



CONTACT Cape-Atlantic

# Newsline



Ever grateful for our donors, sponsors, volunteers and clients

September 2020

## Getting to Know our Sponsors: Visiting Angels, Atlantic County

Visiting Angels®, Atlantic County has been serving people since 2005. Sisters, Patty Laychock RRT and Kathy Calahan RN are the owners and directors, each with over 20 years' experience in healthcare. Kathy is a Registered Nurse, Patty a Respiratory Therapist and Certified Senior Advisor. They are both Certified Dementia Practitioners with experience in all areas of patient care, including critical care, post op care, rehabilitation, sub-acute, long term care and homecare.

Visiting Angels® keeps people remain independent in their homes, wherever they may call home. Some of their 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 older adults 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.

Visiting Angels® Egg Harbor Township NJ is a locally operated and owned elder care agency. We provide essential personal aid to seniors and disabled adults throughout Atlantic County, Atlantic City, Egg Harbor City, Linwood, Absecon, Batsto, Brigantine, Buena, Galloway, Hammonton, Landisville, Longport, Margate City, Mays Landing, McKee City, Newtonville, Northfield, and the surrounding communities. The elder care provided by Visiting Angels® helps seniors in and around Egg Harbor Township live independently at home.

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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Each visiting angels agency is independently owned and operated. LICA #1000555

**VisitingAngels.com/Eggharbortwp**

### Our Team

Mary Jo Bernardo,  
Executive Director

Shayna Patel,  
Reassurance Coordinator

Dave Bontempo,  
Newsletter Contributor

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## Wowza and Thank you for supporting Spring Sensation!!!

The 28th Annual and 1st "Virtual" Spring Sensation was on August 20th.

~Thank you Spring Sensation Sponsors~ Borgata Hotel, Casino & Spa; Bratton Law Group, Glenn Insurance, Inc., GMS Law, Mark Arbeit and Co., Republic Bank, Right at Home, Univest Bank and Trust Co. and Visiting Angels, Atlantic County~

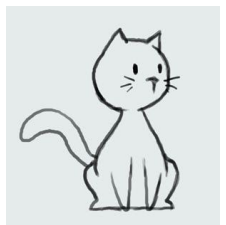
### Roberta "Bobbie" Vaughn's Client story by Barb Youtie

Contact volunteers are so fortunate to get to know so many wonderful people while making reassurance calls. Recently Barbara Youtie mentioned that Bobbie Vaughn had an interesting life. It seemed like the perfect idea for a Newline story.

Bobbie was born on February 6, 1925 at the Women's hospital in Philadelphia. She is a talented woman who sang in a trio at Carols and Wilson's bars in Philadelphia and at a tap house! When the bars closed at midnight Bobbie would go to private clubs. The highlight being the time she was a guest artist for Perry Cuomo, stating that "he was a sweetheart".

In the daytime Ms. Vaughn worked as a secretary and bookkeeper for a company that made parts for World War II and she also actively volunteered at the Upper Darby hospital. Her mother was a pipe organist for silent movies and also substituted at Wanamaker's department store in Philadelphia.

Bobbie loves animals and now lives with two cats, Puss who stays under the bathroom cabinet sink and another cat that visits often.



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Welcome new volunteer **Linda Muhlig** and

**THANK YOU** to our amazing 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, 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, and Barbara Youtie.

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## Happy Birthday to You September Birthdays

9/01 Rita O.  
 9/02 Louisa M.  
 Barbara K.,  
 Johnnie S.  
 9/06 Mary Lou A.  
 9/07 Daisy N.  
 Donald P.  
 9/08 Sandra T.  
 9/09 Walter Y.  
 Johanna G.  
 Delores D.  
 9/12 Joe G.  
 Thomas M.  
 9/13 Dorothy B.  
 9/14 Charlotte K.  
 9/16 Larry S.  
 9/17 Beverly W.  
 Sydni L.  
 9/18 Edith H.  
 Naidean G.  
 9/21 Charles H.  
 Aisha H.  
 9/24 Peggy A.  
 Diane C.  
 9/25 Linda C.  
 Sally M.  
 Jim L.  
 9/28 Sharnette M.

EB Sent us this sweet letter.

Dear friends, and you are friends! How thoughtful of  
 you to care about those of us who are alone!! How  
 nice and comforting that call is! God bless you!!  
 Thank you for caring! Sincerely, E.B.

Thank you E.B. for your warm appreciation. We  
 think you are pretty wonderful too!



Interested in being a Journey Hospice volunteer? There are so  
 many ways to help! If anyone is interested please visit  
[www.journeyhospicenj.org](http://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](mailto:journeyinfo@lsmnj.org).

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This year has been tough, from recent events to the growing concerns of the pandemic. Our mental health is very important, there are many ways that we can stay on track especially as we transition into a new season. Reading, walking, and socializing are just a few of the activities that many individuals enjoy at any age. Exercising your mind and body, and maintaining social connections are good for your mental health, too. Writing in a journal is also therapeutic, as well as a stress reliever. Mental health therapists often encourage keeping a journal because it allows you to transfer overwhelming thoughts onto paper. As a result, you won't have to constantly think about them anymore, because those thoughts now live on paper rather than in your mind. Plus, as you're writing down your thoughts, you can better organize them and see clearer. Feel free to share your journaling ideas with us, we always love a good story time.

Shayna Patel, Reassurance and Marketing Coordinator

### Health & Wellness Symposium

Avalon Community Center, Avalon NJ

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~ Next Spring 2021 ~



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## Keeping up with GATEKEEPERS

The Gatekeeper Program trains community members and staff of local organizations to recognize the signs that a neighbor who lives alone could use some help. Training is available for public service companies such as cable and utilities, employees of local business such as banks, delivery companies, and others who have daily contact with local residents. **Any-one can be a gatekeeper.** If you are interested in learning more, reach out to Mary Jo at [contact-c-a@comcast.net](mailto:contact-c-a@comcast.net) and we can arrange training. We are also able to connect clients with needed in-home services/referrals to help them continue living safely at home. The Gatekeeper Program helps individuals in the community learn to listen, observe and care for those adults living alone that may need help.



### Sponsor A Client

One dollar a day make a huge difference and helps fund a daily Telephone Reassurance call to one of our clients. One month sponsor: \$30; One year sponsor: \$365! (please mail your donation with the last page)

Thank you to the August 2020 sponsor a client donors:

Dasie Simpson, and to the annual client sponsors:

Murray & Debby Bevit (November 2019), William and Alice Crockford (June 2020), Anna Marie Donley, Barbara Youtie, Maggie Rohe-Miller, Carol Nania, and Beverly Jernee.

Thank you to all the Summer Lifeline donors! Mary Briggs, Patricia and Peter Gerew, Earnest and Marilyn Curley, Mary O'Connor, Dorothy Turner, George and Margaret Chapman, Sabrena Brandon and Kathryn Engle.



### Clients, going to be away?

Please inform us if you won't be home for your scheduled reassurance call. Call Shayna at 609-823-2109.

### Volunteers, can't make your calls?

Let us know as soon as you can please. Call Shayna at 609-823-2109.

### Know someone who needs a call?

Ask them to call us to make arrangements or call on their behalf!



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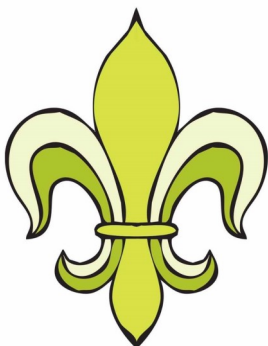
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