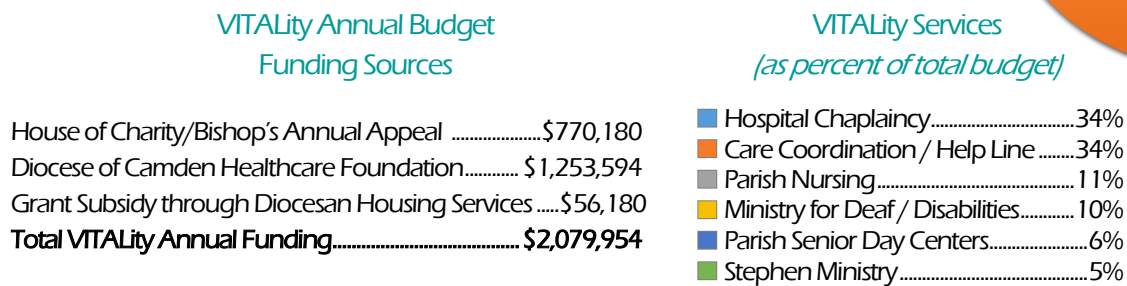


# VITALity is Financial Stewardship

Stewardship of the financial resources we are privileged to receive is of high priority within our ministry. Realizing the cost of services and the amount of human capital that goes into these services, VITALity develops programs that both meet the needs of those we serve in South Jersey and stay within the cost limits established through our appropriations from the Diocese of Camden Healthcare Foundation, Inc. and the House of Charity-Bishop's Annual Appeal.

Below is a graphic representation of how these funds are distributed within our various ministries for the current fiscal year:



**VITALity Annual Budget Funding Sources**

House of Charity/Bishop's Annual Appeal	\$770,180
Diocese of Camden Healthcare Foundation	\$1,253,594
Grant Subsidy through Diocesan Housing Services	\$56,180
<b>Total VITALity Annual Funding</b>	<b>\$2,079,954</b>

If you would like to be part of this valuable effort, your contribution would be greatly appreciated. Your check payable to: "VITALity Catholic Healthcare Services / Diocese of Camden" will enable us to continue our work and touch the lives of even more people here in South Jersey that find hope and comfort from the charitable works of VITALity / Diocese of Camden. (Mail to 631 Market Street, Camden, New Jersey 08102.) Thank you for your support.

## WE WHO SERVE . . .

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Administrative Support/Call Center Operator

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Care Coordinator

**Dawn Colligon, RN**  
Care Coordinator

**Rosa Rivera, RN**  
Care Coordinator

**Rita Lyman-Sicilia, RN**  
Care Coordinator

**Rosemary Love, RN**  
Care Coordinator

Resource and Referral Call Center: 1-888-26VITALity / 1-888-268-4825 [vitality.camdendiocese.org](http://vitality.camdendiocese.org)

## MISSION STATEMENT

We serve to enhance the quality and promote the dignity of life for the elderly, persons with disabilities and their families throughout the Diocese of Camden through programs and services that address the health and well-being of body, mind and spirit. Rooted in our Catholic values, we deliver these services freely and compassionately as the Gospel directs us, and we will care for and assist all people in need, regardless of their religious affiliation.



# 2017 ANNUAL REPORT



VITALity is healing and comfort



VITALity is community and socialization



VITALity is caring and listening



VITALity is inclusion and welcome



VITALity is health and wellness



VITALity is guidance and assistance



On behalf of the fine employees and volunteers who serve the people of South Jersey through the caring ministry of VITALity, allow me to introduce you to the VITALity Annual Report for 2017. Having now completed its second year of operation, VITALity Catholic Healthcare Services of the Diocese of Camden has grown to be a valuable healthcare resource for our region, serving the needs of the elderly and those with disabilities, along with their families and caregivers. The breadth and scope of their work have grown to make a profound difference in the lives of so many. Our dedicated nurses, social workers, priests, deacons and lay men and women of our diocese have answered the call to be a compassionate presence within our communities, bringing the healing hands of Christ to embrace so many in need of comfort, hope and a renewed sense of well-being.

In the pages to follow, you will see that VITALity has continued to touch the lives of many and impact their health and wellness, both physically and spiritually. Whether in their homes, the

hospital or their parishes, our staff has been there as advocate, guide, educator and compassionate caregiver. Testimonials offered are the best way to see how so many lives have been helped by VITALity in their struggles with illness and aging.

