



Guide to area services and resources for seniors. January 2012

What is Dementia? What is Alzheimer's disease?

Dementia is not a specific disease. It is a general term for a decline in mental ability severe enough to interfere with daily life. **Alzheimer's** is the most common type of dementia, accounting for 60 to 80 percent of cases. It is a fatal brain disease that causes a slow decline in memory, thinking and reasoning skills.

Alzheimer's disease -- KNOW the 10 SIGNS

There are 10 warning signs of Alzheimer's. Every individual may experience one or more of these signs in different degrees. If you notice any of them in yourself or someone you know, **don't ignore them**. Schedule an appointment with your doctor.

1. Memory changes that disrupt daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
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 or personality.

Typical age-related memory loss and other changes compared to Alzheimer's

Signs of Alzheimer's	Typical age-related changes
Poor judgment and decision making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

If you have questions about any of these warning signs, consult your physician. For more information, go to: www.alz.org/10signs or call the Alzheimer's Association at 1-877-474-8259.

Home Health Services

Accra Home Health
(651) 388-1010

Fairview Red Wing Home Care and Hospice
(651) 385-3410

Heartland Home Health Care and Hospice
(507) 292-1170

Hiawatha Home Care
(651) 388-2223

St. Brigid's at Hi-Park
(651) 388-1234

Home Care Services

Home Instead
(507) 285-1700

Home Keepers International
(651) 385-2244

Visiting Angels
1-866-713-0287

**Pull out and keep this
resource guide handy.**

Red Wing Area Seniors, Inc.
1407 West Fourth Street
Red Wing, MN 55066
(651) 267-3599
redwingareaseniors.org

Services available at the Red Wing Senior Center

Faith In Action

Faith In Action provides aid to the elderly and those with difficult life circumstances. Services include:

*Friendly visiting *Chore Service *Respite
*Transportation *Handy Person *ACS Road To Recovery
To volunteer or if you need help with any of the above services, call **Faith In Action, 651-385-3290.**

Family Caregiver Support Group

3rd Wed. of month at 1:30 p.m. • Senior Center

Offering support and resources to those who provide personal care for a loved one, this Faith In Action sponsored group meets on the 3rd Wednesday of every month. Robin Wipperling and Marcia Hislop facilitate this peer group and welcome all care givers and interested family members.

Foot Care Clinic

Every Thursday • 1:00-3:30 p.m.

A home health nurse is available at the Senior Center to provide foot care to seniors. Appointments are required. To schedule an appointment, call Fairview Red Wing Homecare and Hospice at **385-3410. The cost is \$32.**

Free Blood Pressure Checks

3rd Thursday of month • 9:15-10:00 a.m.

Free blood pressure checks are offered every month in the Wellness Room at the Senior Center. This service is provided by St. Brigid's at Hi-Park. No appointment is required

Hearing Screening Tests and Service Center

2nd Weds. of the month • 9:00 a.m. –12 noon

Terry Carlson, a hearing consultant with Better Hearing Aid Centers, will be at the Senior Center to conduct free hearing screening tests, and free cleaning and tune-up of all makes and models of hearing aids.

Medical Equipment Loan Program

"Gently used" medical equipment (wheelchairs, walkers, crutches, shower chairs, commodes, safety rails for toilets and more) is available at the Senior Center to use for up to three months during a period of medical convalescence or short term disability. Since equipment changes daily, call or stop by the Senior Center if you need something. A donation of \$20.00 is suggested to help with on-going program costs. If you have medical equipment you no longer need, please donate it to the Senior Center.

Memory Loss Support Group

4th Tues. of month • 2:00 p.m. • Senior Center

Lucy Boxrud facilitates this support group, providing information and education on dementia. Call her at 267-5441.

