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## Bright Greetings to You!

Summer offers us more ways to be active and spend time outdoors. Research has shown older adults who have an active lifestyle physically and socially may lower the risk of health problems such as dementia or heart disease.

Being active can support your emotional and spiritual health to help with the ability to cope with life's challenges and offer a more positive perspective. Sunlight can provide us with a Vitamin D boost essential for bone health and more. *Hello Summer!*

We are here to help YOU live your *Life to the Fullest* with a range of services and resources at [VITALity Catholic Healthcare Services](#). Please let us know how we can help you.

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## Social Day Centers Bring Joy to Seniors



All four senior social day centers in the Diocese of Camden are filled with kind-hearted people who join together in a welcoming environment weekly. Each center offers activities and events to help meet mental, physical and spiritual needs that are important for healthy aging. All seniors are invited to join any of the social day centers below offering something for everyone.

*Prime Timers, Mantua* members celebrate every holiday (and Philly sports teams) with

music, food, games, prizes and creative photo booths. Bingo takes place weekly with great prizes for all to win. *Camaraderie fills this center.*

*Golden Slippers, Berlin* members enjoy chair yoga, trivia, game days, guest speakers and super-fun celebrations together. They refer to themselves as "family" and support one another. *True friendships are formed here.*



*Renaissance Center, Gibbsboro* members practice tai-chi, line dancing and movement regularly. Presentations and activities to deepen spirituality and faith are offered - along with plenty of fun themed parties and events. *A lot of joy fills this center.*

*Young at Heart, Atco* members are treated to delicious meals, physical activity, humorous entertainment and presentations for the mind, body and spirit. They enjoy bus trips together to see shows and special events. *Faith, gratitude and laughter pour out of this center.*

Below is contact information for each Senior Social Day Center. Call today to plan a visit. For additional information about senior ministries and groups in the South Jersey area, contact Christine Willard, Manager, Parish Based Senior Ministries at 856-583-6121 or [christine.willard@camdendiocese.org](mailto:christine.willard@camdendiocese.org)

### Golden Slippers

**Director: Barbara Hansen**

Saint Simon Stock Parish, Berlin  
Tues., Wed. & Thurs. 9 a.m. - 1 p.m.  
(856) 767-2563

### Prime Timers

**Director: Flo Curly**

Church of the Incarnation, Mantua  
Tues. & Thurs. 9 a.m. - 1 p.m.  
(856) 468-1314

### The Renaissance Center

**Director - Tese Hemschoot**

Saint Andrew the Apostle Parish,  
Gibbsboro  
Tues. & Thurs. 9:30 a.m. - 1p.m.  
(856) 784-3878

### Young at Heart Club

**Director: Kathy Benton**

Christ the Redeemer Parish, Atco  
Wed. & Fri. 9 a.m. - 1 p.m.  
(856) 767-0719

More Information



## Happy Retirement!

Since its inception six years ago, Golden Slippers Senior Social Day Center at St. Simon Stock Parish, Berlin has been under the direction and care of Barbara Hansen. Barbara is retiring this month and will truly be missed.

VITALity thanks Barbara for her years of leadership and dedication in creating a cheerful, engaging environment for seniors to visit each week. May God bless Barbara in her next chapter!

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# Summer Safety Tips for Mind, Body & Spirit



The summer season provides us with opportunities to spend time in nature. Barbeques, beach trips and picnics are among the many activities to enjoy outdoors that help support our mental, physical and spiritual health. While there are many benefits in spending time outside during this season, it's important to be aware of the added stress it can place on our bodies. Below are reminders and recommendations to help you have a safe and healthy summer.

## Don't try to beat the heat.

Older adults are the most heat sensitive population. This is because the body's ability to cool itself, also known as regulating your temperature, changes as we age. This makes it difficult for our bodies to acclimate to extreme temperature changes whether hot or cold. Intense heat can place added stress on both our bodies and brains therefore causing illness.

