



GRAND PORTAGE DEMENTIA CARE GUIDE

**Helping Grand Portage community members
care for their loved ones**



For more information visit:
<https://www.memorykeepersmdt.com/>



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GRAND PORTAGE DEMENTIA CARE GUIDE

What is the Grand Portage Dementia Care Guide?

- This dementia care guide is a result of a community request and feedback received during the Indigenous Cultural Understandings of Alzheimer's disease and related dementias Research and Engagement (ICARE) project (R56AG63307; R01AG62307) to produce something that would make it easier for Grand Portage community members to get support around dementia and Alzheimer's disease.
- Memory Keepers Medical Discovery Team (UMN Medical School, Duluth campus), community members, and local service providers have collaborated to create this guide.
- This guide aims to help Grand Portage community members keep their loved ones in the community, increase community awareness and education around aging and dementia, and help address caregiver support needs.

Introduction to the ICARE Project:

- The ICARE project explores cultural understandings of dementia in four unique Indigenous communities in the Great Lakes region. The project uses community based participatory research approaches to ensure that community goals are centered in the work.
- Community researcher Collette Pederson helped form a Community Advisory Group to guide the research in 2019, following Grand Portage Band of Lake Superior Chippewa Tribal Resolution Nos. 06-19 and 05-20



ACKNOWLEDGMENTS

Miigwech (Thank you) to the Grand Portage Band of Lake Superior Chippewa (RTC 06-19 and 05-20) and all the community members who participated in interviews. Sharing your stories and community strengths and recommendations around dementia care made this booklet possible.

Miigwech to the Community Advisory Group: Becky Deschampe, Emma Carlson, Mary Harrelson, John Morrin, Shirley Stevens, Jennifer Sorenson, and Patty Winchell-Dahl.

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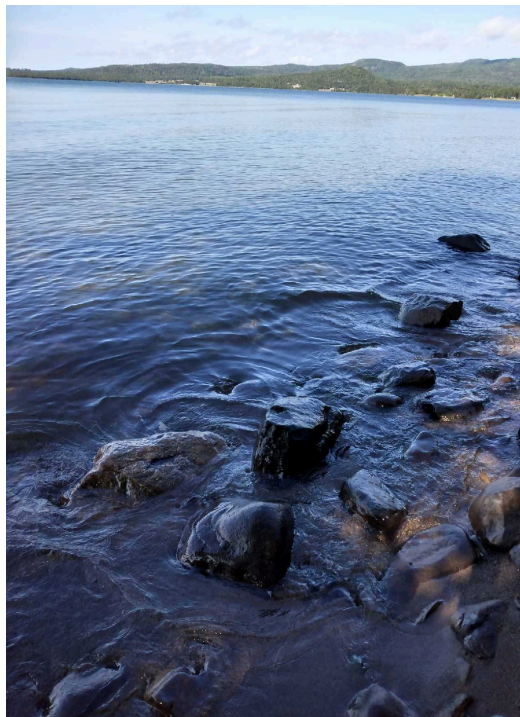
DEMENTIA IN GRAND PORTAGE

What is Dementia?

Dementia is the general term for loss of memory, language, problem-solving, and other thinking abilities that are severe enough to interfere with daily life. Alzheimer's disease is the most common cause of dementia (Alzheimer's Association, 2025).

Indigenous Understandings of Dementia

There is some evidence that suggests age-related dementias have only recently become more common in Indigenous populations. As people live longer, they are more likely to experience dementia. Just as Indigenous communities in the United States are different, Indigenous peoples, communities, and cultures hold different understandings of dementia, memory loss, forgetfulness, and confusion related to aging. These understandings may be very different from those held by doctors, nurses, and support workers.



Some descriptions of dementia that are common are that:

- 'It's normal'
- 'It's natural'
- 'It's part of the circle of life' or 'coming full circle'
- "One of the stages of life"

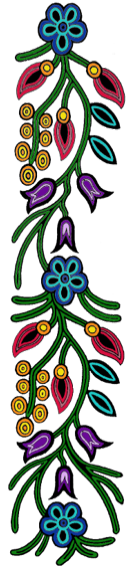
JACKLIN ET AL., *WHAT IS DEMENTIA*, I-CAARE 2015.