NAPS: Nutrition Assistance Program for Seniors

2nd Mon. of month • 11:00 a.m. to 12 noon

Women and men 60 years of age or older, who live in MN and meet income guidelines, may be eligible to receive a monthly food package. The Red Wing Senior Center is one of the distribution sites. For more information and to see if you qualify, contact Channel One Food Bank. The toll-free number is 1-877-500-8699 ext. 104.

Notary Public

Shirley Perkins is a Notary Public and will notarize your important papers including wills and health care directives. Donations for this complimentary service are gratefully accepted. Call Shirley to arrange a time at 651-267-3559.

Parkinson's Support Group

3rd Thursday of month at 3:00 p.m.

The group welcomes family, caregivers or anyone who has Parkinson's. Join us.

Resources and Referrals

4th Wednesday of month • 1:00-3:00 p.m.

Jane Whiteside, Ph.D. can help you sort through problems and explore possible resources. Call the Senior Center at 651-267-3599 to set up a time. Free and confidential service.

Seniors Helping Seniors

Seniors Helping seniors volunteers are skilled and committed to helping other seniors who are experienced distress in their lives. If you need someone to talk to or you know someone who does, please contact Robin Wipperling at 651-385-3456.

Senior Home Work

Senior Home Work provides volunteers who can help with minor home repair and maintenance projects at NO OR LITTLE COST! You will be asked to help pay for needed supplies, however NO LABOR COSTS will be charged for the work completed. Call 651-267-3599.

Seniors' Legal Rights

The Minnesota Attorney General's Office has a publication dealing with your legal rights including consumer protection, charitable giving, investments, health care and planning ahead. Copies are available at the Senior Center.

Red Wing Area Seniors, Inc.
651-267-3599

Services available in the Red Wing area

Alzheimer's & Memory Loss

Karla Snider is our contact with the local Alzheimer's Association office. Karla can help with your questions or concerns regarding loved ones who have memory loss. She can be reached at 507-289-3950 if you need assistance.

Alzheimer Support Group

3rd Thursday of month • 6:00 p.m.

This support group meets monthly in the Community Room at St. Brigid's at Hi-Park, 135 Pioneer Road, Red Wing. For more information call Sara Larson at 388-1234.

Annadee's Closet

321 Potter Street, Red Wing • 651-388-7031

Annadee's Closet sells donated household items, clothing in all sizes, and furniture at low, low prices. Seniors get 25% off their entire purchase on the first Wednesday of each month. Volunteers earn store credit. The thrift store is owned and operated by Red Wing Area Seniors, Inc.

Diabetes Support Group

4th Tues. of month • 3:00 p.m. • St. Brigid's

Support and information is available for those with or caring for those with Diabetes. Call Sara Larson for more information at 651-388-1234.

Employment Services

Quality Career Services provides job training and placement for people with limited financial resources who are age 55 or older. Job search and resume creation help is also available. For information, contact 651-647-9322.

Fairview Red Wing Homecare-Hospice

Fairview Homecare and Hospice provides skilled supportive services directly in your home. Maintain your independence. Call our Intake Nurse Lori for more information at **651-385-3410**.

Free Legal Services

Free legal help is offered by Southern Minnesota Regional Legal Services to people who are over 60 or have a low income. Areas of help include government benefits, fraud, housing, consumer issues and family. **1-888-575-2954**

Grief Support: Coffee & Good Company

Casual, drop-in support for those who have lost a loved one. Meets the 2nd & 4th Tuesdays at 10:00 am on the third floor of the Fairview Red Wing Professional and Community Center, 1407 W 4th St. For more information, call Kathy Bang, Fairview Red Wing Hospice at 651-385-3412.

Goodhue County Public Health Service

Goodhue County Public Health provides Long Term Care Consultations to assess a person's needs and develop a plan of care. Often this consultation helps a senior and their family decide if their current home is where they should live. Case managers help people implement this plan and provide ongoing coordination of services to ensure their needs are being met. For information call the Intake Nurse at 651-385-6100 or 1-800-950-2142.

