

Hi everyone,

We want to extend a heartfelt thank you to everyone who participated in the CTM 2025 Annual Retreat on September 25 at St. Peter in Madison. With the theme The Gift of Connection, this year's retreat was our largest yet, welcoming 55 attendees and representing all 13 active Care Teams—a true testament to the strength and spirit of our ministry.

The day was filled with meaningful moments of team building, spiritual enrichment, and skill development, all designed to deepen our connections and enhance our shared mission. From engaging sessions to thoughtful giveaways like sensory bags and totes, we hope every detail contributed to a memorable experience. Your presence, energy, and willingness to get up and participate made this retreat a resounding success. Thank you for being part of this growing and vibrant program!

As we step into October, we'd like to let you know that it's National Energy Awareness Month—a great reason to order your Free Energy-Saving Packs we learned about from Fr Randy in Stoughton. It's also National Cookie Month, though we regret to inform you that we don't know where to find free cookies.

Looking ahead, the following pages have information on upcoming events that might interest you. Please remember to count your hours for these types of events toward your Care Team hours. And be sure to mark your calendars for December, when our very own Paula Bizot will be leading a special workshop for caregivers. It promises to be insightful and uplifting—so be sure to check out the flyer on page 6 for all the details.

Thank you for all that you do to bring care, connection, and compassion to our community.

We are so grateful for you!

### *Team Leader Quote*

“

Make every visit a memory because it's a gift. Your Care Partners are gifts.

”

HAPPY  
*Anniversary*  
St Olaf now Nativity of the Lord  
1999







We highly recommend checking out the resources Cricket presented.



Alive Inside: [A Story of Music & Memory](#) (2014 Documentary)

[Music & Memory at Home- Caregiver's Guide](#)

[AGE-u-cate – The Power of Reminiscing](#)






## The More You Know

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# What Everyone Should Know about Mental Illness



*Confronting misconceptions, understanding links to addiction, and learning to support loved ones.*

*Tuesday, October 7, 2025  
6:30 p.m. – 8:00 p.m.*

Sponsored by the  
Respect Life Committee  
Our Lady Queen of Peace Church  
401 S. Owen Drive, Madison

Speakers include:

- Bishop Donald J. Hying
- Parish and diocesan staff
- Professionals from Journey Mental Health

Questions? Contact Vicky Franchino  
at [vkfranchino@gmail.com](mailto:vkfranchino@gmail.com)





**Are you a helping professional or family caregiver providing direct care for an older adult?**

***Join our CARE U workshop to increase your skills!***

Interactive presentations and hands-on activities will cover key topics in older adult care, including:

- Person-Centered Care
- Dementia Care
- Vision
- Maintaining Mobility
- Nutrition
- Pain
- Emergency Preparedness

**This one-day training is FREE!**

Contact Paula Bizot with Questions  
Email: [pbizot@wisc.edu](mailto:pbizot@wisc.edu)  
Call: 608-263-5268



Tuesday, 12/9/25



8:30 am - 5:00 pm



Madison College, Truax Campus  
Health Education Building

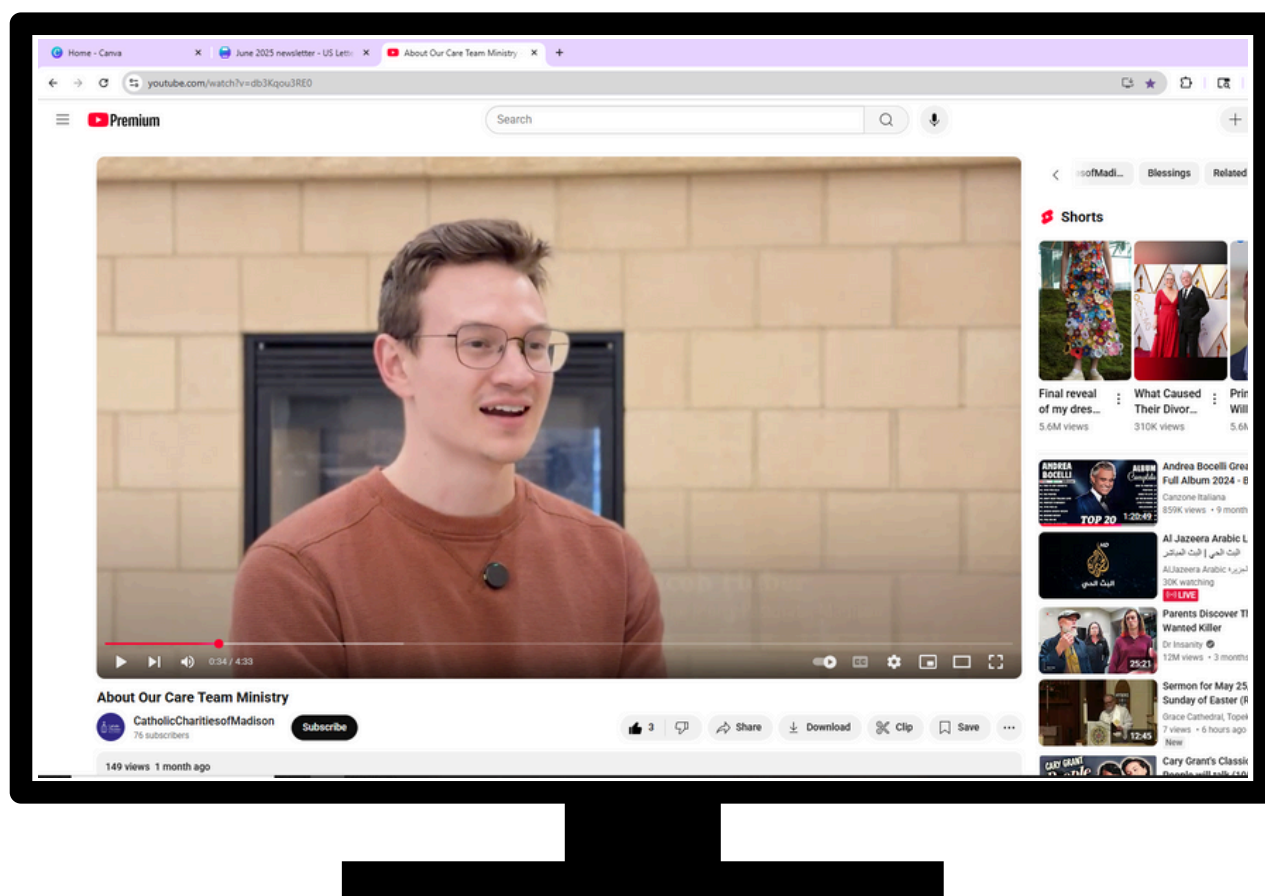
**LEARN MORE  
& REGISTER**

[care.nursing.wisc.edu/care-u-for-direct-care-staff](https://care.nursing.wisc.edu/care-u-for-direct-care-staff)



This event is made possible by a generous grant from the Oscar Rennebohm Foundation to the Center for Aging Research & Education at the UW-Madison School of Nursing.

Remember to share our wonderful 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](#)