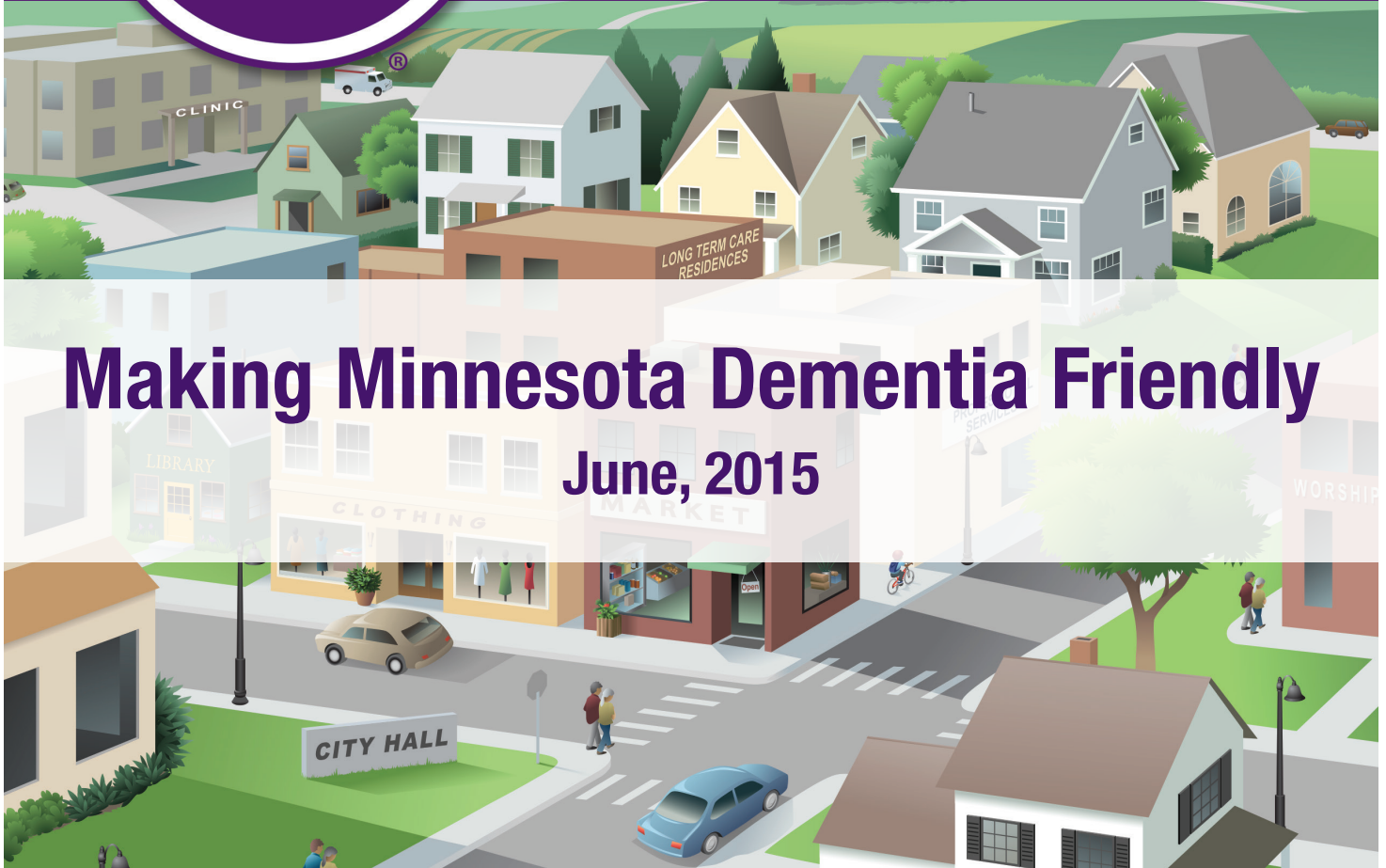




Action Communities



Making Minnesota Dementia Friendly

June, 2015

Every community can take action using ACT's four-phase community toolkit process:

