

Hi everyone,

It's still warm outside, but the first hints of autumn are beginning to stir—the light is softening, the days are shortening, and soon the trees will begin their quiet transformation. As we move toward this reflective season, we're invited to slow down, give thanks, and reconnect—with ourselves, with one another, and with the mission that brings us together.

Speaking of bringing us together... we hope you are looking forward to our annual retreat as much as we are. It's a time to step away from the demands of daily life and enter into a space of rest, reflection, and renewal. The day will offer meaningful conversation, gentle learning, and the kind of fellowship that nourishes the soul. Registration is available online, and if you need any assistance, we're here to help.

Please check out page 3 for an important flyer from The Apostolate for Persons with Disabilities regarding Mental Health Ministry.

Only Leaves Shall Fall returns with Safe Communities on September 30. Many of you have found this fall's prevention event both informative and encouraging, and we hope this year's gathering will be just as valuable. Details are on page 4.

And as we prepare for the season ahead, Triad's annual car check event on September 10 offers a practical way to ensure your vehicle is safe and ready. You'll find more information on page 5.

Thank you for the quiet strength and steady presence you bring to our community. We look forward to sharing this season with you.

Care Partner Quote

“

*When this program started
was the luckiest day of my
life!*

”

HAPPY
Anniversary
St Francis/ Holy Cross 2014
Our Lady Queen of Peace 2022



Annual Retreat The Gift of Connection

**REGISTER
NOW**



Thursday September 25

8:30 Coffee & Fellowship

9:00 Bishop Hying

9:30 Peg Weber

12:00 Lovely catered lunch

12:45 Cricket Hesselberg

2:50 Closing Blessing

Venue: St Peter Church
5001 N Sherman Ave
Madison

Be sure to register before September 21.

Mental Health Ministry Regional Retreat

For those involved or interested in Mental Health Ministry

Keynote Speaker

Deacon Ed Shoener:

President of the Association of
Catholic Mental Health Ministers



**Sat. Sept. 20th
9AM – 4PM
Mass 4–5PM**

**Camp Gray Inc
E10213 Shady Ln Rd
Reedsburg, WI 53959**

**Lunch provided.
Free will
offering.**

Listen to talks about faith and mental health, spend time in prayer, obtain valuable mental health resources, make lasting connections, and learn more about this growing ministry!



Breakout sessions for the Spanish speaking community, caregivers, clergy, and those with mental health challenges. All are welcome!



**To register, scan code or visit
madisondiocese.org/mentalhealth
Questions? Call 608-821-3050, or email
apd@madisondiocese.org**

**Sponsored by the Apostolate
for Persons with Disabilities
Diocese of Madison**

ARE YOU CONCERNED ABOUT FALLING?

Only Leaves Should Fall

Falls Prevention Event

Tuesday, September 30, 2025
Covenant Presbyterian Church
326 S. Segoe Rd., Madison
12:00pm - 3:30pm



Dr. Zorba Paster,
Keynote Speaker

Please Join the Falls Free Dane Coalition of Safe Communities
for this FREE event! Registration is required.

SCHEDULE:

12:00pm - 12:15pm: Registration
12:15pm - 1:15pm: Lunch & Keynote Address
1:15pm - 1:30pm: Break
1:30pm - 3:00pm: Screenings
3:00pm - 3:30pm: Wrap-Up & Goal Setting
3:30pm: Adjourn



September is Falls Prevention Month! Dr. Paster will speak
about strategies for maintaining independence and
keeping upright by preventing a fall. Learn about your own
fall risk and leave with resources to prevent a fall!

To register or for questions contact:
Ashley Hillman,
Director of Program Partnerships,
Safe Communities
608-235-1957
ahillman@safecommunities.org



RSVP of Dane County
...where volunteers make a difference

Is Your Car Ready? Are You Ready? Before you know it the dependably tough Wisconsin winter driving season will be here. The time to get you and your vehicle ready is now!

