

LIFE TO THE FULLEST

HEALTH & WELL-BEING MEMBERSHIP PROGRAM

SEPT/OCT 2021 NEWSLETTER

The grass withers, the flower fades, but the word of our God will stand forever.

Isaiah 40:8

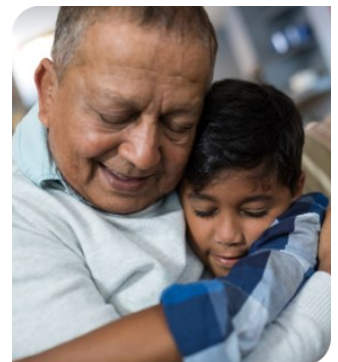
THERE IS A JOB TO DO

Most of us when we reach our senior years look forward to enjoying our time and resting in the knowledge that we have done our part and now it is time for the next generation to take over and lead the way. We often think we have finished the race, as St. Paul said, but as it turns out we still have a job to do.



Pope Francis, in his message for the First World Day for Grandparents and the Elderly stated that the elderly have a new vocation – “to preserve our roots, to pass on the faith to the young, and to care for the little ones”. He said, “. . .there is no retirement age from the work of proclaiming the Gospel. . .”

As this past year has unfolded as one of great turmoil, so many young people are searching for answers and hope and it is here that seniors are needed the most. To remind them that in God’s loving arms, there is real help with today’s challenges. God is with us always, listening, protecting and loving us. We must show them the way and lead them home, back to the Church and the sacraments into a life that reflects our Catholic faith. So while we will enjoy a slower pace in our senior years, we really can’t stop in our vocation to pass on the fullness of the faith to the next generation.



UPCOMING EVENTS

SEPTEMBER—ALL DIOCESAN SENIOR CENTERS ARE NOW OPEN!

As of September 7th, all diocesan senior centers will be opened for their members and those who wish to join. See below for hours and locations.

The Renaissance Center—St. Andrew the Apostle Parish, Gibbsboro,

Tues. & Thurs. 9:30am—1pm

Golden Slippers—St. Simon Stock Parish, Berlin, Tues. & Thurs. 9:30am—11:30am

Prime Timers—Incarnation Parish, Mantua, Tues. & Thurs. 9am—1pm



SEPTEMBER 12: NATIONAL GRANDPARENTS DAY

In the words of Pope Francis, grandparents and the elderly “are needed in order to help build, in fraternity and social friendship, the world of tomorrow...”

SEPTEMBER 29: DIOCESAN BLUE MASS, 10:30 AM - 11:30 AM

Please pray and give thanks for the sacrifices made by the brave men and women who serve in law enforcement and as first responders. If able, join in the celebration at:
Our Lady of Hope Parish, St. Agnes Church, 701 Little Gloucester Rd., Blackwood, NJ

OCTOBER 31: DIOCESAN WHITE MASS, 2:00 PM

Let us pray in thanksgiving for our dedicated healthcare professionals who work to keep us in or return us to good health. If able, join in the celebration at:
Our Lady of Peace Parish, St. Mary's Church, 32 Carroll Ave., Williamstown, NJ



Fall Word Scramble

vasrhet	_____	oranc	_____
tunaum	_____	lafl	_____
pepal	_____	kaer	_____
flae	_____	yurtek	_____
minkupp	_____	dayreih	_____

MEDICARE OPEN ENROLLMENT: OCT 15 - DEC. 7, 2021

Here are 4 things you need to know to better manage your Medicare:

1. Check your coverage plan and decide if it is still right for you.
2. Be sure all your medications will be covered next year and at what cost.
3. If you are in a Medicare Advantage Plan make sure your doctors still belong to the network.
4. Check to see if your plan added coverage for such things as dental, vision, hearing and even meal delivery. If not you might want to shop around for one that does.



If you need help with finding the right Medicare plan for you call the VITALity Help



*I told my physical therapist I broke my arm in two places.
He told me to stop going to those places.*

It's Time to Check Your Health



In these times of the COVID Pandemic, it is hard to think about anything else related to our health. And although the COVID vaccine and booster are of the utmost importance to stay healthy, they are not the only vaccines we need.

As we get older, our immune systems tend to weaken, putting us at a higher risk for certain

diseases. The Center for Disease Control (CDC) recommends that all adults over the age of 50 get the **SHINGLES**, **PNEUMONIA** and yearly **FLU VACCINES**.

At the time of printing, the CDC recommends a **COVID VACCINE BOOSTER SHOT** only for those who have compromised immunity and have already been fully vaccinated.

As always, talk with your doctor or other healthcare professional to find out which vaccines are recommended for you at your next medical appointment.

Source: CDC.gov/vaccines

Care Coordination Ministry

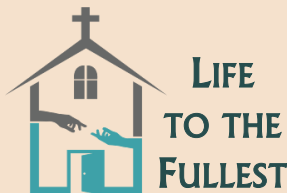
Care Coordinators provide information and health resources to Seniors and Persons with Disabilities. They assist in navigating the often complex and confusing maze of healthcare options and support services available to maintain a safe home environment or they can help to develop plans for transition to a more supportive setting. To reach a Care Coordinator, call our Help Line:

**1-888-26VITALity
(1-888-268-4825)**

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SENIOR HEALTH & WELL-BEING MEMBERSHIP



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****Please contact us with your email address if you would prefer to have our newsletter emailed to you.**

VITALity Catholic Healthcare Services, a ministry of the Diocese of Camden, wants to help you live abundantly.

Through the “Life to the Fullest” membership program we continue to provide you with health and well-being tips and inform you of exciting new programs and events. This bi-monthly newsletter allows us to announce new programs, for the distribution of important health, spiritual and lifestyle information, keeping our members connected and engaged with local parishes, communities and our diocese. Membership is available for adults 65 and over living in the South Jersey area. Not a member? To sign up or request information on a variety of health concerns, please call, email or submit a request through our website. Vitality.camdendiocese.org