



VITALity Year In Review



As we now complete our third year of operation, we at VITALity Catholic Healthcare Services are pleased to share with you our 2018 Annual Report. As you will note in this report, our services continue to grow both in the number of people we serve and in the types of programs and services we offer and support to ease the burden of aging and disability within South Jersey. Our healing ministries continue to serve those in hospitals and long term healthcare centers, seeking the comfort of Christ and His Church through their times of illness and battles with infirmity. VITALity Care Coordinators and Call Center Operators offer valuable information and personal guidance for those in need of healthcare services within their homes and communities. Our Ministry for the Deaf and Disabled provides for inclusion and advocacy within the life of the Church for those often marginalized due to physical, behavioral, emotional, or developmental disabilities. And our parish based programs of Stephen Ministry, Parish Nursing, and Senior Social Day Centers provide hope through compassionate caregivers in times of loss and despair, well-being through health screening and education, and a sense of new life as seniors strive to defeat the ill effects of isolation through social engagement and community.



DEACON JERRY JABLONOWSKI

New programs this year have included the training of parish volunteers in Our Journey of Hope – a parish based ministry to care for the practical needs of those bat-

I came that they may have life and have it more abundantly.

John 10:10

tlung cancer. In addition, local parishes have established Mercy Teams under the guidance and training of VITALity, to assist their elderly neighbors in household chores and activities in daily living to enable them to remain safe in their homes and better age in place. 2018 also saw the addition of another Senior Social Day Center within the diocese - The Senior Ministry, or "Prime Timers," at Incarnation Parish in Mantua. This now brings the total to three such centers throughout the diocese.

The pages to follow will better tell our story for 2018 through testimonials, photos, and narrative, as they reveal the life changing effects that VITALity has brought to so many.

Thank you for your interest in VITALity and I trust that you will continue to pray for and support our efforts to bring this healing ministry of the Church of South Jersey to an even greater number of people as the years go by.

Peace and all good things,

Deacon Jerry Jablonowski,
Executive Director, VITALity Catholic Healthcare Services

VITALity OFFERS ...



WELL-BEING



COMFORT



INCLUSION



GUIDANCE



HOPE



NEW LIFE

VITALity continues to grow ...

Now in its third year of operation, VITALity Catholic Healthcare Services continues to grow in the numbers of people it serves and in the diversity of programming it offers. The work of VITALity helps to meet the increasing demand for healthcare services for the elderly and persons with disabilities throughout South Jersey. The dedicated nurses, social workers, priests, deacons and laity of VITALity are a compassionate presence for many



BISHOP DENNIS J. SULLIVAN

who are in need of comfort and healing. By providing resources for care within their homes and parishes, VITALity enables many of our elderly and disabled individuals, and their caring families, to live a safer, healthier, happier and more secure existence.

However, VITALity offers more than

just relief from the stress and burden of a confusing healthcare system. Clients also are provided with opportunities for meaningful social relationships and the ability to stay connected to their parish communities. These engagements allow our elderly and disabled sisters and brothers to live life to the fullest.

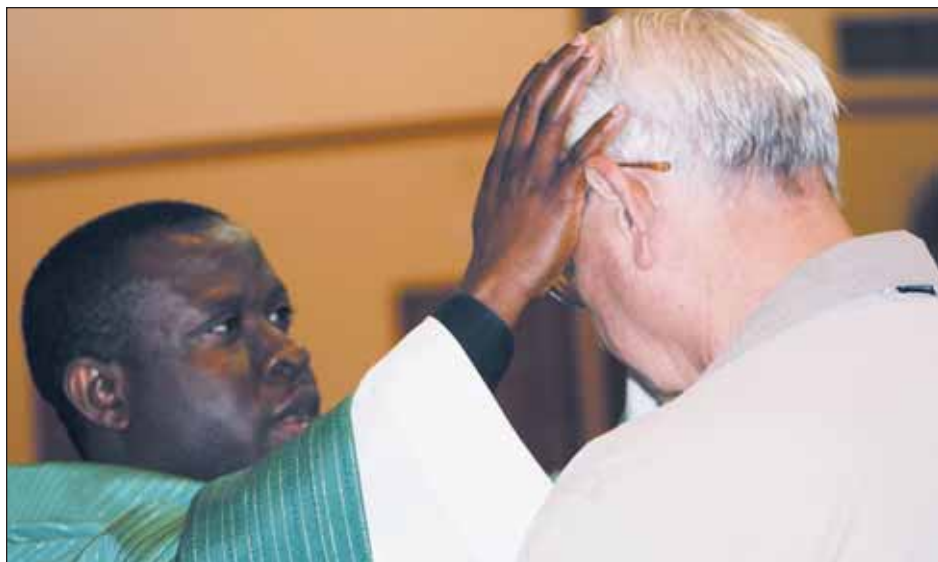
In this Annual Report, you will read about specific examples of what VITALity offers to our communities and how the work of this healing ministry has affected the lives of people in need.

