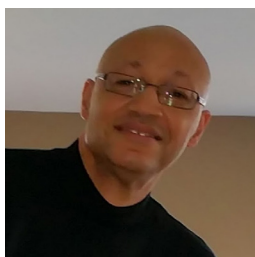


## NEWSLINE

### November 2019

# CONTACT CAPE-ATLANTIC

#### WE LOVE OUR VOLUNTEERS AND CLIENTS



### FLORIDA TRANSPLANT STILL HAS A HEART FOR NEW JERSEY AND CONTACT

Dave Hammonds mastered an interesting life endeavor. He stayed ahead of the tax collector. The Newark native, who spent considerable time on the search and recovery teams after 9-11, retired to Egg Harbor Twp. because of oppressive North Jersey taxes about five years ago. Along the way, he discovered CONTACT and has made calls with us for about three years.

In June, his taxes here shot up and he headed South again. Hammonds lives near Port St. Lucie, Fla in a warmer climate and a favorable tax environment, but brought one part of New Jersey with him. CONTACT. Dave continues to make his calls on Mondays, from there. He is CONTACT's newest Volunteer of the Month.

"I have always enjoyed being part of CONTACT and after I began doing this, I wished they had something like this for my Mother in North Jersey," he says. "The surprising thing to me is realizing how many people are really lonely. Some have nobody else. There is one person who has outlived all of her relatives, her husband, and her children.

"That's a little unusual." Dave chuckles, recalling his introduction to this organization. "My wife Marlita told me I had to do something productive, I was having too good a time being retired while she was still working," he says. "I have found it to be a good experience because the people I'm calling like the fact that they can depend on us. They are happy to hear my voice and I am happy to hear theirs. It is enriching."

Dave has five children six grandchildren. He has a zest for life and an enthusiasm that carries over into his calls.

CONTACT congratulates Dave on this recognition and for maintaining his allegiance from "down south".

By Dave Bontempo

### HEART TO HEART GRATITUDE ABOUNDS ON TUESDAYS

Victoria G. receives a phone call every day from CONTACT. On Tuesdays, the caller on the other end of the line is Cecelia S., a longtime volunteer of CONTACT Cape-Atlantic. Victoria and Cecilia are nearly the same age. Both natives of South Jersey, Victoria grew up in Egg Harbor Township while Cecilia grew up in nearby Atlantic City. Victoria and Cecilia were both working women. Victoria had her own cleaning business while Cecilia worked as a security dispatcher in a local casino. They were on different paths until this past February when their roads converged. Though not at the same time, both women had to leave the workplace due to the onset of a disability. Each needed to find ways to combat the change and loneliness they started to feel. CONTACT became one of those great equalizers for both.

"Cecelia makes my week when she calls. She takes time to ask me how I am and talk with me about a variety of subjects. I feel less alone, less fearful and like someone is there for me when she calls," said Victoria. "With my disability, it's so easy to give in to discouragement. But not with CONTACT in the picture." Cecelia agrees. "It's not just a phone call" she says. "It's a joy! I look forward to my Tuesdays when I can talk to Victoria and the rest of my CONTACT family." Cecelia discussed how she is able to share resources with clients and they share some as well. Both women's lives have been enriched because of the weekly conversations they share.





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## RECIPE VAULT: HEART HEALTHY CASSEROLE

We are interested in your favorite easy recipes. To submit one for the newsletter, email to [contact-c-a@comcast.net](mailto:contact-c-a@comcast.net)

In 2015, the classic green bean casserole celebrated its 60th anniversary. A casserole with an anniversary? You bet. In 1955, the soup company Campbell's put together today's classic dish using what they knew Americans had on hand: green beans and soup. According to Campbell's, more than 30 million households per year make green bean casserole. Though it's popular and loved, green bean casserole could use some modifying nutritionally, as with most holiday recipes. Traditionally, the dish is high in fat and sodium, neither of which is friendly to your heart. Healthy Green Bean Casserole

Time: Approximately 45 minutes

Servings: 8

### Ingredients

1 pound frozen green beans (French cut is best), thawed  
10.5 ounces canned, reduced-fat, low-sodium cream of mushroom soup  
1/2 cup low-fat sour cream  
1/2 teaspoon pepper  
1 small onion (cut into thin strips)  
Nonstick cooking spray  
1/4 cup whole-wheat flour

Preheat oven to 350F.