Let me offer my personal thanks to you, the faithful men and women throughout our Diocese of Camden, who, through your generous support of VITALity and the House of Charity-Bishop's Annual Appeal, allow these programs to continue to grow and to succeed in reaching out to so many in need.

May God grant peace, hope and healing to those in need of His care, and to those, who through unconditional love, provide care to those in need. May He sustain them with His grace.

Sincerely in Christ,

Most Reverend Dennis J. Sullivan, D.D.  
Bishop of Camden



As we complete our 2<sup>nd</sup> year of operation, we at VITALity Catholic Healthcare Services are happy to share with you this Annual Report for 2017. As you will see, our services have grown to become an even greater influence in the lives of so many. This year, in all our services combined, we have touched the lives of over 56,000 people in the South Jersey community.

These are people and their families who are struggling with the infirmities of age and the challenges of disabilities and seek guidance for care needed. People who have sustained loss in their lives and seek a compassionate caregiver to journey with them through difficult times. People who are acutely sick and seek the presence of Christ during their anxiety of hospitalization. Families with children with disabilities who seek the community resources for care and a continued connection with their Church to celebrate Mass as a family. Senior members of our communities who seek continued social connections within their parish to battle the depressing effects of isolation and

strive to stay well and independent in living. These are the lives to whom VITALity brings hope, care and comfort. These are the lives we cherish with respect and dignity. These are the lives who reflect the image of Christ to us. These are the lives you care for through your support of VITALity.

The following pages go well beyond the numbers. They tell the stories and reveal the effects of what VITALity has done for so many. I hope you continue to pray for and support the work of this compassionate healing ministry of the Church of South Jersey.

Peace and all good things,

Deacon Jerry Jablonowski  
Executive Director  
VITALity Catholic Healthcare  
Services



## VITALity is Caring and Listening

### Stephen Ministry

We have many needs for care in our parish and our community: People experience divorce, grief, terminal illness, loss of job, relocation, retirement, hospitalization, loneliness, being a caregiver to a loved one and many other stresses and challenges. Stephen Ministry empowers the laity in spiritual care of people who need support throughout the crisis they face.

Stephen Ministry is a program through which selected lay members of a parish are trained and organized to help provide one-on-one confidential Christian care to members of our parish and our community. This

program provides the parish with a team of skilled caregivers who are equipped to bring Christ's comforting and healing presence to people who are experiencing many stresses in life. It is a lay ministry based on the idea that all Christians are called to and gifted to minister to others. Stephen Ministry is a way people with special gifts for caring can use those gifts to bring Christ's love to people in need. Stephen Ministers are each assigned a care receiver and meet with that care receiver for about an hour a week. This caring relationship will last for as long as the care receiver needs it.

#### Stephen Ministry at a Glance

Stephen Ministry Parishes: 14

Trained Stephen Ministry Leaders: 30

Trained Stephen Ministers: 213

Care Receivers: 200+



*"I wanted to be sure to let you know how much the Stephen Ministry, and in particular Barbara, my Stephen Minister, mean to me. Barbara came to me at a very dark time in my life. I had just lost my mother who was also my best friend. I felt so alone and had a feeling of desolation and depression.*

*We started meeting every week and Barbara would listen to me with compassion and understanding. She made it possible for me to begin to heal. Initially, we met once a week for several years. Now we are meeting every two weeks and I always look forward to our meetings. I feel that Barbara is a good friend and I truly appreciate the time we share and the fact that she takes time from her busy life to meet with me...I can't thank you enough for sending Barbara into my life. I am so grateful for what God has done for me, especially through the gift of Stephen Ministry and my church, reassuring me that God has not abandoned me and I do not have to deal with my struggles all alone."*

## VITALity is Health and Wellness

### Parish Nursing

Parish Nursing is supported through VITALity which subsidizes educational opportunities along with grants to each parish to support the local work of the ministry. Parish nurses and the healthcare ministry volunteers have made a difference in various settings. This ministry has been at the forefront of health education with free health screenings, one-on-one counseling and educational talks and classes on relevant subjects. There are a rising number of healthy lifestyles classes going on at individual parishes; *Matter of Balance*, *Project Healthy Bones* and *Take Control of Your Health*. Parish Nurse and Health Ministries have encouraged many individuals and families to become more active and involved in their health and wellbeing.

Parish Nursing is also addressing issues in the community such as end of life or “The Talk” and the Opioid Epidemic. VITALity has been collaborating with various state agencies to provide Detera drug disposal bags for unused and out of date drugs around the home and disposal site information to parishes throughout the diocese in an effort to be part of the opioid epidemic solution. There are now 38 parishes with parish nurse programs with 134 parish nurses and 141 health ministry volunteers serving within the Diocese of Camden.

