In this issue...

Welcome
Message From Our Executive Director

Volunteer 411
Benefits of Volunteering

Partner Spotlight
Family First Primary Care Physicians & Urgent Care

Healthcare Awareness
Benefits of Having a Relationship with your Primary Care Physician

October
Breast Cancer Awareness

732-505-2273
caregivervolunteers.org

Like us on Facebook@ Caregiver Volunteers & Caregiver Canines
MESSAGE FROM THE EXECUTIVE DIRECTOR

BY MEGAN O'KEEFE

I recently came across a quote by Robert Ingersoll that said "We rise by lifting others." It is such a simple but powerful notion often overlooked as it is so easy to be consumed by all that is happening in our world today. As we reflect on our work at Caregivers, this quote seems to become more fitting.

Each day we match seniors and volunteers for transportation, grocery shopping, friendly calls, visits and respite. Our staff hears about the impact those connections make each day in our community. Our care receivers and volunteers alike both benefit from their interactions. On October 14th, we will get the chance to celebrate the commitment & dedication of our trusted volunteers in person and virtually. For the first time in 18 months, we will be honoring our volunteers at our Annual Volunteer Appreciation Service and Dinner.

For me personally, this will be the first one I have the privilege to attend. I am looking forward to seeing the spirit of our mission embodied in the interfaith service and the chance to connect personally with each of our volunteers at the dinner.

As we look to the future, CVCJ reinforces our commitment to building a strong sense of community with those we help and those who support our mission.

NON-PROFITS SUPPORTING NON-PROFITS

A special thanks to Soles4Souls and Interfaith Neighbors/Meals On Wheels of Monmouth County for partnering with us in 2021.

Interfaith Neighbors, Inc. is a non-profit organization founded in May 1988 to address the growing problem of homelessness. Over the years, their services have grown to now include seven distinct programs serving all of Monmouth County. The Meals on Wheels Program is currently serving over 1,100 daily meals to homebound seniors across Monmouth County. Caregiver Volunteers of Central Jersey would like to thank Beth Paterno and the team at the Meals on Wheels Program for partnering with us in providing a lovely boxed meal in our efforts to show our appreciation to our selfless volunteers.

Soles4Souls turns unwanted shoes into opportunity by keeping them from going to waste and putting them to good use — creating jobs, providing relief and empowering people in developing countries to break the cycle of poverty. Caregiver Volunteers has partnered with Soles4Souls as a shoe drop location at their Ocean County Office, 201 Hooper Avenue, Toms River. Drop off or call us at (732) 505-2273 for pick up of your new and gently used shoes today!
VOLUNTEERING...GOOD FOR YOUR HEALTH?
THE MORE YOU GIVE THE MORE YOU GET

With busy lives, it can be hard to find time to volunteer. 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 your 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.
BENEFITS OF HAVING A RELATIONSHIP WITH YOUR PRIMARY CARE PHYSICIAN

A primary care physician is a family medicine or internal medicine doctor that serves as the first point of contact when a patient experiences symptoms of illness or disease. They play an important part in a patient's overall care. Having a good primary care physician and patient relationship can help you attain and maintain good health for years to come.

It is important to have a positive and transparent relationship with your primary care physician. Here is how this can benefit you:

A "Medical Home", A Trusted Source
The convenience of going to a doctor who you have a good relationship with for your healthcare needs cannot be overstated. Primary care physicians can treat a wide variety of illnesses and diseases and only refer you to specialists for highly complex issues. This can save you from the inconvenience of having to develop relationships with multiple doctors and having to travel to multiple locations for treatment. The human body is a complex, intertwined system. One condition or disease can affect another. Your primary care physician is aware of your overall health, making them an ideal physician to treat you in most cases. A positive relationship with them will only benefit you further.

Continuity of Care
Building a positive relationship with your primary care physician can result in transparent and productive communication, which translates as better care for you. Not having a good relationship can result in subpar quality care. A primary care physician is supposed to provide preventive care, which includes performing health screenings, annual checkups, and goal-setting, as well as tracking your progress along the way, which may not be possible if you don't communicate openly and frequently.

Risk Reduction
A primary care physician who knows your medical history and has your medical records handy can provide higher quality and personalized care. Your primary care physician's knowledge of your medical history will be attuned to your risk factors for disease, including your genetics and lifestyle habits. A positive and transparent relationship with your doctor will help them be better informed about you, your medical history, and your lifestyle.

