots prior to starting the engine. Here's how:

While sitting squarely in the driver's seat, move the rearview mirror until you can see the full rear window without moving your head.

Tilt your head left and move the left mirror until you can see the car's left side and rear fender; do the reverse to adjust the right mirror.

Test the positions by watching a car approach. First you'll see the car in your rearview mirror, then in the side mirror and then in your peripheral vision. Make minor adjustments until this test works for you.

### Backing up

Check in all directions to make sure the way is clear.

Always turn and look directly behind you while backing up.

Yield the right of way to pedestrians, cyclists and approaching traffic.

Steer with one hand, while looking out the rear window.

### Backing out of a Parking Space

In addition to the backing up directions above:

Back out slowly to make sure other vehicles or pedestrians see the vehicle.

Remember that on-coming traffic has the right of way.

Turn the wheels only after the car clears other cars or obstacles, such as pillars and posts.

### Keep the Windows Clear

An unobstructed view is imperative when backing up. Keep all paraphernalia below the driver's sight line. Keep the rear window ledge empty.

Don't use suit hooks to hang clothing which covers side rear windows.

Clean all window glass regularly, inside and out.

Replace windshield wiper blades (front and rear) before they streak or scrape the glass.

Request passengers (front passenger, as well as those in backseat(s) to sit back, or move to their left or right to give the driver a clear view.

### Easy Does It

Always back up slowly.

It's easier to control a vehicle when moving at a speed less than 3 mph.

### When Is It No Longer Safe to Drive?

Eventually, most of us will have to stop driving at some point in our lives. Failing eyesight, hearing loss, dementia or other health problems can make driving dangerous to both the driver and others on the road.

**But how do you know when to stop driving? There are some important warning signs to watch for.**

- Have you had more than one at-fault accident in one year?
- Do you get lost frequently or forget where you are driving to?
- Do you have unexplained scratches or dents on your car?
- Have you had a change in lens prescriptions or other medications?

If you have answered "Yes" to any of the above questions, it may be time to attend the AARP Driver Safety Course (See Page 1) or perhaps even take further measures to be sure you, and others, are not at risk. If you have concerns regarding your driving abilities, please contact your physician, or even the DMV to take a driver's exam.

# Northwoods Interfaith Caregivers are Essential



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## Disability Linkage Line: 1-866-333-2466

The Disability Linkage Line now has a northern call center to answer disability service questions in our area: 1-866-333-2466

### Not sure what the Disability Linkage Line is?

The Disability Linkage Line is a free state-wide service available to/for **EVERYONE** seeking information, referral and assistance to/for people with disabilities, chronic illness, chemical dependency and mental health concerns, their service-provider, family and/or representative.

### With a SINGLE CALL:

- You can determine what services are available to help so you can choose the most suitable option
- Trained Information and Assistance Specialists can steer you to the services and supports available in your area
- Staff will follow up with you to make sure you find the services that meet your needs

### DLL services are always kept confidential and free of charge.

The Disability Linkage Line is a collaborative effort between the Minnesota Department of Human Services and the Metropolitan and Southeastern Minnesota Centers for Independent Living. DLL also partners with [www.minnesotahelp.info](http://www.minnesotahelp.info).

No question is too big or small. Give them a call. It's FREE.



## Get Ready...Get Set...Go!!!

### The New Medicare Prescription Drug Benefit (Part D)

Please attend this informational session to learn the basic facts regarding "Medicare Part D" and how this impacts you as a person enrolled in Medicare.

#### Blackduck

Wednesday, July 13, 2005

7:00pm

Blackduck E. Free Church

#### Kelliher

Tuesday, July 26, 2005

7:00pm

St. Patrick's Church

For More Information, Contact the Senior Linkage Line:  
(888) 333-2433

### NICE Staff

**Cindi Lee Jerrigan**  
Executive Director  
333-8264

**Missy Thomas**  
Volunteer Coordinator  
333-8266

**Sabrina Niskanen**  
Program Assistant  
333-8262

Email: [nice@paulbunyan.net](mailto:nice@paulbunyan.net)  
Fax: 333-8263

### 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.

### Smoke Detector

**You may be able to receive a flashing, amplified visual smoke detector at no cost to you if you:**

\* Have a hearing loss    \* Meet the income guidelines    \* Live in Bemidji or the surrounding areas



### For more information, Contact:

Deaf and Hard of Hearing Services - 816 America Ave - Suite 320 - Bemidji - (218) 333-8283  
Made possible through a grant from the George W. Neilson Foundation

**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.**

### NICE Board Of Directors

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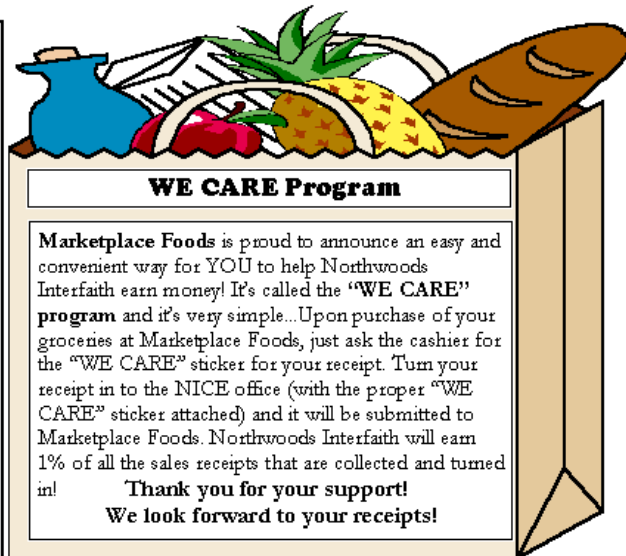
First Presbyterian Church, Blackduck

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First National Bank, Bemidji

**Melissa Vacek**

Chamber of Commerce, Bemidji



#### 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!**

**Please  
Note!**

We are attempting to update our records and may be contacting YOU to ask you a few questions. If you receive a "Satisfaction Survey" in the mail or a phone call from a staff member, we would appreciate your input! Please feel free to let us know how we are doing and how we can improve!

