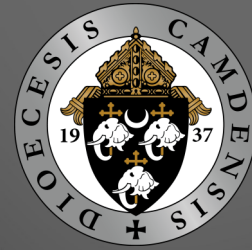




VITALity
Catholic Healthcare Services

A HEALTHCARE MINISTRY OF THE DIOCESE OF CAMDEN



2019 Annual Report

*“I came that
they might have life
and have it more abundantly.”
John 10:10*



Having completed four years of operations, VITALity Catholic Healthcare Services continues to be a blessing to growing numbers of people in South Jersey, serving to meet their ever-evolving healthcare needs. VITALity remains a beacon of hope and light for those who are so often lost in the darkness and confusion of illness, infirmity, and disability. VITALity staff are dedicated to the commitment of being a source of comfort and healing to those in need of assistance to manage the complexities in seeking the appropriate care for their ongoing medical conditions or for their physical limitations incurred through aging.

In this 2019 Annual Report you will read about the services offered by VITALity. The testimonials will serve to affirm and reinforce the fruits of this ministry of care and compassion, which provide relief and

comfort to seniors and their families as they struggle to maintain a safe and secure environment in which to age with dignity.

Thank you to all who support VITALity through your generosity to the House of Charity/Bishop's Annual Appeal. I pray that God continues to grant comfort and hope to those in need of healing. May His grace come upon all those who help others in His Name.

Sincerely in Christ,



Most Reverend Dennis J. Sullivan, D.D.
Bishop of Camden



We at VITALity Catholic Healthcare Services are pleased to present this 2019 Annual Report to the communities of South Jersey. As a healthcare ministry of the Diocese of Camden, we remain pledged to offer support, advocacy, and direction for those struggling through the deleterious effects of illness, the infirmity of aging, and the challenges of disability. You will note in this report how our ministry continues to grow and evolve into much needed and essential services for those who encounter the confusion and anxiety associated with a complex and often inaccessible system of senior healthcare delivery.

VITALity maintains our Catholic Chaplaincy ministry within the hospitals of South Jersey, assuring all the faithful the prayers and Sacraments of the Church in their times of greatest need. Our nurses and social workers continue to serve an ever-growing number of seniors and their families as they navigate through the complex options of appropriate care in the home, in assisted living or in long term care. Through our four years of operations, our staff has helped over 3300 families in this regard.

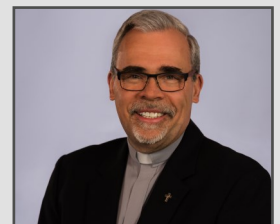
Our Ministry for the Deaf and those with Disabilities, remains focused on the role of advocacy and inclusion in parish life. And our support of local parish programs such as Parish Nursing, Stephen Ministry, Senior Day Centers, Mercy Teams and Our Journey of Hope gives witness to our commitment to providing opportunities for so many to serve others as volunteers. Fellow parishioners helping each other to

remain healthy, safe and secure in their homes, to heal from brokenness or illness, and to live a fuller life in new found communities of friends together in our Senior Day Centers.

In the pages of this Annual Report you will read the testimonials of many who have been served through VITALity and learn of the happiness and relief it has brought into their lives. It is our duty and privilege to serve them. To bring joy, hope and peace into the lives of so many. The numbers of those we serve through our charitable works is indeed a story of growth and expansion. But it is the stories of those we serve, those who have invited us into their lives, that are truly the measure we cherish as the mark of our continued success.

Thank you for your interest in VITALity and for taking the time to review this report. Please continue your prayers for us as we strive to continue our work, helping more people feel the presence of Christ in their lives.

Peace and all good things,



Deacon Jerry Jablonowski
Executive Director
VITALity Catholic Healthcare Services



Registered nurses and social workers are the heart of VITALity's Care Coordination program. They assist senior citizens and disabled individuals and their families in navigating the often complex and confusing maze of healthcare options and support services available to maintain a safe home environment or develop plans for transition to a more supportive setting. Our staff of nurses and social workers collaborate with healthcare providers and community agencies providing clients with advocacy and referrals to essential programs and services.

