ARE YOU READY TO COME BACK?

Our Carereceivers have missed you and are eager to see your smiling faces. We are experiencing a high volume of need, especially for transports.

We understand you may be concerned about potential health risks. You should know we are going above and beyond CDC recommendations to keep you and our Carereceivers safe. Our guidelines include NO contact procedures for food shopping and transportation requests.

If you have not received the guidelines and consent form please visit our website www.caregivervolunteers.org or call the office at 732-505-2273 to have them mailed to you.

Thank you again for all you do! We are overwhelmed by your continued dedication to our mission and the seniors in our community.
**Volunteer Spotlight**

Donna has been a dedicated volunteer with Caregiver Volunteers for over 18 years!

When Superstorm Sandy hit... Donna agreed to coordinate our online shopping program and has not stopped since! She has been instrumental in getting this program off the ground. It continues to grow in number of receivers and volunteers, especially during this pandemic.

Throughout CoVid 19 Donna has literally placed 100s of orders around the clock to ensure our receivers do not go without food. She goes above and beyond daily to provide food security for our homebound.

As you can see... when disaster strikes... we can count on Donna. We are grateful to have her on our team!!

Thank you!

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**Meet Bobbi...**

**The Newest Friendly Voice When You Call Our Office!**

Please help us welcome Bobbi! She joined the Caregiver Volunteers team back on March 16th. She worked with us for 3 days and then Caregivers was forced to suspend services due to CoVid 19.

When we were ready to resume services we were fortunate enough to have Bobbi return to the service desk to answer the many calls from our receivers. Her patience and kindness comes through on each call she handles.

We are so grateful to have her as a part of our team!
The current pandemic has shed light on how isolation can negatively affect health especially among seniors. We are excited to partner with Marquis Health Services to educate people on these negative effects and to understand the impact of loneliness. Visit the websites below to find out more information.

**Understanding Loneliness and Ways You Can Help**

Loneliness and social isolation might seem like conditions that are just “in your head,” but it’s important to recognize the signs and help those who might be effected.

**Types of Loneliness**

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<th>Type</th>
<th>What is it?</th>
<th>How to intervene</th>
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| Emotional  | When someone feels the lack of intimate relationships possibly due to the loss of a close partner or friend. | • Grief and bereavement support can help provide the tools needed to cherish that relationship and move forward to exploring new ones.  
• Incorporate activities to honor their loved one (e.g., make a scrap book or photo album). |
| Social     | Lack of satisfying contact with family, friends, neighbors and other community members | • Engaging in social activities can help mitigate this one. Encourage the person to dine with others and find activities that inspire them to interact including music, games and other activities hobbies.  
• If appropriate for the resident(s), incorporate education in the use of smart phones or computers for communication with family and friends. |
| Collective | Feeling of not being valued by the broader community | • Lend a listening ear.  
• Coordinate a small support group within the community where participants can:  
  - Share their stories with others.  
  - Encourage and uplift one another each other and lift each other up with words of kindness and praise.  
  - Identify opportunities for community involvement.  
• Facilitate activities that engage the resident and the community in which residents assist the community (e.g., shelling peas for a local farmer). |
| Existential| The sense that life lacks meaning or purpose | • Often older adults feel they have moved from providing for their family to being becoming a burden on them. Help them find a new meaning and purpose such as the following:  
  - Explore small chores in the facility such as:  
    - Helping with a pet therapy animal  
    - Watering or tending plants/gardens  
    - Feeding the birds  
    - Delivering mail or papers  
  - Shower them with lots of appreciation for their contributions – no matter how big or small. |

With a keen awareness that more and more of today’s rehab patients are younger individuals who are more mobile and dynamic – Marquis Health Services created five-star rehab environments that are invigorating and consumer-friendly, infusing every aspect with their signature Rehabbing Care™ approach.

Their large, optimistic and well-lit settings deliver the best diagnostic and rehabilitative care in myriad specialized disciplines with the goal of returning patients home as soon as possible.

With accessible locations in both Ocean and Monmouth Counties each of their facilities will provide unparalleled care in a comfortable setting.

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**PARTNER SPOTLIGHT -**

**Marquis Health Services**

**www.jewishhomefreehold.org**

**www.coralharborrehab.com**

**www.willowspringsrehab.com**

**www.crestpointerehab.com**

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**Volunteer Hours**

Important! Keep track of the hours you volunteer and report them to the office. We include this in our report to funders so they can determine our level of financial support.

To report your hours visit www.caregivervolunteers.org/volunteer-corner/submit-volunteer-hours/

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**Virtual Presentations**

Know a local community group, civic group or homeowners association meeting virtually? We would love to be a guest speaker. If you are a member of an organization that would like to hear from us please give us a call 732-505-2273.

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**Virtual Volunteer Town Hall**

We are moving our virtual Volunteer Town Hall meetings to monthly. The next meeting is September 16th at 11 am. We look forward to seeing you there!

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For more information contact Kelly at (732) 505-2273 or email kellys@caregivervolunteers.org
Thank You To Our 2020 Partners In Caring

Without the support of our local partners we would not be able to provide services to the over 1400 seniors in Ocean and Monmouth Counties.

For more information about becoming a Partner In Caring email kellys@caregivervolunteers.org