Making Minnesota Dementia Friendly
June, 2015

Every community can take action using ACT’s four-phase community toolkit process:

1. **Convene** key community leaders and members; form Action Team
2. **Assess** your community’s current strengths and gaps
3. **Analyze** findings to understand your community’s needs; develop action plan
4. **ACT Together** to pursue priority goals

www.ACTonALZ.org   info@ACTonALZ.org
**ANOKA**  
*Formed March 2015*

**Action Priority**
- Build a team that includes people living with Alzheimer’s and caregivers

**Looking Ahead**
- Educate about dementia and its impact on the family and the community

*Action Community Team Contacts:*
  - Chanda Knoof, cknoof@walkermethodist.org  
  - Tom Berard, tomberard@comfortkeepers.com  
  - Steve Helseth, steve.helseth@bolthoffer.com

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**BECKER**  
*Began Phase 4 May 2015*

**Action Priorities**
- Train: Community volunteers to deliver *The Basics: Understanding Memory Loss, Dementia and Alzheimer’s Disease* and *Know the Ten Signs: Early Detection Matters*; Law enforcement/first responders; Dementia Champions  
- Offer: Information/education to local businesses; Dementia-friendly meaningful engagement activities; Education to community and family caregivers; Dementia Friends sessions; Screening of “I’ll Be Me” movie

**Looking Ahead**
- Print and distribute *Know the 10 Signs* bookmarks  
- Hold community-wide dementia awareness week and monthly lunch and learn  
- Maintain Facebook page and presence on city website  
- Collaborate with schools to educate youth

*Action Community Team Contact:*
  - Tami Kolbinger  
  - tamikolbinger@goodshepherdcampus.org

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**BEMIDJI**  
*Began Phase 4 May 2015*

**Action Priorities**
- Create a community resource brochure  
- Provide education and purchasing information/assistance for medical ID bracelets  
- Offer education to community and family caregivers  
- Provide in-person dementia training and ACT resources to health care providers

**Looking Ahead**
- Train community volunteers to deliver *The Basics: Understanding Memory Loss, Dementia and Alzheimer’s Disease and Know the Ten Signs: Early Detection Matters*  
- Research medical ID/GPS devices  
- Keep educating the community about dementia

*Action Community Team Contact:*
  - Carol Priest, carol.priest@co.beltrami.mn.us
**Action Priorities**

- Create a community resource brochure and a support group
- Train: Dementia Champions; Local government staff; Law enforcement/first responders; Health care providers (through in-person dementia training and ACT resources)
- Offer Dementia Friends sessions and education to community and family caregivers

**Action Community Team Contact:**
Julie Tooker, jtooker@preshomes.org

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**CENTRO (LATINO COLLABORATIVE)**

Began Phase 4 May 2015

**Action Priorities**

- Create a network of trained Spanish-speaking professionals who can share information about Alzheimer’s/dementia
- Conduct workshops in the Latino community on identifying the early signs of Alzheimer’s/dementia and distribute written educational materials and a list of local resources in Spanish
- Raise awareness in the Latino community through local television and radio
- Host creative activities (nutrition, theater, arts/crafts, and exercise) related to education and prevention of Alzheimer’s/dementia, including an original play about the 10 warning signs of Alzheimer’s disease

**Minneapolis area**

**Action Priorities**

- Create a network of trained Spanish-speaking professionals who can share information about Alzheimer’s/dementia
- Conduct workshops in the Latino community on identifying the early signs of Alzheimer’s/dementia and distribute written educational materials and a list of local resources in Spanish
- Raise awareness in the Latino community through local television and radio
- Host creative activities (nutrition, theater, arts/crafts, and exercise) related to education and prevention of Alzheimer’s/dementia, including an original play about the 10 warning signs of Alzheimer’s disease

**Looking Ahead**

- Break the stigma of Alzheimer’s and increase the knowledge of existing resources
CENTRO (CONT.)

