



Caring Neighbors

Volunteers in Medicine

Winter News 2022-23

One Less Thing to Worry

About

"You do not have enough income to meet some portion of your basic needs. You are forced to go without, sometimes trading off one critical need for another ..."

A recent study conducted by Legal Services of New Jersey's Poverty Research Institute points out that a family of three in New Jersey was in true poverty in 2019 if its income came in under \$70,372, even though the federal cutoff for poverty was just \$20,598. "Below the bare bones threshold, you are living in true poverty," said Poverty Research Institute Director, Shivi Prasad. "You do not have enough income to meet some portion of your basic needs. You are forced to go without, sometimes trading off one critical need for another — perhaps less food to make rent or putting off a health exam or a prescription to secure a child's winter clothing."

These results were no surprise to Volunteers in Medicine (VIM). Our patients struggle to make ends meet; they do without so they can provide for their kids. They work long hours during the summer and are laid off during the winter. Many work cash jobs and are not eligible for unemployment benefits. They get by, albeit just barely; often by cutting or eliminating things like specialist visits, diagnostics tests/images, and even necessities like air conditioning, car repairs, and healthy food.

Earlier this year, we made a routine call to **Mary** to nag about getting her bloodwork done. She apologized and shared that all her spare time was focused on finding a new place to live. Her landlord was rais-

ing her rent by \$500/month and she could barely afford the old rent. Mary is a single mother with two teenage daughters. She was desperate to find some place affordable that was also clean, safe, and would not require her girls to switch schools.

Another patient, **Dave**, is lucky to work full-time year round. He makes about \$40,000/yr and typically is able to get by but never has enough to save for a rainy day. He had a few rainy days in 2022. He had a major car repair that cost \$1,500. He needs his car to get to work so he had to scramble to get the work done. Then he had a health issue that required two weeks in the hospital. Between lost wages and medical debt, he feels he will never be able to catch up. He is now always "begging Peter to pay Paul". He says he hates getting his mail because the past due bills really bring him down.

The medical community has long known that the likelihood of developing a health problem is influenced by our biological makeup, **and by the circumstances in which we are born, grow, and live. Those who face the greatest disadvantages in life also face the greatest risks to their health.**

Ava, another patient, works as a home health aide. She rents a room in a boarding house. She does not have air conditioning. She sus-



pects the building has mold. Ava suffers from asthma, which is exacerbated by her living conditions. Sometimes her breathing is so bad, she misses work. She knows she needs to move, but there is nowhere to go that she can afford.

It is difficult to imagine how devastating it is to be medically unstable and be helpless to do anything about it; to be forced to choose between necessary medical care and food or rent. 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 and cannot afford access to care. We have a way to make a difference for our neighbors in need.

Your support of Volunteers in Medicine makes possible quality care in a professional and caring environment, where each patient is treated with the dignity he or she deserves. Thanks to your support, we can assist patients like Mary, Dave, and Ava with their health needs so they have one less thing to worry about.



Eliot Kaplan, MD
Volunteer Provider of the Year



Nancy Juelis, RN
Volunteer of the Year



Foster Karney Foundation
Community Partner of the Year

20 Years of Providing Free Care for the Uninsured and VIM is Stronger than Ever!

2022 was a year of celebration! We honored five very special friends and rejoiced in 20 years of neighbors caring for neighbors, right here in Cape May County.

Throughout the year we recognized the almost 500 volunteers who have freely given their time and talent over the last two decades to ensure quality care for their neighbors in need. The year culminated in a spectacular event at the Flanders in Ocean City that raised \$100,000.

As we enter the next chapter. We are stronger than ever. Never in our history have we had such an extensive array of talented doctors, NP's and nurses available to provide care. The clinic is now open 5 days a week. In addition to primary care and medication assistance, our patients have access to the following specialists: Acupuncture, Counseling,

We continue to hear patients say things like:

“You saved my life”

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

“I never knew people could be so kind.”

Infectious Disease, Nephrology, Neurology, Ophthalmology, Orthopedics, Podiatry, Psychiatry, Pulmonology, and Urology. We are able to perform several in-house diagnostic tests such as the Diabetes screening test for A1C and ensure access to vaccines.

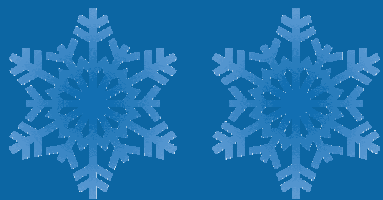
Your support ensures quality care for our neighbors in need. Please consider a donation today!



