

NEWSLINE

JUNE, 2019

CONTACT CAPE-ATLANTIC

Making a Difference, One Call at a Time!

46 Years of Service to the Community

**TAKE TWO FOR MY TRIBUTE
TO ANN MAGEE,**
our tireless executive director
who moves into a part-time,
fundraising role for CONTACT.



THANK YOU
ANN!

It's Take Two because this Client of the Month story was originally ticketed for her, celebrating Ann's transformative role in helping **CONTACT** reach so many people and then to survive in the post-recession environment. The story was scuttled when my computer died last month. Upon hearing this, Ann said, "okay, well I'm off the hook now!"

And now she's back on. The new computer showed up.

It's a fitting reference because Ann never sought personal attention. The focus has always been about the volunteers, the client, the board, the staff, the fundraisers and who knows what else? It's also appropriate to write something about the person who asked me to start these stories in 2009 to honor clients and volunteers.

What Ann has done is demonstrate what being a leader means. As the head of our operation, she never separated herself from the rank and file. That's rare because in many industries, executive directors are layers removed from the work being done, and it's a mistake.

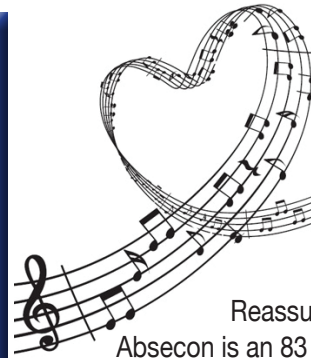
For **CONTACT**, having a leader like Ann in the trenches with us was invaluable. Just as we circle back with hospitals and backups for a client that does not answer the phone, Ann circled back with us if a call was not completed. She'd return phone calls at night about a situation. And she spoke to the clients, knowing enough of their backgrounds and habits to help a volunteer trying to reach them. If, for some reason, the end of the day came and calls had not been made, she would do that.

I gained a deeper level of respect for Ann when the classic funding mechanism for this organization declined over the past few years. That meant generating revenue in the most difficult of environments and scrapping for funds by conducting runs, golf tournaments, Quizzo and then maximizing on our Spring Sensation. A tireless worker alone could not have achieved that. It took knowledge of different industries and what would motivate them to contribute.

Ann also surrounded herself with great people who made these events run. In my 13 years with **CONTACT**, Ann was the Always Person. Always the one with an answer. I suspect her "retirement" may mean only a shortened week, but at least on her terms and I would suggest tossing the alarm clock, but don't know if she can do it.

Ann, a tip of the hat to a great leader, and friend. Enjoy the books on the beach, the golf and the mulligans. You've earned it all.

By Dave Bontempo



For the Love of Music: Jim M. A Client's Story

Reassurance client Jim MacMillan of Absecon is an 83 year old lover of music. He spent the last several years playing music on Sunday mornings at WOND, the station that broadcasts from Linwood on 1400 AM. During his time at WOND, Jim was a advocate for **CONTACT** Cape-Atlantic, plugging the good work of our many volunteers who provide service to our wonderful clients. Prior to serving in Linwood, he served as a full time, Monday through Friday disc jockey and radio announcer with WOND in Wildwood. When asked what music he liked the best he replied, "oh my, there's over 100 years of wonderful music to choose from." His favorite, however, is Everybody Loves Somebody by the great Dean Martin. Songs by Martin and Sinatra were his go to music to play for people.

I keeping with the musical theme, Mr. MacMillan plays music and facilitates line dancing at the Ventnor Senior Center every week. He call the steps and has been known to get in there and dance a few sets. He believes the Macarena and the Chicken Dance are something that seniors love and everyone can do. Jim is also the emcee of a local Vaudeville production called The Golden Era of Vaudeville. Show are set for this coming summer and fall. Jim has five children who are very successful in their careers. One of his sons works at an Apple Store in Livingston, LA. Another is a retired sheriff and now works at Sea World. A third son works at an aircraft company in Cherry Hill, NJ. Jim's two daughters are also doing well. One works at an insurance company and one is a fundraiser at the University of Texas. Jim said the calls from **CONTACT** Cape-Atlantic make him happy but more importantly make his kids happy because they know someone is looking in on him every day. Jim is called every morning by a different volunteer and he likes the variety of the different personalities of our volunteers. We are so thankful to have Jim as part of our **CONTACT** Cape-Atlantic family.



