

## *Life to the Fullest*

Health and Wellness Newsletter for Seniors

Spring 2024 Issue



*"Birds sing early in the day before they start any of their work. They put forth their first energy of the new day proclaiming praise and a what is beautiful new song." Psalm 96:1*

### *"Marching" Forward*

Soon we can say goodbye to winter and embrace the beautiful season of **SPRING!** Spring officially arrives on March 19 at 11:06 pm EST. Easter is celebrated on March 31 this year. Just as bulbs blossom into flowers, spring can represent a time of renewal for all of us. Renewal of health routines, spiritual growth and social experiences to name a few.

In this *Life to the Fullest* issue we offer you information, resources and events to help you **March Forward** in your health and well-being. Continue reading for senior social opportunities available to you throughout South Jersey, a personal invite to *The Way of St. James Pilgrimage Walk* on April 20, key ways to improve your sleep for better health and more.

At [VITALity Catholic Healthcare Services](#), we are here to help YOU live your ***Life to the Fullest!***

On behalf of all of us at VITALity Catholic Healthcare Services,  
we wish you a blessed and holy Easter.  
May God shower you with blessings, love and peace.

## Join Us for Fellowship, Prayer and Ocean Air!

We invite you, your family and friends to join us on **April 20** for our **5th "Way of St. James on the Road of Life" Pilgrimage Walk** along the boardwalk in Ventnor, NJ. This intergenerational event is modeled on the Camino de Santiago pilgrimage walk in Spain. It is an opportunity to pray, enjoy nature and come together in fellowship. *Please join us!*

Morning prayer, walk, Mass, lunch and a free t-shirt are all included in this special day! Details and registration information are below.

**Register online here.** Contact Christine Willard, Manager of Parish Based Senior Programs at 856-583-6121 or [christine.willard@camdendiocese.org](mailto:christine.willard@camdendiocese.org) with questions or further assistance.

Saturday  
**APRIL 20, 2024**  
9AM - 1PM

Starting at  
Holy Trinity Parish  
**St. James Church**  
Ventnor, NJ

**CHECK-IN STARTS AT 8 AM**

**The Way of St. James  
on the Road of Life**  
an **Intergenerational  
Pilgrimage Walk**

for seniors & their families  
2.5 mile Walk, Morning Prayer,  
Lunch, Mass and more!

**FREE EVENT**

Sponsored by  
VITALity Catholic  
Healthcare Services of  
the Diocese of Camden

**TO REGISTER**

Scan Me

CHRISTINE WILLARD | 856-583-6121  
VITALITY-EVENTS@CAMDENDIOCESE.ORG

## Senior Centers Celebrate Friendships, Health and Holidays





You are welcome to join any of the Parish Senior Social Day Centers during the week for delicious meals, enrichment activities and fun with peers. Directors of the centers are dedicated to making each day engaging for guests. A cheerful environment and new friends are waiting for YOU! See below for contact information to a center near you.

**Senior Center Updates:**

At **The Renaissance Center, St. Andrew the Apostle, Gibbsboro** , *Jersey Sound Chorus*, had guests singing along to Christmas classics and patriotic songs over the holidays. Tai-chi classes, spiritual enrichment, and line dancing with a lot of smiles are happening in this new year.

The *Durning String Band* had seniors on the dance floor at **Prime Timers, Incarnation, Mantua** for a fun and festive Christmas party. Seniors also used their baking skills in making Stromboli for a delicious holiday treat. Bingo continues weekly with added humor by the "bingo callers" and prizes!

**Golden Slippers, St. Simon Stock, Berlin**, participated in a Paint and Sip, courtesy of St Mary's Villa, creating beautiful Valentine's decorations. VITALity Catholic Healthcare Services visited to share important *Heart Healthy* tips with seniors. Balance classes, chair yoga and board games keep members mentally and physically active each week.

**The Young at Heart Club, Christ the Redeemer, Atco**, celebrates "T-shirt Day" monthly acknowledging the special community of friends that it is. Seniors are enjoying dance classes, trivia, nutritious meals as well as special presentations for healthy aging for mind, body and spirit.

