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Fall Into Volunteering

Caregiver Volunteers of Central Jersey
732-505-2273
caregivervolunteers.org

Like us on Facebook @ Caregiver Volunteers & Caregiver Canines
Most of my friends are between the ages of 23 and 53, and although we could have quite different perspectives on matters like dating and style, one thing we all have in common- "life is insanely busy." It's difficult for any of us to find time for volunteering when we're all so preoccupied with our jobs and family life. But the desire to help others shouldn't be set aside until you feel you have the "time" that day may never come. If you've already given your time and seen the difference your efforts can make, why put it off?

Thankfully, there are so many opportunities for volunteering these days (thank you, internet!) that with a little bit of research, you may discover something that fits your interests and time limits.

Naturally, finding the time to volunteer may seem to be the toughest obstacle of all, but remember that volunteering is worthwhile for any spare time you have. You just have to make it happen. It's a terrific chance to get outside of your comfort zone and experience a setting other than work and family. How? Read on.

CHOOSE THE AMOUNT OF TIME YOU CAN COMMIT TO VOLUNTEERING.
Establish a time budget for volunteering. When making arrangements, you can be honest with your organization of choice if you know ahead of time just how much time you can spare. If you stick to your plan, you won't have to worry about feeling stressed and overwhelmed as 10 hours turn into 20. Set a specific time limit for both you and the charity you are supporting.

BEING PICKY IS OKAY. YOU CAN FIND AN ORGANIZATION OUT THERE!
It's okay if you don't have the time to volunteer every week. Many non profits have opportunities that are once a month or even once a quarter. (Ahem, Caregiver Volunteers!) When you find a nonprofit you like, get in touch with them and explain your availability, along with a description of your skills. Even if you could have some setbacks, there are groups that will accommodate your schedule and interests. Make a list of at least five nonprofits where you believe your abilities will be valued when you are looking at choices, and don't quit if the first few don't work out.

THINK OUTSIDE 'TRADITIONAL' VOLUNTEER OPPORTUNITIES' LIMITS.
Volunteering has changed because of the internet. Numerous jobs can be done online from the comfort of your couch. Today, you can assist a nonprofit with their social media or email marketing campaigns, as well as website development, grant writing, and marketing collateral. A phone or internet connection are the only things needed. With many of these tasks, you wouldn't be locked into set hours or required to work at certain times of day—your goal would be project completion. It doesn't get more flexible than that.

LOOK FOR WAYS TO COMBINE VOLUNTEER TIME WITH OTHER INTERESTS.
We understand that there are simply not enough hours in the day to accomplish everything you want to. So why not multiply? For instance, if you frequently struggle to find time for grocery shopping, consider looking into programs like Caregiver Volunteers (sorry another shameless plug), where you can buy groceries for a nearby senior. (Since you have to go there, why not make the trip worthwhile on two occasions?) Likewise, you never seem to be able to find time with friends; ask them if they'd like to join you for a few hours at an organization in need. You could make some wonderful memories together that will make for much better stories than brunch.

As with anything in life, you get what you give. So while finding time to volunteer may seem daunting at first, the payoff, that feeling of fulfillment and contentment you get from helping others and making a difference, is well worth it.
Our Volunteers Making an Impact!

“Hey Coach!” is how Jack greets Rocco upon his weekly visits as a volunteer with Caregiver Volunteers’ Alzheimer’s Respite Care Program (ARCP).

Jack has been visiting Rocco every Tuesday for the last several months. They greet each other the same way each time, as Coach. The commonalities and connections are endless between the 2 men! Rocco is a retired Physical Education teacher along with a basketball coach. Jack, also a retired physical education teacher, and a track coach for 25 years. Coffee chats weekly about coaching from back in the day is just one of the many hot topics they bond over. “I look forward to seeing Rocco each week, as he brings joy into my life…” Rocco loves to reminisce over his awards and trophies. He has been recognized and inducted into the athletic hall of fame for basketball at the University of New England.

Jack's weekly visit gives Elizabeth, Rocco's wife, some time to step away from the role as caregiver. She enjoys spending her respite time with some neighborhood friends who are all a part of a community bowling league. Sometimes she steps out to get some errands done. And other times, she sits and enjoys chit chatting with Rocco and Jack.

Volunteering with our Alzheimer's Respite Care program helps nurture a purpose for many individuals. For Jack, he loves to give back to the community as well as loves meeting new people and formulating new relationships. Helping others is one of his passions.

