



Caring Neighbors

Winter News 2024-25

Annual Celebration



Maryann Haflin, MD is surrounded by Executive Director Jackie Meiluta, Board Chair Craig Degenova, Medical Director Lynn Helmer, MD and Clinic Director Cathy Betham, RN

More than 150 friends of VIM gathered in early September to celebrate VIM's Culture of Caring with a delicious luncheon at the Avalon Links.

Dr. Haflin was honored as Physician of the Year and Kathy Miller, RN as Volunteer of the Year. These fabulous volunteers are shining examples of VIM's motto: **Neighbors Caring for Neighbors.**

The Cape May County Department of Health was recognized as VIM's Community Partner for 2024. The CMC Public Health Nursing Division, led by Mary Tighe, RN provides high quality health

education, screening for early detection of illness and immunizations. VIM is proud to partner with this wonderful group.

Past Community Partners, The Avalon Lions (shown bottom left) and Foster-Karney Foundation presented VIM with very generous donations. The Ladies Ancient Order of Hibernians also presented a check. VIM is grateful for all our community partners. **Together we heal!**

Community Partners and Volunteers like these, **together with you**, make a difference every day. **With your support, 600 of our neighbors get the care they need and cannot afford. As always, we are grateful for you. We could not do this without you.**



Kathy Miller, RN
Volunteer of the Year



VIM ensures free care for our neighbors in need. Together we heal!

2024 Supporters

Board of Trustees

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Medical Director

SPECIAL GRANT SUPPORT

Avalon Lions Club
Community Health Connections
Foundation
County of Cape May
Foster Karney Foundation
Teva/NAFC/Direct Relief

PRIMARY CARE PATRONS

Cape May Ministerium
Gr. Wildwood Elks Lodge #1896
Ron and Lynn Helmer
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Masset Building Company
Township of Lower
Sturdy Savings Bank

TREATMENT TRAILBLAZERS

Borough of Avalon
Carroll Charity Fund
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Gail Keppler
IMO Steven Kornberg, MD
Mary D. Macfarland Fdtn.
St. Brendan the Navigator
Subaru of America
Vietnam Veterans of Am. Ch. 602
Wells Memorial Presbyterian

LIFE-SAVING LEGENDS

IMO Marilyn Golden, RN
IMO Adele Meiluta
Tina Nugent and Robert Lapenta
Kathleen Walters

WELLNESS WARRIORS

Anglesea Fire Company #1
Blumberg & Wolk
Cape May Civic Club
Cape May Presebyterian
Lucille Carey
James Connelly
Loretta Finnegan MD
Carol & Timothy Harris
Charlotte & William Lansinger
John & Lisa McLaughlin
Divo Messori, MD
Janice Morey
Ladies Anc. Ord of Hibernians
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Dick & Mary Shea
Andrew Sitkoff, DO
Paul & Marie Sluberski
Sons of the American Legion
Bennett Werner, MD
Wesley Methodist Church

HEALING HEROS

1st Bank of Sea Isle City
Brigantine BPO Elks Lodge 2428
Cold Spring Presbyterian
Rebecca Chamberlain
Dennisville United Methodist Women
Charles A Meyers Private Fdtn
Glenn Insurance
Joe & Trina McSorley
Loretta Morris
William Robinson, DMD
Tom Rossi
Sea Isle City Garden Club
Schuler Security
James & Carol Shaw
Shore Medical Center
St. Peter's by the Sea
Joe Testa & Marlene Catanoso
OretagaVanderhoff



New Trustees Heather Watkins-Jones and Gerald Hathaway with Vice Chair Jay Blumberg and Chair Craig Degenova

Help Us Provide Care



All donors are recognized on the VIM website and at VIM events.

- **Primary Care Patron \$5000** covers complete patient care for 5 patients for 1 year
- **Treatment Trailblazer \$3000** provides diabetes and/or hypertension screenings and home care devices such as BP cuffs, glucometers for 30 patients
- **Lifesaving Legend \$1500** ensures annual colorectal cancer screening (FIT) for 100 patients
- **Wellness Warrior \$1000** supports our Healthy Living Program which includes monthly group sessions featuring tips and support for living with chronic diseases such as diabetes, hypertension and obesity.
- **Healing Hero \$500** provides prescription medicine assistance
- **Caring Neighbor \$100**—fills in the gaps in care
- **Healthy Food Partner \$25** buys a boxed lunch at our Free Day of Care or a produce voucher for our summer garden fresh produce program

Donate safely on line at vimsj.org or scan the QR code. To donate by check, use the enclosed envelope to mail your check payable to: Volunteers in Medicine, 423 N Route 9, CMCH, NJ 08210.



♥ VOLUNTEER APPRECIATION



VIM ensures free care for our neighbors in need. Together we heal!

