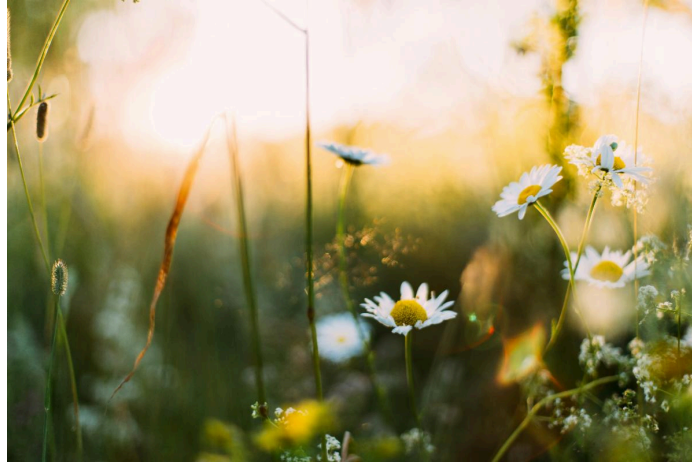




Life to the Fullest

Health and Well-Being Newsletter for Seniors

Spring 2026 Issue



God, may Your light guide my day, and your spirit bring me peace. Amen.
Hallow: Lent prayers for 2026

Step into a Healthy Spring

Spring arrives on Friday, March 20, bringing with it more sunlight, vibrant color, and renewed energy. The season encourages renewal of our health and well-being. *What are you looking forward to this spring?*

A few things many of us appreciate about the spring season include:

- More daylight to help our bodies produce vitamin D, supporting strong bones, immune health, and energy.
- Blooming flowers and green grass returns to lift our spirits and remind us of God's beautiful gift of renewal through nature.
- Warmer temperatures return allowing for outdoor activities that can boost our "feel good" hormones and improve our health.
- Fruits and vegetables are in abundance to support nutritious meal options.
- Travel options may increase offering new experiences to exercise our brains.

In this issue of *Life to the Fullest*, you'll find helpful information to support a happy, healthy spring.



Compassionate Outreach for the Body, Mind, and Spirit

Serving the health and well-being needs of the Elderly, Persons With Disabilities, and Caregivers through faith-centered and community support.



Our Ministries and Services

- Care Coordination
- Hospital Chaplaincy
- Ministry With the Deaf
- Ministry With Individuals With Disabilities
- Parish Nursing
- Mercy Teams
- Parish Senior Social Day Centers
- Senior Ministries
- Calls of JOY
- Stephen Ministry

Areas We Serve

- Atlantic
- Camden
- Cape May
- Cumberland
- Gloucester
- Salem Counties



Learn More or Request Help 856-583-6123 or scan the QR



Spring Word Scramble



1. NIAR
2. AESETR
3. CHRAM
4. TFRBLTEYU
5. IETK
6. UTLIP
7. DBIRS
8. RNWIOAB
9. EEGRN
10. NSPUORGIT

Answers listed at the end of this email.

VITALity Happenings

Ministries Bringing Hope and Healing



On January 30, VITALity brought together [Stephen Ministry](#) Leaders and Ministers from across the Diocese of Camden at Holy Family Parish, Sewell. Nicole Keefer, Executive Director, acknowledged the compassionate care they provide to those in need of emotional and spiritual support. Appreciation,

VITALity's annual Healing Mass, organized by the [Parish Nurse Ministry](#), brought 400 people together on World Day of the Sick, February 11, at Our Lady of Lourdes Church, Glassboro representing half of the parishes in the Diocese of Camden. Bishop Joseph Williams celebrated Mass with nine diocesan priests.

[Hospital Chaplaincy Ministry](#) came together on February 26 for a special gathering to acknowledge our Hospital Chaplains who bring their gifts of faith and empathy to patients and their families in 17 area hospitals. VITALity celebrated the vital ministry work of our hospital chaplains with Mass at Christ The Redeemer

prayer and fellowship made for a meaningful evening.

Individual Laying on of Hands and Anointing of the Sick was administered during this special Mass.

Church, Atco, along with a fellowship breakfast.

More Photos

More Photos

More Photos

Photos above by: Tim Hawk / Catholic Star Herald.

VITALity ministries are available to support your health and well-being needs. For help or for more information about our programs and resources, please call 856-583-6123. Read the full articles on the events above at [VITALity's Latest News.](#)

SAVE THE DATE

The Way of Saint James Pilgrimage 2026



Join us for
The Way of Saint James Pilgrimage Walk 2026

SAVE THE DATE
Saturday
June 13, 2026

Be a part of the **2026 National Eucharistic Pilgrimage** as we are joined by national missionaries of mercy at our annual walk.
All ages are welcome!




