



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.

CARE CONSULTATIONS & COACHING

Alzheimer's Association

A Care Consultation is a free service that provides individualized, solution-focused support. Care Consultants are master's-level dementia experts who work in collaboration with you to develop an action plan to address your individual needs and goals. This service is accessed through the Alzheimer's Association 24/7 Helpline.

(800) 272-3900

alz.org

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

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 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

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 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 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. Email katoactonalz@gmail.com to schedule a session.

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

Nicollet County Human Services

65 and Over Programs

(507) 386-4528

co.nicollet.mn.us/823/Home-and-Community-Based-Services

DAY PROGRAMS

Pathstone Day Living

(507) 720-5460

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.

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

Extended Love

(507) 995-7923

Freedom Home Care, LLC

(507) 387-4663
freedomhomecarellc.com

Home Health Care, Inc.

(763) 417-8888
hhcare.net

HOME HEALTH AND CARE PROVIDERS (CONT'D)

Home Instead

(952) 929-5645
homeinstead.com

International Quality Homecare

(877) 461-4742
internationalquality.com

Open Arms Care, LLC

(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

Compassionate Community Center

(651) 303-0744
compassionatecommunitycenter.com

Ecumen Hospice

(507) 774-3221
ecumenhospice.org

Moments Hospice

(507) 609-8800
momentshospice.com

Prairie Grace Hospice

(507) 821-0430
prairiegracehospice.com

St. Croix Hospice

(507) 779-7227
stcroixhospice.com/mankato

LONG-TERM CARE LIVING SITES

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.

ASSISTED LIVING FACILITIES

Autumn Grace

(507) 388-0640
meridiansenior.com

Birchwood Cottages

(507) 613-0006
birchwoodcottagesmn.com

BridgeWater at Mankato

(507) 720-6141
bridgewatermn.net

Brookdale Mankato

(507) 207-7282
brookdale.com

Cottagewood Senior Communities

(507) 345-8787
cottagewoodmankato.com

Ecumen Pathstone Crossing

(507) 345-4576
ecumenpathstoneliving.org

Laurels Edge Assisted Living

(507) 387-2133
monarchmn.com

Mankato Lodge

(507) 388-9292
sinceriseniorliving.com/mankato-lodge

New Perspective Senior Living

(507) 385-7080
npseiorliving.com

Oak Terrace Assisted Living

(507) 387-2037
oakterraceliving.com

ASSISTED LIVING FACILITIES (CONT'D)

Old Main Village

(507) 353-3151
oldmainvillage.com

The Pillars of Mankato Senior Living

(507) 344-6777
pillarsseniorliving.com/mankato

Vista Prairie at Monarch Meadows

(507) 933-4681
vistaprairie.org

Water's Edge Assisted Living & Memory Care

(507) 388-5582
meridiansenior.com

MEMORY CARE FACILITIES

(also known as Assisted Living Facilities with Dementia Care)

Autumn Grace

(507) 388-0640
meridiansenior.com

Birchwood Cottages

(507) 613-0006
birchwoodcottagesmn.com

Cottagewood Memory Care

(507) 345-8787
cottagewoodmankato.com

Ecumen Pathstone Crossing

(507) 345-4576
ecumenpathstoneliving.org

Generations Child Care & Memory Care

(507) 720-0644
caremankato.com

Laurels Edge

(507) 387-2133
monarchmn.com/laurels-edge

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

Ecumen Care Center & Rehab

(507) 345-4576
ecumenpathstoneliving.org/services/care-center-rehab

Hillcrest Rehabilitation Center

(507) 387-3491
monarchmn.com/hillcrest-rehabilitation-center

Laurel's Peak Rehabilitation Center

(507) 345-4631
monarchmn.com/laurels-peak-rehabilitation-center

Oaklawn Rehabilitation Center

(507) 388-2913
monarchmn.com/oaklawn-rehabilitation-center

MEDICAL EQUIPMENT

Alliance Health Care

(507) 386-1953
alliancehealthcare.com

MEDICAL EQUIPMENT (CONT'D)

DOSE Health

(844) 300-6212
dosehealth.com

Handi Medical Supply

(507) 779-7560
handimedical.com

Mayo Clinic Store

(507) 594-2689
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

The Pillars of Mankato Senior Living

Care Partner Support Group
In-person and online options
Email erin.l.johnson@fairview.org