**Senior Social Day Center Listing ~ All Are Welcome to Join**

**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](#)



In February, Mimi Schaible, Director of Care Coordination, shared 10 ways to keep your heart healthy with St. Joseph Senior Ministry members in Somers Point, NJ.

## Diocese of Camden Parish Senior Ministry Groups

*Are you seeking opportunities to be social with fellow seniors?*

Parishes across the Diocese of Camden have formed senior ministry groups that meet regularly throughout the year. Ministries are led by compassionate individuals who provide wonderful social and spiritual experiences for seniors. Each ministry sets its own meeting times and program schedule.

Click the button below for a printable list of parish senior groups in the South Jersey area and contact information for each.

*“In the end, it’s not the years in your life that count. It’s the life in your years.”  
– Abraham Lincoln*

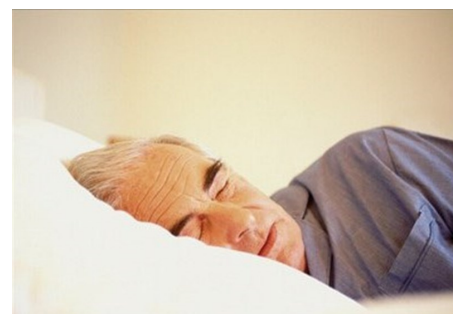
[Parish Senior Ministry List](#)

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## Your Mind, Body and Spiritual Health

### Sleep is Essential to our Health!

Proper sleep is a key ingredient for overall health, wellbeing and success in life. This is mainly because sleep helps to regulate many systems in the body, including hormones, immunity, emotional wellbeing and some chronic diseases. **Understanding the connection between the quality of our sleep and our ability to function during the day is essential.**



Sleeping allows our bodies to reset and recover from the day before. Frequently when a person has a poor night’s sleep they find they are irritable and can have increased hunger and fatigue the following day. This is because the hormones in our body have

not had a chance to reset. The body's ability to reset while we sleep at night is what allows a person to begin each day refreshed. Poor sleep not only impacts our hormones but it can take a mental toll on our emotions and put a person at higher risk for falls. **Prolonged inadequate sleep can also lead to more serious health conditions such as heart attack or stroke.**

There are many different reasons a person does not have a good night's sleep. A disruption in routine, side effects from a medication, increased anxiety and other mental health issues can all be potential causes of insufficient sleep. Health conditions such as obstructive sleep apnea (OSA) or heart disease can also be a cause of poor sleep. **If a person finds they are more tired during the day or feeling as though they need to lay down frequently for naps, it's important they reach out to their provider for further evaluation.** Feeling tired during the day can be the result of inadequate sleep or a sign of another possible health condition.

All adults need approximately 7-9 hours of sleep per night however as a person ages, the quality of this sleep may change. As a person ages, they may notice that it takes longer to fall and stay asleep for long periods of time. It's common for someone to wake up during the night however if they are not able to easily fall back to sleep that can be concerning. **One rule to follow is that if you awaken during the night and after 20 minutes still aren't able to fall back to sleep, get up and do something relaxing.** It can help you to settle back down and fall asleep sooner. If the interrupted sleep continues to occur, consider reaching out to your healthcare provider to discuss possible causes.

While having quality sleep is essential, it's also important that a person set themselves up for successful sleep. Therefore, developing good sleep habits are important. **Here are some helpful tips:**

- Try to keep the bedroom as a place for sleeping only.
- Limit foods and drinks that contain caffeine before bedtime and avoid eating large meals right before bedtime.
- Participate in activities that interest you or bring you joy during your day.
- Establish a set routine for bedtime.
- Limit electronic devices such as laptops, tablets, phones and television before bedtime.
- Do your best to get outside and be active each day.
- Limit naps in the late afternoon or evening.
- Set the temperature in the bedroom to something comfortable, not too warm or cold.

As sleep is an essential part of our overall wellbeing, it's important everyone do their best to get quality sleep each night. If you find you are struggling to accomplish this, consider reaching out to your provider.