• Let our community know that although there is no cure for Alzheimer’s, we still have hope and, together, we can improve the quality of life for individuals and families

Action Community Team Contact:
Roxana Linares, rlinares@centromn.org

CLOQUET
Began Phase 4 May 2015

Action Priorities
• Train: Community volunteers to deliver The Basics: Understanding Memory Loss, Dementia and Alzheimer’s Disease and Know the Ten Signs: Early Detection Matters; Law enforcement/first responders
• Offer education to professionals, community and family caregivers
• Host lunch-and-learn sessions

Action Community Team Contact:
Jill Hatfield, jhatfield@vscci.com

CLUES
Completed Phase 3 May 2015

Looking Ahead
• We will continue to work on dementia and Alzheimer’s education with the National Council of La Raza kit

Action Community Team Contact:
Adriana Shelton, ashelton@clues.org

DETROIT LAKES
Began Phase 4 May 2015

Community screening of “I’ll Be Me” movie

Action Priorities
• Create a community resource brochure
• Provide in-person dementia training and ACT resources to health care providers, law enforcement, and church leaders
• Offer education to community and family caregivers and information to local businesses
• Provide education/awareness programs to the local high school
• Recognize Alzheimer’s Disease Awareness month with activities throughout November

Looking Ahead
• Create and introduce a dementia-friendly toolkit to community organizations as support for people living with Alzheimer’s and related dementias

Action Community Team Contact:
Sandy Lia, sandylia@ecumen.org

EAST IRON RANGE
Began Phase 4 May 2015

Region includes Aurora, Biwabik, Hoyt Lakes

Action Priorities
• Train: Law enforcement/first responders; Community volunteers to deliver The Basics: Understanding Memory Loss, Dementia and Alzheimer’s Disease and Know the Ten Signs: Early Detection Matters
• Create a community resource brochure
• Presence on city website
• Offer dementia-friendly meaningful engagement activities
• Create library checkout bags for the family caregiver and person being cared for
**Dr. Solomon Carter Fuller**

*Began Phase 4 May 2015*

**North Minneapolis area**

**Action Priorities**
- Create a community resource brochure
- Provide culturally appropriate information about Alzheimer’s/dementia
- Train Dementia Champions and offer Dementia Friends sessions
- Promote memory loss tour at MN History Center
- Host engagement activities at YMCA at Heritage Park
- Develop and present caregiver education workshops

**Action Community Team Contacts:**
Vanne Owen Hayes, vanneoh@comcast.net
Beverly Propes, propes001@aol.com

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**EDINA**

*Began Phase 4 March 2015*

**Action Team**

![Action Team](image3)

**Action Priority**
- Train Dementia Champions and offer Dementia Friends sessions

**Looking Ahead**
- Focus on helping and supporting caregivers

**Action Community Team Contacts:**
Deborah Paone, deborah@normandalecenter.org
Donna Tilsner, dtilsner@edinamn.gov

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**Forest Lake**

*Began Phase 4 May 2015*

**Action Priorities**
- Offer information/education to local businesses
- Train law enforcement/first responders
- Create a community resource brochure, a support group, and a Facebook page

**Action Community Team Contact:**
Jules Benson, jules.benson@rocketmail.com

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**Greater International Falls**

*Began Phase 4 May 2015*

**Action Team member conducting community survey**

**Action Priorities**
- Establish a single point of contact for Alzheimer’s/dementia information and education for use by public, caregivers, and people with dementia
- Explore models for developing an informal group respite resource

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**Looking Ahead**
- Apply learnings from three action team members attending the second Midwest Arts and Aging Conference (presented by ArtSage)
Looking Ahead
• Bring trainings to the community, do informational outreach, and engage Dementia Friends and volunteers
• Anticipate that a local medical clinic and counseling agency will focus on how they can contribute to creating a dementia-friendly community

Action Community Team Contact:
Douglas Skrief
douglas.skrief@co.koochiching.mn.us

MARSHALL
Began Phase 4 May 2015

Action Priorities
• Create a community resource brochure and a media campaign
• Train community volunteers to deliver The Basics: Understanding Memory Loss, Dementia and Alzheimer's Disease and Know the Ten Signs: Early Detection Matters
• Host the Alzheimer's Association’s “Get the Facts” Education Series
• Offer education to community and family caregivers

Looking Ahead
• Continue dialogues with community members through “Community Conversations that Matter”
• Work with churches to identify interest in ongoing discussion groups in our communities

Action Community Team Contact:
Danielle Walchuk, danielle@rndc.org

GREATER INT’L FALLS (CONT.)

