

JULY/AUG 2022



LIFE TO THE FULLEST

HEALTH & WELL-BEING MEMBERSHIP PROGRAM

"In old age they will still bear fruit:"
Psalm 92:15



World Day
for Grandparents
and the Elderly
2022

WORLD DAY FOR GRANDPARENTS AND THE ELDERLY

Pope Francis has declared July 24th as the second World Day for Grandparents and the Elderly. This is a Church-wide day of celebration for seniors and grandparents and was chosen

to be on the fourth Sunday of July to be close to the liturgical memorial of Saints Joachim and Anne, the grandparents of Jesus.

In his weekly addresses over the past few months, the pope has concentrated on the theme of old age. He talked about the celebration of aging, the gift of a long life, passing on the faith to our youth and the need for our culture and society to value the gifts and contributions of the elderly of our communities and the grandparents in our families.

In addition, the Holy Father entrusted a mission to the elderly and grandparents to be "creators of the revolution of tenderness" and to pray for peace in our world. He believes that seniors, through their life experiences, are able to look at the world through eyes of tenderness and wisdom, and that younger generations can learn much from them and their example.

This year the parishes in the Diocese of Camden will dedicate their liturgy on Sunday, July 24th, to the grandparents and elderly of their communities. All are invited to attend Masses in person to participate, celebrate and rejoice in the gift of being a grandparent or a senior member of the parish. We hope you will attend and enjoy a day which honors you and acknowledges your value in the Church and our communities.



SENIOR CENTER NEWS



There was lots of dancing , good music and fun at VITALity's first Senior Prom event held at Incarnation Parish on May 19th. King and Queen of the Prom, Dave Clark and Laney Harris got to dance with their spouses to Etta James' "At Last".



Photos by Dave Hernandez

UPCOMING DATES OF INTEREST

July 24th—World Day for Grandparents and the Elderly—On this day we honor our grandparents and the elderly of our parish communities in a special way to give our respect and thanks for their love, support and example of living life as a vital and engaged member of the church.

August 15th—The Blessing of the Sea—Bishop Sullivan will celebrate Mass for the Solemnity of the Assumption of the Blessed Virgin Mary at noon followed by a procession to the beach for the Blessing of the Sea.

NEW SENIOR CENTER OPENING

We are excited to announce that a new diocesan Senior Center will be opening this fall. The Young at Heart Senior Center, located at Christ the Redeemer Parish in Atco, had a pre-opening in June and will open officially in September. They will meet every Wednesday and Friday from 9:00 am to 1:00 pm and will serve a continental breakfast and lunch each day along with daily activities such as exercise, guest speakers, health presentations, games, crafts, socialization and more.

For more information email the center director, Kathy Benton at kathybenton2312@gmail.com

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



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Plenary Indulgence

On the occasion of the 2022 World Day for Grandparents and the Elderly, the Church grants plenary indulgence. This means that the faithful obtain remission of their sins' punishment or for the souls in purgatory.

You can obtain a plenary indulgence by doing one of the following acts on July 24th:

If you are elderly you can participate in Rome's or the dioceses' World Day events, or if limited by health concerns, watch on television, radio or online.

If you are not an elderly person, you can obtain the indulgence by performing an act of mercy by visiting or accompanying an elderly person on July 24th.

These acts must be accompanied by the usual conditions for indulgences: Reception of Communion, Confession, Praying for the Pope's intentions and rejecting all sin.

Stay Cool in the Summer Heat

Enjoying warmer weather and activities outside are some of the simple pleasures of the summer months. But sometimes weather can be extreme or we become distracted and don't realize the toll the heat of summer can take on us.

Hyperthermia is a general term for a group of illnesses all caused as the result of the body temperature being too hot.

Hyperthermia can cause:

- * **Heat edema** – swelling in your ankles and feet
- * **Heat cramps** – painful tightening of muscles in your stomach, arms or legs
- * **Heat syncope** – a sudden dizziness that can happen when you are active in hot weather
- * **Heat exhaustion** – thirst, dizziness, weakness or nausea warns that your body can no longer keep itself cool
- * **Heat Stroke** – includes any of the following: fainting, confusion, agitation, staggering, acting strangely, body temperature over 104 degrees, flushed skin, weak or rapid pulse, and not sweating even if it is hot. **Heat Stroke is a Medical Emergency; call 911** if you suspect heat stroke!

Some things you can do if you think you or someone you are with is experiencing symptoms of hyperthermia are:

- * Get the person out of the heat and into a shady, air-conditioned or cool place
- * If the person can swallow safely, offer fluids such as water, fruit and vegetable juices, but not alcohol or caffeine
- * Apply a cold, wet cloth to the wrists, neck, armpits and groin to help cool the blood
- * Encourage the individual to shower, sit in a tub of cool water or sponge off with cool water

You will be able to enjoy your favorite outdoor activities safely through the summer season if you follow some these common sense precautions:

- * Stay hydrated by drinking 6-8 cups of water daily.
- * Use sunscreen, hats and sunglasses to protect from sun.
- * Use air conditioning as it removes humidity.
- * Stay in touch especially if you'll be outside for long periods of time.

The ministries and services of VITALity are free and available to all residents of South Jersey. Our ministries include: Care Coordination, Parish Nursing, Stephen Ministry, Hospital Chaplaincy, the Ministry with the Deaf and Persons with Disabilities and Senior Ministries.

If you are in need of assistance with your healthcare or would like more information about our services, contact us at our Help Line or our website listed below.

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

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SENIOR HEALTH & WELL-BEING MEMBERSHIP

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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.



Helpline:
1-888-26-VITALity (888-268-4825)
Vitality.CamdenDiocese.org