



CONTACT CAPE-ATLANTIC

Making a Difference, One Call at a Time!

46 Years of Service to the Community

VOLUNTEER OF THE MONTH ELLEN VAN WINKLE

Ellen Van Winkle found CONTACT to be a natural link with her former career.

"I worked for doctors for 26 years and did a lot of talking to people on the phones," says the Northern New Jersey native and one-time front-desk employee, who retired a few years back and moved here to be with children and grandchildren.

"Talking on the phone has been easy for me," she says. "For so many years it was answering questions like 'when can you fit me in for a doctor's appointment' or 'how long will this take?'" Now Ellen is the one asking. About how clients are. Or whether there is anything particular on their minds. Ellen performs two shifts weekly from home and has found the experience gratifying.

"Some people know it is CONTACT, they are happy you checked in on them and that's fine," she says. "Some people would like to chat for a while. When you think of how some people can be house-bound or not have any family, or that they could be lonely, you understand how difficult this can all be for them."

Ellen has enjoyed watching her grand-kids grow up and has attended many of their soccer games. She is an avid gardener, cook and a Linwood resident happy "to be in such a wonderful neighborhood. When I moved in here, people came up and introduced themselves. We have people here who are all ages."

Ellen's journey to this area produced a lifestyle she laughingly calls "happy but not exciting." Yet to the clients who receive her calls, Ellen is a valued, and caring, link to betterment in their lives.

By Dave Bontempo

CLIENT OF THE MONTH: DONNA LEOSE IS A GRANDMOTHER WHO LOVES EAGLES, ANIMALS & FREEDOM

Donna Leose, 77, moved from Las Vegas to Ocean City so her husband could get a job in the casinos in Atlantic City. She and her husband came with their 3 daughters who went to Ocean City High School. They were all very successful in Ocean City. One of her daughters was a cheerleader and later became a Philadelphia Eagles Cheerleader. Donna loves Eagles but not necessarily the football team. She loves animals of all kinds and is an avid supporter of wildlife and humane societies. She doesn't like to see anything caged in, without freedom.

Speaking of freedom, Donna's family was active in WWII. Her uncle was actually on Normandy Beach. Her grandmother was a Rosie-The-Riveter type lady because she worked in a factory making bullets when she was in her early 20s. Later, Donna's grandmother invited WWII soldiers to the family dinner table.

Donna loves politics. She was once an actual activist, marching against busing in Las Vegas. She would love to help find a solution to many of the issues our country faces. She supports Native American schools in South Dakota.

Hats off to you, Donna!





Corporate Sponsors

Gold Sponsors (\$1000)

Autumn Lake HealthCare at Ocean View
Community Thrift of South Seaville United
Methodist Church
Mark Arbeit and Co.
Republic Bank
Visiting Angels, Atlantic County

Silver Sponsors (\$500)

AtlantiCare
Brookdale Cape May
Connect America
Dompierre, LLC
Eastern Pines Rehabilitation & Nursing Center
1st Bank of Sea Isle City
Glenn Insurance, Inc.
Halliday-Leonard General Contractors
Homes & Land of Atlantic and Cape May Counties
Jane Soreth and Nancy Ramundo
Law Offices of Raymond N. Beebe
Law Office of Stephanie Albrecht-Pedrick, LLC
McMahon Insurance Agency
Michael A. Goloff, CPA
Right At Home
Robertson and Fendt, LLC
Royal Suites Healthcare and Rehabilitation
Sturdy Savings Bank
Synergy HomeCare
The Sneaker Shop
Thomas Heist Insurance
Touching Hearts at Home
United Methodist Communities The Shores

How to Become a Corporate Sponsor

Want to join our list of corporate sponsors?

