

- 1 Memory changes that disrupt daily 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

alz.org/10signs  
800.272.3900

*If you or your loved one are experiencing any of these signs or are concerned about memory loss, make an appointment with your doctor for a memory loss work-up.*

### About this guide

*This guide is meant to help connect you with local resources that address memory loss and dementia. If you or someone you know is experiencing changes with memory, it is important to begin with a medical evaluation, which will direct your next steps and course of action. This disease can affect many aspects of life and relationships in subtle and challenging ways. Know that through this experience, you are not alone. Reach out to the community network for guidance and support.*

*Marshall has been designated a Dementia Capable Community after being awarded an ACT on Alzheimer's grant. ACT on Alzheimer's is a volunteer-driven, statewide collaboration bringing Minnesotans together to create supportive environments for everyone touched by dementia. To get involved in this ongoing community effort, join our monthly meetings:*

**Marshall ACT on Alzheimer's ACTION Team**  
1st Thursday of the month at 12:00 p.m.  
at Boulder Creek Assisted Living  
604 Village Drive, Marshall

*The card below is meant to help improve communication and understanding when out in the community with your loved one or friend who has dementia. Card can be detached.*



The person I am with has Dementia

1. Smile warmly.
2. Listen closely.
3. Speak clearly.

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Thank you for your patience and understanding.

### Minnesota Resources

**ACT on Alzheimer's Resources**  
[actonalz.org](http://actonalz.org)

**Alzheimer's Association - MN-ND Chapter**  
(800) 272-3900 (24/7) | [alz.org/mnnd](http://alz.org/mnnd)

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

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

**Minnesota Live Well at Home**  
[mnlivewellathome.org](http://mnlivewellathome.org)

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

**Minnesota River Area Agency on Aging**  
Slayton, MN 56172  
(507) 387-1256 | [mnraaa.org/](http://mnraaa.org/)

**Ombudsman for Long-term Care**  
(507) 662-6652 or (800) 657-3591

**Report a vulnerable adult situation**  
844-880-1574

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

*To follow what's going on with ACT on Alzheimer's Marshall visit [actonalz.org/marshall.org](http://actonalz.org/marshall.org)*



