



LIFE TO THE FULLEST

HEALTH & WELL-BEING MEMBERSHIP PROGRAM

And this is love: that we walk in obedience to his commands. As you have heard from the beginning, his command is that you walk in love. 2 John 1:6

We are excited to announce the return of our ***“Following the Way of St. James on the Road of Life”*** Pilgrimage Walk after having to cancel for the past two years due to the COVID pandemic. We invite all seniors, their children, grandchildren, families and friends to join

us on Saturday, April 30th from 9 – 1:30 pm, for a day of spiritual and physical exercise. The day will include morning prayer, the pilgrimage walk on the boardwalk in Ventnor, Mass, lunch, a free T-shirt and much more!

As spring approaches it's a good time to consider a walking routine. Walking is a great way to improve or maintain your overall health. Invite others to walk with you and turn exercise into an enjoyable time spent with others. While walking is easy and suitable for most people, it is best to check with your medical provider before starting any new fitness routines.

The Way of St. James, or the Camino de Santiago as it is also known, is a pilgrimage walk consisting of many hundreds of miles, from a chosen starting point, usually in Spain and ending at the Shrine of St. James in the cathedral of Santiago de Compostela in Spain, where it is said the remains of the saint are buried. Those who have participated in the Camino de Santiago describe it as a deeply spiritual experience filled with prayer, reflection and peace. Our walk on the boardwalk in Ventnor, modeled on the Camino de Santiago, will be filled with opportunities to pray, enjoy the outdoors and join together in fellowship. We hope you will join us for this very special free event. To RSVP call Karen Fisher at 856-583-6121 or email to vitality-events@camdendiocese.org.



SENIOR CENTER NEWS

Our Diocesan Senior Centers participated in a service project to thank and express gratitude to the healthcare workers of the



South Jersey hospitals by creating cards of appreciation and thanks. Our Chaplains and Associate Chaplains then distributed the cards to the hospital staff in honor of World Day of the Sick. Job Well Done!

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

EASTER Puzzle

Rearrange all six letters in the word **EASTER** to come up with four anagrams. Then try to make as many three, four or five letter words as possible.



Answers: eaters, reseat, seater, teaser

FREE TAX HELP FOR SENIORS

The IRS provides free tax preparation assistance for seniors through its Tax Counseling for the Elderly (TCE) program and its Volunteer Income Tax Assistance program. The volunteers of these programs are IRS trained to assist individuals age 60 and over with their tax returns. For more information and to find a location near you, go to [IRS.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers](https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers) or call 800-906-9887.



AARP also has a tax program for seniors. All volunteers are trained and certified by the IRS. To find a location near you go to the website at: [TaxAide.AARPfoundation.org](https://www.TaxAide.AARPfoundation.org) or call 1-888-227-7669.

You can also check your local library, community center or county and municipal offices for resources and locations.

A PRAYER FOR LENTEN GRACE

Loving God,

During the sacred season of Lent, bring me closer to you.

Prepare a place in my home and heart for silence and solitude, so that I may rediscover the grace of a prayerful life.

Enlarge my heart so that I give to those in need and in so doing, rediscover the grace of gratitude and generosity.

Help me to fast from those things that threaten the well-being of body and soul. Remind me of the grace of simplicity.

May this season be a grace filled time to rekindle my love for and faith in you.

Amen.



5 HEALTH BENEFITS TO SPRING CLEANING

1. Keeps you physically active
2. Helps you sleep better
3. Reduces the chance of injury
4. Protects your immune system
5. Reduces stress and depression

HAPPY ST. PATRICK'S DAY!

What does it mean when you find a four leaf clover? You have too much time on your hands.

Did you know there are about 10,000 normal three-leaf clovers for every "lucky" four-leaf one.

The original color linked to St. Patrick's Day was blue.



UPCOMING DATES OF INTEREST

March 2: *Ash Wednesday, the First Day of Lent*

March 8: *Elder Care Attorney, Marie Maney will speak at St. Andrew the Apostle's Senior Ministry on the topic of "How to not run out of Money"*

April 3: *iRace for Vocations, 1 pm Mass, 3 pm Race/Walk begins at Cooper River Park, Pennsauken*

April 17: *Easter Sunday*

April 30: *The Way of St. James Pilgrimage Walk, 9 am—1:30 pm In Ventnor, NJ*

Join in the fun at VITALity's Senior Proms coming in May! Look for more information soon.

VITALity offers a variety of health presentations for senior groups. If your parish or senior community center would like to learn more about these free presentations please ask your ministry coordinator or community center director to contact Karen Fisher at (856)583-6121 to schedule an in-person health presentation.

VITALity Catholic Healthcare Services
Diocese of Camden
631 Market Street
Camden, NJ 08102

NON PROFIT ORG
US POSTAGE
PAID
PERMIT 42
BELLMAWR, NJ



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 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



*Scan to join or
request health topics*

VITALity
Catholic Healthcare Services
Senior Ministry

631 Market Street
Camden, NJ 08102
Attn: Karen Fisher
856-583-6121
Karen.Fisher@CamdenDiocese.org

*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