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Hope you will check out the list of our current sponsors on Page 2. This support of our business partners is a tremendous help. There is lots of recognition that is provided to our sponsors. Here is all of the information on the recognition, along with the different levels:

\$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.

\$1,000 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.

\$2,500 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





Avalon 5 Miler

We are gearing up for our 39th Annual Avalon 5 Miler. This fun event includes a 2 mile walk and is set for Saturday, July 6th, beginning at 8 am. The run goes through the streets of Avalon starting at Avalon Community Hall, 30th and Avalon Avenue, ending on the boardwalk at 30th Street. Sponsorships are no longer available but there is still time to register as runners. Forms can be located at: www.contactcapeatlantic.org under the Special Events tab.

There will be awards and refreshments at the finish and three water stops along the course. We are signing up volunteers, so just let us know if you can help. We start at 6 am and are usually all wrapped up by 10 am. 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 so please join us!




AtlantiCare LIFE Connection is a Medicare/Medicaid Program of All-Inclusive Care for the Elderly (PACE), a nationally known model of care for seniors. This coordinated, comprehensive program provides seniors in the community with services tailored to their unique needs.

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County Executive

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July Birthdays

7/4 Julie Baumgardner
 7/6 Debbie Stevenson
 7/7 Sierra Sage
 Mark Kershenblatt
 7/9 Lula Scott
 Shirley Moore
 7/10 Ada Boone
 Joan Hopper
 7/11 Jody Vaughn
 Nancy Czarnecki
 Mary Poholsky
 7/12 Gaspare Saporito
 Thelma Marabito
 7/13 Jane Markhorst
 7/14 James Rielly
 7/15 Ronald Newhirh
 Ruby Hillman
 7/16 Rosaline Glover
 7/17 Ethel Adelman
 Kamini Surti
 7/20 Donna Leose
 7/24 Eloise Biggin
 Beverly Birkhoff
 7/25 Jody Simon
 7/27 Joyce Artese
 7/28 Alice Cranston
 7/30 Kathleen Rawa
 7/31 Ethel Scola

HAPPY BIRTHDAY

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

www.contactcapeatlantic.org

It is located under our Special Events tab. You can also check out all of our upcoming events. It is also posted on our CONTACT Cape-Atlantic Facebook page at the beginning of each month.



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May 18, 2018

Hi. This is Leslie Notis for a brand new year of celebrating all the volunteers who call me each month for that support and reassurance. Your calls are very important to me and really mean a lot. So thank you again for all your very appreciated service and support... and a shout out to all the volunteers at CONTACT. Warmly,
 Leslie J. Notis

Reassurance

Debbi Holland
- Reassurance
Coordinator



"What A Great Service!"

This is what I hear over & over again when I go into the community to let people know about CONTACT.

On the 4th of July, we often think about our military and celebrate those who serve to keep our freedom. I also like to acknowledge those who serve in the many, many different ways they serve another – a small gesture, a kind word, listening to someone, sending a card, sharing music, creating art, cooking a meal, etc.

I recently spoke with a woman who was feeling down because her health had declined, and she wasn't able to physically do what she used to do. She was most upset about not being able to give to others in the ways she usually did. We had a discussion about using her imagination and creativity to find new ways to serve others. I shared that at CONTACT, we have found a simple, kind word can go a long way in making a difference for someone. Then, I found this amazing quote that seemed more than appropriate to share!

"Everybody can be great.
Because anybody can serve.
You don't have to have a college degree to serve...
You don't have to know about Plato or Aristotle to serve...
You don't have to know Einstein's theory of relativity to serve...
You only need a heart full of grace.
A soul generated by Love."

---Dr. Martin Luther King, Jr.

**We honor all of you who serve,
in whatever form you serve!**



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Please call (609) 823-2109
if you will not be home for your
CONTACT call. Thanks!**

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Ann Magee

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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

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Six month sponsor \$182

One year sponsor \$365

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DID YOU KNOW?

July's birthstone is Ruby

The Zodiac signs are:

Cancer (June 21-July 20)

And Leo (July 21- August 20)

July was named after Julius Caesar

*Eating Salmon is a Tradition for many
New Englanders on the 4th of July*

*Massachusetts recognized the 4th of
July as an official holiday on July 3,
1781, making it the first state to do so
But the oldest Annual 4th of July
Celebration is held in Bristol, Rhode
Island, where they have been doing it
since 1785*

*One President was born on July 4th
and 3 died on that date. Do you know
who they are?*

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.



