



Executive Officers

Marie Sluberski  
Auxiliary President &  
Foundation Liaison

Vicki Heebner  
1st Vice President

Marge Carter  
Recording Secretary

Dan Borawski  
Treasurer

Lynne Dubler  
Past President



Branch President/VP

Dot Niwinski/  
Sonja Hipple  
Cape May

Sharon Cooper  
M.A.S.H.

Delores Ambruso  
Greater Wildwood

Lynne Dubler  
TWIGS Liaison



Wilda Richardson  
Nominating Committee

Mary Ebley  
Membership/Sunshine

Susan Handron  
Scholarship

Annette Scully  
EtCetera Shops

Dot Niwinski  
Vendor Sales

Julie Paoella  
Dir. Of Volunteer Svcs.  
Auxiliary Liaison

Kris Poole  
Newsletter Editor/Web

From the President's Pen:



Welcome back, I hope your summer was as good as the weather.

As we resume our auxiliary activities let's talk about the 50/50 raffle and the work that Board members Marge Carter, Sue Handron and Dan Borawski have done. They have dedicated most of their summer vacation to organize and sell the raffle tickets. I'd like to give them a big *Thank You* for a job well done.

To all the auxiliary members that worked the Home & Health and House Designer Tour, "thank you." The show made a total of \$146,000 dollars for the Foundation. It was a great job.

It is almost time for me to say goodbye; the end of my two years as the auxiliary president is near. I feel good thinking back how it started and where I am today.

I am honored and proud to be part of this organization, whose members are very dedicated, working and supporting all of the activities required to raise funds for our hospital. Thank you for your support during the past two years, and I look forward to continuing my participation with the auxiliary.

*Marie*

High Octane

No matter if bumpy or smooth, it takes efficient *fuel* to travel the road ahead of us. Sure, we are sometimes tempted to fill our 'tank' with negative thoughts and concede to adversity by withdrawing, but how does that lead to paths of satisfaction? After all, the destination is the goal, but the journey is what really matters; it is during the hills and valleys that we exercise our fortitude and expand our capabilities!

If given the choice, who would YOU like as a life passenger; the pessimist, certain that challenges someone who is known energy? It is the latter spirit and mental the storm and may serve from the sleet of hurt or passenger are you? How will your attitude lend to the excursion?



may lead to dead ends or to breathe positive who will provide the vital strength to drive through to provide protection disappointment. Which

During our daily voyages, we may find ourselves wandering through fields of yesterday's mistakes, but always remember that *yesterday ended last night* and that it is *today that counts*. Rather than ponder on what could or should have been, revel in the knowledge that in your power is the ability to now create glorious memories that will not only challenge, but conquer, any imperfection of days gone by.

The choice for optimal fuel efficiency is ours. I don't know about you, but I think that the *price* of inferior fuel is just way too high to endure!

*Submitted by Julie Paoella, Dir. Of Volunteer Services.*

## Cape May Branch Activities:

The Cape May branch sponsored a fund-raising luncheon at Salt Water Café on June 29<sup>th</sup> and 30<sup>th</sup>. We enjoyed good participation, and our efforts raised over \$400 for the auxiliary. We look forward to partnering again with them next year.

Our next luncheon will be held on Tuesday, September 26<sup>th</sup> at Lucky Bones. The speaker will be Bonnie Kratzner from Parish Churches. Following that, we have a covered dish dinner on October 23<sup>rd</sup>. This luncheon will be held in the Fellowship Hall of Cape May Lutheran Church on Pittsburgh Avenue in Cape May. Registration letters will be going out soon; please join us for an afternoon of good food and fellowship and support your Auxiliary at the same time!



TOP: Dot Niwinski & Marge Carter sold last minute tickets outside the restaurant. Other 3: Members enjoying lunch both indoors and outdoors on a beautiful day!

## Members Corner:



Membership dues for 2017 were due in June. Some outstanding dues have been received over the summer, but as of this month, there are still quite a few memberships overdue. Please send your check for \$15, made out to "CRMC Auxiliary," ASAP to Mary Ebley, Membership Committee, 971 Lenape Drive, Cape May, NJ 08204. If a membership has not been paid for two years, the member will be removed from the rolls, and will no longer receive newsletters or Auxiliary communications. Stay active, please send in your membership payment!