Thank you to everyone who has supported VITALity Catholic Healthcare Services and the House of Charity/Bishop's Annual Appeal. May God grant comfort and hope to those in need of His healing mercy and may His grace come upon all those who help others in His name.

Sincerely in Christ,

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





Hospital Chaplaincy Ministry

VITALity OFFERS COMFORT

The Hospital Chaplaincy Program provides spiritual and emotional support to the Catholic patients, their families and the staff of the six hospital clusters throughout South Jersey. The priest chaplain, along with a deacon, a woman religious or a lay minister make up the pastoral care team for the hospital cluster and they are greatly assisted by 235 committed Extraordinary Ministers of Holy Communion.

Our chaplaincy team provides Christ's compassionate and healing presence to those



who are ill, their family members as well as the hospital staff. 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 has also been instrumental in connecting the patients with the other health-related services offered through VITALity Catholic Healthcare Services.

"The objective of my visit is to let the sick feel the power of faith, hope and love manifesting through the sacraments that I administer and the words that I share.... As a priest chaplain, I can share in the healing work of Christ. I can give them Holy Communion for their spiritual nourishment. I administer the Sacrament of the Sick to heal their souls. I can hear confession for their conversion and reconciliation. I can help the sick cope with their difficulties by a friendly and cheerful visit with words or gestures of encouragement."

Rev. Cosme de la Pena,
Chaplain at
Cape Regional Hospital in
Cape May Court House

PASTORAL CARE TEAM

Number of hospitals/facilities: 18
Priest Chaplains: 9
Deacon Associate Chaplains: 2
Religious Sisters: 3
Lay Associate Chaplains: 4
Extraordinary Ministers of Holy Communion: 235

ANNUAL SPIRITUAL REPORT

Total number of pastoral care visits with patients: 122,615
Pastoral care visits with staff and the families: 13,186
Holy Communion: 66,448
Sacrament of the Sick: 5,545
Baptisms celebrated: 8
Total number of pastoral care hours by chaplains and associate chaplains: 25,116

"My family requested pastoral care while my uncle was in the hospital. Although he was not a churchgoer, he held to the principles of the Christian faith and because of that I knew that he was going to want to speak with Fr. Jerold. We were all thankful with the Lord because my uncle had the opportunity to confess and receive communion."



Care Coordination Resource and Referral Help Line

VITALity OFFERS GUIDANCE

VITALity Care Coordination assists individuals and families to 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 transition to a more protective and service intense environment. Our staff of RNs and social workers are healthcare partners, providing 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 concerns.

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 relevant issues related to aging and disability. Callers are connected to the resources they need to provide appropriate care and support.

During 2018, VITALity staff received



nearly 1,000 calls (an increase of 20% over last year) and our nurses and social workers made 1,739 visits and calls to 961 persons in need of help with their health care issues (a 15% increase).

"At first, we felt like there was no one out there. Then my friend told me about VITALity. The Care Coordinator visited us and was able to get us help at home during a very difficult time. We felt so relaxed and secure, just knowing someone was there to help. VITALity gave my husband and I hope. We feel so much better."

"When the Care Coordinator comes, we don't have to worry because she gets things done. She asks all the right questions and is very thorough. She knows what is needed and we trust her. She is wonderful."

