

Socks

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back to the community, I decided to volunteer to be an area coordinator for the program. I called Jamie Coyne, who along with his wife Kitty, founded Socks for Seniors. Here is his statement:

"Socks for Seniors began accidentally 12 years ago in Columbus, Ohio, when I was visiting senior communities all over Ohio doing a music therapy program. Often my wife, Kitty would go along and she got to know many of the residents. One day she noticed that one lady who was normally in good spirits wasn't quite herself. When asked what the problem was she replied, 'My feet are freezing. If I just had a warm new pair of socks to keep my feet warm!'" Her socks were in bad shape. They were worn out and had holes in them. The solution seemed simple and my wife then left only to return a few min-

utes later with a brand new pair of socks. Not only did it serve its purpose, but it made the lady's day. We learned quickly that you can't do for just one - others in the dining room that day took notice and wanted a pair of socks too. Easy enough. During our next visit we took socks for everyone. And Socks for Seniors was born. It grew slowly over several years as people would hear about it. In 2011, I decided with some effort it could grow into a national program one area at a time and it is currently in over 300 cities nationwide. It's easy to get started. It only takes one person, one box and one location to get a program running and it doesn't take time or money. We neither take or make money from the program. We don't collect money, we collect socks. We like for all socks to stay in the local communities in which they are collected. If a volunteer doesn't have an



outlet in mind we network to connect them with one. We kick things off annually on Make A Difference Day (the last Saturday in October) and go through Christmas. Some programs start in October while others don't begin until right before Christmas." I have been running the

program for a couple weeks now, and have talked to a few people who have or have had a relative in a nursing home. They whole-heartedly agreed that seniors in nursing homes need socks. I now have good news, and something I would like help with.

I have collected about 400 pairs of socks, mainly thanks to a huge response from people attending the Signature Sound concert at the Middle Township PAC, Nov. 30. There are about 170 residents in the Crest Haven Nursing Home at any given time. We have enough socks to go around, but I decided to expand the distribution to the 245 homebound seniors who are in the Meals on Wheels program. The issue I am facing is I have received a large number of white or black work/sports socks for men. Because women in this age group outnumber the men by 2 or 3 to 1, I believe we are going to be short in the area of ladies socks.

What is really needed are new, ladies socks with holiday prints, novelty prints, bright colors, socks that are warm, and if possible, have the rubber grippers on the bottoms. It would be nice if the men could receive holiday

prints as well. We are looking for donations of socks, would also like to see people collecting socks in their office, school, church or other organization. If you go to SocksforSeniors.com, you will find instructions for setting up a donation box, and if you register, you will be able to download posters for the sides of the box. We are collecting until Dec. 19, after which you can call Chris, at 609-705-3484 for pick up.

Presently, socks can be dropped off now at Lower Township Hall, 2600 Bayshore Road, Villas, or at the Cape May Star and Wave office, 600 Park Blvd., West Cape May, around the corner from Kate's Flower Shop. In Ocean City, they are being collected at the Ocean City Sentinel office, 801 Asbury Ave., 3rd Floor (Crown Bank building).

Plans

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house. She would have been left alone with no food or water, electricity if the power went out - she would have had nothing for days. Thank God for Curtis coming to help."

Hamilton said he drove an ambulance to Mitchell's home and took her to the Upper Township Middle School library where there were EMTs and nurses on site to care for people with medical conditions, although,

Mitchell's condition is much more severe than most.

Mitchell said she had hoped to be taken to the Woodbine Developmental Center, which is where she was taken during Hurricane Irene, because it had more suitable medical care for her particular condition. Since North Cape May was not a mandatory evacuation area, she and Donaghy were told she would not be able to go to Woodbine.

At the middle school, Mitchell was initially placed on an emergency bed, basically an army cot, which was extremely uncomfortable for her because she is unable to shift her weight and find a restful position. Nurses

resorted to putting her on a gymnastics mat, elevating her head and feet with pillows.

"That was a mess. I didn't understand that myself," Hamilton said of Mitchell's sleeping conditions after not being taken to Woodbine.

