



February 20, 2012

## Press Release-Caring Effectively Class

### Caring Effectively

Where: Classes at COA Downtown Manteo Campus (old middle school)

When: March 26, 28 & 30 from 9:30 to 1:30

Contact Sherri at 252 475-9251 to register

12.0 CUE's Available

Cost: \$65.00

*(Limited scholarships may be available)*

Caring Effectively taught by Gail Sonnesso guides family members, professional caregivers and medical staff in the use of cutting edge interventions for persons who have dementia and Alzheimer's. Learn what to say when the person you are caring for says, "I want to go home!" Learn effective care from Gail Sonnesso, MS Rehabilitation Counselor and Qualified Dementia Care Provider, who has worked with patients and families since 1985.

Caring effectively is based on years of working directly with people with memory loss and their families, and the training is based on principals of rehabilitation therapy. Enhancing retained abilities and using activities to provide stimulation, fun, and success for the person with memory loss can be learned. Learn the stages of memory loss and to match the appropriate care with the person's current abilities. Many behaviors that are attributed to the memory loss can actually be symptoms of depression or social isolation.

***Lisa P. Gwyther***, education director for the Bryan Alzheimer's Disease Research Center at Duke University has praised the "Caring Effectively" curriculum, calling the series of classes "rich, practical and comprehensive."

Respite care may be available if you require it to attend the class. Call Gail at **480-3354** for more information.

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*Gail Sonnesso, MS, Q.D.C.P.  
Rehabilitation Counselor*

Our Mission "GEM Delivers, Memory Care, Education and Support with Love and Expertise"