This once upon a time connection has now been converted into a lifelong friendship between the two coaches.

If you or someone you know is looking for a fulfilling volunteer opportunity within our Respite Care program, please call our office at (732) 505-2273. We are always looking for volunteers, just like Jack!

Caregiver Support Workshop

Caring for a loved one with Alzheimer’s or other related dementias? Find comfort, camaraderie, and support with others on a similar journey.

Program is free, but registration is requested. Program will meet 9/13, 10/11, 11/8 and 12/13.

Place:
Dorbrook Recreation Area Activity Center

Dates:
Tuesday ~ September 13 – December 13

Time:
7:00 – 8:00 pm

To register call 732-842-4000
Program # D0924A"
We are OFFICIALLY OPEN
GIVE US A CALL 888-25BEACON

The PACE program for All Inclusive care is ready to keep our Ocean county seniors living safely in our community!

Beacon of LIFE

The independence you want. The care you need.

If you or you know somebody who meets the following 3 requirements, you could be eligible to belong to the PACE program:

- He / She is 55 or older.
- He / She lives Ocean county.
- He / She needs assistance with dressing, showering, toileting, grooming or mobility.
- He / She lives safe in the community.

INFO@BEACONHSS.COM
WWW.BEACONPACE.COM
Geriatric care is a specialty that recognizes the unique needs of aging adults.

“Aging in place is the feeling of being at home – it's a sense of stability, comfort and familiarity, independence and autonomy,” explains Abhijit Chatterjee, MD, a geriatrician (physician specializing in the medical care of the elderly) with the James and Sharon Maida Geriatrics Institute at Monmouth Medical Center Southern Campus, Lakewood. “A large part of this independence is the structure of resources, such as a strong healthcare team, family structure, and inclusion of that loved one to make their own choices, when possible.”

The geriatric specialists at Monmouth Medical Center (Long Branch) and the James and Sharon Maida Geriatrics Institute at Monmouth Medical Center Southern Campus (Lakewood) know it's important to focus on how older adults can thrive while aging in their communities and living independently for as long as possible.

“Coordinating geriatric care for an aging parent or loved one may help to make life easier and more convenient for both you and them,” Dr. Chatterjee says. “We know it's important to maintain that connection to a team who specializes in the needs of older adults, through building relationships and addressing all of your loved ones' medical needs in one convenient location.”

Providers offer inpatient and outpatient geriatric services for patients 65 and older at both the Long Branch and Lakewood facilities. The dedicated geriatricians have a full understanding of the wide range of physical, mental, medical, social and spiritual issues that older adults may face.

“We provide consultative services as well as primary care for older adults, explains Sana Riaz, MD, geriatrician at Monmouth Medical Center’s Geriatric Health Center. “We work with families and the patient to manage chronic health challenges, and design care plans that include medication management and supportive counseling for emotional challenges. We are primary care doctors, with additional training in treating older adults, who see the whole person and help foster healthy aging.”

Our multidisciplinary team includes: geriatric certified nurses and nurse practitioners, social workers, case managers, pharmacists, health educators and rehabilitation therapists to help patients navigate through the healthcare system. Often, if testing is required after a visit with the geriatric physician, arrangements can be made in the same visit. Transportation may also be provided.

Both hospitals offer state-of-the-art Geriatric Emergency Medicine (GEM) units, specific to the needs of aging patients requiring emergency care. At Monmouth Medical Center Southern Campus, there is also an Acute Care for Elders (ACE) unit, which features single rooms exclusively for patients 65 and older and design modifications for a safe and comfortable stay.

With the expert treatment available at both our Long Branch and Lakewood medical centers, older adults can live their fullest lives possible. For more information visit RWJBH.org.
Isolation among senior citizens is a growing concern. Many senior citizens find themselves isolated from their family and friends, social gatherings, activities and all of the things that help keep a person healthy in mind, body and spirit.

Isolation is hard on any adult, but it can be particularly debilitating for older Americans. Studies have shown that extended periods of isolation can have profoundly negative effects on mental and physical health.

A 2020 study by the U.S. Centers for Disease Control and Prevention found some disturbing health risks associated with loneliness:

- Higher rates of depression, anxiety and suicide are associated with loneliness.
- 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.
- Social isolation significantly increased a person's risk of premature death from all causes. Isolation also was associated with about a 50% increased risk of dementia.

The fact is for a variety of reasons, older adults are more likely to experience isolation than younger people. Some of the most common reasons include lack of transportation, struggles with mobility, chronic health conditions, living alone and loss of vision or hearing.

