

Our mission is to ensure the safety, comfort, and well-being of seniors and people living with disabilities and to help them fulfill their desire to remain living at home or a community-based home. We accomplish this by offering the following services and programs:

Behavioral Health

We provide screening for Behavioral and Memory Health, support groups, counseling intervention, and referral

COVID-19 and Wildfire Outreach and Wraparound Services

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, an adult day service

The NESS Club is a place where seniors and people with disabilities engage in social and emotional interaction while providing needed respite for family caregivers who manage their 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. During the COVID-19 pandemic, the center is closed, however we offer alternative in-home services.

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 Caregiver" course explains dementia, how it effects those who have it and teaches best practices for dementia care. This program is designed for individual caregivers, families and relatives who provide care. "Powerful Tools for Caregivers" is a nationally recognized, advanced training course designed to teach caregivers skills they need to transition from "giving" care to "managing" care, allowing them to better protect their own health and well being.

Need Something? Want to Volunteer? Get Involved at NESS! Call 541-921-0937



- A Nonprofit serving older adults and people living with disabilities
- NESS Club-an Adult Day Service; respite for caregivers
- Education and support groups for Family Caregivers
- Transportation
- Covid-19: Outreach and Wraparound services



**North End™
Senior
Solutions**

Currently making appointments for Behavioral Health Counseling. Call Lauren at (505) 288-1733

Lauren Stenzel, MSW, LCSW,
Behavioral Health Counselor
Accepting Medicare, most insurances

Call (541) 921-0937

Donate now at:

www.northenders.org/donate

PO Box 148, Otis, OR 97368



Screening and referral for Behaviors and Memory in a comfortable setting launches January 2021.