



## A Resource Guide for Alzheimer's Disease & Related Dementias

This guide provides an overview and contact information for local and statewide resources, such as transportation, support groups, meal services and long-term care providers.

### CAREGIVER CONSULTATIONS & COACHING

#### Alzheimer's Association

Care Consultation is an opportunity to receive education about the diagnosis, learn how to make decisions about care, and develop plans on how to live a full life with dementia. This is an in-depth personalized service. Care Consultation is available via phone and ask to speak to a Care Consultant. Alzheimer's Association MN-ND Chapter  
**(800) 272-3900**  
[alz.org/mnnd](http://alz.org/mnnd)

#### VINE Faith in Action

Professional staff from VINE are trained to provide caregiving coaching to family and friends. The goals of coaching are to improve knowledge, technique and support systems so caregivers can do the best possible job in providing care.  
**(507) 387-1666**  
[vinevolunteers.org](http://vinevolunteers.org)

### About Mankato & North Mankato ACT on Alzheimer's

ACT on Alzheimer's is a Minnesota initiative designed to prepare communities to support individuals living with Alzheimer's disease and related dementias and their care partners. Mankato and North Mankato became an ACT on Alzheimer's community in 2014 and is led by a group of volunteers that make up an Action Team. We are committed to creating a dementia-friendly community that is respectful, safe, informed and engaging.

#### Get Involved

Interested parties are welcome to join the team at any time. Bring your ideas and help implement our various initiatives. Email [katoactonalz@gmail.com](mailto:katoactonalz@gmail.com) for more information.

## COMMUNITY-BASED ACTIVITIES

These activities are designed to be a shared experience for people living with Alzheimer's and related dementias with family members or friends.

### Garden EngAGement

The Minnesota State University, Mankato College of Allied Health & Nursing program, in partnership with the Living Earth Center and ACT on Alzheimer's, creates a dementia-friendly garden every summer. Open daily with scheduled programs throughout the summer. Follow Eng-AGE-ment Events on Facebook.

### Chat with Friends

VINE holds a Memory Café monthly. [vinevolunteers.org/services/caregiver-support](http://vinevolunteers.org/services/caregiver-support)

### Dementia Friendly Exercise

Held twice a week at VINE. Call (507) 386-5588.

### Rhythmic Times – ACT on Alzheimer's program

Participants have the chance to sing, play percussion instruments and reminisce. Visit [katoactonalz.org](http://katoactonalz.org) for dates and times.

### Singing Hills Chorus – ACT on Alzheimer's program

The chorus is designed for people living with Alzheimer's and related dementias and care partners along with volunteer singers. Singers of all abilities create and learn in weekly rehearsals with a specially trained music director. Rehearsals culminate in a concert. Sessions are held in the fall and spring. Summer SingAlongs are held monthly from June-August. Visit [singinghillschorus.org](http://singinghillschorus.org) for more info.

### TimeSlips – ACT on Alzheimer's program

TimeSlips storytelling sessions provide an opportunity for participants to imagine, create, and tell new stories, and are specially designed to be an experience that people living with Alzheimer's disease and related dementias can share with a family member or friend. Visit [katoactonalz.org](http://katoactonalz.org) for more info and to register.

## What is the difference between Dementia and Alzheimer's?

### Dementia

is a general term for loss of memory and other mental abilities severe enough to interfere with daily life. Dementia is not normal aging, it is caused by physical changes in the brain.

### Alzheimer's

Alzheimer's is the most common type of dementia. Other common types include Lewy Body dementia, Frontotemporal dementia and Vascular dementia.

## COUNTY RESOURCES

### Blue Earth County Human Services

Long Term Care Services (65+)

(507) 304-4335

[blueearthcountymn.gov/542/Long-Term-Care-Services-65](http://blueearthcountymn.gov/542/Long-Term-Care-Services-65)

### Nicollet County Human Services

65 and Over Programs

(507) 386-4528

[co.nicollet.mn.us/823/Home-and-Community-Based-Services](http://co.nicollet.mn.us/823/Home-and-Community-Based-Services)

## DAY PROGRAMS

### Pathstone Day Living

(507) 345-6506

[ecumenpathstoneliving.org/services/adult-day](http://ecumenpathstoneliving.org/services/adult-day)

## EDUCATION

Members of the ACT on Alzheimer's Action Team are available to present the following classes.

