Alzheimer’s: What you should know
Mille Lacs Messenger, September 9, 2015

By Lois Moroney

An excellent training session on Alzheimer’s for “Community Education Volunteer Training” was held Aug. 19 at the Rolf Olsen Center, coordinated by Kathy Young of Re-Membering Matters at Mille Lacs. The class was conducted by the Alzheimer’s Association. It covered an overview of dementia, an understanding of effective communication and positive interactions, how to support those caring for someone with dementia and knowing the 10 warning signs of Alzheimer’s. The importance of seeing a doctor and early diagnosis was stressed.

The 10 warning signs are: memory changes that disrupt daily life including forgetting important dates, challenges in planning or solving problems, difficulty completing familiar tasks, confusions with time or place, trouble understanding visual images and spatial relationships, new problems with words in speaking or writing, misplacing things and losing the ability to retrace steps, decrease or poor judgment, withdrawal from work or social activities and changes in mood and personality.

Sue Lyback was responsible for writing the ACT on Alzheimer’s grant allowing Re-Membering Matters at Mille Lacs ACTion Team to bring awareness and education to northern Mille Lacs communities.

Community education presentations will be done throughout the communities from September to November. Community presentations will be held at the Rolf Olsen Center in Onamia on Thursday, Oct. 1, from 6:30-7:30 p.m. Another community presentation will be held Wednesday, Oct. 28, from 1-2 p.m. in the IREC community room in Isle. Community members interested in learning more about Alzheimer’s are welcomed and encouraged to attend.

The ACT on Alzheimer’s website is www.actonalz.org and Alzheimer’s Association website is www.alz.org.

For questions regarding ACT on Alzheimer’s, contact Re-Membering Matters at Mille Lacs coordinator, Kathy Young, at (320) 676-1050. To receive a free CD on brain health and dementia, call Lois Moroney at (320) 592-3033.
Taking Action:
The Re-Membering Matters at Mille Lacs Action Team has three community volunteers that took part in the “Community Education Volunteer Training” on August 19th at the ROC in Onamia. A few action team members took part in the training as well. These volunteers will go out in our area communities to present Community Education Presentations to community members, area chamber of commerce, a local organization, local library, tribal community and government. The presentations will take place from September through November.

Two Dementia Friends training are set. Karrie Roeschlein will hold a Dementia Friends training on October 14th at 9 am at the Wahkon City Hall for area businesses. This training will reflect on what it is like to have dementia. Fr. Greg Poser will also be holding a Dementia Friends training for the Ministerial Association on October 20th.

Re-Membering Matters at Mille Lacs has created a brochure for northern Mille Lacs area resources as well as regional and national resources for Dementia/Alzheimer’s. The brochures include the 10 Warning Signs of Alzheimer’s. These brochures as well as bookmarks will be passed out at upcoming Community Education Presentations and Dementia Friends trainings. Brochures will also be placed at area clinics, community education, libraries, churches, residential services, etc. in the near future.

Alzheimer’s books will be purchased by Re-Membering Matters at Mille Lac Action Team and placed in local public libraries and residential settings. These books will be available for loan to care givers, residents and community members. A couple of children’s books about Alzheimer’s will be purchased and placed in area elementary libraries as well as the two public libraries. In addition, the DVD Glen Campbell…I’ll be me and Still Alice will be purchased for showings in the area for community members and residential settings.

Upcoming Events:
Walk to End Alzheimer’s
Sept. 26th
Northland Arboretum
14250 Conservation Drive
Brainerd, MN 56425
Registration at 8:30 am
To join the Re-Membering Matters at Mille Team or to donate to our team go to: http://www.alz.org

Community Education Presentation
October 1st 6:30-7:30 pm
Rolf Olsen Center (ROC)
October 28th 1:00-2:00 pm
IREC Community Room

Dementia Friends Training
October 14th Wahkon City Hall
For Area Businesses 9 am
October 20th Ministerial Association

Action Team meeting: October 20th
1:00 pm @ the ROC in Onamia

Getting Connected:
Walk to End Alzheimer’s
http://www.alz.org/

ACT on Alzheimer’s
http://www.actonalz.org/

Alzheimer’s Association
http://www.alz.org/
**Area Resources:**

**Nutritional Support**

Mille Lacs Band Elder Social Nutrition Program  
320-532-7854  
**Senior Dining/Meals on Wheels for Onamia Area**  
517 Main St, Onamia, MN 56359  
320-532-3885  
**Wahkon Senior Dining**  
Wahkon Community Hall  
151 2nd St E  
Wahkon, MN 56386  
320-495-3541

**Education**

**Community Education**

Isle – 320-676-1050  
Onamia – 320-532-6829

**Onamia Depot Library**  
320-532-5210  
**Mille Lacs Lake Community Library**  
320-676-3929

**Transportation**

Timber Trails Public Transit  
(888) 217-5222  
www.timbertrailstransit.com

**Residential and Respite Services**

Scandia House Assisted Living & Memory Care  
540 Isle Street East  
Isle, MN 56342  
sendaseniorcare.com  
320-360-1223

**Mille Lacs Health System**

*Home Care and Hospice; Long Term Care/Memory Care; and Senior Care Geriatric Psychiatric Unit*

200 Elm St North  
Onamia MN 56359  
320-532-3154

**Lake Song Assisted Living and Memory Care**

206 Elm St. N.  
Onamia, MN 56359  
320-532-2000

**Mille Lacs Band of Ojibwe**

Assisted Living Unit – District 1  
43475 Oodena Drive  
Onamia, MN 56359  
320-532-7565

**Community Contacts**

**Family Pathways**

214 Railroad Ave. NW, Mora, MN 55051  
www.familypathways.org  
320-364-1115  
Anita Sparks  
anitas@familypathways.org

**Elder Services Program**

43408 Oodena Drive  
Onamia, MN 56359  
Denise Sargent, Elder Services Coordinator  
320-532-7854

**Caregiver Support**

Kathy Statz  
320-532-3873

**Safety**

Mille Lacs County Sheriff’s “Project Life Saver”  
640 3rd Street S.E.  
Milaca, MN 56353  
http://www.co.mille-lacs.mn.us  
320-983-8250  
Brent.lindgren@co.mille-lacs.mn.us  
Don.lorge@co.mille-lacs.mn.us

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**Re-Membering Matters at Mille Lacs**

The geographic perimeter of this action community encompasses several communities within the Onamia and Isle School Districts, including two districts of the Mille Lacs Band of Ojibwe. Re-Membering Matters refers to a belief that “re-membering actually means reconnecting or rejoining; that is, restoring being a member and a sense of belonging.” The community impact from dementia is bringing people together.

ACT on Alzheimer’s is a volunteer driven statewide collaboration preparing Minnesota for impacts of Alzheimer’s disease and related dementias.

**Action Community contact:**

Kathy Young, Isle Community Education  
Email: kyoung@isle.k12.mn.us

Susan Lyback, Mille Lacs Health System  
Email: slyback@mlhealth.org