

## Regional & National Resources

### Alzheimer's Association®

800-272-3900 Information Helpline (24/7)  
MedicAlert+Safe Return Program  
[alz.org/mnnd](http://alz.org/mnnd)

### Senior Linkage Line®

800-333-2433  
[MinnesotaHelp.info](http://MinnesotaHelp.info)

### Veteran's Administration Caregiver Support Line

855-260-3274  
[www.caregiver.va.gov](http://www.caregiver.va.gov)

### East Central Regional Library

763-689-7390

### Minnesota Commission Serving Deaf and Hard of Hearing People

651-297-7305(T/V)  
[mncdhh.org](http://mncdhh.org)

### Minnesota State Services for the Blind

651-642-0500  
651-642-0506 (TDD/TTY)  
[mnssb.org](http://mnssb.org)

### Minnesota Legal Services

651-228-9105  
[MNLegalServices.org](http://MNLegalServices.org)

## 10 Signs of Alzheimer's Disease

- 1 Memory loss that disrupts life
- 2 Challenges in planning or solving problems
- 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

### *Memory Screening*

*For a thorough medical evaluation, which is an important step in ruling out other medical reasons for confusion and memory loss contact:*

**Cambridge Medical Center**  
701 S Dellwood Cambridge  
763-689-7700



Cambridge

## Isanti County Resource Guide

*For individuals and families experiencing memory loss*

*This brochure is designed to assist you in getting started in connecting with local resources and the support you need*

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

## Caregiver Support & Information

**Family Pathways Aging Services**  
763-689-8811

**Alzheimer's Support Group**  
763-691-6166

**Veterans Services Director**  
763-689-3591

### Adult Day Programs

- **Family Pathways In-home Respite**  
763-689-8811
- **Memory Cafe'**  
763-691-6192
- **Elim Oasis Adult Day**  
763-631-1150

### Residential & Respite Services

- **GracePointe Crossing**  
763-689-1474
- **Praire Senior Cottages**  
763-444-4626
- **Solbakken**  
763-444-5272
- **Rosewood Senior Living**  
763-552-1340

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by a grant from the Minnesota Board on Aging*

## Isanti County Resources

### Dining

**Sac's Friendship Café**  
*M-TH 11:30 -1:00*  
763-645-1228  
763-689-6555

**Cambridge Food Shelf**  
763-552-3663

**Home Delivered Meals**  
*Within Cambridge city limits*  
763-689-8146

**Senior Dining / Meals on Wheels**  
*Isanti Community Center*  
763-444-5512

### Home Care

**Visiting Angels Living Assistance Services**  
763-552-4043

**Guardian Angels Elim Home Care**  
763-552-2160

*For more information about the  
**Cambridge ACT on Alzheimer's**  
call Julie Tooker at 763-691-6192.  
Your input and assistance is valuable!  
Let's ACT together as we seek to sustain  
a dementia friendly community!*

### Transportation

**Heartland Express & Volunteer  
Driver Program**  
763-689-8131

**Cambridge Cab**  
763-552-8294

### Safety

**Project Lifesaver**  
*Personal tracking device  
Isanti County Sheriff's Office*  
763-689-2141

*There is HOPE!*