Spring is the Season of New Beginnings!

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Caregiver Volunteers & Caregiver Canines
For me, Spring has always seemed magical – filled with vibrant color, texture, and beautiful scenery. The days get longer and warmer. Spring signifies new beginnings. Here at Caregivers, we are embarking on new programs, expanding our outreach efforts, and working with more community partners than ever before.

Our programs continue to be at the forefront of addressing the needs of seniors and families as a genuinely community-based effort to help people age in place.

During National Volunteer Awareness Month in April, we celebrate our volunteers, who are the cornerstone of our work. Their compassion and commitment to their neighbors is inspiring. I would even say magical! We are so excited to be hosting our annual Volunteer Appreciation Dinner on April 20th at Co-Cathedral of St. Robert Bellarmine.

May brings national recognition of Older Americans where we honor our clients and volunteers alike. Their commitment and contribution to their community can be seen in their service, participation on committees, sharing of their wisdom and life experience, and help given to their neighbors, to name a few.

So as we enter into spring, it is with excitement and appreciation for all our volunteers, community partners, and supporters. Together, we can make a difference in the lives of seniors who want to age with dignity as a part of our community.

The Handy Andy Program is a Volunteer based Handyman Service available to Ocean County NJ residents 60 years or older and/or Caregivers of Ocean County NJ residents 60 years or older. The program provides minor carpentry, plumbing, electrical and one time chores at no charge for the labor. The client only pays for any materials purchased. The program’s purpose is to assist seniors to live safely and independently in their homes.

Client: Service is available to residents or Caregivers of residents of Ocean County who are 60 years or older and living in their own homes. This includes Independent Living Facilities, Senior Apartment Housing, and Private Residences.

If you are interested in volunteering or if you are in need our our service please call Nicole at 732-505-2273, ext. 212 or email nicoles@caregivervolunteers.org for more information.
Pines Village offers a vibrant lifestyle with peace of mind and security. Visit thepinesatwhiting.org or call 877-302-5303 to schedule a tour today.

Come Explore all that Pines Village has to Offer You

*Discover a maintenance-free lifestyle with more of what you love.*

Enjoy the freedom of a Life Plan Community, where every day is filled with personalized experiences so you can live your best life.

You will feel right at home in our active adult community with its endless opportunities for fun, fulfillment and supported care services should the need arise.

*Enrich. Transform. Empower.*
Trevor is a senior at Toms River High School South and enrolled in their Business Academy School of Finance. Outside of his school activities, he is a volunteer with Caregiver Volunteers of Central Jersey’s Connect Through Music - Dementia Program. As a volunteer he has been matched with Ethel who has dementia.

In Trevor’s own words he describes his experience with the Connect Thru Music program.

“Ethel, who has dementia, I met through Caregiver Volunteers of Central New Jersey. I created a playlist for Ethel of her favorite music from the 1950s. (She loves Eddie Fisher) We sit beside each other with our headphones attached to my smartphone via a splitter. Listening to the music triggers Ethel’s memories as if a light switch had magically turned on. We talk between songs about her memories, and with tears in her eyes, she thanks me and asks when my next visit is.

The most meaningful way I have made a difference in society is by being an engaged citizen and staying informed and educated about the community I live in and the world around me. If you do not educate yourself on the issues of your town, county, state, and the world around you, then you cannot be an agent of change or a conduit for the betterment of society. There is nothing more fulfilling than engaging with fellow citizens and being able to help them seek a resolution to their situation. I believe Ralph Waldo Emerson said it best, “To know even one life has breathed easier because you have lived; that is to have succeeded.”

With busy lives, it can be hard to find time to volunteer. By giving our time to others we can actually help ourselves. Volunteering and giving back to your community can be valuable for personal growth.

It’s true, the more you give the more you get and you can experience the benefits of volunteering from just 2 hours a month. These benefits can last a lifetime and improve your health and happiness. To find out more about volunteering call our office at (732) 505-2273.

National Volunteer Month in April celebrates the impact volunteers have on our lives and encourages active volunteerism in generations to come. This month, we salute our volunteers for their unwavering service to Caregiver Volunteers and the communities we serve.

Here is just one of our inspirational volunteers:

Trevor was awarded the 2023 Toms River Business Academy Tribal Council Scholarship by the Toms River Chamber of Commerce.

SPECIAL THANK YOU TO ALL OF OUR VOLUNTEERS FOR ALL THAT YOU DO FOR CVCJ!
Older Americans Month (OAM) recognizes the contributions of older adults across the nation. While raising families and building careers, older Americans also gave back to their communities in a variety of ways. In their lifetime, times have changed, and they continue to volunteer and serve their neighborhoods in their own ways. Whether they mentored children, volunteered at a soup kitchen, or served their country, each one deserves recognition for their commitment. The month of May is dedicated to the celebration of Older Americans.

Here at Caregiver Volunteers, we celebrate and honor older adults and all their contributions every day. Through our volunteer and FREE supportive services we empower all individuals to live their best lives through relieving social isolation.