*One older parishioner told her parish nurse; “I feel safe when I see you at Mass.”*



#### Number of contacts by the Parish Nurse Ministry:

Healthy Body – Health screening, counseling and education:	6,131
Healthy Soul – Visitation, phone calls, spiritual support::	3,452
Healthy Community – outreach, collaboration and safety:	1,472
<b>Total:</b>	<b>11,055</b>

#### To date Parish Nurse Grants have provided for:

- 40 Artificial External Defibrillators (AED)
- 275 Volunteers trained to provide CPR/AED
- New BP cuffs and first-aid kits in various parishes
- Educational materials and books for classes and workshops

## VITALity is Inclusion and Welcome

### Ministry with the Deaf and Persons with Disabilities

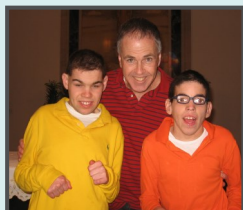


Communication is a very integral and important part of this ministry. There are personal interactions and relationships that continue to develop within the community of people we serve. This ministry of Love includes ministering to families and persons with disabilities from birth to death: providing them with Religious Education, Sacramental and Funeral Preparations, assisting them in worship, Youth Ministry, Social Services, visiting the homebound as well as hospitals—ministering to all cultures, all faith groups, all ages.

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In addition, VITALity advocates for and assists parishes in the development of Masses of Welcome and Inclusion, where the families of children with disabilities, and in particular, Autism, are welcomed into the parish worshipping community to celebrate special adapted Masses which are suited to the needs of all those present. These Masses allow the entire parish community to pray and worship as one family, inclusive of their sisters and brothers with physical, emotional and developmental limitations. Through this ministry, VITALity advocates for inclusion and welcome of all within our church community.

**The various Deaf/Disabled Ministries advocated for and served over 1000 people .**



## VITALity is Guidance and Assistance

### Care Coordination Resource and Referral Help Line

Staffed by RN's and Social Workers, VITALity Care Coordination provides assistance to individuals and families to help navigate the often complex and confusing maze of healthcare options and support services available to maintain a safe living arrangement at home or develop plans for a transition into a more protective and service intense environment. As personal healthcare partners, VITALity staff provide advocacy, guidance and support to help access appropriate, needed medical services and connect families with social service agencies who can provide the essential help in dealing with their health issues.



Staffed by knowledgeable and caring operators, the Resource and Referral toll free number 1-888-26-VITALity (1-888-268-4825) provides valuable information about healthcare services and

community resources that can address the pertinent issues related to aging and disability. Callers are connected to the resources they need to provide appropriate care and support.

During 2017 VITALity staff received 820 calls (an increase of 51% over last year) and our nurses and social workers made 1119 visits to over 800 persons in need of help with their healthcare issues (a 62% increase). Due to extensive outreach and cooperation VITALity has collaborated with hospitals, physicians, and homecare agencies to assist even more individuals to receive care coordination.

*“The care coordinator is excellent, dedicated and concerned. She helps me the best she can and has done an excellent job. She has made living at home a lot safer for me. I sleep a lot better knowing she's helping me.”*



*“This has been a great relief to use because navigating this world of Medicaid and DDD is completely overwhelming. It is nice to have someone guide and point us in the right direction and it is greatly appreciated. To have that support is important. We don't feel like we are alone.”*

#### Over 50 Types of Health Services Arranged

##### Top 10 Services

- Insurance Assistance
- Nutritional Services / Meals on Wheels
- Housing / Assisted Living
- Prescription Assistance
- Catholic Charities Referrals
- Financial Assistance with Utilities
- Home Health Aides
- In-Home Medical Care
- Transportation
- Companions

##### Most Common Client Diagnoses (in order of frequency)

- Dementia / Alzheimer's
- Ambulation Dysfunction
- Cancer
- Mental Illness
- Diabetes



## VITALity is Healing and Comfort

### Hospital Chaplaincy



The Hospital Chaplaincy Program, continues to provide spiritual and emotional support to hospitalized patients, their families and the staff of the hospitals served in South Jersey. The chaplaincy team partners a priest chaplain with a deacon or lay minister to serve as an associate chaplain, along with women religious who serve as pastoral associates. They are greatly supported by more than 200 volunteer Eucharistic Ministers who assist the pastoral care team in bringing Holy Communion to

the Catholic parishioners. This year chaplaincy support from VITALity Catholic Healthcare Services has been added to Ancora Psychiatric Hospital in Hammonton and Samaritan Healthcare & Hospice in Voorhees.