SIGNS AND SYMPTOMS OF DEMENTIA

The Alzheimer's Association reports 10 Early Signs and Symptoms of Alzheimer's and Dementia:

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 judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality



Check out for https://www.alz.org/alzheimers-dementia/10_signs for more information.

If you suspect that you or a loved one may have dementia, it is important to seek an early diagnosis or rule out Alzheimer's disease and related dementias with your doctor.

Speak with a provider at:

Grand Portage Health Services
218-475-2235
62 Upper Rd, Grand Portage, MN 55605

Speak with a Minnesota Aging Pathways Navigator if you are unsure where to seek help:

1-800-333-2433
aging.pathways@state.mn.us



SCAN FOR ALZ.ORG

AGING AND DEMENTIA SERVICES IN GRAND PORTAGE

Emergency

EMT, Fire, Search and Rescue

Call 911

Grand Portage Food Distribution Program (FDIPR)

101 Store Road

Grand Portage, MN 55605

Monday - Thursday 8:30AM-4:30PM

218-475-2480

Program funded by the Food Distribution Program on Indian Reservations (FDIPR) that provides USDA foods to households based on income.



Grand Portage CACHE Program

(Community Agriculture through Culture, Health, and Education)

Contact the Grand Portage Health Services Office (Page 8).

Program aimed at increasing nutrition in the community and food sovereignty. To get involved, speak with someone at the clinic.

Grand Portage ENP

P.O. BOX 428, 73 Upper Road

Grand Portage, MN 55605

218-475-2655

Friendly faces at ENP (Elderly Nutrition Program) can help connect you to resources around advanced care planning and Tribal resources aimed at assisting band members with paying for care and costs of living. Congregate meals are offered from Monday-Friday from 11:30-12:30 (sign up by 9am the day of). ENP also offers meal delivery services and transportation to ENP.

AGING AND DEMENTIA SERVICES IN GRAND PORTAGE

Grand Portage Health Services

62 Upper Road

Grand Portage, MN 55605

218-475-2235

Offers broad Tribal health and support, and direct education through partnerships with University of MN and Alzheimer's Association. The clinic offers key resources like caregiver training, support groups (virtual and in-person) and culturally responsive programs, often leveraging tribal networks for community-specific understanding and support for Indigenous families facing dementia.

Primary Care, nutrition education, foot clinic, massage, blood pressure, glucose testing, and more are available at the clinic. Transportation is available on an as needed basis for medical appointments.



Grand Portage Human Services

2 Casino Drive

Grand Portage, MN 55605

218-475-2453

Grand Portage Human Services assists Grand Portage Band Members and community members get connected to a variety of services. Services include Mental Health for Adults and Children, Adult Protection, Peer Recovery Services, Homelessness Prevention, Child Welfare, probation and food shelf. Please call to set up an appointment with staff.



COOK COUNTY SERVICES

Aging Well Resources - Cook County

<https://agingwellresources.org/>

Website which features a comprehensive directory of local and regional programs that support older adults in Cook County.

Arrowhead Transit

Grand Portage Commuter Route

1-800-862-0175

<https://arrowheadtransit.com/>

Commuter routes, dial-a-ride, medical transport.

Serves most of the Northland.



SCAN FOR AGEWELL
RESOURCES COOK
COUNTY

Care Partners of Cook County

615 E. Hwy 61

Grand Marais, MN 55604

218-387-3788

info@carepartnersofcookcounty.org

www.carepartnersofcookcounty.org

Care Partners is a volunteer-based non-profit offering companionship and practical support to older adults in Cook County and those who care for them. We provide caregiver coaching, volunteer non-medical respite, dementia education, support groups, and a caregiver retreat.

Our Care Coordinator can meet with you by phone or in person—once or ongoing—to help you strengthen support networks, connect with local resources, and complete a health care directive. Staff and trained volunteers also offer compassionate presence at end of life.

Volunteers provide rides for people age 60+ within Cook County and to Duluth for medical appointments, along with occasional help around the home or yard.

We also offer Dementia Friends sessions and monthly Lunch & Learn classes designed to support aging well in Cook County.

