

NEWSLINE

March 2020

CONTACT CAPE-ATLANTIC

WE LOVE OUR VOLUNTEERS AND CLIENTS



“MY HOBBY IS PEOPLE” SAYS OCEAN CITY VOLUNTEER SHARON FISH

Sharon Fish relocated to Ocean City to reunite with family members a couple years ago. And that's when she found CONTACT.

The area native returned from northeastern Pennsylvania upon retirement from her career in food-service instruction to be near a brother and sister. The reunion also sparked her to reach out to the community. About a year and a half ago, Sharon began working for CONTACT and is our most recent Volunteer of the Month.

Sharon handles calls out of her home, performing a shift whenever someone can't make it. But her availability is not limited to certain days, or hours. Sharon has made calls at night, in the morning, on Mondays and on the weekends.

“I like to talk to people and I like to listen to people,” she says. “This has always been the case. When I was a young girl, my Mom used to tell me “go visit this one, go visit that one.” I enjoy that even more now in retirement. Some people crochet when they retire. Not me. I am not a crafty girl. My hobby is people.” All kinds of people. At all hours. Sharon has filled shifts out of her home literally every day of the week over the course of her tenure.

“You get a sense of whether people want to talk for a while or if they want to listen to something you say,” Sharon says. “I think what CONTACT does is wonderful for people. Many people are lonely and you are connecting with them.

“CONTACT cares very deeply about the people it calls and this service is available on weekends (and holidays).”

Sharon has two sons and four grandchildren, along with her siblings in the area. She is delighted to be part of the Shore area.

And CONTACT is glad to have her.

By Dave Bontempo

29th ANNUAL SPRING SENSATION SET TO BLOOM APRIL 3, 2020



CONTACT Cape-Atlantic is gearing up for its 29th Annual SPRING SENSATION sponsored by Mark Arbeit & Co. on Friday, April 3, 2020 at 5:00PM at the Carriage House, 25. S. Pitney Road, Galloway, NJ. This year, our spotlight event will feature a sit down dinner with live, silent and chance auctions. Auctions will include vacation and staycation packages, designer handbags, luxury items, beautiful gift baskets that include gift certificates, sports items, tools, home goods, toys and so much more. There will surely be something that appeals to everyone. Tickets are \$50.00 per person. Tables of 8 are available for \$350 and must be secured by March 15th to get the table discount. Net proceeds from this event will benefit CONTACT Cape-Atlantic's Reassurance Program which helps seniors and people with disabilities through calls and referrals, to remain independent. For tickets please call (609) 823-1850 or go online to www.contactcapeatlantic.org - scroll down to our donate button to make a credit card purchase. Spring Sensation tickets must be purchased in advance of the event so take a moment today. To make a donation or get more information, please send an email to contact-c-a@comcast.net. We also have many great sponsorship opportunities still available and we would welcome any donation of gift cards or baskets. Please join us for this wonderful event. What a way to kick off spring!

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Want to join our list of corporate sponsors?

The generous support of our many business partners is a tremendous help to our clients. There are so many opportunities 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 Newslane 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.

\$1,000 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 Newslane 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 Newslane 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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This beautiful Kate Spade Bag is one of many items available at this year's Spring Sensation.

**Marie Soreth and Selma Ramundo
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COFFEE WITH CONTACT Cyndi Zubia



Recently, we had a chance to talk with Cyndi Zubia, CONTACT Board member and member of the Spring Sensation committee. Cyndi has been busy with her new job at Right At Home as well as helping prepare for this great event. She is our top seller of Louis Vuitton tickets. We want to thank Cyndi for all she does for the community and for CONTACT. She is a terrific volunteer!

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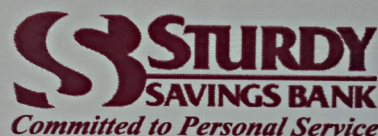


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 3/4 Tom Robinson
 3/8 Zoe Klein
 3/10 Diana Booth
 Marci Kelleher
 3/12 Joe Zondlo
 3/13 Barbara Youtie
 3/15 Ernest Lenz
 3/17 Frederick Weeks
 Kathy Johnson
 3/18 Betty Ann Rich-White
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 3/20 Paul Watt
 3/21 Detta Fagnano
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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.

