



Yes, the Lord will give what is good, and our land will yield its increase.

Psalm 85:12

A September Hello to You!

Fall is on it's way with pleasant temperatures, an array of leaf colors and plenty of apple treats to enjoy! To support your health and well-being entering into this new season, this *Life to the Fullest* includes:

- Greetings from new Executive Director, Nicole Keefer
- Special invitation to Centenarians and Nonagenarians
- Senior Ministry information
- Feature article - *A Path to Healthy Aging*
- Care Coordination services available to you
- Upcoming events & more

At **VITALity Catholic Healthcare Services**, we are here to help YOU live your *Life to the Fullest!*



Dear Friends,

I am deeply honored and excited to introduce myself as the new Executive Director of VITALity Catholic Healthcare Services. It is truly a privilege to serve our South Jersey community in this new role and I am filled with gratitude for the opportunity to continue our vital mission.

Having been a part of the VITALity family for several years, I have witnessed the profound impact our services have on the lives of those we serve. With 25 years of experience as a Registered Nurse - and as the Parish Nurse Director for VITALity since 2018 - I have seen firsthand the immense need within our

At VITALity, we are often called to support individuals during some of their most challenging times. Through our health and wellness ministries, we provide not only practical assistance but also the compassionate presence that is so often needed. It is this spirit of care and service that I am committed to fostering as we move forward together.

VITALity has been blessed with a strong foundation and my goal as Executive Director is to build upon this by expanding our outreach and deepening our connections within the diocesan community. I look forward to meeting many of you at our upcoming events and hearing your stories. As we approach the fall season, I pray that each of you continues to embrace life to the fullest.

Please do not hesitate to introduce yourself at our events—I am eager to connect with you and to learn how VITALity can continue to support you.

Wishing you health and God's blessings,

Nicole Keefer
Executive Director
VITALity Catholic Healthcare Services

Special Day Acknowledging Seniors Age 90+



We invite all our senior friends 90 years old and over, along with their loved ones, to join us for our annual celebratory Mass and reception on **Saturday, September 29 at 11:30 a.m. at Saint Isidore the Farmer Church, Vineland.**

We look forward to honoring this special group of individuals who are valued contributors to our world, and full of wisdom and grace.

Please join us for this special occasion!

[RSVP online here](#)

Senior Ministry News



Parish-based Senior Social Day Centers provide our older adult community a place to gather together with local friends to share fellowship. The senior day centers encourage healthy living, independence and social and spiritual activities. Programs and activities offered on a regular basis include:

- Social gatherings 2-3 days p/week
- Healthy, delicious meals
- Fun events (Golden Slippers hosted a "Sock Hop" this summer)
- "Game Days" and trivia
- Health, well-being and safety



- presentations
- Line Dancing
- Bingo
- Hands-on activities - (Prime Timers members made their own Stromboli)
- Bible study and service projects
- Holiday and birthday celebrations
- Day trips & more

You will make new friends, laugh quite a bit and have many things to look forward to each week. All are welcome to join any of the centers listed below. Reach out to visit one near you.

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
(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

[Learn More](#)

In addition, parishes in the Diocese of Camden have formed senior ministry groups that meet monthly to provide social and spiritual experiences. Each ministry sets its own meeting time and program schedule.

[Click here for a full list with contact information.](#)

Mind, Body and Spiritual Health

Your Path to Healthy Aging

Healthy Aging is the process of developing and maintaining functional ability that leads us to greater well-being as we age.

Functional ability is the capacity of an individual to do the things that matter most to them. Examples include: bathing, dressing, preparing meals,

mobility and building and maintaining relationships. Essentially, your functional ability is connected to what matters most to YOU.

Above all, functional ability is an individual feeling valued as a member of society. Feeling valued is something each one of us has the right to experience on a daily basis and supports our mental, emotional and spiritual health.

Our health and wellness, physical surroundings and ethnicity all affect our functional ability. Addressing areas that we are in control of in healthy and proactive ways helps put us on the path of healthy aging.



Healthy Aging Tips and Tools

Nutrition - Consider incorporating a healthy, nutritional food plan into your life such as the **DASH** or a Mediterranean diet. Even on a limited budget, there are ways to eat and feel well.

Dietary Approaches to Stop Hypertension (DASH) is a flexible and balanced eating plan that helps create a heart-healthy eating style for life. The DASH eating plan requires no special foods and instead provides daily and weekly nutritional goals. This plan recommends:

- Eating vegetables, fruits, and whole grains
- Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils
- Limiting sugar-sweetened beverages and sweets.

Physical Activity - Maintain daily activity. "The more you move, the less you lose and the healthier you will be." is a true statement. Walking, yoga, gardening, balance exercises are good physical activities to enjoy. Check with your doctor before beginning an exercise program.

