NEWSLINE February 2020



CONTACT CAPE-ATLANTIC

WE LOVE OUR VOLUNTEERS AND CLIENTS



CONTACT CELEBRATES AWARD WINNERS

On Saturday, January 11th, CONTACT Cape-Atlantic held its annual meeting where 4 awards were presented for outstanding service. The first award presented was the Dorothy Lowry Reassurance Award. Dorothy, a native of Ocean City was a long time CONTACT board member. The Reassurance Volunteer of the Year Award is in memory of Dorothy's service to CONTACT. This year's award was presented to Agnes Horenkohl of Somers Point. Agnes has been a volunteer since 2016. She is a retired nurse and loves to spread positivity.

The Golden Frog Award was once only given out to a hotline volunteer but is now awarded to a volunteer that helps in a myriad of ways. This year's recipient of the Golden Frog Award is a long time volunteer who helps with our calls several times each month but also brings snacks and contibutes to the Change is Good campaign. Myra Cohen has been a Reassurance volunteer since 2008. Myra handles our Reassurance calls on Saturdays mornings. The clients she calls have gotten to know Myra very well and they look forward to her sense of humor and positive outlook.

In 2011 our board voted to initiate the Patricia Young Leadership Award, which goes to an outstanding volunteer leader at CONTACT. The award was named after a dedicated CONTACT Cape-Atlantic board president who passed away in May 2011, after a courageous battle with cancer. The 2019 award was given to Shelley Jones, outgoing Treasurer of our board. Shelley was part of a year of much change and transition, during which she stepped up and provided exemplary leadership.

In 2013 CONTACT instituted the Executive Director's Award which is given annually to a volunteer who helped out in multiple ways throughout the year. The award is an opportunity to recognize a person who really believes in our mission and has gone the extra mile. This year's award went to Shilo Kubiak, board President for CONTACT Cape-Atlantic for the past two years (which she did that over and above managing 2 or 3 doctor's offices for Physician's affiliated with Cape Regional).

CONTACT Cape-Atlantic celebrates the awardees and is extremely grateful fo all of our wonderful vounteers, many of whom were in attendance for the event.

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The generous support of our many business partners is a tremendous help to our clients. There are so many opportuntities for recognition for our wonderful sponsors throughout the year.

\$2,500 Platinum Members receive 10 tickets to our signature Spring Sensation event and are invited to an all-new, exclusive, pre-event networking opportunity, as well as recognition in the event program book; a choice of either one feature article in the CONTACT Cape-Atlantic Newsline newsletter and business card sized ad in the newsletter for one year or placement on our website and social media pages which have thousands of views per year across four pages.

Gold Members receive 6 tickets to our signature Spring Sensation event and are invited to an all-new, exclusive pre-event networking opportunity, as well as recognition in the event program book; a choice of either one feature article in the CONTACT Cape-Atlantic Newsline newsletter and business card sized ad in the newsletter for one year or placement on our website and social media pages, which have thousands of views per year across four pages.

\$500 Silver Members will be invited to an all-new, exclusive pre-event networking opportunity, as well as recognition in the event program book; a choice of either one feature article in the popular CONTACT Cape-Atlantic Newsline newsletter and business card sized ad in the newsletter for one year or placement on our website and social media pages, which have thousands of views per year across four pages.

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2020 CONTACT EVENTS WE NEED YOUR SUPPORT

Throughout the year CONTACT raises money to continue our services to seniors and disabled people. We do that in a variety of ways including the Annual Appeal, Summer Lifeline, Sale of Ornaments, Corporate Sponsorships, Grants and other ways. However, one of the most popular ways to give is by supporting our many events throughout the year. In 2020 we have a number of wonderful events that you can help with, including:

29th Annual Spring Sensation:

This event has become increasingly popular over the last few year and features Live and Silent Auctions, Yellow Ticket Auctions, Dinner and fun activites. Sponsorship opportunities are now available. We also need donations of baskets and items to fill baskets. The event will be held on April 3rd, 2020 at the Carriage House. Please call us for more information!

Inaugural Health and Wellness Symposium:

This is a new event which will feature 4 sessions on topics related to seniors and those involved in their care. There will be CEUs for professionals and the event will also be open to the public so that anyone can receive information and take advantage of our vendors in the main hall. This event will take place on May 14th at Avalon Borough Hall.

40th Annual Avalon 5 Miler:

This summertime tradition is usually the Saturday closest to July 4th but this year it is on Saturday, July 18th. Last year we had close to 200 people run and walk in this fun race that is suitable for all skill levels. Registration will be open very soon so stay tuned. Sponsorship opportunities are now available.



