

NEWSLINE OCTOBER 2019

CONTACT CAPE-ATLANTIC

WE LOVE OUR VOLUNTEERS AND CLIENTS



CONTACT WELCOMES NEWEST BOARD MEMBER, HIGH SCHOOL SENIOR NICHOLAS DIB

Nicholas Dib may be a little ahead of his time. The Mainland High School senior not only joined CONTACT recently, but became a board member. He thus not only makes calls to our clients, but he sees how the operation runs. Nicholas is also ahead of his time in becoming our Volunteer of the Month so quickly after joining the group.

"I wanted to not only join CONTACT but get more involved," he says. "I love calling the Seniors. They are happy to hear my voice and some of them actually get to asking questions about how my day was, etc. "You can tell people get perked up, they love when they are being listened to or are listening to another person. It's interesting to see how their energy changes."

The CONTACT experience is a building block and a family affair for Nicholas. His mother Faten is a very active member of our board and encouraged him to become involved. Nicholas jumped right in. Besides making the calls and attending board meetings, he handed out water at the recent Avalon 5-mile fundraising run for the organization and he is certain to become a familiar face at some of the organization's future fundraising functions.

Nicholas also splits some of the calls with his brother Joseph. "It's such a great bonding time for the two of us." Nicholas is a consistent member of the esteemed National Honor Society and is actively involved with the youth program at Holy Trinity Church in Egg Harbor Twp. He brings a refreshing perspective - enjoyment - to this pursuit. And he has a committed sense of responsibility in his endeavors.

CONTACT congratulates Nicholas on his achievements and we look forward to his continued contributions.

By Dave Bontempo



CLIENT OF THE MONTH GASPARE SAPORITO

Gaspare Saporito spent his childhood and youth in Italy, in Sicily to be exact. He left his native country in his twenties when his family came to Brooklyn, New York. At a young age, Gaspare learned to become a tailor. Since Italian tailoring originated roughly in the 14th Century, the different regions of Italy from the north to south have refined their specific style to offer a truly unique and 'one-off' creation or Made-to-Measure tailoring experience. Gaspare says one of his greatest accomplishments is being able to make a suit from scratch. He was a tailor all his adult life, working in clothing companies in Hammonton and Atlantic City as well as on his own. He retired in 2003 and has had 15 years of the good life.

Gaspare has a son named Joseph and two grandchildren. His granddaughter is very active in soccer through her school. Gaspare loves to spend the weekends watching her play the game. Gaspare himself played soccer in high school in Italy and he loves to watch soccer matches on television. Gaspare loves his grandson as well and loves watching the two of them grow up.



At CONTACT, we have clients and volunteers from all walks of life and cultures. When we look at each other's backgrounds it helps us recognize and respect "ways of being" that are not necessarily our own. As we interact with others we can then build bridges to trust, respect, and understanding. Every day, we are excited to talk to our different clients who have such unique stories.

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FROM THE CONTACT RECIPE VAULT

Autumn Cranberry-Pear Galette

1/4 cup sugar
 1 tsp. sugar
 1 Tbls. cornstarch
 1 tsp. cornstarch
 2 tsp. ground cinnamon
 4 cups bartlett or bosc pears
 1/3 cup dried cranberries
 1 tsp. vanilla
 1 refrigerated pie crust at room temperature
 1 egg white
 1 Tbls. water

Preheat oven to 450. Coat 10 inch pie plate with nonstick cooking spray – set aside. In a medium bowl, combine 1/4 cup sugar, cornstarch and cinnamon, blend well. Add pears, cranberries and vanilla and toss to coat. Remove crust from pouch, unfold it and place on the prepared pie plate. Spoon pear mixture in center of crust to within 2 inches of the edge. Fold edge of crust 2 inches over pear mixture and crimp slightly. In a small bowl, combine egg white, water and whisk until well blended. Brush egg wash onto outer edges of pie crust and sprinkle with 1 tsp. sugar. Bake 25 minutes or until pears are tender and crust is golden brown. Note: Serve with whipped cream or vanilla ice cream.