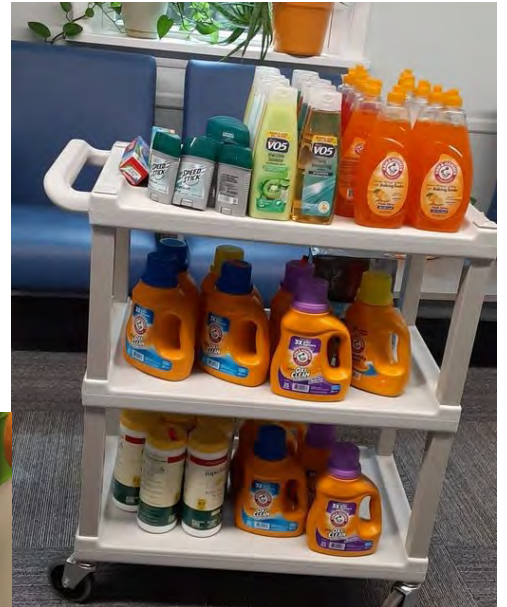
Did you know?

VIM maintains a supply pantry of non-perishable goodies in our lobby for patients. FREE household products and cleaning supplies help stretch a slim budget and allow more money for food.

If you want to support the pantry, please drop off non-perishable items at the clinic Monday-Thursday. Call Anne Marie at 609-778-2707 for details.



Special thanks to **Ocean City's Colony Club** for collecting many of these items for VIM



Spill the Tea with Jessie

VIM has a new patient program focused on lifestyle for greater wellness. The tools and techniques taught by our Community Health Worker Jessie are designed to promote greater emotional wellness and improved health. The best part: **all 7 behaviors are completely accessible to anyone on a budget.**



1. **Sleep** - 7 to 9 hours nightly
2. **Eat** – at least 3 times a day (something with nutritional value); don't go long periods of time without eating.
3. **Movement** – move around a little more than you do now, aiming for 20-30 minutes or more, most days
4. **Daily Pleasant Activities** – do something pleasant every day, & pay attention to it while you're doing it
5. **Slow, Deep Rhythmic Breathing** – at least 5 minutes/day
6. **Avoid Risky Behaviors/Substances that are bad for you**
7. **Mindful Thinking**



FREE DAY OF CARE

OFFERED BY VOLUNTEERS IN MEDICINE
AND CAPE MAY COUNTY
DEPARTMENT OF HEALTH

Friday January 24, 2025 from 12 to 5PM

Wildwoods Convention Center

Door open at 11am for registration



We are offering:

- Cholesterol and diabetes testing
- A visit with a Primary Care Provider
- Mental Health assessment
- Eye screening
- County Health Resources
- Free Lunch!



And so much more!



Questions? Please Call

Volunteers in Medicine(609) 463- 2846

CMC Department of Health (609) 465- 1187

Priority will be given to the uninsured

VIM THRIFT STORES

Grapevine Plaza, 7 N. Wildwood Blvd, CMCH 609-465-3680

Cedar Square, 2087 S. Route 9, Seaville 609-277-7075

Hours: Mon-Sat 10AM-6PM, Sun 11AM-4PM



Shop! Donate! Volunteer!

Check out our new location at Cedar Square in Seaville!
Your purchases & *gently-used* donations at VIM Thrift provide
the gift of health! Proceeds from our two thrift stores ensure
more than 35% of all clinic needs.



Neighbors Caring for Neighbors!

VIM VOLUNTEER PROVIDERS



Primary Care

Harry Chaikin, MD
M. J. Jiminez Cerna, MD
Tom Dierkes, MD (Pediatrics)
MaryAnn Haflin, MD
D. Lynn Helmer, MD

William Hooper, MD
Gina Kremer, APN
Andrew Sitkoff, DO
Angelo Sparagno, MD
Demetra Zalman, APN

Specialty Care

Martin Carey, DPM (Podiatry)
Jong Choi, MD (Acupuncture)
Sallustio Del Re, MD (Pulmonology)
Gary Feinberg, MD (Gen Surgery)
Eliot Kaplan, MD (Psychiatry)

John Middleton, MD (Infect. Dis)
Lawrence J. Naame, MD (Ortho)
NJ Commission for Blind (Opt)
Melind Pandya, DO (Nephrology)
David Roeltgen, MD (Neurology)
Greg Speed, LCSW (Counseling)
Birendra Tandan, MD (Urology)
Bennett Werner, MD (Cardiology)

VIM is always in need of nurses, doctors and specialists. If you would like to know more, please call the clinic at 609-778-2709 or Contact Medical Director Lynn Helmer, MD at lhelmer@vimsj.org or Clinic Director Cathy Betham, RN at cbetham@vimsj.org

