

# NEWSLINE SEPTEMBER 2019

# CONTACT CAPE-ATLANTIC

**WE LOVE OUR VOLUNTEERS AND CLIENTS**

## THANK YOU ANN



## A PERSONAL NOTE TO THE CONTACT FAMILY: TIME TO REALLY RETIRE

I retired as executive director of CONTACT Cape-Atlantic at the end of May. I was continuing as the financial development director for one more year and started that position on June 1st. I have now decided to completely retire and made it official with my last day on August 16th. That makes two retirements for me in a few months. I am guessing that not many people can say that.

I have enjoyed sharing our story with new corporate sponsors, and speaking with our current sponsors when they were renewing for another year. Financial development and fundraising is needed to keep this agency operating seven days a week. I appreciate the many generous businesses and individuals who support our work. I reached my 20 year anniversary as executive director on July 26th. I have seen many changes and growth during those 20 years. None bigger than the move to our Dolphin Avenue location. This was a big step for our agency. I extend a huge thank you to Atlantic County Government for providing our new office space. This has been a tremendous financial help. I have always valued our partnership with Atlantic County.

I thank our volunteers. I really cannot thank you enough and will miss our conversations. What a dedicated and caring group. You kept things running smoothly, made sure the schedule was always filled and even rescued clients who were experiencing a medical issue. You are true lifesavers. Thank you! I thank our board of directors. These important volunteers may be behind the scenes, but they play a major part in leading, governing and continuing the work being done every day. I appreciate our advisory board, who are past presidents and past board members. I am thankful for your continued interest and support of our work.

I wish all the best for the future of CONTACT Cape-Atlantic. This includes continued growth and success. The Reassurance calls are so important to our clients. Our goal remains helping our clients to continue their independent living. I have met many wonderful people over the years, and I have many fond memories. I began my nonprofit career in 1988 and spent 11 years at the American Red Cross, Cape May County Chapter before landing at CONTACT Cape-Atlantic in 1999. After 31 years of nonprofit service, I think it is time for me. I was going to say time for me to retire, but it is actually taking time for me. I am really looking forward to that, and enjoying the rest of the summer.

Sincerely,  
Ann Magee

**Making a Difference, One Call at a Time!**

**46 Years of Service to the Community**

# How to Become a Corporate Sponsor

## Want to join our list of corporate sponsors?

This support of our business partners is a tremendous help to our clients. There many opportunities for recognition for our sponsors throughout the 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.

**\$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.

**\$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.

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

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## GOLFERS AND SPONSORS STILL NEEDED FORE! TOURNAMENT

### Registration Form

**9th Annual  
FORE! CONTACT  
Cape-Atlantic  
Golf Tournament  
Saturday  
September 21st  
2019**



Proceeds benefit **CONTACT Cape-Atlantic**  
providing telephone reassurance and community support for the elderly and disabled

**Heritage Links Golf Club  
1375 Route 9  
Ocean View, NJ**

**Registration begins at 12pm – 1pm Shotgun Start**

**\$80 per person \* \$300 per foursome**

Price includes:

Scramble format 9 hole golf tournament \* walking cart \* snacks and beverages  
post tournament picnic lunch \* limited availability of electric carts

**Trophy awarded to top team \* Prizes awarded to top 3 teams:**

**Prizes for: Closest To The Pin \* Closest to the Line \* Longest Drive \* Hole in One Contest**

Name of Golfer(s)

1. _____	Email: _____	Phone: _____
2. _____	Email: _____	Phone: _____
3. _____	Email: _____	Phone: _____
4. _____	Email: _____	Phone: _____

Mail to: **CONTACT Cape Atlantic** - 25 Dolphin Ave. Bldg D Northfield, NJ 08225  
Call 609-823-1850 for more information



### JOIN US FORE! CONTACT Cape-Atlantic Golf Outing

**September 21, 2019**

We are fast approaching our 9th Annual **FORE! CONTACT Cape-Atlantic Golf Outing**. Our host course will again be Heritage Links in Ocean View, NJ. Join us Saturday, September 21st for a great afternoon of golf for a great cause. The tournament is on a Saturday this year so as not to interfere with our favorite football team playing on a Sunday. Registration will be at 12pm and the Tournament will kick off with a Scramble format 9-Hole game. The Selma Rose Trophy will be awarded to the top team and and foursomes to other courses will be awarded to top teams. There will also be prizes for Closest to the Pin and Longest Drive as well as a Hole In One Contest. A fabulous post game meal will be available prepared by some amazing cooks. If you love golf, you don't want to miss this.

