

# Arrowhead Region List of Caregiver Consultants and Care Consultants: Offering Guidance, Advice, and Connection to Resources for Family Caregivers and Older Adults

Northeast Minnesota

## KEY:

- 1 Trained to assist **FAMILY CAREGIVERS** and other informal caregivers with assessing needs, problem solving, care planning and connection to resources. (Caregiver Consultant)
- 2 Trained to assist **OLDER ADULTS** with assessing risks and needs, problem solving, care planning and connection to resources through the **Live Well at Home** service model. For more info on Live Well at Home go to <http://www.mnlivewellathome.org/> (Care Consultant)
3. Trained to offer education and support to family caregivers who are supporting a person with Alzheimer's disease or other forms of dementia using an evidence-based approach called **REACH** – **RESOURCES** for **ENHANCING ALZHEIMER'S CAREGIVER HEALTH**. (Caregiver Consultant)

### AITKIN COUNTY

**Kim Nutting** 1,2  
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### ITASCA COUNTY

**Kasey McCarroll** 1,2,3  
**Barb Watson** 1,2,3  
**Danielle Hawkinson** 1,2,3  
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### CARLTON COUNTY

**Kristine Dwyer** 1,2,3  
 Volunteer Services of Carlton County  
 199 Chestnut Ave., Suite 3 /PO Box 450  
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### KOOCHICHING COUNTY

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 Koochiching Aging Options  
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 218-283-7030  
[Kristy.wagner@co.koochiching.mn.us](mailto:Kristy.wagner@co.koochiching.mn.us)

### COOK COUNTY

**Marnie Hovland** 1,3  
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**No. ST. LOUIS COUNTY**

**Lisa Porthan** 1,2,3  
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**So. St. LOUIS COUNTY**

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**Beth Kaiser** 2  
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**Jen Myles** 1,2  
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**LAKE COUNTY**

**Diane Knust**, Care Navigator/Home Care Manager 1,2  
**Keri Johansen**, Service Coordinator  
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218-226-3635  
Service Area: **Silver Bay, Beaver Bay, Finland, Isabella,  
Little Marais**  
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**Megan Huseth** 1,2  
Community Partners  
417 South Avenue Two Harbors, MN 55616  
218-834-8024 ext. 4  
Service Area: **Two Harbors Area**  
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**REGIONAL RESOURCES**

**Jenna Pogorels**, Program Manager and Family Memory  
Care Consultant  
Alzheimer’s Association  
525 S Lake Ave. Ste. 214  
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218-722-4335  
Help Line 1-800-272-3900

**Senior LinkAge Line®**  
**1-800-333-2433**  
[www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)™

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