The Auxiliary welcomes the following new members: Cape May branch -- Joan DiRosato, Cristian Mirzoca, Burbuge Daku, Patricia Goodrow and Gail Hartnett; M.A.S.H – Katelyn Brown; Wildwood branch – Barbara Perrone. Welcome to our new members and we look forward to meeting you and working with you!

## Wildwood Branch News:

Theresa Williams has stepped down as the President of the Wildwood Branch. Delores Ambruso will be acting President until elections later this year. If you are interested in serving as an officer in the Wildwood branch, please call Delores at 609-770-8093.

The Fuzzy Friends sale will be halted for the winter season at the beginning of October. Next March, the group will meet to prepare the bags of animals for spring dispersal. There are currently sixty locations throughout the island and Rio Grande that sell the animals for the auxiliary. Delores reported that year-to-date sales for Fuzzy Friends were over \$22,000 at the end of August.

**CRMC Auxiliary  
Annual Meeting**  
November 2, 2017  
at 11:30 AM  
Avalon Country Club,  
Rte. 9, Avalon

**Buy One – Get One!**  
We're repeating our BOGO  
Sale – Bring a Guest, and  
their Lunch is Free\*!  
Member Cost is \$25.00

*\* With Paid New Annual  
Membership of \$15*

**50/50 Raffle**

**1st Prize - \$15,000**  
**2nd Prize - \$3,000**  
**3rd Prize - \$2,000**

**Cost: \$100 (only 400 tickets sold)**

**PROCEEDS BENEFIT THE BRODESSER  
 CANCER CENTER**

For tickets, please contact any Cape Regional Auxiliary Member  
 or visit one of the following locations:

EtCetera Thrift Shop  
 Acme/Staples Shopping Center  
 Cape May Court House, NJ

EtCetera Thrift Shop  
 Acme/Big Lots Shopping Center  
 North Cape May, NJ



**CAPE REGIONAL  
 AUXILIARY**

609.463.2367 | [cmcauxiliary.org](http://cmcauxiliary.org)

2017 Auxiliary Fund Raiser:

Our 2017 auxiliary fund raiser has been received very well by auxiliary members, hospital employees, and the community.

As of the end of September, there are less than 35 tickets outstanding to be sold, from a total of 400 tickets available. Tickets are still available for purchase at either of The EtCetera shop locations. These two locations are the only venues that accept credit card purchases of the tickets.

The drawing for the winners will take place on November 2<sup>nd</sup> at our annual Auxiliary membership meeting at Avalon Links, on Route 9 in Cape May Court House. The winner need not be present to win.

The Auxiliary would like to thank Marge Carter, Sue Handron and Dan Borowski for their outstanding efforts in guiding this fund raiser, from inception to the final sale of tickets.

If you have any unsold tickets, please turn them in as soon as possible to the Foundation Office at the Hospital, marked "Attn: Marge Carter."

Vendor Sales:



I am still looking for some assistance with the scheduling and paperwork involved with the vendor sales. If you would like to help me out with a few hours a month, please call me at [609 898 9559](tel:6098989559) or email me at [ddniwinski@comcast.net](mailto:ddniwinski@comcast.net). The work can be done on your own time, there are no definite dates. Thanks, Dot Niwinski.

The October vendor sale for Linen Masters has been cancelled. A vendor sale for Masquerade will take its place on October 16<sup>th</sup> & 17<sup>th</sup>. Cape May will host this special sale, which will take place on Monday/Tuesday instead of Thursday/Friday as usual. And in December, the Wildwood branch will be hosting the Books 'r Fun sale on November 30<sup>th</sup> and Dec. 1<sup>st</sup>. Please call Delores Ambruso at 609-770-8093 if you can assist.

Please remember that all monies raised from these vendor sales support our auxiliary and go towards supporting our million dollar pledge to Cape Regional. The October and November sales will be a great time to do some early holiday shopping!

M.A.S.H News:

The M.A.S.H branch enjoyed our "Mad Hatter's Tea Party" at the Sand Barrens Golf Club in June before our summer break.

