Working Together To Keep Our Community Healthy

Mind
Alzheimer’s Respite Care Program
Information & Referrals

Spirit
Caregiver Canines®
Pet Visitation
CaregiverKids Intergenerational
Friendly Visits & Phone calls
Veterans to Veterans

Body
Nutrition Security
Access to Medical Care

Toms River: 732-505-2273
Freehold: 732-876-3900
www.caregivervolunteers.org
Like Us On Facebook @ Caregiver Volunteers & Caregiver Canines
Dear Friends,

“Wow – I didn’t know your agency does all that!” is a remark I hear quite often. This makes me both proud that people are impressed with all we offer and sad that not everyone knows of our available services.

Although our agency cannot be everything to everyone, we absolutely strive to help as many people that we can in as many ways as possible. I hope as you read the following pages, you too will be excited to learn the many ways we touch lives. Remember - we are here for you, for your family member and for someone you know that may need a helping hand.

We all “get by with a little help from our friends” so - whether you need help, or can be that helper, our doors and hearts will be open to you.

Sincerely,
Lynette Whiteman, CVCJ Executive Director

We Are Working Together to Keep:
Your Body Strong, Your Mind Sharp and Your Spirit Soaring!

For over 23 years, CVCJ been focused on making life better for our communities’ older residents and their families. How do we work to achieve our goal? Through our programs which honor the whole person and sprinkle in plenty of dashes of joy!

Your Mind

“Age is a case of mind over matter. If you don't mind, it don't matter.”
~Satchel Paige

Alzheimer’s Respite Care Program – Our volunteers provide relief to caregivers while also providing enriching activities to those whose memories are fading, but their spirit continues. This is a special program where long lasting friendships and loving bonds are formed.

Information and Referral – we are part of a large network of nonprofit agencies and are always happy to point you in the right direction if we cannot help or you need additional resources. “Our operators are standing by....”
Food and Nutrition – not having to worry about how to get to the grocery store or for those who are disabled, navigating the aisles, is a huge relief for our receivers. Our volunteers shop every two weeks, either in stores or on-line for at-home delivery.

Access to Medical Care - we strive to keep people healthy by providing transportation to their medical appointments. Being able to visit physicians, in addition to access to lab work, treatment for cancer, etc. helps keep people out of the hospital and reduces hospital re-admissions.

Friendly Visits and Phone Calls – research shows that feeling lonely negatively affects just as much as smoking or high blood pressure. It affects our very sense of self and how we see ourselves in the world. Knowing that there is someone out there who cares can make all the difference.

Veterans to Veterans – this program is dedicated to assisting and honoring those who served along with their caregivers. We match them with our veteran volunteers who truly understand and “talk the same talk.” Not only do we provide all our regular services, but we connect them with other county and state resources to provide help for all types of needs.

Caregiver Canines® Pet Visitation - As dog owners, our pups bring a lot of joy into our lives. Caregiver Canines® hopes to bring the same happiness to the elderly and those with dementia. Research shows that dogs reduce stress and loneliness and help trigger memories for people with dementia. We give seniors the opportunity to spend one-on-one time with dogs and their handlers, and they form a special bond.
Can You Use Good News?

Volunteers Lead The Way!

How incredibly blessed we are to have wonderful support from over 1000 dedicated volunteers who always go above and beyond. Not only do our volunteers share their precious gift of time, but many also help us stay afloat financially by leading their own fundraising efforts.

One such effort which has taken place for the past 9 years is led by Jim Stoever, Knights of Columbus. Jim works tirelessly to organize his “Motorcycle Run for Alzheimer’s.” For Jim, this is a labor of love and a way to honor his mother Lorraine who sadly passed away from Alzheimer’s disease.

We are also fortunate to have the husband/wife volunteer team of Pat & Mike Scimeca. They recently celebrated their 50th Wedding Anniversary. When friends and family asked Pat and Mike, “how can we join you in celebrating this wonderful occasion?” Their reply was, “Please honor us by giving a donation to CVCJ.” We received over $1,000.00. Happy Anniversary Pat and Mike!

**We sincerely thank Jim, Pat & Mike and all the volunteers who go to bat for us every day and prove that anything is possible!**

Returning To Our Roots

We are also proud to let you know that CVCJ has been selected to take part in the New Jersey Health Initiative. This is a statewide program sponsored by the Robert Wood Johnson Foundation whose goal is to build a culture of health in NJ. Our part will be concentrating on the problem of loneliness in isolated older adults and ways to combat this sadness and health risk.

This nonprofit coalition is being led by the Jay and Linda Grunin Foundation and the Ocean County YMCA. What makes being part of this group even more special for us is that it goes back to our roots as one of the first “Faith in Action” programs started by the Robert Wood Johnson Foundation in 1994.