MOST COMMON CLIENT DIAGNOSES

(In order of frequency)

1. Alzheimer's /Dementia
2. Diabetes
3. Mental Illness
4. Ambulation Dysfunction
5. Arthritis

TOP 10 SERVICES

1. Insurance Assistance
2. Home Health Aides
3. Nutritional Services/Meals on Wheels
4. Housing/Assisted Living
5. Mental Health Counseling
6. Catholic Charities Referrals
7. Utility Assistance
8. In Home Medical Care
9. Prescription Assistance
10. Transportation

Parish Senior Ministry

VITALity OFFERS NEW LIFE

Parish Senior Social Day Center

Parish Senior Social Day Centers serve to provide our aging community with a place to gather and share fellowship. VITALity supports these parish ministries to help seniors stay healthy, independent and socially engaged. Our parish based senior ministries offer a wide variety of activities including: daily continental breakfast and nutritious lunch, health and wellness activities, social and recreational activities, spiritual enrichment, intergenerational activities and educational health presentations. Older adults who attend parish based senior ministries experience measurable improvements in their physical, social, spiritual, emotional and mental well-being. Parish Senior Ministries prevents individuals from isolation and loneliness and allows members to remain independent to live LIFE TO THE FULLEST.

We were pleased to announce in September of 2018 the opening of Prime Timers at Church of the Incarnation in Mantua, adding this as the third such Senior Ministry Center in the diocese.

Senior Health & Well-Being Membership Program

Our "Life to the Fullest" membership program is free and enrollment is open to all South Jersey residents age 65 and over. As an active member you can request important health topics, spiritual enrichment and lifestyle information. In addition, you will receive our quarterly newsletter with upcoming diocesan events, health tips and information about VITALity programs. This allows members to stay engaged and connected with VITALity, their parishes and the entire diocese.

During 2018 our staff visited multiple locations including parish based senior clubs, parish staff members, senior community centers, health fairs, and senior housing residences, to provide health education and to inform them of the free resources VITALity provides to the community. Through these visits we have encountered over 5000 community members and increased our membership enrollment to nearly 1200 members.

Our Journey of Hope - Cancer Care Ministry

There is a significant need in our community to care for people and their families affected by cancer. Today, almost everyone knows someone who has been touched by cancer. To have support and encouragement is critical to one's health, well-being, support and recovery. To help those affected by cancer, VITALity Catholic Healthcare Services teamed up with Cancer Treatment Centers of America to train volunteers to lead these ministries. This training equipped ministry leaders with the knowledge to form a parish based cancer ministry to support their parishioners and community members. Today we have 3 active parishes providing practical help, support and hope to the community.

Mercy Teams

VITALity supports and trains compassionate and caring parish volunteers to assist their elderly neighbors with basic household chores and simple activities of daily living that may be required as they struggle with the effects of aging. These teams provide services that otherwise are not available to fellow parishioners due to financial and/or insurance limitations. These gestures of mercy can often make the difference to allow that neighbor to remain more safe and comfortable in their home as they age.

To date we have 8 parishes with Mercy Teams.

"Everything about Prime Timers is enjoyable. It enhances the quality of our lives – it is like having another family".



PRIME TIMERS,
CHURCH OF THE INCARNATION



RENAISSANCE CENTER SENIOR MINISTRY,
ST. ANDREW THE APOSTLE



ST. PETER SENIOR MINISTRY,
ST. PETER CHURCH

"Prime Timers supports and encourages senior members on their spiritual journey within their parish family. And, since seniors are active and vital members of the parish family, this three times a week gathering provides a perfect forum for fun, socialization and sharing."

"This is a time to develop meaningful relationships with people within my own age group and interests. I like sharing my talents and experiences with other members of the group, and in turn they share their interests and experiences with me."

