Caregiver Volunteers of Central Jersey

the YMCA

A PROGRAM OF YMCA OF THE JERSEY SHORE

CAREGIVER CONNECTION

FALL 2026



A Little Kindness. A Lasting Impact.

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CAREGIVER VOLUNTEERS OF CENTRAL JERSEY

A PROGRAM OF YMCA OF THE JERSEY SHORE

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caregivervolunteers.org



From Executive Director, Bob Scott

As we approach the end of another year, I find myself thinking about how fortunate I am to see so much good happening right here in our community. Life moves quickly, and at Caregiver Volunteers, I get to see every day how much it means when someone takes the time to show up for a neighbor.

Caring for one another is at the heart of who we are. I see it in the volunteer who drives someone to a doctor's appointment and the friendly visitor who brings a smile to someone who might otherwise spend the day alone. I see it in the relief a caregiver feels when they get a little time to themselves, knowing their loved one is in good hands.

I see that same spirit in our staff. They're always willing to jump in, lend a hand, and sometimes even pick me up when I stumble! I feel lucky to work with people who look out for one another the same way they look out for the people we serve.

This year also brought an exciting new chapter as we joined with the YMCA. What makes this partnership so meaningful to me is that we both believe stronger communities are built when people care for one another. The Y has a long history of bringing people together, and Caregiver Volunteers brings years of experience and relationships with older adults, family caregivers, and volunteers.

Together, we have a chance to build on what we've accomplished. In 2027, I'm looking forward to finding new ways to connect volunteers with neighbors who could use a hand and hearing from families about where we can make a difference. I'm excited about what that can mean for more of our neighbors who want to live at home with dignity, independence, and joy.

It's an honor to be part of Caregiver Volunteers. I'm grateful to our volunteers, staff, donors, and community partners, and to the older adults and caregivers who welcome us into their lives. Whether you've been with us for years or are just getting to know us, I'm glad you're here.

As we head into the holidays, I hope we all find a moment to notice the kindness around us and pass a little of it along. Sometimes a small gesture is the part of someone's day they'll remember most.

Thank you for being part of our story, for believing in what we do, and most of all, for caring about one another.

Here's to a wonderful holiday season and a happy, hope-filled 2027!









Connecting Our Community Through Caring

At Caregiver Volunteers, we believe stronger communities begin with neighbors helping neighbors. As an interfaith nonprofit, we partner with local congregations, civic organizations, nonprofits, and healthcare providers to connect seniors with the care, companionship, and resources they need. Through these meaningful partnerships, we bring people together, inspire volunteerism, and provide valuable education and support that help seniors maintain their wellness and independence.

Feel Good. Do Good. Make a Difference! Join Our Caring Volunteer Team Today!

Volunteer opportunities include:

- **Medical Transportation**
- **Grocery Shopping**
- **Friendly Visits**
- **Caregiver Canines® Pet Therapy**
- **Caregiver Respite**
- **Reassurance Phone Calls**





Our programs are made possible by the kindness and dedication of local volunteers. Whether you have a little time or a lot, your compassion can make a lasting difference in someone's life.

Ready to make a difference? Call Pat at 732-505-2273, ext. 205 or visit cvcj.org/volunteer to register today!

Would your Community like to learn more about CVCJ? Call 732-505-2273, ext. 212 or email: nicoles@cvcj.org to schedule a presentation with Nicole in our Outreach Department.

CVCJ's Community Impact In Action



Kathy & Caregiver Canine, Shay, CVCJ Volunteers since 2022

On February 25th, 2020, a puppy was born in Texas and sent to New Jersey as a rescue, her name was Shay. Little did she know she would grow up to be a Certified Therapy dog far away from home and bring joy to people that can no longer take care of their own pet.

In 2022, the **"Adventures of Danny & Shay"** began when Shay & I started visiting Danny weekly. I loved the thought of watching Shay bring a smile to the face of a local senior on a routine basis.

Shay is shy when she first meets people, but she loves her Caregiver Canine partner, Danny. When we arrive at his house, she jumps out of the car and heads right for his door and bangs on the door with her tail. She positions herself in her spot next to his chair where she can watch her Danny and of course get her rubbies and scritches!

When we are not visiting Danny, Shay and I go to a school as a reward for the students who have good character. She has worked at the Middlesex County Fire Academy as part of a drill where she helped stressed first responders. As a first responder myself, I know how comforting dogs are and how they just know what a person needs at that moment.