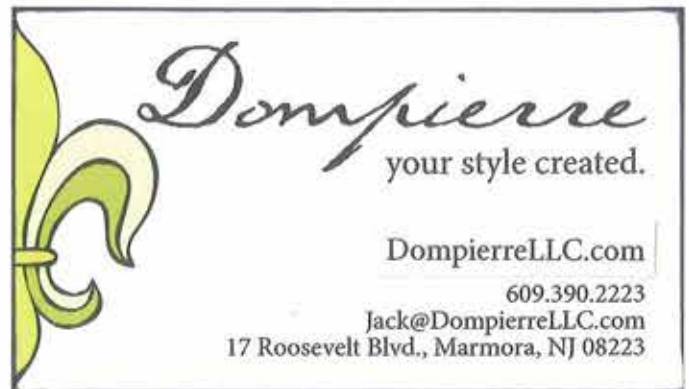
The support of our business partners is a tremendous help to our clients. There are many opportunities for recognition for our sponsors throughout the year. Here is all of the information on the recognition, along with the different levels:

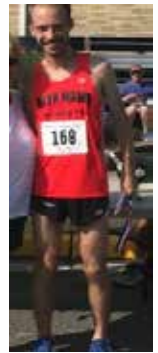
\$500 Silver Sponsor receives two tickets to our Spring Sensation and recognition in the program book, T-shirt listing at our Avalon 5 Miler, cart sign at FORE! CONTACT Golf Tournament, one feature article in this newsletter, and a business card ad in the newsletter for one year.

\$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 Record Turnout

CONTACT Cape-Atlantic's 39th Annual Avalon 5 Miler was a huge success. Over 200 people turned out on a hot but beautiful day to run a professionally designed course that ended on Avalon's boardwalk. From ages 12 to 70, runners and walkers participated in this fun event. The overall race winner was Chris Pastore with a time of 28:24. The overall female winner was Brooke Deans with a time of 34:04. Congratulations to everyone!

CONTACT had some super sponsors for this year's race. Circle Pizza was a major sponsor and has supported the race over time. Ben Haberman and his three businesses, Blue Homes Real Estate, Shore Restoration and Blue Lawns gave strong support for the race. TD Bank was another sponsor, along with Rothman Institute, Judie Hall, Eleanor Rust, Voula Liacopulos, The Dib Family and Maggie Rohe-Miller. Thanks to Ann Magee for putting the event together. Thanks also to Sierra Sage, Nick Dib, Linda Carson, Jane Soreth, Becky, Jack and Matt McDevitt and Tina Colombo for all of their help making sure things went well the day of the event. We also want to thank the Avalon Police Department and the staff of the Avalon Community Center. Very special thanks to 10 students from St. Joe's Prep Hockey Team were very helpful handing out water at the water stops along the course.

We can't wait for the 40th Annual Avalon 5 Miler! A Run Committee is now forming. Call the office if you are interested in helping to plan this great event for next July!

CORPORATE SPONSOR TRIBUTE:

McMahon Agency, Inc.

We are saddened to announce the passing of William J. McMahon Jr. For his 40th birthday in 1981, Bill and his wife Sandy bought Chattin-Halliday Insurance Services. Together they grew the agency with love and support of the staff. In 1991 they changed the name to McMahon Agency Inc. Bill was a man of honesty & deep integrity & those values are reflected in the way he ran the business, and in the people he hired. Bill was an amazing role model for everyone. He will be missed.



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.

1401 Atlantic Ave., Atlantic City, NJ

CONNECT AMERICA
One Belmont Ave.
12th Floor
Bala Cynwyd, PA 19004
www.connectamericaPERS.com

Steven Pask
Territory Manager
Healthcare Division
Toll Free: 800-220-6380
Direct: 570-266-2165
Steven.Pask@ConnectAmerica.com




Brookdale Cape May
Assisted Living
Alzheimer's & Dementia Care
591 Route 9 South
Cape May Court House, NJ 08210
(609) 463-6344

© A
2019 Brookdale Senior Living, Inc. All rights reserved.
BROOKDALE SENIOR LIVING AND BROOKDALE NEW
LIFE CARE SERVICES ARE THE REGISTERED TRADEMARKS
OF BROOKDALE SENIOR LIVING, INC.

Bringing New Life to Senior Living®



DENNIS LEVINSON
County Executive

COUNTY OF ATLANTIC
1333 Atlantic Avenue • Atlantic City, NJ 08401
(609) 343-2201 • Fax (609) 343-2184

August Birthdays

- 8/1 Hugh Blair
Louis Speller
Cindy Kaczmariski
- 8/2 Patricia Arcadipane
- 8/5 Ronnie Fried
Carla Calloway
Theodore Moore
Magnolia Lyona
- 8/7 May Laielli
Elizabeth Cain
- 8/9 Howard Applegate
- 8/12 Elizabeth Steele
- 8/13 Marian Roff
Helen Carmen
- 8/14 Patti Smith
- 8/16 Marilyn Miller
- 8/19 Kathryn Randle
Mike Weinraub
Scott Bortner
Cathy Cox
- 8/21 Katherine Pileggi
- 8/24 Margaret Camper-Price
- 8/25 Shirley Becker
- 8/26 Jenifer Goudie
- 8/29 Steven Gorden
- 8/30 Barbara Appleby

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.

