



Service provided by the  
**Monmouth County**  
**Board of County Commissioners**

Thomas A. Arnone, Director  
Susan M. Kiley, Deputy Director  
Lillian G. Burry  
Nick DiRocco  
Ross F. Licitra

**Monmouth County Office on Aging**  
**Department of Human Services**  
3000 Kozloski Road, Freehold, NJ 07728  
Phone: 1-877-222-3737  
732-431-7450  
Email: [csmith@co.monmouth.nj.us](mailto:csmith@co.monmouth.nj.us)

Partially funded under Title III, Older American Act  
of 1965 by a grant from the  
New Jersey Department of Human Services  
Division on Aging Services



[www.visitmonmouth.com](http://www.visitmonmouth.com)

# 12th Annual Caregiver Retreat

Saturday, October 2, 2021  
Jumping Brook Country Club  
210 Jumping Brook Road  
Neptune, NJ 07753  
9 a.m. - 1 p.m.



*Sponsored by*  
**Monmouth County**  
**Office on Aging**

REGISTRATION BEGINS SEPTEMBER 1, 2021  
Seating is LIMITED!  
732-431-7450 to register

We gratefully acknowledge the participation of the following vendors who donated their time and services to this event.

- Alzheimer's Association Greater New Jersey Chapter
- Alzheimer's New Jersey
- Arbor Terrace Assisted Living
- Ascend Hospice Health
- Carefinders Total Care
- Caregiver Volunteers of Central Jersey
- COPSA. Institute for Alzheimer's Disease and Related Disorders, Rutgers University, Care 2 Caregivers
- Family & Children's Service
- Mental Health Association of Monmouth County
- Mobility Doctor
- MOCEANS (Center for Independent Living)
- Monmouth County Association for the Blind
- Monmouth County Surrogate's Office
- Monmouth County Veterans Services Office
- SCAN, Social Community Activities Network
- Seabrook Senior Living
- South Jersey Legal Services
- We Care Adult Care
- Veterans Affairs NJ Healthcare System VNA Health Group / Visiting Physician Services

## Monmouth County Office on Aging Caregiver Retreat Agenda

Saturday, October 2, 2021 - Jumping Brook Country Club, Neptune, NJ

9 - 9:45 a.m.

Registration / Buffet Breakfast / Vendors

9:45 - 10 a.m.

Welcome & Opening Remarks

Keynote Address - 'To Be Well At Heart: Caring For Ourselves As We Care For Others',  
Monica J. Indart, Psy.D., Associate Clinical Professor, Graduate School  
of Applied and Professional Psychology, Rutgers University

11 - 11:15 a.m.

Break / Vendors

11:15 - Noon

Breakout Sessions (Please choose one)

### Session 1. Regency Room

*Panel Discussion on Home Care programs including JACC /  
Statewide Respite / Medicaid / Private Pay Home Care and  
Adult Day Care*

- Monmouth County Division of Social Services
- Family & Children's Service
- Carefinders Total Care, Marlboro
- We Care Adult Day Care, Red Bank

### Session 2. Grandview Room

*Chair Yoga, Work on self care by practicing breath work and  
gentle stretching, Presented by Jennifer Schwester, owner,  
JennyZenYoga*



**We would request that anyone who has not received a COVID vaccine or is not fully vaccinated to please wear a mask**

**For more information contact:**

Colleen Smith

1-877-222-3737 or 732-431-7450

Email: [csmith@co.monmouth.nj.us](mailto:csmith@co.monmouth.nj.us)

[www.visitmonmouth.com](http://www.visitmonmouth.com)

