



Caregiver Volunteers of Central Jersey

CAREGIVER CONNECTION

SPRING 2025

Strengthening Our Roots!

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732-505-2273
cvcj.org

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Caregiver Volunteers

Welcome Message From Executive Director, Bob Scott



Dear Friends,

If there's one thing I've learned since joining Caregiver Volunteers of Central Jersey, it's this: community is everything. CVCJ isn't just an organization—it's a movement of people who believe in compassion, connection, and showing up for one another.

Whether you're a volunteer giving your time, a donor supporting our programs, a sponsor helping us reach more people, or a senior who receives care—you are part of what makes this mission so powerful.

As your Executive Director, I couldn't be more proud to be on this journey with you. Each day, I'm inspired by the stories that come through our doors—small, quiet moments that speak volumes. A volunteer who becomes like family. A caregiver who finds relief knowing they're not alone. A donor whose generosity creates a ripple effect of kindness. These aren't headlines—but they are life-changing.

We may not always see the full impact of our efforts, but trust me—it's there. It's in the thank-you notes, the phone calls, the hugs, and the simple joy of someone knowing they are seen and valued. That's what this organization is about. That's what you are about.

I believe deeply in where we're headed. We're working hard to strengthen what we do, grow our programs, and make sure no senior feels forgotten. It's a big task—but with the heart and commitment this community shows every single day, I know we'll get there.

So whether you've been part of CVCJ for years or just joined us—thank you. You are helping to build something truly special. And from where I stand, the view is pretty amazing.

Our Community Connection

Caregiver Volunteers is an interfaith nonprofit, for us that means we work through a system of congregations and other civic groups to reach out to the community. Through these connections we gather more volunteers, provide resources or connect someone they know with a volunteer or other help. Our programs are designed to help seniors maintain wellness by integrating faith communities with other nonprofits and healthcare to provide education and support to create healthier and stronger communities.

Feel Good, Do Good.... Join Our Supportive Volunteer Team Today!

Volunteer opportunities include:

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



We are able to bring these services to our communities through the support of local volunteers. If you or someone you know is interested in volunteering please call 732-505-2273 or visit cvcj.org/volunteer to get started today!



Celebrating Older Americans...

OLDER AMERICANS MONTH



Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

FLIP THE SCRIPT ON AGING: MAY 2025


The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and have meaningful conversations that can help dispel misconceptions. Let's reframe and reshape the narrative to honor older adults' rich experiences and foster age-friendly communities. This year, join us in promoting the importance of viewing aging not as a limitation but as a journey filled with purpose, exploration, and connection.

This year, Caregiver Volunteers is excited to celebrate Older Americans Month with our supporters in the aging community. Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone and is a huge part of our mission to help seniors live independently in their own homes. Please join us in strengthening our community!

Visit cvcj.org, call the office at (732) 505-2273 or email: info@cvcj.org to volunteer today, learn about our services or to donate!

Tips To **BOOST** Your Health as You Age


Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Get moving — try gardening, biking, or walking.



Choose healthy foods rich in nutrients.



Manage stress — try yoga or keep a journal.



Learn something new — take a class or join a club.



Go to the doctor regularly.



Connect with family and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



CVCJ's "Legacy of Giving Society"

Plan Today... Impact Tomorrow...

How can you help CVCJ in the future—without impacting your finances today? We understand how challenging the current economy is. You may be thinking, "I'd love to give more to CVCJ, but I need to make sure my future is secure."

That's exactly what the CVCJ Legacy of Giving Society is designed for. By making a planned charitable bequest through your estate, you can support the mission of CVCJ without changing your current lifestyle. It's a simple process that brings peace of mind, knowing your affairs are in order and your legacy will live on.

Why Legacy Matters...Now is the time to consider:

- Do I want to leave a specific monetary gift to CVCJ?
- Should I designate a portion of my assets—like my 401(k) or life insurance—as a charitable gift?

Many of us don't realize that these types of assets aren't always covered in a will. The CVCJ Legacy of Giving Society helps ensure that your intentions are honored and your support continues, even after you're gone. Adding CVCJ to your will is easy and impactful—and it won't affect your day-to-day finances.

For information or a Legacy Brochure contact Bob Scott at info@cvcj.org or call 732-505-2273, Ext. 206.

By including CVCJ in your will and becoming a member of our Legacy of Giving Society, you'll be securing the future of an organization devoted to caring, compassion, and community.

Leave a legacy of love. Help us care—today, tomorrow, and always.

We realize the importance of our donors!

If you have designated CVCJ as beneficiary in your will, please contact us. We would like to invite and honor you at our Annual Legacy of Giving Society Luncheon.

Volunteering In His Own Words!

