

# Caring TEEN'S

## Quality Programs for Seniors

GEM's CARING TEEN's and TWEEN's are trained in person centered care and are available to provide one or more of the following programs for people with memory loss:

- Chair Exercise Classes
- Bocce Ball
- Shuffleboard & Bowling
- Baking & Decorating Cookies
- Arts & Crafts
- Dominoes & Other Table Games

Call Gail @ 252-480-3354 for more info about securing a program for your loved one or if your teen would be interested. Please call if you would like to know more and/or help by volunteering with us.



### Member

Alzheimer's Foundation of America  
Dementia Care Professionals of America  
AFA Teens  
National Association of Geriatric  
Care Managers  
N.C. Center for Non-Profits  
Southern Gerontological Society  
Lions Clubs International  
Healthy Carolinians of the Outer Banks  
Community Coordinating Council



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252-480-3354  
[www.thegemcenter.org](http://www.thegemcenter.org)

Gail Sonnesso, MS, Q.D.C.S.  
Rehabilitation Counselor

**GEM**

Gentle Expert Memorycare.

GEM Adult Day Services, Inc.

**GEM**  
Gentle Expert Memorycare.

## Family Memory Care Support Services

Training and Workshops

The GEM Club & Support Group

Respite Care (Relief from the caregiving role)

Family Care Management

Caring TEEN's Programs



Gentle Expert Memorycare  
252-480-3354

# Memory Care



## Training & Workshops

Gail Sonnesso, MS, QDCS, Executive Director has been working with people with memory loss and their families for over 28 years. She is a Qualified AFA Dementia Trainer and Rehabilitation Counselor.

We offer three levels of training appropriate for:

Family Caregivers

Professional Caregivers

Caring TEEN's

Church & Community Friends

1. **Dementia 101**
2. **Caring Effectively**
3. **AFA's "Qualified Dementia Care Provider"**



Call to schedule a workshop for your program, facility, church or family.

Learn about our **GEM MENTOR** program.

## Support Group & Respite Care

# The G.E.M. CLUB

## Weekly Programs

**GEM** provides caregivers and people with memory loss opportunities to engage in the community and enjoy planned activities and events designed especially for them.

GEM Club members will receive discounts to events and enjoy a stress-free time with their loved one.

## Education & Support Meetings

We believe that **education** is the answer to many problems and brings relief and a better quality of life to both the caregiver and the person with memory loss.

We provide a qualified speaker of interest to our families at our monthly meetings. We meet in an informal atmosphere and enjoy socialization as we dine together. Caring TEEN's are there providing fun and engagement for your loved one with memory loss. We also offer a **Respite** (caregiver relief) program. To find out more about the GEM Club please call Gail @ 252-480-3354 or email her at [gsonnesso@gmail.com](mailto:gsonnesso@gmail.com)

# FAMILY CARE MANAGEMENT

**Caregiving** is especially difficult if your loved one is experiencing memory loss, let GEM help!

We can provide directed care through the challenges of memory loss. Our services include:

- **A client -entered approach**
- **Continuity in care management**
- **Care Manager in attendance when you cannot be there**
- **Continued exploration of alternatives for appropriate level of care**
- **Screen, train, arrange and monitor in-home services**
- **Expertise in Memory Care**

*Other services may be available...*

[Individual Assessment \$300

Couple \$400]

