Volunteers Make the World Go Round!

In this issue...

What's New in Volunteering
• Opportunities Available

September
• World Alzheimer's Month

Partner Spotlights
• Dr. Jessica Israel, Complete Care
• VNA Health Group/Visiting Physicians Services
• BP Senior Care/Serenity Gardens at Brick

Special Thank Yous
• AARP/Toyota
• The Horizon Foundation For NJ
• BlueClaws Event Sponsors

CVCJ News
• Save the Dates
• CVCJ Out & About

732-505-2273
caregivervolunteers.org

Like us on Facebook@Caregiver Volunteers & Caregiver Canines
Experience the Smiles You Can Create, Volunteer Today!

Ask about our new **FREE** Home Improvement Services

**Handy Andy Program**

Some of our much needed volunteer opportunities include:

- Medical Transportation
- Food Shopping
- Friendly Visits
- Caregiver Canines® Pet Therapy
- Caregiver Respite
- Reassurance Phone Calls
- Handy Andy Program

We are able to bring these much-needed services to our community through the support of local volunteers. If you or someone you know is interested in volunteering please call Teri at 732-505-2273, ext. 215 or email terib@caregivervolunteers.org to get started today!

For community or group presentations contact Dena at 732-505-2273, ext. 203 or email denag@caregivervolunteers.org
The campaign theme for World Alzheimer's Month 2023 is ‘Never too early never too late’. The ‘Never too early, never too late’ campaign aims to highlight the importance of identifying risk factors and adopting proactive risk reduction measures to delay, and potentially even prevent, the onset of dementia. This includes ongoing risk reduction strategies for individuals who have already received a diagnosis.

There is growing awareness that Alzheimer’s disease and other dementias can start many years prior to symptoms, likewise awareness of the lifelong brain health interventions and choices that can be made. With the global number of people living with dementia expected to triple by 2050, there has never been a more urgent need to understand and respond to the risk factors associated with this condition.

The goal is to challenge the stigma surrounding dementia that can lead to misunderstanding, further isolating those living with the disease as well as their support networks. Our Caregiver Respite Program has a new presentation called Understanding & Supporting Patrons Living with Dementia. Contact Julia at 732-505-2273, ext. 207 or email juliaf@caregivervolunteers.org to learn more.


www.alzint.org
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

Event Schedule

12:00–4:00pm: Visit with professionals at their tables

12:00–4:00pm:
Live Music with Sonny & Melanie
Music throughout the day

12:30pm
Breakout Session: Meditation with Maria

1:00pm
Breakout Session: Chair Yoga with Dee

1:00–2:30pm
Breakout Session: Reiki with Elena

2:30–3:30pm
Key Note Speaker: Jessica L. Israel, MD, Chief Medical & Innovation Officer Complete Care

3:30pm
Breakout Session: Crystal Singing Bowls with Carol

12:00–3:30pm
Fabulous Farm to Table Lunch provided by Complete Care at the Tulip Cafe

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

Meet Our Key Note Speaker: Dr. Jessica Israel

Dr. Israel is the Chief Medical Officer and Chief Innovation Officer at Complete Care, the largest post-acute care provider in New Jersey, with facilities in 7 additional states. She is a practicing geriatrician and palliative care physician.

Dr. Israel completed her medical school training at The Mount Sinai School of Medicine in New York, NY. She completed an internship and residency in internal medicine as well as a fellowship in Geriatrics and Adult Development at the Mount Sinai Medical Center in New York. She is the co-author of the textbook “Medicine: A Competency Based Companion”, and has been a contributing writer to the New York Times and other lay publications. Her areas of clinical interest include geriatrics, dementia and behavioral management, palliative care, end of life care and doctor-patient communication.

In her previous roles Dr. Israel was the Senior Vice President of Geriatrics and Palliative Care at RWJBarnabas Health and the Corporate Director and Founder of the James and Sharon Maida Geriatrics Institute at RWJBarnabas Health. Dr. Israel chaired the RWJBarnabas Health Geriatrics Collaborative and the RWJBarnabas Health Palliative Care Collaborative. She also served as the Interim Chairman of Medicine at Monmouth Medical Center in Long Branch, New Jersey.

