



*"In seed time learn, in harvest teach, in winter enjoy."*

William Blake

### ***December Greetings***

This time of year brings with it the opportunity to reflect on the goodness life brings in all areas of our life. Expressions of gratitude during the Thanksgiving holidays can be shared all year long. The giving spirit during the Christmas season can remain in us beyond December. It is important to give ourselves the gifts of appreciation and generosity as well to keep our body, mind and spirit full of warmth all winter long.

In this issue of *Life to the Fullest* we share helpful information, resources and events to support *your health and well-being*. May you be surrounded by love and care this winter season. At [VITALity](#), we are here to help you live your *Life to the Fullest!*

On behalf of the VITALity Catholic Healthcare Services staff, we wish YOU a Merry Christmas and a Blessed New Year!

---

### **Senior Ministry News**

**Senior Social Day Center Fall Fun**



Members of all four [Senior Social Day Centers](#) shared their creativity dressing in a wide variety of costumes for their center's Halloween party. Festivities included contests, games, goodies and much fun with friends. We thank our Senior Social Day Center Directors for their dedication to planning weekly events and activities for seniors all year long.

Senior Social Day Centers offer weekly activities for all seniors that include holiday celebrations, presentations, dancing, trivia, games, delicious meals, chair yoga, tai chi, bingo and plenty of laughter. New members are always welcome to join.

## Senior Social Day Center Listing ~ 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](#)

**Seniors throughout Diocese Enjoy a *Fall Fling***



On October 31, approximately 100 seniors from throughout the Camden Diocese came together for a *Fall Fling*. Prime Timers Senior Day Center and Incarnation Parish, Mantua, NJ hosted the event with support from [VITALity Catholic Healthcare Services](#). Guests came from several parishes to join in the Halloween fun that included many prizes, guessing contests for pumpkin weight and candy corn, line dancing and delicious food.

We thank Rev. Raymond Gormley, Incarnation Pastor, Flo Curley, Director of Prime Timers Senior Social Day Center and the many volunteers who made this a happy day for seniors in the Camden Diocese.

[Click here to view the great photo coverage by the Catholic Star Herald.](#)

---

## Your Mind, Body and Spiritual Health



### Staying Healthy this Winter

The fall season is upon us so it's important to be aware of what viruses are in our communities. It's important to speak with your primary care provider (PCP) to find out which vaccines are best for you. COVID, Flu and RSV are all viruses that are circulating this fall and winter season. RSV is a respiratory virus that in recent years has unfortunately been impacting the older adult population much more than in previous years however, it has always been dangerous for very young children and toddlers. Being prepared and understanding the best way to protect yourself is important as the colder weather approaches.

**What vaccines are recommended?**

Speaking to your PCP is the best way to learn what vaccines are best for you. Currently, the Center for Disease Control and Prevention (CDC) recommends that everyone have a Flu, COVID and possibly RSV vaccine depending on a person's age and other chronic health conditions. It is best to speak with your own provider to determine which vaccines you are a candidate.

### **What's the best time to receive the flu and other vaccines?**

It's difficult to predict when Flu and other respiratory illnesses such as RSV will hit our communities however data has shown that getting vaccinated in early fall is best. This gives the body time to build up immunity to the different viruses. Experts recommend that older adults that have heart or lung disease, are in overall poor health or are on oxygen should check with their provider about when is best to get these vaccines.

### **Is it ok to get the RSV, Flu and COVID vaccines together?**

The Flu and COVID vaccines were often given together last Fall and seemed to work well. The RSV vaccine is a newer vaccine, therefore it's best to speak with your provider before receiving this vaccine. It's important to note with any vaccine that if you have experienced side effects from the vaccine before, perhaps time the scheduling of the vaccine so that it is not on a day when you have a lot of activities going on or are about to go out of town.

### **What else can be done to protect myself and others from getting sick?**

It's important to remember that vaccines are only one way to protect yourself against illness.

### **Other ways to help protect yourself against any viruses include:**

Avoid close contact with those who are sick.

Staying home when you are not feeling well or sick as this will help to decrease the possibility of spreading illnesses.

Wash your hands regularly with soap and water for 20 seconds is the recommendation. Use an alcohol-based hand sanitizer when soap and water are not available.

More Tips

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/)

## **5 Ways to Connect with Others this Winter**

1. Nurture and strengthen your existing relationships with phone calls, emails or texts.
2. Travel with a group of older adults.
3. Join a class or group to learn something new.  
Check your local library or church for listings.
4. Take walks. Walk your dog or join a walking group



in your town.