HARMONY
Began Phase 4 May 2015

Action Priorities
• Create a community resource brochure and dementia awareness business cards
• Train Champions and offer Dementia Friends sessions
• Provide in-person dementia training and ACT resources to health care providers
• Offer education to community and family caregivers
• Schedule, host, and promote an 8-week caregiver support group workshop with meetings once a week and monthly caregiver gatherings
• Offer dementia-friendly meaningful engagement activities
• Distribute Alzheimer’s information to the community

Impacting Lives
• Measures of our success include education via support groups, making resources available, and mentoring caregivers

Action Community Team Contact:
Lori Slindee, slindee@harmonytel.net

MANKATO / NORTH MANKATO
Began Phase 4 May 2015

Action Priorities
• Create a community resource brochure and offer Dementia Friends sessions
• Provide in-person dementia training and ACT resources to health care providers
• Offer education to community and family caregivers
• Schedule, host, and promote an 8-week caregiver support group workshop with meetings once a week and monthly caregiver gatherings
• Offer dementia-friendly meaningful engagement activities
• Distribute Alzheimer’s information to the community

Impacting Lives
• Measures of our success include education via support groups, making resources available, and mentoring caregivers

Action Community Team Contact:
Lori Slindee, slindee@harmonytel.net

MARSHALL
Began Phase 4 May 2015

Action Priorities
• Create a community resource brochure and dementia awareness business cards
• Train Champions and offer Dementia Friends sessions
• Host a monthly radio and television show
• Offer education to community and family caregivers

Looking Ahead
• Continue dialogues with community members through “Community Conversations that Matter”
• Work with churches to identify interest in ongoing discussion groups in our communities

Action Community Team Contact:
Danielle Walchuk, danielle@rndc.org
Action Priorities

- Create dementia-friendly community recreation and education programming at the YMCA
- Host an ArtSage workshop

Looking Ahead

- Apply learnings from our community awareness events targeting emergency personnel, business professionals, and long-term care professionals

Action Community Team Contact:
Sue Lyback, slyback@mlhealth.org
Kathy Young, kyoung@isle.k12.mn.us

MILLE LACS
Began Phase 4 May 2015

Action Priorities

- Create a community resource brochure
- Train: Dementia Champions; Community volunteers on delivering The Basics: Understanding Memory Loss, Dementia and Alzheimer’s Disease and Know the Ten Signs: Early Detection Matters; Health care providers (through in-person dementia training and ACT resources)
- Offer Dementia Friends sessions and education to community and family caregivers
- Develop a central clearinghouse for local Alzheimer’s/dementia information and resources
- Increase awareness through local media
- Offer information/education to faith community, civic organizations, government, and businesses
- Work with local libraries

Action Community Team Contacts:
Sue Lyback, slyback@mlhealth.org
Kathy Young, kyoung@isle.k12.mn.us

MN COUNCIL OF CHURCHES
Began Phase 4 May 2015

Action Priorities

- Train Dementia Champions and offer Dementia Friends sessions
- Provide adult education workshop for congregation, including caregivers and pastoral staff
- Collect and publicize faith-community-specific education and information resources
- Establish Caregiver Connections activities for caregivers

Action Community Team Contacts:
Helen Jackson Lockett-EI, hj55430@gmail.com
Mary Walesch, mary.walesch@mnchurches.org

NORTH BRANCH
Began Phase 4 May 2015

Action Priorities

- Train: Law enforcement/first responders; Dementia Champions
- Offer Powerful Tools for Caregivers and Dementia Friends sessions
- Create dementia awareness business cards
- Use senior center website to increase awareness
- Host an ArtSage workshop
- Create Adult Daybreak program for persons with Alzheimer’s/dementia
- Host a memory screening event

Looking Ahead

- Target senior center volunteers, Ecumen staff, and church groups in offering Dementia Friends

Action Community Team Contact:
Gina Lind, ginalind@ecumen.org
**Action Priorities**

- Print and disseminate *Know the 10 Signs* bookmarks
- Create a community resource brochure and a speaker’s bureau for local events
- Partner with city and county disaster planning efforts to include planning for people with dementia
- Train law enforcement/first responders
- Host a caregiver summit
- Establish an Alzheimer’s resource section in the Northfield Public Library
- Engage local faith communities
- Offer information/education to local businesses and at Northfield’s Saturday Market Fair
- Hold community conversations at a local pub known for engaging the community in public discussions

**Looking Ahead**

- Four-page community report insert (titled *Northfield: Becoming a Dementia-friendly Community*) in local newspaper will reach entire Northfield community
- Team will distribute bookmark that lists local resources and *Know the 10 Signs*