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, 311
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

Mayo Clinic Alzheimer's Disease Research Center (ADRC)

The Rochester-based 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 RESOURCES (CONT'D)

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) 243-3834 (V)
mn.gov/deaf-commission

Minnesota Elder Justice Center

(651) 440-9300
elderjusticemn.org

Minnesota Office of the Ombudsman for Long-Term Care

(800) 657-3591
mn.gov/ooltc

Minnesota River Area Agency on Aging (MNRAAA)

(507) 387-1256
mnraaa.org

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) 539-9767
lbda.org

Lutheran Social Services

(800) 488-4146

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) 488-4146
lssmn.org/meals

JANESVILLE

Oakwood Senior Living (507) 231-1515

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

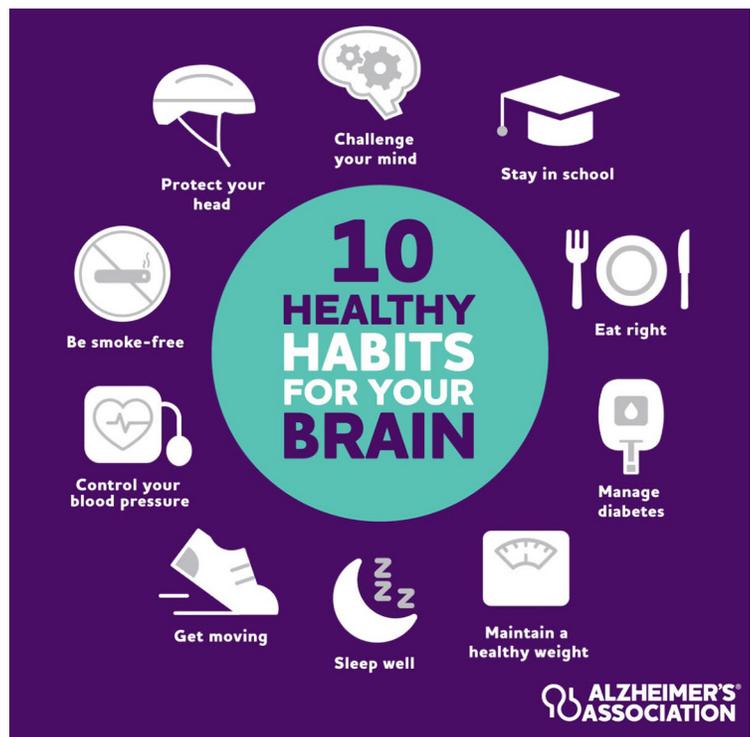
Assisted Living Facilities Crystal Seasons Assisted Living (507) 726-2266 monarchmn.com/crystal-seasons

Memory Care Facilities The Beacon at Lake Crystal (507) 726-6537 monarchmn.com/beacon-at-lake-crystal

MAPLETON

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

ecumen.org

Home Delivered Meals

Lutheran Social Services

(800) 488-4146

lssmn.org/meals

Home Health Care

Good Samaritan Home Care

(507) 931-0949

good-sam.com

LONG-TERM CARE LIVING SITES

Assisted Living Facilities

Benedictine Court

(507) 931-8545

benedictineliving.org/st-peter-mn/assisted-living

Memory Care Facilities

Ecumen Prairie Hill

(507) 934-2200

ecumenprairiehill.org

Ecumen Sand Prairie

(507) 934-2200

ecumensandprairie.org

Pheasants Ridge

(507) 931-0966

pheasantsridge.com

Skilled Nursing and Rehabilitation

Benedictine Care Center

(507) 934-2203

benedictineliving.org/st-peter-mn/skilled-nursing

Transportation

Minnesota River Valley Transit

(888) 880-4696

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



Singing Hills Chorus

A community-building movement that connects music, people and joyful purpose.

Chorus members include people living with Alzheimer's and related dementias, care partners and volunteers. Singers of all abilities create and learn in weekly 90-minute rehearsals at a warm and accessible music venue with a professional choral director. There is a half-hour of socialization time, along with refreshments, before the rehearsal. The fall and spring sessions each culminate in a concert!



Visit singinghillschorus.org for more info.



katoactonalz.org



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North Mankato