- 1. Convene** key community leaders and members; form Action Team
- 2. Assess** your community's current strengths and gaps
- 3. Analyze** findings to understand your community's needs; develop action plan
- 4. ACT Together** to pursue priority goals

www.ACTonALZ.org

info@ACTonALZ.org

ANOKA

Formed March 2015



Action Team

Action Priority

- Build a team that includes people living with Alzheimer's and caregivers

Looking Ahead

- Educate about dementia and its impact on the family and the community

Action Community Team Contacts:

Chanda Knoof, cknoof@walkermethodist.org

Tom Berard, tomberard@comfortkeepers.com

Steve Helseth, steve.helseth@bolthoffer.com

BECKER

Began Phase 4 May 2015



Community event

Action Priorities

- Train: Community volunteers to deliver *The Basics: Understanding Memory Loss, Dementia and Alzheimer's Disease* and *Know the Ten Signs: Early Detection Matters*; Law enforcement/first responders; Dementia Champions
- Offer: Information/education to local businesses; Dementia-friendly meaningful engagement activities; Education to community and family caregivers; Dementia Friends sessions; Screening of "I'll Be Me" movie

- Print and distribute *Know the 10 Signs* bookmarks
- Hold community-wide dementia awareness week and monthly lunch and learn
- Maintain Facebook page and presence on city website
- Collaborate with schools to educate youth

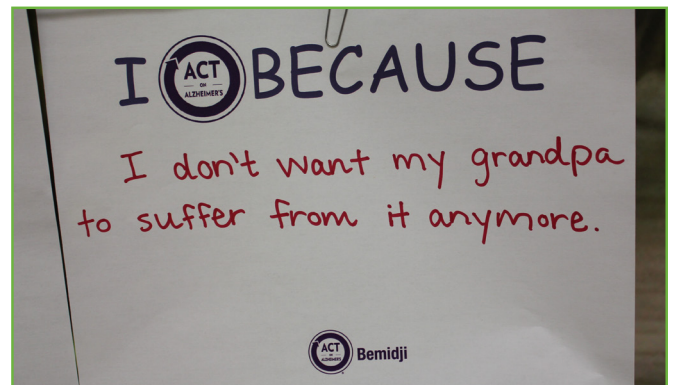
Action Community Team Contact:

Tami Kolbinger

tamikolbinger@goodshepherdcampus.org

BEMIDJI

Began Phase 4 May 2015



From community event

Action Priorities

- Create a community resource brochure
- Provide education and purchasing information/assistance for medical ID bracelets
- Offer education to community and family caregivers
- Provide in-person dementia training and ACT resources to health care providers

Looking Ahead

- Train community volunteers to deliver *The Basics: Understanding Memory Loss, Dementia and Alzheimer's Disease* and *Know the Ten Signs: Early Detection Matters*
- Research medical ID/GPS devices
- Keep educating the community about dementia

Action Community Team Contact:

Carol Priest, carol.priest@co.beltrami.mn.us

BRAINERD / BAXTER

Began Phase 4 May 2015



Local TV interview of Action Team members

Action Priorities

- Create a community resource brochure and dementia awareness business cards
- Offer education to community and family caregivers
- Provide in-person dementia training and ACT resources to health care providers
- Deliver *The Basics: Understanding Memory Loss, Dementia and Alzheimer's Disease* and *Know the Ten Signs: Early Detection Matters*
- Increase awareness of existing support groups
- Work with local schools and youth organizations

Impacting Lives

- We're improving awareness throughout the Brainerd Lakes area, making resources available, and providing tips for communicating with a loved one with dementia
- Through education, we hope to further spread compassion and understanding about dementia

Action Community Team Contact:

Amanda Mithun

amandamithun@lakewoodhealthsystem.com

CAMBRIDGE

Began Phase 4 June 2014



Action Team

Action Priorities

- Create a community resource brochure and a support group
- Train: Dementia Champions; Local government staff; Law enforcement/first responders; Health care providers (through in-person dementia training and ACT resources)
- Offer Dementia Friends sessions and education to community and family caregivers

Action Community Team Contact:

Julie Tooker, jtooker@preshomes.org

CENTRO (LATINO COLLABORATIVE)

Began Phase 4 May 2015



The original play, *El Orden Del Desorden*, examines three families with mothers who have Alzheimer's