# Marshall Community Resource Guide for Memory Loss and Dementia



## Adult Day Providers

**Avera Marshall Adult Day Services**  
(507) 537-9143 | [avera.org/marshall](http://avera.org/marshall)

**Touching Hearts Home Care**  
(507) 337-1101

## Assisted Living Communities

**Boulder Estates**  
(507) 532-3834 | [boulderestates.org](http://boulderestates.org)

**Heritage Pointe Senior Living**  
(507) 337-4330 | [heritagepointemn.com](http://heritagepointemn.com)

**Central MN Senior Care @ Patricia Court**  
(507) 537-0715 | [centrilmnseniorcare.com](http://centrilmnseniorcare.com)

## Companion Services

**A.C.E. of S.W. Minnesota-Lyon County**  
(507) 532-1326 | [aceswmn.org](http://aceswmn.org)

**Lutheran Social Services**  
(507) 337-0382 | [lssmn.org](http://lssmn.org)

## Clinics

**Affiliated Community Medical Center (ACMC)**  
(507) 532-1101 | [acmc.com](http://acmc.com)

**Avera Curaquick Clinic**  
(507) 532-4450 | [avera.org/marshall](http://avera.org/marshall)

**Avera Marshall Regional Medical Center**  
(507) 537-9007 | [avera.org/marshall](http://avera.org/marshall)

**Memory Care Clinic - Montevideo, MN**  
(320) 321-8133 | [montevideomedical.com](http://montevideomedical.com)

**Open Door Health Center**  
(507) 388-2120 | [odhc.org](http://odhc.org)

## Home-based Services

**Avera @ Home**  
(507) 537-7070 | [averamarshall.org](http://averamarshall.org)

**Prairie Home Hospice & Community Care**  
507-337-0080 | [prairiehomehospice.org](http://prairiehomehospice.org)

**Prairie River Home Care**  
(507) 532-2264 | [prhomecare.com](http://prhomecare.com)

**Wild Rose Home Care**  
(507) 337-1101

## Home & Personal Safety

**MedicAlert+Alzheimer's Association  
Safe Return**  
(800) 272-3900 | [alz.org](http://alz.org)

## Hospital

**Avera Marshall Regional Medical Center**  
(507) 532-9661 | [avera.org/marshall](http://avera.org/marshall)

## Hospice

**Avera @ Home**  
(507) 537-7070 | [averamarshall.org](http://averamarshall.org)

**Compassionate Care Hospice**  
(507) 372-7003 | [cchnet.net](http://cchnet.net)

**Prairie Home Hospice & Community Care**  
507-337-0080 | [prairiehomehospice.org](http://prairiehomehospice.org)

## Long-term Care Consultation

**Services**  
**Southwest Health & Human Services**  
(800) 657-3760 | [swmhhs.com](http://swmhhs.com)

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

## Long-term Care Facility

**Morningside Heights Care Center**  
(507) 532-9661 | [averg.org/marshall](http://averg.org/marshall)

## Medical Equipment

**Avera Home Medical Equipment**  
(507) 537-7070 | [averamarshall.org](http://averamarshall.org)

**Rice Home Medical**  
(320) 598-7303 | [ricehomemedical.com](http://ricehomemedical.com)

## Memory Care Communities

**Boulder Creek Assisted Living**  
(507) 929-1234 | [boulder-creek.org](http://boulder-creek.org)

**Heritage Lane**  
(507) 337-4330 | [heritagepointemn.com](http://heritagepointemn.com)

## Senior Service Providers

**A.C.E. of S.W. Minnesota-Lyon County**  
(507) 532-1326 | [aceswmn.org](http://aceswmn.org)

**Adult Community Center / One Voice  
for Seniors**  
(507) 537-6109 | [srcenter@chartermi.net](mailto:srcenter@chartermi.net)

**Veteran's Services**  
(507) 537-6729 | [lyonco.org/veteran-services](http://lyonco.org/veteran-services)

**Southwest Health & Human Services**  
(507) 537-6747 | [swmhhs.com](http://swmhhs.com)

## Transportation

**Marshall Taxi**  
(507) 829-3055 | [marshalltaxi.com](http://marshalltaxi.com)

**Community Transit of Western Community  
Action** (507) 537-7628 | [wcainc.org](http://wcainc.org)

## About Dementia...

Dementia isn't a specific disease. It is an overall term that describes a wide range of symptoms associated with a decline in memory severe enough to reduce a person's ability to perform everyday activities. Alzheimer's disease is the most common type of dementia.

## Local Programs Offered

### Caregiver Support Programs:

•Caregiver Consultation

•Caregiver Support Group

(507) 537-9131 | Wednesdays at 10:00 a.m.  
at Avera Marshall Courtyard Cafe  
300 S. Bruce St. Marshall

•Respite for Caregivers

### Education Programs Available:

•Chronic Disease Management

•Matter of Balance

•Powerful Tools for Caregivers

•Virtual Dementia Tour

### Presentations Available:

•Dementia Friends

•The Basics: Memory Loss, Dementia,  
and Alzheimer's Disease

•Know the 10 Signs: Early Detection  
Matters

### Wellness & Engagement Program:

•A.C.T. Program at YMCA

2nd Friday of the month at 10:30 a.m.  
at YMCA in Marshall, MN

**For more information on these  
programs contact:**

A.C.E. (Advocate~Connect~Educate)  
of Southwest Minnesota-Lyon County  
(507) 532-1326

[ace.lyon@co.lyon.mn.us](mailto:ace.lyon@co.lyon.mn.us)

[www.aceswmn.org](http://www.aceswmn.org)