

MAY/JUNE 2022 NEWSLETTER

Senior Party and Rejoice in Our Ministry



**LIFE
TO THE
FULLEST**
HEALTH & WELL-BEING
MEMBERSHIP PROGRAM

*Those who seek the Lord
will offer praise. May your
hearts enjoy life forever!"*

Psalm 22:27

VITALity is throwing a Senior Prom for its members of parish senior ministries. Come Party and Rejoice in Our Ministry! If you attend a senior group, club or ministry within the Diocese of Camden, put your dancin' shoes on and come join us for an afternoon of trips down Memory Lane, music from the 50's, 60's and 70's, great food, prizes and much more!

We are hosting two PROMS so that we can reach out to as many senior groups as possible throughout the diocese. Our first date is Thursday, May 12th at St. Gianna Beretta Molla Parish Hall, 1421 New Road, Northfield, NJ, from noon to 4:00 pm. Our second date is Thursday, May 19th at the Kernan Center, Incarnation Parish, 240 Main Street, Mantua, NJ, from noon to 4:00 pm. The cost is \$10 per person, RSVP to Karen Fisher, 856-583-6121 or VITALity-events@camdendiocese.org. Make checks payable to VITALity Catholic Healthcare Services, 631 Market Street, Camden, NJ 08102.

Dress like it's Senior Prom Night all over again or come as you are, however you are more comfortable. Come as a couple, with a group or come alone and meet some great people like yourself. It's time to celebrate aging and Living Life to the Fullest. By living joyfully we show the generations who follow us that by our gathering and celebrating together, we enrich our spirits and the spirits of those around us.

Age is no barrier to living a happy life. And as seniors we live out our ministry when we care for those among us who may be struggling with loneliness and isolation. By gathering together, we can lift each other up and enjoy a life full of happiness and good times with those we love.

SENIOR CENTER NEWS

Many local parishes throughout the Diocese of Camden have senior ministries or senior groups that meet periodically throughout the year. Contact your local parish to see if there is one you can attend.



JUNE is
MEN'S HEALTH MONTH



It's important as a senior man to brush up on your health facts, listen to your body and be sure to get regular checkups. Not only will you live longer, you'll have a better quality of life.

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

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

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



Upcoming dates of interest

May 8 Mother's Day Pray for and honor Mothers everywhere.

May 12 Senior Prom Noon-4 PM

St. Gianna Beretta Molla Parish Hall

1421 New Road, Northfield

RSVP VITALity-Events@camdendiocese.org or 856-583-6121

Cost \$10 per person

May 19 Senior Prom Noon-4 PM

Kernan Center at Incarnation Parish

240 Main Street, Mantua

RSVP VITALity-Events@camdendiocese.org or 856-583-6121

Cost \$10 per person

May 29 The Feast of the Assumption will be observed

June 14 Flag Day "When we honor our flag, we honor what we stand for as a Nation -- freedom, equality, justice, and hope."
Ronald Reagan.

June 19 Father's Day— Pray for and honor Fathers everywhere.

1. How many days are there in 4 years?

2. If you wrote all the numbers from 300 to 400 on a piece of paper, how many times would you write the digit 3?

3. What number do you get when you multiply all the numbers on the telephone keypad?



1. 1461 (4 x 365) + 1 leap year.
2. 120 times 3. Zero, (any number times "0," is "0".)

May is dedicated to Mary our Mother

Look to the star, call upon Mary in danger, in difficulty, in doubt, Think of Mary, call upon Mary, keep her name on your lips, never let it pass out of your heart.

Following in her footsteps, you will not go astray. Praying to her you will not fall into despair. Thinking of her you will not err. While she keeps hold of your hand, you will not fall... you will not grow weary... you will have no fear... Enjoying her protection, you will reach the goal.

St. Bernard



Prayer for Fathers

Loving God, Heavenly Father, you entrusted your Son Jesus, the child of Mary, to the care of Joseph, an earthly father.

Bless all fathers as they care for their families. Give them strength and wisdom, tenderness and patience; support them in the work they have to do, protecting those who look to them, as we look to you for love and salvation, through Jesus Christ our rock and defender. Amen.

- Author Unknown

May is National Osteoporosis Month

Osteoporosis, is a condition of the bones in which they are weakened and brittle causing bone fractures from even minor activity such as coughing or sneezing in severe cases. The most common areas for fractures are the hip, spine and wrist and although osteoporosis is not a terminal disease, it can decrease your quality of life due to lack of mobility which can then lead to depression and isolation. Some risk factors of osteoporosis are out of our control such as gender, age, family history and body size. Women are more likely to develop the disease than men, our bones become thinner and weaker as we age and if your parents had a history of fractures, you are at a higher risk. But there are things you can do to help your body stay stronger and prevent fractures. Exercise is an important part of a healthy lifestyle and exercise using weight bearing equipment can strength bones. A healthy diet including lots of fruits and veggies along with plenty of Vitamin D will go a long way to improve not only your bones but also your general health. And maintaining a healthy weight for your body size will help keep pressure off your hips and spine. In addition to lifestyle changes, there are also medications that your healthcare provider can prescribe to help with prevention and treatment of the disease.



If you would like more information about osteoporosis or any other health topic, contact our Help Line at 888-268-VITALity and we will be happy to send you some information.



SOUTH JERSEY CATHOLIC CEMETERIES

Your Choice † Your Privilege † Your Right

The South Jersey Catholic Cemeteries will be holding special Memorial Day Masses. Check their website for times and locations.

southjerseycatholiccemeteries.org

Life to the Fullest members are offered a 5% discount on services. A membership card must be presented at the time of purchase. Additional discounts may apply.

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

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SENIOR HEALTH & WELL-BEING MEMBERSHIP

**LIFE
TO THE
FULLEST**

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

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*