



"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

Hours:

Mondays, Wednesdays, and Fridays
8:30 am—4 pm

Phone: 541-921-0937

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





Mission

North End Senior Solutions (NESS) is a 501(c)3 nonprofit. Our mission is to ensure the safety, comfort and well-being of Elders and Adults living with disabilities and to help them maintain their independence and fulfill their desire to remain living at home or a community-based 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 family caregivers.

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 are provided with snacks and beverages offered 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 volunteers provide transportation and help navigate services for seniors and people living with disabilities.



Education and Training

NESS is focused on person-centered care that allow individuals to flourish and ensures their well-being.

North End Senior Solutions sponsors on-going educational programs addressing personal care and well-being and dementia education.

The "Savvy Caregiver" course is designed for the family caregiver who's caring for a loved one who has dementia, whether he or she is living at home, in a distant home, or in a memory care facility. The course defines many dementias, besides Alzheimer's disease, and explains how the disease effect the individual and family members. Participants become "Savvy" about dementia care.

"Powerful Tools for Caregivers" is a nationally-acclaimed, evidenced-based course designed to teach caregivers the skills they need to transition from "giving" care to "managing" care, allowing them to better protect their own health and well being.