Your Phones Will Be There Later,
the Person in Front
of You May Not.

CVCJ Volunteers
Connecting Lives...
The Old Fashioned Way
Dear Friends,

For many of us, words like “unplugging,” and “disconnecting,” bring up images of turning off our phones and computers, hiking a beautiful mountain path or taking a relaxing yoga class.

But, also sadly for many of us, being isolated from others is a way of life. In our modern lives, connecting face-to-face and forming true bonds of friendship with others has become more difficult. Loved ones may pass away, families may live miles away and neighbors are not so “neighborly” any more.

At CVCJ, we believe that making impactful connections is our core value. Ending the crippling effects of loneliness not only benefit those we serve, but also benefits those who provide our services.

I hope you enjoy the truly inspiring stories of connection we share in the following pages. Together, we are breaking down barriers and lifting people’s spirits in profound ways. I hope you’ll join us on this journey of “connection.”

Warmest regards,

Lynette

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**LONELINESS**

- **1 Million**
  - Over 1 million older people say they are always or often feel lonely.

- **Nearly half (49%) of all people aged 75 and over live alone.**

- **People with a high degree of loneliness are twice as likely to develop Alzheimer’s as people with a low degree of loneliness.**

- **9% of older people feel trapped in their own home.**

- **Loneliness can be as harmful for our health as smoking 15 cigarettes a day.**
Alzheimer’s Respite Care Program Connection (ARCP)

Both were in their early 60s with grandchildren, leading busy active lives and looking forward to retirement when Toni developed young onset Alzheimer’s. This is an aggressive form of Dementia. When we first met John, he was not only caring for his wife, but he also watched his grandchildren a few days a week as well as his elder mother. We began providing respite visits with then new volunteer Grace. An angel brought Grace to us as she had just retired from a career in NYC as a Mental Health Nurse and brought with her years of experience and the calmest kindest aura imaginable…Just what Toni needed to feel a connection with a caring soul and John relied on for support.

During their introductory visit, Grace used an experienced, therapeutic touch on her hand and soft music as a bridge to start her visit with Toni….who at the time was almost impossible to connect with. Over the last 18 months, Toni’s illness has progressed and she is now unable to walk unassisted. John is continuing to find a way to meet all of Toni’s needs without outside help and also finding time to get out of the house …with ARCP’s help and support, he is able to play softball or go bowling and take time for himself. His goal of having Toni live the rest of her life in the comfort of her own home around her loving family is something we are committed to help him achieve.

FYI:

According to a study conducted at DePauw University, for the individual with dementia, touch may be the only way of communication when that individual becomes nonverbal. When a gentle caring touch is offered to someone with dementia, it can ease anxieties and help increase their feelings of general well-being.
Multi-Cultural Outreach Connection

Hilda is a vibrant 97-year old woman who loves listening to music on YouTube, looking through photos of her loved ones and is comfortable living in her own home. Hilda’s caretaker, Olga, is her hard-working, loving daughter. You can see in Olga’s eyes the love she has for her mother and the determination she has to keep her mom at home.

Olga has her own challenges - caring for her mother during the day before she goes to work, from 2 pm until midnight. She told us that she will do whatever it takes to keep her mom home and that having a respite visit for just one hour will make all the difference in the world. That one hour will give her a chance to have some down time before heading off to a long afternoon and night at her job.

As Multi-Cultural Outreach Coordinator it is important to find the right match for our non-English speaking receivers. Rosa, a Spanish speaker, just recently signed up to volunteer with CVCJ and was the perfect match for Hilda & Olga.

The visit went well and I was touched to see such an instant connection between Rosa & Hilda. Rosa is looking forward to listening to music and sharing family stories and photos with Hilda on their next visit.

Meeting Hilda and Olga, and experiencing first-hand their love and passion really brought into focus the difference Caregiver Volunteers of Central Jersey makes in people’s lives.

R-L: Rosa, CVCJ Volunteer meets Hilda (sitting) and her daughter and caregiver, Olga.

