



"Although 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
Johns Hopkins Alzheimer's Research Center



Outreach and Referral
NESS Club
Education and Training
Handy Buddies

Regular Hours

Mondays, Wednesday, Friday 10 am—4 pm
Extended hours are available with prior arrangement.

Location

International Order of Odd Fellows Hall (IOOF)
1350 SE Oar Ave.
Lincoln City, OR

Behind Outlet Stores, one block south of Bi-Mart.

Pricing options available upon request.

Phone: 541-921-0937

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



Our Mission

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



Need Something? Get Involved at NESS!

Outreach and Referral

We'll help you connect with the medical provider or services you need through our network of services and programs to make your family's life more enjoyable and productive.

NESS Club

The NESS Club is a place where seniors and people with disabilities come to engage in social and emotional interaction while providing needed respite for managers of care.

Volunteers are invited to share their knowledge and experience in arts and crafts, music, literature and the ever-changing world of computer and mobile technologies.

Everyone is encouraged to participate in light movement and weight bearing exercises tailored to their abilities; wholesome, homemade lunches and snacks are provided throughout the day.

Handy Buddies

Would you like to go shopping? Need a ride to a doctor's appointment? Want to write a letter but finding it too difficult?

Our volunteer provide transportation and navigation services for seniors and people living with disabilities.



Education and Training

Focusing on individualized care is essential to our well-being and helps prevent complications from serious illnesses.

North End Senior Solutions conducts on-going educational programs addressing dementia awareness and care, to everyone interested in contributing to a positive life experience.

The "Savvy Care-Giver" course explains dementia, how it effects those who have it and teaches best practices for dementia care. This program is designed for individual care givers, families and relatives who provide front-line care.

"Powerful Tools for Caregivers" is a nationally recognized, advanced training course designed to teach front-line caregivers skills they need to transition from "giving" care to "managing" care, allowing them to better protect their own health and well being.