

APRIL
2010

GEM Respite Report



WHAT'S UP!

Issues & Concerns of
Caregivers
April 15th

**GEM
Party— April 21st
Dare County Center**

**NC Alzheimer's Walk—
April 24**

**GEM Senior Games
May 5th— 1:30
Baum Center**

**Harmony Café
May 14th
7 pm Baum Center**

*The GEM Center is a
specialized local non-profit
providing:*

- ◆ **Therapeutic Group Respite Services**
- ◆ **Education** and training for all caregivers
- ◆ **Drop-In Care** for people at risk if left alone
- ◆ **Advocacy** for caregivers and frail elders
- ◆ **EVERY DAY:** brunch & meal prep, exercise, hot 5 course lunch, game, craft and nutritious snack.

By **2050** more than **115 million people** will be living w/**ALZ!**

“Every 70 seconds someone develops Alzheimer's, and by 2050 more than 115 million people will be living with Alzheimer's or dementia. The burden is clearly overwhelming—Alzheimer patients have three times the healthcare costs of non-Alzheimer patients. The numbers are so staggering, in fact, that according to Robert Thomas of Tulsa, Okla., he “can't imagine sitting back and doing nothing.” Robert continues by stating, “with that constant pressure of

Gail's GEM Notes



concern, the leadership in this country is going to have to recognize we have a serious problem. And then they're going to have to do something about it.” Yes there is great pressure and many dollars dedicated to research, and even more is needed. BUT I implore you to remember the families living with ALZ right now. I hear their stories, I see the gaps in services available to them, the hard choices these families have to live with. One such

choice was mentioned in this month's AARP Magazine as a wife had to divorce her husband to avoid impoverishment. This was due to the \$7,500 it cost each month for her husband's care in the nursing home. People with ALZ can live for 8-20 years with the disease. ALZ is progressive and if we provide early diagnosis and treatment we can lessen the impact, provide caregivers with training in the “Best Practices” and keep people w/ALZ home longer lessening the costs!

“Violin & Voices”

December's Harmony Cafe

L-R
Sue Artz
Angelo S.
Lisa & Joy Martinez
Christine Jackle
Nick Hodsdon
David Spangler,
Accompanist
(not Pictured)
Our thanks to
John Walker
&
Festival Park



**Shop & Share
With Food Lion & GEM!**

We have applied for our charity code, so you should be able to shop for some great bargains and support for the GEM Center at the same time!

More information coming in May

Great News!!!

GEM has received a Grant from
The Outer Banks Community Foundation

The proposed project will address these family knowledge and awareness gaps through the attainment of 3 interrelated goals:

Goal 1: To assess through community screening the Dementia and Alzheimer's disease knowledge of at-risk OBX families.

Goal 2: To prepare and provide this data-based Dementia and Alzheimer's education for at risk families and other citizens of Dare County.

Goal 3: To enroll new families in GEM Adult Day Services, the only community-based agency on the Outer Banks that specifically addresses Dementia and Alzheimer's disease.

Bob Green, PhD and Gail Sonnesso, MS

GEM has Moved ...

As of March 1, The GEM Program will be housed in the CDC Building on the corner of Carlton & Mustian in Kill Devil Hills.

We wish to thank our search committee:

Chuck Poe, Donn Snyder, Dale Draper and Rev. Pitsch!

We also thank Charles Hardy Moving and Storage for keeping and moving our Piano and other large items!

GEM'S WISH LIST FOR 2010!

