

Transportation

Heartland Express

Park Rapids City Bus | 218.732.3500
County Bus Service | 218.732.9328
hubbardcountyheartlandexpress.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

800.292.4150 | mylegalaid.org

Minnesota Indian Area Agency on Aging

218.335.8581 | MNChippewaTribe.org

Minnesota State Services for the Blind

651.642.0500 | mn.gov/deed/ssb

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

Senior LinkAge Line

800.333.2433 | MinnesotaHelp.info

10 Signs of Dementia

1. Memory loss that disrupts daily life
2. Challenges in planning or problem solving
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 Grant.



Dementia Friendly Park Rapids

Resource Guide

dfc.parkrapidslivingathome.org

Education

Caregiver Coaching

218.732.3137 | parkrapidslivingathome.org

Equip caregivers with knowledge, skills and tools to develop and enrich their role

Dementia Friends

218.732.3137 | parkrapidslivingathome.org

Attend a one hr dementia information session

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 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

Home Health Care & Hospice

Caring Hands Home Care

218.732.0088

CHI St. Joseph's Health - Hospice Care

218.732.4552 | chisjh.org

Hospice of the Red River Valley

800.237.4629 | hrrv.org

Knute Nelson Home Care

218.237.2350 | KnuteNelson.org

Many Lakes Home Care, LLC

218.732.9394 | manylakeshomecare.com

Independent Living Supports/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

TSZLaw - Geriatric Care Management

218.732.7236 | tszlaw.com

Nutrition

Hubbard County Food Shelf - Park Rapids

218.732.1282 | 308 Pleasant Ave S

Lutheran Social Services - Meals

800.488.4146 | lssmn.org

Congregate dining & home delivered meals

Ruby's Pantry - Menahga

216 Aspen Ave S

3rd Saturday of the month, 8:30 AM, food pantry

SNAP - Supplemental Nutrition Assistance Program

218.732.1451 | co.hubbard.mn.us

Pharmacy Services

Coborn's Pharmacy - Park Rapids

218.732.0836 | coborns.com

Seip Drug - Park Rapids

218.237.5848 | seipdrug.com

Walgreens Pharmacy

218.732.3342 | walgreens.com

Walmart Pharmacy

218.732.0329 | walmart.com

Residential & Respite Services

Care Age Country Home

218.732.3721 | care-agecountryhome.com

Assisted living

Crystal Brook Senior Living

218.699.3605 | knutenelson.org

Independent living, assisted living, memory care

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

Living at Home of the Park Rapids Area

218.732.3137 | parkrapidslivingathome.org

Respite services

Morning Out

218.732.5205 | Drop-in Respite

Not currently operating due to COVID-19

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

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