- **Hyperthermia** occurs when we are exposed to too much heat. Mild hyperthermia can cause discomfort, like muscle cramps or swelling in the ankles and feet.
- **Heat exhaustion** is more serious than hyperthermia and occurs when our body can no longer keep itself cool. You may start to feel dizzy or nauseated but additional symptoms can include feeling thirsty, weak, or uncoordinated.
- **Heat stroke** is the most extreme form of hyperthermia. It's important to note that heat stroke is a life-threatening emergency and it's vital a person seek medical help right away if they are experiencing any symptoms. Symptoms of heat stroke can include: fainting or having trouble walking, confusion or agitation as well as feeling extremely hot but not sweating or having dry, flushed skin.

**Recommendations:** Research suggests that older adults may need to keep cool by going to a place that has air conditioning and staying there especially during peak sun hours which are between the 10 a.m. – 2 p.m. each day.

[Continue to Full Article](#)

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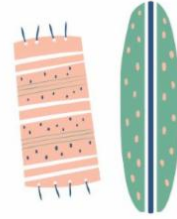
## List of Summer Activities to Consider

- Explore a walking/hiking trail
- Go to a ball game
- Enjoy meals outside
- Attend local outdoor concerts
- Plan a trip or get-away weekend
- Go fishing
- Plant or visit a garden
- Take a dip or dip your toes in a pool
- Go bird-watching
- Check out town outings for seniors



# SUMMER

## WORD SCRAMBLE



Unscramble the following summer words.  
Answers at the bottom of this email.

SAE

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HTO

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SIMW

\_\_\_\_\_

BACHE

\_\_\_\_\_

WEVSA

\_\_\_\_\_

SMERUM

\_\_\_\_\_

TELVAR

\_\_\_\_\_

VCAOTINA

\_\_\_\_\_

SUTIWMI

\_\_\_\_\_

IEC CEMAR

\_\_\_\_\_

SINHUNES

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SGLSAUNSSE

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## Upcoming Events

June 8 @ 11 a.m. - [Alzheimer's Presentation - St. Joseph Church, Camden](#)

June 11 @ 10.00 a.m. - [Wildwood Crest Health and Wellness Expo - Wildwood Crest Recreation Center, Wildwood Crest](#)

June 16 @ 6 p.m. - [Evening of Remembrance and Healing, St. Ann RC Church, Wildwood](#)

June 19 @ 11 a.m. - [Juneteenth Luncheon with ValLimar Jansen, St. Monica Church, Atlantic City](#)

June 21 @ 9 a.m. - [Eucharistic Miracles of the World, St. Brendan the Navigator Parish, Avalon](#)

July 21 @ 10 a.m. - **Camden County Constituents Fair for Seniors - Camden County College, Blackwood**

July 31 @ 11 a.m. - **Senior Resource Fair, Salem County Community College, Salem**

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

## Resources and Discounts

Through your Life to the Fullest Membership, you have access to many free health and well-being resources and programs to support your individual needs. Please let us know how we can support you as a [Life to the Fullest Member](#).

[Calls of Joy Program](#) - You are not alone. Our trained volunteers will make a weekly phone calls to a senior feeling lonely to offer social engagement and uplifting conversation.

[Health and Well-Being Resource Library](#) - Check out 25+ resources to support your health and well-being by clicking on the link above. If you don't see a topic, let us know and we will send you information for that topic.

[Business Discounts](#) - Present your membership card for special discounts and services from local businesses listed below.

- **South Jersey Catholic Cemeteries** -Receive 5% discount off pre-planning 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](mailto: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](mailto:Nick@NickNowakTeam.com)

Share this [Life to the Fullest Membership application](#) with a friend or family member! Membership is free to all seniors age 65 and over living in the South Jersey area. Contact Christine Willard, Manager, [Parish-based Senior Programs](#) at 856-583-6121 or [christine.willard@camdendiocese.org](mailto:christine.willard@camdendiocese.org) with any questions.

Become a Member Here

## Summer Word Scramble Answer Key

SEA  
HOT

TRAVEL  
VACATION

SWIM  
BEACH  
WAVES  
SUMMER

SWIMSUIT  
ICE CREAM  
SUNSHINE  
SUNGLASSES

**VITALity Catholic Healthcare Services**

**1-888-268-4825**

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