**Impacting Lives**

- As a retirement community, we want a broad reach in understanding dementia
- The face of our community will change in demonstrating interest and understanding of people in varying stages of dementia

**Action Community Team Contact:**
Patricia Vincent, patricia.vincent@three-links.org

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**PAYNESVILLE**

Began Phase 4 February 2015

**Dementia Friends at Teal’s Market**

**Action Priorities**

- Train: Community volunteers to deliver *The Basics: Understanding Memory Loss, Dementia and Alzheimer’s Disease* and *Know the Ten Signs: Early Detection Matters; Dementia Champions*
- Offer Dementia Friends sessions
- Create a community resource brochure
- Maintain a Facebook page
- Offer education to community and family caregivers
- Purchase books about Alzheimer’s disease and caregiving for the public library and school libraries
- Print and distribute *Know the 10 Signs* bookmarks
- Increase support group sessions for caregivers
- Schedule Dementia Friends/Champions training sessions for Paynesville schools
- Distribute pamphlets about Alzheimer’s and caregiving in local grocery store and have volunteers assist people with shopping or provide “coffee and companionship” while their caregiver shops
- Develop a local TV ad with the high school media organization
- Disseminate Alzheimer’s-specific information through various newspaper articles, expert speakers, a booth at the local business expo, and meetings with local clergy, healthcare professionals, service groups, and businesses

**Looking Ahead**

- Apply learnings from partnering with area ministerial group to introduce ACT work to eight faith communities and recruit Dementia Friends participants
REDWOOD FALLS
Began Phase 4 May 2015

Action Priorities
• Create a community resource brochure
• Offer information/education to local businesses
• Create and email a monthly newsletter
• Participate in a monthly local radio interview and write a monthly local newspaper article
• Provide in-person dementia training and ACT resources to health care providers

Looking Ahead
• Complete a comprehensive brochure of available resources for public venues, businesses, churches, and civic organizations

Action Community Team Contact:
Karen Christensen
ace.redwood@co.redwood.mn.us

ROCHESTER
Formed July 2014

Action Priorities
• Committed to having the needs of people living with dementia at the forefront of downtown Rochester’s thinking and planning
• Potential action: Educating business owners to recognize dementia and provide some extra assistance

Looking Ahead
• Host local-expert events throughout 2015, including documentaries with facilitated discussions and events on dementia and the arts
• Refine our organizational structure and develop an action plan for work beyond 2015

Action Community Team Contact:
Deb Nygaard
dnygaard@arthursresidentialcare.com

ROSEVILLE
Began Phase 4 May 2015

Action Priorities
• Build community awareness and knowledge about dementia and introduce expert speaker series at kick-off event
• Host eight local-expert events; four on general information about dementia and Alzheimer’s and four tailored to caregivers
• Marketing and publicity through KSTP-TV and local cable TV, two local newspapers, newsletters and other publications, and via brochures distributed at churches, senior facilities and community events
• Publicity through the City of Roseville website
• Recruit community volunteers for Lyngblomsten’s The Gathering and Wilder’s P.S. I Understand programs
• Move from paid facilitator leadership to self-directed committee to develop internal leadership and apply grant funds to programs

Looking Ahead
• Host local-expert events throughout 2015, including documentaries with facilitated discussions and events on dementia and the arts
• Refine our organizational structure and develop an action plan for work beyond 2015

Action Community Team Contact:
Angela Lunde, lunde.angela@mayo.edu

• Have Dementia Friends on hand during Senior Discount Day at local grocery store to answer questions, offer resources, or provide respite while caregiver shops

Action Community Team Contact:
Linda Musel, lindajoe@tds.net
SAUK RAPIDS
Began Phase 4 May 2015

Informational table at Health Care Home Learning Collaborative

Action Priorities
• Offer information/education to businesses and to community and family caregivers
• Host caregiver resource awareness training forums, lunch-and-learn sessions, and Alzheimer’s Disease Awareness month/caregiver reception
• Offer “I’ll Be Me” movie screening
• Create a community resource bookmark and dementia awareness business cards
• Print and disseminate Know the 10 Signs bookmarks
• Maintain Facebook page and presence on city website
• Train Dementia Champions and offer Dementia Friends sessions
• Collaborate with schools to educate youth
• Develop and distribute awareness materials and participate in local public events

