



# Caring Neighbors

VOLUME 10

2013/2014

The following Providers freely donate their time to VIM. Next time you see them, please say THANK YOU!

**Primary Care:**

- Ken Cramer, MD**
- Tom Dierkes, MD**  
(pediatrics)
- TJ Doherty, MD**
- Ruth Hallowell, APN-C**
- Lynn Helmer, MD**
- Gina Maloney, APN-C**
- Richard Nussey, MD**
- Dave Perry, PA**
- Gita Ponnappan, MD**

**Specialists:**

- Dennis Cardillo, OD**  
(Optometry)
- Martin Carey, DPM**  
(Podiatry)
- Jong Choi, MD**  
(Acupuncture)
- James Dougherty**  
(Massage Therapy)
- John Gottlieb, MD**  
(Orthopedics)
- Jacqueline Hendrickson, MSW, LSCW-C**  
(Counseling)
- Stephen Kornberg, MD**  
(Cardiology)
- Divo Messori, MD**  
(Gastroenterology)
- Melind Pandya, MD**  
(Nephrology)
- Joseph Salvatore, MD**  
(Orthopedics)



## Introducing David Perry, Jr. MS, PA-C

David Perry graduated The College of New Jersey, worked at Schering Plough Pharmaceutical and went on for his Masters of Science as a Physician Assistant from Rutgers School of Medicine Physician Assistant program (formerly UMDNJ). He has worked at Cape Urgent Care since 2007 and volunteered at Volunteers in Medicine since 2009.

Dave Perry comes from a prominent local family with strong ties to the original families of Cape May. At the age of 14, Dave was diagnosed with cancer. During hospital stays, surgery and chemotherapy treatments, Dave experienced compassion, dedication and love which left him for-

ever changed. He has dedicated his life to making a difference in the lives of others. Volunteerism is an integral part of his life: Boy Scout, Eagle Scout, pediatric camp counselor, Mason, VIM.

Other than his Doctors, Patch Adams was an influential figure to Dave. In the movie a man heals through medicine and humor as he evolves in his own life. Dave shares "I found this quite a comforting thought." The classic mental picture, Patch Adams (Robin Williams) in a clown nose making kids laugh in the cancer ward, it is a warming vision that can touch a heart. Dave's heart was equally warmed when he was given an autographed Patch Adams book.

The book reinforced the concept of how Adams sought to give laughter and love, as well as provide medical care for the underserved. "Not until I discovered VIM did I have the opportunity to

make that fantasy a reality for myself."

Dave recently wrote a letter to Dr. Patch Adams, thanking him for his dedication to helping others and for leading Dave to VIM. Dr. Adams graciously replied. He wrote of his adventures, thanked Dave for his support and closed his hand-written note with "all the best in your healing work – make it fun and sweet."



Nurse Chuck Allison takes a BP, while Dave reviews the patients labs.

An open letter from Dave Perry to the friends of VIM:

I cannot begin to tell you how rewarding helping our fellow man can be. Volunteering benefits more than just the receiver, I feel renewed when I finish my shift at VIM. For those that volunteer, I thank you and for those that have yet to volunteer I encourage you. To VIM's fellow providers, thank you for your dedication and I hope you find it as rewarding as I do; please, "make it fun and sweet"!

Sincerely,

*Dave Perry, Jr.*





Joan Jackson  
1/1/35—9/3/13

*“Even though  
we have less,  
we are not  
made to feel  
less than”*

## Remembering The Reverend Margaret “Joan” Jackson

Mother Joan joined the VIM Board in 2011. She frequently said she liked serving on VIM’s Board because we “got things done.” She passed away suddenly in September and is sorely missed. She will be dearly remembered as a very vibrant special person, who was full of life and always had a smile. Her love of life, family and community had a positive impact on many people. VIM was blessed to have known her.

Mother Joan wrote the following letter this spring to area Churches. As always, the Churches and parishioners responded with an outpouring of support.

Dear Colleagues,

We live in a time of chaos and crisis. There have been so many devastating events that have traumatized families, our state, country and all of the world. Some by way of nature and far too many by human hand. We all do what we can to reach out but it is hard not to feel somewhat helpless.

In Cape May County we have a way to offer hope and help to our neighbors who, through no fault of their own, have no health insurance. It is difficult to imagine how devastating it is to be medically unstable and be helpless to do anything about it. Our support of Volunteers in Medicine (VIM) makes possible good primary care in a professional and caring environment. Each patient is treated with the dignity he or she deserves.