VITALity's caring operators staff our Resource and Referral Help Line and offer individuals and families valuable information about healthcare and community resources and connect them to Care Coordinators who visit the client at home to arrange services as needed.

During 2019, VITALity staff received over 1,000 calls from individuals and families in need of assistance. Our nurses and social workers made 1906 visits and calls (a 9% increase over the previous year) to provide them proper direction and access to needed care. Since the inception of VITALity our Care Coordination program has served over 3,300 persons helping them to remain as healthy and independent as possible as they struggle through the trials of aging and infirmity.

"The service that VITALity provides is essential for anyone trying to navigate social services applications. Their attention to detail and experience in assisting individuals through myriads of unending and time consuming paperwork is invaluable to streamline the processes."

**OVER 50 DIFFERENT TYPES OF SERVICES REQUIRED
WITH OVER 1,200 OF THESE SERVICES ARRANGED**

Top 10 Services

1. Home Health Aides
2. Insurance Assistance
3. Housing / Assisted Living
4. Nutritional Services / Meals on Wheels
5. Utility Assistance
6. Catholic Charities Referrals
7. Prescription Assistance
8. Mental Health Counseling
9. Transportation
10. In-Home Medical Care

Most Common Client Diagnoses

(In order of frequency)

1. Alzheimer's / Dementia
2. Diabetes
3. Mental Illness
4. Ambulation Dysfunction
5. Cancer



"The VITALity Care Coordinator guided us through the difficult process of finding the essential resources to help my brother get the support he desperately needed to live independently. After getting my brother's intellectual disabilities properly diagnosed we were able to get him financial support enabling us to move him into his own apartment for the first time in 56 years of living with our elderly mother."

"I just want you to know how you changed our lives for the better. I am now eligible for a program to get the help that I need. We had no idea any of this existed before you helped us out with everything."



Parish Senior Social Day Ministries serve our older adult communities and connect them with their local parish. They further promote healthy living, independence and fellowship. Our parish based senior ministries offer many free activities including; daily continental breakfast and a nutritious lunch, exercise programs, themed celebrations, socialization, spiritual enrichment, intergenerational activities and educational sessions promoting helpful health tip information. Seniors are vital members of each parish community. Feelings of loneliness and isolation can affect both the physical and mental well-being of older adults. Those who continue to stay active decrease the risk of these adverse conditions. Parish Senior Social Day Ministries allow members to remain independent, stay healthy and engage with others socially. The results are life changing and it enables them to live LIFE TO THE FULLEST.



SENIOR SOCIAL DAY CENTERS

The Renaissance Center Senior Ministry

St. Andrew the Apostle, Gibbsboro

St. Peter Senior Ministry Center

St. Peter Church, Merchantville

Prime Timers

Church of the Incarnation, Mantua

Golden Slippers Senior Ministry

St. Simon Stock, Berlin

“I didn’t think I was going to like it but decided to give it a try. I am glad I did, I love it! I enjoy the activities and meeting people that I would normally just say hello to at Mass. They are fun and kind people and I am totally enjoying myself.”

“I am so glad I joined this group because it was a springboard to get me back to the church and involved with many activities the parish has to offer.”

Senior Health & Well-Being Membership Program

Enhance your lifestyle and stay informed with enrollment in VITALity’s “Life to the Fullest” health and well-being membership program. This program is free and available to all South Jersey residents age 65 and over. As a member, you will receive our quarterly newsletter with upcoming diocesan events, health topics and information about VITALity programs. This program also enables you to request free information about health topics, spiritual enrichment and healthy lifestyle news.



BUILDING HEALTH AWARENESS

VITALity Presentations	60
Lives Encountered	7,000
Life to the Fullest Enrollment	1,700

Our Journey of Hope Cancer Care Ministry

There is a significant need in our community to care for people and their families affected by cancer. Today, almost everyone knows someone who has been touched by cancer. To provide support and encouragement is critical to one's health, well-being and recovery. To help those affected by cancer, VITALity Catholic Healthcare Services teamed up with Cancer Treatment Centers of America to train volunteers to lead these ministries. This training equipped ministry leaders with the knowledge to form a parish based cancer ministry to support their parishioners and community members. Today we have 8 active parishes providing practical help, support and hope to the community.



