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MESSAGE FROM THE EXECUTIVE DIRECTOR
BY MEGAN O'KEEFE

For the first time in two years it really feels like we are getting back to normal. Whatever that may be for everyone. Here at Caregiver Volunteers we want to make sure the normal our seniors get back to is still filled with friendly faces, kind words and help that enables them to live as a part of their community.

It is with an incredible sense of optimism that we continue to expand our programs, hold more in-person events and collaborate with other nonprofits to create programs that make our community stronger.

In April, we celebrate National Volunteer Month where we take a moment to pause and recognize the impact volunteers make not only in our program but in the community. The National Volunteer Month theme for 2022, Volunteering Is Empathy In Action, affirms the strong connection between volunteerism and empathy. This profound human connection is at the heart of healthier individuals and stronger communities. This theme could not be more fitting for the work we do at Caregiver Volunteers. Every day we put our empathy and compassion for others into action through a visit, a ride, a shop or respite for a family.

Celebrating Our Volunteers... Their Time & Dedication

"It's not how much we give but how much love we put into giving."
-Mother Teresa

April was National Volunteer Month and it was a great opportunity for us to recognize the impact of volunteer service and the power of our volunteers to tackle society's greatest challenges, to build stronger communities and be a force that transforms the world.

Each year, we shine a light on the people and causes that inspire us to serve, recognizing and thanking volunteers who lend their time, talent and voice to make a difference in our communities. We can't thank our volunteers enough for their dedication to our mission and for the over 30,000 hours of free supportive services they help us provide each year to the seniors in Monmouth & Ocean Counties.

Visit us at caregivervolunteers.org to learn how you can volunteer today!
Planning: Think about what you will need and want in the future, from home and community-based services to community activities that interest you.

Engagement: Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.

Access: Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.

Connection: Maintain social activities and relationships to combat social isolation and stay connected to your community.

While Age My Way will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

This year, Caregiver Volunteers is excited to celebrate Older Americans Month with our partners in the aging community. Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone and is a huge part of our mission to help seniors live independently in their own homes. Please join us in strengthening our community!

Visit caregivervolunteers.org, call the office at (732) 505-2273 or email: info@caregivervolunteers.org to volunteer today, learn about our services or to donate!
Donors, Grants & Foundations:

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State of New Jersey
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The Citta Foundation, Inc.
The Jay and Linda Grunin Foundation
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Eileen Toughill
Township of Brick-CDBG
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Gene Young
Catherine Zeller

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The independence you want. The care you need.

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732-592-3400
Ocean County Residents Call
732-716-4600

BeaconPace.com
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Sheila Brodsky
John Bucknell
Rose Camiolo
Carolyn Capawana
Gloria Capone
Mary Carranza
George Chandler
Sandra Chmielewski
Jack Devlin
Atanusio Domino
Ernie Dragos
Dorothy Ducceschi
Richard Dwyer
Jean Elmont
Maureen A. Elliott
Arline Feicht
Michael Flores
Edna Foxe
Lillian Goldberg
Marvin Goldberg
Mary Guadagnino
John Hannon
Laura Hannon
Mr. Hartong
Liam Healy
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Maria Inniss
Sal Isgro
Tamara Ivanoff
Louanne Kane
Michael J. Kane
Jean Kelly
Marty Lavardera
Alice Lederer
Paul Levine
Bob Lewis
Paolo LiBassi
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Tom Mahoney
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Anthony Mancini
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Nancy Ruland
Carolyn J. Saacke
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Curtis Schneider
Sidney Schochet
Robert Schwarz
George Sciorra
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Arthur Stanger
Kevin J. Stapleton
John Stanzy
Vernon Stoval
Zuzka Struharik
Joe Swirnelis
Anna Trembley
Ella Ventola
James Villari
Bob Wajda
George Waugh, Jr.
Edwin Dale Weir
John Yochum
Laura Yochum

In Honor of:

Jean Kelly
Marty Lavardera
Alice Lederer
Paul Levine
Bob Lewis
Paolo LiBassi
Mary M. Macartney
Tom Mahoney
Elena Maio
Anthony Mancini
Harold Manson
Mario A. Marano
Daniel Maul
Donald McAndrew
James McMahon
Helen Melillo
Dolores Mikey
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Joe Swirnelis
Anna Trembley
Ella Ventola
James Villari
Bob Wajda
George Waugh, Jr.
Edwin Dale Weir
John Yochum
Laura Yochum

In Lieu of Flowers...

We offer our sincere condolences & gratitude to the families of:

Gloria Capone
Arline Feicht
Michael Flores
James McMahon
Carol Salzberg

for designating Caregiver Volunteers to receive donations in lieu of flowers.

For Helping Keep our Seniors Connected!
Caregiver Volunteers is an interfaith nonprofit, for us that means we work through a system of congregations and other civic groups to reach out to the community. Through these connections we gather more volunteers, provide resources or connect someone they know with a volunteer or other help. Our programs are designed to help seniors maintain wellness by integrating faith communities with other nonprofits and healthcare to provide education and support to create healthier and stronger communities regardless of race, religion or creed.

Our compassionate volunteers offer:

- Companionship to those suffering from loneliness
- Look for potential hazards in the home and assess for enhancements that may improve quality of life
- Are a resource champion who assess the senior’s needs and utilizes local congregations, as well as community resources, to meet those needs—from mowing the lawn to building a wheelchair ramp and much more.

Only by working together with our faith communities are we able to truly address senior isolation and help them continue to live in their own homes as a part of their community. The programs of Caregiver Volunteers would not exist without the connections we share with our local congregations.
Caregiver Support Groups & Individual Counseling

Are you caring for an aging parent, spouse, significant other, or friend? Are you struggling with it?

Help is available.

Caregiver counseling is available to anyone struggling to care for a resident of Ocean County, who is over the age of sixty (60). These counseling programs are free of charge, conducted by a licensed clinical social worker, and are available to anyone who needs guidance and support while providing care to a loved one living at home or in a care facility.

The following programs and services are free of charge and are sponsored by a grant funded through The Ocean County Office of Senior Services.

**Caregiver Education & Support Groups:** Groups are available in person and by zoom.
Tuesday from Noon to 2:00 p.m.
Education and support will be provided on the issues of caregiving, both emotionally and physically. This group shares resources on case planning and assists you with caring for yourself so you can care for your loved one.

**Individual Counseling:**
Counseling is available in person, via telephone, Facetime or Zoom, in the comfort of your home.

**Family Counseling:**
Counseling is available through Zoom, to assist concerned family living at a distance.

For more information, or to register, call:

Kathleen Holahan, MSW, LCSW
Office: 732-730-9112
Cell: 732-778-0636
The James and Sharon Maida Geriatrics Institute: 732-886-4700
For the past 12 years Caregiver Volunteers of Central Jersey has been blessed to have Tina serve as a member of our Board of Directors. She was a true advocate for our mission to provide free supportive services to seniors in Monmouth & Ocean Counties.

Tina’s love for her family and commitment to her community was evident in everything she did. She will be missed by her Caregiver Volunteers Family and the community she was so dedicated to serving.