If your outreach has included VIM in the past, we thank you and know that you will continue your support. If you have not or it has been a while, please prayerfully consider donating now. The need is so great.

It is a blessing to live in such a beautiful part of God’s creation. A place where many come from afar to vacation. Let us remember the person who waits on us in the store, or serves our great meals in the restaurant, is probably a part time seasonal employee with no health insurance.

How do these, our friends and neighbors, have hope of good medical care without VIM?

Thank you.

Faithfully,

The Rev. M. Joan Jackson



## Received from a patient

“Great news - I got a job that offers benefits after 90 days— cooking at the correctional facility in CMCH.

I have one more appointment at VIM. Everyone there is wonderful - much nicer and more caring than any other medical office I have ever gone to.

Dr. Helmer is fantastic.

The first time I finally forced myself to go to VIM; they wanted to send me to the ER because my BP was so high. I really think you all saved me. I will always be grateful for the kind professional treatment I was given.”

## Dear Friends,

It is hard to believe that Volunteers In Medicine of Cape May County is going into its 12th year of operation. VIM's mission is as important today as the day the center opened. You and VIM are a lifeline for the working poor who live on marginal incomes and cannot afford access to health care.

Because of you, VIM has been able to provide vital services, including: primary care, preventive care, patient education, a Diabetic Compliance and Healthy Lifestyles Initiative (funded in part by the American Medical Association, in partnership with Miracles Fitness), medication assistance and patient enrollment in national pharmaceutical programs. These services are funded in part by the County of Cape May.

We extend our thanks to our dedicated professionals led by Executive Director Jackie Meiluta, Medical Director Dr. Elizabeth Crowley and Clinical Operations Director Barbara Harvey, RN, and to our scores of wonderful volunteers.

The Board of Trustees is extremely proud of VIM's collaboration over the years with the community. Partnerships with the Cape May County Health Department, the Cancer Education and Early Detection Program (CEED), the Chronic Care Coalition, Cape Counseling, and Cape Regional Medical Center and many others have been crucial to our delivery of services.

Thank you for your loyal support of our mission. VIM's continuing presence is a tribute to your generosity. In the spirit of the season of giving, we again ask your help for your neighbors in need.

Best wishes for Happy Holidays and a Healthy New Year,

*Doug Burke*

Doug Burke, Board Chair



### First Annual 5K Health Run

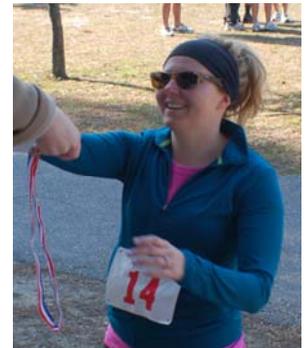


Medical Director Elizabeth Crowley and Presenting Sponsor, Veteran Rich Kraus

### VIM 5K at the Zoo

100 runners joined us last spring for the First Annual Vietnam Veterans for VIM 5K at the Cape May Zoo & Park.

Please join us this year on April 19, 2014 for what is surely set to become an annual rite of spring.



Megan Teesdale accepts her gold medal for the under 30 category

**Sponsors and registration:**  
[www.vimcmc.org](http://www.vimcmc.org)



Dave, Doug & Jen Burke at the 2013 Gala

## Tis the "Sea"son of Giving

Your donations are tax deductible as allowed by law.

- 100% of your donation stays in Cape May County
- Matching Funds doubles the power of your donation.
- Instead of shopping for office gifts, think about an office wide donation to VIM.
- VIM is a proud partner of United Way.



United Way  
 of Greater Philadelphia  
 and Southern New Jersey



The VIM clinic provides a compassionate and nurturing environment for patients, volunteers and staff based on a philosophy that healing does not begin with a pill or therapy, but when we greet someone at the door, invite them in, take an interest in their lives and give them the dignity and respect they often get nowhere else.

A special **THANK YOU** to all the local churches and municipalities who joined **VIM** in a **Partnership of Caring**. You are all shining examples of **neighbors caring for neighbors!**

Bethel Commandment Church of the Living  
Borough of Avalon  
Borough of Cape May Point  
Borough of Stone Harbor  
Borough West Cape May  
Cape May Lutheran Church  
Cape May United Methodist Women  
Church of the Advent Outreach Program  
Episcopal Church of the Advent Women  
First Baptist Church of Cape May  
First Presbyterian Church of Cape May - Deacon's Fund  
First United Methodist Church of Avalon  
Green Creek Bethel UM Church  
Green Creek Community Church  
Ladies Auxiliary/Our Lady of the Angels  
North Wildwood United Methodist Church  
St. Brendan the Navigator Parish  
St. John Lutheran Church  
St. Mary's Episcopal Church  
St. Peter's By The Sea  
Tabernacle United Methodist Church  
Township of Lower  
Wells Memorial Presbyterian Church



Like us on  
Facebook!