We were also very happy to realize a profit from our May luncheon fundraiser held at Bobby Dee's Rock 'n Chair in Avalon. We will be back again on October 12th and 13th! Choose between a cheeseburger, chicken salad, or soup and half sandwich. For tickets at \$15 please call Sharon Cooper at [609/967-3009](tel:6099673009).

Our members manned the vendor sale "Masquerade" in June and will be working on September 21 and 22 with Advance uniforms. Thanks to all who help us!

Right, enjoying the "Mad Hatter's Tea Party," are, left to right: Linda McCullough, Susan Handron, Caroline Silverie and Bunny Biderberg



## TWIGS News:

The TWIGS branch enjoyed a luncheon at Green Cuisine in Stone Harbor, arranged by Lynne Dubler in August. Several members interrupted their summer vacation to come together to support the Auxiliary and attend a friendly afternoon. Please contact Lynne Dubler 609-517-3859 [ldubler@yahoo.com](mailto:ldubler@yahoo.com) to be included in the Twig December cookie swap (date to be determined.)



L to R: E. Green; J. Kay; P. Rutledge; L. Dubler



L to R: L. Krukosky; P. Cafiero



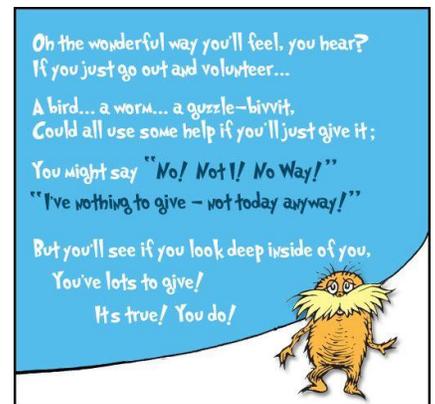
L to R: D. Niwinski; L. Krukosky



L to R: P. Cafiero; Owner; E. Green



L to R: J. Darmer; E. Green; J. Kay



## Health & Wellness: Senior Flexibility



As we age, our muscles become shorter and lose their elasticity. Senior citizens begin slowing down their movements and even give up their regular routines to avoid injury and falls as their bodies get weaker. In some cases, seniors become unable to walk due to disease or loss of strength. Stretching is an important part of a senior's flexibility and will help offset the effects of normal decline in the flexibility of your joints, and help you remain active and independent. It is extremely important to keep muscles strong, even when one cannot walk or move for long periods of time. This is where stretching for seniors carries the most benefits.

When the body doesn't move, it only gets weaker. Muscles get smaller and basic movements become impossible; mild joint pain that some seniors suffer daily can become incapacitating if not addressed. But when stretching is added to your life, you'll feel better and joint problems will improve. Stretching can also improve blood circulation, reduce symptoms of disease and give you an overall feeling of well being. Stretching especially can benefit those suffering from Arthritis, Parkinson's, and Multiple Sclerosis.

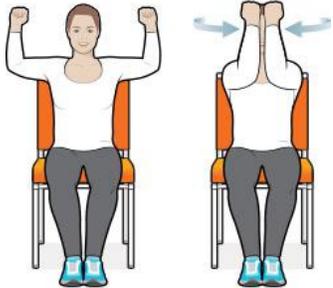
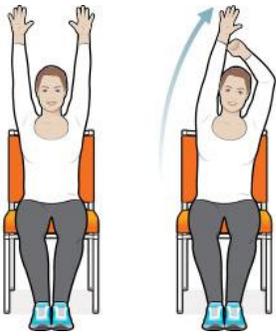
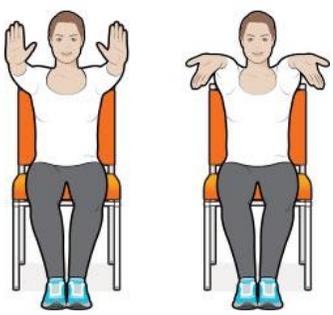
Some benefits of stretching:

- Stretching can greatly help back pain
- Stretching can improve your posture
- Stretching is beneficial for arthritis
- Stretching improves flexibility, which helps improve your balance.



General Flexibility, cont'd.

Here are some easy flexibility exercises that almost anyone can do. Again, check with your physician before beginning any exercise program.