Our Triad Program's Car Check FREE vehicle safety inspection event will be held September 10th from 12:00 to 3:00 PM. It is a great opportunity for older adults to have their cars checked for safety deficiencies, such as headlights, turn signals, and lights, and critical overdue maintenance items, such as the brakes, belts and tires.

And best of all, the Car Check safety inspection is totally FREE thanks to the generosity of our Car Check sponsor, Smart Motors Toyota. Please do not call Smart Motors with questions or to register for Car Check. If you have questions, please email Mike at mthomsen@rsvpdane.org. RSVP will make the appointment for you after you register online. Of course, any services or maintenance beyond the safety inspection are the responsibility of the vehicle owner.

Smart Motors' large, ultramodern, highly-trained service department, located at 5901 Odana Road, services all makes and models of vehicles. We are grateful to Smart Motors for their extraordinarily generous sponsorship. We could not do Car Check without their partnership.

AARP Car Fit

In addition to Car Check, we have partnered with AARP Wisconsin Driver Safety to offer the AARP Car Fit program during the Car Check event at Smart Motors. Car Fit experts will be available to discuss proper steering wheel, seat and headrest, mirror, and seat belt position so that you can enjoy a safe and comfortable driving experience. You don't feel comfortable in your car? Ask the Car Fit experts for help!

You do not need an appointment for Car Fit. AARP Car Fit consultations will be on a first-come-first-served basis from 12:00 to 3:00 PM on the 10th at Smart Motors. If you do not wish to participate in the Car Check vehicle inspection but would like to participate in Car Fit, come to our Car Check check-in table between 12:00 and 3:00, and we will direct you to the Car Fit location at Smart Motors.

Signing up for a Car Check Appointment

Please do not call Smart Motors for a Car Check appointment. Triad is arranging all Car Check appointments. You can register for an appointment online at the following webpage: <https://bit.ly/carcheck25>. If you have any difficulty registering please email me at mthomsen@rsvpdane.org. The registration form will ask you for your email address, phone number, first and last name, street address, city, state, zip and your vehicle's VIN number so that the paperwork is ready when you arrive for your appointment.

Your vehicle's VIN number is available in several places. First, it should be printed on your car insurance card. It is also imprinted on a metal plate on the dashboard that is visible through the lower corner of the windshield on the driver's side corner. And it is usually printed on a door sticker that also lists numerous important vehicle data including the vehicle type, paint color and gross vehicle weight.

Once you have filled in this form, click the "Submit" button and an email from "Google Forms" will be sent to you with copy of the information you provided including the appointment time you chose. IF after registering you need to cancel your appointment, please send an email to mthomsen@rsvpdane.org so that the appointment can be made available to somebody else. If you register and do not show up on the 10th, you will likely be taking an appointment slot from someone who needs the free inspection. So, please email me if you need to cancel.

Finally, please feel free to forward a copy of this email to anybody you think may be interested in participating. A printable flyer for this event is available here. Thank you for helping us get the word out.

Best wishes,
Mike

Helpful tips and updates from your meetings

Caregiver Memory Kits

Memory Kits are totes filled with themed items for caregivers of people living with dementia to create special moments, engage the brain, and help unlock memories.

Some examples include:

