



PARTNERS IN CARING

caregivervolunteers.org

July 2021



Social Isolation is a term we often talk about at Caregiver Volunteers. All of our programs are designed to address or alleviate it in our community. But, what does it really mean? And why should we care about it?

Although, the term may be getting more attention amid the COVID 19 pandemic, social isolation has been a real and serious problem for seniors in our community for decades. A report from the National Academies of Sciences, Engineering, and Medicine (NASEM) points out that more than one-third of adults aged 45 and older feel lonely, and nearly one-fourth of adults aged 65 and older are considered to be socially isolated. Apply that estimate to the number of residents in Ocean and Monmouth Counties and we can estimate nearly 62,700 individuals in our community could be affected. Older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family or friends, chronic illness, and hearing loss.

There are serious health risks linked to social isolation and loneliness. The Center for Disease Control in an article on the subject published in 2021 outlined a few of the most startling:

- Social isolation significantly increased a person's risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.
- Social isolation was associated with about a 50% increased risk of dementia.
- Poor social relationships (characterized by social isolation or loneliness) was associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.
- Loneliness was associated with higher rates of depression, anxiety, and suicide.
- Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits.

So what can you do if you or someone you know is experiencing loneliness or are socially isolated? Your doctor can assess your risk for loneliness and social isolation and get you connected to community resources for help if needed. Caregiver Volunteers is always here to help.

VOLUNTEER SPOTLIGHT

Retirement has opened many new doors for me. The most rewarding has been the opportunity to do volunteer work. Caregiver Volunteers has been a wonderful experience. I have met so many interesting people, some in their late nineties.

Their life stories are inspiring and insightful. They talk about how much life has changed over the years. Sometimes they just want someone to listen and I am so glad to be that person.

The best part of volunteering is the feeling of usefulness I get in driving these wonderful carereceivers to their medical appointments.

A few months ago God called home a carereceiver who I transported for almost three years. She had a long and difficult journey and I was fortunate to travel this journey with her. She was brave and strong and I am a better person for having known her.

I am grateful to Caregiver Volunteers for helping me discover a new career.

Thank you to Jean and to all of our volunteers that give so selflessly of their time. We appreciate each and everyone of you!

Jean



*"The heart of a volunteer is never measured in size, but by the depth of the commitment to make a difference in the lives of others."
-DeAnn Hollis*



CONGREGATION SPOTLIGHT

The Co-Cathedral of St. Robert Bellarmine was the first Monmouth congregation to partner with Caregivers when we expanded into Monmouth County in 2016. They have been a dedicated supporter ever since.

Monsignor Sam not only gave Caregiver Volunteers our new home base in Monmouth County by lending us office space but he is also a vital member of our Board of Directors.

St. Robert's has also helped CVCJ by hosting grab-and-go events for our volunteers, while continuing to have an active core of volunteers that have helped throughout the pandemic.

Our coalition of congregations continues to share in our mission to provide free supportive services to the seniors in our communities. St. Robert's has been an unwavering partner in helping us continue this mission in Monmouth County. We are grateful for the support we receive from the many congregations within our coalition.

Thank you for all you do and continue to do to help us further our mission. To learn more about The Co-Cathedral of St. Robert Bellarmine visit strobert.com.

PARTNER SPOTLIGHT



Our innovative adult day enrichment center puts members at ease and sparks memories of the past by featuring 13 different 1950s-themed activity rooms called storefronts. These spaces have been meticulously designed using vintage decor and conversation props to create an immersive, nostalgic environment where memories come to the forefront. Throughout the day, our members experience a restored sense of purpose and belonging by re-connecting to their community.

Now enrolling with special offers—please call for more information or to schedule a tour.

To view a 3 minute introduction video, please scan the code on right with a phone camera



Opening in mid-July!

Town Square Jersey Shore
1930 Route 88, Suite 14, Brick, NJ 08724
732-451-6185
www.townsquare.net/jerseyshore

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Don't Forget:

Volunteer Information Updates

Has your availability changed? Are you ready to take on another assignment? Please contact the office at 732-505-2273 to update your information.

Volunteer Hours

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

Presentations

If you are a member of an organization that would like to hear about us and our many volunteer opportunities please give us a call 732-505-2273 to set up a presentation.

Virtual Volunteer Town Hall

The next Volunteer Town Hall is July 21st at 11am. We look forward to seeing you there to exchange ideas with other volunteers & get the latest CVCJ news!

For more information contact Dena at 732-505-2273 or email denag@caregivervolunteers.org

Caregiver Volunteers has officially moved!
Please make note of our new address:

201 Hooper Avenue, First Floor, North Suite
Toms River, NJ 08753





Caregiver Volunteers of Central Jersey
"A Faith In Action Program"
201 Hooper Ave., First Floor, North Suite
Toms River, NJ 08753

Non-Profit
U.S. Postage
PAID
Permit No. 61
Toms River, NJ
08753

732-505-2273
info@caregivervolunteers.org

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Like us on Facebook@
Caregiver Volunteers & Caregiver Canines

Join Us At The Ballpark!

As a 2021 BlueClaws Community Partner Caregiver Volunteers will participate in a Game Day Fundraiser!

Game Date: Tuesday, August 17th
Game Time: 7:05pm
Ticket Price: \$12.00



Visit <https://fevo.me/caregivervolunteers>
to purchase your ticket today and support
Caregiver Volunteers of Central Jersey at the ballpark!
Looking forward seeing you there!

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 that we help.