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- 9/1 Louisa Mazetis  
Barbara Kirwin  
9/6 Mary Lou Antinozzi  
9/7 Daisy Newsome  
9/8 Sandra Terry  
9/9 Walter Yerkes  
Joanna Gallagher  
Delores Davis  
9/13 Dorothy Bernhardt  
9/14 Deborah Gore  
Charlotte Koelle  
9/16 Larry Simmons  
9/17 Beverly-Wilson Oliver  
Sydni Louplaga  
9/21 Charles Hampton  
Aisha Haraksin  
9/24 Peggy Adgie  
Diane Conover  
9/25 Linda Carson  
Sally Montrose  
Jim Ludgate  
9/28 Sharnette Maleonado  
9/29 Minnie Calendar




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**Summer Lifeline Continues Until 9/21**  
Even as we prepare for fall, Summer is in full swing until September 21st. That means our Summer Lifeline campaign is well 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 in October. Summer is time for beautiful weather and fun. But now more than ever, our clients can use a Summer Lifeline.

**PLEASE CONSIDER A \$10 GIFT**

## REASSURANCE PROGRAM

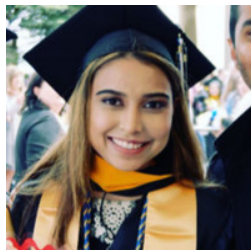
### REASSURANCE COORDINATOR SHAYNA PATEL

Hello everyone!

I'm delighted to be a part of the CONTACT family! I look to seeing and working all of you and I truly do appreciate your time and service. We are a great and growing organization because of individuals like you that care and are always willing to go above and beyond. A little background about me. I grew up here in South Jersey and graduated from Stockton University in 2017 with my Bachelors degree in Public Health Administration with a minor in Business studies. I truly enjoyed my undergraduate career and I look forward to pursuing a graduate degree in the near future.

My passion for Healthcare grew throughout my frequent visits to my home country of Zambia. While there I was able to take up many volunteer opportunities and it was then that I realized that wanted to make a strong and lasting impact on the community. When I was younger my family and I would spend the summer months in Zambia and it was an amazing experience volunteering in the villages and clinics. Not to mention, also being around a very big family and of course delicious Indian food. It's amazing how one small act of kindness can make someone's day.

My first few days here at CONTACT I was able to make calls and everyone I spoke to was so sweet and welcoming and it put a smile on my face knowing that I was able to speak with such wonderful individuals. I can't wait to learn about each and every one of you! I believe that it is very important to learn about each other and our experiences because that is what makes us unique. I would love to hear more about you so please don't hesitate to call or reach out! I love a good story time!!



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

[www. contactcapeatlantic.org](http://www.contactcapeatlantic.org)

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



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**Reassurance Coordinator:** Shayna Patel  
**Newsletter Contributor:** Dave Bontempo

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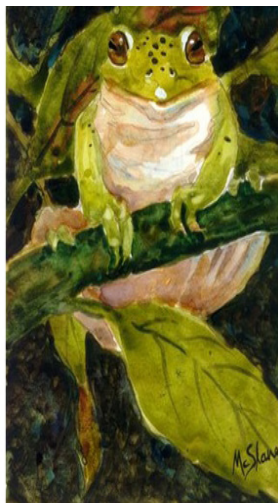
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Ronald Brandon

### 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  
Three month sponsor: \$90

Six month sponsor: \$182  
One year sponsor: \$365

If you would like to be a 3 month, 6 month or 1 year sponsor, you can make payments. Just ask us!