The Shores in Ocean City gives you a new view on Retirement Living.



United Methodist Communities
The Shores

2201 Bay Ave. Ocean City, NJ
UMCommunities.org/TheShores
609-399-8505

Assisted Living | Memory Support | Respite | Rehabilitation | Skilled Nursing | Hospice



"Reliable, Quality Workmanship You Can Trust"

John Andrews

Carpentry • Repairs • Maintenance
"When you're tired of chasing others . . . call me once"

Linwood, NJ **609-927-7862**



MARK ARBEIT AND CO
FINE ART OF REAL ESTATE



Mark Arbeit
Sales Associate, REALTOR®, CRS

Cell: 609.402.5885
Office: 609.428.7795
Mark@MarkatTheShore.com

CHRISTIE'S
REAL ESTATE



MARK AT THE SHORE.COM
9202 Ventnor Avenue | Margate, NJ 08402



McMahon Insurance AGENCY

HOME • CONDO • BUSINESS • CYBER
AUTO • MARINE • LIFE • FLOOD

MCMAHONAGENCY.COM 609-399-0060

Reassurance

Debbi Holland
- Reassurance
Coordinator



**IT WAS A PLEASURE
TO SERVE
ALONGSIDE YOU!**

Life changes! Here at CONTACT Cape-Atlantic, we manage many changes on a daily basis. Clients come and go, new volunteers begin, phone numbers change, people's schedules change, etc. It is all part of the wonderful life here at CONTACT! Some of us deal with change better than others. But it's great to keep in mind, life would be boring if things didn't change! Change is really what keeps us fresh and alive!

I was recently offered an unexpected opportunity to work as a Volunteer Coordinator with another organization. I have accepted this offer, which means this is another change for CONTACT. There will soon be a new Reassurance Coordinator. In the meantime, I hope you will help Alice get up to speed on all the different ways in which the Reassurance calls get made and covered.

I wanted to take the time to thank each and every one of you who are involved in CONTACT. My time here at CONTACT has been an absolute honor and delight!!! I thank all of our incredible, amazing, dedicated, beautiful volunteers for the service you provide to our truly wonderful, independent, strong, and inspirational clients!!! All of you have made my time here a true joy and I am so deeply grateful for having had the honor of working with you. CONTACT will remain in my heart as I embark on my new adventure! Thank you, thank you, thank you!!! May you continue to brightly shine your Love in this world!!! Much Love to everyone!!!

Sincerely, Debbi



MEMBER AICPA & NJSCPA

MICHAEL A. GOLOFF
CERTIFIED PUBLIC ACCOUNTANT

1616 Pacific Ave. • Suite 417
Atlantic City, NJ 08401

Tel: 609-350-6958
FAX: 609-350-6998

Preferred
Home Health Care & Nursing Services
True Health Care with Trusting

- Care for Infants, Children, Adults and Seniors
- Skilled Nursing (RNs, LPNs)
- Adult and Pediatric Ventilator Care
- Personal Care
- Home Health Aides
- 24-hour Live-in Aides
- Private Pay, Insurance, Medicare and Medicaid Accepted
- RN Supervision on All Levels of Care
- 24 Hours a Day, 7 Days a Week

800.603.CARE (2273) • PreferredCares.com
Providing Home Care Services in NJ and PA for Over 20 Years

GREAT PLACE TO WORK
CERTIFIED

**Law Offices of
RAYMOND N. BEEBE**

RAYMOND N. BEEBE, ESQ., CPA

2106 New Road
Linwood Commons, Suite F-4
Linwood, New Jersey 08221

Telephone (609) 601-2400
Telefax (609) 601-2401
Rbeebe@bnebelawnj.com

**Clients- Let us know before you go!
Please call (609) 823-2109
if you will not be home for your
CONTACT call. Thanks!**