By: Dan Green

Caregiver Volunteers and I have had a long and deep relationship, beginning when Rabbi Richard Hammerman and I served together at Congregation B'nai Israel of Toms River. He and I both participated in the planning which culminated in the creation of CVCJ, and both of us agree that the results have been magnificent. Not long afterward I began my own volunteering by doing medical transports, and later I had the distinct honor of serving on the CVCJ Board for five years.

The transports I did were especially meaningful to me. I still have my log of all of them, which ended up showing a total of 218 transports--with dates, names and destinations--over a period of about ten years. Driving and assisting these wonderful carereceivers, while displaying the CVCJ magnetic signs on both sides of my car, made me feel profoundly grateful to God that I was blessed with that ability to help others.

Some of the additional highlights of my volunteer service were:

- Participating in the interfaith religious services during our annual volunteer appreciation programs
- Assisting carereceivers wishing to apply to the NJ Motor Vehicle Commission for disability parking placards
- Designing the CVCJ calling card and advocating for its distribution by our volunteers
- Actively helping CVCJ develop revisions of its bylaws, 2009-2017

Caregiver Volunteers has justifiably become one of the most worthwhile and beloved organizations in our area. I will always remain proud of what I did for CVCJ and grateful for the ability to have done it. It is my prayer that all of you--both volunteers and staff--continue your wonderful and valuable role in enhancing the lives of those who need assistance, care and genuine love.

CVCJ is truly grateful for the dedication, time and service Dan provided to CVCJ and our receivers. He will be retiring as a CVCJ volunteer but he will always be part of our family! We wish him all the best! Thank you Dan!



Our Community Impact In Action



L-R: Catarina, CVCJ Volunteer visiting Bridget after a recent shopping trip.

Caregiver Volunteers of Central Jersey is an interfaith nonprofit organization dedicated to providing free supportive services to the elderly and the people who care for them. Our Faith in Action program is designed to reduce social isolation and keep people connected in their community, enabling them to continue to live independently in their own homes with dignity.

Catarina & Bridget's experience is just one of many we have witnessed in our over 30 years of service to our communities.

Our FREE Food Shopping program brought Catarina & Bridget together over 5 years ago. Their match began during COVID when Bridget was isolated and needed a shopper to help her. Catarina graciously answered the call to assist Bridget and a lasting friendship was born.

Catarina says volunteering is in her blood and Bridget herself volunteered for Holiday Heights First Aid Squad for 21 years before becoming a CVCJ receiver. They have a lot in common through their volunteering experiences and both coming from large families, Catarina is one of 9 children and Bridget is one of 10 children. Catarina says she loves Bridget's great personality, they laugh & really enjoy their time together. According to Catarina, they have become "fast friends"!



CVCJ's Caregiver Respite Program is a FREE supportive service of weekly visits by trained volunteers. Our volunteers give a much needed break to the family caregiver of an individual living with dementia or other chronic illnesses. Barbara and Joe's experience is just one of the many ways CVCJ's impact continues to grow in our community.

Barbara (Family Caregiver) recently lost her husband Joe and CVCJ's Caregiver Respite Program was blessed to have been able to make a difference in their lives.

Barbara shares:

"Ray was just so wonderful. Joe really liked him. They'd have such a grand time listening to music and chatting. Having Ray come visit Joe gave me time to run my errands and to be able to do the things that took a little longer like a visit to Boscov's. I knew Joe was safe when Ray was there and it was so nice to go out and not have to worry."

Ray (CVCJ Respite Volunteer) shares:

"Volunteering as a caregiver respite volunteer gives me a sense of fulfillment knowing I can provide help to someone who spends much of each day caring for others. Allowing the caregiver time to shop, attend appointments and rest, by providing a little effort on my part, gives a humbling and uplifting feeling. Seeing the gratitude in their eyes, knowing I made a difference, reminds me of the power of kindness and connections. Yes, volunteering has its rewards. I will remember Barbara and Joe for years to come."



L-R: Joe sitting with CVCJ Respite Volunteer, Ray.

**Thank you Catarina, Ray and all of our CVCJ Volunteers!
We are so grateful for your dedication to our mission!**

Visit cvcj.org, call the office at (732) 505-2273 or email: info@caregivervolunteers.org to volunteer today, learn about our services or to donate!

