

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.

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

Creating a Dementia-Friendly Community

Learn more at

www.actonalz.org/east_iron_range

Alzheimer's and Dementia

Community Resource Guide

Aurora • Biwabik
Hoyt Lakes • Town of White

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



East Iron Range

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.

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

ENERGY ASSISTANCE WEATHERIZATION

AEOA

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

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

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



EAST IRON RANGE

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