

GEM SUCCESS

“He now enters into, and even initiates, conversations”

We first wanted to let you know how pleased and excited we are about GEM. Since we enrolled our father, Francis Rogallo, we've seen a marked improvement in his personality, and we attributed this welcome change to your marvelous program. Before, he was hesitant to leave his house but now looks forward to attending your center and talks about the friends he's made and the activities he's enjoyed. He particularly likes the exercise and music programs, and we've noticed an enhancement, both physically and mentally.

As he has caregivers around the clock, several of them have accompanied him to GEM and have commented to us how well they thought your program is conducted and how much our father was benefiting from it. They even have gained new information from you that they are using with some of their other clients.

Our primary reason for enrolling our father in your program was to provide an opportunity for him to interact with a variety of people thereby maintaining his communication skills. Unlike before his enrollment, he now enters into, and even initiates, conversations; changes in which we take great delight. We feel so fortunate to have a program like yours available in our area, and we have recommended it to all who would listen. Thank you so much for all you do to provide such outstanding service for the special people in our lives.

Bunny Rogallo Samuels & Carol Rogallo



GEM Respite Services, Inc.

205 Baltic St. Nags Head, NC 27959
PO BOX 3601 Kill Devil Hills, NC 27948

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10 Ways to Boost Caregiver Success

"Celebrating Life Every Day"



GEM FRIENDS



**"GEM Delivers
with LOVE and EXPERTISE
Dementia Care, Education & Support"**

Caregiver success begins with learning about ALZ

1. Educate yourself about the disease & Learn Caregiving techniques
2. Understand the experience of your loved one
3. Avoid caregiver burnout by taking advantage of Respite Care
4. Maintain your own physical and mental health
5. Discuss the situation with family and friends
6. Foster communication with a physician
7. Take care of financial, legal and long term care planning issues
8. Think positive
9. Reach out for care and support
10. Smile



“ALZ 101”



Teaches the basics about the disease, medications, types of care and different kinds of dementia. Plus offers information about legal issues. *Call Gail to schedule a class!*

“Caring Effectively”

Learn to “Care Effectively” for your loved one. This six hour class will help you to better understand the disease and learn caregiving techniques that really work. Learn the stages and what supports will be needed. Respite care for your loved provided.

“Drop in” Respite Care

Available at the GEM Center in Nags Head. \$15.00 per hour with a One hour minimum. Available Tuesday—Friday from 10:30—3:30. Financial assistance and free transportation may be available call Gail for more info.

Take advantage of our GEM “EXERCISE CLASS” for strength & Flexibility that promotes confidence and self esteem. taught by Marcia Marshall Fitness trainer. Cost \$15.00 per session.



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Your Partner in Care Offering Expert Caregiver Support