Minneapolis area

Action Priorities

- Create a network of trained Spanish-speaking professionals who can share information about Alzheimer's/dementia
- Conduct workshops in the Latino community on identifying the early signs of Alzheimer's/dementia and distribute written educational materials and a list of local resources in Spanish
- Raise awareness in the Latino community through local television and radio
- Host creative activities (nutrition, theater, arts/crafts, and exercise) related to education and prevention of Alzheimer's/dementia, including an original play about the 10 warning signs of Alzheimer's disease

Looking Ahead

- Break the stigma of Alzheimer's and increase the knowledge of existing resources

CENTRO (CONT.)

- Let our community know that although there is no cure for Alzheimer's, we still have hope and, together, we can improve the quality of life for individuals and families

Action Community Team Contact:
Roxana Linares, rlinares@centromn.org

CLOQUET

Began Phase 4 May 2015

Action Priorities

- Train: Community volunteers to deliver *The Basics: Understanding Memory Loss, Dementia and Alzheimer's Disease* and *Know the Ten Signs: Early Detection Matters*; Law enforcement/first responders
- Offer education to professionals, community and family caregivers
- Host lunch-and-learn sessions

Action Community Team Contact:
Jill Hatfield, jhatfield@vscci.com

CLUES

Completed Phase 3 May 2015

Looking Ahead

- We will continue to work on dementia and Alzheimer's education with the National Council of La Raza kit

Action Community Team Contact:
Adriana Shelton, ashelton@clues.org

DETROIT LAKES

Began Phase 4 May 2015



Community screening of "I'll Be Me" movie

Action Priorities

- Create a community resource brochure
- Provide in-person dementia training and ACT resources to health care providers, law enforcement, and church leaders
- Offer education to community and family caregivers and information to local businesses
- Provide education/awareness programs to the local high school
- Recognize Alzheimer's Disease Awareness month with activities throughout November

Looking Ahead

- Create and introduce a dementia-friendly toolkit to community organizations as support for people living with Alzheimer's and related dementias

Action Community Team Contact:
Sandy Lia, sandylia@ecumen.org

EAST IRON RANGE

Began Phase 4 May 2015



Action Team meeting

Region includes Aurora, Biwabik, Hoyt Lakes

Action Priorities

- Train: Law enforcement/first responders; Community volunteers to deliver *The Basics: Understanding Memory Loss, Dementia and Alzheimer's Disease* and *Know the Ten Signs: Early Detection Matters*
- Create a community resource brochure
- Presence on city website
- Offer dementia-friendly meaningful engagement activities
- Create library checkout bags for the family caregiver and person being cared for

Looking Ahead

- Apply learnings from three action team members attending the second Midwest Arts and Aging Conference (presented by ArtSage)

Action Community Team Contact:

Laurie O'Laughlin

laurie.olaughlin@essentiahealth.org

EDINA

Began Phase 4 March 2015



Action Team

Action Priority

- Train Dementia Champions and offer Dementia Friends sessions

Looking Ahead

- Focus on helping and supporting caregivers

Action Community Team Contacts:

Deborah Paone, deborah@normandalecenter.org

Donna Tilsner, dtilsner@edinamn.gov

FOREST LAKE

Began Phase 4 May 2015

Action Priorities

- Offer information/education to local businesses
- Train law enforcement/first responders
- Create a community resource brochure, a support group, and a Facebook page

Action Community Team Contact:

Jules Benson, jules.benson@rocketmail.com

DR. SOLOMON CARTER FULLER

Began Phase 4 May 2015



Community kick-off event

North Minneapolis area

Action Priorities

- Create a community resource brochure
- Provide culturally appropriate information about Alzheimer's/dementia
- Train Dementia Champions and offer Dementia Friends sessions
- Promote memory loss tour at MN History Center
- Host engagement activities at YMCA at Heritage Park
- Develop and present caregiver education workshops

Action Community Team Contacts:

Vanne Owen Hayes, vanneoh@comcast.net

Beverly Propes, propes001@aol.com

GREATER INTERNATIONAL FALLS

Began Phase 4 May 2015



Action Team member conducting community survey

Action Priorities

- Establish a single point of contact for Alzheimer's/dementia information and education for use by public, caregivers, and people with dementia
- Explore models for developing an informal group respite resource

GREATER INT'L FALLS (CONT.)

