



# CONTACT CAPE-ATLANTIC

**WE LOVE OUR VOLUNTEERS AND CLIENTS**

## **SPRING SENSATION UPDATE**

To Our Sponsors, Guests and Volunteers:

We hope you and your families are well during this difficult time. In light of the current pandemic and the unknowns of what is to come, this year's Spring Sensation will not take place on August 20, 2020 at the Carriage House. Instead, we have a unique "alternative" planned. We have contacted each of our Spring Sensation sponsors and ticket holders personally to inform them of this news.

The Louis Vuitton raffle will be drawn on August 20, 2020. Tickets are still available for this raffle. Please contact Mary Jo at CONTACT if you are interested in purchasing a ticket.

Thank you to those who have so generously donated to the Spring Sensation and who continue to support the mission of CONTACT Cape-Atlantic.

We will miss seeing you all, especially during the 'heads or tails' game. Please keep a lookout for the fun alternative event invite headed to your mailbox soon.

Sincerely,

The Spring Sensation Committee

Carolyn Peterson and Patti Smith (Co-Chairs),  
Ann Bonchi, Faten Dib, Heather Hernon, Voula  
Liacopulous, Maggie Mammano and Cyndi Zubia

**Ocean City  
Volunteer Janet  
Melvin keeps  
a positive  
attitude during  
health crisis.**



Ocean City is home to several CONTACT Volunteers including Janet Melvin. Janet makes calls to CONTACT clients on Mondays and Saturdays. Clients look forward to Janet's positivity, and Janet remains positive even through the COVID 19 crisis. Janet is part of the United Methodist Communities, The Shores (one of CONTACT's sponsors) residential program. That's how she found the Reassurance Program. CONTACT's Executive Director was doing a health fair there 4 or 5 years ago and Janet was immediately engaged. There are no community meetings right now but Janet is hopeful that they will resume again in time. In the meantime, there has been a wonderful response from Ocean City volunteers and programs delivering meals to seniors.

Janet was born and raised in Philadelphia and attended Dobbins High School until she moved to Linwood and graduated from Ocean City High School in 1957. Moving in her junior year made her last years in high school a bit challenging and she feels sympathy for high school students in this time. "High School is hard enough without a major disruption," she said. Janet worked for a company that handled insurance for grocery store workers and she appreciates how hard they work, especially now. She enjoys Ocean City, remembering iconic places like Murphy's, the Airport Diner and times with friends. She's hoping her many nieces and nephews can come to the town very soon. Thank you to Janet for all of her great service!

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**CONTACT Cape-Atlantic has an  
internship opportunity!**

If you are participating in a valid educational program which requires an internship for class credit you may be interested in an unpaid internship at CONTACT Cape-Atlantic. Interns gain valuable experience while working with community-oriented non-profit.

**General Requirements:**

- Must be participating in a valid educational program which requires an internship for class credit
- Minimum of 18 years in age
- High School Diploma or equivalent
- Familiarity with PC use, including Microsoft Office programs
- Ability to comprehend and follow written and/or verbal instructions

Please submit your resume and any additional application materials required by your educational program to Mary Jo Bernardo, executive director at [contact-c-a@comcast.net](mailto:contact-c-a@comcast.net) if you are interested.

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**REASSURANCE COORDINATOR  
SHAYNA PATEL**

**A New  
Season Is  
Upon Us**



Summer is around the corner and there are many things that we should be mindful of as we start to spend more time outdoors. It is very important to make sure that you are wearing sunscreen on any occasion that you are outdoors. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Staying hydrated when outdoors is very critical, remember to drink water often, and be sure to pack some for those long summer drives.

If you enjoy outdoor activities, such as walking or gardening, make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Don't stay out for long periods and make sure to drink even more water than usual when exercising. Also, consider getting outdoor exercise earlier in the morning or later in the evening, when the sun is not at its peak. If you plan on going out where there are more people be sure to wear a protective mask, practice safe hand hygiene, and social distancing (Stay at least 6 feet (about 2 arms' length) from other people).

I hope everyone enjoys the start of summer and that you stay safe and well!

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



**CONTACT CAPE-ATLANTIC NEWSLINE**

We can send your Newsline via paper mail or email! If you are already on our email distribution list – thanks so much. If you receive a paper Newsline and want to switch to email, just let us know – message us at [contact-c-a@comcast.net](mailto:contact-c-a@comcast.net)



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 6/5 Grace Morris  
 6/7 Caroline Horn  
 6/8 Jack Cameron  
 6/9 Tara Andrews  
 Barbara Gibson  
 6/10 Bernard Glass  
 6/11 Richard Fridrich  
 Angie Cenno  
 Lloyd Massey  
 6/16 Marilyn Spangler  
 6/18 Regina Williams-Field  
 6/23 Helene Wilder  
 Lula Howard  
 6/25 Sheila McLaughlin  
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 ON OUR EVENTS AS WELL AS NEW WAYS THAT YOU CAN HELP**

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## Sponsor A Client

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One month sponsor: \$30  
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## UPCOMING CONTACT EVENTS

### CONTACT Cape-Atlantic



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Please support one of our great events. As of now, we are still moving forward with our 5 Miler and our Health and Wellness Symposium. We will keep abreast of current conditions and information regarding the public health crisis and gatherings and we will keep you updated as we have more details to share.