The County of Cape May
20th Anniversary Community Partner



Micki Goldberg
20th Anniversary Volunteer



Celebrating 20 Years

Dear Neighbor,

If you are looking for a new challenge in 2023, consider volunteering at VIM. Our volunteers say: "VIM keeps me young," "VIM challenges me and keeps me sharp," and, "VIM gives me joy."

Most volunteers commit to one 4-hour shift per week, but some do more or less. Volunteers come in all forms. We need nurses and schedulers. We need fashionistas to help in our thrift stores, green thumbs to help in our community garden, handymen to provide general help and maintenance. Regardless of your commitment, you will be fulfilled and you will make a difference.

If you know of someone who needs care, please connect them with VIM. In the words of Jack McConnell, MD (founder of VIM) "May we have eyes to see those rendered invisible and excluded, open arms and hearts to reach out and include them, healing hands to touch their lives with love, and in the process, heal ourselves."

Best wishes for a happy and healthy holiday season!

Jacqueline Meiluta
Executive Director



VIM Partnership in Caring Program

The "VIM Partnership in Caring Program" with the houses of worship in Cape May County began in 2004 and continues to this day. Support from area Churches and Church Groups is an integral part of VIM's funding and helps ensure care for our neighbors in need.

This Year's Partners:

- ◆ Bethel Commandment Church
- ◆ Cape May Lutheran Church
- ◆ Cape May Presbyterian Church
- ◆ Catholic Daughters of the Americas
- ◆ Cold Spring Presbyterian Board of Deacons
- ◆ Dennisville United Methodist Church
- ◆ Dennisville United Methodist Women
- ◆ Episcopal Church of the Advent Outreach Program
- ◆ Green Creek Bethel United Methodist Church
- ◆ Saint Peter's By The Sea
- ◆ St. Brendan The Navigator Parish
- ◆ Tabernacle United Methodist Church
- ◆ The Margate Community Church Deacons
- ◆ Wells Memorial Presbyterian Church
- ◆ Wesley Methodist Church

In addition to the partners listed above, a generous donation was presented to Volunteers in Medicine from a collection taken by the Lenten Ministerium. Congregants of the Ministerium responded generously, surpassing even Rev. Costello's goals! Stories were shared about people who came to VIM when they had nowhere else to go.

The following churches participated:

- ◇ Dennisville United Methodist Church
- ◇ Saint Maximilian Kolbe Parish
- ◇ Sea Isle City United Methodist Church
- ◇ South Seaville United Methodist Church
- ◇ Wesley Methodist Church



Jacqueline Meiluta, VIM Executive Director, receives donation from Rev. Dr. Robert Costello, Pastor of Wesley Methodist, on behalf of the Ministerium.

If your church would like to join our Partner's Program, please call Jackie Meiluta at 609-778-2710.



of Neighbors Caring for Neighbors



Sponsors and Donors of our 20th Anniversary

PLATINUM

Anonymous
Foster Karney Foundation
Ron and Lynn Helmer
Robert and Terri Lamendola
Edith Shapiro, MD
Sturdy Savings Bank
Vietnam Veterans of America
Chapter #602

DIAMOND

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Township of Lower

GOLD

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SILVER

1st Bank of Sea Isle City
Anonymous
AtlantiCare Foundation
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Matt and Tricia Dever
Glenn Insurance
Micki and Larry Goldberg
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Ladies Ancient Order of Hibernians
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Barbara Sawyer
Sea Isle Ice Co., Inc.
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Geoffrey Small
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St. John Neumann Council No 3546
Knights of Columbus
The Margate Community Church
Deacons
TLC All Seasons Salon and Spa
Susan Taylor
Kathleen Ulrich, APN

COUNTY AND MUNICIPAL PARTNERS

The Borough of Avalon
Cape Regional Medical Center
County of Cape May
CMC Dept. of Health
NJ Commission for the Blind
Rainbow Pediatrics
Reef Family Pharmacy
Borough of Stone Harbor
Township of Lower

