



DEMENTIA IN DOUGLAS COUNTY

Diagnosis, resources,
experiences and more.

Jenny Theis, Senior
Community Engagement
Manager Alzheimer's
Association of MN and
ND

Roy & Patty Wicken,
Person with Dementia
and Caregiver,
Alexandria Family



AGENDA

Introduction

Wicken's Story

10 Warning Signs

Local Resources

Q&A





OUR STORY

WARNING SIGNS

DIAGNOSIS

EXPERIENCE IN OUR COMMUNITY

IMPACT ON WORK LIFE

RESOURCES WE USE

LESSONS LEARNED

10 WARNING SIGNS

1. Memory loss that disrupts 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 judgement
9. Withdrawal from work or social activities
10. Changes in mood or personality

LOCAL RESOURCES

Alzheimer's Support Groups

- 3rd Tuesday of every month from 3pm-4:30pm at the Douglas County Library
- 2nd Tuesday of every month from 1:30-3pm at First Lutheran Church

Douglas County Senior Services Coordinator, Dinara Dykema:
320-762-3047

Bethany on the Lake Adult Day Services: 320- 763-2181

Douglas County Library Memory Loss Resource Center: 720
Fillmore St. Alexandria, MN 56308

Dementia Friendly Initiative, Dancing Sky AAA:
<https://www.dancingskyaaa.org/>

Respite: Knute Nelson, Bethany on the Lake, Central MN Elder Network

LOCAL RESOURCES

Organizations

- Alzheimer's Association of MN & ND
24/7 Hotline: 800-272-3900
- Horizon Public Health
- Dancing Sky Area Agency on Aging
- Central MN Elder Network
- Senior Linkage Line/MNHelp.info
800-333-2433

Memory Care Communities

- Edgewood Vista
- Autumn Cottages/Knute Nelson
- Grand Arbor/Knute Nelson
- Alex Assisted Living
- Diamond Willow
- Pelican Bay/Bethany on the Lake
- Bridgewell Assisted Living/Galeon