- Dementia Friends Minnesota
- Dementia Friends @ Work
- Alzheimer's Association curriculum, a range of topics from Alzheimer's basics to caregiving advice.

Classes are free and may be arranged by emailing [katoactonalz@gmail.com](mailto:katoactonalz@gmail.com).

[katoactonalz.org](http://katoactonalz.org)



Mankato &  
North Mankato

## HOME DELIVERED MEALS

### Homestyle Direct

(866) 735-0921  
homstyledirect.com

### Lutheran Social Service Senior Nutrition

(507) 625-8970  
lssmn.org/meals

### Mom's Meals

(877) 508-6667  
momsmeals.com

### Sister's Homestyle Entrees

(515) 332-1928  
sistersentrees.com

### VINE Hot Meals on Wheels

(507) 387-4076  
vinevolunteers.org/services/hot-meals-on-wheels

## HOME HEALTH AND CARE PROVIDERS

### Accra Home Care

(507) 225-6900  
accrahomecare.com

### Adara Home Health

(507) 519-4016  
adarahomehealth.com

### Alliance Health Care

(507) 386-1953  
alliancehealthcare.com

### Ecumen Home Care – Pathstone

(507) 385-4210  
ecumenpathstoneliving.org

## HOME HEALTH AND CARE PROVIDERS (CONT'D)

### Freedom Home Care, LLC

(507) 387-4663  
freedomhomecarellc.com

### Home Instead

(507) 299-2396  
homeinstead.com

### International Quality Homecare

(877) 461-4742  
internationalquality.com

### Open Arms Care

(507) 497-5292  
openarmscaremn.com

### Synergy Home Care

(507) 769-0828  
synergyhomecare.com

### Visiting Angels

(507) 388-6610  
visitingangels.com

## HOSPICE & PALLIATIVE CARE PROGRAMS

### Brighton Hospice

(952) 856-2213  
brightonhospice.com

### Ecumen Hospice

(507) 774-3221  
ecumenhospice.org

### Mayo Clinic Health System

(507) 594-2618  
mayoclinichealthsystem.org

### Moments Hospice

(507) 609-8800  
momentshospice.com

### ProMedica Hospice Office

(507) 779-7147  
promedica-hospice.org

### St. Croix Hospice

(507) 779-7227  
stcroixhospice.com/mankato

### Learn more about Clinical Trials

The Alzheimer's Association TrialMatch® connects individuals living with Alzheimer's and related dementias, caregivers and healthy volunteers to clinical trials that may advance research. The free, easy-to-use service allows you to see which studies are a good fit for you or a family member. Search for studies, receive email notifications about new opportunities or connect with research teams. [alz.org/alzheimers-dementia/research\\_progress/clinical-trials](http://alz.org/alzheimers-dementia/research_progress/clinical-trials)

## LONG-TERM CARE LIVING SITES

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The State of Minnesota issues two types of Assisted Living Licenses: Assisted Living License and Assisted Living License with Dementia Care. Before you move to assisted living, you are required to call the Senior LinkAge Line and discuss your options. See Minnesota Resources for contact information. Additional information is available through the new Minnesota Assisted Living Report Card available online at [alreportcard.dhs.mn.gov](http://alreportcard.dhs.mn.gov).

## ASSISTED LIVING FACILITIES

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### Autumn Grace

(507) 388-3660  
[meridiansenior.com](http://meridiansenior.com)

### Birchwood Cottages

(507) 613-0006  
[birchwoodcottagesmn.com](http://birchwoodcottagesmn.com)

### BridgeWater at Mankato

(507) 720-6141  
[bridgewatermn.net](http://bridgewatermn.net)

### Brookdale Mankato

(507) 386-1779  
[brookdale.com](http://brookdale.com)

### Cottagewood Senior Communities

(507) 345-8787  
[cottagewoodmankato.com](http://cottagewoodmankato.com)