Looking Ahead

- Bring trainings to the community, do informational outreach, and engage Dementia Friends and volunteers
- Anticipate that a local medical clinic and counseling agency will focus on how they can contribute to creating a dementia-friendly community

Action Community Team Contact:
Douglas Skrief
douglas.skrief@co.koochiching.mn.us

HARMONY

Began Phase 4 May 2015



Action Team hosted screening of "I'll Be Me" movie

Action Priorities

- Train Dementia Champions and offer Dementia Friends sessions
- Provide in-person dementia training and ACT resources to health care providers
- Offer education to community and family caregivers
- Schedule, host, and promote an 8-week caregiver support group workshop with meetings once a week and monthly caregiver gatherings
- Offer dementia-friendly meaningful engagement activities
- Distribute Alzheimer's information to the community

Impacting Lives

- Measures of our success include education via support groups, making resources available, and mentoring caregivers

Action Community Team Contact:
Lori Slindee, slindee@harmonytel.net

MANKATO / NORTH MANKATO

Began Phase 4 May 2015



Community event

Action Priorities

- Create a community resource brochure and a media campaign
- Train community volunteers to deliver *The Basics: Understanding Memory Loss, Dementia and Alzheimer's Disease* and *Know the Ten Signs: Early Detection Matters*
- Host the Alzheimer's Association's "Get the Facts" Education Series
- Offer education to community and family caregivers

Looking Ahead

- Continue dialogues with community members through "Community Conversations that Matter"
- Work with churches to identify interest in ongoing discussion groups in our communities

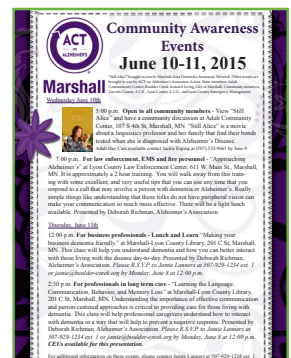
Action Community Team Contact:
Danielle Walchuk, danielle@rndc.org

MARSHALL

Began Phase 4 May 2015

Action Priorities

- Create a community resource brochure and dementia awareness business cards
- Train Champions and offer Dementia Friends sessions
- Host a monthly radio and television show
- Offer education to community and family caregivers



- Create dementia-friendly community recreation and education programming at the YMCA
- Host an ArtSage workshop

Looking Ahead

- Apply learnings from our community awareness events targeting emergency personnel, business professionals, and long-term care professionals

Action Community Team Contact:

Jamie Lanners, jamie@boulder-creek.org

MILLE LACS

Began Phase 4 May 2015



Action Team

Action Priorities

- Create a community resource brochure
- Train: Dementia Champions; Community volunteers on delivering *The Basics: Understanding Memory Loss, Dementia and Alzheimer's Disease* and *Know the Ten Signs: Early Detection Matters*; Health care providers (through in-person dementia training and ACT resources)
- Offer Dementia Friends sessions and education to community and family caregivers
- Develop a central clearinghouse for local Alzheimer's/dementia information and resources
- Increase awareness through local media
- Offer information/education to faith community, civic organizations, government, and businesses
- Work with local libraries

Action Community Team Contacts:

Sue Lyback, slyback@mlhealth.org

Kathy Young, kyoung@isle.k12.mn.us

MN COUNCIL OF CHURCHES

Began Phase 4 May 2015

Action Priorities

- Train Dementia Champions and offer Dementia Friends sessions
- Provide adult education workshop for congregation, including caregivers and pastoral staff
- Collect and publicize faith-community-specific education and information resources
- Establish Caregiver Connections activities for caregivers

Action Community Team Contacts:

Helen Jackson Lockett-El, hj55430@gmail.com

Mary Walesch, mary.walesch@mnchurches.org

NORTH BRANCH

Began Phase 4 May 2015

Action Priorities

- Train: Law enforcement/first responders; Dementia Champions
- Offer *Powerful Tools for Caregivers* and Dementia Friends sessions
- Create dementia awareness business cards
- Use senior center website to increase awareness
- Host an ArtSage workshop
- Create Adult Daybreak program for persons with Alzheimer's/dementia
- Host a memory screening event