For more health and well-being information, please visit Health Notes on our website at [VITALity.CamdenDiocese.org/health-notes/](https://VITALity.CamdenDiocese.org/health-notes/)



**Remember to turn  
clocks forward on  
March 10, 2024**

While we enjoy increased daylight, it can take a little time for our bodies to adjust to Daylight Savings time. Here are a few ways to prepare for this change:

- Go to bed 15-20 minutes earlier leading up to Daylight Savings Time.
- Get plenty of sunlight in the morning after the time change to help set your “body clock,” which regulates sleep and alertness.
- Consider light blocking window coverings that can keep sleeping areas dark with an earlier sunrise.

## **SPRING TRIVIA - *Do you know these answers?***

- 1.What bird is often associated with spring in North America?
- 2.On the first day of spring in the northern hemisphere, the sun rises directly over what part of the globe?
- 3.A reliable spring bloomer, this tree and/or its flower are the state symbols of Virginia, New Jersey, Missouri, and North Carolina, as well as the official flower of the Canadian province of British Columbia. Can you name it?
- 4.Which spring superfood has over 500 varieties?
- 5.Which country is home to the largest tulip festival in the world?

Answers at the bottom of this newsletter.



### **A Spring Poem Prayer**

For flowers that bloom about our feet;  
For tender grass, so fresh, so sweet;  
For song of bird, and hum of bee;  
For all things fair we hear or see,  
Father in heaven, we thank Thee!  
For blue of stream and blue of sky;  
For pleasant shade of branches high;  
For fragrant air and cooling breeze;  
For beauty of the blooming trees,  
Father in heaven, we thank Thee!

Poem by: Ralph Waldo Emerson (from “We Thank

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## Calendar of Events

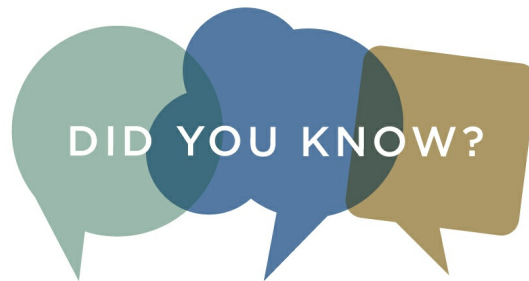
March 13 @ 7 pm - [An Evening of Music with Chris Brunelle](#)

March 23 @ 7 pm - [Presentation - Tolton From Slave to Priest](#)

**March 31 - Easter Sunday** - [Live Stream Masses](#)

[April 20 @ 8:00 am - Saint James Pilgrimage Walk, Mass and Lunch](#)

Please refer to the Diocese of Camden website for event details.  
[www.camdendiocese.org](http://www.camdendiocese.org).



County legal services are available to the elderly for end of life planning that may save you money and give you peace of mind. Below is the contact information the six counties in South Jersey. If you need help navigating this resource or with end of life planning, please call our **Care Coordination Help Line at 1-888-268-4825**. We are here to support you.

**Atlantic County:**

Refer to South Jersey Legal Services - provide Wills & Power of Attorney documents  
800-496-4570 OR 609-465-3001

**Camden County:**

One Stop - provide Wills & Power of Attorney documents  
856-571-1316

**Cape May County:**

Refer to South Jersey Legal Services – provide Wills & Power of Attorney documents  
800-496-4570 OR 609-465-3001

**Cumberland County:**

Surrogates Office - provide Wills not Power of Attorney documents  
856-453-4800

**Gloucester County:**

Provide simple Wills free of charge; do not handle Power of Attorney documents  
856-384-6900

**Salem County:**

Refer to South Jersey Legal Services - provide Wills & Power of Attorney documents

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## Become a *Life to the Fullest* Member!

Enroll Online Here

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.
- \* Receive special discounts for only Life to the Fullest members.
- \* Enroll at no cost.

Membership is free to all seniors age 65 and over living in the South Jersey area. Join the many seniors already enrolled in our [Life to the Fullest Membership Program](#).

Contact Christine Willard, Manager, Parish-based Senior Programs at 856-583-6121 or [christine.willard@camdendiocese.org](mailto:christine.willard@camdendiocese.org) to request information.

Trivia Answers: 1. Robin 2. Equator 3. Dogwood 4. Mango 5. Netherlands

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### VITALity Catholic Healthcare Services

1-888-268-4825

Send Us A Message

### Stay in Touch!



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