

Caring Neighbors

VIM SUMMER NEWSLETTER 2017



The D Day Project Team

Anne Marie Jackson, Barbara Harvey, RN, Nancy Sudol, APN, Joanne Farrell, MSN, RN, CDE

We're excited to share that VIM has received a \$30,000 grant from the CVS Health Foundation in partnership with the National Association of Free & Charitable Clinics. The funds will help us increase access to health care for the underserved in Cape May County and Atlantic County and specifically, support our D DAY initiative.

"D Day" has come to be defined as the day on which an important operation is to begin or a change to take effect. Our D Day is for Diabetes Care Management.

D Day is a monthly clinic focused exclusively on diabetes disease management and best standards of care.

At D Day, our Diabetes Educator Joanne Farrell leads a group session that takes into consideration our patients budget

and cultural concerns. D Day Care Teams are trained for diabetes counseling, care management, medication (to include insulin) best practices, and other diabetes' health issues. We review diet and exercise history and suggest ways to improve. Labs and meds are reviewed and ordered as indicated. We do an in-house A1C to assess control. We ensure an annual eye exam, foot exam, flu shot, and pneumonia shot.

Patients and volunteers then share a healthy meal together. All patients leave with a goodie bag that includes among other things some fresh fruit/produce, socks, toothpaste, and toothbrushes.

25 patients from each of our two clinics will be encouraged to attend at least two D Days per year. Their encouragement is a \$25 gift card for groceries at the first session. If they attend a second, they get a pair of shoes approved by our favorite podiatrist Dr. Carey.



Our first round of patients recently completed their second D DAY clinic and were able to choose their shoes. Ordering them was fun. During the shared meal, we were able to view and choose shoes over the internet on the big screen. Our landscaper



got a cool pair of Doc Martens, two chambermaids chose black sneakers for work and two have committed to walking to improve their health so they were rewarded with nice walking shoes.

As an organization, we face many health



care challenges but the support we are receiving from the CVS Health Foundation will help us address those challenges and provide the South Jersey community with access to innovative health care services and enhanced coordinated care models to help improve the quality of care and patient outcomes.



In Cape May County:
423 North Route 9
Cape May CH, NJ 08210
Open Monday though Fri
9:30AM - 4PM

In Atlantic County:
3073 English Creek Ave
Egg Harbor Twp, NJ 08234
Open Monday thru Thursday
10AM - 1PM

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Barbara Harvey, RN
Director of Nursing

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WWW.VIMSJ.ORG

Volunteers in Medicine (VIM) represents all that is good about America. We are a grass roots organization of neighbors caring for neighbors; a volunteer powered solution to the health care crisis. Our patients earn too much for Medicaid but not nearly enough to afford premiums, co-pays and deductibles. We operate two free clinics in South Jersey to serve the needs of the uninsured and underserved. VIM's Cape May County clinic has been in continuous operation for 15 years. Currently, approximately 450 people consider the Cape May County VIM clinic their primary care doctor and medical home. The Atlantic County clinic opened in March of 2017 and has a first year goal of serving 250 individuals.

If you would like to help VIM help our neighbors in need perhaps you could:

- Volunteer to work at the clinic or thrift store.
- Make a tax deductible contribution.
- Organize a fund-raiser or collection with your group for VIM.
- Put a stack of VIM brochures or a VIM coin box at your business.
- Help spread the word: hang a VIM flyer in your office or employee break room.
- If your business does not offer health insurance, consider a payroll stuffer with information on how a patient can register at VIM.
- Tell your children or colleagues that you would prefer a donation to VIM instead of a gift.
- Remember VIM with a bequest.
- Support our thrift shop located at 20 S. Main St, Cape May Court House with your donations and purchases.
- Direct your United Way contributions to VIM.
- Follow us on Facebook. Like us on Facebook!

Not all volunteers work at the clinic, nor do all donations involve cash. **John McLaughlin of O'Connor Landscaping** not only rented a storage unit for the equipment we were gathering for the new clinic but supplied his trucks and manpower to collect and deliver the equipment. **Mike DiPalantino (the Paver Guy)** graciously provides snow plowing free of charge all winter long. **Clermont Self Storage** provides two free temperature controlled storage units for use by our thrift store. **Alec Vint** and **Ron Custer** purchased and installed a water irrigation system for our Community Garden. **Garden Greenhouse** trims and mulches the shrubs at the CMC Clinic every spring and fall and never charges us.

Plans are underway for our Annual Gala to be held on Friday, September 8, 2017 at the Yacht Club of Stone Harbor. We hope you will consider providing a sponsorship and joining us for a very special evening. The Gala is a wonderful opportunity for you to help VIM make a difference in the lives of our patients and celebrate the achievements of our "neighbors caring for neighbors."

Should you have any questions or require any additional information, please call or email our Executive Director, Jackie Meiluta at 609-463-2846 or jmeiluta@vimsj.org.

VIM is proud to partner with the United Way.