Mercy Teams

In order to remain healthy and independent VITALity supports and trains compassionate and caring parish volunteers who wish to give their time to provide in home help services to support the elderly and those recovering from a medical condition. This compassionate outreach ministry helps a person with services such as preparing a meal, providing a ride or practical help in their home. The services provided are "home-help services," not "home-health services." Commercial home-help services may not be available due to financial or insurance limitations. This act of mercy by the volunteers makes a difference in allowing the person to remain safe, independent and in the comfort of their own home. Today we have 11 parish Mercy Teams throughout the diocese.



VITALity Provides Healing and Compassionate Care

Hospital Chaplaincy Ministry

Compassionate care, a healing presence and the sacraments are provided by the pastoral care team who bring Christ's presence to those in need at 18 hospitals and healthcare facilities. The pastoral care team consists of a priest chaplain, along with a deacon, a woman religious and/or a lay minister. Their ministry includes administering or arranging for the administration of the Sacrament of the Sick and Sacrament of Penance, conducting pastoral care visits, and offering Holy Communion, prayers and spiritual resources. The pastoral care team has been instrumental in connecting the patients with the other health-related services offered through VITALity. The Chaplaincy team also assists the local parishes and pastors



by updating them of parishioners who are hospitalized or are released from the hospital, so that the parishes can provide continued care and support.

ANNUAL SPIRITUAL REPORT

Pastoral care visits with patients.....	128,863
Visits with staff and families.....	14,276
Holy Communion.....	68,625
Sacrament of the Sick.....	4,563
Pastoral care hours by chaplains.....	25,116
Hospitals/facilities	18
Chaplains and associates	18
Extraordinary Ministers of Communion.....	235



"I have been blessed to be given the opportunity to bring the Holy Eucharist to the Catholic patients, their visitors and the staff who wish to receive. I meet people where they are in their hospital stay and sometimes in their faith journeys. . . Sometimes a patient

wants to pray and sometimes I just sit with them and share conversation. Experiencing these grace-filled days as the 'hands and feet of Jesus' is both humbling and rewarding."

"What a blessed ministry you afford your Catholic patients. Receiving Jesus each day was the highlight of my hospital stay and I would be remiss if I did not write to thank the volunteers who made this possible."

VITALity Provides Comfort and Recovery

Stephen Ministry



In times of trial, most people find that there is a need to share that difficulty with someone. And there are so many needs found in the parishes and communities that it would be impossible for priests and deacons to meet every single need of every single person. Stephen Ministry fills that gap by assisting the clergy in their pastoral and spiritual care by ministering to those who need to share their burdens: whether it is a divorce, grief, terminal illness, loss of job, hospitalization, loneliness, being a caregiver to a loved one or any other stresses and challenges.

Stephen Ministry is a lay ministry based on the idea that all Christians are called to and gifted to minister to others and they offer compassionate and caring listening by ministering to people throughout the crisis they face. Stephen Ministers are trained and organized to help provide one-on-one confidential Christian care to members of our parishes and our communities. Stephen Ministers are each assigned a care receiver and they meet weekly for about an hour, as long as the care receiver needs it. Stephen Ministry is indeed a gift to our parishes and is supported through the work of VITALity at parishes throughout the Diocese.

STEPHEN MINISTRY AT A GLANCE

Stephen Ministry Parishes	16
Trained Stephen Leaders	36
Trained Stephen Ministers.....	295
Care Receivers.....	250 +

"I really had little hope that anything or anyone could help me. I was so broken, beyond repair. My caregiver from Stephen Ministry saved my life and helped me to feel, with God by my side, I could survive this. Because of her, I am beginning my road back to God. She has been here to give me unconditional love and support and so much encouragement."