Thank you To Our Generous Supporters

Donors, Grants & Foundations:

AARP
Adoro Healthcare Supplies
Advantage Recruiting Group
Alcoeur Gardens
Always Best Care
Amboy Bank
Artisans & Crafters of Renaissance
Artis Senior Living of Brick & Eatontown
Assisting Hands Home Care
Atlantic Physical Therapy Center
Bartley Healthcare Nursing & Rehabilitation
Bayada Hospice
Bayshore Family of Companies
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BlueClaws Charities
Brick Morning Rotary
Brick Presbyterian Church
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CentraState Healthcare Foundation
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Citizens Bank
Co-Cathedral of St. Robert Bellarmine
Comfort Keepers
Community Health Connections Foundation
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Community Reformed Church
Complete Care

Creative Financial Services
Curtis W. McGraw Foundation
Dental Home Services/Dr. Stu & Dr. Lindsay Rubin
Leo & Josephine DiGioia
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D'Onofrio Foundation
Ernst Wessel Foundation
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Monmouth County Office on Aging
Monmouth Medical Center
Monmouth Medical Southern Campus
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New Jersey Natural Gas
New Jersey State Council Knights of Columbus
Ocean County-CDBG
Ocean County Office of Senior Services
OceanFirst Foundation
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VNA Health Group
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Wells Fargo/Adam Servodio
Women's Club of Brielle
Women's Club Holiday City Silverton
Women's Club at River Pointe
William Reulbach
Wintrode Family Foundation
Harvey York
Gene Young

Please Help Support Our Mission!



Your generosity helps us continue providing FREE vital services to our community's seniors.
With your donation, we can keep our programs like, Healthy Hop (Transportation), Respite, Friendly Visits, Shopping, Caregiver Canine Therapy & Residential Services, thriving and growing.

Scan the QR code to donate now and make a difference today!

or go to caregivervolunteers.org/giving
Feel free to call us if you would like us to help or send you a remittance envelope.

Thank you for your support!

For Helping Keep our Seniors Connected!

In Memory of:

Thomas Accomando
Alberta Alexander
Arthur Annechino
Joseph Antol
Robert Appel
Lily Baldo
Gladys M. Baldwin
Patricia Balto
Peter Bange
Helen Bartolotta
Ed Basile
Lawrence Besmer
John Bombino
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Jean Eimont
Frank Farrar
Chris Favice
Angelo Formica

Wally Frank
Joe Gigante
Blanche Gobel
Maria Gonzalez
Robert Grande
Richard Greenley
Liam Healey
Lawrence Henbest
Donald Hicks
Mr. & Mrs. Hurwitz
Mary Hutman
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Michael J. Kane
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Mark Reissner
Donald Reway
Karen Reway
Robert Sabo
Joseph Salvato
Vincent Salvato
Marco San Filippo
Fred Schneider
George Sciorra
Josef A. Stampfel
The Parents of Lucille
Kleiman
The Parents of
Marlene Current
Elizabeth Verdiano
Joan Walker
Doug Watson
Edwin Dale Weir
Zoe Wells
John Yochum

In Honor of:

Camille Baiamonte
Anna Benfanti
Caregiver Canines Program
Cornelia Calderone
Peter Calderone
Ann Marie Caruth
Marilyn Collins
Maureen Coopey
Dr. Jay Cutler
CVCJ Staff
CVCJ Volunteers

Karen W. Daly
Joseph D'Amore
Gisela Drucker
Rose Franzk
Susan Kelly
Jodie, Boston Terrier
Danielle Maley
Joanne McKenna
Brenda Naidvich
Maureen O'Rourke
Maurice Pearce
Angelina Picciolo
Don Rodenbeck
Mary Rubinstein
Ruth Salloum
Patricia Scimeca
Angelo Servello
Gus Silva
Nicole Steed
Catherine Suobiron
Scott Susich
Deborah Sweezy
The Berry Family
The Brungard Family
The Carroll Family
The Dela Cruz Family
The Gavronski Family
The Hearty Family
The Koda Family
The McBride Family
The Merolla Family
The Pacicca Family
The Sciabarra Family
Rosa Turano
Ruth Weir
Grace Young
Audrey Yundzel
Faye Zack
Bob Zoltowski

In Lieu of Flowers...

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

**Ethel M. Doppelt
Lawrence Henbest
Anthony M. Iannarone
Joan Kimm
Zoe Wells
Elizabeth Verdiano**

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

Our Board of Directors

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Caregiver Volunteers of Central Jersey
 "A Faith In Action Program"
 201 Hooper Avenue, First Floor, North Suite
 Toms River, NJ 08753

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Monmouth County
 Office on Aging

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 cvcj.org

Like us on Facebook@
 Caregiver Volunteers & Caregiver Canines

WHAT WOULD YOU DO WITH...

\$10,000

Proceeds to benefit:



Caregiver Volunteers of
 Central Jersey

Winner drawn at the Caregiver Volunteers' office
 201 Hooper Avenue, Toms River at 2:00pm

Thursday, October 23, 2025

Limited to 200 tickets. If less than 200 tickets are sold,
 winner will receive 50% of actual ticket proceeds.
 You do not have to be present to win!



**RAFFLE
 Fundraiser**

Tickets are \$100 each

Visit cvcj.org/50-50/ for more information
 or call Gina at (732) 505-2273, ext. 209 to buy your ticket today!

Your ticket will be mailed once payment is received.