

Life to the Fullest

Health and Wellness Newsletter for Seniors

Summer 2024 Issue



“And so with the sunshine and the great bursts of leaves growing on the trees, I had that familiar conviction that life was beginning over again with the summer.”

F. Scott Fitzgerald



A Special Message from Deacon Jerry

After a 46-year career in healthcare, both as a practitioner and administrator, my time has come to officially retire and begin the next chapter of my life.

To quote Mr. Rogers: “Often when you think you’re at the end of something, you’re at the beginning of something else.”

I can firmly say that is so true and I look forward new beginnings. And as I look back fondly on these years of work, I come to realize that they have defined me in so many ways and will always be a part of who I am in this world.

As I anticipate my final days here at the Diocese, I know I will miss the fine people who have supported me in my efforts here. I will miss the vast number of seniors that I’ve gotten to know through our many programs, services, and celebratory Liturgies and events. I leave with a great sense of joyful anticipation of what retirement will bring and yet, at the same time, I feel a great sense of gratitude and accomplishment, along with an internal spirit of sadness. I guess all endings are “bitter sweet” to some degree.

I am so grateful to Bishop Sullivan and Father Hughes for having given me the profound opportunity to create and develop the many wonderful services that comprises VITALity. It has been an absolute labor of love to serve the seniors and those with disabilities throughout the entire South Jersey area.

Unlike any other position I have held in my long healthcare career, the work here

at VITALity has proven to be where compassion is the true sole guiding principle. We have certainly accomplished so much to bring healing, relief, and fulfillment into the lives we have touched through our ministries. We have done a lot here and I am proud of the accomplishments of the extraordinary people who have contributed to the success of VITALity and made my time here with them an absolute blessing.

May all who have served and have been served by VITALity over the years in my tenure here, be blessed with an abundance of grace. May the Holy Spirit continue to inspire you, guide you, energize you, and give you the courage to continue and participate in this beautiful ministry.

Thank you for having allowed me to experience one of the greatest joys in my life as I led this ministry dedicated to the health and well-being of our most vulnerable citizens. I pray that the Lord continues to bless the Diocese of Camden with the right people who will have the compassion, dedication, and enthusiasm to further grow this most precious ministry.

Wishing you peace and all good things,

Deacon Jerry

Welcome to June!

For you, the summer months may be a season of rest or may be a season of travel. Your summer may bring quiet moments as well as hearty laughter with family and friends. This new season offers us the opportunity to allow nature to nurture our physical, mental and spiritual needs.

In this *Life to the Fullest* issue we are excited to share ways to support brain health, summer safety tips, and resources to **nurture** your health and well-being. Be sure to read on for upcoming events around the Diocese of Camden and our 2023 Annual Report.

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

Do you know the answers to these Summer Riddles?

1. I appear once in summer and twice in autumn, but never in winter. What am I?
2. You might love me in summer but I never like the sun. The hotter the weather, the softer I get. What am I?
3. On a blanket laid with care, over grass or sand, food to share; where friends gather in the open air. What am I?
4. What do you call a dog on the beach in the Summer?

Check your answers at the bottom of this email.

Senior Ministry News

Celebrations and Gatherings



Golden Slippers, St. Simon Stock, Berlin celebrated its 5th Year Anniversary in May! Over the past five years, Golden Slippers has grown in numbers and in friendships. The group enjoyed the day with laughs, sharing fun memories and feeling grateful.

We sincerely thank **Directors, Barbara Hansen and Jennifer Smith** for their compassion and continued dedication to Golden Slippers Senior Day Center.



The Young at Heart Club, Christ the Redeemer, Atco, was sure to have a Piñata at its Cinco de Mayo party. Monthly cultural activities, line dancing delicious meals, and it's welcoming community draw many seniors each week.

"Growing old is mandatory, but growing up is optional."

Walt Disney



The Prime Timers, Incarnation, Mantua flag welcomes many seniors on Tuesdays and Thursdays for delicious breakfasts and lunches. Friends gather to catch up, support one another and play BINGO. New members join regularly and feel right at home.



At **The Renaissance Center, St. Andrew the Apostle, Gibbsboro** seniors gathered around the Blessed Mother for a May Crowning. Regular offerings of spiritual exercises, bible study and presentations engage senior in mind, body and spirit.

Senior Social Day Center Listing ~ Call Today 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

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

[Click for More Information](#)

Catholic Grandparents Association - N. Cape May



The Catholic Grandparents Association meets monthly at St John Neumann parish in North Cape May, NJ. Our mission is to help Grandparents pass on the faith and keep prayer at the heart of family life.

We support Grandparents in this most important vocation and provide resources to assist them with passing on our Catholic tradition. We also facilitate and encourage ongoing faith formation for our Grandparents. Each month a new topic is presented with interactive discussion.

Topics that have been discussed:

- Vocation of a Grandparent
- Grandparents as Catechists
- History of Jesus' Grandparents – St Anne and St Joachim
- Your Teen Grandchild
- Preparing your Grandchildren for Lent and Easter

For more information about the Catholic Grandparents Ministry, please contact Mary Kay Dunne at southjerseygrands@gmail.com.