Looking Ahead

- Target senior center volunteers, Ecumen staff, and church groups in offering Dementia Friends

Action Community Team Contact:

Gina Lind, ginalind@ecumen.org

NORTHFIELD

Began Phase 4 March 2015

Know the 10 Signs from the Alzheimer's Association

Early Detection Matters

- 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 objects
- 6 Changes in mood and personality
- 7 New problems with words in speaking
- 8 Misplacing things and losing the ability to retrieve items
- 9 Decreased or poor judgment
- 10 Withdrawal from work or social activities

Resources

NATIONAL RESOURCE
Alzheimer's Association: www.alz.org
1-800-272-3800 (toll-free) or 711 (toll-free)

LOCAL RESOURCES
ACT Northfield Community Outreach Program: Visit our website for current programs: www.actnorthfield.org
Local presentations on Dementia Awareness: Host informational presentations on dementia awareness for your organization. Presentations can be up to 60 minutes.
Northfield Walk: Northfield's Alzheimer's awareness walk

WALK TO END ALZHEIMER'S

Northfield ACT Partners
County Social Services • Northfield Chamber of Commerce • Three Links Northfield Senior Center • Northfield Hospice Unit • City of Northfield

Northfield ACT Local Participants

Northfield: Becoming a Dementia-Friendly Community

Nearly one in every three seniors who live each year has Alzheimer's or another dementia.

Ardy is a caregiver

Her husband, Jim, has a diagnosed brain tumor at Northfield High School. He also has the attention at local sporting events, the way he's usually been. Her doctor says that's not Alzheimer's disease. Ardy says he's usually been the same, but she says he's been forgetful for nearly 40 years. She says he's been forgetful for nearly 40 years. She says he's been forgetful for nearly 40 years. She says he's been forgetful for nearly 40 years. She says he's been forgetful for nearly 40 years.

Action Priorities

- Print and disseminate *Know the 10 Signs* booklets
- Create a community resource brochure and a speaker's bureau for local events
- Partner with city and county disaster planning efforts to include planning for people with dementia
- Train law enforcement/first responders
- Host a caregiver summit
- Establish an Alzheimer's resource section in the Northfield Public Library
- Engage local faith communities
- Offer information/education to local businesses and at Northfield's Saturday Market Fair
- Hold community conversations at a local pub known for engaging the community in public discussions

Looking Ahead

- Four-page community report insert (titled *Northfield: Becoming a Dementia-friendly Community*) in local newspaper will reach entire Northfield community
- Team will distribute bookmark that lists local resources and *Know the 10 Signs*

Impacting Lives

- As a retirement community, we want a broad reach in understanding dementia
- The face of our community will change in demonstrating interest and understanding of people in varying stages of dementia

Action Community Team Contact:
Patricia Vincent, patricia.vincent@threelinks.org

PAYNESVILLE

Began Phase 4 February 2015



Dementia Friends at Teal's Market

Action Priorities

- Train: Community volunteers to deliver *The Basics: Understanding Memory Loss, Dementia and Alzheimer's Disease* and *Know the Ten Signs: Early Detection Matters; Dementia Champions*
- Offer Dementia Friends sessions
- Create a community resource brochure
- Maintain a Facebook page
- Offer education to community and family caregivers
- Purchase books about Alzheimer's disease and caregiving for the public library and school libraries
- Print and distribute *Know the 10 Signs* booklets
- Increase support group sessions for caregivers
- Schedule Dementia Friends/Champions training sessions for Paynesville schools
- Distribute pamphlets about Alzheimer's and caregiving in local grocery store and have volunteers assist people with shopping or provide "coffee and companionship" while their caregiver shops
- Develop a local TV ad with the high school media organization
- Disseminate Alzheimer's-specific information through various newspaper articles, expert speakers, a booth at the local business expo, and meetings with local clergy, healthcare professionals, service groups, and businesses

Looking Ahead

- Apply learnings from partnering with area ministerial group to introduce ACT work to eight faith communities and recruit Dementia Friends participants

