Celebrating Summer & Good Health!

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732-505-2273
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Did you know that having healthy relationships can improve overall health? It is called social wellness or social well-being. In this era of non-face-to-face digital social networking, people are becoming more isolated than ever. The health risks of isolation have been proven to be comparable to those of smoking cigarettes, high blood pressure and obesity.

In July we celebrate social wellness! The reason why social wellness is so important is that people who have healthy relationships, and a strong social network tend to live longer and respond better to stress. This reduction in stress and anxiety results in healthier cardiovascular functioning and an enhanced immune system.

One of the biggest benefits of having good social wellness is the presence of a social support network. This network can be close friends and family members to turn to when you are in need or in a crisis situation. Your support team can offer assistance, perspective and insight.

In order to make sure your social well-being is healthy, it is important to nurture your relationships. They should be mutually beneficial. Just as you would care for a child or a special pet, your most important relationships should be a priority every day.

**Here are some things to consider for a lasting relationship:**

- Devote a set amount of time every week to the relationship to show that you see it as a priority.
- Be honest and supportive of one another's feelings, hopes and dreams.
- Don't try to fix the person. Be supportive by focusing on the positives in a situation.
- Show appreciation in verbal and nonverbal ways.
- Treat your relationships as a place to give, not a place to take.

Your social support network should give you a feeling of comfort, not apprehension.

If you feel that you would like to expand your social network and aren't quite sure how, there are many options for initiating healthy and lasting relationships.

- **Volunteering is a great way to meet others who share your same passions.** Caregiver Volunteers is a great option!
- If you are a dog owner, walk your pet every day in a public place where there are other people out and about.
- Join a gym or an exercise group. Exercising with others provides a good icebreaker for conversation.
- Find an interest group that meets regularly and works on their hobbies.
- Go back to school or take a class.
- Attend a house of worship.

Take the time to develop your social support network. Make some new friends or strengthen the healthy relationships you currently have. The effort you put into fostering these relationships have many long-term benefits for your physical, mental and emotional wellbeing.
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Save The Date

3rd Annual Free Dementia Wellness & Education Retreat

September 21, 2023
12:00-4:00pm

Open to the public
Calgo Gardens
462 Adelphia Rd, Freehold, NJ 07728

Key Note Speaker:
Jessica L. Israel, MD
Chief Medical & Innovation Officer
Complete Care

The day is going to be amazing, filled with FREE:

- Live Music
- Dementia Education
- Fabulous Farm to Table Lunch
- Breakout Sessions: Yoga - Crystal Singing Bowls - Meditation

For more information or to reserve your vender table, call Dena or Gina at 732-505-2273.

Event Sponsors:

Hosted By:
ALZHEIMER'S ASSOCIATION

SCAN Senior Citizens Activities Network
Caregiver Volunteers of Central Jersey
Join Us at the Ballpark!

Caregiver Volunteers of Central Jersey

Free Tailgate BBQ included with Price of Ticket

EVENT WAS POSTPONED
NEW DATE WILL BE AUGUST 3rd

HOLD ON TO ALL TICKETS THEY WILL BE HONORED

Event Tailgate Hosted By:

- BAYADA Hospice
- gardenstate MEDICAL CENTER
- IMPERIAL HEALTHCARE
- PINES VILLAGE
- CompleteCare
- seni®

Emcee, Bob Scott from The Game Show Night
We are honored to be a part of all you do for the community at large!

Pine Belt Subaru of Lakewood, nationally recognized for their dedication to their customers and community, has made good on its Love Promise again this year. For the third year in a row, the car dealer has teamed up with Caregiver Canines® to bring a visiting dog therapy program to the elderly in Ocean and Monmouth counties.

This program eases the burden of isolation for many seniors, who no longer can own a pet. Visits with their furry volunteers have shown to decrease their heart rate, blood pressure and promotes a sense of calm and wellbeing. It also helps people suffering from dementia by improving their speech and triggering memories.

A big THANK YOU to Pine Belt for their generous donation of $19,455 and their continued support of our mission. We are honored to work with such dedicated individuals and look forward to another great year!

Caregiver Volunteers of Central Jersey hosted a heartwarming celebration on May 17th at the Clarion in Toms River. The event, aptly named the 95+ Party, brought together clients of the organization who are 95 years or older, along with the inspiring Howell PAL Youth Leadership group. The occasion was marked by joy, connection, and the recognition of three remarkable centenarians.

The 95+ Party served as a platform to honor the incredible individuals who have reached the remarkable milestone of 95 years or older. These resilient seniors, clients of Caregiver Volunteers of Central Jersey, have overcome life’s challenges and continue to inspire others with their wisdom, spirit, and enduring zest for life. Awards were handed out that night to the oldest seniors in the room; Daniel Passarella (pictured left) – Age 101, from Brick, NJ; Estelle Michaelson – Age 100, from Toms River, NJ; and Phyllis Zelante – Age 100, from Middletown, NJ.

The event was made all the more meaningful with the presence of the Howell PAL Youth Leadership group, a passionate and dedicated cohort of young individuals committed to making a positive impact in their community. The intergenerational connection between the seniors and the youth was a testament to the power of bridging age gaps and fostering understanding and empathy.
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