COOK COUNTY SERVICES

Cook County Higher Education (CCHE)

300 West 3rd Street/PO Box 57
Grand Marais, MN 55604
218-387-3411; myccche.org

Cook County Higher Education exists to provide all types of education to Cook County Residents. Lifelong learning events - usually held at CCHE and via Zoom - allow you to learn about all sorts of things. From "Wills and Trusts 101" to

"Anishinaabemowin" to "Identifying Mushrooms in Minnesota Forests," we try to appeal to everyone. CCHE also provides workforce training and certifications, and customized training. Finally, and maybe most importantly, if you are thinking of going to school post high school, we can help you find a program that fits, and apply to the school, for financial aid (FAFSA), and for tuition scholarships! We offer our services for free. We hope you stop in sometime for "Education Where You Live."

Cook County Public Health and Human Services

411 W 2nd Street
Grand Marais, MN 55604
218-387-3788

Cook County Public Health and Human Services can connect individuals with county services such as Medicare/Medicaid and case management. Cook County also receives MAARC reports and can help Elders experiencing abuse.

North Shore Health Hospital and Care Center

515 5th Ave W
Grand Marais, MN 55604
218-387-3040

Emergency: 911

North Shore Health is a 16-bed critical access hospital, a 37-bed skilled nursing facility, home health agency, offers ambulance services, and provides a variety of diagnostic and therapeutic services. North Shore Health also has a pain management program, occupational therapy (OT), and physical therapy (PT) with providers who are experienced in aging and dementia.



GREATER MINNESOTA SERVICES

AARP/Caregiver Resources

1-888-687-2277

info@caregiving.org

www.aarp.org/caregiving

Online articles, webinars, and tools covering brain health, symptoms, caregiving, financial protection, local resources guides, risk reduction tips, and caregiver support for all stages of the disease.

Alzheimer's Association

1-800-272-3900 / alz.org

Provides comprehensive education for families, caregivers, and professionals through free online courses, webinars and in person programs covering stages, communication, caregiving skills, legal/financial issues, and lifestyle management. 24/7 helpline. Offers support in care coordination and planning ahead.

Lighthouse Center for Vital Living

309 W 1st Street

Duluth, MN 55802

218-624-4828

<https://www.lcfvl.org/>



Offers both occupational therapy and independent living training. Offers resources to families and caregivers around aging. Need help setting up a health portal, learning a new phone, or tablet? Lighthouse Center for Vital Living offers in person and remote tech support within their service area, including Grand Portage.

GREATER MINNESOTA SERVICES

Memory Keepers Medical Discovery Team

624 1st Street Suite 201

Duluth, MN 55805

218-726-6801

memorykeepers@d.umn.edu

Look for educational events in your area, like the Brain Train! Memory Keepers Medical Discovery Team is one of eight medical discovery teams through the University of Minnesota Medical School. Memory Keepers aims to engage Indigenous and rural communities in meaningful research to improve dementia and brain health outcomes for all.

Minnesota Aging Pathways

540 Cedar Street

St. Paul, MN 55164

1-800-333-2433

aging.pathways@state.mn.us

Formerly the Senior Linkage Line: this line is available Monday-Friday 8:00am to 4:30pm, and staff are ready to help families best care for their loved ones and connect them to local resources. The team offers assistance with a wide variety of needs including support for caregivers, coordination, education, and more. Compassionate staff connect caregivers with community supports including respite care, home-delivered meals, and transportation. The Minnesota Aging Pathways hotline can help connect individuals to local resources as well as help break down information around Medicare, Medicaid, and SSI (monthly payments to individuals with disabilities and/or aging adults), and more.



GREATER MINNESOTA SERVICES

National Alliance for Caregiving

301-718-8444

info@caregiving.org

Support groups: online and in-person groups for sharing experiences and getting emotional support.

Education; workshops; online programs; resources on understanding dementia, managing stress, and caregiver well-being.

Practical tools – guides for stress management, managing challenging behaviors, finding respite care. Direct caregivers to specialized organizations for extensive daily support, training, and local services for dementia caregiving.

Second Harvest Northland

218-727-5673

info@northernlakesfoodbank.org

Mobile pantry located at 73 Upper Rd, Grand Portage, MN

Food bank, mobile pantry, and food for seniors, and programming that serves the Northland. Fourth Wednesday of the month, 11:30am-12:00pm.



Pictured: Moose survey helicopter flying over Lake Superior and Isle Royale

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NOTES

THANK YOU TO OUR PARTNERS!



Aging Well Resources
COOK COUNTY + MN



Lighthouse
Center for
Vital Living



SECOND HARVEST
NORTHLAND



m MINNESOTA
AGING PATHWAYS