- Have Dementia Friends on hand during Senior Discount Day at local grocery store to answer questions, offer resources, or provide respite while caregiver shops

Action Community Team Contact:
Linda Musel, lindajoe@tds.net

REDWOOD FALLS

Began Phase 4 May 2015



Community education event, "Come Visit Me"

Action Priorities

- Create a community resource brochure
- Offer information/education to local businesses
- Create and email a monthly newsletter
- Participate in a monthly local radio interview and write a monthly local newspaper article
- Provide in-person dementia training and ACT resources to health care providers

Looking Ahead

- Complete a comprehensive brochure of available resources for public venues, businesses, churches, and civic organizations

Action Community Team Contact:
Karen Christensen
ace.redwood@co.redwood.mn.us

ROCHESTER

Formed July 2014



Community meeting

Action Priorities

- Committed to having the needs of people living with dementia at the forefront of downtown Rochester's thinking and planning
- Potential action: Educating business owners to recognize dementia and provide some extra assistance

Action Community Team Contact:
Angela Lunde, lunde.angela@mayo.edu

ROSEVILLE

Began Phase 4 May 2015



Community kick-off event

Action Priorities

- Build community awareness and knowledge about dementia and introduce expert speaker series at kick-off event
- Host eight local-expert events; four on general information about dementia and Alzheimer's and four tailored to caregivers
- Marketing and publicity through KSTP-TV and local cable TV, two local newspapers, newsletters and other publications, and via brochures distributed at churches, senior facilities and community events
- Publicity through the City of Roseville website
- Recruit community volunteers for Lyngblomsten's The Gathering and Wilder's P.S. I Understand programs
- Move from paid facilitator leadership to self-directed committee to develop internal leadership and apply grant funds to programs

Looking Ahead

- Host local-expert events throughout 2015, including documentaries with facilitated discussions and events on dementia and the arts
- Refine our organizational structure and develop an action plan for work beyond 2015

Action Community Team Contact:
Deb Nygaard
dnygaard@arthursresidentialcare.com

SAUK RAPIDS

Began Phase 4 May 2015



Informational table at Health Care Home Learning Collaborative

Action Priorities

- Offer information/education to businesses and to community and family caregivers
- Host caregiver resource awareness training forums, lunch-and-learn sessions, and Alzheimer's Disease Awareness month/caregiver reception
- Offer "I'll Be Me" movie screening
- Create a community resource bookmark and dementia awareness business cards
- Print and disseminate *Know the 10 Signs* bookmarks
- Maintain Facebook page and presence on city website
- Train Dementia Champions and offer Dementia Friends sessions
- Collaborate with schools to educate youth
- Develop and distribute awareness materials and participate in local public events

Looking Ahead

- Two community cognitive evaluation sites discuss their ability to evaluate and coach persons with dementia and caregivers; target markets are doctors, clinics, case managers, and community providers
- Bookmark ready for distribution
- Dementia-friendly training at five new businesses
- School district actively engaged in offering Dementia Friends or similar education session

Impacting Lives

- Our volunteer base grows by 1-2 people weekly, which helps build community awareness

Action Community Team Contact:
Melinda Fast, melinda.fast@twsl.com

ST. LOUIS PARK

Began Phase 4 December 2013



Action Team members place Alzheimer's-themed books in Little Free Libraries

Action Priorities

- Implement an awareness campaign
- Launch training for professional caregivers
- Train Dementia Champions and offer Dementia Friends sessions
- Place two Alzheimer's-themed books in all Little Free Libraries in St. Louis Park neighborhoods, including *The Memory Box*, a book for children
- Host a screening of the movie, *Still Alice*
- Develop *Still Alice* book kits for 10 book clubs; the kits include 10 books and bookmarks that list Alzheimer's warning signs and ways to help families caring for someone with dementia
- Host four book club discussion groups for 100+ people
- Host *Alzheimer's, A Journey: Treatments and Living with the Disease* event at the St. Louis Park Public Library with local physician
- Local library book rack has books selected by team
- Create two bookmarks as promo items for all events