 <p>March in place. Begin with 3 minutes, increase time and tempo as you become comfortable.</p>	 <p>Seated jumping jacks. Start with 10, increase as your ability improves.</p>	 <p>Do the "Peekaboo." Place elbows even with your shoulders, fists facing out. Pull elbows together, return to starting position. Do 10 to start.</p>
 <p>Side stretch. Raise arms over head. One side at a time, raise arm as high and to the opposite side as you can. Do 10 times on each side.</p>	 <p>Shoulder rolls. Place hands flat on your thighs. Roll your shoulder forward up towards your ears once, then backwards. Do each set 10 times.</p>	 <p>Focus on Extremities. Place arms straight in front, shoulder height. Put your hands in a "stop" position. Turn your hands palms up slowly. Do each set 10 times.</p>

The EtCetera Shops:

Are you ready for Fall? Visit one of The EtCetera shops to add to your wardrobe. We have sweaters, boots, and jackets to get you ready for cooler weather. We also have a selection of decorative home items so you can update your space, too. In need of children's clothing or accessories? Stop in our Cape May Court House location to see what's available.

Employees of Cape Regional Medical Center – show your badge at checkout and receive 15% off your total purchase.

Visit one of our two locations:



**Cape May Court House**  
846-7643

**Hours:**  
 Mon – Fri      10 am to 6 pm  
 Saturday      10 am to 5 pm  
 Sunday        11 am to 3 pm



**North Cape May**  
465-5553

**Hours:**  
 Mon – Sat      10 am to 4 pm  
 Sunday        Closed



## Programs of Interest at Cape Regional:

Cape Regional Medical Center's pet therapy program is delighting patients and staff of all ages.

The program, founded in 2008, is intended to provide patients with a pet therapy amenity by way of scheduled, supervised visitation. The program "has had a tremendous, positive impact on patients, staff, and visitors," explained Julie Paoella, director of volunteers, who works hand in hand with the pet therapy program.

The program has strict rules to ensure the success of the program. Pet therapy dogs go through extensive training, have certifications, and are required to have prior experience.

According to Ellen Lomax, founder of the program, each weekday different dogs visit with staff, patients, and hospital visitors. Pet therapy can have positive effects including lowering blood pressure and bringing joy to patients.

"I believe in being involved and serving the community," said Lomax. According to Lomax, being able to help people and do it with her love of dogs has been her inspiration and passion.

Lomax founded the pet therapy program at Cape Regional Medical Center. The first pet therapy dog, Frosty, has since retired but Lomax and handler Maryann Lighty bring in their 11-year-old pup "Tessa."

Dog handler Bob Walsh who has been involved with pet therapy for 18 years gushed as he talked about the pet therapy program. "I love making people smile and am proud to be a part of this team," Walsh said with his 5-year-old Great Pyrenees at his side.

Several of the pups in the program spend time in other venues as well. Handlers Kiki Miller and Karen Wadding, who have four dogs in the program, also take their furry friends to schools. "You can't imagine how much I get out of this," expressed Miller. "People are always telling me that I made their day."

Handler Aileen Kennedy, owner of "Teddi the Bearoness" a 3-year-old English Cream Doodle, who resembles a teddy bear, became involved in pet therapy for personal reasons.

Kennedy's father was unwell and residing in a rehabilitation facility. She wanted a way to do more and bring joy to patients.

"Therapy animals make a real difference in patients' and staffs' lives," she said. "I love sharing Teddi. She's empathetic and brings joy to people."

Dogs are taken into patients' rooms with strict supervision and with permission of patients. The dogs also spend time in waiting areas and have time to visit with hospital staff, too.

The reaction of patients, visitors, and staff can be overwhelming. While hospital visits can be stressful, the pet therapy program helps make the day a little brighter for everyone.

*Previously published in the Cape May County Herald*



CRMC's dog therapy program volunteers: from left, Teddi with Aileen Kennedy; Blizzard with Bob Walsh; Maddie, Riley, Molly and Annie with handlers Karen Wadding, Grace Havel and Kiki Miller; program founder Ellen Lomax; handler MaryAnn Lightly with Tessa.



Pet therapy volunteers Kiki Miller and her dog Riley, Karen Wadding and Maddie, and Cindy Fineberg and Brealey introduced their dogs to Tyler King, who was visiting the hospital to see his new-born sibling. Tyler, of CMCH, is 23 months old.