



# Mankato & North Mankato

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## 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 and 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. It is open daily with several scheduled programs throughout the summer. For updates, follow Eng-AGE-ment Events on Facebook.

### Memory Café

VINE Faith in Action holds a Memory Café every other month.  
[vinevolunteers.org/services/caregiver-support](http://vinevolunteers.org/services/caregiver-support)

### Memory Kits & Books

The Blue Earth County Library and North Mankato Taylor Library may obtain Memory Kits to check out. The ACT on Alzheimer's team has created a Recommended Reading list, many of the books are available at the local libraries. Visit [katoactonalz.org](http://katoactonalz.org) for a complete list of books.

### Rhythmic Times

This group is an ACT on Alzheimer's program. Participants are led by a board-certified music therapist and have the chance to sing, play percussion instruments and reminisce. Visit [katoactonalz.org](http://katoactonalz.org) for dates and times.

### Singing Hills Chorus

The chorus is an 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 at a warm and accessible site with a specially trained music director. Rehearsals culminate in a joyful concert at the end of each season. Sessions are held in the fall and spring. Summer SingAlongs are held monthly from June-August.  
[singinghillchorus.org](http://singinghillchorus.org)

## 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

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

(507) 345-6506

## 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 &  
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## HOME DELIVERED MEALS

### **Homestyle Direct**

(866) 735-0921  
homestyledirect.com

### **Lutheran Social Service Senior Nutrition**

(507) 625-8970  
lssmn.org/nutrition

### **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

### **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)

## 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

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



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## 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. In Minnesota, before you move to assisted living, you are required to call the Senior LinkAge Line and discuss your options. The Senior LinkAge Line specialist will make sure you have looked at options and the move is the right one for you, see Minnesota Resources for contact information.

## ASSISTED LIVING FACILITIES

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### **Autumn Grace**

(507) 388-3660  
meridiansenior.com

### **Birchwood Cottages**

(507) 613-0006  
birchwoodcottagesmn.com

### **BridgeWater at Mankato**

(507) 720-6141  
bridgewatermn.net

### **Brookdale Mankato**

(507) 386-1779  
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  
oakterranceliving.com

## ASSISTED LIVING FACILITIES (CONT'D)

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### **Old Main Village**

(507) 388-4200  
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) 388-3660  
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

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**

Virtual Support Groups available  
[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](http://vinevolunteers.org/services/support-groups)

## TRANSPORTATION

### **AmeriCare Mobility Van, Inc.**

(507) 625-6741

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

### **Care Transport Services**

(507) 344-8900

[caretransportservices.net](http://caretransportservices.net)

### **Mankato Transit System**

(507) 387-8600

[mankatomn.gov/your-government/departments/mass-transit](http://mankatomn.gov/your-government/departments/mass-transit)

### **True Transit**

(507) 388-8783

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

### **VINE Door2Door**

(507) 387-1666

[vinevolunteers.org/services/transportation](http://vinevolunteers.org/services/transportation)

## MINNESOTA RESOURCES

### **AARP Minnesota**

(866) 554-5381

[states.aarp.org/minnesota](http://states.aarp.org/minnesota)

### **Alzheimer's Association MN-ND Chapter**

(800) 272-3900

[alz.org/mnnd](http://alz.org/mnnd)

**The Helpline is available 24/7, same number as above. Dial 711 to connect with a TRS operator. The Alzheimer's Association accommodates over 200 languages. Live Chat is typically available 7am-7pm, M-F. An online form may be submitted, response time is within 24 hours.**  
[alz.org/help-support/resources/helpline](http://alz.org/help-support/resources/helpline)

### **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](http://mn.gov/dhs/people-we-serve/seniors/services/adult-protection/maarc.jsp)

## MINNESOTA RESOURCES (CONT'D)

### **Minnesota Board on Aging**

(651) 431-2500

[mn.gov/board-on-aging](http://mn.gov/board-on-aging)

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

(651) 431-5961 (V) or (612) 361-0321 (VP)

[mn.gov/deaf-commission/](http://mn.gov/deaf-commission/)

### **Minnesota Elder Justice Center**

(651) 440-9300

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

### **Minnesota Help Network**

(800) 333-2433

[minnesotahelp.info](http://minnesotahelp.info)

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

(651) 431-2555

Mankato Office (507) 625-1400

[mn.gov/ooltc](http://mn.gov/ooltc)

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

(507) 387-1256

[mnraaa.org](http://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 and Nicollet counties.**

(800) 333-2433

[mn.gov/senior-linkage-line](http://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](http://mnssb.org)

### **Southern Minnesota Regional Legal Services**

(877) 696-6529

Mankato Office (507) 396-6815

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

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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