



Alzheimer's and Dementia

COMMUNITY RESOURCE GUIDE

AURORA • BIWABIK
HOYT LAKES • TOWN OF WHITE

East Iron Range

alzheimer's association®

KNOW the 10 SIGNS

EARLY DETECTION MATTERS

- 1 Memory changes that disrupt daily life
- 2 Challenges in planning or solving problems
- 3 Difficulty completing familiar tasks
- 4 Confusion with time or place
- 5 Trouble understanding visual images and spatial relationships
- 6 New problems with words in speaking or writing
- 7 Misplacing things and losing the ability to retrace steps
- 8 Decreased or poor judgement
- 9 Withdrawal from work or social activities
- 10 Changes in mood and personality

alz.org/10signs
800.272.3900

Agencies/services in our area may not be listed in this resource; the best effort was made to be comprehensive.

ACT on Alzheimer's is a volunteer driven, statewide collaboration bringing Minnesotans together to create supportive environments for everyone touched by Alzheimer's disease and related dementias.

Creating a Dementia-Friendly Community

- Raising awareness about Alzheimer's and transforming attitudes
- Having supportive options that foster quality of life
- Supporting caregivers and families touched by the disease
- Promoting meaningful participation in community life

If you or a loved one are concerned about memory loss, talk with your doctor.

For more information on the **East Range ACT on Alzheimer's**

www.actonalz.org/east_iron_range

(218) 229-4244

Senior Stars Program

Dementia-Friendly Activities

Volunteers will be providing activities for persons with Dementia at your local senior centers. Providing socialization to community members and caregiver breaks.

(218) 229-4244

Library Bags

Resource materials are available at your local libraries for checkout. Information on Dementia for the person being cared for and the caregiver.

Aurora Library
(218) 229-2021
Hoyt Lakes Library
(218) 225-2412

ASSISTED LIVING MEMORY CARE FACILITIES

Carefree Living
Aurora, MN
(218) 306-6028
www.spectrumhealthcos.com

New Journey Residence of Biwabik
Biwabik, MN
(800) 333-2433 ext. 81005

Northland Village
Hoyt Lakes, MN
(218) 225-0176
www.northlandvillage.org

SUPPORT GROUPS

Range Respite
1309 20th St S
Virginia, MN 55792
(218) 749-5051
www.rangerespite.org

GROCERY DELIVERY - MEAL SERVICES

AEOA Senior Dining - Meals on Wheels
(218) 748-7323
www.aeoa.org

Mom's Meals
(866) 716-3257
www.momsmeals.com

DAY GROUPS

Range Respite
(218) 749-5051
www.rangerespite.org

MEDICAL EQUIPMENT

AEOA Loan Closet
(218) 735-6830

EH Medical Supply
(218) 741-0001

Fairview Range Medical Equipment
(218) 741-7257

Recover Health
(218) 262-5887

HOME BASED SERVICES

Accurate Home Care
(866) 214-3800

Cherish Home Care
(218) 263-9000

Healthline Home Care
(218) 262-6982

Heartland PCA
(218) 263-4177

Home Instead Senior Care
(218) 262-6177

Range Respite
(218) 749-5051

Recover Health
(218) 262-5887

Spectrum Home Care
(218) 741-3013
www.spectrumhealthcos.com

LONG TERM CARE FACILITY

Essentia Health
Northern Pines Care Center
Aurora, MN 55705
(218) 229-2211
www.essentiahealth.org

TRANSPORTATION

AEOA Arrowhead Transit
(800) 862-0175
arrowheadtransit.com

Fairview Transportation
(218) 262-1170

Recover Health
(218) 262-5887

Northern Access
(218) 744-2955



MINNESOTA RESOURCES

Senior LinkAge Line
(800) 333-2433
www.mnaging.org

Arrowhead Area Agency on Aging
Duluth, MN 55802
(218) 722-5545
(800) 232-0707
www.arrowheadaging.org

Alzheimer's Association MN-ND Chapter
(800) 272-3900 (24/7)
www.alz.org.mnnd

Legal Aid Services
Duluth, MN
(218) 623-8100
www.lasnem.org

Minnesota Commission Serving Deaf and Hard of Hearing People
(651) 431-5961 (V)
(888) 206-2001 (TTY)
www.mncdhh.org

Minnesota State Services for the Blind
(218) 263-2962 (TTY)
(800) 657-3824
www.mnssb.org

St. Louis County Social Services
(218) 471-7128

Financial Services
(218) 749-7137

ENERGY ASSISTANCE WEATHERIZATION

AEOA
(800) 662-5711
(218) 749-2912
Energy ext. 2116
Housing Rehab ext. 7311
Weatherization ext. 7311
www.aeoa.com