Volunteers To help with:

- ◆ **Memory Screenings**
- ◆ **Harmony Café**
- ◆ **Cooks ready for a crowd of 10 –12**
 - ◆ **Caregivers for our Issues and Concerns Group**
- ◆ **Venues/groups to sponsor a GEM Community Outreach Party**
 - ◆ **Trip Volunteers**

- ◆ **Scrapbooking Supplies to help with our “memory books”**

- ◆ **Fresh Fruits or Vegetables**
- ◆ **Musicians to Play or Sing (2:45 is the best time for us)**

Gardeners to help us plant our new outdoor garden

We wish to thank everyone who has donated items to the GEM Center. If you are interested in donating items, you may either drop them off at the GEM Center or call 252-480-3354 to arrange for someone to pick them up. If you wish to make a financial contribution, please fill out the form below and mail it, along with your donation to:

The GEM Center PO Box 3601 Kill Devil Hills, NC 27948

I want to make a tax deductible financial gift to The GEM Center. My gift of \$ _____ is enclosed.

Donor's Name: _____ Date: _____

Donor's Address: _____

In Honor of: _____

In Memory of: _____

We appreciate your gift! * To learn more about non-profit vs. for profit visit our website gemdayservices.org

We wish to thank the following for donating gifts to GEM

HP gifts in Kind –Gregory Marshall

David Faudie—Stereo and welcome help with our shuffleboard games

Margaret Doyle (Holy Redeemer Catholic Church)—For the Prayer Shawls

Vasva for her generous donation to GEM

Thank you to all of these wonderful people who make GEM so very special!

- ♥ **Rev. Pat** and the congregation of the Unitarian Universalist Church for welcoming us since September
- ♥ **Alex Hatcher** DCC-Stepping Stone craft class
- ♥ **Allison** instructor at the DCC for our Fitness class
- ♥ **The Wright Tappers & The Senior Chorus** for adding joy to our christmas party
- ♥ **Marsha & Greg Bradley** for our workouts
- ♥ **Chuck Poe Rev. Pitch, Dale Draper and Donn Snyder** for finding GEM a permanent home!
- ♥ **Nancy Proctor** for her on-going support
- ♥ **Linda Putnam** - for great pictures and articles on her blog outerbanksseniors.com
- ♥ **The Dare Ministerial Association** for listening
- ♥ **Edith Deltgen** (Artist) Mary Ellen Hawthorne, and Pam (OB Woman's Club) for our Monday Craft.
- ♥ **Gail & Gene Forman** for our wonderful Christmas Party
- ♥ **Linda White and St. Andrews Community Outreach** for our New Years party and sit down lunch

- ♥ **Jerry Cook & friends** for bringing the gift of music
- ♥ **Bob Logan** of SCORE for sharing his skills
- ♥ **Sandy Scarbourogh** - For hosting our Christmas Party
- ♥ **Jim Kelly & Ben** for their monthly music
- ♥ **Rev. Wilson** of ALL Saints for **always** finding time
- ♥ **Con Weltman** for taking us around the world
- ♥ **Angelo and Jack** for our Valentines Harmony Café
- ♥ **Mary Ellen Hawthorne, Gladys Jenkins, Rosie Fielder, Vera and Vincent Berg & for their on-going support of Harmony Café**
- ♥ **Arlene Price** for her skill in leading games
- ♥ **Vera Berg** for cooking us delicious meals
- ♥ **Courtney Gallop** for the wonderful pictures and delicious water
- ♥ **Rev. Brunk and Roanoke Presbyterian Church** for our trip to the Galapaogs Islands

Volunteers are unpaid, not because they are worthless, but because they are priceless
-Anonymous

Monthly Parties!

We also offer monthly parties to all senior citizens who would like to attend. The parties are the third Wednesday of each month.

You could help put a smile on the face of one of our participants, such as Charlotte shown here enjoying a recent party sponsored by:

Powell's Point Christian Church

If you would like to volunteer and/or host one of our parties, please call Gail at 480-3354



GEM Center participant, Ms. Charlotte, enjoying the festivities at Powell's Point Christian Church.



Sometimes remembering that special loved one can help ease the burden of their loss. It helps to do something special to remember a lost loved one. Flowers wither and a card just doesn't seem enough. A lasting acknowledgment of their life and your love in the form of an "In Memory" donation to GEM may be the answer. Simply complete this form and return to GEM with your donation. Your loved one will be remembered in our next newsletter.

