

"Wisdom belongs to the aged, and understanding to the old," Job 12:12

# LIFE TO THE FULLEST

## HEALTH & WELL-BEING MEMBERSHIP PROGRAM

Sept/Oct 2022 Newsletter

We at VITALity are excited to bring back our special celebration of all those in the diocese over 90 years of age who have been blessed by many years. We want to recognize, honor and celebrate our Centenarians and Nonagenarians with a special Mass and reception. We invite all those throughout the Diocese of Camden, along with their caregivers, to attend.

# MASS FOR CENTENARIANS AND NONAGENARIANS



Sunday, September 11, 2022

Mass: 11:30 am

Reception to follow

Christ the Good Shepherd Parish

St. Isidore the Farmer Church

1655 Magnolia Road, Vineland, NJ



Our Celebrant will be Monsignor James Tracy. Mass will be followed by a reception in the parish hall. All are welcome to attend the Mass. **RSVP** for reception required by **Sept 6** to [VITALity-events@camdendiocese.org](mailto:VITALity-events@camdendiocese.org) or call (856) 583-6121.

We invite anyone who would like to participate in Mass as a reader, Eucharistic Minister, or gift bearer to contact Karen Fisher at (856)583-6121 or [Karen.Fisher@camdendiocese.org](mailto:Karen.Fisher@camdendiocese.org).

Our Centenarians and Nonagenarians hold a special place in the Church as the guardians of our traditions and memories. We look to them for guidance and wisdom as they continue to live each day with the joy and determination that comes from an appreciation of all of God's blessings.

To RSVP online  
*Scan me*  
with the camera  
on your phone

**TO ALL OUR CENTENARIANS AND NONAGENARIANS, WE SAY THANK YOU!**

## SENIOR CENTER NEWS



St. Andrew's Renaissance Center members had a great time going back to the '60s and recreating their version of "Woodstock" with all the trimmings! There was a live band, everyone dressed in their grooviest 1960's outfits and danced to "Aquarius" while "California Dreamin'!" It was a great time!

### **Prime Timers**

Incarnation Parish, Mantua  
*Tues. & Thurs. 9am - 1pm*

### **Golden Slippers**

St. Simon Stock Parish, Berlin  
*Tues. & Thurs. 9:30am - 1pm*

### **The Renaissance Center**

St. Andrew the Apostle Parish, Gibbsboro  
*Tues. & Thurs. 9:30am - 1pm*

### **The Young at Heart**

Christ the Redeemer Parish, Atco  
*Wed. & Fri. 9am - 1pm*

## UPCOMING DATES OF INTEREST

**Sept. 11th - Centenarian/Nonagenarian Mass:** 11:30 am Mass with reception following, St. Isidore the Farmer Church, Christ the Good Shepherd Parish, 1655 Magnolia Road, Vineland. To attend the reception, kindly respond by September 6.

**Sept. 29th - Diocesan Blue Mass:** 10:30 am Mass, Our Lady of Hope Parish, 701 Little Gloucester Road, Blackwood, for all police and first responders.

**Oct. 2nd - Hispanic Diocesan Celebration:** 2:00 pm, Divine Mercy Parish, 23 W. Chestnut Avenue, Vineland

**Oct. 23rd - Diocesan White Mass:** 2:00 pm, Our Lady of Peace Parish, 32 Carroll Avenue, Williamstown, for all those who dedicate themselves to the healthcare profession.

**Oct. 29th - Diocesan Marian Pilgrimage:** Basilica of the National Shrine of the Immaculate Conception, Washington, D.C. Contact your local parish for bus information.

## A PRAYER FOR A FRIEND

Dearest God, today, I pray for my friend, who is weary, suffering and in need of strength. Give them the power to live today in courage and hope. Bolster them with Your loving presence. Help them to know that they are loved: by You, by me and by many others.





## MEDICARE OPEN ENROLLMENT

OCTOBER 15TH—DECEMBER 7TH

If you would like to make any changes to your Medicare or need any assistance in choosing a provider, VITALity's Care Coordinators can help you find the information you need to get the coverage that is best for you and your healthcare needs. Call our Help Line at 888-268-4825 to be connected with one of our competent and caring coordinators who will answer your questions and help you make any changes to your providers that you would like. We are here to help.

Some things to consider:

- \* Check to see if your medications will be covered next year and at what cost.
- \* If you are in a Medicare Advantage Plan, make sure your doctors still belong to the network.
- \* Check to see if your plan added coverage for things such as dental, vision and even meal delivery.



## SEPSIS: WHY YOU NEED TO KNOW ABOUT IT

Older adults, especially those who are over 65 years old, are particularly susceptible to sepsis. Sepsis is the body's response to an infection from anywhere in the body which can be life-threatening. The infection could be caused by illnesses such as pneumonia, the flu, or a urinary tract infection.

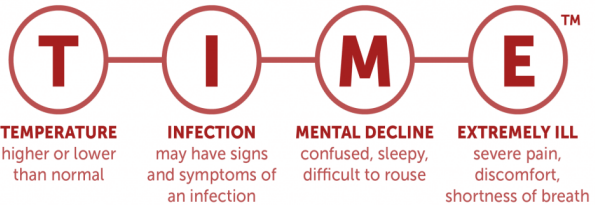
Your immune system usually works to fight any germs or viruses to prevent infection. If an infection does occur, your immune system will try to fight it. However, sometimes the immune system stops fighting the "invaders," and begins to turn on itself. This is the start of sepsis, also referred to in the past as "blood poisoning."

Like strokes or heart attacks, sepsis is a medical emergency that requires rapid diagnosis and treatment as it can cause organ failure and has been known to take a life in as little as 12 hours.

Until a cure for sepsis is found, early detection and treatment is essential for survival and limiting disability for survivors.

Take the time to know the signs!

When it comes to sepsis, remember **IT'S ABOUT TIME™**. Watch for:



If you experience a combination of these symptoms: seek urgent medical care, call 911, or go to the hospital with an advocate. Ask: "Could it be sepsis?"

**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](http://VITALity.CamdenDiocese.org)

VITALity Catholic Healthcare Services  
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## SENIOR HEALTH & WELL-BEING MEMBERSHIP



**LIFE  
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FULLEST**

### Hospital Chaplaincy Ministry

VITALity provides a ministry team consisting of a priest chaplain, a deacon, religious sister, and a lay associate chaplain in each South Jersey hospital to minister to the needs of the Catholic patients. If you or a loved one are in the hospital and would like to receive communion, an anointing, or a visit from one of our chaplains, be sure to list yourself as Catholic upon admission and be open to a visit from the chaplain. Or contact the nursing staff at the hospital and they will have the visit arranged.

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 to join or  
request health  
information*