Danny, Shay and myself, share a wonderful connection to friendship, love and a new family richness. I will be forever grateful to Caregiver Canines for enriching all our lives and for allowing us to be a part of such a wonderful and rewarding group!



L-R: Shay, CVCJ Caregiver Canine enjoying his weekly nose kisses from Danny, CVCJ Carereceiver.

If you have a certified therapy dog or would like information on getting your dog certified to volunteer please call Karen at 732-505-2273, ext. 220.

Understanding How Our Brains Change as We Age

As we age, our brains naturally change, which can affect memory, attention, decision-making, and other everyday activities. While some changes are normal, aging does not mean losing the ability to learn or remain mentally active.



Common age-related changes may include:

- Taking longer to recall names or find words
- Difficulty multitasking
- Mild decreases in attention and memory
- Needing extra time to learn something new

Aging also brings cognitive benefits! Older adults often have stronger vocabularies, greater knowledge, and valuable insights gained through years of experience.

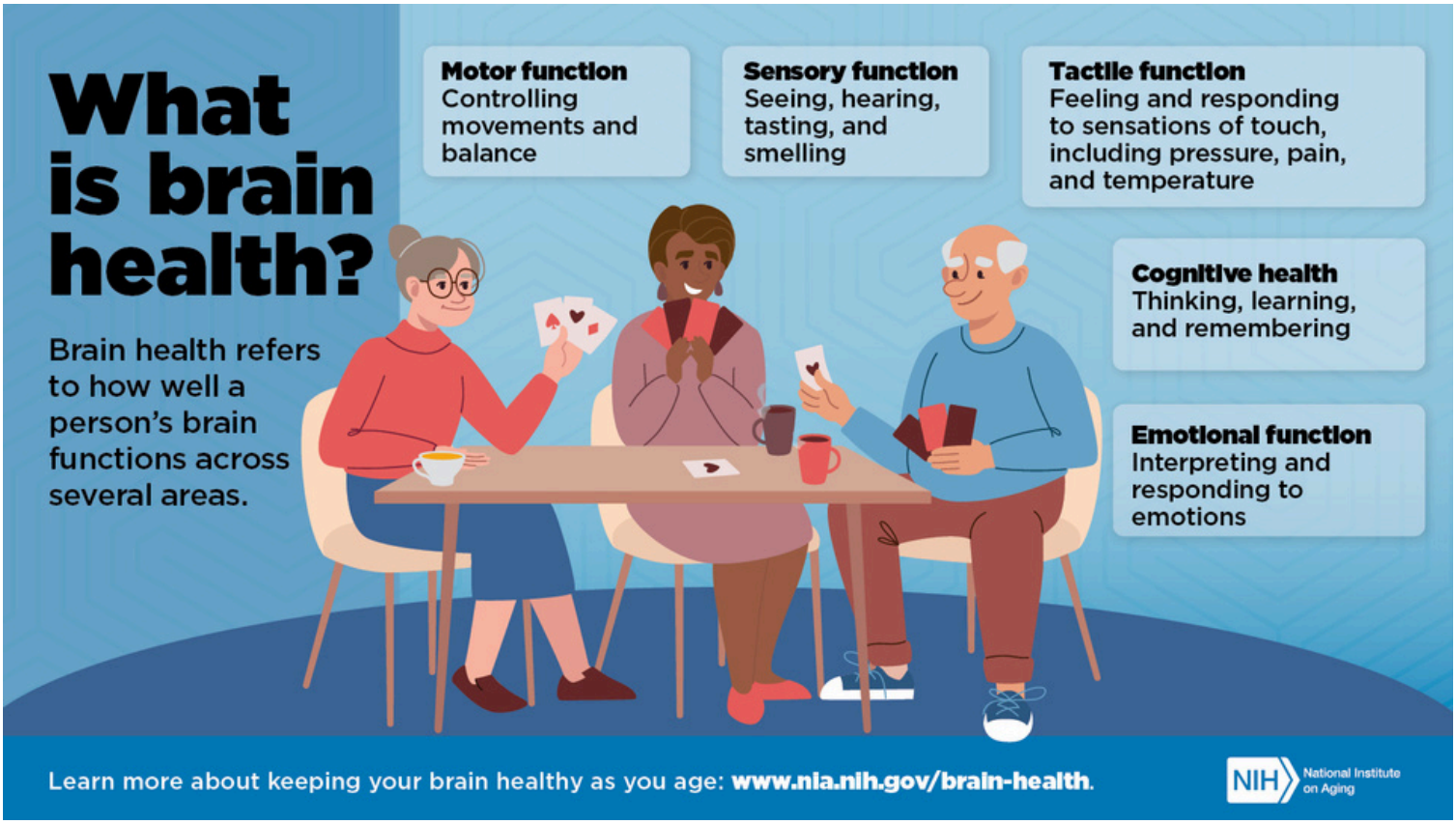
How Does the Brain Change with Age?

