# Regional & National Resources

**Alzheimer’s Association**  
**800-272-3900** (24/7 hotline)  
[alz.org/mnnd](http://alz.org/mnnd)

**Senior Linkage Line**  
800-333-2433  
[MinnesotaHelp.info](http://MinnesotaHelp.info)

**Minnesota Legal Services**  
651-228-9105  
[MNLegalServices.org](http://MNLegalServices.org)

**Minnesota Services for the Blind**  
651-642-0500  
651-642-0506 (TDD/TTY)  
[mnssb.org](http://mnssb.org)

**Minnesota Commission Serving Deaf and Hard of Hearing People**  
651-297-7305 (T/V)  
[mncdhh.org](http://mncdhh.org)

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# KNOW the 10 Signs of Alzheimer’s Disease

1. **Memory loss that disrupts normal life**
2. **Challenges in planning or solving problems**
3. **Difficulty completing familiar tasks**
4. **Confusion with time or place**
5. **Trouble understanding visual images & spatial relations**
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**
**NUTRITIONAL SUPPORT**
Meals on Wheels & Senior Dining
1105 West Main Street
320-243-4575

**TRANSPORTATION**
Paynesville R.O.S.E. Center
paynesvillerosecenter@gmail.com
320-243-5144

**EDUCATION**
Great River Regional Library
119 Washburne Ave
Books on Alzheimer’s available
320-243-7343

Community Education
www.PaynesvilleCE.com
320-243-7570

**CAREGIVER SUPPORT**
Rural Stearns Faith in Action
Caregiver Consultant & Support
kildahl.kayla@assumptionhome.com
320-247-9790

Paynesville R.O.S.E. Center;
(Reaching Out to Seniors Effectively)
Respite Care & Volunteer Services
http://rosecenter.wix.com/paynesville
320-243-5144

Caregiver Support Group
Paynesville Area Center
1105 West Main Street
Every 2nd Tuesday of the month
1:30pm-3:00pm
320-243-4799

Friday and Friends
A social time for caregivers and care receivers to enjoy the company of others
Paynesville Area Center
Every 2nd & 4th Friday of the Month
11:00am-2:00pm
320-243-4799

**COMMUNITY CONTACTS**
Paynesville Police Department
221 Washburne Ave
320-243-7346

CentraCare Health Paynesville
Social Services Department
320-243-7705

Paynesville Area Center
1105 West Main Street
320-243-4799

NuCara Pharmacy & Home Medical
216 Washburne Avenue
320-243-3781

ACT on Alzheimer’s is a volunteer driven, statewide collaboration preparing Minnesota for the impacts of Alzheimer’s disease and related dementia. For more information about ACT on Alzheimer’s please call Inez at 320-243-4799.