

Transportation

Heartland Express

Park Rapids City Bus | 218.732.3500
hubbardcountyheartlandexpress.com

RideAway LLC

Need a ride? | 218.552.1390
rideawayllc.com

Living at Home of the Park Rapids Area

218.732.3137 | parkrapidslivingathome.org
Volunteer drivers for ages 65+

Veterans Services

218.732.3561 | co.hubbard.mn.us

Regional & National Resources

Act on Alzheimer's

ActonAlz.org

Alzheimer's Association

800.272.3900 (24 hrs) | Alz.org/mnnd

Mid-Minnesota Legal Aid Services

Disability Law Center: 800.292.4150
Intake Line: 877.696.6529 | mylegalaid.org

Minnesota Indian Area Agency on Aging

MIAAA | MNChippewaTribe.org
218.335.8581 or 218.679.2122

Minnesota State Services for the Blind

mn.gov/deed/ssb
651.539.2300 or 800.652.9000

Minnesota Commission of the Deaf, DeafBlind & Hard of Hearing

651.431.5961 | mn.gov/deaf-commission

National Institute on Aging

800.438.4380 | alzheimers.gov

Minnesota Aging Pathways

(formerly: Senior LinkAge Line)
800.333.2433 | mn.gov/aging-pathways

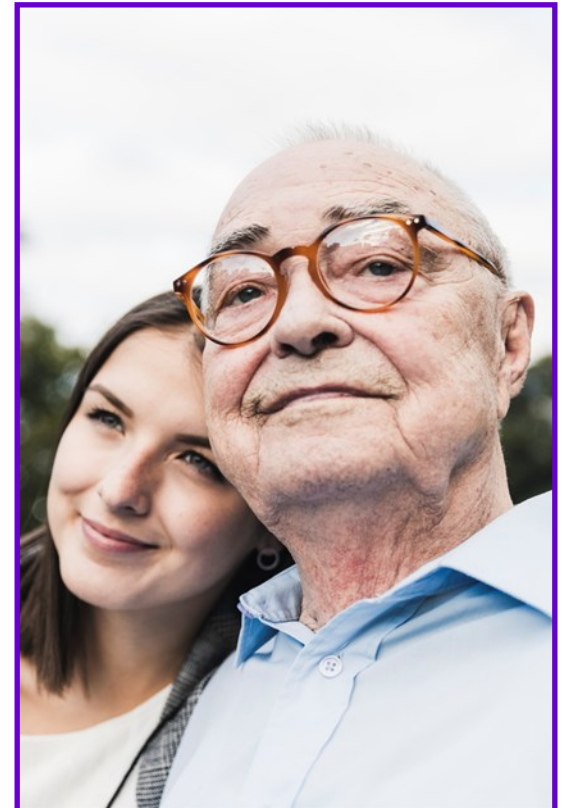
10 Signs of Dementia

1. Memory loss that disrupts 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 judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

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Dementia
Friendly
Park Rapids



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Resource Guide

Education

Caregiver Consultant

218.732.3137 | parkrapidslivingathome.org
Equip caregivers with knowledge, skills and tools to develop and enrich their role

Park Rapids Area Library

218.732.4966 | krls.org

Park Rapids Community Education

218.237.6600 | parkrapidscomed.com

Emotional & Spiritual Support

Support is available through many listed services and the faith partner of your choice

Caregiver Discussion Group

218.732.3137 | parkrapidslivingathome.org
Meets twice Monthly. Call to register

Parkinson's Caregiver Discussion Group

218.732.3137 | parkrapidslivingathome.org
Meets Monthly. Call to register

Healthcare Services

CHI St. Joseph's Health

218.732.3311 | chisjh.org

Essentia Health – Park Rapids Clinic

218.732.2800 | EssentiaHealth.org

Sanford Health – Park Rapids Clinic

218.699.3121 | SanfordHealth.org

Lakes Area Day Health (Adult Day services)

218.366.9930 | lakesareadayhealth@gmail.com

Walker Adult Day Health

218.547.1242 | walkeraduldayhealth.com

Bemidji Adult Day Services

218.751.1324 | aduldayervicesbemidji.com

Home Health Care & Hospice

Vivie Home Care

218.237.2350 | vivie.org

Tru Healthcare

888.689.3391 | truhealthcare.com

Home Health Care & Hospice (continued)

First Nations Home Health Care

877-254-6667 | onecircle.care

NorthStar Nursing

218.573.2238

CHI St. Joseph's Health – Hospice Care

218.732.4552 | chisjh.org

HIA - Hospice Care

800.237.4629 | hiahealth.org

St. Croix Hospice - Bemidji

218.669.4422 | stcroixhospice.com

Independent Living Support/Services

Dancing Sky Area Agency on Aging

800.333.2433 | dancingskyaaa.org
Senior LinkAge Line: Senior support services

Hubbard County Social Services

218.732.1451 | co.hubbard.mn.us
Assessment & support planning

Living at Home of the Park Rapids Area

218.732.3137 | parkrapidslivingathome.org
Senior support services

Lutheran Social Services of MN

800.582.5260 | lssmn.org
Senior support services

Legal

Contact the local attorney of your choice

Thomason, Swanson & Zahn (TSZLaw)

218.732.7236 | tszlaw.com

Minnesota Legal Aid

877.696.6529 | mylegalaaid.org

Need help but don't qualify?

lawhelpmn.org

Nutrition

Hubbard County Food Shelf – Park Rapids

218.732.1282 | 308 Pleasant Ave S

NSI – Nutrition Services Inc – Meals

218.252.4964 | nsiseniornutrition.com
Congregate dining & home delivered meals

SNAP-Supplemental Nutrition Assistance Program

218.732.1451 | co.hubbard.mn.us

Pharmacy Services

Essentia Health Park Rapids Pharmacy

218.732.2903 | Located inside Hugo's

Walgreens Pharmacy

218.732.3342 | walgreens.com

Walmart Pharmacy

218.732.0329 | walmart.com

Residential & Respite Services

Validity Living

218.732.3721 | validityhm.com
Assisted living

Crystal Brook by Vivie Senior Living

218.366.8442 | vivie.org
Senior living, assisted living, respite care, memory care, wellness

Diamond Willow

218.732.3606 | diamondwillow.com
Assisted living, memory care

Heritage Community

218.732.3329 | heritageparkrapids.org
Independent living, assisted living, skilled nursing facility, memory care

Rose Haven

218.564.4268 | rosehaveliving.com
Assisted living

Greenwood Connections

218.564.4101 | greenwoodconnections.com
Assisted living

Summerfield Place Apartments

218.732.0730 | www.gmmco.org
Independent living

Living at Home of the Park Rapids Area

218.732.3137 | parkrapidslivingathome.org
Respite services

One in nine people age 65 and older has Alzheimer's dementia