BUILDING HEALTH AWARENESS

VITALity Presentations
– 30 Senior Groups/Communities

VITALity Participation in Senior Health Fairs
– 12 Health Fairs

Lives Encountered from Presentations, Health Fairs
– 5000 Community Members

SENIOR SOCIAL DAY CENTERS

The Renaissance Center Senior Ministry
St. Andrew the Apostle, Gibbsboro
70 Members 2,128 Annual Visits

St. Peter Senior Ministry Center
St. Peter Church, Merchantville
306 Members 4,080 Annual Visits

Prime Timers
Church of the Incarnation, Mantua
62 Members 298 Visits in 2018

Stephen Ministry

VITALity OFFERS HOPE

Stephen Ministry is the compassionate and caring face of the parish. We have many needs for care in our parish and in our community: People experience divorce, grief, terminal illness, loss of job, hospitalization, loneliness, being a caregiver to a loved one and many other stresses and challenges. With a limited number of clergy, it would be impossible for our priests and deacons to meet every single need or every single person. Stephen Ministry fills that gap by assisting the clergy in their pastoral and spiritual care by ministering to people throughout the crisis they face.

Stephen Ministers are lay members of a parish, trained and organized to help provide one on one confidential Christian care to members of our parish and our community. 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 ministry can use

"Besides supporting me emotionally and spiritually, sometimes my minister helps me to get some information and things that I need. Other times we will pray together. My Stephen Minister is always encouraging me and cheering me on! I feel very blessed and full of gratitude that my Stephen Minister has entered my life!! Thank you!"

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, as long as the care receiver needs it. Stephen Ministry indeed is a gift to our parishes.



"The relationship I have with my care receivers has made me a better human being. I listen more carefully, consider my answers more thoughtfully. It has made a difference in all of my relationships... This experience has been one of the best in my life!"

"My caregiver from Stephen Ministry saved my life and helped me to feel God by my side, and that I could survive this. And because of her, I am beginning my road back to God. Because of her, I don't feel so lost anymore and I am not so overwhelmed."

Parish Nursing Ministry

VITALity OFFERS WELL-BEING

VITALity continues to support Parish Nursing Ministries in 38 of our parishes throughout South Jersey. VITALity leadership provides direction, guidance, education, and program planning, along with financial grants to each parish to assist with the work of the local parish nurses.

Parish Nurses and their associated health-care ministry volunteers have made a difference in the lives of innumerable parishioners throughout the diocese through visits to the homebound, one-on-one health counseling, or just being present in times of crisis. Parish Nurses blend their knowledge of medicine with their focus on the whole person- Body, Mind and Spirit. Their unique training allows them to see the value of spirituality as



it contributes to the overall well-being of an individual.

Parish Nurses are at the forefront of health education with free health screenings and informative talks and classes on various relevant topics. Joined often by nursing students from area colleges, parish nurse sponsored programs have included: "Being Positive about Mental Health



Issues", "Pain Management without Narcotics", and "The Need for Caregivers Support." The most popular offering remains "Having The Talk" where participants can speak with local medical and legal professionals regarding end of life issues and how to initiate that discussion with their loved ones.

This year VITALity continued in offering the Foundations of Faith Community Nursing educational program. (The only one offered in the state of New Jersey!) In addition, to attend to the spiritual needs of these dedicated nurses, VITALity hosted a Day of Retreat, Reflection and Recognition at the Discovery House in Hammonton.

Ministry With The Deaf And Persons With Disabilities

VITALity OFFERS INCLUSION

VITALity's Ministry With the Deaf and Persons With Disabilities assists those with communication, developmental, behavioral, and other physical limitations by ensuring their well-being through advocacy and actions of concrete steps to safeguard their full integration and participation in the life of the Church. Through programs of catechesis and sacramental preparation, along with the support and promotion of the expansion of Masses of Inclusion throughout the diocese, we fully realize that when persons with disabilities and their families are not present, the Catholic community experiences a loss, and that no parish community is healthy and flourishing if it does not welcome persons with disabilities. We work to ensure that persons with disabilities increasingly experience a sense of



belonging and welcome in the parish, diocese, and Church at large.

We continue to seek out opportunities for social engagement and gathering that can lighten the burden of dependency and

allow the person to emerge and grow as a social being, renewing the joy and happiness that human fellowship brings.

VITALity nurses and social workers partner with families of children with disabili-



ties to assist also in their medical care coordination and through the transitions of care as they age out of the educational system. They provide the necessary assistance to help them emerge into the vocational realm of their lives, seeking more independence in living with the appropriate support and financial services from the state and other sources.