Thank You For Your Service & Your Sacrifice
Veterans Day is a time for us to honor all American Veterans. We are grateful for their patriotism and willingness to serve & sacrifice for our country. This month Caregiver Volunteers is highlighting Al Jacobsen, one of our Veteran Volunteers. Al is a Veteran of the U.S. Army.

Al was trained in December of 2010 and has been a dedicated volunteer for 10 years. Along with his wife, Grace, who has been a volunteer for 18 years, he is always on the go for Caregivers. Whether he is transporting a receiver to a medical appointment, visiting with one of our veteran receivers or attending an event as a Caregiver Ambassador, Al always has a smile and joke to tell. But don't call him on Thursdays because that is bowling day for Al & Grace!

Al says, "Caregivers has been a true blessing to me and I am thankful that I have been able to serve this wonderful organization." Al & Grace, thank you for all you do for Caregivers!

Al & Grace Jacobsen

ALZHEIMER'S DISEASE AND DEMENTIA'S IMPACT ON OUR VETERANS

BY JULIA FRASER, ARCP MANAGER

Veterans have a higher risk of Alzheimer's and dementia due to several factors. Traumatic brain injury (concussion), depression and post traumatic stress disorder double this risk as our Veterans age. Studies have shown that the above are linked to hypertension, high cholesterol, diabetes and cardiovascular issues which are all known to contribute to cognitive impairment as we age.

As our acute medical and surgical interventions have improved the field care to our Veterans following the high frequency of blast exposure and injuries during the wars in Iraq and Afghanistan, we are on par for a surge of those Veterans to develop cognitive challenges in the next 20-25 years. Additionally, depression and PTSD increases your body's cortisol, the stress hormone that impairs your ability to repair and regenerate the hippocampus- the part of your brain that is responsible for processing memory and emotion.

So what can we do to prepare? A healthy diet to combat vascular and cardiovascular complications, regular exercise, get good sleep, treat depression if present, maintain social engagements, challenge your mind and find opportunities to just have fun. Veterans with a history of Traumatic Brain Injury, concussion, depression or PTSD over 60 should get screened regularly for cognitive impairment.

Veterans who may already be experiencing cognitive impairment may be eligible for a Veteran's pension to help offset the cost of home care. Visit www.va.gov/pension/aid-attendance-housebound for more information.
The next Volunteer Town Hall is November 18th at 10am. We look forward to seeing you there!

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

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 Volunteer Town Hall is November 18th at 10am. We look forward to seeing you there!

Find out what you qualify for today:
Pays for Long Term Care
732-453-5796
Intake@VeteranCareServices.com

What do I need to know about the Aid and Attendance benefit?
A veteran or a surviving spouse of a Veteran who is 65yo or older and has the need for a little assistance may be eligible to receive this monthly pension. Whether you are living in a senior community which provides you with care, living at home and have an aid which comes to help, or living at home independently with family or friends helping. Any of these scenarios would put you in the category to be looking in to this benefit.

How does one find out more and apply for this benefit?
Veteran Care Services works with both individual applicants and healthcare professionals. We help from the beginning stages of evaluating to figure out eligibility, to gathering service, medical, and financial documents, to dealing with the VA until approval. Generally with just one phone call, we can determine whether you are eligible, and how much your monthly rate would be.

Married Veteran
$2,266 Monthly

Single Veteran
$1,911 Monthly

Surviving Spouse
$1,228 Monthly
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