

JUNE
2010

GEM Respite Report



WHAT'S UP!

GEM Celebrates Flag Day at Grace Lutheran Church June 16th

The GEM Center Fish Fry Fundraiser August 7, 2010

**Save the Date:
Walk for the Mind
September 11th**

**Save the date
Candle lighting
Sunday November 14th**

**Save the Date
Memory Screening
November 16th**

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 five course lunch, game, craft and nutritious snack provided with love and expertise!

GEM Helps Prevent Elder Abuse

Elder Abuse:
What it is and what you can do to help!

Gail's GEM Notes



Financial exploitation is Dare County's most common form of elder abuse, due to the fact that we are a retirement destination.

Who is at Risk?

- Elder abuse can happen to anyone at anytime
- Abuse might occur in one's home, an assisted living facility or nursing home
- Statistics show that women and older adults are most likely to be victimized by members of their own families.

- Victims of elder abuse might suffer from dementia; the perpetrator and/or victim may also have mental health and/or substance abuse issues.
- The victim might be socially isolated
- The victim might suffer from poor physical health.

A recent elder abuse workshop sponsored in part by Dare County elder abuse collaborative held in Currituck NC shed some light on the occurrence of elder abuse in our country. Attendants were privileged to hear from Mr. Paul Greenwood, Deputy District Attorney from San

Diego, California. The topic for the fair was "Elder Abuse: A Global problem with local solutions." Mr. Greenwood shared stories of abuse that would stir even the most callous heart to action! Greenwood challenged everyone to become an advocate and receive training to help them recognize signs of abuse. He also suggested that seniors themselves be allowed to become involved in advocacy by reaching out to them through day care centers, senior fairs and workshops. Anyone interested in learning more about Mr. Greenwood, please contact Gail .

The Captain's Crew Performing in Nashville

The Captains Crew will be performing at the Dare County Center August 7th at 5pm .

Join us and enjoy a wonderful dinner prepared by the Wanchese Lions, great music and at the same time support The GEM Centers programs .



ONE WAY TO COMBAT Elder Abuse - Learn to “Care Effectively”...

...For your loved one with dementia

Why is it so difficult to provide effective care for a person with dementia? Because **you** have to learn a new way of caring.

- People with dementia are not children and will not tolerate being treated as such!
- People with dementia gradually lose their executive function so reasoning with them will not help!
- People in mid-stage dementia will NOT benefit from talk therapy.

So there you are with life

learned skills that are ineffective in caring for your loved one.

What to do?

1. Learn about the disease
2. Reach out for help-Join other caregivers in GEM’s “Issues and Concerns of Caregivers (Meets the third Thursday at the Baum Center)
3. Invest in learning to “Care Effectively” a six week course offered by GEM
4. Know that this disease is a journey of 8 –12 years and what worked today will not work tomorrow!

GEM RECOMMENDES THESE RESOURECES

www.thegemcenter.org

www.alzfdn.org

www.ALZNC.org

****The GEM Center relies on the help of its dedicated volunteers and staff to help the center thrive each day. We are in need of individuals to help with meals Monday, Wednesday, Thursday and Friday each week. If you are interested in helping with this endeavor, please call the Gail at 480-3354.**

In the Next Issue



**A new feature
Ask Jean-Louise
a legal question????**

Company: Dixon & Dixon Law Offices, PLLC

Address: 42198 Askins Creek Drive, P.O. Box 750, Avon NC 27915

Contact information: 252/995-6086; fax 252/995-4625; jldixon@hatteraslaw.com

Area of Expertise: Elder Law, Estate Planning and Estate Administration, Commercial and Residential Real Estate

Bio: Graduated from the New England School of Law located in Boston, Massachusetts in 1989

Licensed to practice law in Virginia and North Carolina

Member of the National Elder Law Society and the North Carolina Elder Law Section and Estate Planning Section of the North Carolina Bar Has lived on Hatteras Island with her husband (and law partner), David R. Dixon, since 1993.

Caregiver expresses need for more support

A caregiver shared her experiences of trying to find

support during the illness of a loved one during a recent meeting of the "Caring Effectively" course being offered by the GEM Center.

