

Hi everyone,

As we enter the month of November, we pause to give thanks to God for the many blessings in our lives—especially the gift of each other. Your dedication, compassion, and faithful service to Care Partners and their families continue to be a beautiful reflection of Christ's love in our community.

This month's newsletter highlights a great event recently held by one Care Team to share information while also raising awareness of their team. Check out page 2 for details and let us know if you'd like help arranging a similar event.

We also highlight two important opportunities for growth and learning. Page 3 features details about a free, full-day Mental Health First Aid training offered by the Apostolate for Persons with Disabilities. Page 4 highlights another free, all-day training focused on dementia care. Both trainings are excellent ways to deepen your ministry and count toward your Care Team hours for the month.

As we move into colder months, please remember: if you're experiencing flu-like symptoms, we ask that you refrain from visiting in person. A phone call or a card can still bring comfort and connection. We have plenty of beautiful "thankful" cards still available at the office. Just let us know if you'd like some to share.

Wishing you and your loved ones a joyful, peaceful, and blessed Thanksgiving!

Pastor Quote

“Jello is an
ecumenical
food.”



A prayer for older adults

Lord, We pray for the elderly who sit alone in quiet rooms, whose hands once held children, whose voices once filled homes. Comfort their loneliness with Your presence. Let them know they are not forgotten, but cherished, beloved, and held close to Your heart. Fr Chris V.

HAPPY
Anniversary
St. Maximilian Kolbe
November 2009





On October 21, the St. Olaf Care Team hosted a special educational event at St. Olaf Church in De Forest featuring Ellen Taylor, Dementia Specialist with the Aging and Disability Resource Center of Dane County. Ellen provided valuable insights into the basics of dementia, helping attendees better understand the aging brain and how to support those experiencing cognitive changes. The event welcomed 25 parishioners and community members, and served as a meaningful way to highlight the Care Team's mission of compassionate support and accompaniment within our parish. We're deeply grateful to Ellen for sharing her expertise—and to everyone who joined us!





Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

On average,

130

people die by
suicide every day.

*Source: American Foundation
for Suicide Prevention*

From 1999 to 2019,

841,000

people died from
drug overdoses.

*Source: Centers for Disease
Control and Prevention*

Nearly

1 IN 5

in the U.S. lives
with a mental illness.

*Source: National Institute
of Mental Health*

All Care Team Members are invited to our next
Mental Health First Aid Course

Wednesday, November 12th

Holy Name Heights

9 am - 5 pm

This course is free to attend for anyone that is part of a diocesan parish, program, etc. and includes course fees, materials, a light breakfast, snacks, lunch, and refreshments throughout the day)

Please also invite your family, friends, neighbors, or anyone you know who is interested in learning how to better recognize signs and symptoms of mental illness and connect people struggling to the proper resources. You will learn that as mental health first aiders, we do not treat or diagnosis mental illness, we notice and respond in a charitable and loving way that aims to connect people to professional services.



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

Call: 608-263-5268



Tuesday, 12/9/25



8:30 am - 5:00 pm



Madison College, Truax Campus
Health Education Building

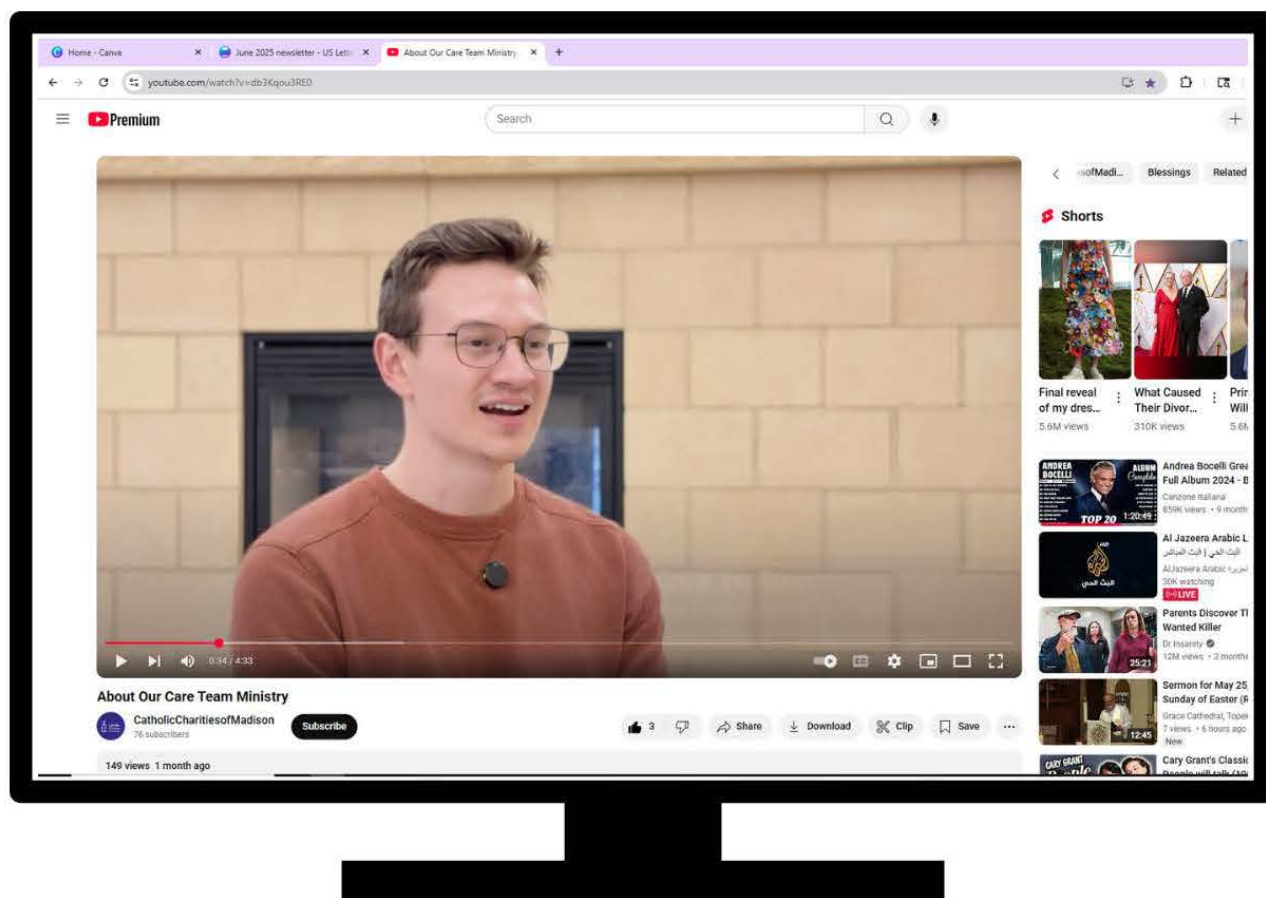
**LEARN MORE
& REGISTER**

care.nursing.wisc.edu/care-u-for-direct-care-staff



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