Mitchell was forced to stay there for two days before being transported to the Crest Haven Nursing Center in Cape May Court House for another two nights. Even after developing a pressure sore from lying on the insufficient mat, Mitchell said she was sympathetic to the nurses and EMTs who had to get down on their knees in order to change her and shift her weight to keep her as com-

fortable as possible. She gave much praise to them for their kindness and effort.

Prior to Sandy, Mitchell didn't believe she would have so much trouble evacuating because of the confusion she experienced during Hurricane Irene.

"All the emergency people knew about me after Irene, so I thought this time it would be easier," she said.

During the county evacuation prior to Hurricane Irene, Donaghy was with Mitchell as well. Donaghy left momentarily, and while she was gone Mitchell said a school bus showed up in front of her house intending to evacuate her. The bus was not

equipped with a wheelchair lift making it impossible for Mitchell to board it.

Because the evacuation was in effect, no one at Bayada Nurses was answering the phones. When Donaghy called the Lower Township Police Department and explained what had happened, she was advised to call an ambulance and have Mitchell taken to the Cape Regional Medical Center. Donaghy said the non-emergency ambulance ride and hospital visit cost roughly \$1,200. Mitchell said she did not want to go to the hospital at all.

"The hospital is there for sick people. The ER can't be full of people Lower

Township didn't evacuate," she said. "TheY had plenty of warning to get everyone out."

After a few hours, Mitchell was finally transported to the hospital to the Woodbine Developmental Center, where she stayed until the storm passed.

After reading about the county's Emergency Preparedness Conference held in late September of this year, Mitchell was confused when she compared her experience to what was discussed at the meeting.

"I noticed that (they said) their emphasis was on the elderly and disabled, but it didn't seem so," she said.

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**THE HOBBIT: UNEXPECTED JOURNEY 3D (THURS. MIDNIGHT) PG-13 12:01 AM

** No Passes

NASW

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needed donations for repairs when it has insurance. He said because of the size, age and historical integrity of the hangar, the insurance comes with a \$100,000 deductible. Hangar 1, which it is commonly referred to as, may be the largest all-wooden building in the state measuring over two football fields in

square footage.

Fournier said when Dr. Joseph Salvatore purchased Hangar 1 in the 1990s and created the non-profit organization, the building went through an extensive renovation process to resurrect its original look. Fournier said most of the hangar windows were broken and replaced with plywood and the structure needed work inside and out.

The building has come a long way since, but due to Hurricane Sandy, needs volunteer help and donations once more. Fournier said following the storm, the museum received dozens of calls from local volunteers and members as well as members from across the country.

"People were genuinely concerned when they heard the Jersey Shore was hit," he said. "We've already had a lot of people donate and volunteer their time to help."

Richard Mayer of Cape May

Court House is a museum member, and volunteered his time to help with cleaning, painting, minor electrical work and other tasks around the hangar following Sandy. Mayer works full time for IBM, which donated a check for \$3,000 to the museum based on his volunteer hours.

Fournier said the mild winter weather has helped work crews move along hastily with repairs. He said the museum has reached out to FEMA for help as well, but has not yet received word.

FouRnier said any financial support helps future generations remember our connection to the past and the men who gave their lives so that countrymen could complete their missions. He said anyone who would like to donate, volunteer or become a member of the aviation museum to help financially can call Naval Air Station Wildwood at 886-8787 or visit online at www.usnasw.org.

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	A.M.	P.M.	A.M.	P.M.
4	11:09	11:56	4:42	5:36
5	11:55		5:34	6:22
6	12:49	12:49	6:35	7:13
7	1:48	1:50	7:40	8:06
8	2:48	2:54	8:47	9:02
9	3:46	3:58	9:51	9:58
10	4:42	4:59	10:51	10:53
11	5:37	5:57	11:48	11:47
12	6:30	6:53		12:43

Moon Phases
Last Quarter, Dec. 6
New Moon, Dec. 13
First Quarter, Dec. 20
Full Moon, Dec. 28
Perigee, Dec. 12
Apogee, Dec. 25

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