Sleep - Get plenty of rest - 7-9 hours each night is recommended. Adequate sleep helps our bodies reset at the end of the day which helps to repair cell damage and refresh the immune system. It also improves concentration and memory.

Health Checks - Schedule and keep doctor's appointments and/or medical testing. If you have a new pain or health issue, call your doctor. They may want to see you sooner than your next appointment. Be proactive.

Mental Health - Your mental health is just as vital as physical health. Be aware of

your mental health needs. Do your best to take steps to build a good support system and reach out for professional help if needed.

Socialization - As humans, we are meant to be in community. Join a local senior group, take a class, meet friends and family for a meal, say "yes" when invited to an outing. Connecting with others can help you feel valued, improve brain health and boost your immune system.

Positive Attitude - Your attitude affects thoughts, actions and overall health. Prayer, meditation, gratitude journals, nature, and laughter can all help maintain a positive attitude, even in difficult moments. Spend time with positive people, plan a trip, listen to music, dance or watch a funny movie. All these things can help boost your positivity.

The above list can help you develop and maintain functional ability as you age and keep you on a path of Healthy Aging. For more health and well-being information, please visit *Health Notes* on our website at VITALity.CamdenDiocese.org/health-news/



Services Care Coordinators can help you with include:

- Insurance Assistance
- Housing/Assisted Living/ Nursing Home
- Home Health Aid/Home Help Services
- Food/Meals on Wheels
- Coordinate Medical Care
- Transportation & More

Care Coordination - Your Health Advocate

Care Coordination and Consultation is an outreach ministry at VITALity staffed with Care Coordinators, who are nurses (RNs) and social workers (MSWs), to assist seniors and persons with disabilities in navigating health and well-being challenges. They provide clients with **advocacy, resources, education and support** in accessing essential programs and services that support health and safety.

A call to our [Resource and Referral Help Line](tel:1-888-268-4825) (1-888-268-4825) will connect you to valuable information and knowledgeable care coordinators for assistance. *We are here to help!*

[Learn More](#)

Here's a Brain Game. Count how many fall items of each type are in the image above. Answers are at the bottom of this email.



How many of each of the items below can you find in the group above?



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Autumn Prayer

God of all seasons, we thank you for Autumn.

We thank you

for the touch of coolness in the air that gives us a new burst of energy,

for the coloring of trees that shows the creativity of the Divine Artist,

for the falling leaves that reveal the strength of the branches,

for the hues of fields that bring peace to our souls,

for the smiles on pumpkins that bring joy to children,

for the fall harvest which that brings us gratitude for the bounty of our land,

for this change of seasons that reveals the circle of life.

God of all seasons, as you transform the earth, transform us by your Spirit.

Amen

Rev. Doug Leonhardt, S.J.

Calendar of Events

September 24 @ 6:30 pm - [Care for Creation -Evening of Reflection - St. John's Church, Collingswood](#)

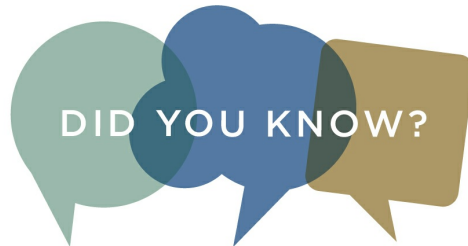
September 27 @ 7 pm - [Friday Night Bilingual Concert - Christ Our Light Church, Cherry Hill Flyer in Spanish](#)

September 29 @ 11:30 am - [VITALity's Centenarian and Nonagenarian Celebration Mass & Reception](#)

September 30 @ 9 am - [Retreat for Catholic Grandparents - Marianist Retreat Center, Cape May Point](#)

October 26 - [Diocesan Marian Pilgrimage to Washington, DC](#)

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.

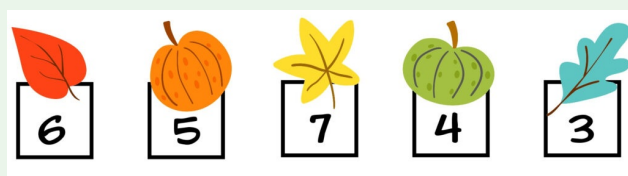
- **South Jersey Catholic Cemeteries** - Receive 5% discount off preplanning costs. Contact: Debra Moore - 856-583-2829
- **Hearing Hut** - Receive 20-50% off standard discount or up to 50% off network discounts. Contact: Steve Mulranian - 856-468-1966
- **Karr Barth Associates** - Receive complimentary 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](#)

Brain Game Answer Key



VITALity Catholic Healthcare Services

1-888-268-4825

Send Us A Message

Stay in Touch!



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