### Ecumen Pathstone Crossing

(507) 345-4576  
[ecumenpathstoneliving.org](http://ecumenpathstoneliving.org)

### Laurels Edge Assisted Living

(507) 387-2133  
[monarchmn.com](http://monarchmn.com)

### Mankato Lodge

(507) 388-9292  
[sinceriseniorliving.com/mankato-lodge](http://sinceriseniorliving.com/mankato-lodge)

### New Perspective Senior Living

(507) 385-7080  
[npseniorliving.com](http://npseniorliving.com)

### Oak Terrace Assisted Living

(507) 387-2037  
[oakterraceliving.com](http://oakterraceliving.com)

## ASSISTED LIVING FACILITIES (CONT'D)

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### Old Main Village

(507) 388-4200  
[oldmainvillage.com](http://oldmainvillage.com)

### The Pillars of Mankato Senior Living

(507) 344-6777  
[pillarsseniorliving.com/mankato](http://pillarsseniorliving.com/mankato)

### Vista Prairie at Monarch Meadows

(507) 933-4681  
[vistaprairie.org](http://vistaprairie.org)

### Water's Edge Assisted Living & Memory Care

(507) 388-5582  
[meridiansenior.com](http://meridiansenior.com)

## MEMORY CARE FACILITIES

(also known as Assisted Living Facilities with Dementia Care)

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### Autumn Grace

(507) 388-3660  
[meridiansenior.com](http://meridiansenior.com)

### Birchwood Cottages

(507) 613-0006  
[birchwoodcottagesmn.com](http://birchwoodcottagesmn.com)

### Cottagewood Memory Care

(507) 345-8787  
[cottagewoodmankato.com](http://cottagewoodmankato.com)

### Ecumen Pathstone Crossing

(507) 345-4576  
[ecumenpathstoneliving.org](http://ecumenpathstoneliving.org)

### Generations Child Care & Memory Care

(507) 720-0644  
[caremankato.com](http://caremankato.com)

### Laurels Edge

(507) 387-2133  
[monarchmn.com/laurels-edge](http://monarchmn.com/laurels-edge)

[katoactonalz.org](http://katoactonalz.org)



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## MEMORY CARE FACILITIES (CONT'D)

### **New Perspective Senior Living**

(507) 385-7080  
npseniorliving.com

### **Oak Terrace Assisted Living**

(507) 387-2037  
oakterraceliving.com

### **The Pillars of Mankato Memory Care**

(507) 344-6777  
pillarsseniorliving.com/mankato

### **Water's Edge Assisted Living & Memory Care**

(507) 388-5582  
meridiansenior.com

## SKILLED NURSING HOMES & REHAB

The Minnesota Department of Health provides a **Minnesota Nursing Home Report Card** for both long and short stays in nursing homes. [nhreportcard.dhs.mn.gov](http://nhreportcard.dhs.mn.gov)

### **Ecumen Care Center & Rehab**

(507) 345-4576  
[ecumenpathstoneliving.org/services/care-center-rehab](http://ecumenpathstoneliving.org/services/care-center-rehab)

### **Hillcrest Rehabilitation Center**

(507) 387-3491  
[monarchmn.com/hillcrest-rehabilitation-center/long-term-care](http://monarchmn.com/hillcrest-rehabilitation-center/long-term-care)

### **Laurel's Peak Rehabilitation Center**

(507) 345-4631  
[monarchmn.com/laurels-peak-rehabilitation-center/long-term-care](http://monarchmn.com/laurels-peak-rehabilitation-center/long-term-care)

### **Oaklawn Rehabilitation Center**

(507) 388-2913  
[monarchmn.com/oaklawn-rehabilitation-center/long-term-care](http://monarchmn.com/oaklawn-rehabilitation-center/long-term-care)

## MEDICAL EQUIPMENT

### **Active Style Inc.**

(855) 373-4635  
activestyle.com

### **Alliance Health Care**

(507) 386-1953  
alliancehealthcare.com

## MEDICAL EQUIPMENT (CONT'D)

### **Allina Home Oxygen & Medical Equipment**

(507) 345-8593  
allinahealth.org

### **DOSE Health**

(844) 300-6212  
dosehealth.com

### **Ecumen Pathstone Store**

(507) 385-8582  
ecumenstore.org

### **Handi Medical Supply**

(507) 779-7560  
handimedical.com

### **Mayo Clinic Store**

(507) 385-2689  
[mayoclinichealthsystem.org/locations/mankato](http://mayoclinichealthsystem.org/locations/mankato)