In a 9 x 13 casserole dish, combine green beans, soup, sour cream and pepper. Stir until well mixed and bake for 20 minutes. While the casserole bakes, spread out onion sticks and lightly spray with cooking spray. Sprinkle flour over onion pieces, tossing to coat equally. Spray a medium-large skillet with cooking spray and heat to medium-high heat. Add onions and cook until crispy, stirring occasionally.

Remove casserole from oven, add 1/2 onions and stir well. Top with remaining half and return to oven. Bake 5 minutes. (Onion alternatives: Substitute onion topping with thinly sliced almonds or crushed salad croutons for more crunch. If you miss the onion flavor with these alternatives, add diced onions to your soup mix.) ENJOY!



## COFFEE WITH CONTACT



We recently caught up with CONTACT volunteer, Debbie Clark. Debbie heard about CONTACT from Advisory Board Member Sharon O'Neill. The two women worked for the former Ocean City Home Bank before it became OceanFirst. Debbie has been a CONTACT volunteer for the past 4 years. She does both Reassurance and Emergency Response Alert Calls. She has a contagious laugh and we appreciate all she does. Thank you Debbie!

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## NOVEMBER BIRTHDAYS

11/1 Nita Williams  
 11/3 Carol Marder  
 11/5 Pierre Gross  
 11/6 Dorothy Riley  
 11/9 Kym LaGatutta  
 Millie Ordille  
 11/10 Helen Ehlers  
 11/11 Emma Todd  
 11/12 Barbara Smith  
 11/13 Rory Chew  
 Ethel Pratt  
 11/14 Theresa Mitchell  
 Reggie Lancaster  
 11/22 JoAnne Petzhold  
 11/23 Tim Smith  
 11/24 Jeannie Dunn  
 Dorothy Coleman  
 11/25 Eleanor Rust  
 11/26 Bruce Kurland  
 11/27 Dianne Singh  
 11/30 Alma Brown  
 Robert Carr




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## REASSURANCE PROGRAM

### REASSURANCE COORDINATOR

**SHAYNA PATEL**



November is my favorite time of the year. I hope that during this month you have something to be thankful for, I'm sure everyone does. I am truly grateful to all the volunteers here at CONTACT Cape-Atlantic. I have only been with CONTACT for three months now but I have received so many kind emails and calls. I can't tell how much I appreciate all your hard work and dedication; we are an amazing organization because of individuals like you. Our clients are terrific too. We hear such gratitude for the calls people receive.

It is very important to make sure that we are healthy as we approach the coming holiday season. Here are a few ways that we can be feel as good as possible:

**Eat mindfully-** When you are eating sit back and allow yourself to enjoy the flavor of your favorite holiday foods and make sure you take your time.

**Stay hydrated-** Water accounts for about 60 percent of our body's total weight and we need to stay hydrated in order to maintain this ratio; staying hydrated also keeps from eating too much and helps with stress.

Most importantly, make time for self-care. There are times where the holiday season may take a toll on our mental and emotional health. Take some time off to relax and unwind, watch your favorite movie, read a good book, meditate, or go for a walk. Adequate sleep is also very important, make sure that you are also well rested.

Take the time to do at least one thing every day that makes you truly HAPPY, something you enjoy. I hope you all have a safe and great Thanksgiving!

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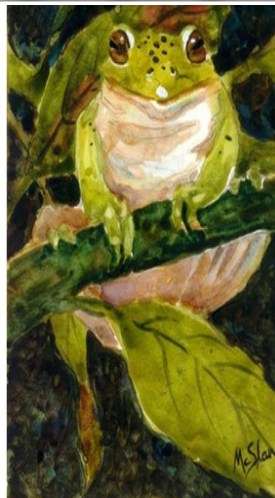
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## CORPORATE SPONSOR SPOTLIGHT: TOUCHING HEARTS AT HOME

