



Redwood Falls

ACT on Alzheimer's NEWSLETTER

Volume 1

Redwood Falls Receives Grant Award to Advance Dementia Friendly Work

Redwood Falls has been chosen as one of 32 ACT on Alzheimer's Action Communities throughout the state working to prepare Minnesota for the growing number of people with Alzheimer's disease by becoming a dementia friendly community. The Alzheimer's Association estimates there are 89,000 Minnesotans, age 65 and older living with the disease and many more with other dementias.

ACT on Alzheimer's is a volunteer-driven, statewide collaboration preparing Minnesota for the personal, social and budgetary impacts of Alzheimer's. Working with communities striving to become dementia-friendly is one of ACT's key strategies.

"As the population of Minnesota ages, it's becoming increasingly important to build support systems for people with dementia and Alzheimer" said Olivia Mastry, executive lead for ACT on Alzheimer's. Some of the most exciting innovations will emerge from this community work. Creating dementia friendly communities means that caregivers are supported and people with dementia are able to live in the community and stay out of institutional care longer. That helps everyone-- families and taxpayers who pay for institutional care, employers who have workers trying to balance all the demands of caregiving and the individual themselves."

The new communities build on the exciting work being done by the seven pilot action communities said Mastry. "The goal is to provide community support for those with dementia and their caregivers, allowing people to live in their communities for as long as possible."

The ACT grant is funded through Blue plus (an HMO affiliate of Cross and Blue Shield of Minnesota), the Medica Foundation and Greater Twin Cities United Way.



Redwood Falls

Redwood Falls Act on Alzheimer's: Our Journey so far

- **Convene** - The Act on Alzheimer's Action Team (formerly known as the Redwood Area Dementia Network) came together and committed their support to become a dementia friendly community.
- **Assess** - Members of the community were asked to complete a survey to assess community's current strengths and gaps.
- **Analyze** - The finding of this survey were analyzed to understand community needs & develop an action plan
- **ACT Together** - We will ACT Together to pursue priority goals

Our Goals:

- ❖ **Goal 1:** Redwood Falls survey respondents indicated a high level of confidence in their ability to identify community members who are showing the signs of dementia. Survey respondents reported that they lacked confidence in how to support these individuals and their caregivers. The goal of Redwood Falls ACT on Alzheimer's is to provide resources to those suffering with dementia and their caregivers in an attempt to create a stronger, healthier and more supportive community.
- ❖ **Goal 2:** Redwood Falls has done an excellent job in providing resources to the community in regards to services and education that support those struggling with Alzheimer's disease and their caregivers primarily through the work of ACE of SW MN and the Dementia Awareness Network. The goal of Redwood Falls ACT on Alzheimer's is to bring together the resources available and the community members who are in need of the resources such as persons with dementia, their caregiver, employer or concerned community member, through marketing of available services, training and educational events so they can make referrals or receive services.



Redwood Falls

Action Priorities

- **Education to Businesses** – Provide information/education to local businesses via a toolkit. Toolkits are being distributed now.
- **Resource Guide** – A community resource guide has been created that includes a comprehensive list of resources for people with dementia and their families
- **Radio** – A twice a month radio interview on KLGR radio at 7:50 AM the 2nd & 4th Monday of each month.
- **Newspaper** – A monthly newspaper article appears in the Redwood Gazette the 3rd Monday of each month.
- **E-mail Newsletter** – A monthly e-mail newsletter is being sent to local chamber members, ministerial groups, service organizations and community members.
- **Dementia Training & ACT Resources to Care Providers.** Education has been provided to care coordinators at ACMC.
- **Fall Community Meeting** – A dinner and movie “Still Alice” will be presented at the Redwood Falls Library on Monday, September 21.

This is an exciting time as Redwood Falls joins other communities across Minnesota to take steps to become dementia friendly.

For more information about the Redwood Falls ACT on Alzheimer's or to become part of the ACT on Alzheimer's Action Team, call or e-mail Karen Christensen, ACT on Alzheimer's Coordinator at 507-627-1016 or ace.redwood@co.redwood.mn.us.

Your input and assistance is valuable. Let's ACT together as we work to create a dementia capable community.



**DEMENTIA/CAREGIVER
EDUCATION EVENT**

Redwood Falls ACT on
Alzheimer's ACTION Team is
excited to offer the movie

“Still Alice”

Synopsis:

A linguistics professor and her family find their bonds tested when she is diagnosed with Alzheimer's.

When: Monday, September 21, 2015

Where: Redwood Falls Public Library
509 S. Lincoln
Redwood Falls, MN

Time: 5:30 pm – Complimentary catered sit down meal limited to the first 60 people who sign up for the event

6:00 pm – Showing of movie “Still Alice”

RSVP:

Registration for the event is required. To reserve your place at this event please call:

Registration for the event is required. To reserve your place at this event please call

**Karen Christensen,
ACT on Alzheimer's Coordinator
Telephone - 627-1016
E-mail - ace.redwood@co.redwood.mn.us**

WHO SHOULD ATTEND

- Caregivers
- Professionals
- Community members
- Anyone who would like to learn about Alzheimer's and

SPONSORED BY



Redwood Falls

Co-sponsored by
Redwood Falls ACT on
Alzheimer's ACTION
Team and the
Redwood Falls Public
Library.