

# A typical *Saturday* at Harmony Café

- 11 a.m. Introductions and a visit with Breezy, a therapy dog
- 11:15 a.m. Chair exercise for caregivers, care receivers, and all volunteers
- 12:00 p.m. Lunch provided by one of **GEM**'s generous community sponsors
- 12:30 p.m. Completing a service project or craft activity
- 1:15 Live entertainment provided by one of **GEM**'s talented supporters

Thank you for your interest in **GEM Adult Day Services, Inc.** on the Outer Banks of North Carolina. We are a community-based nonprofit organization dedicated to providing quality services to both participants and caregivers. **GEM** provides a positive and supportive environment for adults with memory loss, physical and mental disabilities and those in need of socialization. We welcome your comments and questions.



**GEM** and the families it serves thank Kitty Hawk United Methodist Church, its staff, and congregation. The Baum Senior Center, the VT Community Center, Dare Arts as well as the many local churches, community groups, and individuals who volunteer their time to plan and sponsor our **Harmony Café** meetings.

Join us on the first Saturday of each month at 11 a.m. in the Fellowship Hall of Kitty Hawk United Methodist Church, The second Friday at the Baum Center and fourth Friday at the VT Center. (\*the Friday meetings are 2-4 and do not include lunch)

Add your email address to **GEM**'s e-newsletter so that you always know what's planned and when.

**For more information, contact:**

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**Or visit us online:**  
[www.gemdayservices.org](http://www.gemdayservices.org)  
[www.facebook.com/TheGemCenter](http://www.facebook.com/TheGemCenter)

# Enjoy family, friends, and friendship at Harmony Café



**An activity of**  
**GEM Adult Day Services, Inc.**  
hosted by Kitty Hawk United Methodist Church

# Harmony Café is a Memory Café

**Harmony Café** is a place where *any* senior that would benefit from memory care may enjoy activities in a safe, supportive, and engaging environment.

**Harmony Café** meets three times a month and is an event at which



participants and caregivers can interact, laugh, cry, support, share concerns, and celebrate life with volunteers and trained memory-care professionals without feeling embarrassed or misunderstood.



**Harmony Café** is a caring environment that provides person-centered living, encourages friendship, and fosters acceptance.

**Harmony Café** is a Memory Café that provide activities for participants and a change of pace for caregivers in North Carolina's Dare and Currituck Counties.

**GEM** gratefully accepts donations, which help continue programs year-round without charge to participants. Contact Gail Sonnesso at 252.480.3354 or email [gsonnesso@gmail.com](mailto:gsonnesso@gmail.com).



## Who benefits from Harmony Café? Everyone!

More than 6.2 million Americans have received a dementia diagnosis, which includes Alzheimer disease, vascular dementia, dementia with Lewy body, Parkinson dementia, frontotemporal and other subtypes. The Center for Disease Control estimates that 80% of people living with dementia are receiving care in their homes (March 29, 2016). Yet these staggering statistics are expected to increase exponentially as "baby boomers" continue to age.

Dementia affects more than just the individual who has the disease. Caregivers, family members, neighbors, friends...each group also has a stake in learning more about memory care and how to foster a sense of normalcy for those who still "got a lot o' livin' to do."

Gail Sonnesso, the founder and executive director of **GEM** (an acronym for **Gentle Expert Memorycare**), and the **GEM** Board of Directors have made it their mission to alter the impact of dementia by changing "awareness, attitudes and behaviors with a primary emphasis on promoting best practices for training, education, and care." And that's what **Harmony Café** does at 3-4 programs a month for:

- ♦ Persons living with brain change;
- ♦ Family members and caregivers for frail seniors.

**Harmony Café** is open to anyone without formal referral or assessment. **GEM** does not charge a fee for an individual accompanied by a caregiver.

### Board of Directors

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**GEM** also acknowledges the webpage support of Susan Pfaff