COFFEE WITH CONTACT



Recently, we caught up with CONTACT's longtime Board member and Reassurance volunteer, Jane Soreth, who covers reassurance calls for the second shift on Fridays. Jane has been with CONTACT for 20 years. Her favorite outing is the FORE! CONTACT golf event. Jane visits Cape Cod every year and she enjoys playing golf. Jane learned about CONTACT Cape-Atlantic from the American Red Cross where she met our previous executive director Ann Magee. We appreciate Jane's service as an active board member and dedicated volunteer.



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 10/2 Raymond Furey
 10/4 Mac McCarthy
 Harry Marter
 10/5 Gertrude Long
 10/6 Joan Wright
 Dot Rogers
 10/8 Barbara Rybak
 10/9 Sipra Basu
 10/12 Jean Lawless
 Patricia Campbell
 10/13 Jane Soreth
 10/14 Mary Ann Kelly
 Shilo Kubiak
 Marty Brennan
 10/15 Kathleen Jespersen
 Aisha Haraksin
 10/19 Deana Fussner
 Harry Reinmuth
 10/22 Karen Saunders
 10/23 Alicia Dunkley
 10/26 Mary Johnson
 10/28 Mary Briggs
 10/29 Ted Scheick
 Constance Villari
 10/30 Kim Leung
 10/31 Geri Sampson



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Fall in America is beautiful; the leaves, the weather and smell of pumpkin spice. I love this season as this is the start to sweater weather, hot cocoa, Halloween and fall festivities. In Zambia, where my family is from, Fall is the season where the weather changes. The months of October through April are considered the rainy period. It also means there is an abundance of fruit and vegetables.



Everyone looks forward to this season because it is known as mango season. Mangoes have always been my favorite, especially raw mangoes. My grandmother would always make a spicy mango pickle that we would love to have with our afternoon meal. It would go well with almost any Indian dish that was to be prepared. It was the highlight of any occasion. There are so many things you can make with mangoes, raw or ripe. One of my favorite things to make is mango salsa, because it is great medley of vegetables, with a slight hint of lemon. I don't quite have a sweet tooth but I love everything sour.

Just as Zambia bears an abundance of fresh fruit this time of year, I look forward to building fruitful memories here are CONTACT Cape-Atlantic. I am still learning aspects of my role, and the best part is that everyone has been so sweet that it has made the process even easier for me. Please let me know how I can make your CONTACT experience even better.

Like to Read Online? You can read our newsletter on our website:

www.contactcapeatlantic.org

It is located under the Special Events tab. You can also check out all of our upcoming events. It is also posted on our Facebook page



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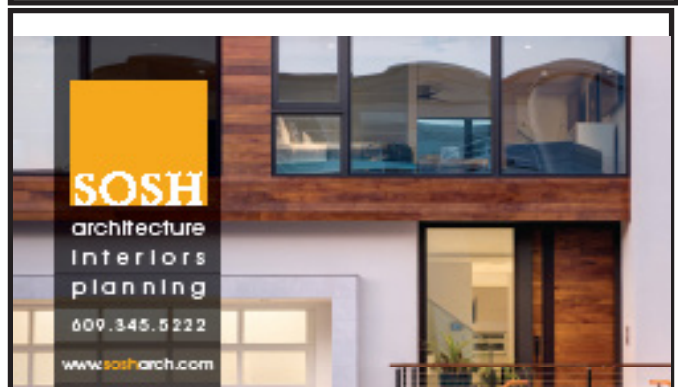
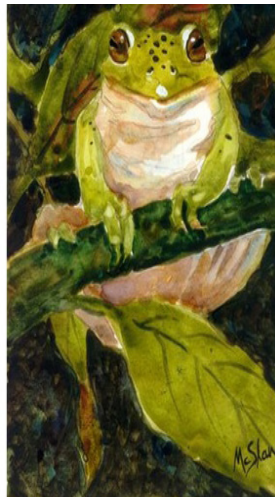
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Insomnia

Do you have trouble sleeping? Do you find it difficult to fall asleep or stay asleep? You may have common sleeping disorder, insomnia. It may last a few days to weeks, or it may last for months and longer. The short term insomnia may be due to stress or a recent life changing event. People with insomnia may have symptoms that include waking up during the night, feeling tired throughout the day, being irritable, struggling to pay attention and even worrying about their sleep.

