



CAREGIVER CONNECTION

Partners In Caring

FEBRUARY 2024

Cheers To Good Health in the New Year!

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Caregiver Volunteers & Caregiver Canines



Welcome Message From the Executive Director

By: Megan O'Keefe, CVCJ Executive Director

I'm thrilled to share the incredible success stories of two of our new programs, showcasing the positive impact we've collectively made on our community. Your dedication has been the driving force behind these accomplishments.

Healthy Hop Transportation:

Our free on-demand transportation service, Healthy Hop, using Uber and Lyft, has been a game-changer. Beyond offering convenient rides, we've become a lifeline for those in need. The newfound independence and joy seen in seniors utilizing this service speak volumes. Together, we've transformed every journey into an opportunity for connection and a healthier community.

Handy Andy:

Our volunteer Handy Andy service has been the helping hand many seniors needed for small home repairs. Well-maintained homes significantly impact the well-being of our elderly community members. Thanks to Handy Andy volunteers, we've transformed houses into safe havens, fostering security and dignity for our seniors.

As we celebrate these victories, let's acknowledge the collective effort that made this possible. Your time, energy, and unwavering support have been the driving force behind our success.

Here's to a future filled with more triumphs and positive change. Together, we can continue making a meaningful difference in the lives of those who rely on us.

With gratitude and optimism,
Megan O'Keefe, Executive Director



**HEALTHY HOP
TRANSPORTATION**

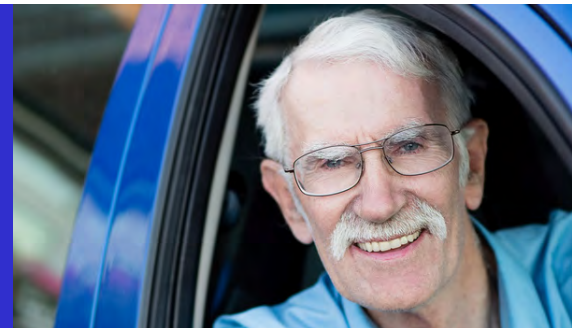
A Free Ride to Staying Healthy

Healthy Hop is a free transportation service in Monmouth & Ocean Counties designed to help seniors aged 60 years and older get to their medical appointments without any stress or worry.

We understand that many seniors have difficulty accessing reliable transportation, which is why we have partnered with the local Offices on Aging to provide this service.

With this new service, seniors can simply call us when they are ready for a medical appointment, and we will arrange for an Uber, Lyft, or local taxi service to pick them up. No need to book ahead or worry about transportation logistics. We'll take care of everything for you!

To use our service, seniors must register by filling out a brief application. This ensures that we have all the necessary information to provide a safe and efficient transport.



Ways to Register

- Call our office at: 732-505-2273. Please plan to be on the phone for 15-20 minutes.
- Fill out a paper application and send it to 201 Hooper Ave. Toms River, NJ 08753.
- Fill out an application online on our website at cvcj.org/healthyhop.
- Once you are registered you will receive a postcard. Please save it, as it will contain all the information you need.

No one plans on heart disease. But everyone should have a plan for it.

Make a plan for your heart health with Monmouth Medical Center Southern Campus



In movies and TV Shows, heart attacks are obvious and dramatic. In real life, they don't always work that way.



One underlying problem is often coronary artery disease (CAD), the most prevalent form of heart disease. With CAD, blockages in arteries of the heart obstruct blood flow. Too little blood supply to the heart muscle can cause symptoms like chest discomfort, shortness of breath or, in extreme cases,

heart attacks or sudden death. "CAD can also result in irregular heartbeats of all sorts, called heart arrhythmias, which may result in palpitations or passing out," says Avinash Gupta, Chief of Cardiology and Medical Director of Cardiac Rehabilitation at Monmouth Medical Center Southern Campus (MMCSC).

A technology available at MMCSC helps clear up uncertainties that can surround heart attacks and related forms of heart trouble. Called Fractional Flow Reserve Computed Tomography (FFR-CT), it evaluates how well blood flows through the arteries of a patient's heart and determines whether blockages exist, where they are, and what impact they have. MMCSC is one of the few hospitals in New Jersey to offer this innovative technology. FFR-CT uses artificial intelligence software to create a three-dimensional model of a patient's cardiac arteries, all noninvasively, enabling physicians to determine with greater confidence and accuracy whether a patient has a significant blockage in the heart's arteries.