The Golden Era of Vaudeville

In Jim M's story on the cover page, we mentioned how he is into Vaudeville. In fact, Jim MacMillan is part of a group called the Starlite Steppers of Cape May County. The group is dedicated to preserving songs, dances and comedy of Vaudeville, America's prominent form of entertainment from 1870 to 1932.

Jim and the cast will be performing a special program at Brookdale on November 16th and has done performances at the Cape May County Crest Haven Nursing Home and the Middle Township Performing Arts Center. The "Steppers" are also looking forward to their annual Christmas Show at Victoria Manor in North Cape May on December 16th. Stay tuned for more information.

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Corporate Sponsor Spotlight



Patty Laychock RRT and Kathy Callahan RN are owners and directors of Visiting Angels, Atlantic County, New Jersey since 2005. Patty and Kathy are sisters and each has over 20 years' experience in healthcare. Kathy is a Registered Nurse and Patty as a Respiratory Therapist. They both have experience in all areas of patient care, including critical care, post op care, rehabilitation, sub-acute, long term care and homecare.

The need for the elderly was apparent when they saw many avoidable hospital readmissions and nursing home placements of the elderly. Growing up they were always taught to respect and help the elderly and disabled and with their Visiting Angels franchise that is exactly what they are doing. Their Visiting Angels franchise is keeping the elderly independent in their homes, wherever they may call home. Some of our clients live with a spouse or alone, some with their adult children, and some in assisted living facilities. With the increasing incidence of falls and dementia, the need for In - Homecare increases to keep the elderly safe in their homes. Visiting Angel's caregivers are bridging the gap for the families in the sandwich generation, those caring for their parents and their own children.

The Angels provide assistance with bathing, dressing, and toileting if needed, as well as meal preparation, light housework, companionship, errands, pet care, etc. The goal of Visiting Angels is to keep the elderly happy and independent as long as safely possible.

Together Kathy and Patty have operated their Visiting Angels franchise since 2005. By diligently screening and selecting qualified, compassionate caregivers "Angels" they have helped hundreds of families over the years.

Here are some of the reasons why people love Visiting Angels

- Care is provided on a schedule that works for clients
- Ongoing Oversight is Standard with Our Elder Care Agency
- The Safety of Clients Comes First
- Care is Tailored to Clients needs

If you know of an elderly person who is in need of assistance in order to maintain their independence at home, call Visiting Angels Egg Harbor Township today at 609-646-4485. Friendly administrators from our elder care agency are happy to answer your questions and help you get started.

More than dry skin...Psoriasis

by 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

Do you have dry cracked skin or skin with red patches with silvery scales? You may have psoriasis. It is a condition where surface skin cells grow too quickly and form itchy scales. This common chronic condition can come and go. The cause of psoriasis is not completely understood. The problem is the immune system attacks healthy skin cells leading to an ongoing cycle of destruction and growth. It can be treated by slowing down the fast growing skin cells, but there is no cure at this time.

There are many types of psoriasis and symptoms include the ones listed above as well as itching, burning, bleeding of cracked skin as well as swollen joints. Plaque psoriasis is common type and may appear anywhere on the body from groin to head. It causes silvery scales that sit on top of dry raised cracked red skin lesions. Inverse psoriasis appears in the folds of skin including under the breasts, armpits, and groin. Nail psoriasis affects fingernails and toenails, and the nails are pitted and discolored. Psoriatic arthritis may or may not have the above skin symptoms but will have inflamed joints, joints that are stiff and swollen.

Psoriasis risk factors include a family history, mom or dad or both have psoriasis, people without healthy immune systems as seen in people with HIV. Other risk factors include stress, obesity which leads extra skin folds. Also smoking not only increases the risk of psoriasis but makes symptoms worse. If you have psoriasis, then it would be good to follow up with your primary care provider. Your doctor will be able to diagnosis psoriasis with a medical history and physical exam of your nails, skin and scalp. Rarely, are skin biopsy or sample of your skin needed for the diagnosis.

All psoriasis treatments will be focused on clearing the skin by reducing inflammation. Some of the treatment options include topical and oral medications and light therapy. For mild cases of psoriasis, a short term course of topical steroids are helpful in relieving itchy feeling and reducing inflammation. Light therapy includes brief exposure to daily sunlight or ultraviolet rays from the sun to help slow skin cell replacement and reduce inflammation. Ultraviolet B light or UVB phototherapy may help treat large areas of psoriasis that is resistant to topical treatments. Oral medications are used to treat psoriasis systemically. These medications include methotrexate which suppresses inflammation by decreasing the production of new skin cells. Please note that the majority of these treatments are for short periods of time.