Quality of Life
With knowledge of your complete medical history and by providing you with ongoing care, a primary care physician can detect early signs and symptoms of disease. The relationship you have with your primary care provider is critical to maintaining good overall health. If you have a desire to be healthier and live longer, seeing your primary care physician regularly is the first step to improving your health and enhancing your quality of life.

"The good Physician treats the disease; the great Physician treats the patient who has the disease."
- William Osler
The Family First Advantage

At Family First, we know that getting the best medical care is incredibly important. The advantage of choosing our practice is knowing you will receive high quality medical care, fast turn around times, and convenience. We have flexible hours, friendly support staff, and top notch medical providers on staff to meet that goal. We are incredibly passionate about delivering quality care when you most need it.

We are pleased to announce the opening of our Brick office. Dr. Laith Qumei and Dr. Shareen Dahab are currently accepting new patients.
MANY THANKS TO YOU OUR SUPPORTERS... WE THRIVE BECAUSE OF YOU!

The current COVID 19 public health crisis has illustrated why our mission is so important- all people regardless of their age deserve to age in place as a part of their community. During the course of the past year, support from our community has made it possible for our volunteers to safely provide thousands of transports to doctors, hundreds of grocery shops, and countless hours of friendly caring connections through phone calls and visits.

We continue to be inspired by our private partners. Some of them you can learn more about right here in our newsletter. While Caregiver Volunteers and our partners navigate these unprecedented times, by our actions and commitments, the response effort in our community has been a model for all organizations looking to change their community for the better.

A special thank you to all those that have partnered with us throughout the year to make our community a better place.

~ Henry Ford

SIGN UP TODAY!
Preferred Home Health Care & Nursing Services is proud to offer FREE online Health and Wellness programs! Sign-up for one or all sessions! Classes are open to the public, and all are welcome.

Visit: preferred-perks.com/health-and-wellness/ to sign up today!

Bringing Healthcare Home
- Home Health Care
- Visiting Physician Services
- Palliative and Hospice Care
- Private Care/Private Duty Nursing
- Children and Health Family Institute

800-862-3330 www.vnahg.org

Anne Kraljic CFP®, CRPC®
Financial Advisor
anne.kraljic@securitiesamerica.com

Securities offered through Securities America, Inc. Member FINRA/SIPC. Anne Kraljic, Registered Representative. Advisory services offered through Securities America Advisors, Inc. VISION Financial Services, Inc. and Securities America are separate entities.
The Holidays Are Coming... Are You Ready!

Support Caregiver Volunteers While Doing Your Holiday Shopping!

amazon smile
You shop. Amazon gives.

Shop using:
smile.amazon.com/ch/22-3197568
or go to amazonsmile.com and choose

Caregiver Volunteers of Central Jersey
A Faith In Action Program

Breast Cancer Awareness Month

When breast cancer is caught and treated in its earliest stages, women have a 98% chance of surviving at least five years after diagnosis. That's why Reach Out for Life is offering free mammograms to the women who need them most.

October is Breast Cancer Awareness Month! No woman should be left behind, please contact one of these sites for your **FREE** breast screening in October.

Jacqueline M. Wilentz
Comprehensive Breast Center
Monmouth Medical Center
300 Second Avenue
Long Branch, NJ
(732) 923-6509

Community Medical Center
99 Route 37 W
Toms River, NJ
(844) 226-2376

Atlantic Medical Imaging (AMI)
Various Locations throughout New Jersey
(833) 823-6533

Come In For a Tour
Our Memory Care Community Is Once Again Open for In-Person Tours

Call to schedule a tour to see why Artis Senior Living is your best choice for safe and exceptionally personalized Memory Care.

To Schedule Your Tour
848-208-0597
TheArtisWay.com/EastonTownTour

Preferred
Home Health Care & Nursing Services
Care for Infants, Children, Adults, and Seniors
800.603.CARE (2273)
PreferredCares.com

ATLANTIC PT CENTER
Celebrating 20 Years
No Prescription Needed.
Pre-Op and Post-Op Rehab
Chronic Pain & Joint Instability • Vertigo
Walking and Balance Difficulties
Occupational / Hand Therapy
ATLANTICPTCENTER.COM / (877) 963-3378
Family First Urgent Care -
Toms River
1851 Hooper Ave
Toms River, NJ 08753
(732) 255-2001

Family First Urgent Care -
Oakhurst
1803 NJ-35
Oakhurst, NJ 07755
(732) 531-0100

Monday-Friday - 8:00am to 8:00pm
Saturday - 8:00am-5:00pm
Walk-Ins are always welcome!
Visit familyfirst-urgentcare.com for
more information or to
book an appointment.