### Don't Miss our Louis Vuitton Bag Raffle

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## 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. It's as simple as a call to CONTACT.

**EXECUTIVE  
DIRECTOR,  
MARY JO  
BERNARDO**



Hello everyone and thank you all for making my first month working at CONTACT Cape-Atlantic AMAZING.

Despite our continuing challenges of life during COVID-19, I applaud the CONTACT Cape-Atlantic volunteers, donors and clients' uncompromising commitment and passion to serving our clients and fundraising during these competitive times.

We want to expand and double the number of people we serve this year. We can best do this by reaching out to those in need and enrolling them into our program. COVID has us inside every day and as a result we haven't been on outreach visits in several weeks. We mail material and reach out to community agencies who know people that might need our services, but, we need your help too. The best way to help each other and CONTACT is to do one or all of the following:

- Tell your neighbors and friends about our services. Offer free telephone reassurance calls to others. CONTACT Cape-Atlantic. Interested individuals or their representatives can call us at (609) 823-1850 or email [contact-c-a@comcast.net](mailto:contact-c-a@comcast.net).
- Let others know that our rewarding volunteer opportunities are the BEST. We have flexible hours and locations.
- Don't be too proud to ask for help when we need it – this includes a call, a referral and a donation to help us continue to provide services.

Thank you in advance to those of you who are willing to speak on our behalf and tell your community about the benefits of being a CONTACT client and volunteer. Please reach out to me if you would like. You can reach me at [contact-c-a@comcast.net](mailto:contact-c-a@comcast.net)

*Mary Jo Bernardo*

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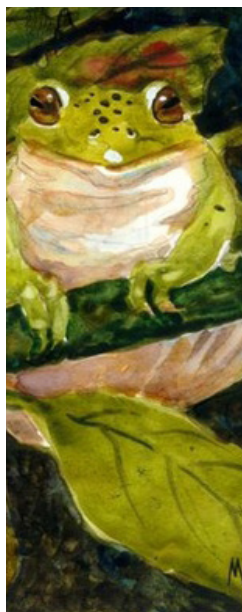
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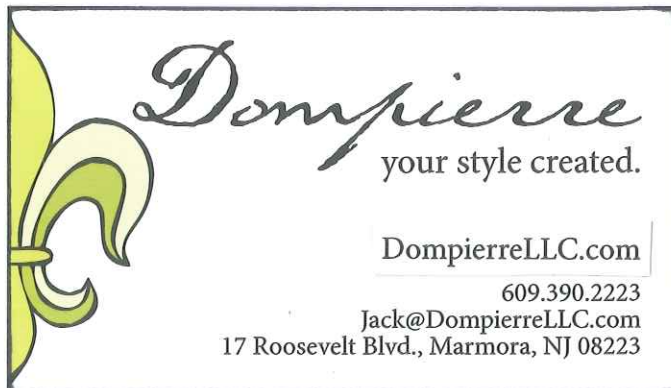
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**CONTACT Cape-Atlantic's Telephone Reassurance Program is partially funded through a grant provided by the Atlantic County Area Agency on Aging, under the Older Americans Act of 1965, amended.**

**THANK YOU ATLANTIC  
COUNTY GOVERNMENT**



## **Our heart felt thanks to...**

**The Chatlos Foundation, Inc. for your donation of \$400 towards our Reassurance Program.**

**OceanFirst Foundation for your Tulip Sponsorship for the inaugural Health and Wellness Symposium.**

**OceanFirst, Grunin Foundation and Townsquare Media for selecting us as one of the Acts of Kindness Recognition Program for going above and beyond to help our neighbors as COVID-19 impacts our community and a grant supported by the Grunin Foundation and OceanFirst Foundation.**

## **A MESSAGE FROM OUR PRESIDENT PATTI SMITH**

As President of the Board of Directors, I am proud to present our updated mission statement to you this month. The Board of Directors has been working on this since the beginning of 2020, and we now feel this new statement better represents CONTACT Cape-Atlantic and the community we serve. Here it is:

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

There is a movement across the U.S. to update the language used to identify Americans who are aging. I am now a part of that aging population and the term "elderly" is not for me. Right now, I still feel energetic and have a long bucket list! So the change from "elderly" to "older adult" describes us all much better.

Referring to someone as a "disabled" person is also outdated. CONTACT Cape-Atlantic wants to emphasize the person, not the disability so we have changed to person-first language and will now use the wording "people with disabilities." Again, we feel this is a much better description for the community we serve.

Lastly, we have added loneliness as a component to our statement. According to the National Institute on Aging, loneliness raises stress levels and may impair immune responses, lead to depression and chronic conditions like heart disease and obesity. We help our community combat loneliness and feelings of isolation.

These updates best describes who we are and how we will continue to help our community.

*Patti Smith, Board President*



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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:  
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Northfield, NJ 08225

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