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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**CONTACT Cape-Atlantic provides telephone reassurance
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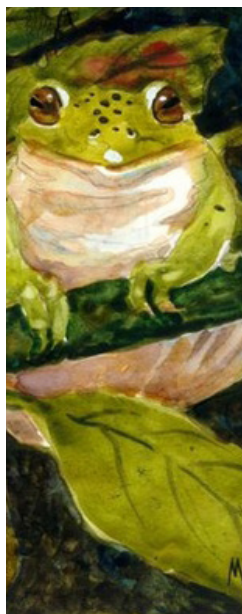
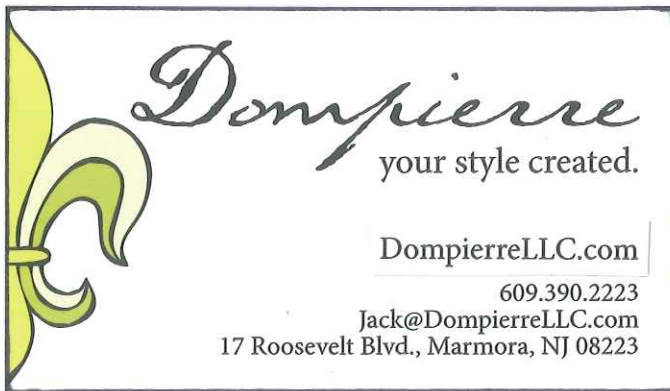
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"Ow my knee," is that something you've said to yourself or to friends and family out loud? Knee pain is a common complaint in people of all ages. An obvious cause is an injury, athletes that rupture a ligament or tear their cartilage. Other causes are associated with age, this include arthritis. Many minor causes of knee pain can be treated with conservative therapy, including self – care. Other types of knee pain will respond to physical therapy. In some cases, knee braces, medications or surgical knee repair may be needed to address the knee pain.

Some of the signs and symptoms of a knee pain include swelling and stiffness in the knee, or if you feel weakness in the knee or unable to bear weight. You can't extend/straighten your knee fully or you hear popping sounds as you move your knee. You have a fever with warmth to touch and redness of the knee. These are all concerning symptoms of knee pain and you should see your doctor. Some risk factors for knee pain include previous knee injury, being overweight, decrease in strength and flexibility of quadriceps and participating in sports that involve jumping and pivoting on your knee like basketball.

Knee pain caused by injuries include anterior cruciate ligament, ACL, tear seen in athletes, like Carson Wentz. The ACL is one of four ligaments that connect the bones in your thigh to your shin. A meniscus is made of cartilage and acts as shock absorber, and it may be torn with a slight twist of the knee while standing. There are small fluid filled sacs around the knee, bursa, which reduce friction and provide cushion to the knee joint, bones and ligaments. When bursas are inflamed, the condition is called bursitis. Osteoarthritis (OA) and rheumatoid arthritis (RA) also cause knee pain. OA occurs with loss of cartilage of the knee through use and age, "wear and tear. RA is an auto immune disorder, where the body attacks itself in this case the knee joint.

What can you do to prevent and treat knee pain? After an injury take 1-2 days to rest and prevent further injury. Use ice, 20 minutes on and off, to relieve pain and inflammation and elevate your legs to reduce swelling. Lose the extra pounds of weight and reduce the strain on your knees and all your joints, 1 pound of weight loss can remove up to 4 pounds of pressure on all your joints. Maintain strength and flexibility in your quadriceps and hamstrings to limit knee injury. If you have knee pain choose low impact activities for exercise like walking or swimming. If knee pain affects you in daily activities, see you primary health care provider (PCP). Your PCP will do a physical exam and order labs to rule out infections and order x-rays and MRI to look at your bones and ligaments and tendons, respectively. Conservative treatments include physical therapy, limited use of ibuprofen and recurrent corticosteroid injections. Invasive treatments include arthroscopic surgery to remove loose bodies in the knee, damaged cartilage, or partial total knee replacement. All together, these changes can help promote your health independence and happiness.

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We are so excited about all that's happening here at CONTACT Cape-Atlantic. With the onset of Spring, there are so many ways to get involved with our mission. Of course, we are always looking for new volunteers to make calls. Our Telephone Reassurance program has seasoned volunteers and also some new folks. We are looking to onboard volunteers of all ages to help connect with our terrific clients.

With all the events coming, we need oodles of volunteers and participants for each of these dates. And with the variety of events on the docket, we have something for everyone.

The Spring Sensation is always fun and will be our first event of the season on April 3rd. If you are able to come out, we'd love for you to bring friends or buy a table. Or you can volunteer help us the day of.

The Health and Wellness Symposium is happening on May 5th. This is a brand new event open to the public. You can come out and get health screenings and information for yourself or the loved ones in your life. Or, your company can be a vendor in our exciting educational area. Or if you are a professional, you can acquire CEU's for attending some great workshops.

If you are a runner or walker, you can join us in Avalon for a summer adventure. Registration is now open for that event which is in its 40th year.

But most importantly, you can help us identify people who are in need of our free services. If you know of a person with a disability or a senior or anyone living alone that could use a call or referral, please let them know we are here. Happy Spring Everyone! Here's to Hope and Life!

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- Ask for their marketing plan. Marketing is very important when selling a home. Ask your possible real estate agent about their marketing plan. Also take a look at their professional signage. Do they do weekly open houses? What publications do they advertise in? Do they send direct mail postcards to surrounding neighbors or out-of-area buyers? No single tactic sells a home but the combination of these marketing methods sells homes!
- Consider agents experience. While experience may not be everything, it is a huge advantage when selling a home. You want an agent who's sold many homes in the past and has learned from his or her mistakes elsewhere. You also want an agent who knows the market/area and who can show you comps.



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Address: _____

Phone: _____ Amount Enclosed: _____

E-Mail: _____

Thank you for helping us keep in CONTACT!