# VIMspirations

*A Thrift Shop Supporting Volunteers in Medicine*

The last year has been an exciting and busy one for Volunteers in Medicine with an expansion of our mission to include a Thrift Store in support of the clinic. VIMspirations Thrift Store opened in West Cape May in October of 2012 to great fanfare and the blessing of the community. With a dedicated group of volunteers and donors, we created an eclectic little store.

Although we were pleased with the overall performance and truly appreciate the wonderful support from the community, we quickly realized that in order to have a positive influence on the clinic, we needed to expand and truly think big. After one full year, we closed the little thrift store.

We are committed to the concept and are on the lookout for the right space at the right rent, preferably closer to the clinic. We hope to re-open a bigger store in the New Year. In the interim, Store Manager, Anne Marie Jackson is filling in as Volunteer Coordinator at the clinic. She is looking forward to the challenge of a new bigger store. She said "I had a wonderful team of volunteers that did an amazing job in the store. We thank Lori King, Chris, Carole, Pattie, Joan, Bobbie and everyone else for all their support and dedication to our cause and hope to see them and a brand new batch of volunteers in our new space."

To all of you who donated—THANK YOU. We could not have done it without you. We have a storage unit loaded with of great stuff ready for the new store. We look forward to helping you recycle your closets again soon.



VIM has partnered with the NJ Department of Human Services' Commission for the Blind and Visually Impaired (CBVI) to offer free quarterly Eye screenings to the public. More than fifty percent of blindness is preventable. CBVI vision screenings are done by a certified Eye Screener and VIM Volunteer Optometrist, Dr. Dennis Cardillo at VIM's state of the art Eye room, equipped by the Stone Harbor Lions. CBVI provides statewide eye health services to special needs population, individuals with diabetes, migrant farm workers, seniors and underprivileged groups.

The next clinic is January 17, 2014 and is open to the public. This is a walk-in clinic available to all residents of Cape May County. Prescription Glasses assistance is available to anyone who meets VIM qualifications. Contact the Clinic (609-463-2846) or the VIM website ([www.vimcmc.org](http://www.vimcmc.org)) for more information.

## Ken Cramer, MD

### VIM Volunteer Physician of the Year

For the last 6 years VIM has honored a Volunteer Physician at our Annual Gala. Dr. Cramer was unanimously selected in 2013. When I explained to him what this meant, he said “oh no, not me, give it to somebody else.” Ken was chosen for many reasons—the time and care he gives, his professionalism and skill. But for me, it was more personal. As a back-drop I want to acknowledge that Cape Urgent Care has always been there for VIM – Dr. Weisberg and his team has kept many of our patients out of the ER.

Frequently when I am at the Clinic on non-clinic days, people see my car and assume we are open. It is not in my nature to turn them away. Many people come and just have questions, how to register, where to turn, etc. But every now and then, someone walks in that can't wait. Not necessarily ER care but care. Like the young man who came in barely able to walk; he had a cyst at the small of his back that was very painful, very large. He had been elsewhere for treatment; he was given pain meds but no solution. He had tears as explained he did not want the pain meds he wanted the cyst to go away.

VIM is not staffed 7 days, not even 5 days but in certain cases, we know we can call Ken at Cape Urgent Care. I sent this young man to Ken and Ken performed a miracle. Later the boy need follow-up care and wound care while it healed – sometimes at VIM , sometimes at Cape Urgent Care but he got a solution, his pain went away.

It is easy for me to look like a hero when I tell people “don't worry, we will take care of you” – the proverbial “we” but it is not me providing the care. The true hero is Ken Cramer who never says no and does provide the care.

Sometimes when he is leaving the clinic, much later than planned, I'll apologize because we ran so late and he always says “That's OK, they all needed to be seen.”

On behalf of all our patients and from the bottom of my heart, Thank you Ken!

Sincerely,

*Jackie*

Jackie Meiluta



Dr. and Mrs. Cramer



Dr. Cramer's mother  
was sooo proud!



