



# RESOURCES compliments of GEM Adult Day Services, Inc. 1 19 2020

Program or Agency	Services	Contact Person & Phone	Funded
<u>Area Agency on Aging</u> Laura Alvarico (The Albemarle Commission) Hertford, NC	<u>Respite</u> in-home, Group and Institutional <u>Meals</u> : Congregate & Home Delivered	Family Caregiver Specialist Lynne Raiser (252) 404-7090	X X
<u>Dementia Action Alliance</u> <a href="https://daanow.org/">https://daanow.org/</a>	A national coalition, including those with dementia, to advance living well with dementia.	Jackie Pinkowitz, Board Chair (732) 212-9036	
<u>Dare County Center</u> Director: Sandy Pace Manteo, NC	Congregate Meal site Group Exercise Programs	Director Sandy Pace (252)475-5555	x
<u>Baum Center – 475-5636</u> <u>Older Adult Services</u> Kill Devil Hills, NC	<u>SHIP Counselors</u> <u>Tax Aide</u>	Director: Brandi Bonahan (252)457-5555	x
<u>Alzheimer’s Foundation of America</u> New York City , NY	Professional & Family Caregiver	CEO Charles Fuschillo 866-232-8484	X
<u>Dementia Alliance</u> Raleigh, NC (Formerly ALZNC)	Caregiver Support Caregiver Conferences	Caregiver support Dee Dee Harris (800) 228-8738	Limited
<u>Alzheimer’s Association</u> Chicago, IL	Caregiver Support Research	(312) 335-8700	Unknown
<u>Dare County Dept. of Health</u> Manteo, NC	Homecare for people w/ skilled need, Hospice	Director: Sheila Davies (252) 475-5028	x
<u>D.C. Dept. Of Social Services</u> Manteo, NC	In-home caregiving services Guardianship Elder abuse	Director: Chuck Lysett Older Adults ~ Katie McCarron 252-470-5500	x
<u>Duke Family Caregiver Support</u> Raleigh, NC	Monthly newsletter	Lisa Gwyther Director (919) 660-7508	
<u>GEM Adult Day Services, Inc.</u> 12 Juniper Trail, Suite 205 Southern Shores NC	Meaningful Days a healthy aging program. Memory Care & Education, Respite Support, Caring TEENS’, Caregiver Educational	Director: Gail Sonnesso (252)480-3354	x
<u>Caregiving Agencies</u>			
<u>Visiting Angels</u> Address: 56 Skyline Dr. Southern Shores, NC 27949	In-home caregivers	Owner: Jane Mosley Phone: (252) 261-9911	
<u>Outer Banks Homecare</u> 11, 8845 Caratoke Hwy, Point Harbor, NC 27964	In-home caregivers caregivers are trained in GEM dementia care	Owner: Rose Jones Phone: (252) 491-1234	
<u>Residential Facilitates</u>			
<u>Spring Arbor</u> Kill Devil Hills, NC	Assisted living “The Cottage” for Dementia Care	Executive Director Lora Shafer (252) 558-1243	

Peak Resources Nags Head	Skilled Nursing & Rehab	(252) 441-3116	
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# RESOURCES

## Memory Screening

Hamid Okhravi, MD

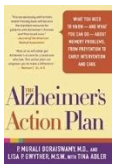
EVMS Glennan Center for Geriatrics and Gerontology  
825 Fairfax Ave. Suite 201  
Norfolk, VA 23507  
(757) 446-7040

Duke Memory Disorders Clinic

The MDC, established in 1986 as the clinical component for the Joseph and Kathleen Bryan Alzheimer's Disease Research Center (Bryan ADRC), treats a wide range of memory problems arising from diverse medical causes including neurodegenerative diseases (Alzheimer's disease, vascular problems, and other neurological disorders). The MDC provides comprehensive evaluations and outpatient care.

<https://neurology.duke.edu/divisions/memory-disorders>

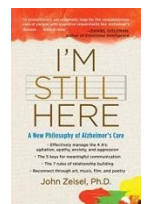
## Helpful Books



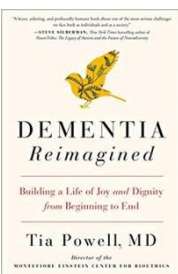
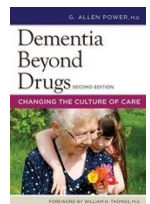
**The Alzheimer's Action Plan: What You Need to Know--and What You Can Do--about Memory Problems, from Prevention to Early Intervention and Care**

P. Murali Doraiswamy M.D., Lisa P. Gwyther M.S.W., et al. | Apr 28, 2009

**I'M Still HERE** a revolutionary new approach to Alzheimer's care, focusing on a patient's strengths to maintain connections with others and the world. There currently is no cure for Alzheimer's disease— though it can be treated. For the last fifteen years, John Zeisel, Ph.D. has spearheaded a movement to treat Alzheimer's non-pharmacologically by focusing on the mind's strengths.



**Dementia Beyond Drugs:** Changing the Culture of Care Years before the federal government started setting goals to reduce the use of psychotropic drugs in long-term care settings, Dr. Al Power argued eloquently in his trailblazing book Dementia Beyond Drugs about the harm done by these medications in the symptomatic treatment of dementia.



**Dementia Reimagined: Tia Powell,**

The cultural and medical history of dementia and Alzheimer's disease by a leading psychiatrist and bioethicist who urges us to turn our ***focus from cure to care.*** Despite being a physician and a bioethicist, Tia Powell wasn't prepared to address the challenges she faced when her grandmother, and then her parents of GEM Adult Day Services, Inc. 252-480-3354 executive director Gail Sonneso, MS

mother, were diagnosed with dementia--not to mention confronting the hard truth that her own odds aren't great.