A variety of other tests may help to determine what's going on when doctors suspect heart trouble. Noninvasive ways of detecting inadequate blood flow include:

- An electrocardiogram (ECG), which measures electrical activity in the heart as it beats.

- An echocardiogram (echo), which uses ultrasound to produce moving images of the heart's interior.
- A stress test, which evaluates heart function while you increase your heartbeat by exercising or taking a drug using measurements taken by ECG and imaging, called a nuclear stress test.
- A Coronary Calcium Scoring, is a simple, fast and safe CT imaging exam that detects calcium in the coronary arteries, allowing the detection of early plaque formation all the way to heavy plaque burden. This test, along with other risk assessment tools allows clinicians to launch preventive strategies.

Each test has advantages and limitations. "Depending on the patient, one test may be preferred over another," Dr. Gupta says.

Prior to FFR-CT technology, the only way physicians could see for certain, if specific coronary arteries were blocked was to do a procedure known as cardiac catheterization and angiogram.

"Catheterization with angiogram is gold standard for diagnosis of coronary artery disease," Dr. Gupta says. "Unfortunately, catheterization is invasive, unlike to the FFR-CT."

"After receiving a stent or bypass from a possible heart attack, should not be the end of treatment," explains Dr. Gupta. "MMCSC offers an excellent Cardiac Rehab program to patients to treat atherosclerosis-the underlying disease-to prevent a second heart attack."

So before a 'real-life' cardiac event happens in your life, know that MMCSC's cardiology team of specialists and state-of-the-art technology is available for all your preventive and emergent needs.

To connect with one of New Jersey's top cardiovascular specialist at Monmouth Medical Center Southern Campus, call **888-724-7123** or visit rwjbh.org/heart

RWJBarnabas
HEALTH

**Monmouth
Medical Center
Southern Campus**

Let's be healthy together.

CVCJ Out & About

Thank you to our Honorees & Supporters for celebrating with us at our 30 Year Anniversary!



CVCJ Out & About

Toy Drive To Benefit Kevin's Kids, Sponsored by CVCJ, Bayada Hospice, Harrogate, HomeWell Care Services, Imperial Healthcare & Right at Home Jersey Shore



Respite Volunteer Luncheon at JBJ Soul Kitchen



A Special Thank You!

Since 1998, the residents from The Meadows Community in Whiting have partnered with Caregiver Volunteers to bring holiday joy to our homebound receivers in Whiting. 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 40 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 12 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.



The Meadows
of
LakeRidge

Left: Volunteers from The Meadows with Outreach Coordinator, Angela Garofalo gather in front of the beautiful holiday baskets they created before delivering them to some of our Whiting receivers.

Thank You to Our Event Supporters



SCAN ME

In continued support of

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of Central Jersey**

*Together we can
make a difference.*



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OPEN ENROLLMENTS

You can join PACE if you meet the following **eligibility** criteria:

- ✓ You are 55+
- ✓ You live in Ocean or Monmouth county
- ✓ You need assistance with basic care needs
- ✓ You are able to live safely in the community with the help of PACE services

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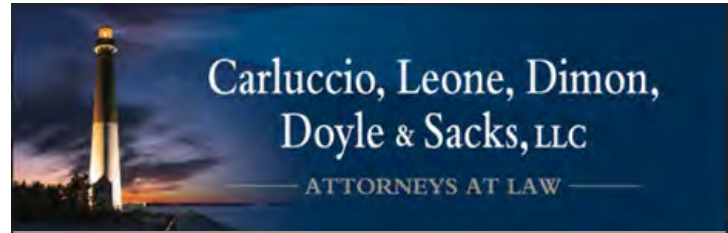
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for heart disease.
But everyone should
have a plan for it.**

**Choose the network that handles
all aspects of heart health.**

From state-of-the-art technology to the most specialized team in New Jersey, our network offers the most complete heart and vascular care. Whether you have hypertension, heart disease or a child with a heart issue, our team of nurses, cardiologists and heart surgeons deliver comprehensive, compassionate care. Our highly coordinated approach to patient care ensures that you can focus on improved health and wellness - and get your heart off your mind. **Make a plan at rwjbh.org/heart**

**RWJBarnabas
HEALTH**

Let's be healthy together.



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Save The Date



Caregiver Volunteers
of Central Jersey

*Dancing With
Their Stars*

Thursday ~ June 6, 2024

6:00-10:00 pm

Our Venue Sponsor



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