Nature: CD, scent containers, book of photos, DVD, rocks, pine cones & shells

Rural Life: CD, scent containers, books, DVD, pictures, coloring pages & markers

Meditation: DVDs, meditation chime, expanding ball & glitter wand

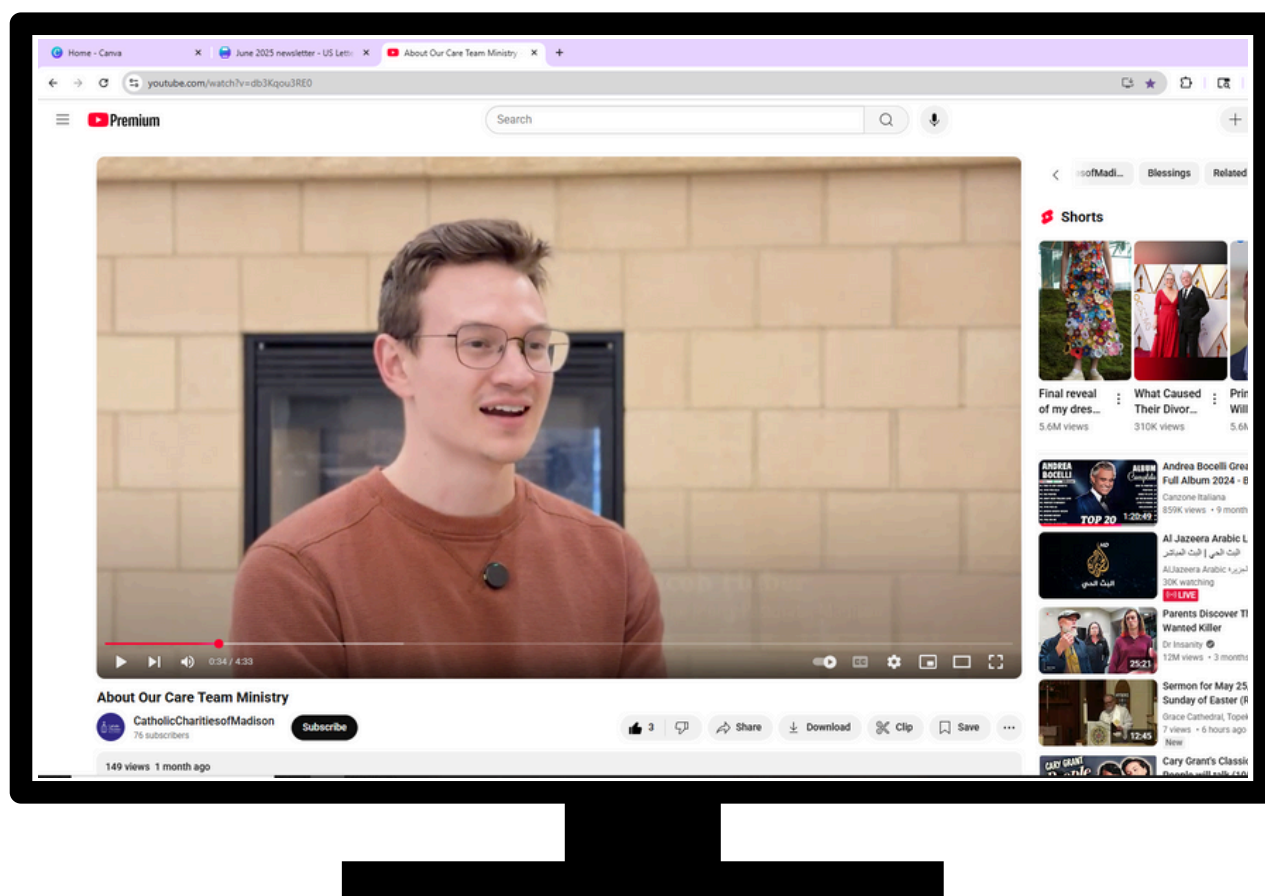
Hands-on Fun: kaleidoscope, yoyo, slinky, pin sculpture, puzzle, pens & coloring pages

Kits are available at: Monona Library, Sun Prairie Library, Sun Prairie Colonial Club, Mt. Horeb Library, Cottage Grove Memory Café, Verona Senior Center, Waunakee Senior Center.

Dementia Support | Dane ADRC



Don't forget about our new, exquisitely-produced Care Team video. This resource is perfect for use in your parish to highlight our ministry and inspire others to join our efforts. If you're interested, just ask us how to get started!



[CLICK HERE](#)