I hope you too feel proud of all we’ve accomplished together and this will be your good news for today!

**Right:** (L-R) Diane Hagerman, Deputy Director of Programs, NJHJI and the members of the Toms River Health & Support Coalition.
Our Mission
Caregiver Volunteers of Central Jersey (CVCJ) is dedicated to providing vital assistance to the elderly, disabled, veterans and those who care for them. Our goal is to enable individuals to remain independent and to allow them to live with dignity and joy.

Our Vision
To live in a world where the elderly are cared for and honored.

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Call for volunteers in Howell and Freehold
We are so grateful that many of our already active volunteers in Ocean County crossed county lines and jumped into action to help us bring our vital services to Monmouth County!

In addition to having the Church of St. Robert Bellarmine be our host congregation and our first coalition member, we also have welcomed to our coalition:

- Church of the Master – Howell
- Community Fellowship Bible – Howell
- Congregation Ahavat Olam – Howell
- First Assembly of God – Freehold
- Prince of Peace Lutheran Church- Howell

As our list of receivers grows rapidly, we need many more volunteers to make our expansion into Monmouth County truly successful. Please help us spread the word! Reach out to your contacts to open doors to recruitment opportunities. All of us
Thank you to our generous supporters for their assistance in keeping Ocean County Seniors in their homes.

CVCJ Staff & Volunteers celebrate their beautiful new Toms River Office courtesy of Community Medical Center.

We Are Grateful!

In-kind Gifts
(Contributions such as meeting space, hosting an event, etc.)

BlueClaws Charities
Brandywine Senior Living, Toms River
Central Printing
Community Medical Center
Community Reformed Church
Crestwood Manor
Endless Pawsibilities
First United Methodist Church of Toms River
Harrogate LifeCare
Hyper Decals, LLC
Ida Clendenin & TR High School North Students
Independence Place Adult Daycare
Leisure Chateau
Leisure Park
Marianne Levy, Shawn Michaels, Sue Moll~WOBM
Preferred Home Health Care & Nursing Services
Perlmutter Shoprite
Rose Garden Nursing and Rehabilitation Center
St. Robert Bellarmine
The Pines at Whiting
Tom Hayes & NJNG Employees
Visiting HomeCare Services of OC~A Friend’s House
Whiting Healthcare by Genesis
Willow Springs Rehab & Healthcare Center

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Alocour Gardens
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Atlantic Physical Therapy Center
BlueClaws Charities
Brandywine Senior Living
Brick Community Development Block Grant
Brick Morning Rotary
Careone at Jackson
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Charles B. Mathis Memorial Trust
Disabled American Veterans Charitable Trust
D’Onofrio Foundation
Endless Pawsibilities, LLC
Exxon Mobil Foundation
Fidelity Charitable Gift Fund
Genesis HealthCare-Independence Place
GPWC Women’s Club of Brick
Golden Heart Senior Care
Greenbriar Woodlands Men’s Club
Greenbriar Woodlands Women’s Club
HealthSouth Rehabilitation of Toms River
Henry E. Niles Foundation
Investors Bank Charitable Foundation
Jan & Holly Kokes Foundation
Jan & Eugenia Krol Foundation
Kiwanis Club of Toms River Daybreak
Knights of Columbus of Jackson
Manasquan Bank
Melissa Clark
Memory Enhancement Center
Monmouth & Ocean County American Association of Physicians of Indian Origin
National Council on Aging
New Jersey Natural Gas
Novy & Associates, LLC
Ocean County Community Development Block Grant
Ocean County Office of Senior Services
Ocean Ride
Outreach of Greenbriar Woodlands
Patti’s Pretties
Perlmart, Inc.
Preferred Home Health Care & Nursing Services
Renaissance Artisans & Crafters
Rotary Club of Toms River
Senior Care Options, Inc.
Suez Water Toms River
The Hirair and Anna Hovnanian Foundation
The Jay and Linda Grunin Foundation
The M & T Charitable Foundation
The Pines at Whiting
The Provident Bank Foundation
Toms River Community Development Block Grant
United Way of Ocean County
Vision Financial Services-Anne Kraljic
Whiting HealthCare
Wintrode Family Foundation
Women’s Club at Westlake
Woodhaven Lumber
On June 16th, we celebrated our launch into Monmouth County at the Church of St. Robert Bellarmine in Freehold, which is also the location of our Monmouth Office. The event was attended by officials from Monmouth County and Howell and Freehold municipalities, members of our board, our volunteers and staff, as well as supporters of our organization and other members of the community. Freeholder Curley even proclaimed the day as Caregivers Volunteers of Central Jersey Day! It was so nice to be welcomed to this community in such a special way!

