



CONTACT Cape-Atlantic

Newsline



Annual Holiday Ornament Sale \$10

This beautiful ornament is custom designed and created by MudGirls especially for CONTACT Cape-Atlantic's 2020 Ornament Sale. Each ornament comes in a sheer drawstring organza pouch ready for gifting!

To purchase call 609-823-1850, email contact-c-a@comcast.net, or connect with one of the CONTACT volunteer board members!

By purchasing this ornament you are helping CONTACT Cape-Atlantic AND MudGirls Studios. MudGirls Studios is a non-profit 501(c) (3) organization that empowers disadvantaged women through the making of functional ceramic art and architectural tiles.



CONTACT Cape-Atlantic provides "free" telephone reassurance and community support for older adults, people with disabilities, and those who are lonely, living alone, or feeling isolated from their community.

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Our Team

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Executive Director

Shayna Patel,
Reassurance Coordinator

Dave Bontempo,
Newsletter Contributor

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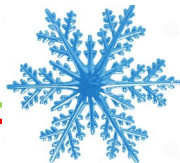
CONTACT Cape-Atlantic Welcomes Stockton Interns

- ◆ Senior, Xenia Rivera is a Social Work major and we are delighted to have her on board. She hit the ground running and already helped with last month's newsletters, making and recording calls, conducting satisfaction surveys and providing resources!
- ◆ Daphne Johnson a sophomore will focus on satisfaction surveys
- ◆ Emily Girimont and Misty Patel who will be assisting with greeting cards

Pen Pals

CONTACT Cape-Atlantic and the Mainland Regional High School Student Council and Key Club partnered to launch a "Pen pal" program to benefit our clients.

Students will be writing letters to CONTACT (first name and last initial, maintaining confidentiality) and clients can write back if you choose and have a high school pen pal! Thank you to Joe Dib, MRHS student and CONTACT Board Member for initiating this wonderful project.



\$1 a day? I can handle that!

It's just what we need to make a difference to a CONTACT Client!

Thank you so much to client sponsors Murray & Debby Bevitz, Maggie Rohe-Miller, William and Alice Crockford, Anna Marie Donley, Barbara Youtie, Carol Nania, Beverly Jernee, Mary Johnson, Lisa Birge-Price and Daisy Simpson.



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SERENITY
Hospice Care



**Welcome to new volunteer Margaret Smith
and welcome back Helen Ehlers!**

THANK YOU to the wonderful active volunteer team!

Carl & Joanne Petzold, , Sharon & Charlie O'Neill, Debbie Clark, Linda & Rob Klersey, Peggy Adgie, Deborah Amdeick, Megha Andrews, Mary Lou Antinozzi, Bill Barnes, Julie Baumgardner, Ruth Berdinis, Dave Bontempo, Carol Bruce, Jeannette Capinas, Rene Capua, Myra Cohen, Aaryan Deshpande, Faten, Nick and Joe Dib; Mary Duncan; Kathy Engle; Detta Fagnano; Sharon Fish, Carla Furr, Victoria Gaskill, Pat Gerew, Gerry Giangioffe, Max Grieco, Judith Hall, Sandra Hamer Jensen, David Hammonds, Agnes Horenkohl, Kathy Johnson, Elizabeth Katz, Mary Anne Kelly, Norma Kilgour, Kym Lagattuta, Mary Laielli, Kim Leung, Sandra Long, Kim Malinkski-Rifkin, Carol & Harry Marder, Louisa Mazetis, Sheila McLaughlin, Janet Melven, Richard Middlesworth, Marilyn Miller, Kathy Morrin, Linda Muhlig, Marc and Sue Murphy, Anne O'Donald, Mary Quarterolo, Gina Rendon-Perez, Dot Rogers, Arlene Rosenfeld, Eleanor Rust, Geri Sampson, Deb Sattler, Karen Saunders, Ted Scheick, Matt Scheinert, Cecilia Sharif, Tina Smith, Derek Solomon, Joan Sorenson, Tim Stafford, Kamini Surti, Amie Sykes, Emmy Todd, Bhavana Tretina, Ellen Van Winkle, Jane Vitullo, Regina Williams Fields, Beverly Wilson-Oliver, Rachel Winkworth, Barbara Youtie, Judith Yoa, Lorraine Glasser, Arlene Polmaneri Mary Porter, Maria Piechowski, and Carmen Cruz.

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12/01 Sharon H.
 12/03 Aster W.
 Sandra H.J
 12/04 John A.
 Glenn P.
 12/05 Marvin B.
 12/06 Victoria G.
 Shayna P.
 12/07 Tina S.
 12/09 Aaryan D.
 Tanya N.
 Mary D.
 12/12 Carolyn P.
 Mitwali E.
 12/13 Charles O.
 Lucia R.
 Xena C.
 12/14 Kathy P.
 12/18 Susan M.
 Leslie N.
 12/20 Rena H.
 David H.
 12/22 Megha A.
 Kathy M.
 12/23 Marc M.
 Anita W.
 12/25 Lori R.
 Kim R.
 12/26 Anne O.
 12/29 Ahyap C.
 12/31 Janet M.
 Cheryl B.
 Lynne H.