COME JOIN US

COFFEE WITH CONTACT Patricia Smith. President



Recently we caught up with long time board member, Patti Smith who was recently inducted as the 2020 CONTACT Cape-Atlantic Board President. Patti was President in the past but has stepped up again to help us move the organization throught the next exciting phase of development. Patti worked in the in-home health care sector as well as in marketing and she brings an eager attitude and fresh vision to CONTACT Cape-Atlantic. We congratulate Patti on her appointment and look forward to her leadership.



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FEBRUARY BIRTHDAYS

2/1 Myra Cohen

2/2 Joe Dib

2/4 Linda Klersey
Jane Vitullo

2/9 Gabrielle Jacobsen

2/10 Keith Goode Lucille Ellis

2/11 Asta Gundrun

2/14 Betty Feyl

Deborah Sattler

2/15 Janet McLean

2/17 Brian Maroney
Kathleen Honaker

2/18 Marie Ferry

2/19 Annie Sawyer

2/20 Maryanne Locatell

Wille Caesar

2/21 Patricia Dimino

2/22 Daniela Roque 2/24 Nancy Sommer

2/24 Nancy Sommer 2/25 Tracy Todd

2/28 Anna Perri

Sandra Mastrondo





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 TO OUR WONDERFUL DONORS FOR DECEMBER AND JANUARY (AS OF JANUARY 21st)

Wendy Moyle, Mary Kurtz, Linda Carson, Myra Cohen, Carl & Joanne Petzold, Jane Soreth, Donna Leose, Barbara Youtie, Barbara Freeman Rena Hofeld, Jane Vitullo, Carolyn Polisano, Voula Liacopolous, Mary Johnson, Theresa Van Osten, John Andrews, Joseph Nuckols, Robert Biernbaum, Donna Leose, Janet Kurland, Sharon Fish, Ocean City - Upper Township Rotary Charities

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REASSURANCE PROGRAM

REASSURANCE COORDINATOR SHAYNA PATEL



February is American heart month, a month dedicated to raising awareness about heart disease. There are so many factors that play a role in keeping our heart happy and healthy, below are a few points:

Exercise- Physical activity boosts levels of HDL (the good) cholesterol and may also help to lower blood pressure. Exercise can come in many forms and can be inexpensive. Brisk walking and chair exercises, for example, are extremely beneficial to your cardiovascular health and can be done in the comfort of your home.

Healthy Diet - One key component of eating a heart healthy diet revolves around balancing the amount of salt you eat from day to day. Another is controlling cholesterol which can help arteries remain free of blockages. When you have too much "bad cholesterol," known as LDL, it can lead to plaque forming in veins and arteries.

Manage blood pressure - High blood pressure, can strain the heart, arteries and kidneys, and can increase the risk of heart disease, stroke and other major health problems. In addition, to measuring blood sugar at your doctors office, there are several types of home monitors for self-testing.

Stress Management- organizing your thoughts can be an effective stress-management technique, such as prioritizing. But something as simple as a short break can also be as effective. Personally, when I am feeling stressed I always find that a good laugh makes me feel so much better, as they say "Laughter is the best medicine"

I wish you all a safe and healthy month of February. As always, thank you to our generous volunteers, clients and sponsors for always supporting CONTACT Cape-Atlantic. We love the heart to heart connection we have here at CONTACT and we truly appreciate you all!

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

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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Volunteer Reminder

If you know that you will not be available to make your calls, please be sure to let us know. The more notice we have, the easier it is to fill shifts. Call 609-823-2109 to let us know

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

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

SPONSOR A CLIENT DONORS (As of January 20th)

January: Jane Soreth, Wendy Moyle

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CORPORATE SPONSOR SPOTLIGHT: HOMES AND LAND MAGAZINE

At Homes & Land Magazine we are all about HOME!

Our magazine and website both feature homes to live in, homes to have vacations in, homes to share with family and friends, so we understand how important home is and understand why, as people age, most will want to remain in their own homes, living independently, for as long as possible.

But as we age, our lives change and our needs change, and it helps to start thinking about what we may need down the road, and how we might prepare for it before the need become too overwhelming to deal with. Sometimes the simplest things can make all the difference.

Is your home, particularly your bathroom and kitchen, handicap accessible? You may not need it now but down the road, grab-bars in the shower, comfort height toilets, and easily reachable kitchen necessities such as microwaves, sinks, and food items, may be needed to accommodate someone confined to a wheelchair. Is there a ramp that allows for easy access to your house through at least one door? If not, think about making some of these changes before they are needed, particularly if you are renovating.

Do you have a good security system? No time like the present to get it set up to make you feel safer. Is there someone you can call if getting up on a ladder to change a lightbulb starts to be a potentially unsafe thing for you to do? You may love mowing your lawn and shoveling snow, but is there someone who can do this for you once these chores start becoming difficult and perhaps even dangerous? Hopefully you have friends or family nearby, but they may have demanding lives of their own, and you may feel you do not want to impose.