Medicare Insurance Counseling

Do you need help sorting Medicare insurance forms? Medicare insurance counseling is offered **FREE OF CHARGE** by a state certified counselor. Call the Senior Linkage Line at 1-800-333-2433 for this FREE service.

Partners In Aging

Fairview Red Wing's PARTNERS IN AGING program provides Senior Patient Advocates to assist the older adult and/or their families to learn about many area resources designed to provide safety, wellness and support. Personalized assistance helps you make decisions that are right for you and your family. If you are facing life changing health conditions, living with a chronic illness or need assistance in navigating the health care system, call 388-6740 for more information. The support is here to meet the needs of seniors in our community.

Peg's Party (In memory of Peg Quinn) Cancer Support Group

Please call Pat Ross at 651-388-3988 for meeting details.

SEMCAC Senior Dining

All seniors are welcome to enjoy a delicious meal and fellowship at Jordan Tower 2 in the Sailstad Room everyday. Serving begins at 11:30am; doors on the 5th Street side open at 11:00. Suggested cost is \$3.50 if you are over 60. (Full cost is \$6.00.) Coffee is only \$.25 per cup! Call 388-9875 at least 24 hours in advance to make a reservation.

Talk to Dr. Bruce McBeath

Dr. McBeath is a clinical psychologist working with Goodhue County Social Services. His special interest is helping seniors deal with emotional stresses. **Consultations are free of charge.** Set up an appointment at 651-380-5042.

Three Rivers Community Action, Inc.

The Family Caregiver and Senior Advocacy Program provides information, resources, and referrals on services that are needed as persons age. Contact Pat Kimble at 1-800-277-8418, ext 112.

Senior Housing Options Available in Red Wing

Deer Crest

470 Fairview Blvd.
 Red Wing, MN 55066
 (651) 267-5444
 Contact: Jill Prah
Independent and assisted living
24 hour home care
Memory care

Downtown Plaza

434 West 4th Street
 Red Wing, MN 55066
 (651) 385-3400
 Contact: Diane McNeil
Independent living

Fairview Seminary Home

906 College Avenue
 Red Wing, MN 55066
 (651) 385-3434
 Contact: Holly Garloff
Skilled nursing and rehabilitation

Jordan Towers

440 West 5th Street
 Red Wing, MN 55066
 (651) 388-7614
 Contact: Enid Reames
Independent living
Low income housing

Potter Ridge

1971 Neal Street
 Red Wing, MN 55066
 (651) 388-1546
 Contact: Trincy Faas
Independent and assisted living
24 hour home care

Red Wing Health Center

1412 West 4th Street
 Red Wing, MN 55066
 (651) 388-2843
 Contact: Travis Larson
Skilled nursing and rehabilitation

St. Brigid's at Hi-Park

135 Pioneer Road
 Red Wing, MN 55066
 (651) 388-1234
 Contact: Sara Larson
Independent and assisted living
Memory care
24 hour home care
Skilled nursing and rehabilitation

Valentines

2557 Eagle Ridge Drive
 Red Wing, MN 55066
 (651) 388-5556
 Contact: Sandy McDonald
Assisted living

Village Cooperative

2533 Eagle Ridge Drive
 Red Wing, MN 55066
 (651) 388-2029
Independent living

Important Phone Numbers

Faith In Action 651-385-3290
 Goodhue County Public Health 651-385-6100
 Goodhue County Social Services 651-385-3232
 Hospice (Fairview Regional) 651-385-3410
 Lifeline 651-267-5000
 Meals on Wheels 651-385-3423
 Medicare 1-800-633-4227
 Red Wing Senior Center 651-267-3599
 The Ride 1-866-623-7505
 SEMCAC Dining 651-388-9875
 Social Security 1-800-772-1213
 Three Rivers Community Action 1-800-277-8418 ext 112

**Help is closer than
 you think!**

**1-800-333-2433
 Senior LinkAge Line®**

is the Minnesota
 Board on Aging's free
 statewide information
 and assistance service.