OUR TEAM

Executive Director
Alice E. Woods
 Newsletter Contributor
Dave Bontempo
 Financial
 Development Director
Ann Magee
 Administrative Assistant
Tara Andrews

BOARD OF DIRECTORS

President
Shilo Kubiak
 Vice President
Wendy Moyle
 Treasurer
Shelley Jones
 Secretary
Linda Carson

MEMBERS AT LARGE

Faten Dib
 Barbara Gallagher
 Maggie Hoffman
 Voula Liacopulos
 Sierra Sage
 Rich Seib
 Jane Soreth
 Cyndi Zubia

ADVISORY BOARD

Steve Abate
 Mark Arbeit
 Diane Conover
 Alice Cranston
 Maria Garcia
 Lorraine Halliday
 Rena Hofeld
 Brian Maroney
 Ronda McCabe
 Sharon O'Neill
 Carolyn Peterson
 Patricia Smith
 Michaela Weinraub, Esq.

THE POWER OF RED IS BACK

Open 7 days
 early & late, 361 days a year

**Absolutely FREE
 Personal Checking**

Fee-Free ATMs*
 over 55,000 Allpoint ATMs
 worldwide

REPUBLIC BANK

myrepublicbank.com

For Republic Bank customers. FDIC



inDependent

Put Your Mind at Ease with the Right Care for You or Your Loved One.

We care for our clients with commitment and compassion. Rest assured that you're doing the right thing when you choose The Right Care with Right at Home.

Right at Home
 in Home Care & Assisted Living

The Right Care. Right at Home.
609.788.8236
 www.rahnjshore.com

ROYAL SUITES
 RESIDENTIAL CARE CENTER

Outstanding long term care.
 Exceptional amenities.



ROYAL SUITES RESIDENTIAL CARE CENTER is a premier residential care community for seniors. Our award-winning services include 24-hour nursing care, medication management, personal care, and more. Our exceptional amenities include a full-service restaurant, spa, and more.

Current Long-Term Care availability
 Medical and Transfer accepted

3725 Route 5, Green View, NJ 08230
 609-624-5881 • autumnlakehccoc.com

Home, safe home!

Dr. Jerry Horowitz of Marmonis, the director of our intensive 7 day Rehabilitation unit along with our world class therapists, customize therapy programs to meet individual needs and goals. Dr. Horowitz, the family, our therapy and nursing teams of work together to ensure our residents a safer and quicker return home.

Schedule A Tour.



Dr. Jerry Horowitz

AUTUMN LAKE HEALTHCARE
 at Oceanview

3725 Route 5, Green View, NJ 08230
 609-624-5881 • autumnlakehccoc.com

BRINGING HOSPITALITY TO HEALING



SOSH
 architecture
 interiors
 planning

609.345.5222
 www.sosharch.com



Sponsor A Client

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	Six month sponsor	\$182
Three month sponsor	\$90	One year sponsor	\$365

Beverly Jernee * Maggie Rohe Miller * Thomas Major * Barbara Youtie * Michelle Conaway
 Eleanor Rust * Marcia Kelleher-Nelson * Murray Bevitz * Annamarie Donley
 Carl & JoAnne Petzold * Mary Kurtz * Shilo Kubiak * Jane Soreth * Wendy Moyle
 Diana Booth * Anna Perri * William & Alice Crockford * Donna Leose

If you would like to be a 3 month, 6 month or one year sponsor, you can make payments. Just ask

DID YOU KNOW?

August's zodiac signs are Leo (July 23–August 22) and Virgo (August 23–September 22).

Birthstone: Agate or onyx

Flower: Gladiolus or poppy

August in the Northern Hemisphere is similar to February in the Southern Hemisphere.

August 4th: National Friendship Day

August 7th: National Lighthouse Day

August 15th: National Relaxation Day

August 19: National Aviation Day, chosen for the birthday of Orville Wright who piloted the first recorded flight of a powered heavier-than-air machine in 1903

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.



THANK YOU

WAWA FOUNDATION

FOR SUPPORTING OUR TELEPHONE

REASSURANCE PROGRAM

OceanFirst Foundation
 has provided a generous
 grant to support CONTACT's
Gatekeeper Program
 Many Thanks!

