



"For everything there is a season, and a time for every matter under heaven."

Ecclesiastes 3:1

Greetings!

The beautiful season of autumn is upon us. It is a wonderful time of year to enjoy nature in cooler temperatures and vibrant scenery. The bursting colors of fall provide us the opportunity to appreciate change and growth in life.

In this issue of *Life to the Fullest Insider* newsletter we are sharing valuable information and tips with you for optimal health and well-being this season. Please reach out to us with any questions you have regarding your health or wellness needs. At VITALity, we are here to help our members live *Life to the Fullest!*

Join Us to Celebrate Those Age 90+

MASS FOR CENTENARIANS AND NONAGENARIANS



Mass & Reception
to honor those
age 90 and beyond
who live their
**LIFE
TO THE
FULLEST!**



SUNDAY, OCTOBER 1 at 11:30AM

Christ the Good Shepherd Parish
Saint Isidore the Farmer Church

1655 Magnolia Road
Vineland, NJ



RSVP by September 26, 2023

VITALity-Events@CamdenDiocese.org

Christine Willard at (856) 583-6121

Or scan the code to RSVP online



September is SENIOR CENTER MONTH!

We are shining a light on our Parish Senior Social Day Centers. Each center provides a joy-filled, happy and healthy community for many seniors. The dedicated staff of these centers provide nutritious meals, fun activities, speakers and special events for members weekly.

What do seniors value most in attending their senior day center? Here are some of the benefits they eagerly shared with us:

Socialization

Community

Support from one another

New friendships

Laughter

Something to look forward to each week

Several parishes in the Camden Diocese have active senior ministries filled with engaging activities and community spirit as well. We hope to share this list with you in the next issue.



Parish Senior Social Day Centers ~ All Are Welcome

Golden Slippers

Saint Simon Stock Parish, Berlin
Tues., Wed. & Thurs. 9am - 1pm
(856) 767-2563

Prime Timers

Church of the Incarnation Parish, Mantua
Tues. & Thurs. 9am - 1pm
(856) 468-1314

The Renaissance Center

Saint Andrew the Apostle Parish, Gibbsboro
Tues. & Thurs. 9:30am - 1pm
(856) 784-3878

Young at Heart Club

Christ the Redeemer Parish, Atco
Wed. & Fri. 9am - 1pm
(856) 767-0719

[Click for More Information](#)

Mind, Body and Spiritual Health



Dealing and Healing Through Grief, Loss and Change

A very wise person explains grief as “*one word for a lot of things.*” Grief does not automatically mean the death of a person but rather it means the death of SOMETHING. It can be the end of a friendship, the loss of a job or retirement, divorce, a friend moving away, the loss of independence or the loss of someone we love and care about. Loss and change often go hand in hand with grief. These losses can result in pain, confusion and frustration.

The goal of grief is to find more love than pain.

However, traveling through all of those emotions is difficult. A few tips to help you journey with your own grief or to be mindful of when speaking to others who may be grieving:

- Acknowledge the pain grief brings.
- Remember that everyone’s grieving process is different; there is no time limit for how long a person should grieve.
- Try to spend time with someone you think may be grieving, lonely or sad.
- Take care of yourself and be kind to yourself, grief can be consuming.
- Seek out help for yourself or someone who you feel may be suffering from depression.

In addition, consider spending time with those who are likeminded or bring you happiness and joy. Senior ministry groups can be a great way to spend time with others who may be feeling similarly and can help to provide socialization opportunities.

For more tips on health and well-being, please visit Health Notes on our website at VITALtality.CamdenDiocese.org/health-notes/

Read Full Article

The Blessing of Long Life

God of Mercy,
Who has given the gift of long
life to Your children,
grant them Your blessing;
let them feel the sweetness and
strength of Your presence:



"FALL" into Good Health Habits

- Spend time in nature regularly.

Turning back to the past
let them rejoice to the future
Let them persevere in the hope
that does not die.
Praise and glory to You for
ever and ever.

- Maintain a social circle.
- Move your body daily.
- Write down one thing you are grateful for each day.
- Check that your doctor appointments and immunizations are up to date.

Autumn Word Scramble

uhqssa _____

ekruyt _____

aechng _____

rcon _____

fael _____

llfa _____

arnoc _____

deicr _____

rbame _____

What did autumn say to summer? "Make like a tree and leave!"

Calendar of Events

September 24 @ 3PM - [Diocesan Wedding Anniversary Mass](#)

September 29 @ 10:30 am
[Diocesan Blue Mass for Law Enforcement and First Responders](#)

October 1 @ 11:30 am - [Centenarian and Nonagenarian Mass and Reception](#)

October 19 @ 7 pm - [Eucharistic Revival Holy Hour](#)

Please refer to the Diocese of Camden website for event details.
www.camdendiocese.org



We “fall back” one hour and return to Standard Time on **Sunday, November 5, 2023, at 2 a.m.** Be sure to set your clocks back one hour before bed Saturday night!



Become a *Life to the Fullest* Member!

Enjoy these benefits:

- * Receive health and wellness information and tips in your inbox quarterly.
- * Request helpful information on a variety of health topics specific to your needs.
- * Stay informed about events and programs for seniors throughout the Diocese.
- * Enroll at no cost.

Membership is free to all seniors age 65 and over living in the South Jersey area. Join the fellow 2,500+ seniors already enrolled in our **Life to the Fullest Membership Program**.

[Enroll Online Here](#)

Answers to Word Scramble:

squash * turkey * change * corn * leaf * fall * acorn * cider * amber

VITALity Catholic Healthcare Services

1-888-268-4825

1-856-583-6123

Stay in Touch!



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