



# LIFE TO THE FULLEST

## HEALTH & WELL-BEING MEMBERSHIP PROGRAM

JAN/FEB 2022 NEWSLETTER

**Give thanks to the Lord for He is good: His love endures forever.**  
Psalm 107:1

The month of February is all about the heart. It is National Heart Awareness Month and we celebrate Valentine's Day on the 14th. Although it may seem that the only connection these two events have is their heart shaped symbol, recent studies have shown that love is good for the heart.

Research has found that people in relationships are more likely to survive and have better recoveries from heart surgery. They are less likely to end up in an intensive care unit while in the hospital and they have shorter hospital stays. "It's not just romantic love that can improve your heart health. Having close, loving relationships with your friends and family can have positive health benefits. Researchers have investigated the role of having the support of loved ones after cardiac bypass surgery and found over time, patients who had good social support had a better recovery and survival rate."<sup>1</sup>

There are even heart-healthy benefits to spending time with your four-legged friends.

"Surrounding yourself with people who love you — no matter the relationship — can also make you more inclined to follow medical advice and take an active part in your care."<sup>1</sup>

The reality is that love makes us feel good and when you feel good it can have a positive effect on your heart health.

So enjoy all the benefits of being in love and loving your friends, family or pets and have a Happy Valentine's Day!



*The information for this article was taken from the Scripps.org<sup>1</sup> and LuminisHealth.org websites*

## SENIOR CENTER NEWS

THE DIOCESAN SENIOR CENTERS ARE OPEN AND WELCOMING NEW MEMBERS! DON'T SIT HOME ALONE, COME JOIN THE FUN!

**The Renaissance Center**—St. Andrew the Apostle Parish, Gibbsboro  
*Tues. & Thurs. 9:30am—1pm*

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

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



### UPCOMING DATES OF INTEREST:

**JANUARY 6: THE FEAST OF THE EPIPHANY**, *Let us pray in thanksgiving for the visit of the Magi and the Birth of our King*

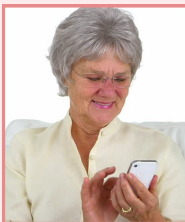
**JANUARY 9: PRESCRIPTION DRUG RETURN EVENT**, *Bring any prescription drugs you would like to dispose of to St. Isadore Church, 1665 Magnolia Road, Vineland 10-3pm*

**JANUARY 21: NATIONAL MARCH FOR LIFE IN WASHINGTON, D.C.**, *Let us pray for the unborn and an end to abortion throughout the world*

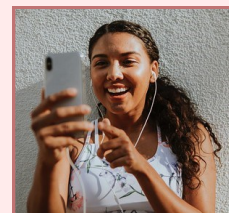
**FEBRUARY 11: WORLD DAY OF THE SICK**, *Let us pray for all those who are suffering and in pain that they will find comfort and healing in God's mercy*

**FEBRUARY 14: VALENTINE'S DAY**, *Give thanks for those you love and those who love you*

### **Avoid Loneliness and Isolation through the Winter Months**



Now that the winter months are here, it is easy to feel lonely and isolated. To help avoid these feelings, a few new websites have been developed specifically for older adults that connect them with younger people via video calls. A user can be matched up with someone who has the same interests or someone who has completely different hobbies, to learn about something new. The sites encourage friendships that are intergenerational and they help seniors avoid feeling isolated. Check them out: [BigAndMini.org](http://BigAndMini.org), [Eldera.ai](http://Eldera.ai), [DorotUSA.org](http://DorotUSA.org)



## **Remember When. . .**

You used a rotary phone?

You made coffee in a percolator?

You called a number to get the correct time?

You collected S&H Green Stamps for purchasing household items?

You used reference materials such as the encyclopedia, atlas and dictionary?

## **JANUARY IS GLAUCOMA AWARENESS MONTH**

More than 3 million people in the United States unknowingly live with glaucoma. Knowing what glaucoma is, who is at risk for it and how to prevent it makes you more prepared to deal with it.

Glaucoma is a group of eye diseases that cause permanent vision loss as a result of damage to the optic nerve. Increased pressure on the optic nerve prevents messages from being carried to the brain correctly which results in permanent damage to the optic nerve and vision loss. Unfortunately, there is no cure at this time.

Some people are at a higher risk for developing glaucoma than others. Risk factors include: family history, age higher than 60, chronic conditions like diabetes or being of African, Asian and Hispanic descent.

Prevention is key! The best line of defense is to get an annual dilated eye exam with an ophthalmologist. Using prescribed eye drops as directed, regular exercise and wearing eye protection to avoid injuries are also ways to help prevent glaucoma.

Now that it is a new year, call and schedule your eye appointment. If you need help locating an eye doctor or have questions regarding eye health, call the VITALity Help Line at 888-268-4825 and we would be happy to connect you to one of our Care Coordinators for assistance.

By Nicole Keefer, RN, Dir. of Parish Nursing



## **PRAYER FOR GOOD HEALTH FOR SENIORS**

God grant me the Senility to forget the people I never liked anyway,  
the good fortune to run into the ones I do, and the eyesight to tell  
the difference.



## Don't Forget to Get your Booster Shot!

The CDC recommends anyone over the age of 18 to get a COVID-19 vaccine booster shot.



The vaccine and the booster are still the most effective way to stay protected from contracting COVID-19 or the Delta and Omicron variants. According to the CDC, you may choose whichever COVID-19 vaccine you would like as a booster shot.

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## SENIOR HEALTH & WELL-BEING MEMBERSHIP



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

Helpline:  
1-888-26-VITALity (888-268-4825)  
[Vitality.CamdenDiocese.org](http://Vitality.CamdenDiocese.org)

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 throughout the diocese. Our goal is to keep seniors engaged and connected to local parishes and communities while also providing spiritual and lifestyle information. 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](http://Vitality.CamdenDiocese.org)



*Scan me*