"Being Stephen Ministers has opened our hearts and transformed our lives as well as those we care for. My husband and I have been Caregivers for five years. In giving of ourselves, we are blessed in ways we did not foresee. Our marriage, family life and relationships have all been enriched. Jesus uses us to share his love, peace and compassion. We are following his footprints in the sand as he carries those in pain."

VITALity Provides Advocacy and Inclusion



VITALity's Ministry With the Deaf and Persons With Disabilities assists those with communication, developmental, behavioral, and other physical limitations by ensuring their well-being through advocacy and actions of concrete steps to safeguard their full integration and participation in the life of the Church. Through adapted and accommodative programs of catechesis and sacramental preparation, along with the support and promotion of the expansion of Masses of Inclusion throughout the diocese, we



Ministry With the Deaf and Persons With Disabilities

work to ensure that persons with disabilities increasingly experience a sense of belonging and welcome in the parish, diocese, and Church at large.

We facilitate opportunities for social engagement and gathering that can lighten the burden of dependency and allow the person to emerge and grow as a social being, renewing the joy and happiness that human fellowship brings.

VITALity nurses and social workers partner with families of children with disabilities to assist them through the transitions of care as they age out of the educational system. By providing the necessary assistance to connect with resources as they emerge into the vocational and societal realms of their lives, they can gain more independence in living yet with the appropriate support and financial services they are entitled to from the state and other sources.



VITALity Provides Health of Mind, Body and Spirit

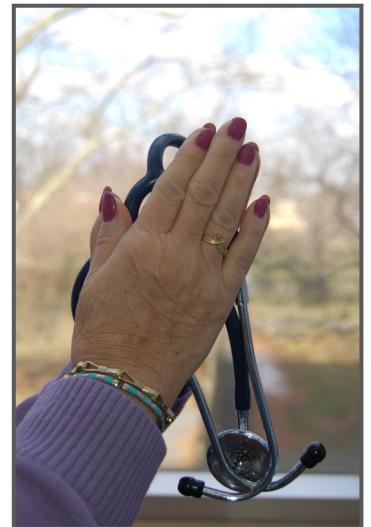
Parish Nurse Ministry

The Parish Nurse ministry continues to have a healing presence throughout the Diocese of Camden. With Parish Nurse Ministries in more than half of our local parishes throughout the diocese, we have been able to touch over 15,000 lives this past year helping to enhance and promote the health of individuals in our local parishes and throughout the community.

Parish nurses along with other healthcare ministry volunteers continue to answer the call to help heal the mind, body and spirit of those in need. Utilizing their unique healthcare backgrounds, they offer support, education and advocacy to their individual parishes as well as their local communities through monthly health screenings, health fairs and educational and informational presentations.

Utilizing local community members as well as diocesan resources, the parish nurse ministries have sponsored programs such as “Opioid Prevention and Awareness”, “Alzheimer’s Awareness”, “The Dangers of Vaping” and the ever popular “Having the Talk”.

In addition to health education and prevention programs, parish nurses offer select exercise programs. Our most popular exercise program is “A Matter of Balance” which is an educational exercise program aimed at helping elderly better manage their balance and increase their activity level. These programs along with many others help to build individuals health awareness enabling them to be more attune to their unique healthcare needs and empower them to take steps towards better control of their own wellbeing.

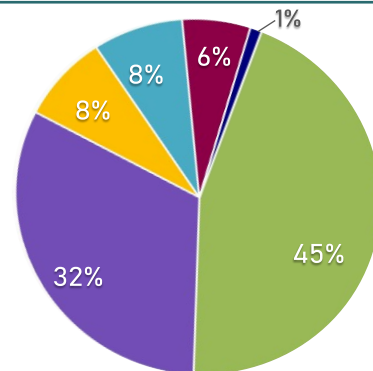


VITALity continues to support Parish Nurse Ministries with grant funding to assist the parish in covering expenses related to the ministry. In addition, VITALity offers the Foundations of Faith Community Nursing educational program (*the only one offered in the state of New Jersey*) to allow nurses to receive advanced credentials in parish nursing. And to attend to the spiritual needs of these dedicated nurses, VITALity hosted its Annual Day of Retreat and Reflection at The Discovery House in Hammonton.