Board Chair Sandra Gott and Dr. Cramer

### Stone Harbor Lions 2013 Community Partner



VIM receives no Federal funds - we survive on the good graces of the community. We depend on the time and talents of our volunteers but also on our friends in the community who so generously open their hearts and their checkbooks to our cause. The word partner is defined as a friend who shares a common interest or participates in achieving a common goal. This is the type of friend the Stone Harbor Lions Club is to VIM.

The Stone Harbor Lions have supported the VIM mission since opening day in 2002 when they equipped our Eye Room to present day. Monies they donate every year, help us pay for eye glasses, drops, eye medications and even consults for advanced care – with glaucoma and cataracts.

VIM is proud to partner with the Stone Harbor Lions to continue to provide quality eye care to the working poor in Cape May County.



Henry and Cynthia Harrison receive the award for the Lions, presented by outgoing Chair Sandy Gott, Dr. Crowley and incoming Chair Doug Burke



Steven E. Kornberg, MD, FACC

*“without  
VIM,  
I don’t know  
what I would  
do”*

## Meet M—a VIM patient



M is in his early 60’s. He lives in Ocean City. He is married with a grown daughter. He had worked hard all his life but lost his job and his insurance in 2010. As a result, he stopped taking his medications. He began working odd jobs and thought he was doing fine until he wound up at the ER at Shore Memorial in congestive heart failure. He was admitted and spent about a week in the hospital. Due to his financial circumstances, most of this visit would be covered by Charity Care.

While in the hospital he had the good fortune to be treated by Dr. Kornberg, a renowned cardiologist, who explained to M the importance of follow-up care, taking his medications, etc. M is a quiet man and as the doctor explained what needed to happen next, M became even quieter. Because he knew he could not afford follow-up care; that he had no doctor, no insurance and no money.

Fortunately for M, Dr. Kornberg is a volunteer physician at VIM. He explained about the Volunteers in Medicine clinic. Doctor’s discharge instructions were “Follow-up with VIM clinic, repeat blood work next week, call 911 with any emergency”.

A week or two went by and M shyly entered the VIM clinic. He didn’t know how to ask for help but the VIM volunteers welcomed him and quickly made him feel at ease. M has been a VIM patient now for about 18 months.

Since joining VIM, in addition to excellent primary care by the VIM volunteer team, M has had assistance with his medications, Diabetes Counseling at Cape Regional; an Eye exam and foot exam with VIM volunteer’s Dr. Cardillo and Dr. Carey. He is current on his flu and pneumonia vaccinations thanks to the Cape May County Department of Health.

M is exercising regularly, riding

his bike or walking at least an hour a day, despite residual decrease in heart function; his diabetes is in good control (A1c of 6.5 down from 7.1). His weight and vital signs are all stable. He is always glad to talk with our volunteers about how lifestyle choices are the most important factor in maintaining good health.

Dr. Crowley refers to him as “her favorite patient” but truth be told she says the same about any patient who cares about their own health as much as she does. Dr. Kornberg’s recent chart note says “patient has done extremely well since restarting his medications appropriately last year.”

In a few more years, M will qualify for Medicare. Until that time, VIM will continue to partner with him on his health; will continue to provide the care he would not be able to afford elsewhere.

## 10 Reasons why Free & Charitable Clinics are needed after the Affordable Care Act

by Julie Darnell, PhD, MHA School of Public Health, University of Illinois at Chicago

1. There will be gaps in coverage. **44 million will remain uninsured in 2014.** This number will drop to 31 million by 2022. People will be uninsured for a variety of reasons: Unauthorized/undocumented (11 Million), Medicaid eligible but not enrolled, Unaffordable Coverage, In between coverage.
2. There will be gaps in services (dental, eye, case management, health education).
3. There will be gaps in availability of providers.
4. Volunteerism bestows benefits to patients.
5. Volunteerism bestows benefits to providers.
6. Free clinics are mission-driven providers of care.
7. Free clinics are community based training sites.
8. Free clinics provide high quality care.
9. Free clinics are nimble.
10. Free clinics have expertise serving the nation’s most vulnerable populations.





## Spring For VIM



This premier all women's golf tournament was originally founded by Francey Burke in 2007 and was hosted by the Wildwood Women's Golf Association. The tournament has raised more than \$100,000. It paid for the first computers VIM ever had, much needed medical equipment, prescription medicine coverage and much, much more.

It has been two years since the last Spring For VIM and we still get calls from interested golfers. We are thrilled to announce the tournament is back for 2014 at the Wildwood Golf and Country Club on Monday, May 19th, 2014.

