



Cape-Atlantic Newsline

MAY 2019

Rich is Happy to Help



Rich Middlesworth had a vision, his bosses had a wish, and the Galloway native's career with CONTACT was born last year.

Our newest Volunteer of the Month was planning some activity like this when fellow management at Borgata suggested that they all do some volunteer work. CONTACT became Rich's choice.

"It was a coincidence because I have been looking at doing this when I retire," says the 39-year veteran of the casino business, who may be doing that sooner than later.

Rich joined us last year and discovered the depths of simple conversation.

"It was very surprising to me how grateful the clients are," he says. "You figure you are going to reach out, check up on them, this and that, make sure they are okay. Maybe you are on the phone for five minutes, maybe ten. What I didn't know was how receptive people are of the phone calls. I think they are happy to know that if something happens to them, somebody will find out about it really quickly and try to help them."

"I had a hip problem, we shared stories about things like that. After a couple of weeks, they get to know your name when you call and ask how you are doing. So here I'm calling them and they want to check up on ME," he chuckles.

Rich makes calls from home on Thursdays or Fridays, his days off. He grew up in Ventnor, graduated from Holy Spirit High School, and his biggest education has been with the public and co-workers in a long casino career. Having dealt with customers every day, he now checks up on them.

The table-games executive is rolling 7's. CONTACT congratulates Rich and the pleasant spirit he brings to others.

by Dave Bontempo

Sonia Shares Her Story

Reassurance client Sonia Kaplan spoke at our Spring Sensation on April 5th. She is 90 years old and a Holocaust Survivor. She has been receiving our calls since February 2012.

Sonia generously donated a signed copy of her autobiography, "My Endless War...and My Shattered Dreams," to our Spring Sensation. I recently visited with Sonia at her home and she presented me with a signed copy as well. That visit will be something I will never forget. We looked through papers, thank you letters, and a program from the movie that her daughter, Ellen, made of Sonia's life. This was in 2003 and entitled "Broken Silence." Her book was written in 2004.

Sonia has three children. Ellen and Gloria live in Atlantic County and her son David lives in Maryland. She has six grandchildren and eight great grandchildren. Sonia came to the United States in December 1948 and lived in Philadelphia. After moving to Atlantic County, she worked at Irene's on the Atlantic City Boardwalk for 20 years. She always liked to talk to people. She also speaks six languages.

She has spoken to students and visits the Holocaust Museum in Washington, DC, where she has spoken about her experience and done book signings. She said that these would be long days for her due to the large number of people who came out. At the screening of her movie at Stockton there were over 450 people in attendance.

Sonia enjoys her CONTACT Cape-Atlantic calls. She feels that someone really cares. She reads and enjoys watching television. She prepares her own meals and goes to senior centers (two different ones) two days each week.

She is quite the lady. During our visit she played the song, "To Dream the Impossible Dream," which was all set to go on her CD player when she turned it on. She listens to this often. Her life story makes that song mean so much more. You should listen to the lyrics again. Sonia considers herself very lucky and privileged that she survived and was given the chance to contribute something to the world. She proudly says, "I decided not to allow my past to control my future." That sounds like something we should all remember.

Congratulations to Sonia on being our May Client of the Month. I thank her for sharing her story.
by Ann Magee

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May Birthdays

5/4 Aileen Hay-Brown
5/5 Florence Mikulski
5/6 Diane Presti
5/7 Marge Thiel
5/9 Agnes Horenkohl
Roger Brown
5/11 Anthony Cassano
Shelley Jones
5/13 Wendy Moyle
Diana Intenzo
5/16 Rachel Winkworth
5/17 Lorraine Doughty
5/18 Deborah Amedick
5/21 Millie Saraduke
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5/23 Rich Middlesworth
5/24 Doris Waters
Ray Williams
5/25 Dominic Zambello
5/26 Anna May Ryan
5/27 Toni Coe



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You can support CONTACT Cape-Atlantic by becoming a corporate sponsor. There are different levels of support starting at \$500. You can join our Silver, Gold or Platinum Sponsor list. Each level provides recognition at our major fundraisers, along with a free ad in our newsletter. You can also have your corporate banner displayed at each event. Be sure to check our list of sponsors below. They are all friends of CONTACT.

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Dear Volunteers:

Here at the Jersey Shore the month of May means that the summer season is almost here. Memorial Day is the unofficial start of summer, and I think everyone is ready for some warm weather. I'm talking about a stretch of nice days, and not just one here or there.

Things start to change. The days are longer, temperatures rise, traffic increases, and we find many more people visiting our area, especially our beaches, gas stations, and grocery stores. It seems that our lives get busier.

One thing that doesn't change is our telephone Reassurance Program. Our more than 200 clients are counting on your calls. Our shifts still need to be filled, and you never disappoint. When asked to fill in for a cancelled shift, volunteers are always willing to step in. Thank you!

