

LIFE TO THE FULLEST

HEALTH & WELL-BEING MEMBERSHIP PROGRAM



NOV/DEC 2021 NEWSLETTER

*Rejoice always, pray continually, give thanks in all circumstances;
for this is God's will for you in Christ Jesus.. 1 Thessalonians 5: 16-18*

Giving Thanks for the Little Things

During the holiday season, it is customary to give thanks for the good things in our lives. But sometimes it is hard to think of a reason to be grateful. Maybe life is more difficult, we can't do the things we used to with the energy and enthusiasm we used to have. We don't feel well. Our friends and families may no longer be close by and we don't get to see them as often as we would like. Perhaps we have experienced a loss over the past year of a loved one, a spouse, or even a pet that leaves us feeling lost and alone. Life seems harder and we may not feel the joy we used to in each new day. If we only look for grandiose gestures for which to be grateful, we can be missing out on countless opportunities. Sometimes it is the little things or the simple things that often bring the most joy. Taking a moment to relive a favorite memory can bring on a flood of warm and loving feelings. Hearing a song from your childhood can make you feel young again, something that can *always* make us feel grateful. And realizing that a prayer has been answered can be a most humbling and exuberating experience. These are all little things but things that can make us feel grateful and loved.

So as the holidays approach and take over life for the next few weeks, know that you are loved and take stock of the little things that can make you smile and warm your heart.

Christmas Trivia

1. How many gifts are given in total in the “Twelve Days of Christmas” song?
2. Three of Santa’s reindeer’s names begin with the letter “D”, what are they?
3. What was the name of George Bailey’s guardian angel in “It’s a Wonderful Life?”
4. What was the first company to use Santa Claus in advertising?
5. How many ghosts came to see Scrooge on Christmas Eve?



TAKING CARE OF THE CAREGIVERS

Taking care of yourself while being the primary caregiver to a loved one can be a challenge. It has long been known that caregivers tend to neglect their own health when involved with the daily routines of caring for someone they love.

However, if the goal is to continue to care for the one you love for as long as possible, that will not happen if your health deteriorates to the point that you need help yourself. Gathering a support team is a good way to find some guilt-free time to take care of yourself. Family, friends, parish ministries and even community services can be of great help when you reach out to them. Some parishes have Mercy Teams or Compassionate Care ministries which are designed to provide help in the home for those who are going through a health crisis or life challenge. Services such as light housekeeping, running errands, shopping and companionship or supervision are just a few examples of the help available. Seek to invite others to participate in the care of your loved one.

Meeting the challenge of finding respite time to care for yourself may be hard but it is well worth the time and effort.

A Prayer of Thanks for the Holidays

Heavenly Father, Thank you for all the graces and blessings you have bestowed upon us, both spiritual and temporal: Our faith and religious heritage, Our food and shelter, Our health, and the love we have for one another, our family and friends. Grant us continued graces and blessing throughout the coming year. We ask this in the name of Jesus, Your Son and our Brother. Amen



SENIOR CENTER NEWS

ALL DIOCESAN SENIOR CENTERS ARE NOW OPEN!

The Golden Slippers Seniors at St. Simon Stock Parish hosted a health presentation by VITALity's Mimi Schaible, Director Of Care Coordination, on "Aging Eyes". If you would like information on Aging Eyes or a health presentation for your senior group, contact our Help Line at 888-268-4825.

*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*



When you're 20 and you drop something, you pick it up. When you're 80 and you drop something, you decide you don't need it anymore.

What's every parent's favorite Christmas Carol? Silent Night.



UPCOMING EVENTS

NOVEMBER 11: VETERANS DAY

If you are a Veteran, thank you; if not, pray for our veterans.



NOVEMBER 13: MANUP MEN'S SPIRITUALITY CONFERENCE 9:00 AM-3:00 PM

ManUp South Jersey supports and encourages men to experience and witness to a Christ-centered life. See ManUpSouthJersey.com for additional information. (Paul VI High School, Haddonfield)

NOVEMBER 28: ADVENT BEGINS

Advent is a preparation to celebrate Christ born for and in us. How will you prepare?

DECEMBER 4: DAY OF RETREAT HONORING SAINT JOSEPH

Christ the King Parish, Haddonfield, NJ, for information call 856-583-2904

DECEMBER 25: CHRISTMAS DAY

Check your Parish bulletin or website for local Mass Schedule. Traveling? See masstimes.org

Trivia Answers: 1.) 364; 2.) Dancer, Donner, Dasher; 3.) Clarence Odbody; 4.) Coca-Cola; 5.) Four

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

*If you need assistance
finding the right Medicare
plan for you call the
VITALity Help Line and
our Care Coordinators can
assist you.*

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



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SENIOR HEALTH & WELL-BEING MEMBERSHIP



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

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