Our chaplaincy team brings Christ's compassionate and healing presence to the facilities we serve. Their ministry includes administering or arranging for the administration of the Sacrament of the Sick and Sacrament of Penance, conducting pastoral care visits, and offering Holy Communion, prayers and spiritual resources. The Chaplaincy team also assists the local parishes and pastors by informing them of parishioners who are hospitalized. The team has also been instrumental in connecting the patients with the other health-related services that the diocese offers through VITALity Catholic Healthcare Services.

#### Annual Spiritual Report

Total number of pastoral care visits with patients: 136,234  
 Pastoral care visits with staff and the families: 8,827  
 Holy Communion: 66,570  
 Sacrament of the Sick: 5,672  
 Baptisms celebrated: 25  
 Total number of pastoral care hours by chaplains and associate chaplains: 25,064

#### Pastoral Care Team

Number of hospitals/facilities: 18  
 Priest Chaplains: 9  
 Deacon Associate Chaplains: 3  
 Religious Sisters: 3  
 Lay Associate Chaplains: 3  
 Eucharistic Ministers: 223

*My husband Jim had the misfortune of suffering a major stroke and brain hemorrhage in April of 2017. In those early days when it was not certain if Jim would pull through, he and I were helped enormously by both Father Ernest Amadi, the priest chaplain and Mrs. Nancy DiSeveria, the associate chaplain at Kennedy Hospital. I saw firsthand how tenderly they prayed for him and how caring and concerned they were and I am so inspired by their faith and love for humanity.*

*...Nancy was such a compassionate listener and offered much wisdom on God's love and kindness. It was very inspiring to be with her and Father Ernest.*

*We have since met Nancy and Father Ernest at the Rehabilitation Unit at Inspira Medical Center in Woodbury*

*where Jim is so much improved from the person they saw at Kennedy. Their positive spirit and their wonderful faith has made such a difference to both of us. The chaplaincy ministry of the Diocese of Camden at South Jersey hospitals and medical facilities is a truly wonderful resource. I express*



*my heartfelt thanks and sincere gratitude for the services that the Diocese has made available.*

## VITALity is Community and Socialization

### Parish Senior Ministries

#### Senior Groups / Day Centers

Seniors are vital members of each parish community. Feelings of loneliness and isolation can impact both the physical and mental well-being of our aging population. In order to avoid this negative affect, VITALity is dedicated to support and assist in the development of Senior Social Day Ministries across the Diocese, with individual parishes providing a facility which affords the opportunity for the elderly of a parish to come together on a daily basis. Parish Senior Social Day Centers are dedicated to enhancing the lives of seniors by providing mental, physical

and spiritual activities, shared friendships, intergenerational interaction and nutritional meals which supports their health and well-being to live independently.

We were pleased to announce in September of 2017 the opening of The Renaissance Center at St. Andrew the Apostle in Gibbsboro. In addition, St. Peter Senior Ministry in Merchantville is celebrating its 7th year as a fruitful and vibrant center. Both Senior Day Centers are open to all self-sufficient individuals age 65 and over.

#### Life to the Fullest

In 2017, VITALity fully introduced our Senior Health & Well Being Membership Program "Life to the Fullest." Membership is free and enrollment is open to all South Jersey residents age 65 and over. It allows for distribution of important health, spiritual and lifestyle information, keeping members engaged and connected with their parishes and diocese in matters of health and wellness. During 2017 VITALity staff visited over 50 locations which included parish based senior clubs, senior community centers, senior housing residences and senior health fairs to provide health education and to inform them of the free resources VITALity provides.

#### Building Health Awareness

VITALity Presentations—33 Senior Groups/Communities  
 VITALity Participation in Senior Health Fairs—15 Health Fairs  
 Lives Encountered from Presentations and Health Fairs— 6000 community members

#### Building Solid Connections

##### Senior Social Day Centers

St. Peter's Senior Ministry: 275 members;  
 4500 visits to the center  
 St. Andrew's (Renaissance Center): 88 members;  
 720 visits to the center

#### Building Community

"Life to the Fullest" Membership: 730 members

*"I like the meals, getting out of the house, socializing, activities, meeting new people."*



*"I've met great people to share time with during my retirement...prevents loneliness."*



*"This program is amazing, I'm meeting new friends, and greeting old ones."*



*"It's so nice to see people enjoying time together, and to feel wonderful again!"*