There are some things you may do at home to help treat symptoms of psoriasis. Take daily lukewarm baths and add bath oils, oatmeal suspensions or Epsom salts. The daily baths with up soaking up to 10 minutes will help remove scales and sooth inflamed skin. After the bath use ointment based moisturizer, they are more effective than lotions and creams and holing water in your skin. All together, making the above changes can help promote your health independence and happiness.

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.

We all should be neighborly and look out for one another. It is as simple as a call to CONTACT Cape Atlantic.

We Thank Our Donors

We appreciate the generous support of
**Lucille Ellis, Mary Briggs, Joseph Nuckols,
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 Myra Cohen, Daniela Roque,
 Pamela and Caroline Horn, Elaine St. John and
 The Older Americans Act via a grant from Atlan-c
 County Division of Intergenera-onal Services**





Dear Volunteers,

I am very excited to officially assume the role of Executive Director of CONTACT Cape-Atlantic. I want to express my sincere thanks to the Board of Directors for their thoughtful, decision-making process and for selecting me for this leadership role. I look forward to working side by side with you on our journey to provide telephone reassurance and community support for our elderly and disabled friends. I will work to gain your confidence and spare no effort to meet and exceed your expectations. I know you have had a tremendous leader in Ann Magee and it is my goal to maintain the level of compassion and excellence that you have been accustomed to.

I was recently reading an article about why people volunteer. There are so many reasons but here's a few that really resonated with me.

1. It's good for your health. Studies have found that when we stop thinking about our own problems and focus on someone other than ourselves, our stress levels start to decrease, our immune systems are strengthened and our overall sense of life satisfaction increases.
2. We Gain A Whole New Perspective. Volunteering changes how we see the world. We come in contact with people on a daily basis from different backgrounds. This shift in perspective opens our mind to what is truly important and helps to build bridges and understanding.
3. We get to give back to a cause we believe in. Obviously, the wonderful volunteers of CONTACT Cape-Atlantic believe in helping people feel safe and protected. Those of you I have met are so passionate about talking with our clients. When I recently made calls, I got to see firsthand at how wonderful our dear friends are.

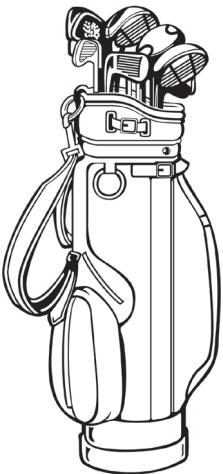
Finally, I'll leave you with a quote that I really like. Not everything that counts can be counted. And not everything that can be counted, counts." It's not about numbers at CONTACT Cape-Atlantic, it's about people reaching out to people to make everyone's life a little better.

I hope to meet all of you or at at least talk with you very soon! Warmly, Alice

Alice E. Woods Executive Director

FORE! CONTACT Golf Outing

Plans are going along smoothly for our 9th Annual FORE Contact Golf Outing. Our host Course will again be Heritage Link Golf Course in Ocean View. Join us Saturday, September 21st. Mark your calendar and plan to golf nine holes with us. Please note that our tournament is now on a Saturday not Sunday as it was in the past. The tee off time will be 1pm again. We have plenty of openings for sponsorship and players. Stay tuned for more details.



Summer Lifeline

Summer arrived on June 21st. That means our Summer Lifeline campaign is underway. This is the time of year when

we ask everyone reading our monthly newsletter to donate \$10. If everyone made this small donation, a big impact would be made. Your contributions help support our great service on a daily basis.

All donors will be listed in our newsletter at the end of the summer.

Summer is time for beautiful weather and fun. But now more than ever, our clients can use a Summer Lifeline.

CONTACT Cape-Atlantic

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Check Out Our Website:

www.contactcapeatlantic.org

MY CONTACT DONATION

Since 1973, CONTACT Cape-Atlantic has been providing a lifeline for countless individuals. Now we would like you to think about throwing us a lifeline to help CONTACT to continue to serve residents of Atlantic and Cape May Counties.

Please make your check payable to:

CONTACT Cape-Atlantic

25 Dolphin Avenue, Bldg. D
Northfield, NJ 08225

Name: _____

Address: _____

Phone: _____ Amount Enclosed: _____

E-Mail: _____

Thank you for helping us keep in CONTACT!