Upcoming Event:

[Grandparents Retreat-September 30, 2024](#)



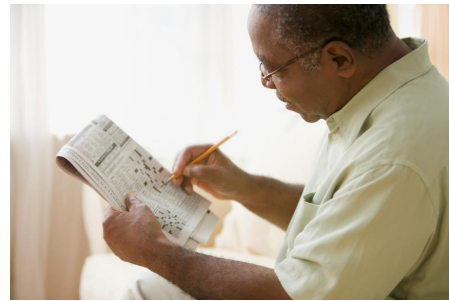
Seven Tips to Keep Your Brain Healthy

1. **Get Regular Exercise!** There are many benefits to exercise, however some research has shown that regular exercise increases blood flow to the brain and can help improve mental function.
2. **Learn New Things!** The brain works similar to muscles, if we don't use it, we lose it. The more our brains are challenged to learn new things, such as a card game or building a puzzle, the better.
3. **Get Enough Sleep!** Getting adequate sleep helps our brains to reset and stay focused. Research has also suggested that it helps to clear abnormal proteins from the brain, which could help with disease prevention.
4. **Connect With Others!** Research has shown that being isolated and having little interaction with others can lead to feelings of depression, which in turn can contribute to memory loss. Increasing social interaction with others can correct memory loss, lessen feelings of depression, and improve brain function.
5. **Control Chronic Diseases!** Keeping the blood vessels healthy increases blood

flow to the brain. Managing chronic health conditions such as high blood sugar, cholesterol and blood pressure keeps the arteries and veins functioning optimally, which helps adequate blood flow get to the brain.

6. **Maintain a Healthy Diet!** Research has shown that eating a well-balanced, healthy diet full of vegetables and lean proteins can reduce cognitive decline. Avoid heavily processed foods full of extra salt and sugars and look for foods higher in omega fatty acids since they can help protect the brain.
7. **Quit Smoking!** Smoking puts the body at much higher risk for many serious health conditions. However, research has shown that quitting smoking may lower the risk of cognitive decline.

Alzheimer's disease is a complicated form of Dementia that affects not only the person living with the disease, but their loved ones as well. Alzheimer's is a progressive disease that slowly robs a person of their ability to remember, think and function independently. Given the impact and increased prevalence of this disease, it's important to build awareness and provide education in hopes of taking steps towards prevention.



Originally founded in 1906 by Dr. Alois Alzheimer, this progressive disease causes previously healthy neurons to slowly shrink and die resulting in the slow destruction of the ability to think and retain memories. The memory loss associated with this disease is not a normal part of aging and often begins in the brain 10 years before any symptoms occur. The most common symptoms seen are memory loss, changes in personality, poor judgment and asking repetitive questions. A diagnosis is made after thorough testing by several medical providers and frequently involves interviewing family members to learn more about the individual. Since there is currently no cure for Alzheimer's, the goal is to manage the symptoms of the disease to enable individuals to lead the best quality of life possible.

Given the impact of this disease, massive research continues towards finding a cure. One area of focus has been in the importance of maintaining a healthy brain. Keeping a healthy brain can help to prevent a decline in memory which could lower a person's risk of developing Alzheimer's.

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

Summer Safety Tips

1. Stay cool - In hot temperatures, stay in air conditioned areas as much as possible.
2. Stay hydrated - Drink more water than usual. Don't wait until you're thirsty.
3. Stay protected - When outdoors, apply (at least) 30 SPF sunscreen to your body.
4. Prevent falls - When walking in new areas watch your step.



5. Be aware of your medications. Check for possible side effects of sun sensitivity and/or dehydration.

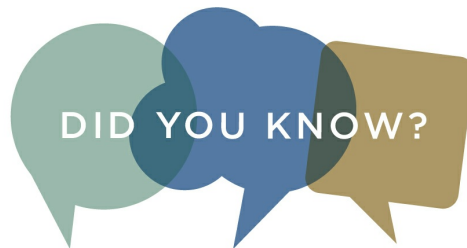
Calendar of Events

June 14 @ 3:30 pm - [Mental Health Presentation - Do You Have Dementia](#)

June 19 @ 7 pm - [Juneteenth Celebration - Brother Mickey McGrath](#)

June 22 @ 11:30 am - [Juneteenth Celebration - Prayer and Community Service Event](#)

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



Life to the Fullest Member Discounts

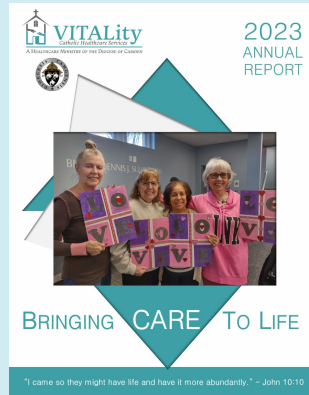
We thank the business partners below for offering a discount to our members. Present your membership card for special discounts and services.

- **South Jersey Catholic Cemeteries** -Receive 5% discount off preplanning costs. Contact: Debra Moore - 856-583-2829
- **Hearing Hut** - Receive 20-50% off standard discount or up to 50% off network discounts. Contact: Steve Mulranian - 856-468-1966
- **Karr Barth Associates** - Receive complimentary comprehensive financial analysis. Contact: John Napolitano - 856-685-6372 or John.Napolitano@equitable.com
- **Nicholas "Nick" Nowak, eXp Realty** - Save 20% on real estate fees when buying or selling. Contact: Nick Nowak - (cell) 856-430-0240, (office) 866-201-6210 x1339 or Nick@NickNowakTeam.com

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 to request information.

[Enroll Online Here](#)



We invite you to read the [VITALity 2023 Annual Report](#).

We hope this serves as a resource for you by providing the programs and services available to you and your loved ones when needed.

We are here to help you. If you have any questions or concerns, please reach out to us at 888-268-4825.

Riddle Answers: 1. The letter "U" 2. Ice cream 3. Picnic 4. Hot dog

[VITALity Catholic Healthcare Services](#)

1-888-268-4825

[Send Us A Message](#)

Stay in Touch!



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