Happy Holidays and a Blessed New Year!
**VOLUNTEER SPOTLIGHT**

Charlotte was one of the first Caregiver Volunteers to be trained in February 1993. She has been a dedicated volunteer since Caregivers first opened its doors in Ocean County.

Charlotte always goes above and beyond for the seniors of Ocean County. The number of medical transports she has provided alone numbers in the 1,000s. She was also one of our first Congregational Coordinators and Assessors through The Presbyterian Church of Toms River.

She is a great supporter of all of our fundraisers, beginning with the Victorian Tea, one of the very first fundraising events Caregivers organized!

Charlotte has helped Caregivers grow into the successful organization it is today. We couldn’t have done it without her dedication to our mission as well as all the volunteers that give their time and talents to assist the seniors in Ocean and Monmouth Counties.

Thank you for all you do!

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**ADAPTING FOR HOLIDAY SUCCESS**

For many, the holiday season is a special time of year, marked by festive celebrations with family and friends. It is a time to look ahead with excitement to the New Year. However, this year with the CoVid 19 pandemic the holidays can also be a difficult time for many struggling with loss, ill health, or for those who have not seen family during this period of extended isolation. Families will need to take a different approach to planning this year, to keep their loved ones safe and connected, especially if they have some cognitive decline or form of dementia. At a time often guided by tradition, finding a way that feels right given, new social distancing guidelines, changing family circumstances certainly requires some creative thinking.

Adaptation is the key in life. Being able to connect to old traditions and memories while placing value on present life circumstances is the objective. Having a plan ahead of time as to what you will be doing during the holidays is what is most advantageous.

**Here are some suggestions:**

- **Cultivate an attitude of gratitude.**
- **If planning to be alone for the holidays consider volunteering your time- so much can be done via phone.**
- **Think of something you can make inexpensively for a nearby family in need.**
- **Be mindful that it is not necessary or beneficial to include a person with Dementia in every family holiday event. It can be overwhelming for them.**
- **Intergenerational time can be so valuable during the holidays, connect with younger children via FaceTime or Zoom.**

Creating the “essence” of the holiday is often more valuable than focusing on specific rituals. It only takes a moment to create a lasting memory. Visit www.elderlifemanagement.org or call 732-493-8080 for more information.
Wellness-focused living at Harrogate encompasses more than just physical health. It has physical, spiritual, social, intellectual, environmental, emotional, vocational and health components. We call it the Living the 8. Through a variety of classes, activities and opportunities, our exclusive program helps residents achieve and maintain their highest level of wellness. Aging may not be a choice – but aging well is. If you want to age successfully, our Living the 8 keeps you engaged, active and firing on all 8 cylinders.

Residents who need health care services will appreciate that skilled nursing and rehabilitation services, as well as access to home health care, are available. Our 5-Star rating helps seniors thrive through a combination of expert health care services, person-centered hospitality and a robust activities calendar.

Harrogate residents always, and especially during the pandemic, appreciate the vast array of services and amenities readily available to them. Our residents agree there’s strength in being part of a community like Harrogate because if there’s a crisis, they know Harrogate will take care of everything. And that provides real comfort to our residents and their families.

Give yourself a gift this busy holiday season; take the worry out of living. Give us a call at 732-333-8618.

HarrogateLifeCare.org | 400 Locust Street | Lakewood, NJ 08701
May this holiday season fill your home with joy, your heart with love, and your life with laughter.

We are so happy to have you as a part of the Caregiver Volunteer Family. Wishing you a joyous holiday season and a happy peaceful New Year.

From,
The Staff at Caregiver Volunteers