## MUSIC THERAPY

### **Avenues Music Therapy, LLC**

(507) 382-1350  
avenuesmusictherapy.com

### **Healing Rhythms Music Therapy**

(507) 236-7793  
healingrhythmsmt.com

### **Southern Minnesota Music Therapy, LLC**

(507) 995-2102  
southernminnesotamusictherapy.com

## SENIOR MOVE SPECIALISTS

### **Caring Transitions of Mankato**

(507) 225-0073  
caringtransitionsmankato.com

## SUPPORT GROUPS

### **Alzheimer's Association**

In-Person and Virtual Support Groups  
[alz.org/help-support/community/support-groups](http://alz.org/help-support/community/support-groups)

### **The Pillars of Mankato Senior Living**

Care Partner Support Group  
In-person and online options  
Email [erin.l.johnson@fairview.org](mailto:erin.l.johnson@fairview.org)

## SUPPORT GROUPS (CONT'D)

### VINE Faith in Action

Caregiver Support Groups  
(507) 387-1666  
vinevolunteers.org/services/support-groups

## TRANSPORTATION

### AmeriCare Mobility Van, Inc.

(507) 625-6741  
amvan.com

### Care Transport Services

(507) 344-8900  
caretransportservices.net

### Mankato Transit System

(507) 387-8600  
mankatomn.gov/your-government/departments/  
mass-transit

### True Transit

(507) 388-8783  
truetransit.org

### VINE Door2Door

(507) 387-1666  
vinevolunteers.org/services/transportation

## MINNESOTA RESOURCES

### AARP Minnesota

(866) 554-5381  
states.aarp.org/minnesota

### Alzheimer's Association MN-ND Chapter

24/7 Helpline (800) 272-3900  
alz.org/mnnd  
Dial 711 to connect with a TRS operator. The Helpline  
accommodates over 200 languages.  
alz.org/help-support/resources/helpline

## MINNESOTA RESOURCES (CONT'D)

### Mayo Clinic Alzheimer's Disease Research Center (ADRC)

The Alzheimer's Disease Research Center promotes research and education about healthy brain aging, mild cognitive impairment, Alzheimer's disease, Lewy body dementia, frontotemporal dementia and other related dementia disorders.  
(507) 284-1324  
mayo.edu/research/centers-programs/alzheimers-disease-research-center/about/overview

### Minnesota Adult Abuse Reporting Center (MAARC)

MN Dept. of Human Services  
(844) 880-1574  
mn.gov/dhs/people-we-serve/seniors/services/adult-protection/maarc.jsp

### Minnesota Board on Aging

(651) 431-2500  
mn.gov/board-on-aging

### Minnesota Commission of the Deaf, DeafBlind & Hard of Hearing (MNCDHH)

(651) 431-5961 (V)  
mn.gov/deaf-commission

### Minnesota Elder Justice Center

(651) 440-9300  
elderjusticemn.org

### Minnesota Help Network

(800) 333-2433  
minnesotahelp.info

### Minnesota Office of the Ombudsman for Long-Term Care

(651) 431-2555  
Mankato Office (507) 625-1400  
mn.gov/ooltc

### Minnesota River Area Agency on Aging (MNRAAA)

(507) 387-1256  
mnraaa.org

## MINNESOTA RESOURCES (CONT'D)

### Minnesota Senior LinkAge Line

The Senior LinkAge Line is a statewide service of the Minnesota Board on Aging, delivered locally by Minnesota's Area Agencies on Aging. MNRAAA supports Blue Earth, Nicollet and Waseca counties. (800) 333-2433  
mn.gov/senior-linkage-line

### Minnesota State Services for the Blind (SSB)

(651) 539-2300 or (800) 652-9000  
Mankato Office (507) 344-2623 or (800) 657-3821  
mnssb.org

### Southern Minnesota Regional Legal Services

(877) 696-6529  
Mankato Office (507) 396-6815  
smrls.org

## NATIONAL RESOURCES

### Association for Frontotemporal Degeneration

HelpLine (866) 507-7222, M-F, 9am-5pmET  
theaftd.org

### Lewy Body Dementia Association

Lewy Line (800) 529-9767  
lbda.org

## JANESVILLE, LAKE CRYSTAL, MAPLETON AND ST. PETER

This section provides information on resources in nearby communities. Please note some of the Mankato & North Mankato providers may provide services in these communities.