While these numbers are alarming there are ways that seniors can ward off the feelings of isolation and stay connected to their community:

Learn a new skill - Studies show that when seniors learn a new skill, such as playing an instrument, learning a new language or a new technology, it strengthens connection within the brain and it keeps dementia at bay. It is very beneficial to continue to challenge yourself to learn or to try new things.

Join a Senior-Focused Organization – (Like SCAN!) Most areas have a variety of senior organizations, so consider getting involved. Whether it be an organization like SCAN or your local Senior Center or YMCA. Your church or synagogue may also offer wellness programs.

Consider Moving to a Senior Community – There's strength in numbers as the saying goes, and that certainly is the case with Senior Communities here at the Jersey Shore. These communities offer activities and programs throughout the day and evening. Some may also have transportation services for residents to enjoy outings to popular local destinations, as well as for medical appointments and other necessities. SCAN also has many senior community sponsors as well, so feel free to ask our team for some suggestions.

Other ways you can stay connected include connecting with your friends and family regularly via video chat such as Zoom, Skype or GoogleMeet. You can also look into local transportation services or call your nearest agency on aging.

For more information on staying active, healthy and connected this year and beyond, contact the Senior Citizens Activities Network at 732-542-1326 or visit them online at https://scannj.org.
MORE THAN A MEAL...that is what we serve at Meals on Wheels of Ocean County. We are a comprehensive nutrition program that has nourished the body and mind and fed the soul since our humble beginnings at St. Andrew United Methodist Church of Toms River in 1973. To our seniors and their families, a home is far more than a bunch of rooms – it's a memory gallery. Each room layered with decades of memories...powerful reminders of the people and places that give their lives meaning.

At Meals on Wheels of Ocean County we are driven by a passionate belief that seniors deserve to lead happy, healthy, and above all, meaningful lives. From nearly fifty years of experience, we know the best way to accomplish this: By doing everything we can to keep them in the environment where they’re most comfortable—at home.

Today, Meals on Wheels of Ocean County provides Meals on Wheels, Community Café (onsite meals) and Social Support Services to the senior residents, aged 60 and over, of Ocean County. Covid-19 didn't slow the need for home delivered meals and in 2021 we delivered over 240,000 hot, nutritious meals, 6 days a week to over 1,600 frail and homebound participants as well as provided nutrition education and counseling to promote and enhance their wellbeing. Our drivers become a familiar face to our participants, and they not only provide the meal and a smile but an important wellness and safety check that our seniors and their loved ones depend on, especially when they don't live nearby.

Nearly 1 in 5 of New Jersey's 2.01 million senior citizens face food insecurity each year and 8% of NJ seniors are living in or near poverty. Nearly 66% of our participants live alone and 45% are 80 years or older. In Ocean County the demand for home delivered meals and balanced nutrition is an area of concern that grows with the increasing aging population. Meals on Wheels nutrition programs address this critical need. According to the findings of our most recent nutrition screening, 63% of our seniors are at a high nutritional risk and 85% are frail and vulnerable.

The Meals on Wheels program fills a large gap in service by addressing not only senior nutritional needs, but also the needs of their disabled dependents that would otherwise fall to the State, County, or Municipal Governments at a cost to Ocean County's taxpayers.

In early 2022 Meals on Wheels of Ocean County re-opened our Community Café which serves onsite meals and provides socialization, education, recreation, and physical activity to Ocean County seniors in a safe and healthy setting. Throughout the pandemic, 40% of seniors said they were having problems finding activities to keep busy and staying socially active while physically distancing. It is our hope that the restart of the Community Café will help alleviate the depression and anxiety felt by 1 of 4 adults during the past two years.

At Meals on Wheels of Ocean County we are MORE THAN A MEAL, and we strive to accomplish our mission by keeping older adults healthy, happy, and living in their own homes through our Meals on Wheels delivery, Community Café, and Social Support Services.

If you would like to find out more, please go to www.csimow.org or call 609-978-6869.
**Watermelon Pizza**

**Ingredients:**
- 1 watermelon
- 1 cup Greek vanilla yogurt (or yogurt of choice)
- 1/2 cup sliced strawberries
- 1/2 cup raspberries
- 1/2 cup cherries
- 1/2 cup blueberries
- Honey (optional)

**Instructions:**
- Using a sharp knife, cut off a slice of watermelon down the middle, 2-3 inches thick.
- Using a spatula, spread an even layer of yogurt around the watermelon.
- Layer fresh fruit on top as you please. Add as little or as much as you like.
- Drizzle with honey or maple syrup for a little extra sweetness if desired.
- Cut watermelon into wedges and enjoy!

