



Caregiver Volunteers of Central Jersey

CAREGIVER CONNECTION

FALL 2025

"Small acts of kindness, multiplied by many, can reshape the world."



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Caregiver Volunteers

My grandmother was 87 when she passed away. During the last five years of her life, she no longer drove. She lived independently in a 55+ community, and while my mom and uncle made sure she had everything she needed—rides to the grocery store, doctor's appointments, and errands—much of her time was spent alone in her house. She wasn't in the best physical health, and without the freedom of her car, her world became very small. Most days, her TV was her only companion.

I was lucky to live close by and made it a point to visit her at least once a week. She loved those visits, but what she really cherished was time with my three sons. She would tell my mom again and again that "those boys give me something to live for." Every time I brought them over, she lit up.

About a year after my grandmother passed, I learned about Caregiver Volunteers of Central Jersey during a church service. Immediately, I felt called to get involved. I've always believed in giving back—I was very active in community service during college—but since graduating, I hadn't found the right outlet. Caregivers' mission spoke directly to my heart. I had seen firsthand how isolating and lonely life can feel for older adults living alone, and I wanted to do something about it.

My family has been so blessed with love, support, and community, and I want my sons to grow up knowing how important it is to pay those blessings forward. Even as a busy family of five, I wanted to show them that we can always make space for others—sometimes the gift of simply chatting with someone who may not see anyone else that day is the most meaningful thing we can give.

Almost two years ago, I began grocery shopping for Amelia. At the time, my youngest, Max, was still in preschool, so he came with me on every trip to pick up her list, shop, and deliver her groceries. Those errands quickly became so much more. Max and Amelia developed a special bond—he often mistook her for one of his great-grandmothers! He would bring her crafts and drawings, and she would set aside little treats for him. Before long, my older boys, Parker and Easton, wanted to come along too after hearing so much about her.

Amelia has always welcomed us so warmly, no matter how many boys pile through her door with me. I can see how much she enjoys our visits, and truly, the feeling is mutual. I am deeply grateful to Caregivers for introducing us to Amelia and for giving me the chance to step back into volunteering in such a meaningful way.

It's not always easy to step into a stranger's home for the first time, but believing in Caregivers' mission gave me the courage to do it. Now, Amelia is no longer a "stranger" at all—she is a cherished part of our lives.

**Thank you to Patti & her sons, Max, Parker & Easton 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@cvcj.org
to volunteer today, learn about our services or to donate!**



Tips for Caregivers and Families of People With Dementia

A caregiver—sometimes called a caretaker—is anyone who steps in to support and care for another person. Across the United States, millions of people are caring for a loved one or friend living with Alzheimer's disease or another form of dementia. Some caregivers live in the same home or nearby, while others provide care from a distance. Often, caregiving is a team effort, with family and friends sharing responsibilities to support the person they love. No matter your role, caregiving can feel both meaningful and overwhelming at times. That's why we've gathered some tips and suggestions to help make daily care a little easier and to remind you that you're not alone on this journey.

Tips for Everyday Care for People With Dementia

In the early stages of Alzheimer's and related dementias, a person may begin to experience changes in memory, thinking, and reasoning that affect daily life. Over time, they will likely need more assistance with everyday tasks such as bathing, grooming, and dressing. It's natural for someone to feel uncomfortable or upset when needing help with these very personal activities. As a caregiver, remember that patience, kindness, and reassurance can go a long way in helping your loved one feel safe, respected, and cared for.

Here are a few tips to consider early on and as the disease progresses:

- **Keep a routine.** Aim for regular times each day for bathing, dressing, and eating.
- **Use reminders.** Encourage writing down to-do lists, appointments, and events in a notebook or calendar.
- **Plan enjoyable activities.** Try to schedule favorite activities at the same time each day.
- **Support medication routines.** Consider systems or reminders to help with taking medications on time.
- **Promote independence.** When dressing or bathing, allow the person to do as much as possible.
- **Choose easy clothing.** Select loose-fitting, comfortable clothes with elastic waistbands, fabric fasteners, or large zipper pulls—these are often easier than buttons, buckles, or shoelaces.
- **Ensure safety in the bathroom.** A sturdy shower chair can help prevent falls and provide support. These are available at drugstores and medical supply stores.
- **Be gentle and respectful.** Explain what you are doing step by step while helping with bathing or dressing.
- **Create a familiar mealtime environment.** Serve meals in a consistent setting and allow plenty of time for eating.

For more information on CVCJ's Caregiver Respite Program contact Julia at 732-505-2273 or email: juliaf@cvcj.org.

Dementia Is an Umbrella Term

It is used to describe a range of neurological conditions affecting the brain that worsen over time.

Alzheimer's disease

A brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks.

Frontotemporal dementia

A brain disorder that is the result of damage to neurons in the frontal and temporal lobes of the brain, causing changes in thinking and behaviors controlled by those parts of the brain.

Lewy body dementia

A brain disorder that can lead to problems with thinking, movement, behavior, mood, and other body functions.

