Valentine's Day is a time to celebrate those close to your heart—and it's also a great time to establish healthy living habits that support heart health. If you're considering adopting a heart-healthy lifestyle, now's the time to make positive changes. Whether you're celebrating the holiday alone or with loved ones, try these Valentine's Day health tips that will help protect your heart year-round.

Get Active:
Spending time with your loved one this Valentine's Day doesn't have to mean waiting in long lines at restaurants. Instead, plan an activity that involves physical fitness, such as a walk through a local park or a game of tennis. Not only will you spend quality time together, you'll also burn some extra calories. Make this "exercise date" a regular part of your weekly schedule to receive additional benefits.

Lower Stress Levels:
Reducing stress is an important part of healthy living. This Valentine's Day, practice self-care by scheduling social time with a friend, taking a relaxing bubble bath, or even getting in a brisk walk. Simply taking 30 minutes for yourself each day can improve your mood and help you feel recharged.

Give Back to the Community:
Looking for a unique date idea? Ask your sweetheart to volunteer with you at a local charity, like Caregiver Volunteers. Volunteering offers several health benefits, including boosting your mood and lowering stress. Plus, you'll be helping those in need enjoy a better Valentine's Day.

Protect your heart by trying these simple health tips this Valentine's Day. Remember, a strong support system is key when making healthy lifestyle changes. Tell your loved ones how much you care, and share ways that you can all improve your health and well-being.
VOLUNTEER SPOTLIGHT

Frank and his Caregiver Canine Companion, Earl began their volunteering journey with Caregiver Volunteers in 2014 and never looked back. Frank & Earl have visited 7 of our care receivers over the years, bringing so much joy, through our Caregiver Canines Program.

Frank is also a dedicated veteran volunteer on his own, active in our Veteran's Program helping to bridge the gap between the Veteran's Affairs Office and ours. He is also one of our most amazing and requested volunteers through our Alzheimer’s Respite Care Program. The bond Frank has formed with those he serves is so impactful and priceless!

When asked about his experience with Caregiver Volunteers, Frank simply states:

"I am proud to be a volunteer with Caregiver Volunteers of Central Jersey because it opens a window into the past through the eyes of my care receivers. They share their life stories with me which is wonderful. Caregivers is the best volunteer organization out there!!"

Thank you Frank, Earl and all of our loyal volunteers for all that you do to help us provide our free supportive services to the seniors in Ocean and Monmouth Counties.

CONGREGATION SPOTLIGHT

The Church of the Nativity is a Roman Catholic parish serving families and parishioners in Fair Haven, NJ and surrounding communities for more than 60 years.

Their mission is to assist families, single people, and older adults to find resources, activities, and liturgies which nourish spiritual growth within the Catholic tradition.

Caregiver Volunteers welcomed The Church of the Nativity into our coalition in July of 2018 and along with their Pastor, Father James Grogan they have been a strong and gracious supporter both financially and spiritually ever since.

We look forward to a Spring volunteer recruitment at the Church as well as the opportunity to tell their parishioners about Caregiver’s mission. Our common goal to assist the seniors in our community will help us to continue our successful partnership together.

To learn more about The Church of the Nativity visit them at nativitychurchnj.org
PARTNER SPOTLIGHT

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Don’t Forget:

Volunteer Information Updates

Do you have a new email address? 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.

Volunteer Town Hall

We will now be having our Town Halls quarterly. Our next meeting will be in April. Meeting information will be in our March Newsletter.

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
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.