



RESOURCES compliments of GEM Adult Day Services, Inc. 7 14, 2021

Program or Agency	Services	Contact Person & Phone	Funded
<u>Alzheimer's Association</u> Raleigh NC	Caregiver Support Research materials	Brooke Vallely, Program Manager 919.803.8285	x
<u>Alzheimer's Foundation of America</u> New York City, NY	Professional & Family Caregivers Virtual Support groups	CEO Charles Fuschillo 866-232-8484	X
<u>Area Agency on Aging</u> (The Albemarle Commission) Hertford, NC	<u>Respite</u> in-home Caregiver support Workshops & Conferences	Family Caregiver Specialist Lynne Raiser (252) 404-7090	X X
<u>Baum Center –475-5636</u> <u>Older Adult Services</u>	SHIIP Counselors Tax Aide home delivered meals	Director: Brandi Bonahan (252)457-5555	x
<u>D.C. Dept. Of Social Services</u> Director: Chuck Lysett	In-home caregiving services Guardianship ~ Elder abuse	Older Adults: Katie McCarron 252-475-5500	x
<u>Dare County Center</u> Director: Sandy Pace Manteo,	Congregate Meal site Group Exercise Programs	Director Sandy Pace (252)475-5625	x
<u>Dare County Dept. of Health</u> Manteo, NC	Homecare for people w/ skilled need, Hospice	Director: Sheila Davies (252) 475-5028	x
<u>Dementia Action Alliance</u> https://daanow.org/	The Alliance is composed of people living with dementia	Jackie Pinkowitz Board Chair (732)212-9036	
<u>Dementia Alliance</u> Raleigh, NC (Formerly ALZNC)	Caregiver Support Caregiver Conferences & Training	Family services: Dee Dee Harris (919) 832-3732	x
<u>Division of Services for the Blind –Manteo</u>	Medical eye care & aids and appliances	Summer Sink SW 252-475-5848	x
<u>Duke Dementia Family Support Program</u> Raleigh, NC	Monthly newsletter memory screenings	Janeli McNeal (919) 660-7508	
<u>GEM Adult Day Services, Inc.</u> 12 Juniper Trail, Suite 205 Southern Shores NC	Memory Care & Education, Harmony Café, Respite Support Memorycare Mentors	Director: Gail Sonnesso (252)480-3354 gsonnesso@gmail.com	x
<u>Lions Clubs; First Flight,</u> Manteo and Wanchese	Durable medical equipment free to use as long as you need it	Angelo Sonnesso 252-202-1190	x
<u>OBX Dementia Friendly Coalition</u> Dare County	Caregivers Support Group Annual Conference ~respite funds	Director: Dianne Denny 252-489-9508	x
Caregiving Agencies			
<u>Outer Banks Homecare</u> Point Harbor, NC 27964	In-home caregivers trained in dementia care with GEM	Owner: Rose Jones Phone: (252) 491-1234	
<u>Visiting Angels</u> Southern Shores	In-home caregivers	Owner: Jane Mosley Phone: (252) 261-9911	
Residential Facilitates			
<u>Peak Resources</u> Nags Head	Skilled Nursing & Rehab	Administrator Melissa Harrison 252-441-3116 x3303	
<u>Spring Arbor</u> Kill Devil Hills, NC	Assisted living The Cottage for Dementia	Executive Director Lora Shafer (252) 558-1243	

RESOURCES

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Memory Screening

Hamid Okhravi, MD

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

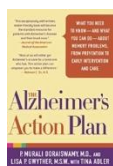
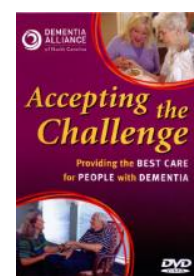
Duke Memory Disorders Clinic

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 Video & Books

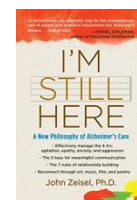
Video ~ Accepting the Challenge is the “hands-on,” multi-disciplinary training program of Dementia Alliance North Carolina, designed to help professional caregivers provide the best care possible and in turn, offer a quality of life to people with dementia. It is taught by master trainers, Melanie Bunn RN, MS, GNP and Teepa Snow MS, OTR/L, FAOTA. ***Available in All Dare County Libraries**



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

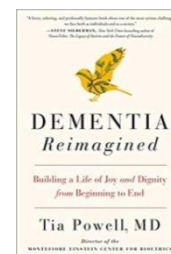
I'M Still HERE a revolutionary new approach to Alzheimer's care, focusing on a patient's strengths to maintain connections with others and the world. There currently is no cure for Alzheimer's disease— though it can be treated. For the last fifteen years, John Zeisel, Ph.D. has spearheaded a movement 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 mother, were diagnosed with dementia--not to mention confronting the hard truth that her own odds aren't great.



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