"I am so pleased to be bringing back Spring For VIM, and Burke Motor Group is the proud host of this remarkable event," says Tournament Director Francey Burke. All event details will be posted soon on our website: [Eventsbyburke.com](http://Eventsbyburke.com). "VIM is an integral part of our community and we hope to raise funds that will benefit this caring and needed organization."

**A Premier All-Women's  
 Golf Tournament  
 Wildwood Golf  
 & Country Club  
 Monday May 19, 2014**

*"For a long time my vision of a clinic was poor service with unfriendly people. I soon found out this was not the case. VIM is extremely friendly and caring. It is very humbling and comforting knowing there are people out there who really care about us people who are less fortunate."*

## VIM DAY 2014

**Mark your calendars for VIM Day on March 12, 2014.**

Please plan on joining us for a breakfast celebration at the Wildwood Golf Club in honor of the 12th Anniversary of the Clinic. This is a always a fun and special day where we give thanks for the Culture of Caring that sustains the Clinic.

The fun begins at 8AM. Tickets are just \$15. Register on-line at [www.vimcmc.org](http://www.vimcmc.org).



10 year Volunteer Barbara Eckhardt is acknowledged by Freeholders Gabor, Thornton and Hayes at VIM Day 2013

## A typical day at Vim

A young man (20ish) walked into the Clinic the other day. He was a Type I, insulin dependent diabetic who could not afford his insulin. When he runs out, his sugars go into the 400's; he winds up in the ER and frequently the ICU. He had just been released from the hospital and admonished to not stop his insulin. He came to VIM and asked if we could simply give him a few

weeks supply of insulin until he could get back on his feet. We quickly explained that doctors do not do that; he needed regular care **AND we would be happy to provide it, free of charge.**

Although VIM is not a walk-in clinic, he got lucky that day. Dr. Crowley happened to be on site and she agreed to see him. We sent him home with insulin supplies, a meter

and test strips. We arranged follow-up care at VIM and Diabetes education at CRMC.

The young man had tears in his eyes as he expressed how nice everyone at VIM is. He shared how scared he had been. That he had never dreamt there was such a place as VIM.





423 North Route 9  
Cape May CH, NJ 08210  
www.vimcmc.org 609-463-2846

Non-Profit  
U.S. Postage Paid  
CMCH, NJ 08210  
Permit No. 156

### Board of Trustees

- Doug Burke, Chair
- Marilyn Sweeney, Vice-Chair
- Noreen Sisko, Treasurer
- Violet Rixey, Secretary
- Lou Altobelli
- Kathy Breuss
- Joanne Carrocino, ex officio
- Judith Coché
- Lindsey DeLollis
- Brenda Williams Elliot
- Sandra Gott, Past Chair
- Cynthia Harrison
- Gillian Higman
- Petty Nesbitt
- Mary Tighe

Newsletter printed by:



# VIM and the Affordable Care Act

While the nation struggles to find a solution to our broken health care system, there is a small group of people making a difference every day. Free clinics like Volunteers In Medicine are a perfect example of what is good about America. They are a grassroots movement of neighbors taking care of neighbors. Free clinics are a different model of health care and healthcare delivery. Free clinics receive no Federal funds; typically operate on a shoestring budget and are dependent on the good graces of their local community for support.

There are approximately 1,200 Free and Charitable Clinics throughout the nation who since the 1960's, have been filling in the gap for those who "fall through the cracks" in our system.

Most patients that go to free clinics (83% nationally) come from a working household. A common misperception is "your

patients are living on the dole" but that is just not true. The vast majority of VIM patients work seasonal or part-time jobs; the types of jobs that pay low wages and do not offer health benefits. All VIM patients say "without you, I do not know what I would do."

One of the most common misconceptions about how the United States will look after the full implementation of the Affordable Care Act (ACA) is that there will no longer be a need for free clinics like VIM. In fact, even after full implementation of the ACA, according to the Congressional Budget Office, there may be as many as 29 million people still uninsured.

Free and Charitable Clinics will remain an important part of the Country's safety net, even after the implementation of the Affordable Care Act for many years to come.

The book of Deuteronomy, chapter 15, verse 11 says "The needy will never be lacking in the land; that is why I command you to open your hand to your needy kinsman." This is the his-

toric role of free clinics, and a role that will be required for the foreseeable future.

So while the politicians and pundits continue to debate health care, the volunteers at VIM and free clinics like VIM all around this nation will continue to be necessary. Will continue to provide care for the uninsured; will continue to make a difference; will continue to need

Stay informed about VIM. Sign up for monthly emails.