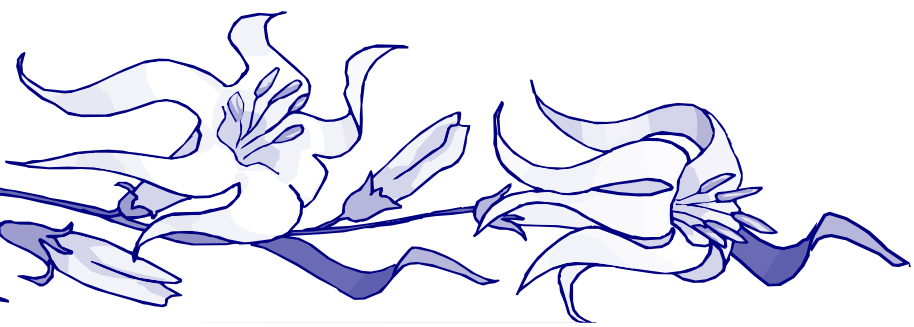
In Memory of: _____

Your Name: _____ PH: _____

Your address: _____

Special Remembrance/remarks: _____

Amount Enclosed: _____



In Honor of
James Corcoran
by his daughter Patricia

<p><i>Helene McGinnis</i> Margaret Harvey & Family Leo & Patricia Wolf</p>	<p><i>Francis Rogallo</i> Carol Sparks & Family Vincent Killen Sheila & John Norton</p>
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GEM PO BOX 3601
Kill Devil Hills, NC 27948
Phone: 252-480-3354

866. AFA 8484”



Gail Sonnesso email:

gsonnesso@gmail.com

NC Center for non-profits

Stamp

Address

April Highlights

- ◆ Every Friday@ 2:00 –Exercise with Marcia Bradley Marshall (YMCA personal fitness trainer) and her husband Greg
 - ◆ Outer Banks Caregiver Issue & Concerns Group meets the Third Thursday from 2-3:30
 - ◆ Community Outreach Party– Dare Center April 21st 1 to 3 pm
- Birthday Wishes!!
- Harry Herman– April 5th
- Claire Carson– April 10th

New Years Party at St. Andrews by the Sea



Wanda dancing with Emily Karr Dare CC



The GEM Center

PO Box 3601, Kill Devil Hills, NC 27948

“Generating Exciting Moments”

PH: 252.480.3354

GEM GAMES May 5, 2010
REGISTRATION FORM

The games will take place at the Baum Center from 1:30 –3:30pm and are open to older adults living in Dare County.

Game Participant Name: _____

Mailing Address: _____

Caregivers Name: _____ Contact number: _____

During the time of GEM Games

Home Telephone: _____

Birth Date: _____ Male: _____ / Female: _____

Event fee of \$6.00 to include t-shirts, medals and reception required for participation.

Tee Shirt Size: _____

(Check 1) Small Medium Large X-Large 2-X

There will be four events:

- 1) **Bowling** _____
- 2) **Shuffleboard** _____
- 3) **Bocce ball** _____
- 4) **Corn Hole** _____



Further Information:

1. Family members are invited to watch the competition. Tee shirts and medals will be provided!
2. We will have a reception following the games.
3. Any questions please call Gail Sonnesso at 252.480.3354.

For transportation to the Baum Center please call Dare County Transportation System (DCTS) on or before May 1st to schedule your trip; Phone 252-475-5640 for reservations, 252-473-3471 for Ben Whitehurst.

The GEM Center wishes to *thank Dare County Parks and Recreation director, Tim White for making the GEM Games possible!*

We also wish to thank the Paul Binder , MaTheine Turlington, Baum Senior Center, volunteers and families for supporting this event.

Gail E. Sonnesso

Gail E. Sonnesso, MS
Executive Director