FYI:

According to the article, Cultural Intelligence & Individuals there are several factors that impact a person’s longevity. Having a good social network, a purpose in life, a strong faith, laughter and a good attitude towards aging all contribute to a longer life.
Caregiver Canines® Our in Home Therapy Dog Program

This is a story about John and Lucy and their unique and special connection. John is a widower and he deeply misses his wife. He lives alone. He is a happy man and at 92 years old has lived a very full life surrounded by family and friends. But there is one thing John is missing in his life. Every time John walks by his coffee table he sees pictures of his dogs and he remembers what life was like when they were around.

John was a devoted dog owner and he took his dogs everywhere. He loved to play with his dogs and has fond memories of them making him laugh in a way that only dogs can. John was missing that unconditional love and companionship that dogs naturally provide.

One day there came a knock at the door and Lucy entered John’s life. Lucy and her owner, Trish are part of our Caregiver Canines® program. Since that first visit Lucy and John have had a very special relationship. Lucy loves to bring her toys on visits and John loves to snuggle her and give her kisses. John always has a twinkle in his eye when he knows Lucy is coming to visit. She is the highlight of his week and she loves John just as much. Trish’s connection with John is also special because of the love they share for Lucy. They find it easy to talk about anything and everything when Lucy is laying on the couch between them.

John and Lucy have been friends for over a year now.

FYI:

In a study conducted by Kean University with CVCJ, it was shown that a visit with our caregiver canine therapy dog can lower your blood pressure and heart rate. These visits also help to ease feelings of isolation and loneliness while building feelings of connection and joy.
Why Did Margery Leave Us a Gift?

Please allow me to introduce you to Margery. Margery is 85 years old and lives in Manchester. Since making the difficult decision to stop driving in 2014, she relies on CVCJ to get her to her doctor appointments and shop for her groceries.

Here is what I also want you to know about Margery. Margery made a gift to CVCJ in her legacy plans.

And this is why.

“CVCJ is always there for me. When I come out of my doctor’s visit, and I see that someone is actually sitting in the waiting room just for me to take me home, you have no idea what security that provides. I don’t have to wait for a bus, or worry that it may not come or be really late. “

It makes Margery feel good knowing that by making this legacy gift, she is playing a role in providing that same sense of security to someone just like her in the future.

Our sincerest thanks to Margery for joining our “Legacy of Care” Society. Will you join her in making sure that all of us can have someone waiting “just for us” in our time of need?

To request a copy of the Creating Your Legacy brochure and to learn more about making a gift in your Will or living trust that will impact lives for years to come, please contact Lynette Whiteman at 732.505.2273 or lynettew@caregivervolunteers.org.

In Lieu of Flowers...

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

Barbara Burnick
Catherine M. Lindner
William S. Nakonechny
Miriam Sodergren

for designating Caregiver Volunteers of Central Jersey to receive donations in lieu of flowers.
Caregiver Volunteers of Central Jersey (CVCJ) 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 in memoriam & honorarium 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:
Margaret Abazia  
Thomas J. Accomando  
Columbus G. Aragon  
Lois Austin  
Mauro Balacco  
Joseph Baptista  
Debra L. Bauer  
Harold Briggs  
Lillian M. Bryant  
John Bucknell  
Barbara Burnick  
Robert Craig  
Jack Dazzo  
Antonio DeFeo  
Dorothy Ducceschi  
Betty Franco  
Milton Gitlin  
Jane Gleason  
Thomas Halpin  
Bob Healy  
Chris Heaphy  
Donald Hicks  
Maria Inniss  
Edward Kaczor  
Joe Lameiras  
Domenico Latino  
Harry Leary  
Catherine M. Lindner  
Mary M. Macartney  
Mario A. Marano  
Alvin Markowitz  
Daniel Maul  
Alfonsina Mejai  
Angela Musso  
William S. Nakonechny  
Cpl. Nicholas Ott  
Vito Ottomano  
Fred Pacicca  
Roslyn Pedinoff  
Semour Pedinoff  
Luca W. Pelter  
Joseph Persichetti  
Cris Pinheiro  
Dennis Puglisi  
George Puglisi  
Nancy Reynolds  
Joseph Romano  
Mercedes Rummel  
Giulio Scardigno  
Donald Schroder  
Matthew Scutaro  
Roger Sharkey  
Jeanne Silvestri  
Miriam Sodergren  
Don Tarantino  
Joe Wong  
Thomas Wulff  
John Yochum