Rebecca McGee addressed those in attendance regarding her difficult journey trying to find support after her husband Marshall was diagnosed with Alzheimer's disease. McGee said she eventually met Gail Sonnesso, Executive Director of the GEM Center, and her husband was able to benefit from the program for

allowing me to continue to work knowing that Marshall was safe!

According to McGee, being a caregiver trying to find help when a loved one requires care beyond what one is able to provide at home is difficult, especially with the lack of available resources in our community.

McGee eventually had to make the very difficult decision to place her husband in a nursing home where, for reasons unexplained, he developed shingles. Several days after picking her husband up for a home visit, he passed away.

McGee, a staunch supporter of the program offered by the GEM Center, stressed the need for more community resources and support for caregivers, especially those who desire to keep their loved one at home, so they can receive some much needed relief and not have to make the difficult decision of placing them elsewhere.

Catherine McCabe program director, THE GEM CENTER

GEM's "Issues and Concerns of CAREGIVERS" a support group meets on the third Thursday @ the Baum Center 2PM

The GEM Center—Your source for education on dementia and Alzheimer's

The GEM Center recently completed a nine-week course entitled "Caring Effectively" at the Roanoke Island Presbyterian Church in Manteo where the pastor is Reverend Kevin Brunk.

A group of approximately twenty individuals gathered on Wednesday evenings for the courses taught by Gail Sonnesso, Executive Director of the center. Gail has over twenty-

five years of experience working with the elderly. She received her Master's degree in Rehabilitation Counseling and Vocational Evaluation from East Carolina University.

During the nine weeks, participants completed courses in such topics as "What is dementia?" "The Next Steps and What to do," Problem Behavior and "There is treatment other

than just drugs. Participants also received valuable insight from caregivers Jane Smallwood and Rebecca McGee and from Melanie Corprew of Dare County Department of social services.

If your congregation is interested in hosting us for this course, please call Gail Sonnesso at (252) 480-3354. or email gsonnesso@gmail.com.

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

- ♥ Gladys Jenkins, Mary Ellen Hawthorne and REV Isler for our June Party
- ♥ Marsha & Greg Bradley for our workouts
- ♥ Nancy Proctor for her on-going support
- ♥ Pizza Hut in Nags Head for donating lunch
- ♥ Harris Teeter in Nags Head for donating \$30 in gift certificates in support of our Community Social.
- ♥ Farm Bureau of Kill Devil Hills for items donated in support of our Community Social
 - ♥ Linda Putnam - for great pictures and articles on her blog outerbanksseniors.com
- ♥ Edith Deltgen (Artist) Mary Ellen Hawthorne, and Pam (OB Woman's Club) for our Monday Craft.
- ♥ Jeff Graham of the Beach Book for collaborating with GEM to provide page 18 in the blue pages for contacts and agencies of importance to caregivers
- ♥ All Saints Episcopal Church for their financial support
- ♥ Glen Sutherland for our new ramp and all of the chair repairs!
- ♥ IMPACT YOUTH For their visits with us and especially Sandy our site leader.

- ♥ Jerry Cook & friends for bringing the gift of music
- ♥ Bob Logan of SCORE for sharing his skills
- ♥ Sandy Scarbrough - for always being welcome at the Dare County Center!
- ♥ Jim Kelly & Ben for their monthly music
- ♥ Rev. Wilson of ALL Saints for always finding time
- ♥ Con Weltman for taking us around the world
 - ♥ Mary Ellen Hawthorne, Gladys Jenkins, Rosie Fielder, Vera and Vincent Berg & for their on-going support of Harmony Café
- ♥ Courtney Gallop for the wonderful pictures and water
- ♥ Rev. Brunk and Roanoke Presbyterian for hosting our Caring Effectively course
- ♥ Alex and Allison the Dare County Center for our craft and exercise class's
- ♥ Janice & Dean Owens of Powell's Point Christian Church for lunch for our participants.

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.

Special Thanks to

Grace Lutheran Church

For sponsoring our June Party!

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



Exercise class with participants Helen and Claire both 95 years old!

