Finding a Balance in 2023!

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Welcome Message From the Executive Director

By: Megan O'Keefe, CVCJ Executive Director

We had a wonderful 2022 full of partnership, collaboration, and growth. I am continually amazed by the work of our volunteers, who completed over 30,000 hours of service to seniors!

As we embark on the adventures of 2023, it is with a sense of optimism and excitement. Through the work of our volunteers, staff, community partners and supporters we have been able to do incredible things like create course work to get more people involved in volunteerism in their community, educate families on resources to age in place, and expand our programs.

On February 17th, we will celebrate National Caregivers Day to honor those who give endlessly of their own time and energy to help our loved ones and fellow community members live better lives. Please join us in showing appreciation to all caregivers by sharing your support of their work, send a note, share on social media. You can use the hashtags #thankacaregiver, #cvcjcares and #nationalcaregiversday to share your support.

A Special Thank You!

In 1998, the residents from The Meadows Community in Whiting chose to partner with Caregiver Volunteers to bring holiday joy to our homebound receivers in Whiting. That year they made and delivered beautiful ornaments. Today their generous giving spirit has grown into a yearly tradition of donating, creating and delivering beautiful baskets filled with lots of goodies to some of our homebound receivers in Whiting. An average of 25-30 volunteers from The Meadows donate their time and money to create over 50 baskets to bring holiday cheer to their local community. Stephanie Bodine, a Caregiver Volunteer since 2005, has been an integral part of coordinating this yearly tradition for the past 11 years.

Caregiver Volunteers is so grateful for this amazing partnership! We receive so many wonderful thank you notes from our receivers after they open their holiday basket. For some it is the only gift they will receive this year. Thank you to Stephanie and all the volunteer residents at the Meadows of LakeRidge for their generosity and kindness each year.
February is American Heart Month

It is a time when all people can focus on their cardiovascular health. The Division for Heart Disease and Stroke Prevention is shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke.

For more information on heart health visit: nhlbi.nih.gov/education/american-heart-month

#OurHearts
are healthier when we move together

Physical activity is a great way to help protect yourself from heart disease and stroke. Keep your heart healthy and aim for at least 2½ hours of moderate physical activity every week.

Doing heart-healthy activities with a friend will keep both of you inspired for the long run.

- Take an online fitness class together like yoga.
- Commit to a walking schedule with a friend or family member, even if you can’t walk together.
- If you enjoy the outdoors, try hiking, biking, golfing, or gardening.
- Protect your heart by moving more and get your family and friends to do the same.

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- 24/7 Admissions Direct from the ER
With the long nights of winter upon us, it’s a great time to put your estate planning affairs in order. As you try to stay warm and cozy inside, pull out your estate planning documents and review them. Your estate planning documents include your Will, your Power of Attorney and your Medical Directive which is often called a Living Will.

Keep in mind, there are certain times in your life when it may be beneficial to change or update your estate planning documents. Here are a few questions to ask yourself as you review your documents:

1. Were you able to locate your estate planning documents?
2. Do you have a Will? A Power of Attorney? A Medical Directive?
3. Does your family or loved ones have access to your original documents in case they need them?
4. Have you reviewed your estate planning documents within the last five (5) years?
5. Have there been any significant changes in your life since you signed your estate planning documents (such as a marriage, divorce or the birth or adoption of a child)?
6. Have any of your loved ones had any significant changes in their lives since you signed your estate planning documents?
7. Have you reviewed your beneficiary designations in your Will and related to your investment accounts to ensure they are consistent with your wishes?
8. Do you still want the same person(s) to serve as your Executor? Your agent under your Power of Attorney? Your agent under your Medical Directive?

If you answered ‘no’ to any of these questions, you are a prime candidate for an estate planning review. I encourage you to contact your attorney to update your estate planning documents.
Saba does not hire anyone who is unlicensed or uncertified. Only Certified Home Health Aides (CHHA), Registered Nurses (RN), and Licensed Practical Nurses (LPN) that have a passion for their craft (and proper certification/licensure) can join us. We can give them the training, tools, and support they need to help them pour that passion into their craft. We have a vision to be one of the world’s leading innovative providers of healthcare services, solutions, and information to all in need.

Available 24 hours a day, 7 days a week - Saba Home Health Care is ready to help you and your loved ones every step of the way. Let our family take care of your family!
Toy Drive To Benefit Kevin's Kids, Sponsored by CVCJ, Bayada Hospice, Bratton Law, Comfort Keepers & Right at Home Jersey Shore

ARCP Volunteer Luncheon & CVCJ Staff Holiday Luncheon at JBJ Soul Kitchen

Complimentary Gourmet Donuts, Cocoa & Gift Wrapping
Sponsored by Adoro Healthcare Supplies, Alcouer Gardens, Archer Brogan, Bayada Hospice, Harrogate & Right at Home Jersey Shore

CVCJ's Themed Tree at the Toms River Elks Festival of Trees

Thank you to everyone who supported CVCJ in 2022

CVCJ Staff, Dena & Teri with Minister Steve Brigham, donating blankets & baskets to seniors in need
Caregiver Volunteers of Central Jersey
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