In Honor of:
Diane Austin  
Susan Autenrieth  
Theresa Badala  
Mary Baita  
Judy Bevan  
Claire Cagney  
CVCJ Volunteers  
Toni Dowling  
Barbara Francis  
Anna Franke  
Jean & Jose Garcia’s  
50th Anniversary  
Pat Gibbons  
Theresa Gratale  
Cantors Daniel & Ruth Green  
Ed Gregory  
Rev. John Hamersma  
Penny Eleanor Keller  
Camille Lepore  
Meryl Markowitz & Bitsy  
Pat Mills  
Lisa Elizabeth North  
Julia Petruzzi  
Dori Prejs  
Phyllis Pschorr  
Amy Ravallo  
Michael Ravallo  
Jean Robertson  
Gerry Scheinman  
Melanie Sherer  
Roslalind Siletto  
Elizabeth Szucs & Re-Po  
The Pacicca Family  
Van, Caregiver Canine  
Mary Jean Vigliarolo  
Sharon Watkins  
Ruth Weir

Thank you to the following for hosting a Facebook Birthday Fundraiser to benefit CVCJ.

We are so grateful for your support!

Happy Birthday
Curry Bradley
Matt Kittner
Rod Knecht
Joan Mackiewicz
Sheli Monacchio

To learn how you could host a Facebook Birthday Fundraiser contact Howard at (732) 505-2273, ext. 203 or email howardh@caregivervolunteers.org

Sheli Monacchio (right) gets a birthday wish from CVCJ staff member, Laura!
Thank you to our generous supporters for their assistance in keeping Monmouth & Ocean County Seniors in their homes.

Left: Rita Kumar presents CVCJ Staff with a donation from the 5K Color Run organized by Saheli 4 Toms River on May 26, 2019.

Donors, Foundations & Grants

- Advanced Memory Research Institute of NJ
- Amboy Foundation
- Arbor Terrace at Middletown & Shrewsbury
- Artisans & Crafters of Renaissance
- Bayada Home Health Care
- BlueClaws Charities
- Brick Morning Rotary
- Brick Rotary Charitable Foundation
- Causeway Family of Dealerships
- Charles B. Mathis Memorial Trust
- Chelsea Senior Living
- Crestwood Village II Residents
- D’Onofrio Foundation
- Enclave Outreach Group
- Encompass Health Rehab. Hospital of Tinton Falls
- Exxon Mobil Foundation
- Fidelity Charitable Gift Fund
- GFWC Women’s Club of Brick
- Greenbriar Woodlands Outreach
- Harrogate
- Hirair and Anna Hovnanian Foundation
- Holiday City Berkeley Welfare & Recreation Fund
- Holistic Care Hospice
- Holy Redeemer Health System
- Homecare Assistance
- Impact100 Jersey Coast
- Imperial Healthcare
- Investors Bank Charitable Foundation
- Jackson Chamber of Commerce
- Jewish War Veterans Post 125
- Kiwanis Club of Jackson
- Kiwanis Club of Toms River Daybreak
- Knights of Columbus of Jackson
- Manasquan Bank
- Men’s Club at Lake Ridge
- MOCAAPI
- Monmouth Ocean Regional Realtors
- Monmouth Park Charity Fund
- NJ Alpha Delta Kappa
- New Jersey Natural Gas
- New Jersey State Council Knights of Columbus
- Ocean County Office of Senior Services
- Ocean Ride
- Ornstein Family Foundation
- Perlmart, Inc.
- Pinebelt Chevrolet
- Preferred Home Health Care & Nursing Services
- Provident Bank Foundation
- Saheli 4 Toms River
- Saker Shoprite
- Suez Water Toms River
- The Jay and Linda Grunin Foundation
- The Pines at Whiting
- Rotary Club of Toms River Charitable Foundation
- Toms River Chamber of Commerce
- United Methodist Communities-Homeworks
- William Reulbach
- Wintrude Family Foundation
- Women’s Club at River Pointe
- Women’s Club Organization of Silverton

Special Thank You To Our 2019 Partners In Caring

- Affiliated Foot & Ankle Center, LLC
- Atlantic Physical Therapy Center
- Crossroads Realty
- Garland Law Offices
- Preferred Home Health Care & Nursing Services
- Vision Financial Services-Anne Kraljic
- Winston Benefits

In-kind Gifts

(Contributions such as meeting space, hosting an event, etc.)

