



## Benefits

### For Youth:

1. *Make a difference*
2. *Help someone else*
3. *Learn new skills*
4. *Explore career options*
5. *Just have FUN*

### For Seniors:

1. *Enjoy companionship with young people*
2. *Engagement and fun*
3. *Help someone else*
4. *Teach the youth*
5. *Quality Time*



*Fourteen year old Kelsey Griggs, leads a GEM exercise class.*

## ONE DAY Caring TEENS Program available

GEM partners with visiting or local churches or school groups and will provide a three-hour Caring TEENS program to include:

1. One-hour workshop Dementia 101 on the symptoms and behaviors of dementia
2. Active game leadership and craft design.
3. A program for elders, in the community or long term care facility.
4. Program evaluation.

For more information about these programs please contact Gail Sonnesso, executive director at 252-480-3354 or [gsonnesso@gmail.com](mailto:gsonnesso@gmail.com)



GEM  
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## Caring TEENS



Creating  
Intergenerational  
Friends &  
Friendships

A G.E.M Program

# Caring TEENS

## PROGRAM Description

Caring TEENS complete 24 hours of dementia of training:

- Four (two-hour) classes offering an overview and understanding of dementia, what it is and how to treat the behavioral symptoms.
- Four (two-hour) classes teaching youth how to lead and score active games for frail elders.
- Four (two-hour) classes in craft design and how to engage reluctant elders.

PRACTICUM: TEENS will lead six hours of programming including active games and teaching a craft to elders.

***TEENS will provide these programs in the community and in Long Term Care facilities.***

## GEM Adult Day Services, Inc.

Caring TEENS is a community based non-profit corporation founded in 1997, to provide dementia care for frail seniors. Gail Sonnesso, MS QDCP, Executive director has a Masters degree in Rehabilitation counseling and has worked with youth from many community programs since the early 1990's including:

- **Exceptional Children**
- **Project Rebound**
- **Friends of Youth**
- **Teen Court**

**And other interested folks**

Through the GEM program, young people receive a **comprehensive overview of memory loss** (dementia) through video, modeling and discussion. **The TEENS learn how to interact with the seniors** and how to make specific crafts that they can share with them. **They also learn how to effectively**



Claire and a piñata

**lead** the seniors in active games and senior friendly exercise classes.

The seniors accept the young people unconditionally and both age groups benefit greatly from the interaction. The TEENS gain awareness of self and others as they use new-found skills to provide a meaningful activity for the seniors.

Families of our young volunteers have described their children's time at GEM as **one of the most valuable experiences** they have had and one that they still talk about.

Some of the **youth have chosen careers in health care** as a result of their involvement in GEM programs.

**Caring TEENS  
can make a difference!**

**Gail Sonnesso, MS, QDCP**

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