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**Dementia Awareness & Wellness Day**

**Thursday, September 29th**

2pm to 6pm

**at Calgo Gardens**

**FREE**

- Education & resources on prevention, diagnosis, care & support workshops, wellness
- Free Prizes-Giveaways-Healthy Snacks

Visit our Webpage for a List of Providers and Workshops


732-505-2273

Calgo Gardens is located at

462 Adelphia Rd, Freehold, NJ 07728
**Howell Chamber of Commerce Celebrates 65 Years as a Business Organization**

The Howell Chamber of Commerce has long represented the local business community that has helped make Howell a great town. Bouncing back after the COVID-19 shutdowns has been a challenge for local businesses. The Howell Chamber has made it a priority to assist local businesses to a strong restart.

As the President of the Howell Chamber, I am happy to announce the strong 65 years that the Howell Chamber of Commerce has existed. This October 27, 2022, the Chamber will celebrate its 65th Anniversary with an event. Businesses such as Kirk Florist, Puglisi Egg Farm, Kelson & Merves CPA, Lakewood Funeral Home, John Blewitt, Inc., and Howell Lanes will be honored.

“As a chamber, we are excited to honor our past, while looking forward to a healthy future,” notes Steve Friedeman, Howell Chamber of Commerce President. “Our Chamber has been a vital networking hub for businesses in Howell and our surrounding towns for many years. Having our former presidents and long-time businesses honored will be a fun time.”

This event would not be possible without the gracious support from our title sponsors of the event, CentraState Healthcare System, Manasquan Bank and Howell Township. Additional sponsors are always welcome as are gift donations to the attendees.

The celebration will be held at Our House Restaurant, 420 Adelphia Rd., Farmingdale, NJ 07727. All are invited to partake in this celebration. The business casual event will feature a 3-hour open bar, passed hors d’oeuvres, carving stations and desserts. Tickets are $75 per person and are available via the chamber’s website at www.howellchamber.com. Please rsvp by October 13, 2022.

We are looking forward to celebrating the 65 years of local businesses and their contribution to making Howell Township a wonderful community to call home for their businesses and families. If you have any questions or need additional information please contact the chamber’s Executive Director Susan Dominguez via email sdominguez@howellchamber.com or you can reach her at the chamber office at 732-363-4114.

Submitted by Howell Chamber President Steve Friedeman
Avoiding Scams!

It is amazing the lengths scam artists will go to defraud the general public. And unfortunately, Medicare and seniors are prime targets.

Here are a couple clues a scam might be targeting you:

- Someone offers you free medical supplies or services
- You receive bills from a doctor or hospital you didn't visit
- A person comes to your home claiming they are from Medicare
- Someone asks you to “activate” or “renew” your Medicare card
- You receive a phone call from someone who claims to be from Medicare
- You receive a threat of cancellation if you do not update your information

These are just a few tricks scam artists will try. Quick tip: Have Medicare’s phone number handy. If anyone calls you claiming they are from Medicare, hang up immediately and call the number you have on file.

Healthcare fraud costs the country billions of dollars every year. If you are ever unsure about an insurance-related communication or think you might be getting scammed, you can contact the Office of the Inspector General at 1-800-447-8477.

If you have any questions, please don’t hesitate to contact Phoebe by phone at (732) 784-7017 or email phoebe@rhsinsurance.com.

Support Our Seniors... Scan QR Code Donate to Caregiver Volunteers Today!
Thank You to our BlueClaws Tailgate Group—August 4, 2022

Cris Brown
CVCJ Volunteers
Rich Pacesa, Sr. & Jr.
Our Grill Masters
Adoro Healthcare Supplies

CVCJ Board Member,
Annemarie Schreiber with Dena

Bob Scott with Gina

Jon Hennessey

Laurie Gredlein from Seni
& Megan Trapanese from
Arts of Brick

CVCJ Board Member,
Annemarie Schreiber with Dena

Crystal Bowl Meditation on the Beach
with Carol Mason from The Esoteric Realm, LLC

Board & Staff Retreat

Sponsors Cris Brown from Imperial, Dena from CVCJ & Loretta from Bayada Hospice

Guest Speaker, Mimi Sherlock
with CVCJ ED, Megan O’Keefe

CVCJ Staff Gina, Julia & Carol