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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.  
**THANK YOU ATLANTIC COUNTY GOVERNMENT**

THANK YOU!  
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**CORPORATE SPONSOR UPDATE**  
**DOMPIERRE, LLC**

**Aging in Place — Time to Look Around the House.**

Designers can help create safe, independent, attractive environments for those aging in place. Here are a few tips to get started:

**1. Lighting:** The most common effect of aging is a change in vision. Ensure the home has the needed brightness while eliminating glare. Table lamps provide good “walking around light.” Test different types of bulbs to determine what is most comfortable. The compact fluorescent lighting bulb (CFL) increases contrast and clarity and reduces glare. LED (Light Emitting Diode) lighting is easier on the eyes, cost only pennies a year to operate and are cool to the touch. Place night lights through-out rooms and hallways.

**2. Color:** Certain conditions in aging eyes can cause the perception of color to change; appearing dimmer and slightly grayish or brownish. Brighter colors can be more appealing and create greater visibility. Contrasting colors help differentiate walls, floors, stairs, treads and landings; making navigating spaces safer. Shiny surfaces can cause glare; matte finishers are friendlier.

**3. Fabrics:** Water resistant fabrics are easy to clean and can help with issues in aging. Crypton Home Fabrics contain properties which protect against moisture, stains and bacteria. Sunbrella indoor fabrics offer an array of colorful, stylish, durable and stain resistant fabrics for upholstery, window coverings and home accessories.

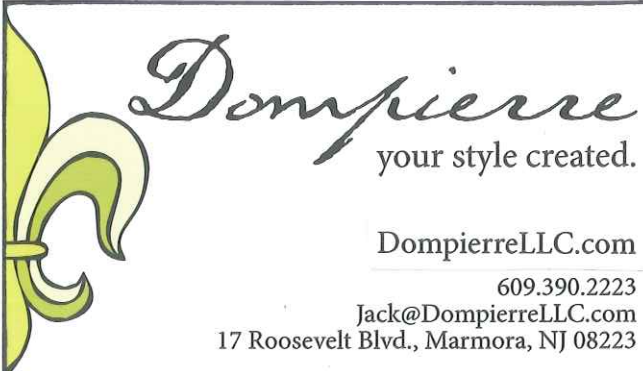
**4. Living spaces:** According to the National Association of Home Builders, a five-foot by five-foot clear space in the middle of the living room is best. It leaves enough room to navigate a wheelchair and get turned around properly with a walker. Throw rugs can be dangerous; causing falls. If a rug is necessary, make sure it has a good non-skid liner or utilize double-sided tape. Carpeting designs should be short cut pile to mid pile, smooth and even. Place furniture to accommodate one's lifestyle and where physical support is needed. Dining chairs with arms are best; they offer a way to lift, balance, lower and distribute weight when sitting or standing. Upholstered furniture should have firm cushioning. Round tables or tables with rounded edges should be used to prevent injuries. Avoid glass-top tables. Gateleg tables can be unsteady if leaned on to stand up. When in doubt reach out for help! Dompierre is a full service interior design showroom and proud sponsor of CONTACT Cape-Atlantic.

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## GATEKEEPER PROGRAM



Featured left to right: Sharon O'Neill, Wendy Moyle, Alice Woods, Nancy Lynch



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's as simple as a call to CONTACT.

OceanFirst Foundation is a major sponsor of the Gatekeeper Program

## DR. AVELUTTO'S COLUMN

### Asthma

Do you cough a lot or at times struggle to catch your breath? You may have asthma. Other common causes of cough include Gastro Esophageal Reflux Disease (GERD) and allergic rhinitis. GERD occurs when the acid from your stomach irritates the lining in your throat. This can produce a cough and a burning sensation. Allergic rhinitis may cause a cough secondary to post nasal drip. Most people with allergies will cough to help clear their throats of the postnasal drip mucus. But asthma is a disease that makes it harder for you to breathe. During an asthma attack, your airways will become more narrow and inflamed or swollen and fill with mucus. There is no cure for asthma, but with proper medication it can be treated.

Asthma attacks may occur frequently or at certain times, like when you exercise. It is important to identify signs and symptoms of asthma. Some signs and symptoms you should be aware of and track include feelings of tightness in your chest or shortness of breath or wheezing. Wheezing is like a whistling sound heard when you exhale. It is important to identify triggers. In exercise induced asthma, asthma symptoms are worse with activity in cold and dry air. Allergy induced asthma is caused by presence of pollen, spores or pet dander. The workplace may be a trigger for asthma. Chemical fumes or gasses may be irritants that may cause asthma flare ups.