### HOW TO CHOOSE A HOMECARE AGENCY

When someone we care about is recovering from an illness or has a chronic complaint and requires assistance at home, homecare is a viable and wonderful solution. In our area, there are many different homecare companies to choose from, but there are some simple criteria that one must look for when researching options:

1. Is the homecare agency fully licensed, accredited and insured? This is absolutely essential to determine the answer to this question when you are searching for and interviewing a potential homecare company.
2. Are the caregivers directly employed by the agency or are they contractors? Some agencies do not directly employ their caregivers, but instead, hire them as contractors. Tell-tale signs of this are when an agency asks you to write two checks, one to the agency and one to the caregiver. By writing a check directly to the caregiver, you become their direct employer, which makes you responsible to file and pay their employment taxes and employment insurances.
3. Does the agency provide workers compensation insurance for their caregivers? Are they bonded and insured? This is very important because if the agency does not provide this, you are responsible for any injuries that a caregiver sustains on the job, as well as treatment costs if the injury requires medical care, etc.
4. Does the agency employ Certified Home Health Aides (CHHA) as caregivers? Only a CHHA is permitted to perform any personal care, which can include dressing, bathing and assistance in the bathroom. A CHHA has gone through a training program, has passed a state licensing exam, has been fingerprinted by the State of New Jersey and has a current CHHA license. Additionally, a CHHA has had a medical exam (physical) that indicates that they are physically able to perform their work duties. They have also passed medical screening exams for TB, Measles, Mumps and Rubella. Also, the agency should perform a thorough background check prior to employment."
5. Does the agency have a Registered Nurse who meets with the client, performs a Physical Assessment and also develops a Plan of Care for the CHHA to follow? A Registered Nurse should be supervising the CHHA and communicating the Plan of Care to them. The Plan of Care should reflect information provided by a physician or hospital discharge planner or from collaboration with the client and family. And don't forget companionship – an integral part of a CHHA's visit! Additionally, the Nurse should be touching base with the client every 30 days, be it on the phone or with an in-person visit and should also be supervising the CHHA at a minimum of every 60 days. Also, the agency should be providing on-going education on an annual basis for the CHHA. If all of this is not done, the CHHA cannot renew their license.
6. What recourse do you have if the CHHA or caregiver that the agency has sent you is not a good "fit" for your loved one? For example, if your loved one prefers a quiet person, and the CHHA that is sent is chatty and boisterous, you should have the right to ask for a replacement. The replacement might not happen immediately but should happen within a reasonable period of time.

It is important to know what questions to ask and, hopefully, you are now ready to research and compare and make the right selection for yourself or your loved one. Agencies are regulated by the Division of Consumer Affairs and CHHA's are regulated through the New Jersey Board of Nursing: <https://www.njconsumeraffairs.gov/nur/Pages/default.aspx>.

**Voila Liacopulos is the Owner of Touching Hearts at Home, a Licensed and Accredited Homecare Agency in Northfield, NJ, and a Contact Cape Atlantic Board Member. Touching Hearts at Home provides homecare in Atlantic and Cape May Counties. For more information, please see their website at [www.touchinghearts.com/southjersey](http://www.touchinghearts.com/southjersey).**



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It is also posted on our Facebook page each



## GATEKEEPER PROGRAM

We continue to help older adults to remain living safely at home. Our Gatekeeper program provides information, brochures and business cards to those who are out in neighborhoods so that they can reach out to CONTACT Cape-Atlantic when they come across individuals who can use some help. A confidential call to our office can be the start of helping someone. Many different people can be gatekeepers. We have trained UPS drivers, Comcast employees, New Jersey American Water employees, meter readers, bank tellers, etc. to help reach out to people they encounter on a day to day basis. When we receive a call from the gatekeeper, we then reach out to the older adult and share information on the resources that are available to help them continue to live independently. These resources may include: a home health aide, visiting physician, mobile meal, transportation, or a personal alert button. We also offer the availability of our Reassurance calls. It's as simple as a call to CONTACT.

