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
Meeting, helping, and acknowledging people for who they are is something I embrace wholeheartedly. Accepting people for who they are and for what they have to offer is interesting and unique with every individual. Over the years I have supported Caregiver Volunteers of Central Jersey through a very unique homecare company called Right At Home Homecare - Jersey Shore.

My dear friend Fran Pannella, who is a huge advocate for people with dementia, approached me one day and told me about Jeff Borghoff who is Caregiver Volunteers' youngest receiver having been diagnosed with Early Onset Alzheimer’s. I became so interested in learning more about this fascinating individual that I had to meet him. I signed up with Caregiver Volunteers to volunteer with the Alzheimer’s Respite Care Program to start my journey with Jeff.

Meeting with Jeff was great, as I expected. We speak about many different topics—music, musical artists, religion, family, his Jamaican adventures, the clinical study he’s involved in, food (and who has the best bagels in town), and of course his dog and best friend “Buddy”.

We hang out in the house, in the basement, sit on the porch or even go to one of his favorite diners. During this Covid pandemic, Jeff also made face shields in his basement from a 3-D printer. Incredible. He called on me to help put them together & distribute them to healthcare professionals in the area.

For people with dementia, staying connected, keeping active and helping them be a part of something is really what makes volunteer work so rewarding.

---

**3 TIPS TO KEEP YOUR LOVED ONE LIVING WITH DEMENTIA ENGAGED**

If your loved one was diagnosed with dementia, you may be wondering what you can do to help reduce the disease’s rate of progression. Simple activities and cognitive tasks can be a great way to improve their overall health, keep them engaged, and encourage them to live a life filled with dignity. Artis Senior Living is here to guide you with a few quick tips to help your loved one forge lasting connections and remain an active participant in everyday life.

**Structure and Supervise**

Many seniors living with dementia still have a passion for their hobbies, but struggle with the planning process. Making preparations for them can go a long way. The Alzheimer’s Association recommends structuring activities for your loved one so that they can place all their attention on the task at hand. Then, you can step back and give them the independence they need by creating opportunities that encourage decision-making and self-expression. When they require help, provide support and set them back in the right direction.

**Consider Their Interests and Capabilities**

When choosing activities for your loved one, it’s essential to think about their individual tastes and limitations. Have they always enjoyed singing? Play songs that you know they love to sing – and bring the lyrics if you think they will have trouble remembering the words. Did they play baseball in their past? They may not be able to run the bases anymore, but you can bring some baseball gloves and something soft such as a hacky sack to toss back and forth together. Returning to lifelong passions might also help jog your loved one’s memory, making it a great opportunity for them to reminisce. It’s all about figuring out what they’d like to do and making it work with their current capabilities.

**Focus on the Journey, Not the Destination**

When we go about setting goals for ourselves, we tend to place emphasis on achievement. Try not to apply this mindset to your loved one’s experience, what matters is that the activity stimulates your loved one’s engagement. It’s best not to correct them unless safety requires it. There is no wrong way of doing things, so long as they are enjoying themselves and are at no risk of harm.

Want to learn more tips on helping your senior loved one who is living with dementia? Visit us at https://www.artisseniorliving.com

With busy lives, it can be hard to find time to volunteer. But by giving our time to others, we can actually help ourselves. Volunteering and giving back to your community can be valuable for personal growth and well-being, but did you know it is also good for health? Volunteering is a fulfilling way to give back to your community but medical health experts have discovered that it imparts many health benefits for the volunteer!

According to the Mayo Clinic's article, “Helping people, changing lives: The 6 health benefits of volunteering”, volunteering can offer many health benefits especially for older adults such as:

- **Decreases the risk of depression** – research has shown that volunteering leads to lower rates of depression especially for individuals over the age of 65.

- **Gives a sense of purpose and teaches valuable skills** – The work that volunteers provide is essential to everyday processes, which gives volunteers a sense of purpose.

- **Helps people stay mentally and physically active** – most volunteer activities get people up and active. One study found that volunteering among adults over the age of 60 provides benefits to physical and mental health.

- **Can reduce stress levels** – Time spent in service to others can make people feel a sense of meaning and appreciation, which can have stress reducing effects!

- **May help you live longer** – The Longitudinal Study of Aging found that individuals who volunteer have a lower mortality rate than those who do not.

- **Volunteering helps you meet others and develop new relationships** – Dedicating your time as a volunteer helps expand your network and practice social skills with others.

While it’s true the more you give the more you get, you can experience the benefits of volunteering from just 2 hours a month. These benefits can last a lifetime and improve your health and happiness.

Don’t Forget:

**Volunteer Hours**

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

**Virtual Presentations**

If you are a member of an organization that would like to hear from us please give us a call 732-505-2273.

**Virtual Volunteer Town Hall**

The next meeting is October 14th at 11am. We look forward to seeing you there!

For more information contact Kelly at 732-505-2273 or email kellys@caregivervolunteers.org
PARTNER SPOTLIGHT - Community Medical Center to Offer Free Webinar

What do we know about COVID-19 now? How we prepare for the future?

Join Community Medical Center’s Chief Executive Officer Patrick Ahearn, and members of the hospital’s clinical team for a free webinar on Monday, September 21st at 4:30 pm.

Dr. Meika Neblett, Chief Medical Officer; Dr. Gerald Ferencz, Director, Primary Stroke Center, and Dr. William Dalsey, Chairmen, Emergency Department, will share important information on the best ways to keep you and your family healthy, and discuss the latest coronavirus treatments and findings.

To register for this free event:
visit https://bit.ly/2Z3Pzka, or contact the Community Medical Center Foundation at 732-557-8131.