BEVERAGE SPONSOR

Circle Liquor Store

GIFT CARDS, GIFT CERTIFICATES, WINE & SPIRITS DONORS

A Modo Mio Ristorante
Atlantic City Sub Shops
Avalon Freeze
Baked by the Ocean
Boulevard Liquors
Braca Café
Circle Liquors
Claudio's Restaurant
Country Club Tavern
Dalrymples Gift Shoppe
Diamond Liquor
Dino's Seaville Diner
Garden Greenhouse & Nursery
George's Place Restaurant
Hair Mechanix
Heritage Surf Shop
Il Posto Ristorante
James Fudge Shop
Kix
La Finestra
Marie's Seafood
Mike's Seafood
Mrs. Brizzles Buns & Deli
Sands Department Store
Spa Day Luxe
Stir It Up
Sunsations Boutique
Tackle Direct
Tomasello Winery

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FLORAL ARRANGEMENTS PROVIDED BY:



Blooms at the Country Greenery



Country Barn Florist



Garden Greenhouse & Nursery



Jimmie's Florist



Marie's Flower Shoppe



The Flower Company

Become a 2023 Sponsor

Follow us on **Facebook**
and **Instagram** for
updates and future events

Your sponsorship supports *free* care to VIM patients:

- Annual wellness/physical exam
- Regular medical visits
- Chronic disease management
- Prescription medicine assistance
- Specialist care as indicated and available
- Annual eye exam and eye glass assistance
- Annual flu shot and any necessary vaccinations
- Evaluation for cardiovascular disease and baseline EKG for each hypertensive patient
- Screening for HIV
- Screening for Hepatitis C in anyone born between 1945 and 1965 and/or if indicated
- Lifestyle interventions, such as smoking cessation
- BMI measured and documented at all visits
- Referral and assistance to CEED and County Health Department for mammograms, etc.
- Referral and advocacy for services and specialties not available at VIM
- Supplies provided to facilitate home management and telehealth efficacy, e.g. home blood pressure cuff, glucometer and test strips
- Vouchers for fresh produce and gift cards for groceries and prescription medicines (as funding permits)
- Medical interpreters to assist as necessary

Early sponsorships will be featured in both VIM Day and Annual Celebration Programs.

Watch for dates and details.

VIM Day

March 10, 2023

2023 Annual Celebration

September 2023



Give the Gift of Health to Our Neighbors in Need...

YES!
I WOULD
LIKE TO
BE A 2023
SPONSOR

PLATINUM SPONSOR - \$5,000

Ensures care for up to 5 patients in 2023. Platinum sponsors will be recognized in all press releases, event programs, VIM website, etc. Includes 8 guest tickets!

DIAMOND SPONSOR - \$3,000

Ensures care for up to 3 patients in 2023. Diamond sponsors will be recognized in all press releases, event programs, VIM website, etc. Includes 6 guest tickets!

GOLD SPONSOR - \$1,000

Ensures Diabetic care for 6 patients. Gold sponsors will be recognized in event programs, VIM website, etc. Includes 2 guest tickets!

SILVER SPONSOR - \$500

Ensures Diabetic care for 3 patients. Silver sponsors will be recognized in event programs, VIM website, etc. Includes 2 guest tickets!

FRIEND OF VIM - \$150

Please complete this form and mail with your check payable to: Volunteers in Medicine, 423 N Route 9, Cape May Court House, NJ 08210. To make a secure payment online, please visit www.vimsj.org.

Name: _____

Company: _____

Address: _____

City/State/Zip: _____

Phone: _____ Email: _____

For more information, please contact Jackie Meiluta at jmeiluta@vimsj.org or 609-778-2710.

VIM is a 501c(3) tax exempt organization, IRS Section 170(b)(2)(iii) for both federal and state tax purposes. All donations are tax deductible to the full extent of the law.

Pampered Chef Fundraiser



Let's Raise Funds!

Join our Virtual
Pampered Chef
Party to Support VIM!

Nov 28 - Dec 5

Go to

<https://bit.ly/VIM1128>

- ◆ Check out guest specials.
- ◆ Share the link with your friends.
- ◆ Perfect for holiday shopping!

Neighbors Caring for Neighbors

Thank You for Supporting Volunteers in Medicine

Your donations and the proceeds from VIM Thrift stores help provide free health care for our neighbors in need.

CAPE MAY COUNTY CLINIC

423 North Route 9, Cape May Court House
609-463-2846

VIM THRIFT—EHT

6825 Tilton Rd
Egg Harbor Township
609-277-7075

VIM THRIFT—CMCH

7 N Wildwood Ave
Cape May Court House
609-465-3680



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KNOW SOMEONE WHO NEEDS CARE, please contact
Anne Marie at **609-778-2707** or volunteercmc@vimsj.org