



Dear Care Team Members,

Thank you for your incredible dedication and care you devote to making a difference in the lives of others. Your efforts are deeply valued and appreciated.

As we celebrate April as both National Volunteer Month and Stress Awareness Month, we want to remind you of the importance of self-care. While your commitment to helping others is admirable, it's essential to ensure you don't overextend yourself. Taking time to rest and recharge is crucial for maintaining your well-being and sustaining your ability to continue this valuable work.

Please remember to set realistic goals, take regular breaks, and communicate your needs. Your health and happiness are just as important as the amazing work you do. We appreciate all that you do and want you to enjoy this ministry for years to come.

Thank you for enriching the lives of your Care Partners and family members and being an invaluable asset to your parishes.

With heartfelt gratitude,

Judi & Melissa

*Happy
Anniversary*
Primrose Lutheran 2011



Almost everything will
work again if you
unplug it for a few
minutes, including
you.

-Anne Lamott



Catholic Charities
Diocese of Madison

CARE TEAM MINISTRY

QUARTERLY CONNECTION 2

DEMENTIA TOOLKIT

Increasing numbers of Wisconsinites with Alzheimer's disease and related dementias (ADRD) are living in the community, rather than in care facilities. Family members, care and service providers and other community members may find it difficult to meet the needs and honor the personhood of those living with dementia.

In this highly interactive workshop, participants will have the opportunity to role-play our dementia-friendly simulations. Our simulations make use of equipment designed to provide participants with a greater understanding of the challenges faced by people with dementia. We will discuss strategies to communicate clearly with the person with dementia, to support the person with dementia as a family caregiver or service provider, and to challenge the stigma and isolation that people with dementia and their family members often face.

Learn more about the Center for Aging Research and Education at the University of Wisconsin-Madison School of Nursing: <https://care.nursing.wisc.edu/>



DIANE FARSETTA
CARE Manager



PAULA BIZOT
CARE Aging Education
Project Manager

Tuesday, May 13
12:00pm to 1:30pm

Venue:
Midvale Community
Lutheran Church
4329 Tokay Blvd
Madison, WI 53711

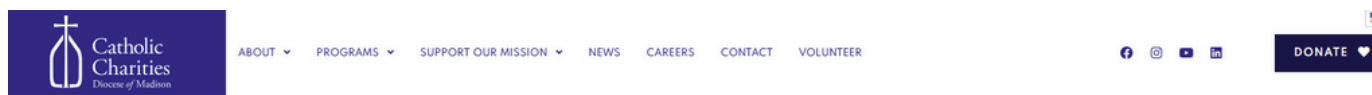


REGISTER
NOW

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Scroll almost to the bottom until you see...



[Catholic Charities Care Team Ministry](#)



Newsletters & Webinars

January 2025 Newsletter

DOWNLOAD

February 2025 Newsletter

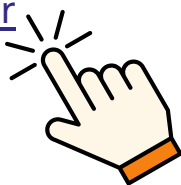
DOWNLOAD

February 2025 Webinar

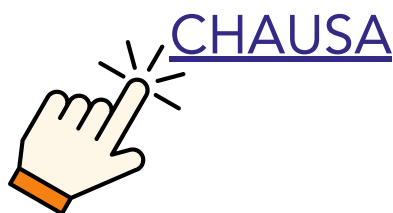
VIEW VIDEO

QC 1 webinar recording can be accessed on our website or by clicking on the link below

[ADRC webinar](#)



Here are some more examples of free Lenten resources online.



[CHAUSA](#)

Visual Reflections on Issuu

[Slow and Simple: Ash Wednesday](#)

[Slow and Simple: First Week of Lent](#)

[Slow and Simple: Second Week of Lent](#)

[Slow and Simple: Third Week of Lent](#)

[Slow and Simple: Fourth Week of Lent](#)

[Slow and Simple: Fifth Week of Lent](#)

[Slow and Simple: Holy Week](#)

Audio Reflections

[Slow and Simple: Ash Wednesday](#)

[Slow and Simple: First Week of Lent](#)

[Slow and Simple: Second Week of Lent](#)

[Slow and Simple: Third Week of Lent](#)

[Slow and Simple: Fourth Week of Lent](#)

[Slow and Simple: Fifth Week of Lent](#)

[Slow and Simple: Holy Week](#)

Do not read
page 5
before April 20.

He
is
Risen

Happy
Easter

