Not Another New Year's Resolution...

Every year as many as 50% of adults make an obligatory New Year's Resolution. You can guess how many actually stick to it, less than 10%. But as we've been challenged in 2020 to rethink the way we do things, maybe it's time to reconsider making grand resolutions and instead opt for small acts to connect to those around us.

As many in our community have struggled with loneliness in some way throughout this pandemic, it is time to focus outward on how we can make a positive change. Small concrete steps like reaching out to a friend or neighbor just to check-in or sending a card to let them know they are not forgotten, make a positive impact.

There are so many benefits to giving to others, Why not ditch the old resolution for something a little more out-of-the-box? Now, we all know it's more likely to happen if we share out loud or in this case on social media. Join the fun by sharing the ways you plan to connect with others using the hashtags #cvcjcares, #notjustanothernewyearsresolution.
Volunteer Spotlight

Judy has been a dedicated volunteer in Monmouth County since January 2018. She wears many hats for us, filling the roles of Volunteer Ambassador, coordinator and assessor, as well as handling many transportation requests and reassurance calls.

Judy is a super volunteer that is always willing to take on last minute requests when we are in a bind. Her listening skills, sense of humor and compassion are just a few of the qualities that make her an amazing volunteer. Even on the worst day she can bring a smile to your face.

Thank you Judy for all you do to bring sunshine into the lives of the seniors we serve in our community. And thank you to all of our volunteers for lovingly and selflessly volunteering your time to our mission. We are overwhelmed by your generous spirit, together we are helping seniors stay independent in their homes!

Let's make 2021 a happy and healthy year for all.

Happy New Year from Megan O’Keefe

Executive Director at Caregiver Volunteers

Cheers to a better year! 2020 was not without its challenges (putting it mildly), but in the midst of our challenges we have to make the choice to grow and find wisdom. We at Caregivers are trying to do just that, learn and grow from the experiences both good and bad.

All things considered, in 2020 our volunteers were still able to complete 1,785 transports, 3,750 grocery shopping trips and made over 11,000 reassurance calls to homebound isolated seniors in Ocean and Monmouth Counties! As we look to 2021, Caregivers is working to find ways to better serve homebound seniors, engage with you the volunteers that make it possible, and build connections in the community to continue to grow our programs. It is with confidence we face whatever challenges lie ahead. I wish you and yours a safe, happy and healthy New Year.

So onwards and upwards,

Megan O’Keefe
Volunteer Information Session

To attend an information session to learn more about volunteering visit caregivervolunteers.org/events and sign up for a session.

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 January 13th at 11am. We look forward to seeing you there!

For more information contact Kelly at 732-505-2273 or email kellys@caregivervolunteers.org

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*Prices are based on double occupancy cabins and are lower deck accommodations with limited availability. Other cabin categories are available at a higher prices. $400 non-refundable deposit is due at the time of booking. This is a limited time offer and exclusive to Rosalind’s Travel in Style. We highly recommend travel insurance. Riviera Travel Ltd. Registered in England No. 01869298. Riviera Travel, 2530 Aqua Vista Blvd, Ft. Lauderdale, FL 33301. Not responsible for errors or omissions, other terms and conditions apply, and offer can change at any time. CST 2130254-50
At Caregiver Volunteers we have a network of volunteers, clients, businesses, and supporters who are invested in helping seniors age safely in their homes as a part of their community. Through this network, we share resources, information, and ideas to expand our reach in Ocean and Monmouth Counties. By becoming a Partner in Caring you will be helping Caregiver Volunteers continue to keep seniors living independently in their own homes with dignity and joy.

Interested in becoming a 2021 Partner in Caring?

Contact Kelly at kellys@caregivervolunteers.org or call 732-505-2273

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.