



# RESOURCES compliments of GEM Adult Day Services, Inc. Sept. 2022

Program or Agency	Services	Contact Person & Phone	Funded
<u>Area Agency on Aging</u> Hertford, NC	<u>Respite</u> in-home, Group and Institutional ~ <u>Meals</u> :	Family Caregiver Specialist Lynne Raiser (252) 404-7090	X
<u>Dementia Action Alliance</u> <a href="https://daanow.org/">https://daanow.org/</a>	The Alliance is composed of people living with dementia	Jackie Pinkowitz Board Chair (732)212-9036	
<u>Virginia Tillet Center</u> Director: Sandy Pace Manteo,	Congregate Meal site Group Exercise Programs	Director Sandy Pace (252)475-5555	x
<u>Baum Center</u> –475-5636 <u>Older Adult Services</u>	SHIIP Counselors ,Tax aid, exercise Classes & home delivered meals	Director: Brandi Bonahan (252)457-5555	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>Dementia Alliance</u> Raleigh, NC (Formerly ALZNC)	Caregiver Support Caregiver Conferences & Training	Family Caregiver Support Dee Dee Harris (800) 228-8738	Limited
<u>Alzheimer's Association</u> Chicago, IL	Caregiver Support Research materials	(312) 335-8700 <a href="https://www.alz.org">https://www.alz.org</a>	Unknown
<u>Dare County Dept. of Health</u> Manteo, NC	Homecare for people w/ skilled medical need	Director: Sheila Davies (252) 475-5028	x
<u>D.C. Dept. Of Social Services</u> Director: Chuck Lysett	In-home caregiving services Guardianship ~ Elder abuse	Older Adults: Beth Bradley 252-475-5500	x
<u>Duke Family Caregiver Support</u> Raleigh, NC	Monthly newsletter memory screenings	Bobbi G. Matchar, MSW Director ~ 919-660-7509	
<u>GEM Adult Day Services, Inc.</u> 111 W. Carlton Ave Kill Devil Hills, NC	<u>Memory Care &amp; Education, Harmony Café, Respite Support Memorycare Navigators</u>	Director: Gail Sonnesso (252)480-3354 <a href="mailto:gsonnesso@gmail.com">gsonnesso@gmail.com</a>	x
<u>Dementia Friendly Coalition</u> <u>Dare County</u>	Caregivers Support Group Annual Conference ~respite funds	Director: Dianne Denny 252-489-9508	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>Division of Services for the Blind</u> –Manteo	Medical eye care, aids ,appliances for people w/ visual challenges	Summer Sink SW 252-475-5848	x
<u>Caregiving Agencies</u>			
<u>Outer Banks Homecare</u> Point Harbor, NC 27964	In-home caregivers *Trains annually indementia 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	
<u>Residential Facilitates</u>			
<u>Spring Arbor</u> Kill Devil Hills, NC	Assisted living The Cottage for Dementia	Director: Lindsay Potter (252) 449-4455	
<u>Peak Resources</u> Nags Head	Skilled Nursing & Rehab	Administrator Melissa Harrison 252-441-3116 x3303	
<u>Hospital</u>			
<u>Outer Banks Hospital</u> Nags Head	Trained Companions for to sit with People with dementia		

Compliments of GEM Adult Day Services, Inc. 252-480-3354 executive director Gail Sonnesso, MS

# RESOURCES

## Memory Screening & Support

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.

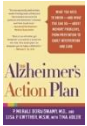
<https://neurology.duke.edu/divisions/memory-disorders>



Have Questions? We are happy to help!  
Call us at 877-877-1671

## Helpful Books

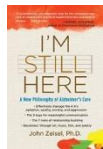
**Coach Broyles' Playbook** ~ <https://www.broylesfoundation.org> The resource for anyone caring for a loved one with Alzheimer's. This Playbook is for anyone wanting information on how to care for a loved one with Alzheimer's disease. It is my hope that you can benefit from my experience."



**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.