Action Community Team Contact:
Jonathan Lips, jonathanwlips@gmail.com

ST. PAUL AFRICAN-AMERICAN CHURCHES

Began Phase 4 May 2015

Action Priorities

- Disseminate information about Alzheimer's via events, print, and small group event
- Educate youth
- Provide Alzheimer's awareness via churches and disseminate *The Book of Alzheimer's for African American Churches*
- Host informational forums
- Participate in Baraza! Black Women's Health Gathering
- Train Dementia Champions and offer Dementia Friends sessions
- Create caregiver support group
- Provide culturally appropriate caregiver training

Action Community Team Contact:
Vanne Owens Hayes, vanneoh@comcast.net

ST. PAUL NEIGHBORHOODS

Began Phase 4 December 2013



Action Team

Action Priorities

- Create a community resource brochure
- Train Dementia Champions and offer Dementia Friends sessions

Looking Ahead

- Align with other ACT teams to improve dementia-friendly outreach to local businesses and untapped community sectors

Impacting Lives

- Feedback about our outreach suggests the stigma surrounding dementia is being lifted as more people feel comfortable talking about it and seem motivated to access resources

Action Community Team Contact:
Meghan Constantini
mconstantini@preshomes.org

ST. PAUL N.E. NEIGHBORHOODS

Began Phase 4 May 2015

Action Priorities

- Train community volunteers to deliver *The Basics: Understanding Memory Loss, Dementia and Alzheimer's Disease* and *Know the Ten Signs: Early Detection Matters*
- Offer education to caregivers
- Create a Memory Café and host meaningful engagement activities

Looking Ahead

- Offer a series of free presentations by local experts to raise awareness and provide education about dementia for the communities of East St. Paul and Maplewood; first session, *Dementia vs. Normal Aging*

Action Community Team Contact:
Rosemary Maranda Wallace
rosemary.wallace@comcast.net

STILLWATER AREA

Began Phase 4 May 2015



Presentation on Alzheimer's treatment research

Action Priorities

- Distribute resources at public safety expo sponsored by Washington County Emergency Management
- Host speaker on Alzheimer's treatment research
- Share automated community survey data collection and plotting methods with ACT staff
- Poll families about what's missing in guidance about dementia
- Assemble an inventory of available guidance services for people diagnosed with Alzheimer's/dementia and their families
- Gather system ideas and input from potential guidance providers and referral sources
- Develop a referral system to connect people with appropriate dementia guides

STILLWATER AREA (CONT.)

Looking Ahead

- Strive to meet our community's desire that every person experiencing dementia has the help of a knowledgeable person to guide and support them

Action Community Team Contact:

Beth Wiggins, bwiggins@familymeans.org

TWIN CITIES JEWISH COMMUNITY

Began Phase 4 December 2013



Speakers at Keeping the Spirit Alive

Action Priorities

- Create a community resource brochure for Jewish community
- Offer Rabbi Training
- Host *Keeping the Spirit Alive* caregiver conference
- Offer dementia training for teens
- Train Dementia Champions and offer Dementia Friends sessions
- Sponsor "Dementia and Family Relationships" film series
- Start evaluation phase

Action Community Team Contact:

Annette Sandler, asandler@jfcsmpls.org

WALKER

Began Phase 4 December 2013

Action Priorities

- Create a community resource brochure
- Train service and retail businesses to become dementia friendly



Dementia-friendly window cling

Action Community

Team Contact:

Ann Noland, anoland@maycreekcampus.com

WILLMAR

Began Phase 4 March 2015

Action Priorities

- Train community volunteers to deliver *The Basics: Understanding Memory Loss, Dementia and Alzheimer's Disease* and *Know the Ten Signs: Early Detection Matters*
- Print and disseminate *Know the 10 Signs* bookmarks
- Provide books to libraries and support groups

Looking Ahead

- Apply learnings from volunteer dementia educators about best places to share books, DVDs, etc.
- Expand education and caregiver support group locations
- Continue partnership with West Central Dementia Awareness Network

Action Community Team Contacts:

Andrea Carruthers, carruthersal@gmail.com

Bonita Kallestad, john_kallestad@msn.com

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Greater Twin Cities United Way

UnitedWayTwinCities.org

