

**A**lthough there is no known cure for Alzheimer's disease or dementia, we do know from observational evidence and epidemiological studies that there are four factors that predict maintenance of mental cognitive function (that lowers the risk or delays the decline of memory impairment):

1. Increased Mental Activity
2. Increased Physical Activity
3. Social Engagement
4. Control of Vascular Risk Factors

—Marilyn Albert Ph.D., Director of Johns Hopkins Alzheimer's Research Center

### Get Involved with the NESS Club

### Outreach and Referral

Where to go; what to do, are puzzles to us in times of stress and chaos. We're here to help solve those puzzles. **North End Senior Solutions** keeps a list of services and programs available to assist all of us and our families.

We'll help locate the right doctor or medical service. We have information on SNAP (Supplemental Nutritional Assistance Program,) the local food pantry, Meals on Wheels program and community meals. Finding ways to make our lives enjoyable and productive is our specialty. You're never alone.

[www.NorthEnders.org](http://www.NorthEnders.org)

### The Club

- Fun
- ThoughtfulNESS
- Good Food
- WholesomeNESS
- Socializing
- Activities, Music, Poetry, Art, Crafts
- HappiNESS
- Safety and Security
- Laughs and Games
- Respite for Caregivers

### Education

- *Powerful Tools for Caregivers Class*
- Dementia Awareness and Prevention
- Medicare Information—SHIBA Counselor
- Living Independently
- *Savvy Caregiver*—Caring for someone with Dementia or Alzheimer's Disease

### Handy Buddies Volunteers

- In-home services
- Transportation
- Lawn and garden



### North End Senior Solution (NESS) and the NESS Club

Mondays, Wednesday, Friday 10 a.m.—4 p.m.

At the Odd Fellows Hall  
1350 SE Oar Ave.  
Lincoln City, OR  
Behind Outlet Stores ; One block south of Bi-Mart.

Phone: 541-921-0937

North End Senior Solutions  
P.O. Box 148  
Otis, OR 97368

[www.NorthEnders.org](http://www.NorthEnders.org)

Need Something?



**North End Senior  
Solutions (NESS)**

outreach  
NESS Club  
education and training  
handy buddies

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## Our Mission

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North End Senior Solutions (NESS) is a 501(c)(3) nonprofit organization. Our mission is to ensure the safety, comfort, and well-being of senior citizens and people with disabilities and to help them maintain their independence and fulfill their desire to remain living at home. We achieve this mission by providing the following programs:

- Outreach and Referral
- NESS Club
- Education and Training
- Handy Buddies Program
- Future: Residential Care Facility

## NESS Club

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The NESS Club is where seniors and people with chronic illnesses and disabilities benefit socially and emotionally by engaging with others in worthwhile conversations about current affairs, politics, sports, personal histories, and just about anything. Participants, volunteers and visitors share their talents, teaching and instructing each other in arts and crafts, music, poetry and literature, history, philosophy and the ever-changing computer technologies. Everyone is encouraged to maintain flexibility and body strength through light movement, dance, and weight bearing exercises according to their ability.

While the participants are engaged at the Club, their caregivers, or care managers, enjoy respite (time off.) Volunteers, visitors, instructors, and entertainers are invited.

**When we are open** depends upon the needs and preferences of the participants and their care managers. We are open Mondays, Wednesdays, and Fridays with most participants staying from 10 a.m. until 4 p.m. We can be open Monday-Friday from 8 a.m. to 5 p.m. Please call us to schedule your days and hours. For those participants, requiring special care or attention we ask \$15.00 an hour or \$80 for full day. Grants are available for those unable to pay. Wholesome, homemade lunches and snacks are provided. We are located at the Odd Fellows Hall, 1350

SE Oar Ave, Lincoln City, Oregon—one block south of the Bi-mart, behind the Outlet Stores. Call for more information at 541-921-0937.

Volunteers and entertainers are welcome and needed.

## Handy Buddies

Need a ride to a doctor's appointment? Want someone to go with you to help you understand what the doctor is saying? Maybe you don't drive anymore but would love to go shopping for clothes or groceries. Or, perhaps you want to write a letter but find it too difficult .

Our goal is to improve transportation for seniors and people living with disabilities. We want to offer door-to-door service for those unable to reach the curb for pick-up. Let us know what you need and would like available. We are working with the county transit to make this happen. 541-921-0937

Volunteer drivers are reimbursed mileage .

Come join us. Volunteer. It's socially good for you.

## Education and Training

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Person-centered care is the new focus in healthcare. Focusing on individual care is essential to our well-being and a powerful way to prevent serious illnesses.

North End Senior Solutions offers the "Powerful Tools for Caregivers," the nationally known training that focuses on caregivers themselves. The course teaches skills that enable us to transition from being a caregiver to being a Care Manager, equipped to protect our own health.

We offer training in dementia care for our staff, volunteers, and anyone in the community. The "Savvy Caregiver " is a course centered on dementia. The focus of this training is on individuals, families, and care providers. Info: 541-921-0937