I appreciate all of our dedicated volunteers. You always find time to help, no matter the season. I know that there are many other ways to share your time. I am so thankful that you spend some of your time on our phones. I also know that everyone on the other end of your calls is thankful, too!

Happy May!

Sincerely,

Ann Magee

Our Newest Volunteers

We are pleased to welcome our newest volunteers.

Debbie Stevenson of Egg Harbor Township works at Harbor Pines Golf Club. She enjoys cooking, playing the guitar and ukulele, road cycling, and of course, golf. She tells us that it is time to give back and she likes our program and what it offers to the community. She read about CONTACT Cape-Atlantic on our website. Debbie is starting with some calls every Wednesday afternoon and she plans to jump into full shifts in the future.

Vina Fuentes of Ventnor is a Senior Systems Analyst at Caesars. She enjoys reading, hanging out with her kids, and hiking. She found us on the Internet while looking for volunteer opportunities. Vina has good listening skills, which come in handy in our phone room. She is also a good communicator. She did her first shift one week after being trained.

Thanks to Debbie and Vina for joining our volunteer roster.



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Want to make a difference? An easy way is to sponsor a client. One dollar a day helps fund a daily telephone Reassurance call to one of our elderly and disabled clients.

- One month sponsor: \$30
- Two month sponsor: \$60
- Three month sponsor: \$90
- Six month sponsor: \$182
- One year sponsor: \$365

We thank our current sponsors:

Roberta Janel, Roseanne Onofrio, Mary Kurtz, Terri Nowotny, Marcia Kelleher-Nelson, Wendy Moyle, Murray Bevitz, Annamarie Donley, Beverly Jernee, Barbara Youtie, Maggie Rohe-Miller, Jane Soreth, Eleanor Rust, Carl and JoAnne Petzold, Thomas Major, Diana Booth, Donna Leose, and Michelle M. Conway



Tara Andrews Honored

Tara Andrews is a former board member and our current administrative assistant. She is also a Reassurance Volunteer. Tara has been selected as one of The Press of Atlantic City's Young Leaders. The Press describes this honor as "an annual awards program that recognizes our area's most civic-minded and accomplished high school seniors." Twenty five students who excel in academics are selected and honored at an awards breakfast and receive a small scholarship. Ann Magee nominated Tara for this honor in appreciation for all that she does for our clients. Congratulations, Tara!

We Thank Our Donors

We appreciate the generous support of The Rotary Club of Somers Point, Minnie Callender, Mary O'Connor, Diana Intenzo, Mary Johnson, Donna Leose, Theodore Moore, Mary Kurtz, Dasie Simpson, Mary Briggs, Millie Ordile, The Ocean Heights Presbyterian Church, and The Older Americans Act through Atlantic County Division of Intergenerational Services.



A Volunteer's Voice

Blessings are an interesting phenomenon.

If you were to ask me, I would tell you that I have been really blessed in my life. I had two wonderful parents who raised me with good values, a good work ethic, and lots of common sense. These instilled traits allowed me to work my way through college and earn a degree that led to a very successful career. I was blessed to meet and marry a man to whom I've been married 47 years, and who today is still a wonderful partner and friend. Many people might say I have lived a charmed life.

My mother was a strong believer in the Golden Rule from the Sermon on the Mount, and she instilled in me the necessity to do for others. This is what led me to volunteer for CONTACT. I had received so many blessings in my life that I wanted to return something to the world to show my appreciation, and CONTACT was a good opportunity that allowed me to match volunteer work with a busy schedule. Besides, I'm kind of chatty so "phone work" fit my personality, and CONTACT was a great fit. I could do some "good works" there.

So, here I was thinking that I'm giving blessings to others in thanks for the many that I have received, and low and behold, that blessings phenomenon took over. Every time I speak with a CONTACT client who in some way lets me know how much they appreciate my call, there I go again receiving another blessing.

By Carla Furr
Reassurance Volunteer

NOTE: Any volunteers who would like to submit an article can just email it to contact-c-a@comcast.net. No need to wait to be asked. All of your voices are invited to be heard.

Annual Successful Aging Festival

Save the date for Thursday, May 16, 2019 from 10am to 2pm. The Stockton Center on Successful Aging's Annual Festival celebration of Older Americans Month is shaping up as one of the best yet. Held in the Campus Center on Stockton University's main campus in Galloway, the sponsor list continues to grow, exhibit space is filling, and the line-up of sessions is almost complete. Parking is plentiful as Spring Semester courses have ended. The theme, "Connect, Create, Contribute," emphasizes that we are never too

old (or too young) to connect with friends, family, and services, engage with services and programs that promote well-being, and contribute time, talent, and life experiences to benefit others.