United Way
of Greater Philadelphia
and Southern New Jersey

VIM's Care Team

Elizabeth Crowley, MD, Medical Director

Barbara Harvey, RN, Clinic Director

Primary Care

Ken Cramer, MD

D. Lynn Helmer, MD

Dave Perry, PA

Tom Dierkes, MD (Pediatrics)

Gina Maloney, APN

Nancy Sudol, APN

Demetra Zalman, APN

Specialists:

Martin Carey, DPM (Podiatry)

Jong Choi, MD (Acupuncture)

Joanne Farrell, RN, MSN, CDE (Diabetes Ed)

Steven Kornberg, MD (Cardiology)

Divo Messori, MD (Gastroenterology)

Melind Pandya, DO (Nephrology)

Eugene Carroccia, MD (Plastic Surgery)

James Dougherty (Massage Therapy)

John Gottlieb, MD (Orthopedics)

Anthony Lombardo (Psychology)

John Middleton, MD (Infectious Disease)

Joseph Salvatore, MD (Orthopedics)

Birenda Tandan, MD (Urology)

Community Partners:

Cape Regional Medical Center

Department of Health (AC & CMC)

Rainbow Pediatrics

Cape Urgent Care

NJ Commission for the Blind

Reef Family Pharmacy

Patients that register with VIM receive free, quality primary care, specialists care when available and prescription medicine assistance. Perhaps more importantly, VIM becomes their advocate to ensure continuity of care.

Please consider joining our care team. Just a few hours per week or month will make a difference! Need a reason to volunteer?

- You connect with people and become part of a solution
- Providers get to practice the kind of medicine they want and not worry about billing
- Volunteers make a difference in people's lives every day
- Use an existing (or learn a new!) skill set to keep yourself challenged
- Giving back makes for a stronger community
- Because you enjoy working with people
- Because doing for others makes you feel better.

We have volunteer opportunities in Reception, Intake, Scheduling and Nursing at both clinics. In Cape May County we also need help in our Thrift store and Community Garden. We always need doctors, NP's and PA's. Malpractice coverage is provided free of charge. Interested? Call or email info@vimsj.org.

Volunteers in Medicine

423 No. Route 9

Cape May Ct Hs, NJ 08210

609-463-2846

Volunteers in Medicine

3073 English Creek Avenue

Egg Harbor Twp, NJ 08234

609-867-6384



Sue Antczak, RN Volunteer of the Year

Sue Antczak, RN first heard about VIM at Spring For VIM, a charity golf tournament. She signed up to volunteer and quickly became a highly valued member of the Nursing Team. Sue is cross trained in all areas of both clinics and covers for Clinic Director, Barbara Harvey, RN when she is away. Sue is pictured above to the left of Barbara.

Although she wears many hats at VIM, Sue's primary focus is to ensure our patients get the medications they need at a price they can afford. VIM spends about \$50,000/year on prescription medications and, thanks to volunteers like Sue is able to secure another \$400,000 /year in FREE meds for our patients.

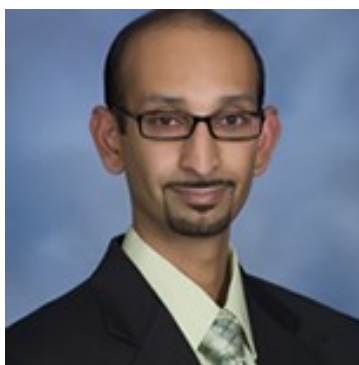
Community Partner: Care of The Week Program

For 15 years three local newspapers have promoted VIM with a weekly Care of the Week ad. Thanks to their generous support, VIM has been able to acknowledge our supporters and promote awareness of the clinic to potential patients and volunteers.

We salute the Cape May County Herald, the Cape May Star & Wave and The Middle Township Gazette as our Community Partner for 2017!

Melind Pandya, DO Physician of the Year

Dr. Melind Pandya was born in Philadelphia, but moved to Cape May County when he was 2. His father was Chief of Nuclear Medicine at Burdette (now CRMC). Doctor is a graduate of UMDNJ. He completed his specialized nephrology fellowship training at SUNY – Downstate Medical Center in Brooklyn, NY.



Dr. Pandya met his wife through friends while visiting India. They have three beautiful children—all girls: an 8 year old and 3 year old twins. Mrs. Pandya was sworn in as a US citizen on the same day that VIM announced Melind was our Physician of the Year. A happy day for all.

Shortly after completing his residency, Dr. Pandya decided he wanted to "go home" to CMC and start his own practice. As a solo practitioner he relied on his wife to do everything in the office. Together they built a thriving and well-respected Nephrology practice.

Dr. Pandya learned about VIM through a patient. He also knew of our medical director, Dr. Crowley. He began volunteering in 2012 and quickly became a much beloved member of our care team. Dr. Pandya says he really enjoys our team oriented approach. Clinic Director, Barbara Harvey, RN says we enjoy how accessible he is. He is always willing to take our calls, to consult on a case, and to answer our questions.

VIM's Culture of Caring

VIM believes that access to healthcare is a right, not a privilege. All VIM staff and volunteers are trained to treat patients with dignity, respect, and compassion. Striving to meet the highest standards of medical practice, VIM is committed to improving the overall health of the community by providing free primary and preventive care; promoting patient education and reducing the need for emergency care; utilizing the volunteer services of physicians, nurses and others wherever possible to increase access to care; and creating a "Culture of Caring," respecting the dignity and individuality of patients and volunteers.