Enjoy the quiet and beauty of nature on this Pilgrimage that includes Mass, 2.5 mile walk along the Ventnor, NJ boardwalk, lunch, and fellowship!

Starting at Holy Trinity Parish
Saint James Church, Ventnor, NJ

► **Check-in starts**
at 8:00 a.m

To register scan the **QR** or call **856-583-6121**





Visit a Senior Social Center this Spring!

In this new season, consider joining a [Senior Day Center](#) near you. You'll meet wonderful people, enjoy delicious meals, experience fun celebrations, and learn new information that renews the mind, body and spirit. All are welcome to *Live Life to the Fullest* this spring! Centers listed below.

Golden Slippers

Director: Jennifer Smith

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.
(215) 432-4479

The Renaissance Center

Director - Tese Hemschoot

Saint Andrew the Apostle Parish,
Gibbsboro
Tues. & Thurs. 9:30 a.m. - 1p.m.
(856) 304-9306

Young at Heart Club

Director: Kathy Benton

Christ the Redeemer Parish, Atco
Wed. & Fri. 9 a.m. - 1 p.m.
(609) 352-9800

[More Information](#)

Feature Article:

Keeping Your Kidneys Healthy – and Why it Matters



Keep an eye out for these kidney disease symptoms:

- Changes in urination
- Swelling in extremities
- Fatigue
- Skin irritation or rashes

March is recognized as National Kidney Month to heighten awareness to kidney health. Your kidneys are remarkable organs that carry out vital work to keep your body healthy. Despite their important role, many people don't realize the significant work they do every day. Your kidneys:

- Produce red blood cells, delivering oxygen throughout the body and supporting energy for muscles and the brain.
- Filter ±180 liters of fluid daily, helping maintain a healthy balance of water, salts and minerals while regulating blood pressure.
- Rid your body of urea, uric acid, toxins and other wastes to keeping your body functioning properly and your skin healthy.
- Activate vitamin D, that helps the body absorb calcium that keeps bones strong.

When kidneys do not function properly, waste can build up in the bodies which can lead to Chronic kidney disease (CKD). CKD is a serious condition affecting around 35.5 million

people in the United States that is often overlooked until symptoms appear. CKD is progressive and increases the risk for serious health complications, including heart attack, stroke, and kidney failure.

The good news is that you can care for your kidneys while caring for your whole body.

Click below for important tips to help keep your kidneys healthy.

Full Article

Journal through Lent - Encounter Jesus this Lent

Most Catholics settle for giving up something small and spend Lent going through the motions. Journal Through Lent gives you a short daily video and one reflection question that helps you encounter Jesus and prepare your heart for Easter.

Sign-up for free

Upcoming Events

March 15 @ 3 p.m. - [Cathedral Organ Benefit Concert Series Cathedral of the Immaculate Conception, Camden](#)

March 16 @ 7 p.m. - [Come Walk with Me -Mark Forrest - St. Clare of Assisi Parish, Clayton](#)

March 17 @ 7 p.m. - [St. Patrick's Day Concert -Mark Forrest - St. Clare of Assisi Parish, Clayton](#)

March 18 @ 7 p.m. - [Reboot - Church of Incarnation, Mantua](#)

March 19 @ 7 p.m. - [Solemnity of St. Joseph Mass of Healing and Anointing - St. Joe's Pro-Cathedral, Camden](#)

March 24 @ 7 p.m. - Lenten Night of Prayer with Mark Forrest - St. Patrick's Church, Woodbury

March 31 @ 3:30 p.m. - [Bishop Joseph Williams celebrates annual Chrism Mass - St. Agnes Church, Our Lady of Hope Parish, Blackwood](#)

April 5 - **EASTER SUNDAY**

April 10 @ 3:30 p.m. - April 12 @ 5:00 p.m. - [Deaf Catholic Retreat Weekend, Villa Maria By the Sea Retreat Center, Cape May](#)

June 13 @ 8 a.m. - [The Way of Saint James Pilgrimage Walk - 2026](#) - More information to come.



Spring Word Search Answers

1. RAIN
2. EASTER
3. MARCH
4. BUTTERFLY
5. KITE
6. TULIP
7. BIRDS
8. RAINBOW
9. GREEN
10. SPROUTING

[VITALity Catholic Healthcare Services](#)

1-888-268-4825

[Send Us A Message](#)

Stay in Touch!