- Bayada Home Health Care
- Brandywine Senior Living at The Gables & Reflections
- Central Printing
- Cherished Memory Photography
- Church of St. Martha, Pt. Pleasant
- Co-Cathedral of St. Robert Bellarmine
- Community Medical Center
- Complete Care at Bey Lea
- Congregation B’nai Israel
- Gary Gellman
- Harrogate
- Holy Cross Lutheran Church
- Jackson Knights of Columbus – Council 6201
- Monmouth Medical Center Southern Campus
- Nylabone
- Ocean, Inc.
- Pinebelt Subaru
- Priority Vet
- Pt. Pleasant Veterinary Hospital
- Silverwoods
- Spring Oak at Toms River
- The Pines at Whiting
- Tom Hayes & NJNG Employees
- Visitation Catholic Church, Brick
- Visiting HomeCare Services of OC-A Friend’s House
- Whitebridge Pet Brands
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 elders & caregivers are cared for and honored.

Officers
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New Volunteer Trainings
Ocean: October 8, 2019 10:00am
Monmouth: October 16, 2019 11:00am
Ocean: October 18, 2019 2:00pm
Ocean: October 23, 2019 10:00am
Ocean: November 6, 2019 10:00am
Monmouth: November 13, 2019 11:00am
Ocean: November 15, 2019 2:00pm
Ocean: November 26, 2019 10:00am
Monmouth: December 4, 2019 11:00am
Ocean: December 6, 2019 2:00pm
Ocean: December 11, 2019 10:00am
Ocean: December 17, 2019 10:00am

If you or someone you know would like to attend one of our trainings please contact us at (732) 505-2273 or email info@caregivervolunteers.org

All trainings will be held at either our:
Ocean County Office: Riverwood Plaza 2, 67 Route 37w, Ste. 201 Toms River, NJ 08755
Monmouth County Office: 61 Georgia Rd., Room 116 Freehold, NJ 07728

Online Shopping Volunteer Trainings
If you are interested in volunteering for this program, all you need is computer experience. It can be done from your home on your own time at your convenience.

Our next trainings are:
September 20, 2019 10:00am
October 25, 2019 10:00am
November 8, 2019 10:00am

If you are interested contact Laura at 732-505-2273, ext. 200 or info@caregivervolunteers.org.

All trainings will be held at our
Ocean County Office: Riverwood Plaza 2
67 Route 37w, Ste. 201
Toms River, NJ 08755

A Warm Welcome To Our New Interfaith Coalition Members
♦ Hope Presbyterian Church - Tinton Falls
♦ Manasquan United Methodist
♦ Our Lady of Hope Parish - West Long Branch
♦ St. Catherine of Siena - Farmingdale
Caregiver Volunteers of Central Jersey
Presents

A Celebration of Connecting Lives
Friday, October 11, 2019 ~ 6:00 pm

An Evening of Inspiration & Impact
Featuring Keynote Speaker & a Special Performance by

Roddy Chong ~ World Renowned Violinist
Of the Trans-Siberian Orchestra and World Tours of Celine Dion & Shania Twain

All proceeds to benefit Caregiver Volunteers of Central Jersey

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.

The Ocean Place Resort & Spa ~ Atlantic Ballroom
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Anne Kraljic CFP®, CRPC®
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rebate credit based on the actual sales price. You’ll receive your credit at closing.
Save The Date!

Monday, November 11, 2019 at 9:30 a.m.

Please Join Us!

Come out and show your support for CVCJ’s Veteran Volunteers as they march for the first time in the Annual Toms River Veteran’s Day Parade in Downtown Toms River.

If you would like to march with us or for more information contact Ann at (732) 505-2273, ext. 210 or email info@caregivervolunteers.org.