

Regional & National Resources

Alzheimer's Association MN-ND
800-272-3900 (24/7 Helpline)
alz.org/mnnd

Senior Linkage Line
800-333-2433
MinnesotaHelp.info

Central MN Council on Aging
320-253-9349
www.cmoa.org

Minnesota Legal Services
651-228-9105
MNLegalServices.org

Minnesota Services for the Blind
651-642-0500
651-642-0506 (TDD/TTY)
mnssb.org

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

10 Signs Of Alzheimer's

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

If you or a loved one is concerned about memory loss, talk with a doctor.

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alz.org/10signs
800-272-3900



Helping Northern
Mille Lacs Communities
become Dementia-Friendly

Resource Guide For Northern Mille Lacs Area

Isle, Wahkon,
Onamia, and Mille
Lacs Band of Ojibwe

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

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
scandiaseniorcare.com
320-360-1223
ken@scandiaseniorcare.com

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
nnarveson@mlhealth.org
slyback@mlhealth.org

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