Certain areas of the brain may shrink, communication between brain cells can become less efficient, and blood flow may decrease. These changes can slow some thinking processes, but the brain retains its ability to adapt, learn new skills, and form new memories.

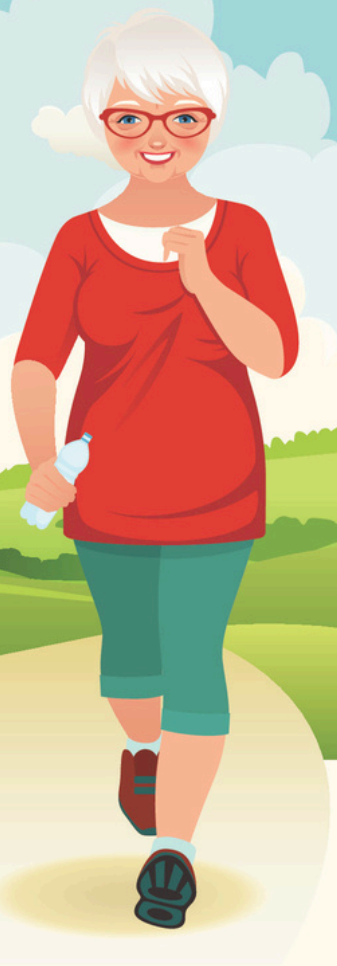
The Good News: Growing older doesn't mean giving up the activities you enjoy. With time, practice, and continued mental engagement, older adults can maintain many important cognitive abilities.

If you notice concerning changes in your memory or thinking, speak with your doctor to determine whether they are part of normal aging or something that needs further attention.

Source: National Institute on Aging (NIA)



5 TIPS to help you stay motivated to exercise



Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

1. **Find ways to fit exercise into your day.** You are more likely to get moving if exercise is a convenient part of your day.





2. **Do activities you enjoy to make it more fun.** Be creative and try something new!



3. **Make it social.** Find a virtual "exercise buddy" to help keep you going and provide emotional support.



4. **If there's a break in your routine, get back on track.** Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



5. **Keep track of your progress.** Make an exercise plan and don't forget to reward yourself when you reach your goals.

Visit **www.nia.nih.gov/exercise** to learn more.

NIH National Institute on Aging

CVCJ Around Town

Connecting with Our Community, One Event at a Time!

CVCJ's Appreciation Night with the BlueClaws - April 30, 2026 at Shoretown Ballpark









CVCJ's Volunteer Appreciation Service & Dinner - July 30, 2026 at St. Joseph's RC Church in Toms River















CVCJ's Dancing with Their Stars - September 30, 2026 at Eagle Oaks Golf & Country Club



Kim & Morgan, Our People's Choice Mirror Ball Winners.



Our Dance Couples





Kelly & Adam, Our Dance Competition Mirror Ball Winners.





Our Judges



Community Support Makes A Lasting Difference

Thank You for Investing in Our Seniors!

We are deeply grateful to Amboy Bank, OSAIC Foundation, and Pine Belt Subaru for their generous 2026 grants. Their support strengthens our mission at Caregiver Volunteers of Central Jersey, helping us expand essential services and enhance the lives of seniors throughout Monmouth and Ocean Counties.

To all of our supporters, large and small, THANK YOU!
Every contribution makes a difference. Together, we are building a stronger, more compassionate community and improving the health, well-being, and independence of the seniors 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 assist you with your online donation or to send you a remittance envelope.

Thank you for your support!

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Monmouth County Office on Aging

We are a Nonprofit You Can Trust.

Caregiver Volunteers of Central Jersey's Yearly Impact
Thank you for being part of our year!

4,600+
HOURS PROVIDED

3,200+
CALLS PROVIDED

MEDICAL TRANSPORTATION
13,000+
RIDES PROVIDED

RESPITE VISITS
6,000+
HOURS PROVIDED

FRIENDSLY VISITS
4,000+

TOTAL VOLUNTEER HOURS
23,000+
PROVIDED