THANK YOU Reassurance Volunteers

Peggy Adgie, Deborah Amadick, John Andrews, Megha Andrews, Tara Andrews, Mary Lou Antinozzi, Patricia Arcadipane, Kimberly Arroyo, Amy-Jane Beattie, Hugh Blair, Bill Barnes, Sipra Basu, Julie Baumgardner, Lisa Becker, Hazel Bogatin, Dave Bontempo, Carol Bruce, Carla Callaway, Minnie Callender, Denise Canova, Gladys Carney, Linda Carson, Rory and AJ Chew, Debbie Clark, Elaine C helius, Laura Cicchella, Toni Coe, Myra Cohen, Tina Colombo, Dana Cosentino, Alice Cranston, Gabrielle Crippen, Linda Curtis, Aaryan Deshpande, Faten Dib, Joe Dib, Nick Dib, Jackie Dietrich, Helen Ehlers, Kathy Engle, Detta Fagnano, Sharon Fish, Natalie Flank, Vina Fuentes, Carla Furr, Barbara Gallagher, Al Garrett, Pat Gerew, Gerry Giangioffe, Jennifer Goudie, Deborah and John Gore, Judie Hall, Sandra Hamer-Jensen, David Hammonds, Marva Haye, Rena Hofeld, Maggie Hoffman, Agnes Horenkohl, Caroline Horn, Pamela Horn, Gavielle Jacobson, Kathleen Jespersen, Kathy Johnson, Shelley Jones, Cindy Kaczmariski, Elizabeth Katz, Judy Kelleher, Mary Anne Kelly, Norma Kilgour, Zoe Klein, Linda Klersey, Josh Krachman, Shilo Kubiak, Mary Kurtz, Kym LaGattuta, Mary Laielli, Deboarh Lamb, Sydni LaPlaga, Jean Lawless, Joan Leber, Kim Leung, Voula Liacopulos, Maryanne Locatell, Jim Ludgate, Ann Magee, Louisa Mazetis, Jane McCarthy, Mac McCarthy, Carol Marder, Harry Marder, Janet Melvin, Ronda McCabe, Barbara McLaughlin, Sheila McLaughlin, Richard Middlesworth, Marilyn Miller, Kathy Morrin, Wendy Moyle, Sue and Marc Murphy, Anne O'Donald, Amanda O'Neill, Charlie and Sharon O'Neill, JoAnne and Carl Petzold, Kathryn Randle, Gina Rendon-Perez, Victoria Reyderman, Kimberly Rifkin, Dot Rogers, Kayla Rome, Eleanor Rust, Sierra Sage, Geri Sampson, Deb Sattler, Karen Saunders, Ted Scheick, Cecelia Sharif, Jody Simon, Barbara Smith, Pamela Smith, Tina Smith, Derek Solomon, Joan Sorenson, Jane Soreth, Tim Stafford, Kris Stanwood, Heather Stumpf, Kamini Surti, Amie Sykes, Sandra Terry, Emmy Todd, Thomas Tracy, Laura Turner, Theresa Van Osten, Cathy Vola, Ellen Van Winkle, Jody Vaughn, Jane Vitullo, Joe Wilson, Anna Venturini, Bebe Walter, Beverly Wilson-Oliver, Rachel Winkworth, Regina Williams-Fields, Barbara Youtie, Cyndi Zubia.