VITALity Financial Stewardship

Stewardship of the financial resources we are privileged to receive is of high priority within our ministry. Realizing the cost of services and the amount of human capital that goes into these services, VITALity develops programs that both meet the needs of those we serve in South Jersey and stay within the cost limits established through our appropriations from the Diocese of Camden Healthcare Foundation, Inc. and the House of Charity-Bishop's Annual Appeal.

Below is a graphic representation of how these funds are distributed within our various ministries for the current fiscal year:



VITALITY ANNUAL BUDGET FUNDING SOURCES

House of Charity/Bishop's Annual Appeal	\$916,105
Diocese of Camden Healthcare Foundation.....	\$1,347,856
Grant Subsidy through Diocesan Housing Services.....	\$120,003
Total VITALity Annual Funding	\$2,383,964

■ Care Coordination / Help Line	45%
■ Hospital Chaplaincy	32%
■ Parish Nursing	8%
■ Parish Senior Day Centers	8%
■ Ministry With Deaf/Disabilities.....	6%
■ Stephen Ministry	1%
Total	100%

If you would like to be part of this valuable effort, your contribution would be greatly appreciated. Your online donation through our website or check payable to: "VITALity Catholic Healthcare Services/Diocese of Camden" will enable us to continue our work and touch the lives of even more people here in South Jersey that find hope and comfort from the charitable works of VITALity/Diocese of Camden. (Mail to: 631 Market Street, Camden, New Jersey 08102.) Thank you for your support.

MISSION STATEMENT

We serve to enhance the quality and promote the dignity of life for the elderly, persons with disabilities and their families throughout the Diocese of Camden through programs and services that address the health and well-being of body, mind and spirit. Rooted in our Catholic values, we deliver these services freely and compassionately as the Gospel directs us, and we will care for and assist all people in need, regardless of their religious affiliation.

WE WHO SERVE . . .

Deacon Jerry J. Jablonowski, MS, PT
Executive Director
VITALity Catholic Healthcare Services

Reverend Sanjai Devis, VC
Director
Hospital Chaplaincy and Stephen Ministry

Mimi Schaible, RN, MSN, MBA
Director, Care Coordination and Consultation

Nicole Keefer, RN
Director, Parish Nursing

Reverend Hugh J. Bradley
Director
Ministry With the Deaf and Persons With Disabilities

Anne Marie Pirillo
Manager, Parish Based Senior Programs

Karen Fisher, MS
Executive Assistant

Natasha Sauls
Call Center Coordinator

Sister Mary Rose Mroz, SCC, MA
Administrative Support/Call Center Operator

Betsy Roberts, MSW
Care Coordinator

Rita Lyman-Sicilia, RN
Care Coordinator

Rosemary Love, RN
Care Coordinator

Christine Vattimo, RN
Care Coordinator

Patricia Williams, RN
Care Coordinator

Maureen E. Mahon, RN
Wellness Nurse/Senior Housing Services

Chaplains
Reverend Naveen Borlakunta, VC
Reverend Monsignor Dominic J. Bottino
Reverend Cosme R. de la Pena
Reverend Glenn R. Hartman
Reverend Jerold C. Mariastanislaus
Reverend Robert B. Matysik
Reverend Wilson Kidangan Paulose
Reverend John Perdue, MSSC

Associate Chaplains
Deacon Mike Bortnowski
Honora Marie Burke
Sister Margaret M. Conboy, SSJ
Nancy Beth DiSeveria
Sister M. Mieczyslawa Koczera, LSIC
Sister Christina Ma, MSBT
Anthony Poekert
Deacon Arnaldo Santos
William J. Wisely

Resource and Referral Call Center: 1-888-26VITALity/1-888-268-4825 vitality.camdendiocese.org