



THE G.E.M. CENTER

Memorycare

Volume 1, Issue 1 Newsletter Date: Jan 2012

THE G.E.M. SUP+PER CLUB

Fun for the family! Can a person with memory loss and their care partner have fun together? The answer is a resounding **YES!** Our Sup+per Club families are enjoying each others company while meeting and socializing with other families. Caring TEEN's are also enjoying the Sup+per club meetings and their part in the evenings events.

The SUP+PER CLUB model of support for families was designed and developed by Gail Sonnesso a Rehabilitation Counselor and Qualified Dementia Care Provider.

The GEM Center's OB Caregivers Support group has been meeting since 1997 and based on what we learned from the attendees we have designed a new model of care, THE SUP+PER Club

where families enjoy an evening together with support from GEM staff and volunteers.

To learn more about this program call Gail Sonnesso, Executive Director **252.480.3354**. or email gail at gsonnesso@gmail.com or visit our website:

www.thegemcenter.org

People helping People = a community of care for our families facing memory loss.

Up-Coming Events 20

- Jan 18
SUP+PER CLUB
- JAN 23
Caregiver Education Conference.
- JAN 31
Dinner with a Doc
OBX hospital
- APR 11
Lisa Gwyther,
MSW, LCSW

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G.E.M.'s 6th Annual Candlelighting

Our Community came together at All Saints on Nov 13 "to honor, remember and care".. about our loved ones with Alzheimer's disease.

Rev. Thomas Wilson captured our emotions with words and The Outer Banks Chorus and Angelo Sonnesso presented music to sooth our spirits.



SUZIE's Party

an estimated
5.4
Million
people have
Alzheimer's
disease

Suzie Ashley a member of Manteo Baptist Church embraced our request to offer a party to our seniors and those with memory loss. IT is no surprise that we all had a wonderful time. The room was filled with laughter as we played bocce ball

together. The blend of music provided by "Reunion" Jim Kelly and Gary Mickey had us all singing along.

Many thanks to Suzie, her family and friends and Manteo Baptist Church!



Healing Harmonies & Music Therapy



Angelo

Music therapy... using music to calm and heal ... cannot slow or reverse dementia. But it may improve quality of life for both a person with Alzheimer's disease and their care partner. Clinical reports suggest that music

therapy may reduce wandering and restlessness and increase chemicals in the brain that promote sleep and ease anxiety. Mood also got better after listening to the music. Angelo knows these benefits well as he has

worked at many a nursing home and transformed Chaos into serenity. Ask us about "Healing Harmonies." One way to bring music to your loved one at home. To learn more go to: **Angelomusic.com**

Third VIOLINS & VOICES a Classical Christmas

14.9
Million
unpaid
caregivers

A talented group of Outer Bankers came together and launched the Christmas Season with many voices raised in song. We thank all who performed, baked and YOU our ... great audience!



Save the Date: Sat DEC 1 , 2012 @ 4pm

Thank you Matt for wonderful pictures of V&V
www.artzmusicandphotography.com

Caring TEENS

IT has been suggested that helping others as our TEENS do at GEM assists them to develop their emotional intelligence and better prepare them for life's challenges.

They are now looking at emotional intelligence (EQ) as another determinant of a person's success in life.

Q:What is EQ?

"Emotional intelligence is a different way of being smart. It includes knowing what your feelings are and using your feelings to make good decisions in life. It's being able to manage distressing moods well and control impulses. It's being motivated and remaining hopeful and optimistic when you have setbacks in work-

ing toward goals. It's empathy; knowing what the people around you are feeling. And it's a social skill—getting along well with other people, managing emotions in relationships, being able to persuade or lead others,"

To learn more about our **Caring TEEN's program** or to enroll your teen call Gail at 480.3354.

183 billion dollars in annual costs

Eagles Support **Older Adults** living with memory loss



LR: Cindy Herbert Pam Barton Liz Puma Linda Budd Judy Turek & Debbie Knieper

The Woman's Auxiliary of the Fraternal Order of Eagles inspired by Francis Burch gave G.E.M. a donation which will help us serve Dare Seniors.

Almost 1000 of our Dare Counties 6000 older adults are living with memory loss

DIRECT Financial Support for Families providing care at home is VERY Limited.

Memory Screenings

It is estimated that fully 1/3 of people with memory loss have not been diagnosed and are losing valuable time, critical to good care, and

better treatment options!

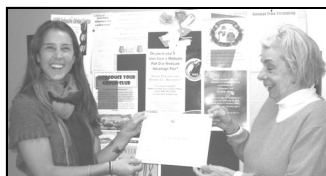
G.E.M. provided two screenings for our 6th year on National Memory Screening Day (11/15) and of the 25 people five were referred for further evaluation. GEM thanks



Sandy & Dare Center Staff

our screeners: Nancy Kosanovich, NP; Diane Hollingsworth, RN and Dr. John Haresch. Thank you Buddy!

G.E.M. provides on-going assistance for **both** the **care partner & the person with Memory Loss**



Emily Baum Center Staff



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Gentle Expert Memorycare

More Cowbell the Band

Jeff Karr, Emily's Dad is bringing his band to the Outer Banks for our enjoyment!

Kelly's Outer Banks Tavern on Sunday Jan 22 @ 4pm.

We will also have a silent auction and when you buy a \$5.00 ticket you will be automatically entered into a drawing for a wine tasting (for 12) at **"Trio"** Native Vine's new location in Kitty Hawk.

For tickets or more information call Gail at 480-3354 or visit Emily at the Baum Center or visit thier website @

www.morecowbelltheband.com

CARING EFFECTIVELY Classes

ONE Student said of the class "it is so simple, it really works and you would never think of it." Another student said "Nurse aides need this class BEFORE they begin their clinicals."

We are pleased to provide this class and offer thanks to the Staff of COA and The Currituck-Dare Community Foundation. With their support G.E.M. is able to provide a better understanding of Dementia, it's

stages and non-drug therapies.

Our next Class is in March of 2012 at COA Manteo Campus.

Call **Lynda Hester**, director, corporate and continuing education: 473-2264 ext 225

GEM has offered two classes in Currituck and two at COA, Manteo.



Graduates



Ginger Parrish AHC
Presented for our Currituck class