5. Volunteer. Call your local community churches and organizations.

For help with identifying more ways to connect or for transportation services available in your area, reach out to our [Care Coordination and Consultation](#) at 1-888-26-VITALity.

[Young at Heart Senior Club](#) at Our Lady of the Blessed Sacrament, Newfield meets the third Thursday of every month. All are welcome!



### Christmas Song Survey

**What Are Your Top Three Picks?**

Silent Night

Joy to the World

Hark! The Herald Angels Sing  
Angels We Have Heard on High

O Little Town of Bethlehem

God Rest Ye Merry Gentlemen

The First Noel

O Come, O Come Emmanuel

What Child Is This

O Come All Ye Faithful

Email your three favorite songs to

[Christine.Willard@camdendiocese.org](mailto:Christine.Willard@camdendiocese.org).

We will share the results in the next issue.



### A Christmas Prayer

God of love,  
Father of all,  
the darkness that  
covered the earth has  
given way to the bright  
dawn of your Word  
made flesh.

Make us a people of  
this light.

Make us faithful to  
your Word, that we  
may bring life to the  
waiting world.

Grant this through  
Christ our Lord. Amen.



# Christmas Word Scramble

SEIW MNE \_\_\_\_\_

SIATSRCHM \_\_\_\_\_

WAONNSM \_\_\_\_\_

NADELSC \_\_\_\_\_

ABYB SEJUS \_\_\_\_\_

TSMNREAON \_\_\_\_\_

IGLSHE DERI \_\_\_\_\_

GBRNAIREEDG \_\_\_\_\_

JGENLI LBLSE \_\_\_\_\_

LGEAN \_\_\_\_\_

A little Christmas humor for you...

*How much did Santa pay for his sleigh? Nothing—it was on the house!*

---

## Calendar of Events

December 6 @ 8 am - [Villa Maria by the Sea Stone Harbor Retreat](#)

December 10 @ 3 pm - [Our Lady of Lourdes Church Christmas Concert](#)

December 10 @ 7 pm - [St. Teresa of Calcutta Parish Christmas Concert](#)

December 11 @ 1:30 pm - [Advent Afternoon with Catholic Grandparents Ministry](#)

December 15 - 17 - [Villa Maria by the Sea Silent Retreat](#)

December 17 @ 11 am - [Ministry with the Deaf & Persons with Disabilities Mass and Christmas Social](#)

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

---

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

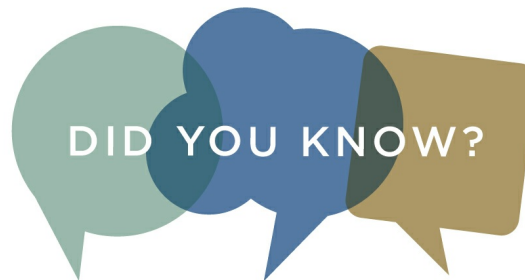


[Enroll Online Here](#)

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.
- \* 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**.



As a **Life to the Fullest** member, health and well-being information and resources are available to you at any time. The following list of topics can be mailed or emailed to you. If there is a topic you need more information about and do not see it on the list, let us know. Staying informed is one of the best ways to take care of your health.

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.

Advance Directives  
Allergies  
Arthritis  
Balance Exercises  
Cataracts  
Cholesterol  
DASH Diet Overview  
Depression  
Diabetes  
Fall Prevention

Hearing Loss  
Heart Disease  
Home Safety  
Hypertension  
Medication Safety  
Memory Loss/Dementia  
Natural Supplements  
Osteoporosis  
Pulmonary Disease (COPD)  
Safe Driving

Foot Health  
Healthy Living  
Healthy Soul

Spice it Up! (Lowering Sodium Tips)  
Sleep Well  
Vision

**Answers to Word Scramble:**

WISE MEN \* CHRISTMAS \* SNOWMAN \* CANDLES \* BABY JESUS \* ORNAMENTS  
\* SLEIGH RIDE \* GINGERBREAD \* JINGLE BELLS \* ANGEL

VITALity Catholic Healthcare Services

1-888-268-4825

1-856-583-6121

Send Us A Message

Stay in Touch!



Diocese of Camden | 631 Market Street, Camden, NJ 08102

[Unsubscribe michael.walsh@camdendiocese.org](mailto:michael.walsh@camdendiocese.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [christine.willard@camdendiocese.org](mailto:christine.willard@camdendiocese.org) powered by



Try email marketing for free today!