

Care Team Ministry

February 2025

Hi, everyone.

It's been great seeing so many of you at January team meetings and seeing all the teams in full swing after the holidays. A few teams have already brought on some new team members and new Care Partners this year. We've also got the first two Care Team event dates lined up for the year. If you haven't already registered, take a look at the first Quarterly Connection info on page 3.

Page 2 has an interesting illustration of just how detrimental isolation can be to older adults. To read the full article, just click on the link.

Let us know what you think of the new book recommendation on page 4.

Thanks for all you are doing, and please let us know how we can support you!

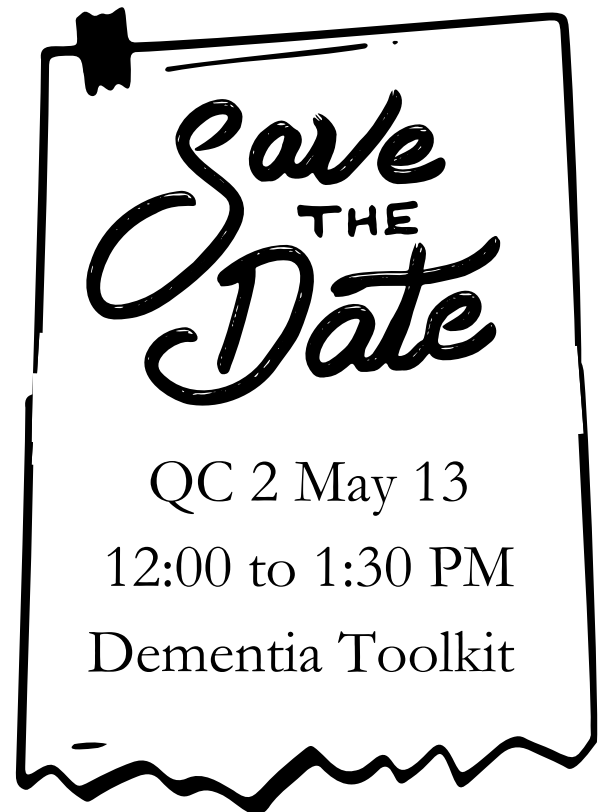
Judi and Melissa

*Happy
Anniversary*

Midvale Community Lutheran 2013
St Maria Goretti 2018

An Opening Prayer...

Dear Lord, we ask that You bless the members of this Care Team so that we might serve those in our community with compassion, understanding and love. Help us to walk in Your way as You call upon us to do Your loving work. Be with us this evening as we prepare ourselves for our next visits. We ask for Your protection in our going out and our coming in. In Jesus' Name we pray. Amen.