If you have insomnia for past few days or weeks, then here are some of the common causes to look for. Stressing over your work or finances or family may keep your mind active at night. Poor sleeping habits may cause insomnia. This includes going to bed and waking up at different times each day, taking naps, using electronics like using your smartphone or watching TV right before bed time. Another cause for insomnia includes eating a lot late at night, which may cause heartburn, where acid from your stomach flows in your esophagus, especially when you lay flat.

If you have insomnia for over a month, then here are some possible causes. Do you have a history of anxiety or depression? Both are mental disorders that may contribute to insomnia. Drinking caffeinated beverages late in the day, like cola and coffee may interfere sleep, because they are stimulants. Nicotine is another stimulant that can contribute to not sleeping at night. Note alcohol may help you fall asleep but it may prevent you reaching deeper stages of sleep, causing you to wake up in the middle of the night.

As we get older, we tend to go bed earlier and wake up earlier. People with sleep apnea have moments during their sleep where they do not breathe and wake up. People with restless leg syndrome, have an uncontrollable urge to move their legs, while sleeping. Also medical conditions that may contribute to insomnia include chronic arthritis pain, bladder problems that cause you to urinate in the middle of the night, Alzheimer's' disease, heart disease, Parkinson's disease. If you become less physically and socially active as you age, it will become more challenging to sleep 7-8 hours through the night.

Some risk factors for insomnia are being a female in menopause, night sweats, or being over the age of 60. Some things you can do to prevent insomnia include, keep a regular bedtime and waking schedule Monday through Sunday, stay active, avoid or limit naps, caffeine, alcohol, nicotine and large meals or drinks before bed time. Your bedroom should be cool, dark, free of electronics and used only for sex and sleep. See your doctor for physical exam and a review your sleep habits. The doctor may recommend a sleep study, to diagnose sleep apnea or restless leg syndrome, or prescribe medications like melatonin. All together, these actions taken by you can help promote your sleep, health, independence and happiness.

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GENEROSITY



If you know me, you know I love the warm weather. I'm blessed to live very near the bay and I cherish the summer evenings there. As I was reflecting on all the events of this past summer, I was thinking of generosity. There has been so much of that spirit in my world lately. And speaking of generosity, I would like to thank each and every person and family who contributed to our Summer Life Line Program. Each of these gifts adds up to so much and they give our mission a much appreciated boost.

For a beach person like me, the end of summer used to be sad. But the end of the summer isn't the end of the world. As we embrace autumn, let's celebrate both what is here and what's to come. This season is less about warmth on the outside and more about warmth on the inside. October is truly a month filled with beauty. The weather is usually spectacular. I love to open my windows and let the clean air in. Crystal blue skies, starry nights, light sweaters, leaves of gold. It's also the last month before the holiday season comes into full view. If you're like me, you begin to worry about how you will manage the coming season that seems to be more and more costly each year. But I am learning that being generous in spirit does not necessarily mean spending a lot of money. A friend recently gave me a well loved book that she kept by her bedside for many years, which I now cherish. Two friends brought some wildflowers to my office. Someone brought me shells after their walk on the beach. I am learning that we can be generous with our time and simply how present we are with each other when we have a chance to talk. Our volunteers know all about that. They have such generosity of spirit.

My friend tells me that anytime I am scared of running out of something, I should give something away. When I do that, I always feel like there is plenty. If I really look at things with a perspective of generosity, I realize that I have more than enough love, time, things to give and I get so much back. I wish you a generous fall.

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