Participants Elizabeth Lowman & Wanda Cox enjoying the festivities at Grace Lutheran Church.

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, flowers and Vegetables**
- ◆ **Musicians to Play or Sing (2:45 is the best time for us)**
- ◆ **Gardeners to help us grow Forget-me-nots to raise**

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

Mabel Clupper

Bob Green & our Grant Committee for their long hours of work

Bob Logan of SCORE for helping Gail



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.

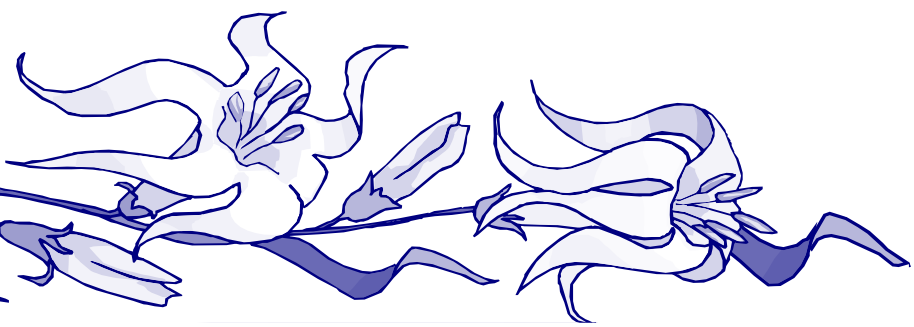
In Memory of: _____

Your Name: _____ PH: _____

Your address: _____

Special Remembrance/remarks: _____

Amount Enclosed: _____



<p>In Memory of</p> <p>Olive White</p> <p>by Gail and Angelo Sonnesso</p>
<p>In Memory of</p> <p>Marie Elizabeth Dekker</p> <p>By Kaye White</p>



Rev. Kevin Brunk of Roanoke Island Presbyterian Church offers a Blessing...

Blessing for the GEM Center

Lord, we give you thanks for the Community Development Corporation

That has enabled this ministry and many others to have a home in our community.

- ◇ Continue to bless their work as they reach out with helping hands to heal and make whole Those in our community that have suffered so much.
- ◇ Lord, bless this place, these people, and the work that is done here in the GEM Center
- ◇ Make this a place of joy, of hope, and of love for the people who come here.
- ◇ Bless the staff with your understanding and eyes that see beneath the faces,
- ◇ Behind the words and actions, to the person that you love and adore.
- ◇ Give them your strength when they are tired.
- ◇ Encourage them, uplift them, and empower them to do great things with the time they are given.
- ◇ Bless also the participants of GEM with wonder and excitement.
- ◇ Give them strength when they are weary.
- ◇ Help them to trust in you and in those you have called to lead them.
- ◇ Help them to show the beauty you've placed within them.
- ◇ And may their time here be a blessing, giving them life, helping them to live beyond just existing.
- ◇ Let this place and these people be a sign of your love for all,
- ◇ And a reminder of our call to show your love in what we do for one another.
- ◇ Through your Spirit, pour your love into our hearts,
- ◇ And lead us toward a better future for all people.
- ◇ And may those that enter these hallowed walls be blessed so that where they go from here,
- ◇ They may share that blessing with others, blessing them.
- ◇ In your holy name we pray. Amen.



GEM PO BOX 3601
Kill Devil Hills, NC 27948
Phone: 252-480-3354

866. AFA 8484”



Gail Sonnesso email:
gsonnesso@gmail.com

Stamp

Address

**The following haiku was prepared
by our participants during our
Red Hat Club with
Kaye White**



*Never feeling
old
Coming to
GEM makes
me smile
Winning is
fun
I am still alive
Eating straw-
berry ice
cream*

Magic Mike at Kelsey’s Birthday Party—
YOU are never to old to LAUGH and
GIGGLE with delight!

June 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 at the Baum Center the Third Thursday from 2-3:30
- ◆ Community Outreach Party
July 21 LUNCH with the Stars
St. Andrews by the Sea, Nags Head
- ◆ August 7th
The Captain’s Crew and Fish & Chicken Fry
fund raiser for GEM Tickets \$10 eat in
or take out!