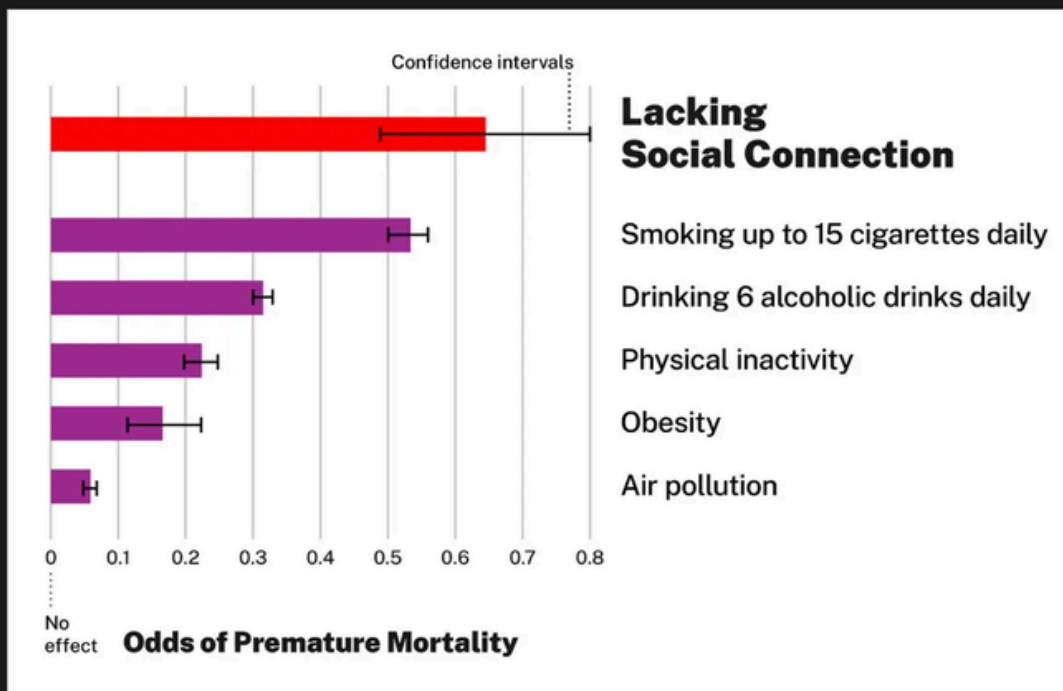


Loneliness and Isolation: New Study Points to Higher Impact on Older Adults

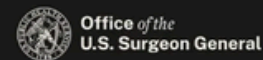
Loneliness and Isolation: New Study Points to Higher Impact on Older Adults

While many people cope with loneliness, older adults are more likely to be impacted, according to a new report.

Lacking social connection is as dangerous as smoking up to 15 cigarettes a day.



Source: Holt-Lunstad J, Robles TF, Sbarra DA. Advancing Social Connection as a Public Health Priority in the United States. *American Psychology*. 2017;72(6):517-530. doi:10.1037/amp0000103. This graph is a visual approximation.



For the full article

CLICK HERE



YOU ARE INVITED TO AN ONLINE EVENT



Catholic Charities
Diocese *of* Madison

CARE TEAM MINISTRY

QUARTERLY CONNECTION 1

THURSDAY, FEBRUARY 20, 2025
6:00PM - 7:00PM
ON ZOOM

Join us to learn about two topics that closely relate to serving older adult Care Partners: the ADRC and Self-Care.

Each session will be 30 minutes.



REGISTER NOW

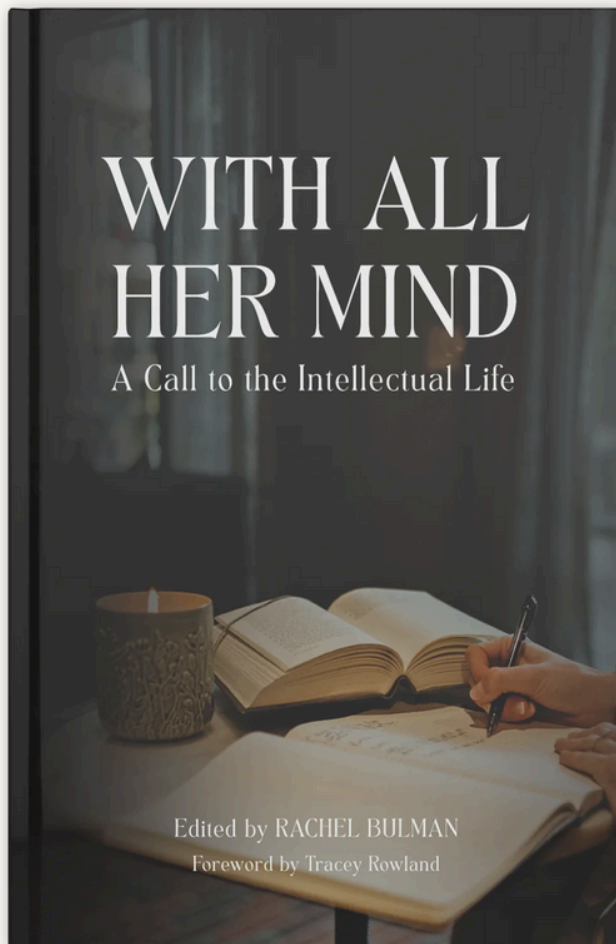


WE ARE HAPPY TO DO A QUICK ZOOM
PRACTICE WITH YOU IF YOU AREN'T
COMFORTABLE USING ZOOM.

BOOK NOOK



With All Her Mind: A Call to the Intellectual Life



“The feminine genius,” a term coined by Pope St. John Paul II, has become something of a buzzword in the Catholic world. But has the fullness of femininity been exhausted?

This collection of seventeen essays, written by Catholic women of diverse backgrounds and vocations, is a call to pursue what is too often excluded from our picture of femininity: the intellectual life. Following Mary, the “Seat of Wisdom,” who “treasured” the words of the shepherds and “pondered them in her heart,” *With All Her Mind* shows how the feminine genius involves both affectivity and active intellectual engagement.

Full of practical advice and personal testimonies and featuring a foreword by

celebrated scholar Tracey Rowland, this collection opens readers to the endlessly unique ways for a woman to follow the first and greatest commandment: to love the Lord with all her soul, with all her heart, and with all her mind.