VIM's team of almost 100 volunteers - physicians, nurse practitioners, nurses, social workers, dieticians, clerical, and students provide comprehensive care in easily accessible facilities with the same dignity and confidentiality afforded in the private sector. VIM, with the support of the medical community and community at large is able to address the health and well-being of patients, stabilize chronic conditions, help contain infectious disease, and reduce public healthcare costs by reducing the reliance on emergency rooms in local hospitals.

According to County Health Rankings, Cape May County ranks 16 out of the 21 NJ counties for health outcomes with 12% lacking health insurance in 2016. Atlantic County is even worse with a ranking of 17 (out of 21) and an estimated 15% uninsured. The vast majority of uninsured are adults (19-64 years of age) and more than three quarters are from working families earning low to moderate incomes. Fully 53% of all NJ jobs pay less than \$20 an hour, keeping hard-working residents living in poverty and struggling to make ends meet. Along the Jersey Shore this situation is compounded by the seasonal nature of our economy.

VIM patients earn too much for Medicaid, are not old enough for Medicare, and do not earn enough to afford the high cost of deductibles, co-pays and premiums associated with private insurance even after the ACA subsidies.



11th Annual Gala Celebrating VIM's Culture of Caring

Yacht Club of Stone Harbor
September 8, 2017 5:30PM

2017 Honorees:

Melind Pandya, DO

Physician of the Year

Susan Antczak, RN

Volunteer of the Year

Cape May County Herald, Cape May Star & Wave, Middle Twp. Gazette

Community Partners of the Year

This elegant evening of cocktails, hors d'oeuvres, and three course dinner at the beautiful YCSH is our annual celebration of the VIM Clinic and the very special people that make it a reality.

Presenting Sponsor \$5000 Preferred seating for 8, name prominently displayed in all PR, event materials, signage at Event

COCKTAIL SPONSOR - \$3000 Includes Table for 8, recognition during the Cocktail Hour, recognition in all event materials and press.

DIAMOND SPONSOR- \$2000 Includes six dinner tickets, recognition in the Program

GOLD SPONSOR- \$1000 Includes four dinner tickets, recognition in the Program

SILVER SPONSOR- \$500 Includes two dinner tickets, recognition in the Program

BRONZE SPONSOR- \$250 Recognition in Program

FRIEND OF VIM - \$125 Listing in Program

GALA TABLE OF 10 - \$950

GALA DINNER TICKET - \$100/pp

(tickets may also be purchased on-line at www.vimsj.org/events)

I will not be using the tickets included. Please donate the full value of my sponsorship to clinic operations.

Name: _____

Company: _____

Address: _____

Phone: _____

Email: _____

Contact Jackie Meiluta at 609-463-2846 or jmeiluta@vimsj.org for more information.

Make checks payable to VIM and mail to 423 N. Route 9, CMCH, NJ 08210. Visit www.vimsj.org to pay safely via credit card on-line.

***Volunteers in Medicine is a 501(c)3 non-profit.
Donations are tax deductible as allowed by law.***



423 North Route 9
3073 English Creek Ave
Cape May CH, NJ 08210

NEIGHBORS CARING FOR NEIGHBORS

Every patient that comes through the doors of our clinics has a story to tell. Some are newly poor; never having had to rely on charity for care before. Others are chronically poor; working sporadically in low paying jobs.

Most have not seen a doctor in years. **All say "I don't know what I would do without VIM."**



Mary is an uninsured neighbor who went to the ER with active ulcers on her feet and ankles from flea bites. She was referred to VIM and became our patient. She had

uncontrolled diabetes and severe neuropathy. The ulcers and sores were so bad that she was only able to wear soft slip-

pers and she could barely walk.

VIM provided weekly wound care with guidance from the CRMC Wound Care Nurse Manager. In addition to primary care, Mary was seen by our podiatrist, Dr. Carey and our Infectious Disease Specialist, Dr. Middleton. She was enrolled in VIM's D Day Diabetes Care Management program. Slowly, she began to heal and her health improve. She is now able to wear sneakers and is walking more steadily.

Mary recently qualified for Medicare and has successfully transferred from VIM to Cape Physicians Associates.

Camila has been a patient at VIM for several years. She has Diabetes and kidney disease. Last winter, she complained of a painful lump in her groin. Our gastroenterologist, Dr. Messori, feared a hernia and ordered a scan. Unfortunately the

scan showed a cancerous mass, primary source unknown. Cooper later determined she had Stage 4 Anal Cancer.

Camila had a green card but lost it so she is not entitled to Medicaid. Fortunately, Atlanticare extended her Charity Care and she has begun chemo and radiation. Her treatment is complicated by her kidney disease, but our nephrologist, Dr. Pandya is closely monitoring her. Her VIM care team is in regular touch with her, helping her through the process and providing morale support.

Camila is doing very well. She has just one more treatment and a bright outlook. She is very grateful for the care and support she receives at VIM.



Visit www.vimsj.org to learn more .