You may pride yourself on a sparkling clean home that you maintain on your own, but perhaps a cleaning service, even once a month, may be worth considering. Handyperson services, cleaning services, and yard maintenance services are all available and can be surprisingly affordable. Don't know who to call and want a personal reference? Call a REALTOR! Most successful real estate professionals know an entire cadre of people to call on when they are preparing a home for sale. Some of these same people would be happy to provide such services to you in your own home.

And remember...sometimes asking for help when needed can the best way to stay independent!

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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.

OceanFirst Foundation is a major sponsor of the Gatekeeper Program







DR. AVELUTTO'S COLUMN:

So This is the Year I will Lose Weight'

In the new year, many people consider lossing weight their first priority. But by February, they are off-course. The first thing I tell my patients is, "that weight gain did not happen overnight," thus weight loss will also not happen over night. This is a balancing act. The eating more calories than your body can use/burn leads to weight gain. Our bodies burn calories while we sit at our breakfast tables and while we engage in physical activities. Granted we burn more calories when we are active.

The idea of the weight loss process seems simple, eat less and be more active. But for many of this is hard to do. You have to commit to your wellness. One of the challenges to weight loss involves your environment. For example, the convenience of certain fast foods and prepackaged goods will make weight loss more difficult. Sometimes people will challenge your goal to get to a healthy weight by tempting you to eat the same foods mentioned above that rich in fat and salt.

So how do you get serious about your weight loss? As I already mentioned, you have to commit to it and be prepared to face set backs. You will have to find a diet and exercise program that you can do and do it for life. Some people will lose weight but then regain it, because it was fad diet. A diet that may only last for several weeks to months. Could you do a diet that limits fats and carbs for the rest of your life?

Make an appointment to speak to your doctor about your weight loss and the health benefits. The doctor will order labs to see if there is a medical reason for weight gain. Your primary care provider (PCP) will check a thyroid stimulating hormone, thyroid hormone helps with metabolism. If it is too low, the PCP will prescribe thyroid medication.

Your PCP will also help you determine what life style changes are best for you. For some people diet pills and sugery may help, but this may not first path to weight loss and it may not be beneficial for everyone. A diet of drinking water and filled with a variety of foods that include fruits and vegetables, low fat dairy and lean meats are beneficial. Also whatever physical activity you choose, like walking, do it daily. The recommendation is 150 minutes per week, or 30 minutes each day for 5 days. All together, these changes 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

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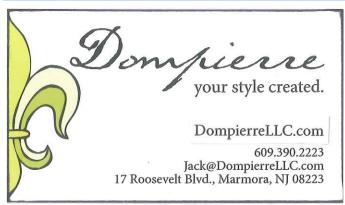
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This years heart is still available and would be perfect for Valentine's Day. The ornaments can be purchased for \$10 by calling the CONTACT offices at 609-823-1850





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

DIRECTOR'S CORNER

EXECUTIVE DIRECTOR ALICE WOODS

ENDURING LOVE



Valentine's Day is this month. One does not usually associate love with death except in Shakespeare movies, but the day of love is actually an appropriate time to think about making a will. The fact of the matter is that no-one knows when their time will come, and one way to show you care about your loved ones is to make provisions for them after you are gone.

If you pass away without a will, the law dictates who gets your estate. In some cases, this could mean that things may not go as you would expect or want, for example if you are on your second marriage with children from the first, or unmarried but with a life-partner, or even if you are alone but wish your belongings to go to someone specific.

A good estate plan will also address the manner in which your assets would be administered for their benefit, for example to provide for housing and education. Life insurance also plays a useful part in any person's estate plan, especially if you have a mortgage, because the insurance proceeds could help pay off the loan if you die prematurely.

When it comes to making a will, it is always a good idea to consult a professional who specializes in the area of estate planning. Legal advice could help minimize threats to your estate. You might be surprised who can make claims against your estate once you are gone. Apart from creditors, such persons can include former spouses and anyone you may have been supporting while alive.

A professionally drafted estate plan could save your chosen heirs from the heartache and cost of having to defend an action in court and can reduce the chances of any unmerited claims succeeding. And it is not just about ensuring your assets go to the people [or charities such as CONTACT Cape-Atlantic] of your choice, but achieving your goal in a tax efficient manner, thereby maximizing the amount they inherit. A little bit of good legal advice could save your heirs a lot of money.

The task of estate planning can be simple or complicated depending on your own personal circumstances and wishes. Whateveryoursituation, it may affect your loved one sify ou avoid this issue. There is no better way to show you care about them than to make a will now. It is the considerate and loving thing to do and will provide love that will endure for years to come.

Happy Valentine's Day to each and every one of you. We love our CONTACT family of clients, volunteers and sponsors.

CONTACT Cape-Atlantic

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