



Life to the Fullest **Health and Well-Being Newsletter** **Summer 2026 Issue**

Summer Greetings!

From all of us at [VITALity Catholic Healthcare Services](#), we wish you a summer season that is filled with good health, nature, relaxation, and time with family and friends. We hope you find this summer issue informative and empowering to support your physical, mental and spiritual health to live *Life to the Fullest!*



Wishing Betsy Roberts a Joyful Retirement!



Join us in celebrating Betsy Roberts on her retirement. For the past 10 years, Betsy has faithfully served as a [Care Coordinator](#) for VITALity Catholic Healthcare Services, providing compassionate care and support to some of the most vulnerable throughout the Diocese of Camden.

We are greatly appreciative for the expertise, dedication, and spirit of teamwork Betsy brought to VITALity over the years. Her kindness and commitment touched many lives in meaningful ways. *May God abundantly bless Betsy as she begins this new chapter in life and retirement.*

Jesus Leads The Way of Saint James Walk



On Saturday, June 13, Bishop Joseph Williams, nine National Eucharistic Pilgrimage Perpetual Pilgrims, traveling through the Camden Diocese, and more than 350 people gathered for our annual Way of Saint James Intergenerational Pilgrimage Walk. Parishes from across the diocese were well represented.



Mass celebrated at Saint James Church, Holy Trinity Parish, Ventnor, Eucharistic Procession along the beautiful Ventnor boardwalk, and lunch made for a spiritually and physically energizing day. VITALity Catholic Healthcare Services is grateful for all who were able to join us for this joyous event spent in the presence of Jesus and with one another - in faith, prayer, and fellowship.

Read all about this special event in the link below including amazing photos capturing our community of

faith in action. *We look forward to being together again in 2027!*

Catholic Star Herald Article

Health Article: Alzheimer's Disease and Brain Health



June is Alzheimer's and Brain Awareness Month. Understanding Alzheimer's disease and learning proactive ways to support brain health can empower us to live life to the fullest. Alzheimer's disease is a brain disorder that slowly destroys memory and thinking skills, and eventually, the ability to carry out the simplest tasks.

Alzheimer's disease is not a normal part of aging. It is the most common cause of dementia that affects not only the person living with the disease, but also their loved ones and caregivers. Experts estimate that more than 6 million Americans, most of them age 65 or older, are living with Alzheimer's disease. *Click below to learn more.*

[Read Full Article Here](#)

[VITALity Resource: Memory Loss-Dementia](#)



Healthy Aging Tips for Summer

1. Stay cool.
2. Stay hydrated.
3. Eat fresh fruits and vegetables.
4. Treat your skin well.
5. Nurture a positive mindset.
6. Socialize with others.
7. Keep your brain active.
8. Maintain health visits.
9. Move your body.
10. Practice safety.

Celebrating 10 Years of VITALity Ministries



On March 16, VITALity Catholic Healthcare Services celebrated the impactful ministry outreach of our [Parish Senior Social Day Centers](#). Nicole Keefer, Executive Director of VITALity and Christine Willard, Director of Marketing & [Senior Ministries](#) acknowledged the commitment of pastors, directors, and support staff. Their dedicated efforts create vibrant communities where more than 200 seniors experience weekly, engaging conversations, nutritious meals, and uplifting experiences that support healthy and



VITALity Catholic Healthcare Services is grateful for the warm hospitality of Saint Frances Cabrini Church in Ocean City, Saint Damien Parish for hosting a beautiful *Mass of Welcome and Inclusion* on April 26 in celebration of Autism Acceptance Month. Father Thomas Newton, Pastor of Saint Damien Parish, and Father Hugh Bradley, Director of [Ministry With the Deaf and Persons With Disabilities](#), celebrated this joyful, sensory- friendly liturgy with the active participation of individuals on the

independent living throughout the Diocese of Camden.

Senior Day Center Directors above (left to right): Kathy Benton, Flo Curley, Tese Hemschoot, and Jennifer Smith.

[Read More](#)



Autism spectrum and their families. Shared faith and fellowship continued in Culliney Hall following Mass. We thank everyone who was able to attend for this beautiful celebration.

[Read More](#)

VITALity Catholic Healthcare Services celebrated its [Parish Nurse Ministry](#) on April 29. Over 40 ministry members gathered for a beautiful prayer service facilitated by Deacon Joe Janocha, Director of Hospital Chaplaincy, followed by dinner and warm fellowship.

VITALity's Executive Director, Nicole Keefer, and Parish Nurse Ministry Director, Andrea McManus, each acknowledged ministry members for their commitment and compassion in promoting vital health and well-being practices in body, mind, and spirit throughout the Diocese of Camden.

Upcoming Events

July 18 - [Mystic Summer Half Day Retreat at Our Lady Star of the Sea Cape May](#)

August 15 - [Annual Wedding of the Sea, Atlantic City](#)

September 26 - [Stephen Ministries Information Event - Paul VI H.S., Haddonfield.](#)

Please refer to the [Diocese of Camden website](#) for Diocesan event details.

Celebrating a Decade of Health and Well-Being Ministry

Care Coordination and Consultation

Hospital Chaplaincy

Ministry with the Deaf

Ministry with Persons with Disabilities

Parish Nursing

Senior Ministry

Parish-Based Senior Social Day Centers

Stephen Ministry



For more information about our services
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www.vitality.camdendiocese.org

[VITALity Catholic Healthcare Services](#)

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