**LAW OFFICE OF
STEPHANIE ALBRECHT-PEDRICK, LLC**

Serving Clients in southern New Jersey

**DIVORCE,
FAMILY LAW &
GUARDIANSHIPS**

1406 S. Main Street
Pleasantville, NJ 08232

Phone: 609-904-3020
www.stephaniepedricklaw.com



**STURDY
SAVINGS BANK**
Committed to Personal Service

JANE M. ALVAREZ
ASSISTANT VICE PRESIDENT
BRANCH MANAGER
521 NEW ROAD
SOMERS POINT, NJ 08244

Phone: 609.653.8200
Fax: 609.653.0269
Email: jalvar@sturdyonline.com

Customer Service: 1.888.368.6166
Internet: www.sturdyonline.com



**SYNERGY[®]
HomeCare**
Care for Everyone

**We Offer Companionship, Personal Care
Light Housekeeping, and Much More!**

Call Today! 609.486.6627
synergyhomecare.com/southjersey

ROBERTSON & FENDT, LLC
Attorneys at Law

1015 New Road
Suite C
Northfield, NJ 08225
(609) 568-6642

Personal Injury
Municipal Court
Family Law
www.robfenlaw.com

Athletic Footwear • Apparel • Swim Gear



The Sneaker Shop

704 Asbury Ave. • Ocean City, NJ 08226
609.391.5223
Open Year Round

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



Facebook Information- If you are on Facebook, be sure to like our pages

**Contact Cape-Atlantic
Avalon Five Miler
Contact Cape-Atlantic FORE Golf**

CORPORATE SPONSOR UPDATE And Correction from last month

Visiting Angels of Egg Harbor Township

Are they safe? Are they receiving proper care? Can they still live at home? These are just a few of the questions that families face when caring for an aging loved one. During such a worrisome time, it can be difficult to know the answers. Luckily, for Atlantic County residents, Visiting Angels of Egg Harbor Township is here to help. Founded over 14 years ago by sisters Patty Laychock, RRT, CDP, CSA and Kathy Callahan RN, BSN, Visiting Angels is committed to keeping the elderly independent by providing in-home care.

Our supervised certified home health aides can assist with bathing, dressing, and toileting if needed, as well as preparing healthy meals, companionship, light housework, medication reminders, running errands. We do whatever it takes to keep our clients in their homes safely," says Patty. "People work hard all their lives for their home. Our mission is to help older adults and those with disabilities, remain in their homes, and we do everything in our power to keep them there, safely." While caring for the elderly of Atlantic County is quite a task, Visiting Angels' almost 90 employees is up for the challenge.

In fact, Patty explains, "it is so much more than a business, but our way of helping in our community and seeing the difference we make, keeps our passion alive." "When my sister and I launched Visiting Angels, we never imagined it would be this gratifying," says Patty. "It's not just our clients that we care for, it's their families as well. They have peace of mind knowing that they can leave their loved one home and not worry because Visiting Angels is a trusted provider." Visiting Angels' clients have good reason to place their trust in them. The business has won awards for Best In-Home Health Care five years in a row and as a Leader in Excellence. Call for more information.

**3153 Fire Road, Suite B
Egg Harbor Township, NJ 08234
609-641-7200**



THE GOOD AND THE BAD ABOUT FATS

Dr. Avelutto's Column

Are you worried about your weight and heart health? These are a few of aspects of your health that fats effect. First off, fats are good for you. Specifically, choosing the right fats and the right amount of fats will promote good health. Our bodies make fats from the excess calories we consume. Also dietary fats are found in our food, like in marbled pieces of red meat. Your goal is to identify and distinguish between unhealthy and healthy fats.

Some harmful fats that can affect your cardiovascular health, your heart health, include saturated and trans fats. Animals are the main source of saturated fats, remember that marbled pieces of red meat, I mentioned above. Also full fat dairy, which includes whole milk and butter, is a source of saturated fats. Trans fat are made from oils, this part of amethod of food processing. The trans fats are made through partial hydrogenation, are found in processed foods. Both types of fat can increase total cholesterol and low density lipid cholesterol.

Fats that are good for you include the unsaturated fats and omega-3 fatty acids. Monounsaturated fats are found in a range foods and oils and polyunsaturated fat is found mostly in plant based foods and oils. Both of these fats help improve cholesterol levels, thus decrease your risk of heart disease and may decrease the risk of diabetes. Both the mono- and poly- unsaturated fats are found in liquid form at room temperature; some examples include canola oil and olive oil. The omega-3s are a polyunsaturated fat that is found in fatty fish like salmon and tuna. Omega-3s are also found from plant sources, like flax seed and walnuts.

What can you do? You can read the labels on your foods. Avoid foods that have trans fats in them. Choose the healthier mono- and poly- unsaturated fats over saturated fats. For example, choose olive oil over butter when cooking on the stove. If you like meats choose the leaner meats, trim off the excess fat and take the skin off your chicken. You can increase the amount of fish in your diet. When you want a snack, choose fruits over processed and pre-packaged goods. All together, these changes can help will promote 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

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.

HOMES & LAND
SINCE 1973

Proud Sponsor of
CONTACT Cape-Atlantic

Member of Local World's #1
HOMEANDLANDNJSHORE.COM

For More Information call
609-701-0252
ishomes@homesandland.com

Our Customers, Our Community, Our Focus.