Your primary care provider, PCP, will perform a physical exam and ask you questions to rule out other causes of cough, like a respiratory infection or chronic obstructive pulmonary disease. Your PCP can perform pulmonary function tests. These lung tests help determine the amount of air you are able to move in and out of your lungs. For the peak flow, the meter measures how hard you can breathe out. A lower peak number may indicate you have asthma. Spirometry is a measure of how narrow your airways/bronchial tubes are, it measures how fast you can breathe out a deep breath. Both tests are done before and after taking a bronchodilator. This is a medication, like albuterol, which helps open your airways. Your PCP will help you classify the severity of your asthma and recommend the appropriate treatment. The severity may range from mild intermittent to severe persistent asthma. Such as symptoms that occur two days per week and two nights per month versus symptoms through the day and frequently at night, respectively.

Working with your PCP, you can find the right medications to treat your asthma. Long term control medications include inhaled corticosteroids or long acting beta agonist (LABA). The corticosteroid works as an anti-inflammatory to prevent inflammation in your airways. The inhaled LABA helps open airways. Also rescue medications like bronchodilators are used for rapid symptom relief during an asthma attack. Rescue inhalers like short acting beta agonist, albuterol, provide quick relief during an attack. Remember to track your asthma symptoms because the severity may change over time. All together, these actions taken by you 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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## VOLUNTEER VOICE



**WENDY MOYLE, VICE PRESIDENT  
CONTACT BOARD OF DIRECTORS**

Hello! I am writing just to share my personal journey this past Winter and the importance of CONTACT Cape-Atlantic and the services of Atlantic County senior services. On Christmas Day my mom fell and fractured her hip. My parents live in a 55 and over condominium near both my sister and me. Once we got my mom settled in a rehabilitation center after her surgery, our focus was on caring for my father. My mom had been his primary caretaker as he had been diagnosed with dementia 18 months earlier. His health went rapidly downhill and we were not able to leave him alone. Fortunately we had a referral from our family physician for hospice nursing. But that was part time and for a few hours each day. We were able to contact the Atlantic County senior services and they helped us with learning about all of the services that they provide. Unfortunately they did not qualify for most of them but we did begin the daily meal delivery program for my dad while my mom was recuperating in the rehab facility. Every night my sister or I stayed overnight with my father while he slid further and eventually passed away in January. This is an example of how seniors may stay in their home and live independently as long as possible thanks to daily phone calls, a good network of family and social services along with a caring family doctor. My mom is now looking to join our client list of people that receive a reassurance phone call!

*Submitted by Wendy Moyle*

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## DIRECTOR'S CORNER

**EXECUTIVE DIRECTOR  
ALICE WOODS**

**ENDINGS  
AND  
BEGINNINGS**



Life is filled with endings and beginnings. There is no avoiding the endings and there is always a beginning afterward. Whether it is starting a new job or closing the chapter on one, whether it is the end of summer or the beginning of fall, whether it is saying goodbye to an old friend or saying hello to a new one, we all face beginnings and endings. I've been through a number of endings and beginnings myself in the last few years. We all go through changes. It's how we handle the change that makes the difference. Actually crisis can make us more grateful. Sometimes when we lose something, we see what we really had. And conversely, gratitude also helps us cope with crisis. Consciously cultivating an attitude of gratitude builds up a sort of protection system that can cushion us when we fall.

I have a very good friend who is always telling me that the only thing constant is change. For her, the key to successfully transition seems to be in looking for the gift. As a therapist, she tells me that grateful people are more resilient to stress, whether minor everyday hassles or major personal upheavals. Her advice for handling change: every morning I get up and write three things I am grateful for. Three different things every day. I'm amazed at how much this has helped me to weather the ups and downs of life. If you have never done this, you should try it.

This summer we said "be seeing you" to some of our favorite people. Yet, we also welcomed new people. Shayna and I are ready for all that's to come. We are looking forward to the next chapter in the life of CONTACT and our wonderful clients. I wish you all the best as Autumn approaches!



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