OceanFirst Foundation is a major sponsor of the Gatekeeper Program



## DR. AVELUTTO'S COLUMN

### Arthritis

Do you experience aches and pains in your joints? You may suffer from arthritis. It is a chronic condition where your immune system attacks itself, or more specifically the lining of your joints. Arthritis symptoms include swelling, stiffness and painful joints. You can experience a decrease or a loss of function in your hands, knees, hips, shoulders and wrists. In severe cases of arthritis in the hands and hips, you would have difficulty using your hands and walking, respectively.

There are multiple risk factors for arthritis. If your parents or brother or sister have arthritis, then you may have the genes that predispose you to developing arthritis. The older you get, the more likely you are to develop arthritis. If you are a female, you are more likely to develop arthritis than a male. If you have injuries to your joints, you are more likely to develop arthritis. Another risk factor is obesity. The excess weight puts stress on your joints, especially on your knees and hips.

Your doctor will take a thorough history and perform a physical exam. Your primary care provider (PCP) will look for swelling/edema, warmth, tenderness and redness around your joints. Your PCP may order lab work, like rheumatoid factor (RF) and anti-cyclic citrullinated peptide (anti-CCP), which are positive in people with arthritis. X-rays are image studies that can show the loss of cartilage, bone spurs and bone damage. X-rays can detect and track the progression of arthritis.

There are multiple treatment options for arthritis, and you and your PCP will select the most appropriate one for you. Tylenol/acetaminophen is used to treat arthritis pain. Non-steroidal anti-inflammatory drugs (NSAIDs) like Advil or ibuprofen treat and reduce both pain and inflammation, but risks associated with prolonged NSAIDs include kidney damage, increased risk of heart attacks, and gastrointestinal bleeds. Disease modifying anti-rheumatic drugs (DMARDs) like methotrexate may slow or stop your immune system from attacking your joints. Corticosteroid injections into the joints will help relieve inflammation and pain. Also surgery includes joint re-surfacing or joint replacement.

What are some life styles modifications that may help prevent or lessen the degree of arthritis pain? One, regular exercise helps keep your joints flexible and swimming is a great exercise. Weight loss or management through diet and exercise protects your joints, by reducing stress on your joints and promoting mobility. Heating pads and ice packs will help reduce or relieve pain. Using a cane, rolling walker, raised toilet seat and shoe inserts, are just a few assistive devices you may use to protect your joints. All together, these preventive measures can help promote your health independence and happiness.

Giovanni D. Avelluto, DO, MS AtlantiCare Life Connection Program and Richard G. Stefanacci, DO, MGH, MBA, AGSF, CMD AtlantiCare Medical Director LIFE Connection Program and Population Health



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**A HEART FULL OF  
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Thanksgiving is one of my favorite holidays. I love this time of year. We can still be outdoors now and then but the chill draws us inward as well. Thanksgiving offers us the opportunity to reflect on all the things for which we are grateful. It allows us to exercise our gratitude "muscle" — to take the time to appreciate our loved ones, our communities, our workplaces, and to give careful thought to what matters most.

That first Thanksgiving must have been quite something for those that were there. They arrived the winter before, not knowing what extreme difficulties would lie ahead. So much hardship came upon them those first 10 months. It's a wonder any of them survived. And those that did survive may have felt a great deal of discouragement. Yet in reality they did have much to be grateful for as they were still living. Sometimes we can go through seasons of discouragement and weariness but if we really think about it, there is still much to be grateful for. But how can we maintain a thankful heart when our troubles threaten to overtake us?

There are many tools to maintain some gratitude when things seem overwhelming. We can write a gratitude list of the things we have currently or the things we have done in our lives. I have talked with many of you and there's always a story of something that has been a blessing in your life. A child. A trip. A song.

We can listen to music, make some soup, think of people who have helped us. During a difficult season earlier in the year, I was blessed with so much kindness, even from places I would never have expected it to come from. I hold on to that. Everyone has challenges in life. We never know what someone else is really going through. All we can do is be as kind as possible. This Thanksgiving, know that you are appreciated for your uniqueness, for your voice on the phone, for your laugh, for your willingness to give of yourself. And know that you are on our gratitude list. Have a wonderful, bountiful, health-filled, heart-filled Thanksgiving. Be encouraged!

**Marie Soreth and Selma Ramundo  
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