Sea Isle City Swainton Seaville
4301 Landis Ave 1815 RL 9 N 2072 Shore Rd
609-263-8750 609-465-7211 609-624-1000
Loan Center 137 JFK Blvd. 609-263-7823

www.1stbankseaisle.com

A true community partner for over 100 years!

Glenn Insurance, Inc.
GlennInsurance.com

We protect your most valuable assets:

- Life
- Health
- Home
- Auto
- Business

Trusted Choice

Absecon Office 301 East Atlantic Blvd. • Absecon, NJ 08201 609-643-3000
Borelli/Malaga Office 333 Dutch Mill Rd. • Malaga, NJ 08528 604-692-4580

HALLIDAY - LEONARD GENERAL CONTRACTORS

700 HAVEN AVENUE, OCEAN CITY, NJ 08226
OFFICE: 609-398-5737
FAX: 609-398-8807
www.HallidayLeonardinc.com

SCOTT HALLIDAY hlcscott@comcast.net
KEITH LEONARD hicketh@comcast.net

THOMAS H. HEIST INSURANCE AGENCY

BE SURE. BE SECURE.

Sleep tight at night. We've got you covered.

We Thank Our Donors

JULY DONORS

- Marge Chapman * Mary O'Connor
Elaine Rose * Eleanor Rust
Mary Kurtz * Diana Booth
Alice & William Crockford
Donna Leose * Mary Laielli
Wendy Moyle * Barbara Appleby
Jane Soreth * Myra Cohen
Voula Liacopulos * Faten Dib

Community Thrift of South Seaville United Methodist Church

457 Kings Highway South Seaville, NJ 08246 (609) 486-5270

Thurs. Fri. Sat. 10am-5pm
10am-6pm Memorial Day thru Labor Day

Like Us on Facebook!
Accepting Donations Now

Director's Corner



I have been so thrilled to begin get to know some our CONTACT family, both volunteers and clients, and am looking forward to continuing to learn about each and every one of you. As I've been talking with you, I've been thinking a lot about kindness. So many of you have called or sent a note to say welcome or some other form of encouragement. Even when I have made a few errors in my first few weeks, many of you have let me know that we are all human and we are all in this together. I appreciate that so much!

Kindness is sometimes hard to find in this modern world. We get so caught up in our own life that we forget others are going through changes as well. It's not that we are unkind and have no empathy, it's that we all have something that we are going through. Sometimes a simple act of kindness can slip the mind and seems like a inconvenience. Or it may be our first thought to point out something negative. I'm guilty of this at time. But I have been practicing seeing the gift in every situations and it's making so much of a difference. I feel happier when I look for the positive in everyone and everything. And there is so much positive about each of you!

Choose
kindness
and
laugh
often

There are many ways to show kindness such as giving a person or an organization in need of money a few dollars, saying hi to a stranger, or even just telling someone you are proud of them for not giving up. Kindness is not just charity work, it's also letting people know that you're listening to them and will always lend a helping hand, or at least an ear when in need. Kindness need not be complicated. It can be a simple conversation or acknowledgement. Kindness can seem like a little thing in a big world but helping someone in need can put a smile on a person's face even on the darkest of days. Every person who lends a helping hand in a act of kindness makes the world a better place. Encouragement is so easy yet we often don't remember how powerful it can be. THANK YOU FOR ALL YOUR KINDNESS! Enjoy the month of August. Stay cool.

Warmly, Alice

FORE! CONTACT Golf Outing



Plans are going along smoothly for our 9th Annual FORE! CONTACT Golf Outing. Our host course will again be Heritage Links Golf Course in Ocean View. Join us Saturday, September 21st. Mark your calendar and plan to golf 9 holes with us. Please note that our tournament is now on Saturday not Sunday as it was in the past. For sponsorship and registration opportunities, please call our office at 609-823-1850.



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

25 Dolphin Avenue, Bldg. D
Northfield, NJ 08225

Non-Profit
U.S. Postage Paid
Pleasantville, NJ
08232
Permit No. 29

(609) 823-2109

(609) 823-1850 Office

Fax: (609) 823-1938

contact-c-a@comcast.net

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!