Keynote speaker, Joann M. Montepare, Ph.D., Professor of Psychology and Director of the Rosemary B. Fuss Center for research on Aging and Intergenerational Studies will discuss the Age Friendly University (AFU) Pathway to Successful Aging. Stockton joined this global network in December.

As always, this year's festival is Free-of-Charge; Free Food will be provided and there are raffle prizes. While parking is close two golf-carts will help get guests to the door. For up-to-date details, please visit www.stockton.edu/scosa and click on the "Festival and Conferences" link or call 609-652-4311.



Did You Know...These May Facts?

...that Memorial Day was originally known as Decoration Day?
 ...that May 5th is Cinco de Mayo?
 ...that the birthstone for May is the emerald?
 ...that the flower is the lily of the valley?
 ...that May was named for the Greek goddess Maia?
 ...that no month of the year either begins or ends on the same day as May?
 ...that Sunday, May 12th, is Mother's Day?
 ...that May is National Asparagus Month?

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CONTACT Cape-Atlantic provides telephone reassurance and community support for the elderly and disabled.



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How do frogs get their photos on Facebook?

They upTOAD them!

Marie Soreth and Selma Ramundo are proud to support CONTACT Cape-Atlantic.

39th Annual Avalon 5 Miler

It is time to start working on our Avalon 5 Miler. This event includes a 2 mile walk and it is set for Saturday, July 6th beginning at 8am. The run goes through the streets of Avalon starting at Avalon Community Hall, 30th and Avalon Avenue, and ending on the boardwalk at 30th Street.

Sponsorships are available, along with registration forms, at www.contactcapeatlantic.org under the Special Events tab.

There will be awards and refreshments at the finish line and three water stops along the course. We are signing up volunteers, so just let us know if you can help. We start at 6am and are usually wrapped up by 10am. You can help at registration, hand out water at a water stop, or help with the refreshments and the finish line.

It is always a fun morning in Avalon.

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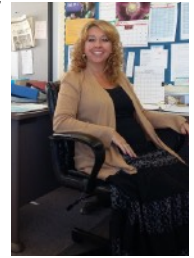
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Debbi Holland - Reassurance Coordinator

As we age, an active lifestyle becomes more important than ever to your health. According to the Surgeon General's Report, physical activity doesn't need to be strenuous to achieve health benefits. Getting moving can help boost your energy, maintain your independence, protect your heart, reduce the risk of falling, and help manage symptoms of illness or pain. Regular exercise is also good for your mind, improving your mood, and your memory.



A recent Swedish study found that physical activity was the number one contributor to longevity, adding extra years to your life — even if you don't start exercising until your senior years. Getting active is not just about adding years to your life; it's about adding life to your years! Not only will you look better, you'll feel sharper, more energetic, and experience a greater sense of well-being.

There are many types of exercise, and you can try different things until you find one that you like. For those with limited mobility, I like to recommend an advocate and educator of healthy aging Miranda Edmond-White. She has the #1 fitness show on PBS — Classical Stretch — which is for all ages. It helps rebalance fitness levels and keep joints healthy and pain free.

Other types of exercise are: swimming, cycling, yoga, pilates, walking, dancing, bodyweight training, strength and aerobic classes, and personal training.

Silver Sneaker says the best exercise for you is the one you enjoy the most!



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Sticks and Stones and Broken Bones...

Unfortunately, as we get older, it doesn't take sticks and stones to break our bones but rather a simple fall can do the job. This happens more as we get older because of weaknesses that can occur in our bones called osteoporosis. Osteoporosis is a disease process that weakens and makes bones brittle. People with osteoporosis are more likely to suffer a bone fracture from a fall or even from mild stresses like bending over to pick up groceries or coughing. People with osteoporosis may have back pain because of a fracture in the spine, as well as loss in height and have a hunched over posture.

Our bones are always remodeling; old bone is replaced with new bone. By our early 20s, we have achieved maximum bone mass, and as we age, our bone mass decreases. Osteoporosis is when the removal of old bone outpaces the creation of new bone. Some risk factors for osteoporosis include having a small body frame (less bone mass), being female, advancing age, being white or of Asian heritage, family history of parents or siblings with osteoporosis. A decrease in sex hormones like estrogen and testosterone are risk factors for osteoporosis. Women at menopause have a decrease in estrogen or have treatment for breast cancer that reduces estrogen are more likely to have osteoporosis.

Certain medications can cause osteoporosis. This is true for the long term use of corticosteroids, like prednisone, to treat conditions like chronic obstructive pulmonary disease (COPD). This is also true for people with gastroesophageal reflux disease (GERD), treated with proton pump inhibitors (PPIs) like omeprazole. In addition, it's also true for certain medications used in the treatment of seizure and cancer. People with rheumatoid arthritis are also more likely to have osteoporosis. Individuals who are sedentary and have diets low in calcium will have early bone loss and diminished bone density. People who smoke and consume 2 or more alcoholic beverages per day increase their risk of osteoporosis. This is why one of the very best things you can do for osteoporosis prevention as well as your general health is to stop smoking and limit your alcohol.