### Home Delivered Meals

#### Lutheran Social Services

Janesville, Lake Crystal, Mapleton  
(507) 380-4857  
lssmn.org/meals

## JANESVILLE

### Memory Care Facilities

#### BridgeWater at Janesville

(507) 231-1515  
bridgewatermn.net/bridgewater-at-janesville

### Skilled Nursing Homes & Rehab

#### Whispering Creek

(507) 231-5113  
whisperingcreek.org

### Waseca County

#### Senior Health

507-835-0535  
wasecacounty.gov/231/Senior-Health

## LAKE CRYSTAL

### Assisted Living Facilities

#### Crystal Seasons Assisted Living

(507) 726-2266  
monarchmn.com/crystal-seasons

### Memory Care Facilities

#### The Beacon at Lake Crystal

(507) 726-6537  
monarchmn.com/beacon-at-lake-crystal

## MAPLETON

### Assisted Living Facilities

#### Mapleton Community Home Heritage Place

(507) 524-3315  
mapletoncommunityhome.com/heritage-place

### Memory Care Facilities

#### The Beacon at Mapleton

(507) 524-4990  
monarchmn.com/beacon-at-mapleton

### Skilled Nursing Homes & Rehab

#### Mapleton Community Home

(507) 524-3315  
mapletoncommunityhome.com

## ST. PETER

### Day Programs

#### Pathstone Day Living

(507) 720-5460

[ecumenpathstoneliving.org/services/adult-day](http://ecumenpathstoneliving.org/services/adult-day)

### Home Delivered Meals

#### Lutheran Social Services

(507) 934-8850

[lssmn.org/meals](http://lssmn.org/meals)

### Home Health Care

#### Good Samaritan Home Care

(507) 931-0949

[good-sam.com](http://good-sam.com)

## LONG-TERM CARE LIVING SITES

### Assisted Living Facilities

#### Benedictine Court

(507) 931-8545

[benedictineliving.org/st-peter-mn/assisted-living](http://benedictineliving.org/st-peter-mn/assisted-living)

### Memory Care Facilities

#### Ecumen Prairie Hill

(507) 934-2200

[ecumenprairiehill.org](http://ecumenprairiehill.org)

### Ecumen Sand Prairie

(507) 934-2200

[ecumensandprairie.org](http://ecumensandprairie.org)

### Pheasants Ridge

(507) 931-0966

[pheasantsridge.com](http://pheasantsridge.com)

### Skilled Nursing and Rehabilitation

#### Benedictine Care Center

(507) 934-2203

[benedictineliving.org/st-peter-mn/skilled-nursing](http://benedictineliving.org/st-peter-mn/skilled-nursing)

### Transportation

#### Minnesota River Valley Transit

(888) 880-4696

[saintpetermn.gov/322/Minnesota-River-Valley-Transit](http://saintpetermn.gov/322/Minnesota-River-Valley-Transit)

Reference herein to any specific organization or service, including providing hyperlinks, does not constitute or imply an endorsement or recommendation. The intention of this guide is to create awareness of specific types of local and state resources.

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## RECOMMENDED READING LIST

Available at [katoactonalz.org](http://katoactonalz.org)

## Now offering TimeSlips™ Storytelling Sessions

### Create a Story and Spark Meaningful Moments

Storytelling is a gift enjoyed by people in all stages of life! During a storytelling session, facilitators will focus on imagination and creativity, rather than memory or recall, and provide participants with playful photographic and verbal prompts, as well as questions. Together, the group will create two-three original stories!



[katoactonalz.org](http://katoactonalz.org)



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