Looking Ahead
• Two community cognitive evaluation sites discuss their ability to evaluate and coach persons with dementia and caregivers; target markets are doctors, clinics, case managers, and community providers
• Bookmark ready for distribution
• Dementia-friendly training at five new businesses
• School district actively engaged in offering Dementia Friends or similar education session

Impacting Lives
• Our volunteer base grows by 1-2 people weekly, which helps build community awareness

Action Community Team Contact:
Melinda Fast, melinda.fast@twsl.com

ST. LOUIS PARK
Began Phase 4 December 2013

Action Team members place Alzheimer’s-themed books in Little Free Libraries

Action Priorities
• Implement an awareness campaign
• Launch training for professional caregivers
• Train Dementia Champions and offer Dementia Friends sessions
• Place two Alzheimer’s-themed books in all Little Free Libraries in St. Louis Park neighborhoods, including The Memory Box, a book for children
• Host a screening of the movie, Still Alice
• Develop Still Alice book kits for 10 book clubs; the kits include 10 books and bookmarks that list Alzheimer’s warning signs and ways to help families caring for someone with dementia
• Host four book club discussion groups for 100+ people
• Host Alzheimer’s, A Journey: Treatments and Living with the Disease event at the St. Louis Park Public Library with local physician
• Local library book rack has books selected by team
• Create two bookmarks as promo items for all events

Action Community Team Contact:
Jonathan Lips, jonathanwlips@gmail.com
**ST. PAUL AFRICAN-AMERICAN CHURCHES**
_Began Phase 4 May 2015_

**Action Priorities**
- Disseminate information about Alzheimer’s via events, print, and small group event
- Educate youth
- Provide Alzheimer’s awareness via churches and disseminate _The Book of Alzheimer’s for African American Churches_
- Host informational forums
- Participate in Baraza! Black Women’s Health Gathering
- Train Dementia Champions and offer Dementia Friends sessions
- Create caregiver support group
- Provide culturally appropriate caregiver training

*Action Community Team Contact:*
Vanne Owens Hayes, vanneoh@comcast.net

**ST. PAUL NEIGHBORHOODS**
_Began Phase 4 December 2013_

**Action Priorities**
- Create a community resource brochure
- Train Dementia Champions and offer Dementia Friends sessions

**Looking Ahead**
- Align with other ACT teams to improve dementia-friendly outreach to local businesses and untapped community sectors

*Action Community Team Contact:*
Meghan Constantini
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**STILLWATER AREA**
_Began Phase 4 May 2015_

**Action Priorities**
- Distribute resources at public safety expo sponsored by Washington County Emergency Management
- Host speaker on Alzheimer’s treatment research
- Share automated community survey data collection and plotting methods with ACT staff
- Poll families about what’s missing in guidance about dementia
- Assemble an inventory of available guidance services for people diagnosed with Alzheimer’s/dementia and their families
- Gather system ideas and input from potential guidance providers and referral sources
- Develop a referral system to connect people with appropriate dementia guides

*Presentation on Alzheimer’s treatment research*
TWIN CITIES JEWISH COMMUNITY
Began Phase 4 December 2013

Looking Ahead
• Strive to meet our community’s desire that every person experiencing dementia has the help of a knowledgeable person to guide and support them

Action Community Team Contact:
Ann Noland, anoland@maycreekcampus.com

Action Priorities
• Create a community resource brochure
• Train service and retail businesses to become dementia friendly

Action Community Team Contact:
Ann Noland, anoland@maycreekcampus.com

STILLWATER AREA (CONT.)

WALKER
Began Phase 4 December 2013

Action Priorities
• Create a community resource brochure
• Train service and retail businesses to become dementia friendly

Action Community Team Contact:
Beth Wiggins, bwiggins@familymeans.org

Action Priorities
• Train community volunteers to deliver The Basics: Understanding Memory Loss, Dementia and Alzheimer’s Disease and Know the Ten Signs: Early Detection Matters
• Print and disseminate Know the 10 Signs bookmarks
• Provide books to libraries and support groups

Looking Ahead
• Apply learnings from volunteer dementia educators about best places to share books, DVDs, etc.
• Expand education and caregiver support group locations
• Continue partnership with West Central Dementia Awareness Network

Action Community Team Contacts:
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Bonita Kallestad, john_kallestad@msn.com

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