This year’s theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

Join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging.

Here are some ways we can all participate in Aging Unbound:

• **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

• **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

• **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.

• **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

Caregiver Volunteers believes that diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. It is the partnerships with our communities that brings diversity to our programs and community engagement and offers all participants an opportunity to “Aging Unbound”.
Community Presentations Available!

Caregiver Volunteers has the following presentations available for your group or organization. If you or someone you know is interested in learning more, contact us today!

**Aging Sensitivity** - As people age, the way their senses (vision, taste, smell, hearing and touch) give them information about the world changes. Sensory changes can affect the lifestyle of the aging and they may have problems communicating, enjoying activities and staying involved with people. Sometimes sensory changes can lead to isolation. At Caregiver Volunteers we are determined to fight the epidemic of senior isolation in our communities.

**Strategies For The Dementia Caregiver** - Suggestions for problem solving, stress management and caring for yourself while you care for your loved ones.

**Volunteer For The Health of It** - Looking to start volunteering in your local community. This session provides information and discussion about finding purpose, the benefits of volunteering, what to consider before you start, how to get involved.

Contact Nicole at (732) 505-2273, Ext. 212 or email nicoles@caregivervolunteers.org to schedule a presentation today!
In Memory of:

Thomas Accomando
Anthony Anastasi
Ed Basile
John Bombino
John Bucknell
Larry T. Croteau
Raymond Davis
Vera DeFeo
John DeLisa
Jack Devlin
Ernie Dragos
Dorothy Ducceschi
Richard Dwyer
Jean Eimont
Maureen A. Elliott
Donald Fink
Richard Galizio
Mel Gallucci
Louis Gentile
Irwin Goodman
Robert Grande
Mary Hutman
Michael Hutman
Joseph Impali
Jessnyra Jimenez
Richard Kane
Ed Kelly
Vivian Kemensky
Maxwell Kruschka
Walter Lacy
Pastor Hank Lay
Mary M. Macartney
Antonio Maio
Mario A. Marano
Daniel Maul
Rose Mercante
Lori Merenstein
John J. Miller
John Maoldenhauer
Rita Molineri
Anne Marie
Neveroski
Glen Nilsen
Tins Orth
Arnold Pepe
Joseph Persichetti
Richard Petruzzi
Peter Pianelli
Cris Pinheiro
Janine Ravallo
Kevin Rocher
Ronald J. Rotanelli
Tom Sebor
Kevin Stapleton
Laura Stovall
Eileen K. Sweeny
The Barlow Family
The Giordano Family
Joseph Thiessen
John Vescuso
Christopher Walker
Edwin Dale Weir
John Yochum

In Honor of:

Anna Benfanti
Mary Bibbo
Nathaniel Brochin
Betty Burke
Anna Frank Capitelli
Ida & Sam Cohen
Pat Cooke
CVCJ Volunteer
Sally Dantico's Birthday
Ray Davis
Mitch Delezenski
Terry Pasquale
Barbara Devlin
Anne Di Bianca
Richard Dwyer
Eileen Edinger
Louis Esposito
Richard Esposito
Naveen Geduopori
Kathy George's Birthday
Susan Gibadlo
Carole Harrigan
Liam Healy
Rebecca Helmick
Mary Hicks
Julie Hormilla
Tomasina Isgro
Ann T. Ives
Carole Kass
Barbara Kaufman's 80th Birthday
Peggy Kerr
Robert Koch

Dorothy Lewis
Pasquale Maio
Mary Malagiere
Danielle Maley
Josephine Marolla
Robert McGovern
Judith McShea
Christa & Detlef Menge
Leonard Parszik
Amelia Paternoster
Arnold Pepe
Charles Peterpaul
Linda Phander
Earl Pirozzi (Caregiver Canine)
Amy Rickewich
Arlene Roche
Ann Rosetto
Janis Russell
Anna Sagliano
Giulio Scardigno
Mr. & Mrs. Sciacca
Margaret Semersky
Jillian Sloma
Debbie Sweezie
The Merolla Family
The Pacicca Family
The Smith Famil
Marion Tyborski
Mary Catherine Varlati
Karen Wainright
Chris Walker
Ruth Weir

In Lieu of Flowers...

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

Richard Galizio
Walter Lacy
Joseph Thiessen

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

SAVE THE DATE

For CVCJ's Upcoming Events

- **June 8, 2023 - BlueClaws Tailgate Party & Game**
  Tailgate: 4-6:30 pm       Game: 7:05pm
  Shore Town Ballpark - 2 Stadium Way, Lakewood

- **August 24, 2023 - 30th Anniversary Gala**
  6:00-9:00pm    Eagle Oaks Golf & Country Club, Farmingdale

- **September 21, 2023 - Dementia Wellness Day**
  12:00-4:00pm    Calgo Gardens, Freehold

For more information on these events email: Gina at info@caregivervolunteers.org