Above: CVCJ Staff (L-R) Laura, Sylvia, Colleen, Gina, Ruth, Sheryl and Christine.

Right: It’s official, Volunteer, Joseph Pucilowski, cuts the ribbon.

Cheers To Saying "Yes!"

What an amazing opportunity to be able to say “Yes” to seniors in Monmouth County looking for assistance! Meet Angela, who sadly lost her husband in April. She had put off many necessary doctor appointments while caring for her husband.

She calls CVCJ a “miracle”, sent just at the right time. She is so grateful to the volunteers who provide her with transportation to her medical visits, and in doing so also provide relief from the loneliness and grief from the recent loss of her dear husband.
Leave More Than Your Fingerprint Behind

According to Margaret, “I couldn’t live on my own if I didn’t have you in my life; I would be lost without you.” She says CVCJ means “everything” to her!

In 2011, Margaret’s beloved husband, John passed away. Margaret never drove and relied on “my Johnny” to get her where she needed to go. After he passed away, she wasn’t sure how she would get along. It was the lowest point of her life.

For the last five years, CVCJ has made sure that Margaret gets the help that she needs so she can stay in her own Seaside Park home that she loves. Our volunteers drive her for her medical care, shop for her groceries and even brought her a birthday cake with candles to blow out on her birthday!

If you believe that people like Margaret deserve a helping hand in life, then consider leaving a lasting gift to Caregiver Volunteers of Central Jersey in your estate plans. The legacy you leave behind will change lives.

For more information about how you can make a difference through a gift, please call Lynette Whiteman at 732.505.2273, ext 206 or email her at lynettew@caregivervolunteers.org

A special thank you to Community Reformed Church in Whiting for being the home of our Whiting Outreach since 2005. We truly appreciate your support of our mission!

We are so excited that we are now able to join forces and welcome the Whiting volunteers to our Toms River Office.

Memorial Gifts

We offer our sincere condolences and gratitude to the families of:

Marie Connizzo
Robert K. Gerne
William Green
Gerald R. Hiering
Priscilla Serafin

for designating Caregiver Volunteers of Central Jersey to receive donations in lieu of flowers.
Caregiver Volunteers of Central Jersey continues to be blessed by donations from our clients and their families and by the financial support of our friends in the community. We are grateful for their generosity, which enables Caregivers to fulfill our mission. This list includes donations through the month of July. Every effort was made to ensure the accuracy of this list. Kindly forward any additions or corrections to the CVCJ office to be listed in the next newsletter.

In Memory of

Thomas Aiello
Wesley K. Anderson
Columbus Aragon
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Sunday Savia
Schumm Family
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John Zucchino

Judy Bevan
Ann Borowicki
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Caregiver Canines & Their Handlers
Gerald Clarke
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George Jeannotte
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Doris Schreiber
Iris Shapiro
The Scimeca’s 50th Wedding Anniversary
The Skerletts Family
Carol Thompson-Headley
John Jay Verducci
Ed Wekerle

In Honor of

Aunt Mim’s 101st Birthday
Larry & Nancy Akins
Jean Benfanti
Tracy Benson & Caregiver Canine, Van

People will forget what you said. People will forget what you did, but people will never forget how you made them feel.

Maya Angelou

People will forget what you said. People will forget what you did, but people will never forget how you made them feel.
John & Mary Elizabeth were married in October of 1950 (pictured left) at Fort Myers Army Chapel and 2 days later John left for Parachute Training. This was the start of his lengthy career in the Army. During his time in the service he was on the front lines in both the Korean and Vietnam Wars. He traveled to many places with the Army, his favorite was the time he spent setting up a telephone exchange in Oahu, Hawaii. He was also sent to Germany for a “special project”, the Army gave him one week to pack up his wife and four children to report for duty. This was one of many adventures they experienced together. He served 25 years in the Army, retiring in 1970 as a Major. After settling in New Jersey, he worked for the next 20 years with the telephone company and continued to travel with Mary Elizabeth.

In 2015, John called CVCJ after he was forced to give up his driver’s license due to medical issues. Mary Elizabeth was now in a wheelchair and unable to get around and also needed some companionship. CVCJ now assists John with rides to his medical appointments and Mary Elizabeth enjoys weekly visits from our Volunteer, Frank (who is also a veteran) and his pet therapy dog, Earl. Mary Elizabeth looks forward to her time with Earl, he sits at her feet and she pets him, calling him her “sweet baby”. John calls CVCJ his “Lifesavers”! He says, “I couldn’t get along without your services and the outstanding volunteers that provide them.”
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Caregiver Volunteers & Caregiver Canines