You also decrease your chances of developing osteoporosis in several other ways. The recommended daily allowance (RDA) of calcium is 600mg and vitamin D is 400mg twice daily with meals for women over 50 and men over 70 years of age. Some good sources of calcium include low fat dairy, canned sardines, and dark green leafy vegetables. Also, exercise will help build strong bones. Exercise should include weight bearing and balance exercises. Weight bearing exercise include walking and stair climbing. Tai chi, balance exercise, can reduce your risk of falling.

Your physician will order a dual energy x-ray absorptiometry (DEXA) scan to measure your bone density. DEXA is generally recommended for women at age 65 and men at age 70. DEXA may be done earlier secondary to risk factors. Based on the results, recommendations will be made for treatment, which may include bisphosphonates. Eat a balanced diet and exercise. The combination of these steps will help decrease your risk of osteoporosis and bone fracture. All these things together will help promote your health independence and happiness.

by Richard Stefannaci, DO, MGH, MBA, AGSF, CMD
AtlantiCare Medical Director LIFE Connection Program and Population Health
and Giovanni D. Avelluto, DO, MS
AtlantiCare LIFE Connection Geriatrician



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10am-6pm Memorial Day
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Wow!

The headline says it all — Wow! That's the best way to describe what happened at The Carriage House in Galloway on Friday, April 5th. That beautiful venue was the setting for our 28th Annual Spring Sensation Sponsored by Mark Arbeit and Co. Almost 240 people were in attendance and they did not hesitate to bid on our beautiful baskets, gifts, and live auction items.

A big thanks goes to the Spring Sensation Committee. Co-chairs Carolyn Peterson and Maggie Mammano and committee members Faten Dib, Rena Hofeld, Voula Liacopolous, Gerri Mazzeo, Becky McDevitt, Tina Colombo, Anne Markel-Crozier, Ann Bonchi, and Patti Smith began working on this special event last year. They were very creative, focused, and paid great attention to all of the details.

Our Spring Sensation Sponsors added to the success and we thank: Platinum Sponsor Mark Arbeit and Co., Gold Sponsor Borgata Hotel Casino and Spa, Silver Sponsors Bayada Home Health Care, GMS LAW Attorneys Goldenberg, Mackler, Sayegh, Mintz, Pfeffer, Bonchi, and Gill, Holy Redeemer HealthCare. HomeCare. LifeCare., and Right at Home In Home Care & Assistance, and Bronze Sponsors Active Day, Bratton Estate & Elder Care Attorneys, and Rid Pest Control, Inc.

Our volunteers at the event included members of the Egg Harbor Township High School Key Club, Kohl's Associates in Action, Reassurance volunteer AJ Chew (who also played the piano), and his brother Owen.

Thanks to everyone who attended and placed their bids. The event raised \$21,000, which will help continue our free daily telephone Reassurance calls to our elderly and disabled clients.

Wow!



LEFT: The lucky winner of the Louis Vuitton bag, valued at over \$1,400, was Terri Loncar, pictured with co-chair Carolyn Peterson.

A Quick Reminder

If you know that you will not be available to make your calls, please be sure to let us know. The more notice we have, the easier it is for us to fill shifts. Thanks!!



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CONTACT Cape-Atlantic's Telephone Reassurance Program is partially funded through a grant provided by the Atlantic County Area Agency on Aging, under the Older Americans Act of 1965, as amended.

Calendar of Events

July 6

39th Annual
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September

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\$500 Silver Sponsor receives two tickets to our Spring Sensation and recognition in the program book, T-shirt listing at our Avalon 5 Miler, cart sign at FORE! CONTACT Golf Tournament, one feature article in this newsletter, and a business card ad in the newsletter for one year.

\$1000 Gold Sponsor receives six tickets to our Spring Sensation and recognition in the program book, T-shirt logo and information table at Avalon 5 Miler, hole and cart sign at FORE! CONTACT Golf Tournament, a feature article in this newsletter, and business card ad in the newsletter for one year.

\$2500 Platinum Sponsor receives 10 tickets to our Spring Sensation and recognition in the program book, T-shirt logo and information table at Avalon 5 Miler, hole and cart sign at FORE! CONTACT Golf Tournament, a feature article in this newsletter and business card ad in the newsletter for one year.

Let us know if you would like to become a corporate sponsor, or if you know a business that would want to support our Corporate Sponsorship Program. Call (609) 823-1850 or send an email to contact-c-a@comcast.net.

Did you know that you can read our newsletter on our website: www.contactcapeatlantic.org? It is located under our Special Events tab. You can also check out our upcoming events. It is also posted on our CONTACT Cape-Atlantic Facebook page at the beginning of each month.

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