~ Annual Meeting ~

The annual meeting of the CONTACT Cape-Atlantic Members will be held virtually on zoom on Tuesday, January 12th at 6:30 pm. Please join us to vote in new officers and congratulate CONTACT's annual award winners.

<https://us02web.zoom.us/j/6098231850>

Meeting ID: 609 823 1850

Passcode: 939405

- 👉 You can call in by dialing 1-301-715-8592 and entering the meeting ID and Passcode.
- 👉 You can also have this information emailed or texted to you for ease in joining the meeting.
- 👉 Please reach out to Mary Jo or Shayna for help to participate.

Interested in being a Journey Hospice volunteer?

There are so many ways to help!

If anyone is interested please visit
www.journeyhospicenj.org *to*
download and complete the Vol-
unteer Application. For questions,
contact Beth Gebhart at (609) 760
-6073 or email journeyinfo@lsmnj.org

COMMUNICATION

Thank you volunteers for giving us as much advance notice as you can if you can't make your calls.

Thank you clients for letting us know if you won't be home for your call.

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My first 9 months have flown by so fast, sometimes I still feel like the new girl! As we close out 2020 with all of its challenges and start fresh for 2021, I reflect on the remarkably valuable work you all do for each other. I am ever in awe of how much you all mean to each other and I am thrilled as I am beginning to feel like I belong in the CONTACT world.

The clients are so wonderful to me. Thanking and blessing CONTACT and the reassurance volunteers for their caring and friendliness. The reassurance volunteers do so so much – we thank you all and appreciate your loving care. Of course no one could do it alone without each other to lean on.

It's reassuring to me to know that we are all part of a valuable mission and we all do our best to help one another.

I believe life is what we make it and our CONTACT relationships, especially during the social isolation of this pandemic, have served to carry us all forward. Me included. I look forward to sharing the outcomes and awards at the annual meeting and long to meet you all in person when health and safety permit.

mj

FREE GATEKEEPER TRAINING

Anyone can be a gatekeeper

Train to recognize the signs that a neighbor who lives alone could use some help. **IF YOU WOULD LIKE FREE GATEKEEPER TRAINING PLEASE CALL (609) 823-1850.** Training is available for public service companies such as cable and utilities, employees of local business such as banks, delivery companies, and others from organizations who have daily contact with local residents.

👉 Training is less than 1 hour; in person or on your own or at a small meeting; new materials!

The Gatekeeper Program helps individuals in the community learn to listen, observe and care for those adults living alone that may need help.

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THANK YOU WENDY MOYLE AND SHILO KUBIAK

December brings the completion to the terms of two important volunteer board members ~ Wendy Moyle and Shilo Kubiak who have each served for 6 years!

Wendy has been the Vice President the past 2 years, is chair of the nominating committee and member of the Avalon 5-miler committee. Wendy was chair of the Fore! CONTACT committee and the recipient of 2018 Patricia Young Leadership award.

Shilo currently serves as treasurer. She has been vice president, chaired the Avalon 5-miler committee and was the recipient of 2017 Patricia Young Leadership award.

Thank you Wendy and Shilo for your dedicated service. We love you and appreciate all you do for CONTACT.



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Thank you to CONTACT's generous supporters!!

Vincent Garulle, Patti and Len Smith , Lisa Birge-Price, Voula Liacopolus, Shilo Kubiak, Wendy Moyle, Linda Carson, Lisa Rumer, Jen and Ken Hand, Mary Laielli, Mary Briggs, and The Older Americans Act via a grant from Atlantic County Division of Intergenerational Services. And a special thank you to Robert and Carla Callaway!

Person-Centered Trauma-Informed (PCTI) Care Training

January 14, 2021 from 3 pm to 4pm

In partnership with Jewish Family Service through the generous support of the Jewish Federations of North America, CONTACT Cape-Atlantic is offering Person-Centered Trauma-Informed (PCTI) Care Trainings for our clients and volunteers.

PCTI Care focuses on the needs of individuals who have experienced trauma to create an environment that fosters collaboration and promotes a feeling of safety and security. The onset of Covid-19 has made this training especially important.

Individuals who participant in the training will have the opportunity to:

- Gain a clearer understanding of the nature of trauma
- Discover strategies to help Holocaust survivors cope with the impact of trauma in their everyday lives
- Explore the effect of “secondary trauma” passed down from generation to generation

The trainer is Sharon Simon, Supervisor of the Rothenberg Center for Family Life who is a second generation Holocaust survivor. During her 18 years at Jewish Family Service, she has facilitated both group and individual skill-based communication, trauma-informed, resiliency and general wellness trainings. She holds a Parent Educator Certificate from the Institute for Professional Education and Development which is part of the Lakeside Educational Network in Fort Washington, PA. Her training includes brain-based, trauma-informed, resiliency prac-

CONTACT Cape-Atlantic

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