We are excited to have Dr. Israel as our Key Note Speaker for our Dementia Wellness Retreat at Calgo Gardens on September 21st. This event is open to the public so please join us! No registration required for attendees.
Caring for an aging loved one with Alzheimer's disease or dementia while juggling family and work responsibilities can be an overwhelming and daunting task. House calls can provide relief for caregivers as well as comfort and safety for patients. **Visiting Physician Services (VPS), part of the Parker Advanced Care Institute at VNA Health Group**, provides an effective way of delivering medical care to those that are most frail and vulnerable. For those living with Alzheimer's disease, the services offered are essential to providing critical care with minimal agitation, while simultaneously giving patients the dignity they deserve. Dr. Evan Rubin is among the eight physicians on staff with VPS and joins a growing number of doctors reviving the old-fashioned custom of house calls. He noted that there is an increased number of elderly patients requesting house calls due to mobility issues and chronic conditions. “When you take somebody with Alzheimer's disease or any form of dementia out of their home, it puts them in unfamiliar surroundings, which is a disadvantage,” Dr. Rubin explained. “With house calls, you can see what's going on in the home, so we get to see what all the challenges are.” Physicians are able to allocate as much time as they need for patients to be comfortable. You give them as much dignity, he explained, and as much respect as you can. **Caring for the Caregiver** There is also the opportunity to assess caregivers to ensure that they are not experiencing burnout, as caregivers will often sacrifice their own health and well-being. Caregivers frequently feel survivor's guilt when caring for someone with Alzheimer's disease or dementia. “I always try to say you need to take care of yourself in order to keep taking care of your loved one,” Dr. Rubin said. For Dr. Rubin, one of the most rewarding parts of working in the home is forming strong bonds of trust with patients and their families. **Benefits of Home Health Care** In addition to providing home-based primary care to its patients, VNA Health Group offers a wide range of home health services to help individuals and families achieve their best level of health and well-being. These services include high quality, compassionate home health, hospice, palliative and community-based care as well as private-pay personal care services. Home health care refers to a broad range of services that can be given in your home when you or a loved one has an illness or injury. It's just as effective as what you would get in a hospital or skilled nursing facility, but it costs less and allows you to remain in your home. Some examples of home health care are skilled nursing services, wound care, various injections, monitoring of serious illnesses, physical and occupational therapy, etc. Benefits of receiving health care at home includes greater independence for the patient, reduced trips to the emergency room and hospital, provides a break for caregivers, saves time and money. Patients receive one-on-one personalized attention and a care plan that is tailored to their exact needs. VNA Health Group is your source for trusted home care services in NJ. Families use our services on a regular basis to ensure their loved ones’ needs are met, and that they are able to remain in their homes for as long as possible. To learn more about our home health services, contact 800-862-3330 or visit vnahg.org.
CVCJ Out & About

Thank You to our BlueClaws Tailgate Attendees & Sponsors—August 3, 2023

SAVE THE DATE

Caregiver Volunteers of Central Jersey

Celebrating 30 Years of Abundance of Service

Join us for an evening of Cocktails and Hors D’oeuvres to celebrate 30 years of service to Seniors

Wednesday, October 25, 2023
6:00 pm–9:00 pm
Eagle Oaks Golf & Country Club
20 Shore Oaks Drive, Farmingdale, NJ 07727

Invitations to Follow $125 per person
Special Thank You!!

Thank you to AARP and Toyota for awarding Caregiver Volunteers a 2023 Community Challenge Grant.

They are committed to working with local leaders to improve the quality of life for people in our communities.

This grant will help support the demand for volunteers for medical transportation.

Thank you to The Horizon Foundation for New Jersey for awarding Caregiver Volunteers a 2023-2024 Grant that empowers nonprofits to provide resources to the community, especially our Seniors in Monmouth and Ocean Counties.

This grant supports Connecting Volunteers with Care Receivers for Better Health Outcomes in our programs.

Thank you to our sponsors for another successful event at the Jersey Shore BlueClaws