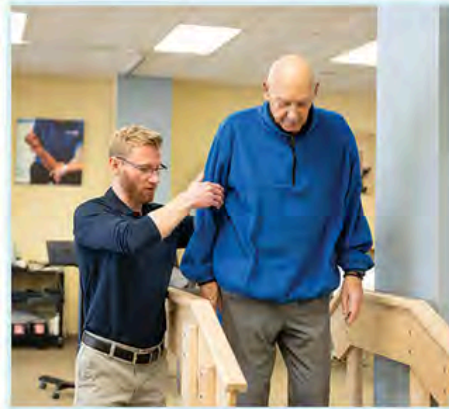
Vascular dementia

A brain disorder that is caused by conditions such as stroke that disrupt blood flow to the brain and lead to problems with memory, thinking, and behavior.

Thank You for Being

Staying Strong, Staying Independent

As we age, it's common to notice changes in balance, strength, and mobility. These changes can make everyday tasks feel more challenging, but they don't have to limit independence. Physical therapy provides a safe, supportive way to build strength, improve balance, and ease pain so seniors can stay active and confident in daily life.



At Atlantic Physical Therapy Center, we work closely with every patient to create personalized programs that focus on their goals—whether it's recovering from an injury, preventing falls, or simply moving with greater ease. With the right guidance and care, it's possible to maintain independence and keep enjoying the activities you love.



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Some Major Tax Changes Affecting Seniors in 2025

We have found it is always best to take advantage of as many tax benefits as you can. Many of our clients are seniors, so we proactively share these opportunities with them. Here are some for you to consider.

The "One Big Beautiful Bill Act" (OBBBA), signed into law on July 4, 2025, introduced several significant tax law changes relevant to older Americans. One new provision is the **Senior Bonus Deduction**, effective from 2025 through 2028, for taxpayers aged 65 or older. This allows for an additional \$6,000 deduction (per individual) beyond the standard deduction. For married couples where both spouses qualify, the total would be \$12,000. Note that this is in addition to the existing "extra standard deduction for seniors" under prior law (e.g., for age or blindness).

This new deduction comes with certain phase-out limits. The full \$6,000 deduction applies only to those with a lower modified adjusted gross income (MAGI). Specifically, the deduction begins to phase out for single filers with a MAGI above \$75,000 and for married couples filing jointly above \$150,000.

For tax year 2025, there are **increased standard deductions and bracket adjustments**. The baseline standard deductions have increased for 2025. They have been adjusted upward for inflation, which may help some seniors avoid jumping into higher tax rates.

Please remember, there is also an **existing extra standard deduction for age 65+**. Even apart from the new bonus deduction, the extra standard deduction amount for seniors (or people who are blind) is still in place for 2025. For single filers or heads of household age 65+, it is \$2,000 for 2025. For married couples, per qualifying spouse, the amount is \$1,600.

Some of the new legislation was introduced to reduce the taxation of Social Security. While the new law does not fully eliminate federal taxes on Social Security benefits for all seniors, because of the new senior bonus deduction and the increased standard deductions, there is a possibility that many seniors will not owe federal tax on their Social Security benefits.

It's important to note that many of the new provisions, such as the \$6,000 senior bonus deduction, are temporary and will be in effect only for the years 2025-2028. After this period, unless further action is taken, these provisions will expire.

This makes proactive tax planning crucial over the next few years. It can be very beneficial to work with a financial professional that can provide a forward-looking projection of how income, withdrawals, or other events could push you above phase-out thresholds in future years. For more information on tax law changes and how they may affect you, please call our office at 732-473-9700.

CVCJ Out & About

**Volunteer Appreciation Service & Dinner
at the Co-Cathedral of St. Robert
Bellarmine on May 28, 2025**

**The Game Show Event on August 7, 2025
at the Toms River Elks**



CVCJ's Appreciation Night with the BlueClaws - September 2, 2025 at Shoretown Ballpark



Special Thank You!!



We are honored to receive 2025 Grants from Amboy Bank, The Horizon Foundation for New Jersey, and Pine Belt Subaru. Their generosity strengthens our mission at Caregiver Volunteers, enabling us to provide vital resources for seniors in Monmouth and Ocean Counties.

A big thank you to all of our supporters both big & small...together, we are improving the health and well-being of those we serve.



Help Us Continue Our Mission of Caring!

Your generosity allows us to continue delivering essential services to seniors in our community. With your support, programs like our Volunteer Medical Transportation, Healthy Hop (Transportation), Handy Andy, Volunteer Respite, Friendly Visits, Food Shopping, and Caregiver Canine Therapy can thrive and reach even more people in need.



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!



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We are a Nonprofit You Can Trust.



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Caregiver Volunteers of Central Jersey's Yearly Impact



FOOD SHOPPING

4,500

HOURS PROVIDED



REASSURANCE CALLS

2,000

HOURS PROVIDED



MEDICAL TRANSPORTATION

8,000

HOURS PROVIDED



RESPIRE VISITS

5,000

HOURS PROVIDED



FRIENDLY VISITS

3,600

HOURS PROVIDED



TOTAL VOLUNTEER HOURS

23,000

PROVIDED



CVCJ's "Legacy of Giving Society" Plan Today....Impact Tomorrow...
 To learn more or to receive a Legacy Brochure visit cvcj.org/legacy